

BERITA PUDU

(For members only)

www.rotarypudu.org.my



Peace

Through Service

The Weekly Bulletin of The Rotary Club of Pudu

RI District 3300

Chartered 5th December 1966

BOD RC Pudu RY2012-13





This website was Runner-Up to the

R I District 3300

Best Website RY 2011-12 Award

For clubs with >25 members

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Enjoy your **Berita** **PUDU**

20th May 2013

Issue No : **40**/2012-13

Programme Today

Speaker : Mr. Alaa Mohamed
Subject : Home & Self Security

ON DUTY

Duty Table : Rtn. Sandy Soh
Fellowship : Rtn. Mok Sin
Finemaster : PP Tai Chin Peow
Introduce : Rtn. Roy Sreenavasan
Thanking : PP Quah Sek Cheng

Programme Next Week

Speaker : HE Ambassador Christian Rehren
Subject : TBA

ON DUTY

Duty Table : Rtn. Elaine Tan
Fellowship : Rtn. Veronique
Finemaster : PP Michael Yeow
Introduce : PP Michael Tung
Thanking : Rtn. Robert Tan

Happy Birthday!

NIL

Spouse's Birthday!

Ann May Lee (22nd May)
Ann Chin Lian (25th Jan)

Happy Anniversary!

(25th May)
PP Dato Dr. Lee Hoo Teong & Ann Datin Esther

FUTURE ROTARY EVENTS

DTTS – District Team Training Seminar

Sunday 19/5/13 @ Klang Central, Klang Executive Centre

29/6/13 Saturday, 7.00 pm
Sister Clubs' Fellowship Dinner, Rtn. Tenny Lee's Residence

30/6/13 Sunday, 7.00 pm
PRC Installation Shangri-La Hotel, KL

Rotary Club Diary May 20th – 30th June 2013

Date	Time	Programme	Venue	
May	Mon 20	7.00 pm	Weekly Meeting	Shangri-La Hotel, KL
	Tue 21	6.30 pm	Vocational Service	Royal Selangor Golf Club
	Sat 25	8.00 am	RRI Games	MBS
	Mon 27	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
	Wed 29	6.30 pm	Incoming/Outgoing Board	Royal Lake Club
June	Wed 5	6.30 pm	Incoming Club Service	Royal Lake Club
	Sat 8	2.00 pm	Community Service	Sri Damansara Club
	Wed 12	6.30 pm	New Generation	Bukit Kiara Equestrian Club
	Tue 18	6.30 pm	Vocational Service	Royal Selangor Golf Club
	Wed 19	6.30 pm	International Service	Bukit Kiara Equestrian Club
	Wed 26	6.30 pm	Incoming/Outgoing Board	Royal Lake Club
	Sat 29	7.00 pm	Fellowship Dinner	Rtn Tenny's Residence
	Sun 30	7.00 pm	Installation Dinner	Shangri-La Hotel

A RECAP & CHARGING FORWARD

As we wind down RY2012/13, the Club is moving forward to the new Rotary Year of RY2013/14. President Aaron Ong has led the Club for close to 11 months now and the Club has done reasonably well in many areas. We had a successful project in the joint venture with St John Ambulance & the National Resuscitation Council of Malaysia for the **“Digital Finger-Pulse Oximeters for Emergency First Responders”** and successful visits to the **Jenjarom Old Folks Home** where we celebrated our 25 years presence there in a big way. The **ILTS** had also been successful as can be seen in the high quality projects carried out by the Interactors. We continue to keep good relationship with the school authorities where we have Interact Clubs and with the Teacher Advisors. Thanks in no small measure to the hard work carried out by Rtn Laura, Rtn Veronique and their team of Rotarian Advisors.

Our **Rotary Foundation** contributions keep accelerating and we had excellent contacts with other clubs in Group 6 as well as with our sister clubs. The **Intercity Meeting** in October 2012 was well attended.

Internally members continue to interact well and the fellowship sessions after the regular meetings are great attraction to many. We had enjoyable functions like the **Spouses Night, Membership Development Night, 46th Anniversary Dinner Celebration** and celebrated each other's birthdays. We opened up each other homes for functions and conducted a cooking session at Ann Esther's residence, fellowship with sister clubs at Rtn Tenny's residence and firesides at Rtn Veronique's and Rtn Chin Peow's residences. Despite some contrary views, members are happy and enjoying Rotary. How else can you explain why dozens of Pudu Rotarians went overseas to our sister clubs' Installations & private trips to Shanghai, Danang, Hong Kong, Manila, Singapore and Bangkok? The Pudu Rotarians and their families enjoy and feel comfortable with each other.

Incoming President Alex has a tough act to follow in terms of promoting good fellowship in the Club. Nevertheless he is a good PR man and promoting fellowship and goodwill comes naturally to him.

This is not to say RY2012/13 has been a year where we achieved all we set out to do. There are many areas where we got to tighten up and plan some innovative and beneficial projects. Over to you Alex!!!

My dear Pudu Rotarians,

Now that the GE13 has concluded and the new cabinet has been named by our PM Dato' Seri Najib Tun Razak, let's get back to our Rotary work and let the politicians run the country. We wish our PM all the best and hope that his team will steer our country to greater heights of prosperity and closer harmony among the various ethnic groups in the country. If only the politicians were to practice the Four-Way Test in their office, I have no doubt they will be loved by the people and getting re-elected will just be a formality.



Just to re-cap on the Four-Way Test, that asked the following questions:-

Of the things we think, say and do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

This guiding principle of Rotarians had stood the test of time for over 100 years and is still very relevant in the way we carry out our projects as Rotarians. I trust many of our Rotarians adopt and practice this test in our work and dealings with others.

Share the Four-Way Test with your family and friends and perhaps this will open up opportunities for you to share more about Rotary with them and invite them to our meeting. It could yet be another way to share Rotary.

Until we meet again – peace be unto you.

In Rotary Service,

Aaron Ong Lai Huat
President RY 2012/13

Record of Meeting on 13th May 2013

Guest Speaker : MR. K. MUNUSAMY
Subject : MODERN FERTILIZATION TECHNOLOGY

VISITING ROTARIANS

<u>Name</u>	<u>Club</u>
NIL	

GUESTS

<u>Name</u>	<u>Host</u>
Alaa Mohamed	Club
Sally Ennes	Club
K. Munusamy	Club
Gary Cheng	PE Alex Chang
Tzzy Ying Kwan	Rtn. Sandy Soh
James Lim	PE Alex Chang

STATISTICS

Visiting Rotarians	:	-
Guests	:	6
Club Members	:	27
Total Present	:	<u>33</u>

COLLECTIONS

Birthdays / Anniversaries / Fines	:	RM 65.00
Paying Diners	:	RM 110.00
Raffles & Others	:	RM 134.00
Total	:	<u>RM 309.00</u>

Club Proceedings

Acting SAA Rtn. K A Kumar on behalf of President Aaron Ong called the meeting to order at 1.15 pm. He later introduced the visiting Rotarians and guests. He later also led in the singing of the National Anthem and proposed the loyal toast.

The finemaster of the day was PP Leong Choy Ying who firstly fined Rtn. K A Kumar, RM1- for his birthday and RM20/- for bringing his wife to the meeting.

She also fined the President RM1/- for coming back to the meeting after recovering from his illness.

Rtn. Laura Lee paid RM10/- for her birthday last week. Rtn. Alex Chang was fined RM1/- for doing a good job with the raffles ticket sales.

Rtn. Edward Lee paid a fine RM1/- on behalf of PP Chin Peow's wife's birthday and PP Mike Yeow was fined RM1/- for being absent at the TRF dinner.

Rtn. Sandy was fined RM1/- for her 3 rd. grandchild which was due in September and RM2/- for her new hairstyle.

All the members whose photo appeared in the bulletin were each fined RM1/-.

President's Announcement

Weekly Meeting for : 13th May 2013 @ Shangri La Hotel

1. This coming Friday (17th May, 2013) at 2.30pm our annual Teacher's Advisors-Rotarians Hi-Tea will be held at Shangri La Hotel. Do come and lend your support to this event.
2. Next week, our regular luncheon meeting has been re-scheduled to an evening meeting cum fellowship with Rotarians from Group 6. Please take note of the change.

Introduction of Speaker

Rtn. Laura Lee introduced the guest speaker for the day who was Mr. K Munusamy who spoke on the topic of 'Modern Fertilization Techniques.'

Speaker's CV

Mr. K Munusamy was born in K.Lumpur and majored in Finance from the University of Singapore and is a member of the ICMA.

He has worked in Ernst & Young as an auditor, an accountant with Texas Instruments, CEO of P&G, from 1982 to 2004.

Now he is the CEO of Vitex Industries Sdn Bhd, an agricultural based company.

He enjoys travelling, community work and has lived and worked in Singapore, Thailand, Hong Kong and Japan previously.

Speaker's Text

HISTORY OF NATURAL RUBBER (NR) in MALAYSIA

- into Malaysia by Mr. HN RIDLEY in 1877
- Started off with 9 seedling and 2 acre plantations
- Along with tin, rubber became the backbone of the Malaysian economy in the early 19th century.

CURRENT SITUATION

- We moved from largest exporter of latex to currently net importer.
- Average hectareage has steadily decreased to 1 million ha from 1.4 million
 - a) conversion to oil palm due to better returns
 - b) labour shortage
 - c) commodity price fluctuations
 - d) low cost of Synthetic Rubber (connected to oil price)
 - e) social changes affecting ownership and productivity
 - f) collapse of plantations due to resettlements and housing pressure
 - g) Slipping from the front of technology

WAY FORWARD TO REVITALIZATION OF THE NR INDUSTRY

- 1) Gov't policies and initiatives – GTP and EPP with objective of increasing productivity rather than increasing hectares.

Focus Area

- a) Replanting ageing trees
 - b) Benchmarking actively producing hectareage – 1,200,000 ha
 - c) Benchmarking productivity at 2 tons / ha (currently 1.5 tons/ha)
- 2) Downstream Initiatives – new markets and new products
 - 3) Upstream Management Practices
 - a) Improve Agronomy Practices
 - b) Improve Productivity amongst the fragmented small holder segment e.g. RISDA
 - c) Sustainable latex exploitations

CURRENT EXPLOITATIONS

- Traditional Stimulants – Etheporn, Gaseous applications
- 2nd Generation Stimulants - Vitex

MALYSIAN AGRO PRODUCTS SDN BHD

- Local Malaysian company focused on the Rubber and Oil Palm sector.
- NUTREENO – Breakthrough injection applications of Nutrients to Oil Palm plantations. Increases absorption of fertilizers from ground.
- VITEX – Innovations meant for the Global Rubber Industry

VITEX

- Increase latex productions without any long term impact on trees
- Directly improves the quality of life and increases the income of small holders
- First effective product that has proven to rehabilitate trees with dry bark conditions and bring them back to commercial productions
- After extensive field testing in Malaysia, Indonesia, India and Africa, VITEX is currently being used in the entire rubber producing belt across the globe.
- 2013 – Designated as “Tahun Perangsan”

VITEX is taking a major role in this nation wide program. Working together with strategic partners namely:- RISDA, FELCRA, FELDA, and Public Listed Plantation Groups.

- Research Partners – UPM, FRIM, AARSB , ESPEK
 - a) Not harsh stimulants that are based on phosphonic acids.
 - b) 7 years application with NO reported incidence of stress to the tree
 - c) Most Recent Report (RISDA Alor Gajah) indicates that gtt has doubled. In addition, naturally incurred dry bark has shown recovery even to production status.

CONCLUSION

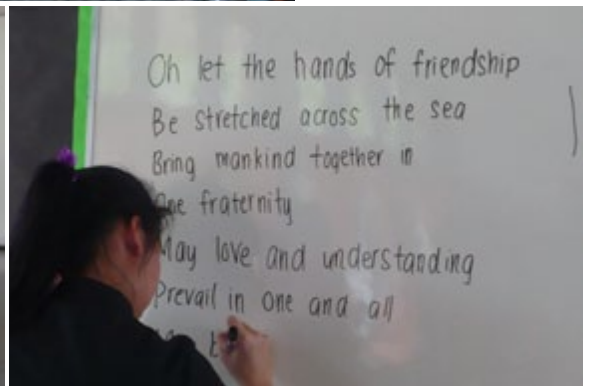
- The approaches adopted for the development of rubber planting and processing industry in Malaysia must take into consideration the concept of sustainable development.
- Improvement in productivity, efficiency and quality; attainment of sustainable remunerative rubber prices and balanced growth in all industry's activities are identified as major challenges faced by the industry.
- The strategies and activities implemented to address these challenges would lead to a more sustainable development of the rubber industry in Malaysia

Thanking of Guest Speaker

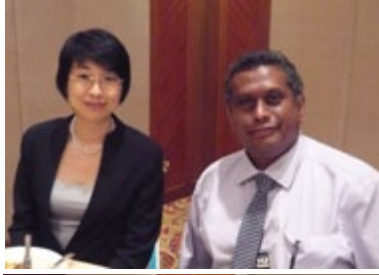
PP Michael Tung on behalf of the Club, thanked the guest speaker Mr. K Munusamy for an excellent presentation by presenting him with a token of appreciation.



INTERACT CLUB INSTALLATION DAY 2013



PUDU ROTARY CLUB WEEKLY MEETING HELD ON 13TH MAY 2013



MORE....



Mission

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

Diversity and Rotary

Rotary International recognizes the value of diversity within individual clubs. Rotary encourages clubs to assess those in their communities who are eligible for membership, under existing membership guidelines, and to endeavor to include the appropriate range of individuals in their clubs. A club that reflects its community with regard to professional and business classification, gender, age, religion, and ethnicity is a club with the key to its future.

RI News

RI President Tanaka's Rotary Moments in February, March, and April

While I was preparing for a Major Donor dinner in Tampa Bay, Florida, on my birthday, which is 4 February, I thought about the past year. As people often do on their birthdays, I was reflecting about how quickly time passes and about my purpose in life of being useful to others — especially during my year as RI president when I feel I must do my best for Rotarians. I was remembering all the places I've traveled as a Rotarian and the interesting people I've met along the way. For instance, during February, March, and April, I attended several 100th anniversary celebrations in places such as Birmingham, Alabama, and Indianapolis, Indiana, in the United States and Toronto and Vancouver in Canada. I'm fortunate to be the RI president during a time when there are so many centennial club celebrations. I enjoy celebrating these Rotary milestones, and I wish I could be at more. With the time I have as president, I try meeting as many Rotarians as many ways as I can, such as on Skype, which allows me to reach more people while saving Rotary money. In late March, I visited District 3010 in Delhi, India, and participated in my first Holi celebration. It was an unforgettable experience and great fun to watch everyone throwing colored powder on each other. It seemed that the people who had the most colored powder on them were also the ones having the most fun. Later, in Jaipur, India, I received an honorary degree of letters. When someone called "Dr. Tanaka," I was surprised they were speaking to me! I never dreamed that one day I'd receive such an honor. It was a very moving experience for me. A visit to the Rotary Peace Center at Duke University and University of North Carolina at Chapel Hill, USA, also was important to me. It's an amazing Rotary-sponsored program that produces incredible peace scholars. I wish they could get more applicants to their program and more people knew about the work of their alumni. Council on Legislation I attended the Council on Legislation 22-26 April. Several people told me how cooperative the Council was and

about the fellowship they felt. The Council leadership did a tremendous job and helped everything run smoothly. I heard several good discussions and numerous items were referred to the RI Board. This is a big responsibility to be placed on the board, which must review and act on each proposal referred to them. I hope the Council and all Rotarians are aware of the challenges faced by the Board in their careful consideration of each of these proposals. Brazil, India, and Israel I have visited so many unforgettable Rotary projects. While I was in Brazil, I went to a lab that trains doctors to perform microsurgeries, and, also in that country, I visited a deaf education center. In Israel, some projects that stood out for me included a rain water harvesting project and a project called Save a Child's Heart, in which doctors at a hospital in Israel perform heart surgeries on Palestinian children. These are all noteworthy examples of how lifesaving work is being done by Rotary. And it shows how, through Rotary's humanitarian work, countries can promote peace. Another project I visited was a medical mission in Udampur, India, which provided medical and dental services. I visited so many worthy projects during my travels, and though I can't mention them all here, I haven't forgotten any of them. I'm so impressed to see Rotarian involvement in these projects, which require dedication and a significant commitment of time. I know that there are many more impressive Rotarian projects that I haven't had the opportunity to see. All these projects together will help Rotary become stronger. The more I think of Rotary, the more amazed I am. I'm proud to be a Rotarian and know that we are "This Close" to eradicating polio, and we've been dedicated to working on this historic goal since 1985. This is what makes Rotary great — the focus, tenacity, and persistence to reach such an important goal. The eradication of polio will be an achievement that will forever benefit the world's children. It will be a tremendous success for Rotary of which we all can be proud. - Sakuji Tanaka, RI President

Rotary Peace Forum, Hiroshima – 17-18 May, 2013

Growing up in post-World War II Japan, Rotary International 2012-13 President Sakuji Tanaka, saw the devastation of war and the importance of peace. To highlight that "Peace Begins with You," the last of three Rotary International peace forums will be 17-18 May in Hiroshima, the site of where the first atomic bomb was dropped in 1945, which killed from 90,000 to 166,000 people within four months. You can follow the event on Twitter with #rotarypeace. - Rotary International in Facebook

Rotary Honors U.S. Government

Rotary honors U.S. government for leadership on polio eradication WASHINGTON, May 8, 2013 -- / PRNewswire-USNewswire/ Today, Rotary International will recognize five members of Congress as Polio Eradication Champions for their efforts to eliminate polio. The event, which will take place at the Capitol Building in Washington, D.C., honors U.S. leaders who have played a key role in the fight to eradicate the disease. The 2013 honorees are Senator Mazie Hirono (Hawaii), Senator

Johnny Isaakson (Georgia), Representative Jack Kingston (Georgia), Representative Jim McDermott (Washington) and Representative Jim Moran (Virginia). Rotary established the Polio Eradication Champion Award in 1995 to recognize heads of state, health agency leaders and others who have made a significant contribution to the global eradication of polio. Past recipients of the Rotary award include Angela Merkel, Chancellor of Germany; Prime Minister David Cameron of the United Kingdom, Prime Minister Manmohan Singh of India; Prime Minister Jean Claude Juncker of Luxembourg; President Goodluck Jonathan of Nigeria; President Asif Ali Zardari of Pakistan; United Nations Secretary-General Ban Ki-moon; and 37 current Members of the 113th Congress who have been previously recognized by Rotary as Champions. In April, the Global Polio Eradication Initiative (GPEI) announced a new endgame strategic plan that leads to polio eradication by 2018. The plan requires commitments of US\$5.5 billion in funding to achieve this global health milestone. If successful, polio will be the second human disease to be eradicated, after smallpox. At last month's Global Vaccine Summit in Abu Dhabi, world governments, private individuals and others pledged US\$4 billion to the GPEI polio endgame plan. Rotary International is asking the U.S. government to provide \$US200 million in funding for 2014, through the U.S. Centers for Disease Control & Prevention (CDC) and the United States Agency for International Development (USAID). Since the mid-1980s, the United States government has contributed more than \$2.1 billion to polio eradication. "Thanks in great part to the support of the U.S. government, the world stands on the cusp of a historic victory over polio," said Jim Lacy, past president of Rotary International and current chair of the organization's U.S. Polio Eradication Advocacy Task Force. "The leadership and support of present and past Polio Eradication Champions has been crucial to ensuring that every child is protected against this preventable disease. Together, we can ensure that no child will ever again suffer the crippling effects of polio." Polio once struck thousands of Americans during epidemics into the 1950s. Although the disease is at its lowest levels ever—just 24 reported cases in 2013—polio has never been stopped in Nigeria, Pakistan and Afghanistan. Rotary made polio eradication its top philanthropic goal in 1985, and has since joined forces with the World Health Organization, CDC, UNICEF and the Bill & Melinda Gates Foundation in the GPEI partnership. Rotary has contributed more than \$1.2 billion to polio eradication efforts, including more than \$US243 million in contributions by Rotarians in the United States.

Wild Poliovirus Reported in Somalia

A case of type 1 polio has been reported in the Banadir region of Somalia. The country's first case since March 2007, genetic sequencing is underway to determine the origin of the virus. In response to the outbreak, an immunization campaign is scheduled to take place 14-16 May, aimed at reaching more than 350,000 children in the Banadir region. The World Health Organization (WHO) has issued a surveillance alert for Somalia and bordering areas of northern Kenya and eastern Ethiopia,

highlighting the need for urgent searches for additional cases of acute flaccid paralysis and suspected polio in all health facilities. WHO has also advised all countries in Africa and the eastern Mediterranean region to heighten their surveillance for polio virus.

Source : Rotary International

FILLERS

WAYS TO PROTECT YOUR KIDNEYS

Just sharing.....

By Dr. Willie T. Ong (Internist and Cardiologist)

Most people know how to protect the heart, but do you know how to care for your kidneys? The kidneys' job is to help remove various toxins (drugs and food wastes), and expel them through the urine.

As we grow older, our kidneys will also start to age. A problem with kidney disease is that majority of patients have no warning symptoms.

Some time ago, we interviewed Dr. Elizabeth Montemayor, a nephrologist at the Philippine General Hospital. Here are 10 ways to protect your kidneys:

- **Limit your salt intake** -- Too much salt is not only bad for your blood pressure, it's also bad for your kidneys. Many die of kidney disease, which can be partly attributed to a high salt intake and fondness for fish sauce, soy sauce, plain salt and salted fish. Even instant noodles, chips and nuts are teeming with salt. The problem with salt is that it encourages the body to retain water, and can increase your blood pressure (which damages the kidneys).
- **Don't load up on high protein foods such as meat and steaks** -- A high protein diet makes the kidneys work twice as hard. Pretty soon, your kidneys could get tired and some of the weaker kidney cells can die. A friendly reminder to people on a high-protein Atkin's Diet or South Beach Diet. The time-tested doctor's advice of moderation in everything will serve you well. Eat a balanced diet of rice, vegetables, fish and fruits and you can't go wrong.
- **Keep your blood pressure at 130/80 or lower** -- If your blood pressure is above 140 over 90, this can cause kidney damage within five years. The kidneys are said to be "happiest" with a blood pressure of 130/80 or lower. To help control your blood pressure, you should limit your salt intake, reduce weight and take medicines for high blood pressure, if needed.
- **Keep your blood sugar below 120 mg/dl** -- Diabetes and high blood pressure are the two leading causes of kidney failure. A person with uncontrolled diabetes for 5-10 years may develop significant kidney damage. Consult your doctor and keep your blood sugar under control with diet, exercise and maintenance medicines.
- **Drink 8 glasses of water a day** -- Doctors usually advise people to take in 8 glasses of water a day, but this really depends on your age and condition. If

you're sweating a lot and work outdoors, you may need to drink more than 8 glasses a day. However, if you are above 65 years of age, you may do well with just 6 glasses a day. Drinking enough water also prevents the formation of kidney stones.

- Watch your intake of pain relievers and other drugs -- Taking pain relievers like mefenamic acid, ibuprofen and the coxibs (like celecoxib) for a prolonged period of time may cause kidney damage. Because of this, we should limit taking these medicines to only a week, or just take them as needed. For those with chronic arthritis, try to look for other ways to relieve the pain such as using a hot water bag, pain reliever ointments, or the safer paracetamol tablet.
- Be careful with tests and procedures using contrast dyes -- Some tests, like CT Scans and MRIs, and angiograms, use a contrast dye which helps doctors delineate the organs better. The problem with such dyes is that they can cause kidney damage. To be

safe, I would strongly advise you to consult a kidney specialist before undergoing such procedures.

- Don't drink too much Vitamin C -- Excess vitamin C (ascorbic acid) can lead to the formation of kidney stones in predisposed individuals. If you need to take vitamin C, a dose of 500 mg or less is safer.
- Don't rely on food supplements to protect your kidneys -- The above tips are so far the best tips to care for the kidneys.
- Get a kidney check-up -- Simple tests, such as a complete blood count, BUN and creatinine, and a urinalysis are the first screening tests for the kidneys. Finding a trace of protein in the urine can alert the doctor of possible kidney disease.

Bottomline is:

Kidney diseases are expensive and difficult to treat. Let's take the necessary steps to protect our kidneys today.

LIGHTER SIDE

Political Humour

Some of these are very insightful...

We hang petty thieves and appoint the great thieves to public office.

~Aesop, Greek slave & fable author

Those who are too smart to engage in politics are punished by being governed by those who are dumber.

~Plato, ancient Greek Philosopher

Politicians are the same all over. They promise to build a bridge even where there is no river.

~Nikita Khrushchev, Russian Soviet politician

When I was a boy I was told that anybody could become President; I'm beginning to believe it.

~Quoted in 'Clarence Darrow for the Defense' by Irving Stone.

Politicians are people who, when they see light at the end of the tunnel, go out and buy some more tunnel.

~John Quinton, American actor/writer

Politics is the gentle art of getting votes from the poor and campaign funds from the rich, by promising to protect each from the other.

~Oscar Ameringer, "the Mark Twain of American Socialism."

I offered my opponents a deal: "if they stop telling lies about me, I will stop telling the truth about them".

~Adlai Stevenson, campaign speech, 1952..

A politician is a fellow who will lay down **your life** for **his country**.

~Texas Guinan, 19th century American businessman

I have come to the conclusion that politics is too serious a matter to be left to the politicians.

~Charles de Gaulle, French general & politician

Instead of giving a politician the keys to the city, it might be better to change the locks.

~Doug Larson (English middle-distance runner who won gold medals at the 1924 Olympic Games in Paris, 1902-1981)

A JOKE:

What happens if a politician drowns in a river?
That is pollution.
What happens if all of them drown?
That is solution !!!
(I don't know who said this, lol)

RECOGNITION AND AWARDS NIGHT 2013

