

# BERITA PUDU

(For members only)

[www.rotarypudu.org.my](http://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

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For clubs with >25 members

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

10<sup>th</sup> June 2013

Issue No : **43**/2012-13

## Programme Today

**Speaker** : Dato Zaid Ibrahim  
**Subject** : Post Elections' Analysis

### ON DUTY

Duty Table : Rtn. Arwin Kumar  
Fellowship : Rtn. Chinniah  
Finemaster : PP Choo Jee Sam  
Introduce : PP Ng Sim Bee  
Thanking : PE Alex Chang

## Programme Next Week

**Speaker** : TBA  
**Subject** : TBA

### ON DUTY

Duty Table : PP Albert Lim  
Fellowship : Rtn. Chinniah  
Finemaster : Rtn. M C Loo  
Introduce : PP K H Low  
Thanking : Rtn. May Lim

## Happy Birthday!

Nil

## Spouse's Birthday!

Ann Elsie (15th June)

## Happy Anniversary!

Nil

## FUTURE ROTARY EVENTS

### DTTS – District Team Training Seminar

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 10th – 30th June 2013

Date	Time	Programme	Venue	
<b>June</b>	Mon 10	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
	Mon 10	6.30pm	Installation Committee Meeting	Bukit Kiara Equestrian Club
	Wed 12	6.30 pm	New Generation	Bukit Kiara Equestrian Club
	Sun 16	6.30 pm	Joint Club Assembly	PDG Dr. Paul Lee's Residence
	Mon 17	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
	Mon 17	6.30pm	Installation Committee Meeting	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
	Mon 24	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
	Mon 24	6.30pm	Installation Committee Meeting	Bukit Kiara Equestrian Club
	Tue 25	6.30 pm	Installation Meeting	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

### SOME TRADITIONS WORTH KEEPING

The Club has some traditions that are worth keeping. In this case and in our narrow interpretation, by “tradition” is meant the passing down of customs or procedures from one BOD to the next one. Thus some traditions that we have currently have been carried down for many years; some twenty years or more.

What are some of these traditions?

- 1) Vice President (VP) to head fund raising
- 2) Positions of VP and President to be prerogative of Nominating Council
- 3) Nominating Council to consist of all Past Presidents
- 4) All funds needed for the year to be raised by the incumbent President
- 5) All funds not spent for the year are to be put into the Reserved Fund
- 6) All funds raised for the PRCCF a/c cannot be spent for administrative purpose
- 7) Funds from the PRCCF cannot be sent overseas
- 8) IPP to head the Spouses' Night, 100%ers' Dinner and the PRCCF Secondary School & Undergraduate Scholarship Presentation
- 9) The VP also to head the Installation Committee & Membership Development Committee
- 10) Visit to the Jenjarom Old Folks Home to be twice a year
- 11) Before nomination to become a member, the candidate must have attended the club's regular meeting at least 3 times in 2 months

Of course there are more but the above are the common ones and regularly practiced. The following are some no longer practiced since the days of PP KU Rajah and PP Michael Yeow:

- 1) All Incoming President must be married
- 2) Only a man can be president

As tradition goes some will be discarded through time. One prominent one is the Berita Pudu which will be replaced by the e-Bulletin.

Are traditions good or bad? They are neither good nor bad as they are dictated by circumstances, time and requirement.

## BOD for RY 2013/14



## Record of Meeting on 3rd June 2013

**Guest Speaker** : MS. SANGEETHA KAUR  
**Subject** : TAP YOUR POTENTIAL THROUGH EMERGENETIC APPROACH

### VISITING ROTARIANS

<b>Name</b>	<b>Club</b>
Rtn. Gerard Lawrence	RC of Langkawi

### GUESTS

<b>Name</b>	<b>Host</b>
Sangeetha Kaur	Club
Sarves	Club
Matt Smith	Rtn. Sarky
Amy Counsel	Rtn. Sarky
Ms. Liew	Club
Yogeswaran	PP Gary Lim
Chow Bih Whye	PE Alex Chang

### STATISTICS

Club Members	:	30
Visiting Rotarians	:	1
Guests	:	6
<b>Total Present</b>	:	<b><u>37</u></b>

### COLLECTIONS

Birthdays / Anniversaries / Fines	:	RM 70.00
Paying Diners	:	RM 150.00
Raffles & Others	:	<u>RM 76.00</u>
<b>Total</b>	:	<b><u>RM 296.00</u></b>

### Club Proceedings

Acting SAA Rtn. Mok Sin 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 for the day was PP Gary Lim. He started his fine session by fining President Aaron Ong and the rest of the members which included Rtn. Dr. C C Wong, PP Phang, PDG Dr. Paul Lee, Rtn. Tenny Lee, PP Sim Bee and PE Alex Chang RM1/- each for being late for the meeting.

Rtn. Sarky was fined RM2/- for bringing a potential member to the meeting. PP Sim Bee was also fined RM2/- for making a remark and PP Phang for not knowing one of the guest's name was fined RM2/-

Rtn. Arwin Kumar who was missing for a while was fined RM2/- and PP Mike Yeow was fined RM2/- for giving some Rotary info to some guests.

PP Choy Ying was fined RM5/- for coming back from overseas. Rtn. Sarky who also came back from somewhere was also fined RM5/- and Rtn. Steven Ho who came back from Chine was fined RM2/- Rtn. Tenny Lee who conducted a karaoke session in her house was fined RM3/- PP Datuk Y K Chew was fined RM2/- for having gone missing for awhile.

All members not wearing their name tags were fined RM1/- each and members from the BOD were each fined RM2/- for not getting the members their name tags after subsequent reminders.

Every member present also had to contribute RM1/- each for next week's speaker.

Rtn. Mok Sin was fined RM10/- for his birthday and a birthday song was sung for him.

### Introduction of Guest Speaker

Rtn. Sarky introduced the guest speaker for the day who was Ms. Sangeetha Kaur and she spoke on the topic of Tap Your Potential Through Emergenetic Approach.

### Speaker's CV

Emerging Journey Asia Sdn Bhd was founded by Ms. Sangeetha Kaur in 2011 and is the current CEO.

An established trainer in thinking and behavioral science and also an expert in counseling and a skillful therapist and an avocation of Reality Therapy.

She obtained her Master in Counseling from Help University in 2010, currently pursuing her PHD in Counseling & Psychology.

Her spare time is spent in community projects, serving as an interpreter of YMCA's International Deaf Day. She also conducts regular workshops for the deaf through YMCA's Deaf Club.

She is married with 3 lovely boys and she quotes herself as a student of life.

## Speaker's Text

### Tap Your Potential Through Emergenetics Approach

Are you fully aware of your potential and your strength? Do you accept your limits or can you go beyond what you believe?

Emergenetics is a tool that helps individual to understand and aware of their thinking and behaviour preference that emerge from their blue print (genetic) and environment. Every individuals being are influenced by family, culture, society and education and most of the time, we feels that people do not understand us and worst of all, we do not even understand ourselves. The connection and communication are lost along the lines.

Emergenetics helps us to know what colour we prefer to use most of the time by using distinct colours to represent our proprietary thinking and behavioral attributes, which increases resonance and recollection for end-users. This differs from competitors including Myers Briggs, Disc and Hogan.

In addition to measuring thinking and behavioral preferences, Emergenetics is built on scientific evidence which points to the necessity to factor in both nature and nurture in the debate about human development. Studies have consistently shown that people's genetic background is influenced by their environment and life experiences. In this way, Emergenetics was developed to specifically test and assess the way personality emerges through life experiences from the building blocks of genetics.

What does this mean for you and your organisation? What kind of results will you see with Emergenetics?

- o The ability for people to value their strengths and understand more about themselves...which means increased employee morale and higher productivity.
- o The ability for a group of people to understand more about each person and the group as a whole...which equates to stronger, more effective teams work groups.
- o The ability for an organization to capitalize on a collaborative workforce...which creates cognitively diverse and results-oriented teams.
- o The ability to provide real, meaningful dialogue and information about the way a person works and goes about their work...which translates to a better platform to capitalize on employee strengths.

Learning Emergenetics theory and utilizing the Emergenetics Profile provides participants with the power to:

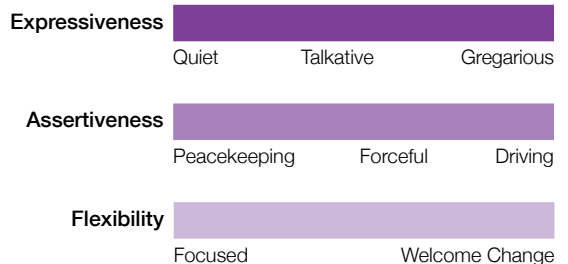
- o Learn basic skills to improve job performance.
- o Enhance personal productivity and improve communication.
- o Understand personal motivational drivers for learning and apply this information to a work environment.

- o More accurately pinpoint strengths and interests based on a heightened knowledge of personal preferences.
- o Understand how behavior affects others and translate this knowledge into more confidence and self-acceptance when working with others.

### Thinking Preference

<b>ANALYTICAL</b> Rational Reasoned Objective Logical Problems Solver Clear Thinker Investigative Asks <b>WHY?</b>	<b>STRUCTURAL</b> Practical Thinker Prefers Guidelines Detailed Methodical Process-oriented Organised Asks <b>HOW?</b>
<b>SOCIAL</b> Relational Feeling Objective Intuitive About People Empathetic Supportive Socially Aware Asks <b>WHO?</b>	<b>CONCEPTUAL</b> Global Unconventional Seeks Change Intuitive About Ideas Visionary Experimental Asks <b>WHAT IF?</b>

### Behaviour Preference



Emergenetics works because it's built on a clear, understandable premise that individuals understand – themselves. When you start building trust, appreciation of strengths and heightened self-awareness via the Emergenetics Profile, you'll begin to develop a platform that correlates to clear expectations and communication patterns with your employees. That kind of foundation yields incredibly honest, straightforward responses to feedback and performance evaluation. It's all about growing competencies and bringing positive energy to the process of evaluation.

### Thanking of Guest Speaker

PP Leong Choy Ying on behalf of the Club thanked the guest speaker, Ms. Sangeetha Kaur for a wonderful presentation by presenting to her a token of the Club's appreciation.

**PUDU ROTARY CLUB : SISTER CLUBS  
FELLOWSHIP DINNER (29TH. JUNE 2013) &  
PRC INSTALLATION DINNER (30TH. JUNE 2013)**

Dear Fellow Rotarians

- 1) List of those who have bought tables/seats for the Installation Dinner:

Alex Chang	Albert Lim
Daisy Chiu	Choo Jee Sam
KH Low	Richard Liew
Mike Yeow	Paul Lee
Dato Lee HT	Tai Chin Peow
Sandy Soh	Dr CC Wong
Heng	Ng Sim Bee
Elaine	PP Quah
Veron	MC Loo
Tenny Lee	Robert Tan
Roy	PP Phang
Patrick	Steven Oon
Laura	May Lim
KB Lee	Dato Muslim
Steven Ho	Dato Jasani

- 2) List of those attending Fellowship Dinner

Mok Sin	Alex Chang
KH Low	Alex Chang
Steven Oon	Tenny Lee
Patrick Lee	Choo Jee Sam
Elaine Tan	Richard Liew
Heng	Sandy
Chinniah	Mike Yeow
MC Loo	KU Rajah
Sim Bee	Mike Tung
Albert Lim	Steven Ho
Albert Lim	Robert Tan
Daisy	Roy
Paul Lee	Aaron Ong

**PRC INSTALLATION DINNER (30TH JUNE 2013)**

**Date:** 30 June 2013 at Shangrila Hotel

**Price:** RM1,200 per table, RM120 per seat,  
RM220 per seat for vegetarian

**SISTER CLUBS FELLOWSHIP DINNER  
(29TH JUNE 2013)**

**Date:** 29 June 2013 at Rtn Tenny Lee's residence

**Price:** RM40 for rotarians, RM10 for spouse & children,  
RM40 for rotarians' friend

For organising purposes, we urge you to confirm attendance with number of paxs.

If you need further clarification, kindly contact me at 012-9364844 or PP Albert at 012-3354287 or PDG Dr Paul Lee at 012-2103798

Thank you and have a good day

Daisy Chiu

**NOTICE OF MEETING**

Notice is hereby given that: The 4th Club Assembly (Joint Club Assembly) is scheduled as follow:

DATE : SUNDAY 16th JUNE 2013

TIME : 7 PM

VENUE : PDG DR PAUL LEE'S RESIDENCE

Kindly confirm your attendance with the undersigned.

**Charges:** Rotarians - RM20, Spouse - RM10

Your presence will be greatly appreciated

Regards

Daisy Chiu  
mobile: 012-9364844

**Rotary Information**

**AVENUES OF SERVICE**

For years, Rotary's commitment to Service Above Self has been channeled through the Avenues of Service, which form the foundation of club activity.

**Club Service** focuses on strengthening fellowship and ensuring the effective functioning of the club. Learn about effective club service in Membership and Training.

**Vocational Service** encourages Rotarians to serve others through their vocations and to practice high ethical standards. Observed each October, Vocational Service Month spotlights Rotary club projects related to this avenue, offering opportunity for clubs and districts to use their professional skills in service projects.

An Introduction to Vocational Service  
Model Project Submission Form  
Vocational Service PowerPoint presentation  
Rotary Code of Conduct (formerly called: Declaration of Rotarians in Business and Professions  
Vocational Service Speeches – International Assembly 2003-2011

**Community Service** covers the projects and activities the club undertakes to improve life in its community.

Community in Action: A Guide to Effective Projects (605A-EN)  
Community Assessment Tools (605C-EN)  
Community Service PowerPoint presentation  
Rotary Community Corps

**International Service** encompasses actions taken to expand Rotary's humanitarian reach around the globe and to promote world understanding and peace. Rotarians can support International Service by sponsoring a project in another country, seeking international project partners to support projects in their own communities, or by personally volunteering at an international project site. Visit the ProjectLINK database to post a project in need of assistance, find projects to support, or learn about successfully completed projects to replicate.

**New Generations Service** recognizes the positive change implemented by youth and young adults through leadership development activities as RYLA, Rotaract

# PUDU ROTARY CLUB WEEKLY MEETING HELD ON 3RD JUNE 2013



and interact, service projects, and creating international understanding with Rotary Youth Exchange.

## RI News

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### RI President's message - June 2013

Dear fellow Rotarians,

A Rotary convention is a powerful thing, and a first convention is an experience you never forget. My first was in Chicago, in 1980. That was the year I was president of the Rotary Club of Yashio. I thought we should learn more about Rotary, so I asked nine other members of my club to join me, and we traveled to Chicago together. We did not know what to expect from a Rotary convention. What we found was more than any of us had imagined.

That convention showed me Rotary, and changed me forever. It gave our club something to strive for. I came to that convention as a member of a Rotary club. I left it as a Rotarian. The feeling that entered my heart in Chicago is still there today.

I am glad I will have the opportunity, as an RI president from Japan, to be part of the convention in Portugal. Portugal and Japan have a history together that began in the year 1542. This was the year that a Portuguese boat landed on a southern Japanese island. The Portuguese sailors did not plan to come to Japan. Strong winds blew their boat off course. But it was a happy accident, and the beginning of a peaceful and prosperous relationship.

In 1993, Japan and Portugal celebrated 450 years of good relations. Portugal was the first European country visited by the Japanese, in the middle of the 16th century. And the long Portuguese presence in Japan has had a lasting effect on my country.

The Portuguese found Japan by accident. But it is no accident that Lisbon has been chosen for this convention. Lisbon is A Harbor for Peace. And peace is the theme of this convention, as it has been the theme between Japan and Portugal for nearly 500 years.

As Rotarians, we work toward peace in many ways. We do it through humanitarian service. We do it through our belief in Service Above Self. And we work toward peace simply by being who we are. Every year, when we come together for a Rotary convention, we see, for a few days, the world as it could be. We see people of all colors and cultures come together. We work to build a better world.

I hope you will join me, and your fellow Rotarians, as we celebrate this year of Peace Through Service together.

Sakuji Tanaka RI President  
Source: Rotary International

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### Trustee Chair's Message – June 2013

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As I write this message for the month of June, I find myself happy and a little bit sad. I'm happy because during my 50 years in Rotary, I have been privileged to see how much good my Rotarian friends have done in this world.

I've been able to witness the smiling faces of schoolchildren who have desks, blackboards, books, running water, playgrounds, and youth clubs, all of which were organized, funded, and maintained by Rotarians. I've put drops of polio vaccine into the mouths of children in many countries as we have worked to eradicate polio.

I've been pleased to speak with popes, patriarchs, and clerics of virtually every religion, all of whom have told me of the good work of Rotarians. These messages were echoed in the remarks of kings, presidents, prime ministers, and ambassadors as I've traveled the world on behalf of Rotary.

As I step down as chair of our Rotary Foundation, I am eager for the worldwide launch of the Future Vision Plan – a plan that, when fully implemented, will have our Foundation singled out as a model for sustainable projects benefiting millions of people in years to come.

When I was your president, I told you that Rotary Shares. As your Foundation chair, I can only emphasize that statement. It is our desire and willingness to share that has made the theme chosen by RI President Sakuji Tanaka, Peace Through Service, so significant and poignant. And in the year to come, I wholly endorse the theme that President-elect Ron Burton has chosen – that those who Engage Rotary will Change Lives, including their own.

I welcome my successor, Past RI President Dong Kurn Lee, and wish him and his Board of Trustees the very best as they pursue the objective of our Foundation – to do good in the world. - Wilfrid J. Wilkinson, Foundation Trustee Chair. - Source: Rotary International

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### Proposals for Peace in Columbia presented

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Proposals which could help bring peace to Colombia were presented at last weekend's International Peace Conference hosted by the Rotary Club of Londonderry and INCORE, the University of Ulster's international conflict research institute.

The Derry Proposals for Colombian Peace are based on lessons learned in Northern Ireland through the Good Friday Agreement and were formally presented to Deputy Head of Mission of the Colombian Embassy, Juan Manuel Uribe by Ariel Sanchez Meertens, a native of Colombia and former Research Fellow at INCORE.

The proposals are the result of discussions hosted by INCORE with delegates from Colombia and the United States as well as policy makers and researchers from Northern Ireland. The ambassador said that any peace proposals produced as a result of the discussions would be studied by Colombian President, Juan Manuel Santos.

Director of INCORE, Professor Brandon Hamber explained that they examined how lessons learned from 15 years of post agreement politics in Northern Ireland could contribute to the Colombian peace efforts.

Professor Hamber said: "The Northern Ireland experience has shown how an eventual political settlement must be progressively strengthened by additional agreements, policies and legislation. We are proud to be able to feed into other peace processes as for the last 20 years we have been transferring lessons across contexts and making a real contribution to peace."

Colombia's largest guerrilla group, the FARC is currently involved in negotiations with the government in Cuba. The current round of talks, which got underway in Norway last October before moving to the Caribbean, are the fourth attempt to reach a negotiated settlement of what is the longest running conflict in Latin America.

President of the Rotary Club of Londonderry, Gavin Killeen said: "We are pleased that these proposals have been presented at our conference and hope that they will help President Santos make progress in bringing peace to Columbia."

Thursday, 30 May 2013

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### **Rotary dedicates community conference center at Evanston**

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A community conference center at the world headquarters of Rotary International was dedicated Wednesday with Evanston Mayor Elizabeth Tisdahl and Rotary President Sakuji Tanaka exchanging celebratory remarks.

The state-of-the-art facility, located on the ground floor of the Rotary building at 1560 Sherman Ave., accommodates classroom seating for 100, with high-tech language interpretation booths and wireless functionality, according to John Hewko, Rotary's general secretary, who served as master of ceremonies for the event.

"It's a community forum with an international flair," Hewko told about 100 people, including a number of Rotary staffers and civic leaders who gathered for the ribbon-cutting. Mayor Tisdahl presented a key to the city to President Tanaka, but warned good-naturedly that "it really doesn't unlock anything." She said that Rotary, one of the city's major employers and taxpayers, was a "perfect partner" for Evanston, as they both share similar values of diversity and volunteer involvement.

Tanaka graciously accepted the symbolic key and noted in his remarks, spoken in Japanese, that he had served as grand marshal of Evanston's Fourth of July parade last year.

Referring to the new conference center, Tanaka said "it gives me great pleasure that Rotary is opening its doors to Evanston just as Evanston has opened its doors to me."

Also in attendance was Rotary International's president-elect, Ron Burton, who will assume the presidency of the organization during its annual meeting next month in Lisbon, Portugal.

Because the Rotary leaders travel extensively during their terms of office, visiting many of the 34,000 clubs in 200 countries, the organization maintains apartments in Evanston to serve as a home base for both the president and the president-elect.

Founded in Chicago in 1905, Rotary's world headquarters has been located in Evanston since 1954, Hewko said, with 550 staff members, fluent in 40 languages, located here.

Source : Charles Bartling in Evanston Now

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### **Polio Monitoring Abolished in Pakistan**

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ISLAMABAD, May 28: The caretaker government took another controversial step by abolishing the Prime Minister Polio Monitoring and Coordination Cell, established by the Pakistan Peoples Party government in 2011.

According to a notification, the caretaker prime minister has approved the dissolution of the Polio Cell with immediate effect. The Ministry of National Health Services, Regulations and Coordination would be the apex nodal ministry for the Polio Eradication Initiative.

Under the cell, the number of polio cases had been reduced to 58 in 2012 from the 198 cases in 2011 (a 70 percent decrease).

Former adviser to the Prime Minister for polio eradication, Shahnaz Wazir Ali, condemned the move and lashed out at the caretaker government. "It is a very surprising move and will give a bad message to the donor agencies and the world community. It would show that the Pakistani government did not fulfill its commitments," she told Dawn.

"The caretaker government has now placed the monitoring cell under the Ministry of National Health Services which is against the 18th amendment. Under the amendment, it is clearly stated that health is the subject of provinces," she said.

High ranking officials associated with international donor agencies working with the polio cell have also expressed their disappointment regarding the decision. "We received a shock when we heard the polio monitoring cell was being dissolved," said an official of an international donor agency requesting anonymity.

Caretaker Federal Minister for Information and Broadcasting Arif Nizami was not aware of the move. Similarly, Prime Minister Mir Hazar Khan Khoso's spokesman Shafqat Jaleel, when approached, said the decision had not been announced and he was not aware of it.

Ron Nethercutt  
RC Mabalacat D 3790  
Angeles City, Philippines

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### **Pakistan Interim PM reiterates his commitment to eradication of Polio**

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ISLAMABAD: Caretaker Prime Minister Justice (rtd) Mir Hazar Khan Khoso took notice of the reports in the media regarding closure of the Polio Cell in the Prime Minister's Secretariat, Sunday, June 2.

Reiterating his commitment to eradication of Polio in the country, the Prime Minister reviewed his decision after a presentation about the implications of such a move by Federal Minister Dr Sania Nishtar on national polio eradication efforts.

The Independent Monitoring Board (IMB) had also recommended the restoration of Prime Minister's Polio Monitoring and Coordination Cell to help eradicate the

crippling disease from the country and warned that “next six months are absolutely vital” on June 1.

Established by the Pakistan People's Party government in 2011, the cell was dismantled by the caretaker government in the last week of May.

It said there had been 26 polio cases at the time of board meeting in the first week of May in endemic countries Afghanistan, Nigeria and Pakistan. Pakistan had 198 cases of polio in 2011 and the number came down to 58 in 2012 and nine till May 2013.

The board praised Pakistan for making progress on polio eradication and said Afghanistan was close to polio eradication. With 37 cases in 2012 and two in 2013 so far, a polio-free future should be within close reach, but it does not seem to be. The board listed concerns about the spread of the poliovirus in certain areas of Pakistan like Karachi, Peshawar and Waziristan.

The caretaker Prime Minister directed relevant authorities that necessary administrative directions be issued for immediate restoration of the Polio Cell in PM Secretariat to its status before his caretaker government took office.

- The Dawn, Pakistan

Source : PDG Shehzad Ahmed (D-3272)

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### **Closure of PM's Polio Cell - Global partners disapprove dissolution**

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Pakistan's key partners in the fight against polio, notably Rotary International, as well as the World Health Organisation (WHO) and Unicef, have disapproved the dissolution of the Prime Minister's Polio Monitoring and Coordinating Cell and have alerted Prime Minister Mir Hazar Khan Khoso to how the decision would impair the country's ability to eradicate polio ahead of the end-2014 global deadline.

In a letter addressed to the caretaker PM, the chair of International Polio Plus, Rotary International, Dr. Robert S. Scott has pointed out that the decision to close the PM's Monitoring Cell “was done in haste, without giving any thought to future action or implementation.” He writes, “The programme will stall key initiatives taken by the Polio Cell to completely stop transmission of polio from Pakistan,” and requests the concerned authority “to take steps to establish the essential functions that were previously undertaken by the PM's Polio Cell in the interest of the children of Pakistan.”

Dr. Scott has also highlighted that the merger of the Polio Cell with the old system will pay no dividends. “Under the caretaker government, the PM's Polio Cell has been closed and merged with the old system, which is incapable of delivering routine immunization or running the Polio Eradication Initiative due to serious administrative issues. The particular deficiencies of the EPI were also highlighted by the Federal Ombudsman in his recent report on the measles outbreak in Pakistan,” the Rotary chief has pointed out in the letter.

In a separate joint letter addressed to the PM, WHO Representative Dr. Nima Saeed Abid and Unicef Representative Dan Rohmann have emphasized the

continuing need for high-level oversight, monitoring and coordination of polio eradication efforts, which they believe would weaken as a result of dismantling of the PM's Polio Cell.

“The tragic events in Peshawar this week emphasize the continued need for high-level oversight and coordination as well as crisis management. We would like to draw your attention to the notification calling for the dissolution of the PM's Polio Cell, which appears to weaken the monitoring and oversight of polio eradication efforts,” the WHO-Unicef letter states, while hoping that the historic goal of polio eradication would be further pursued and achieved within agreed time frames.

Both WHO and Unicef believe that the PM's Polio Cell was central to the successful implementation of the National Emergency Action Plans (NEAP) for Polio Eradication. “The successful implementation of NEAP has reduced polio by 71% from 2011 to 2012. This year, Pakistan has reported nine cases compared to 22 at this time last year. Central to the success of NEAP has been the establishment of an all-of-government approach in which accountability was pursued for programme implementation. These included the chief ministers or chief secretaries at the provincial level, and deputy commissioners at the district level. coordination at the national level is accomplished through direct oversight by the PM's Polio Cell. It should be noted that NEAP called for an additional secretary to be appointed to manage and lead the Cell under the direct supervision of the PM,” the WHO-Unicef letter states.

Drawing attention to the implications of the decision to dissolve the PM's Polio Cell, Nima and Dan have emphasised that the technical assistance that Pakistan gets through WHO and Unicef, the guidance and monitoring that it gets from the Technical Advisory Group and the Independent Monitoring Board among others, and the financing that it gets from the Islamic Development Bank and other bilateral partners “is fundamentally based on the international confidence engendered by NEAP and the oversight, coordination and management and accountability structures that guarantee its full implementation and are an integral component of NEAP.” The dissolution of the PM's Polio Cell is confirmed to have shattered this confidence.

In 2012, the World Health Assembly declared the completion of global polio eradication as a programmatic emergency for global public health. Pakistan is one of the three countries in the world that have never stopped poliovirus transmission and has been a source of international spread of the virus to countries in Asia and Africa. The country is under immense pressure from the international community to take drastic steps for the eradication of polio and to actively contribute to global polio eradication. Nobody expected that the demand for drastic steps would include dissolution of the very system that brought transparency to the polio programme in Pakistan!

Source : Shahina Maqbool, The News

**WOW!  
WHAT A LITTLE GEM THE CUCUMBER IS.  
I WILL LOOK AT IT DIFFERENTLY FROM NOW ON!**

1. Cucumbers have most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating

a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

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**Very Well Said Quotes:**

Don't be afraid to make mistakes or face challenges it gives you an opportunity to realize how **clever** you are or how **resourceful** you can be; as you face them as you learn from them.

*- Brigitte Nicole*

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Never make yourself feel like NOTHING, to make someone else feel like EVERYTHING.

\* \* \* \* \*

I'm a lover not a fighter but I'll fight for what I love.

\* \* \* \* \*

Good things come to those who wait.  
Better things come to those who don't give up.  
And, the best things come to those who just believe.

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A best friend is like a four leaf clover, hard to find, and lucky to have.

*- Sarah Jessica Parker*

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*It is during the worst times of your life that you will get to see the true colors of the people who say they care for you.*

*- Ritu Ghatourey*

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Obstacles Can't Stop You,  
Problems Can't Stop You,  
Most of All  
Other People Can't Stop You  
The Only One Who Stops You is YOURSELF

## 10 Common Habits That Damage the Kidneys

Kidney disease is one of the costliest illnesses in the world and managing kidney disease is very expensive.

Each year, lots of people die of kidney disease all over the world, and the number of people suffering from chronic renal failure, and need dialysis or kidney transplantation to stay alive keep increasing.

Statistics have it that, worldwide, more than millions patients are waiting for kidney transplants, but only a few thousands will receive transplants because of shortage of suitable organ donors.

Patients usually felt surprised when they are diagnosed of Kidney Failure.

Experts have found the explanation from your daily life habits.

Here are the top habits which lead to your kidney failure:

### 1. Not emptying your bladder early:

Maintaining a full bladder for a long time is a quick way of causing bladder damage. That the urine stays in the bladder for a long time can cause the bacteria breeding in urine to multiply quickly. Once the urine refluxes back to ureter and kidneys, the bacteria can result in kidney infections, then urinary tract infection, and then nephritis, even Uremia.

So, no matter how busy you are, remember to drink a lot of water and urinate regularly. Once you form the habit of holding back urine, it will ultimately damage your kidneys.

### 2. Not drinking enough water:

The main functions of the kidneys are to regulate erythrocyte balances and eliminate metabolic wastes in urine. If we do not drink enough water, the blood will be concentrated and the blood flow to the kidney will not be adequate, thus the function of eliminating toxins in or from the blood will be impaired.

Two glasses of warm water each morning is a very healthy habit for your kidney, and a glass of water every hour will ensure that you have a functional kidney for the rest of your life.

### 3. Taking too much salt:

95% sodium we consume through food is metabolized by the kidneys. Exceeding the salt intake will make the kidneys work harder to excrete the excess salt and can lead to decreased kidney function. This excess sodium will cause water retention, causing edema. Edema usually elevates blood pressure and increases the risk of developing kidney disease. The daily salt intake should be controlled within 6g per day.

### 4. Not treating common infections quickly and properly:

Common infections, such as pharyngitis, tonsillitis, common cold etc, usually triggers or aggravates kidney damage. They do this by causing an acute attack of acute glomerulonephritis or chronic nephritis. So, you will see that people who get kidney disease for the first time or whose illness condition becomes worse usually present in hospitals with a history of cold or sore throat.

If after having cold, symptoms like blood in urine, swelling, headache, nausea, vomiting, fatigue, poor appetite appear, you should consult your doctor immediately, to assess your kidney functions, and start treatment if compromised.

### 5. Eating too much meat:

Eating too much meat and protein can increase the metabolic load of the kidney. For those suffering from proteinuria, meat consumption too may aggravate protein leakage, worsening renal pathological lesion.

It is suggested that protein intake should be 0.8g/kg per day. This means that a person with 50 kg should consume 40g of protein per day. Meat consumption per day should be limited within 300g.

### 6. Not eating enough:

This is equally as dangerous as eating too much, both of them will lead damages to your digestive organs where is full of mucosal tissues. Mucosal tissues relates closely to your immune system. This is why many kidney failure patients are diagnosed with "autoimmune kidney damages".

### 7. Painkiller abuse:

The use of analgesics for a prolonged duration may reduce the flow blood and greatly affect kidney function. In addition, patients with analgesic-induced renal failure are more likely to suffer from bladder cancer.

Use analgesics only when it's absolutely necessary, learn to rest instead of taking to the bottles. If you have been on pain killers for a long term, it's about time you had a test to access you renal function done.

### 8. Missing your drugs:

Hypertension and diabetes have been shown to precipitate or accelerate kidney damage, so if you are diagnosed as having any of these disease don't live your life in denial, USE YOUR DRUGS.

This will ultimately help control your condition while also helping to preserve your kidneys.

### 9. Drinking too much alcohol:

Drinking alcohol without limitation may cause the deposition of uric acid in renal tubules, causing tubular obstruction and increasing risks of kidney failure.

### 10. Not resting enough:

In our society, hypertension as a severe threat to life is largely due to stress. A common symptom of stress is insomnia. Blood pressure may increase by an average of 2-5mg/Hg because of insomnia. Chronically elevated blood pressure can cause damage to kidney capillaries giving rise to kidney problems. Thus, we need to develop a good attitude to life and strike a good balance between work and rest to protect your kidneys and live a healthy life.

At the early stage of kidney diseases, there are usually no the special symptoms, so lots of patients are not diagnosed until the acute attack appears or the illness condition develops into the late stage. So you should endeavor to do kidney function test from time to time to assess how healthy your kidneys are.

Never ignore the soreness of waist, swelling of the feet, changes in urine color or volume, increase in night urination, palor, high blood pressure and other such symptoms. Once found, you should go and see your doctor immediately.