

The Weekly Bulletin Of The Rotary Club OF Pudu, R.I. District 3300, K.L. Malaysia



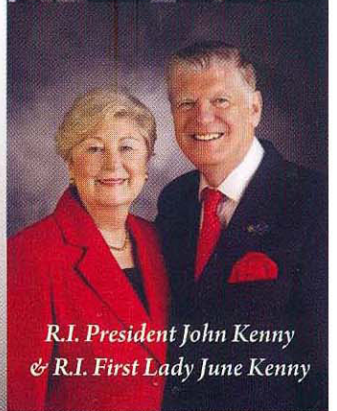
BERITA pudu



" THE FUTURE OF ROTARY IS IN YOUR HANDS "
 R.I. Theme for Rotary Year 2009/2010

<http://www.rotarypudu.org.my>

Involved We Are, Committed We Must Be.



*R.I. President John Kenny
& R.I. First Lady June Kenny*

With Compliments

from



E3A-3, Block E, Dataran Palma
Off Jalan Ampang, 68000 Ampang
Selangor, Malaysia

Tel: +603-4270 6470, Fax: +603-4270 6471

Email: datomus@gtitec.com.my

Web: www.gtitec.com.my

B e r i t a P U D U



2nd November 2009

For Members Only
ISSUE NO : 16/2009-10

website:- <http://www.rotarypudu.org.my>

Programme for Today

Speaker : PDG Datuk Dr. N. Laskshmanan
Subject : The Rotary Foundation

ON DUTY

Duty Table : Rtn Robert Tan
Fellowship : Rtn Leong Choy Ying
Finemaster : PP Ng Sim Bee
Introduce : PDG Dr. Paul Lee
Thanking : PDG K B Lee

Programme for 9th November 2009

Speaker : PP Dato NK Jasani
Subject : Implications Of The Recent Budget Proposals

ON DUTY

Duty Table : Rtn Brenda Lee
Fellowship : Rtn Lee Su Zane
Finemaster : PP KH Low
Introduce : PP KU Rajah
Thanking : DGN KB Lim

Birthdays & Wedding Anniversaries

Birthdays : PP Michael Tung (29th Oct)
Spouse's Birthday : Spouse Edward (3rd Nov)
Anniversaries : Rtn Alex Chang and Ann Elaine (27th Oct); Rtn Roy and Ann Siew Kien (1st Nov)

Your 2nd – 30th November 2009 Diary November is Rotary Foundation Month

Date	Day	Time	Meeting	Venue
2-11-09	Mon	12.45 pm	Weekly Luncheon Meeting	Shangri-la Hotel, KL
4-11-09	Wed	6.30 pm	Club Service Com. Meeting	Rtn Asok Kumar's Office
5-11-09	Thurs	6.30 pm	International Service Com. Meeting	Rtn Steven Oon's Residence
9-11-09	Mon	12.45 pm	Weekly Luncheon Meeting	Shangri-la Hotel, KL
10-11-09	Tues	6.30 pm	Vocational Service Com. Meeting	Marco Polo Rest. KL
11-11-09	Wed	6.30 pm	New Gen. Com. Meeting	Rtn Arwin Kumar's Office
12-11-09	Thurs	6.30 pm	Community Service Com. Meeting	Marco Polo Rest. KL
16-11-09	Mon	12.45 pm	Weekly Luncheon Meeting	Shangri-la Hotel, KL
23-11-09	Mon	12.45 pm	Weekly Luncheon Meeting	Shangri-la Hotel, KL
26-11-09	Thurs	6.30 pm	BOD Meeting	President Robin Tay's Office
30-11-09	Mon	7.00 pm	Weekly Night Meeting Vocational Service Awards	Shangri-la Hotel, KL

NOVEMBER IS ROTARY FOUNDATION MONTH

Rotary designates certain months for certain specific activities and the month of November has been designated as the Rotary Foundation Month. Rotary believes that small efforts to advance understanding and goodwill among people of different nations and to improve the quality of life builds up a foundation of peace. Accordingly the Rotary Foundation is regarded as one of the many building blocks towards creating goodwill in the world. The other building blocks are "special international observances and events, International meetings, international educational and cultural activities and World Community Service"

In trying to follow RI directive to observe November as "The Rotary Foundation Month" what do you actually do? There are a number of activities a Rotary Club can carry out:

- 1) Arrange talks on Rotary Foundation to members and let them understand the efforts of the Foundation. Mind you, the Rotary Foundation that many new Rotarians understand is merely the Paul Harris Fellows that they are asked to contribute to. Of course the programmes of the Foundation are many and below is listed the common ones that our Club are active in.
 - a) Ambassadorial Scholarships
 - b) Group Study Exchange (Our Club is active in this one, and we have hosted many participants)
 - c) Matching Grants (Our Club has carried out many projects under this grant eg "Hot & Cold water for the Jenjarom Old Folks Home", "Providing Vocational Training to Slow Learners in the Laundry Business", "Literacy a Tool to get out of Poverty" and many more)
 - d) Polio Plus (We should be familiar with this one and many Rotarians contribute to this one) and many more.
- 2) Invite current and former participants in the Rotary Foundation to speak to the Club during the weekly regular meeting. Each year we do invite those who had gone for the Group Study Exchange programme or about to leave for another district to give a presentation to the Club on their experience.
- 3) Promotion of the Rotary Foundation programmes including EREY (Every Rotarian Every Year) contribution.
- 4) Recognition of contributors to the Foundation programmes including awarding PHFs to outstanding public personalities.

The Rotary Foundation is a very important arm of Rotary and partly because of its activities Rotary has become well known all over the world. In particular is the objective to promote international understanding and peace.

So Pudu Rotarians, please understand this particular aspect of Rotary a bit more so that you too can be part of the process to bring about world peace and harmony.

November is THE ROTARY FOUNDATION MONTH – Rotary is Humanity in Motion.

The founder of the Rotary Foundation, Arch C. Klumph had said "No one can tell us what Rotary will be tomorrow, but one thing is certain: What Rotary will be tomorrow depends upon what we Rotarians do today". "We should look at the Foundation as being not something of today or tomorrow but think of it in terms of the years and generations to come".

Through our literacy programs, we empower children to learn and rise up from poverty. Through our Ambassadorial Scholars and Rotary Peace Fellows educational programs, we enlighten the next generation of world leaders to challenge the ravages of war and build bridges of peace and hope that link us all.

Through establishing lasting international friendships, millions of children are receiving the precious polio vaccine during National Immunization Days that Rotarians help organize, promote, and carry out with an eye on good stewardship practices.

Through our clean water projects, we make a difference so that children in poor villages no longer die of water-borne disease.

All these programs are made possible by our contributions to the Rotary Foundation. This month is about you and I taking **Service Above Self** seriously and is about taking time to **Create Awareness** and **Take Action** by doing something to build goodwill and better friendships.

It is also about having a vision that enables all of us to see that something as simple as participating in **Every Rotarian, Every Year (EREY)** with an affordable contribution of US\$100 to the Rotary Foundation can be a life-changing event of magnificent proportion in someone's life, in the lives of all children.

Have you made your EREY contribution this year yet?

Your contributions fuel our life changing programs. At the beginning of the Rotary Foundation month, PP KU Rajah has humbly appealed to all of us to contribute generously and encourage every Pudu Rotarian to do likewise for the EREY initiative. PP KU Rajah's clarion call is noble. Be generous this year and make your Annual Programs Fund gift today and contribute to a positive change.

As we observe The Rotary Foundation Month, make yourself a Paul Harris Fellow, or be a Major Donor, or at least invite a friend to join Rotary so they, too, can share the vision of more humane and peaceful world through The Rotary Foundation.

Keep in mind the many ways that we can contribute. Through our combined support, the Foundation will continue to do good in the world for the future of our next generation is indeed in our hands.

I hope that you share my enthusiasm.

ROBIN TAY

President of Rotary Club of Pudu RY 2009/2010.

"INVOLVED WE ARE, COMMITTED WE MUST BE"

PROCEEDINGS ON MONDAY, 26th October 2009

Guest Speaker : PP Dr Siva Ananthan
Subject : Employees' Attitude Towards Employers

VISITING ROTARIANS

Name	Club
PP Sunny Leong	RC Bangsar
PP Dr. Siva Ananthan	RC Brickfields

GUESTS

Name	Host
Rtc. Pp Rose Mah	Rac Pudu
Rtc. Pp Pei Yie	Rac Pudu
Rtc. Alyson	Rac Pudu
Rtc. president Jitco	Rac Pudu
Rtc. Ipp Siew Peng	Rac Pudu
Rtc. Vini Loo	Rac Pudu

STATISTICS

Visiting Rotarians	:	2
Guests	:	34
Club Members	:	30
Total Present	:	66

COLLECTIONS

Birthdays / Anniversaries / Fines	:	
Paying Diners	:	RM 960.00
Raffles & Others	:	
Total	:	RM 960.00

CLUB PROCEEDINGS

Acting SAA PP K U Rajah called the meeting to order at 7:30 pm on behalf of President Robin Tay. He introduced all the visiting Rotarians and guests. He later led in the singing of the National Anthem and proposed the loyal toast.

There was no fine session being conducted as this was in conjunction with the Club's Vocational Service committee project on Employers and Employees Appreciation night.

PRESIDENT'S ANNOUNCEMENT

Good evening everyone, especially to all our dedicated staffs from our fellow Rotarians' offices and our Honourable Speaker, PP Dr. Siva Ananthan.

Welcome to our 15th Pudu Weekly Meeting in collaboration with the Employer Employee Appreciation Night. In the Rotary Calendar, in the month of October we usually celebrate the Vocational Service Month and without fail every year we, Pudu Rotarians show our deepest appreciation to all our staff for their loyalty, integrity, dedication and their hard work.

So, tonight is the Employees' night, therefore, please be relaxed, be cool, and enjoy the evening. On my right as you can see, there are many prizes to be won. Every one of you have to win something and must not go home empty handed. Don't worry too much about your 'Boss' tonight. They will not be going to penalize you and you have nothing to worry about.

Before I hand over this event to our evergreen MC, PP Gary Lim, please allow me to make a few announcements and

after that the official evening meeting will be closed and the fellowship begins.

First on the list, Thank You, OC Rtn CT Heng and Vocational Service Director, Rtn Edward Lee for your untiring efforts in organizing this "Employer Employee Appreciation Night." Also, many thanks to the generous donors and supporters, tonight we have many prizes for the lucky draw. To all the kind and generous Rotarians who have contributed for the draw, my sincere appreciation and "KUDOS and SYABAS" to you all.

Last Tuesday, on the 22nd October 2009, I understand from IPP Michael Yeow that the the hundred per center dinner was well attended by 22 Rotarians. According to him, the drinking holes dried up within a few hours and have to resort to drinking beers to quench the ever thirsty drinkers. Thank you, IPP Michael Yeow for hosting the dinner and your kind hospitality. It was indeed a memorable Rotary year serving with you.

Last Saturday, on the 24th October 2009, Rotary marked this day as 'World Polio Day'. As early as 6.00 am, my childhood friend – Mr. John Yew, President Tiffany from RC Titivangsa and I graced this significant day by brisk walking from Lake Gardens bypassing Carcosa Seri Negara Hotel then headed to Bukit Tunku and then back again to the Lake Gardens. Mr. John Yew and I brisk walked 25 km in 5 hours. President Tiffany clocked in 2 hours and she had to leave early for her training sessions on 'Child Abuse' at Jaya One, Section 13, P.J.

Later in the afternoon, at 12.00 noon, PP KU Rajah had an 'Open House' at his mum's residence in Klang. As usual, the yearly Deevapali celebration hosted by PP KU Rajah was well attended by Rotarians, Rtyns and family members. For

those who were there, you certainly agreed with me that the mutton 'dalchar' was the best dish, and not forgetting the fried chicken, the dried mutton curry and the spiced fragrant rice.

As usual, the beers were free flowing and hence overwhelmed the fellowship until our Club Service Director, Rtn Asok Kumar and Fellowship Chairman, Rtn Patrick Lee were the last to leave. Thank you PP KU Rajah and on behalf of our Club, please extend our deepest appreciation to your beloved mum and charming sister for the wonderful hospitality and the sumptuous food.

Lastly, during the weekend, PE Leong Choy Ying attended the Pre-PETS1 at A'Famosa and after this she will be preparing for her Presidency for Rotary Year 2010/2011. Congratulations, PE and we all shall be standing by you to support you in the ideal of service.

INTRODUCTION OF GUEST SPEAKER

DGN K B Lim introduced the guest speaker for the day who was none other than PP Dr. Siva Ananthan who spoke on the topic of How To Be A Good Employer.

SPEAKER'S CV

**Dr Siva Ananthan PMP PHF
PhD DBA LLB(Hons) FABE MSIDO ICP**

Dr Siva Ananthan is currently the CEO of LTT Global Consultants, a corporate advisory and consulting firm engaged in activities such as corporate debt restructuring and mediation, claims negotiation, capital formation, raising private venture capital, debt equity, project financing, financial management services, mergers, acquisitions, brokering companies and selling of public and private companies.

Dr Siva has had a distinguished career and in the past has served as,

- The President of the National Association of Private and Independent Educational Institutions of Malaysia (NAPIEI)
- A Director of the Pan Pacific Association of Private Education (PAPE)
- A Governing Council Member of the ASEAN Law Association (ALA)
- A Member of the Finance Committee of the Malaysian Hockey Federation
- The President of the Selangor Judo Association
- An Executive Council Member of the Malaysian Judo Federation
- The Vice President of the Malaysian Ceylonese Congress

Dr Siva is also a Past President of Rotary and has served our Rotary District 3300 as,

- Assistant Governor
- Deputy Trainer

- Membership Development Committee Chairman
- Awards and Recognition Committee Chairman
- Literacy Task Force Coordinator
- Training Team Leader
- Group Discussion Leader

Organizing Chairman of many District Events, including the visits of two Rotary International Presidents – James Lacy and Richard King.

Dr Siva has been an active Rotarian for 20 years and is a major donor to the Rotary Foundation, which undertakes many worthy humanitarian projects worldwide, including the eradication of polio globally.

Dr Siva has also spoken at many conferences and symposiums in the areas of:

- Law
- Human Resources Management
- Corporate governance
- Leadership
- Entrepreneurship
- Communication and public speaking

SPEAKER'S TEXT

How to be a good employer

PP Dr Siva Ananthan PHF

Rotary's Global Commitment to High Ethical Standards

Rotary's commitment to Service Above Self has been channeled through the 4 Avenues of Service

Vocational Service involves club members serving others through their professions and aspiring to high ethical standards.

THE DECLARATION OF ROTARIANS IN BUSINESSES AND PROFESSIONS

Rotarians engaged in a business or profession, are expected to:

- consider our vocation to be another opportunity to serve;
- be faithful to the letter and to the spirit of the ethical codes of our vocation, to the laws of our country, and to the moral standards of our community;
- do all in our power to dignify our vocation and to promote the highest ethical standards in our chosen vocation;
- be fair to our employer, employees, associates, competitors, customers, the public, and all those with whom we have a business or professional relationship;
- recognize the honor and respect due to all occupations which are useful to society;
- offer our vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in our community;

- adhere to honesty in our advertising and in all representations to the public concerning our business or profession;
- neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship.

“be fair to our employer, employees, associates, competitors, customers, the public, and all those with whom we have a business or professional relationship”

The Idea of Fairness

The recognition and protection of the Rights of Employees is a cardinal tenet of Rotary's benchmark for best practices.

Even when you interview – you have to be fair – Eg. What is the fastest thing in the world?

The golden rule in successfully dealing with people has always been to treat others as you would want to be treated.

**Employee Rights
Statutory Rights
Protect from discrimination**

Safe working conditions

Right to form unions

Employee Rights
Contractual Rights
Employment contract

Union contract
Implied contract
Employment policies

Employee Rights
Other Rights
Ethical treatment

Limited privacy
Limited free speech

Creating Ethical and
Fair Work Environment
Develop trust

Honor commitments
Act consistently
Be truthful – 7 Eleven story

Creating Ethical and
Fair Work Environment
Keep confidences
Show concern for others
Avoid manipulating others - The Nazi Story

Create Healthy Work Environment
Define clear expectations
Have realistic expectations – Ostrich Tale
Give employees training and treat them fairly
Avoid favouritism
Provide channels for effective communication – The Pope V Ah Pek

Respect employees
Recognize and reward employee contributions

Whistle-blowing
Two men & a woman story

Employees use whistle-blowing to hold employers accountable

Risky -- managers and employees often deal harshly with whistle-blower

Whistle-blowing: Do's
Make sure allegation is correct
Document observations and attempts to rectify the problem

Keep documentation outside the office
Find out if state protects whistle-blowers
Talk to your family about repercussions

Whistleblowers: Don'ts
Do not assume laws will protect you
Do not run to the media
Do not expect money if you're fired

Dismissing Employees

Just Cause Standard of Discipline
Notification Was employee forewarned of disciplinary consequences of his or her conduct?

Reasonable Rule Was the rule the employee violated reasonably related to safe and efficient operations?

Investigation Before the Discipline Did managers conduct an investigation into misconduct before administering discipline?

Fair Investigation Was investigation fair and impartial?

Proof of Guilt Did investigation provide substantial evidence or proof of guilt?

Absence of Discrimination Were rules, orders and penalties of disciplinary action applied without discrimination?

Reasonable Penalty Was disciplinary penalty reasonably related to seriousness of rule violation?

Li-Li and her Mother-In-Law

There is a wise Chinese saying:

‘The person who loves others will also be loved in return.’

Our expectation of others must manifest in ourselves first and our attitude towards others determines their attitude towards us.

THANK YOU

THANKING OF GUEST SPEAKER

IPP Michael Yeow on behalf of the Club, thanked the guest speaker PP Dr. Siva Ananthan for giving us an enlightening and a humorous talk and the crowd loved every moment of it.

VOCATIONAL SERVICE PROJECT - EMPLOYEE - EMPLOYER NIGHT - 26 OCTOBER 2009



Rtn Aaron and his team!



Organising Chair, Rtn Heng waiting to speak!!...Never materialised!!! Ask him!!!!



Some of Rtn Steven Oon's team!



Some of our VIPs.....welcome to Lawrance Annies.



Our Pudu Rotarians.....re-political scene?



Our distinguished and excellent speaker, PP Dr Siva Ananthan.



PDG Dr Paul Lee's charming 'dental assistants' were present.



"PP Dr Siva, It was not only informative....you also had us in 'stitches' with your meaningful, excellent jokes befitting the occasion".



"You deserve this prize" PDG Dr Paul Lee.



"Lawrance Annies was honoured by asking to give away some of the lucky draws".



Well! Well!!This charming winner works with Rtn Steven Oon.....Ask him!



Thanks PP VG for attending this function.....though at night!!



FIRST PRIZE WINNER
.....Rtn Steven Oon's
Team!

Something for our
Ann Prema ...for being
with us.



To Remember the
occasion!

RTN STEVEN'S TEAM
REALLY ENJOYED
THEMSELVES!



ROTARY INFORMATION

October Message from Gleen E. Estess Sr Foundation Trustee Chair

With polio, our determination must not waver

On 24 October, we mark World Polio Day. It is a time to reflect on the progress we have made and to strengthen our resolve for the work ahead. It is a time to raise awareness of our efforts to eradicate polio, and to help meet Rotary's US\$200 Million Challenge.

We have come a long way. We have reduced the number of polio cases by over 99 percent, from more than 350,000 a year in the 1980s to about 1,650 in 2008. We have brought the number of endemic countries from 125 to 4. And we have vaccinated over two billion children.

We are proud of these accomplishments, and we are closer than ever to achieving our goal of worldwide eradication. But we must recognize that our greatest enemy is complacency. We cannot slacken our efforts now, because as long as there is wild poliovirus anywhere, the disease can easily spread again. The number of cases in endemic countries is down this year, but the number of cases in countries where polio has been reintroduced has increased significantly – a reminder of how polio knows no borders, and how vigilant we must remain.

Polio is still endemic in Afghanistan, India, Nigeria, and Pakistan. Difficult terrain, civil unrest, remote settlements, poor sanitation, and terrible poverty are just some of the obstacles to immunization. But we, and our partners in the Global Polio Eradication Initiative, are determined to continue our work with persistence and creativity.

I have been inspired by the incredible strides already made this year: In one 10-day period, a total of 222,270,331

children in 22 countries were immunized against polio. The effort and the commitment are phenomenal. This is a testament to the resolve that has brought us this far – and that will soon bring us to our goal of complete eradication.

ROTARY INTERNATIONAL RECOGNISES OCTOBER IS AS "VOCATIONAL SERVICE MONTH"

What is Vocational Service?

Vocational Service is the Second Avenue of Service. It is stressed in the second part of the "Object of Rotary".

"Rotary employs the word 'service' in its broadest sense, not merely to the merchandise sold or work done in any business or professional transaction, but also to the giving of due consideration to the needs and circumstances of the one served and to the continual thoughtfulness of others" MOP.

When we, as professionals, join a Rotary club we do so as a representative of our particular business or profession. This gives us, Rotarians, the dual responsibility of representing our vocation within the club and of exemplifying the ideals of Rotary within the workplace.

Vocational service focuses on:

- Adherence to, and promotion of, the highest ethical standards in all occupations, including fair treatment of employers, employees, associates, competitors, and the public.
- The recognition of the worthiness of all useful occupations, not just our own or those that are pursued by Rotarians.
- The contribution of our vocational talents to the problems and needs of society.
- The values expressed in The 4-Way Test and the Declaration for Rotarians in Business and Professions,

which promote high ethical standards in the workplace, a central theme of Rotary throughout its history.

Rotary's emphasis on vocational service has its roots in the founding of the organization in 1905. And the use of the classification principle – the guideline by which nearly all Rotary membership is determined – assures that each club has among its members a cross-section of a community's business and professional population.

It is clear that our communities need Rotary to demonstrate commitment to the 4-Way Test. Vocational Service is the banner by which Rotarians "recognize the worthiness of all useful occupations" and demonstrate a commitment to "high ethical standards in all businesses and professions."

FILLERS

This is something we should all read at least once a week!

Written By Regina Brett, 90 years old, of the local newspaper "The Plain Dealer", Cleveland, Ohio.

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written."

My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.

21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

The Biggest Little Words

There are many things that we can do to perk up and strengthen our interpersonal relationships. Yet the most effective involves the saying of just three words.

"I'll be there."

If you have ever had to call a friend in the middle of the night, to take a sick child to hospital, or when your car has broken down some miles from home, you will know how good it feels to hear the phrase "I'll be there." Being there for another person is the greatest gift we can give. When we are truly present for other people, important things happen to them and us. We are renewed in love and friendship. We are restored emotionally and spiritually. Being there is at the very core of civility.

"I miss you."

Perhaps more marriages could be saved and strengthened if couples simply and sincerely said to each other "I miss you." This powerful affirmation tells partners they are wanted, needed, desired and loved. Consider how ecstatic

you would feel, if you received an unexpected phone call from your spouse in the middle of your workday, just to say "I miss you."

"I respect you."

Respect is another way of showing love. Respect conveys the feeling that another person is a true equal. If you talk to your children as if they were adults you will strengthen the bonds and become close friends. This applies to all interpersonal relationships.

"Maybe you're right."

This phrase is highly effective in diffusing an argument and restoring frayed emotions. The flip side to "maybe you're right" is the humility of admitting, "Maybe I'm wrong". Let's face it. When you have a heated argument with someone, all you do is cement the other person's point of view. They, or you, will not change their stance and you run the risk of seriously damaging the relationship between you. Saying "maybe you're right" can open the door to further explore the subject, in which you may then have the opportunity to get your view across in a more rational manner.

"Please forgive me."

Many broken relationships could be restored and healed if people would admit their mistakes and ask for forgiveness. All of us are vulnerable to faults, foibles and failures. A man should never be ashamed to own up that he has been in the wrong, which is saying, in other words, that he is wiser today than he was yesterday.

"I thank you."

Gratitude is an exquisite form of courtesy. People who enjoy the companionship of good, close friends are those who don't take daily courtesies for granted. They are quick to

thank their friends for their many expressions of kindness. On the other hand, people whose circle of friends is severely constricted often do not have the attitude of gratitude.

"Count on me."

A friend is one who walks in when others walk out. Loyalty is an essential ingredient for true friendship; it is the emotional glue that bonds people. Those that are rich in their relationships tend to be steady and true friends. When troubles come, a good friend is there indicating you can "count on me."

"Let me help."

The best of friends see a need and try to fill it. When they spot a hurt they do what they can to heal it. Without being asked, they pitch in and help.

"I understand you."

People become closer and enjoy each other more if they feel the other person accepts and understands them. Letting your spouse know in so many little ways that you understand them is one of the most powerful tools for healing your relationship. This applies to any relationship.

"I love you."

Perhaps the most important three words that you can say. Telling someone that you truly love them satisfies a person's deepest emotional needs; the need to belong, to feel appreciated and to be wanted. Your family, your friends and you, all need to hear those three little words. I love you.

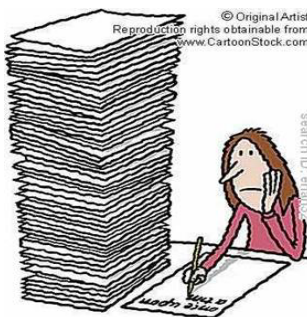
When spoken or conveyed, these statements have the power to forge new friendships, deepen old ones and restore relationships that have cooled. These three-word phrases can enrich every relationship. Use them!

**Let us be aware and make the best out of our lives!!
We have 3 stupid stages of life.....**



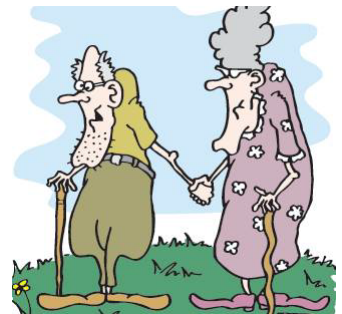
Teen age:

Have Time + Energy ...but No Money



Working Age:

Have Money + Energy ...but No Time



Old age:

Have Time + Money ...but no Energy

BOARD OF ROTARY YEAR 2009/2010**President**

Rtn Robin Tay Lian Kiat
(robintay33@hotmail.com)
Tel: 603-6201 0086 H/P: 012-2382 389

Vice President

Rtn Lawrence B. Khoo
(lawrencebkg@gmail.com)
Tel: 603-2163 2018 Fax: 603-2163 3018
019-3880 905

Honorary Secretary

Rtn Alex Chang Huey Wah
(alex@alexchanglaw.com)
Tel: 603-2166 9928 Fax: 603-2166 9328
H/P: 012-6289 928

Honorary Treasurer

Rtn C T Heng
(eejunlighting@yahoo.com)
Tel: 603-9172 7091 Fax: 603-9172 7092
H/P: 012-2363 451

President Elect

Rtn Leong Choy Ying
(cyleong@ppb.com.my)
Tel: 603-2117 0888 Fax: 603-2117 0999
H/P: 012-3778 713

Immediate Past President

Michael Yeow Kiew Meng
(mikeyeow@gmail.com)
Tel: 603-2176 1155 Fax: 603-2031 8925
H/P: 012-3291 882

Directors**Club Service**

Rtn K A Kumar
(panpropreal@yahoo.com)
H/P: 012-2953 935

Vocational Service

Rtn Edward Lee Shin Foong
(edleesf@yahoo.com)
Tel: 603-2162 8181 Fax: 603-2711 8218
H/P: 012-2685 551

Community Service

Rtn James Teh Chee Hin
(jamestehch@myjaring.net)
Tel: 603-2039 4332 Fax: 603-7880 5437
H/P: 012-3312 302

International Service

Rtn Steven Oon Hoon Nam
(experto@streamyx.com)
Tel: 603-6273 2868 Fax: 603-6276 0868
H/P: 012-2127 011

Service to New Generation

Arvin Kumar
(edumalnetwork@gmail.com)
H/P: 012-3631 630

Chairpersons**Classification**

Rtn K K Yap
Tel: 603-2142 1207

Fellowship

Rtn Patrick Lee Hong Lian
(patrickleerc@gmail.com)
Tel: 603-8943 1199 Fax: 603-8942 1969
H/P: 016-2113 988

Programme

PP Chow Tain (erealty@myjaring.net)
Tel: 603-8945 9728 Fax: 603-8945 3278
H/P: 012-3722 663

Public Relation

PP Albert Lim Yew Seng
(yslim2@gmail.com)
Tel: 603-3342 1537
H/P: 012-3354 287

Attendance

Rtn Sharon Lim (sharonbhl@gmail.com)
Tel: 603-8961 6779 Fax: 603-8961 6773
012-2851 218

Rotaract Chairman

PP Michael Tung Siak Kei
Tel: 603 2142 1148 Fax: 603 2145 2103

Bulletin Editor

PP Richard Liew (liewn@gmail.com)
Tel: 603-8024 1422 Fax: 603-8024 1459
019-2162 516

Sergeant-At-Arms

Rtn Stanley Pereira
(stanley_pereira@yahoo.com)
Tel: 603-2095 8291
012-2211 625

Advisors

PDG Dr. Paul Lee, DGE K B Lim,
PP V G Chandran, PP Ng Sim Bee,
PP Phang Poke Shum

Rotary Clubs around the Klang Valley Meeting Information

DAYS	TIME	ROTARY CLUBS	VENUE
Monday	1245	RC Pudu	Shangri-La Hotel, KL
	1800	RC Cyberjaya	1st Floor, MSC Innovation Centre, Cyberjaya
	1900	RC Pantai Valley	Kuala Lumpur Golf & Country Club, Bukit Kiara, KL
	1930	RC Titivangsa	Royal Selangor Club, KL
	2000	RC Senawang	Royal Sungei Ujong Club, Senawang, Seremban
Tuesday	1245	RC Petaling Jaya	Sheraton Hotel, Subang Jaya
	1815	RC Bangsar	Royal Selangor Club, KL
	1830	RC Kajang	Prescott Metro Inn, Kajang
	1845	RC Bandar Utama	Business Centre, One World Hotel, Bandar Utama
	2000	RC Danau Desa	Wisma Belia, 1st Floor, Room 711, Jalan Syed Putra, KL
	2000	RC Port Klang	Royal Klang Club, Klang
	2000	RC USJ	Resorce Centre, 3K Sports Complex & Inn, USJ
Wednesday	1230	RC Shah Alam	Kelab Shah Alam, Shah Alam
	1245	RC KL Di-Raja	Shangri-La Hotel, KL
	1830	RC Ampang	The Raintree Club, KL
	1830	RC KL North	Royal Selangor Club, KL
	1830	RC Sri Petaling	Sri Petaling Hotel, Sri Petaling, KL
	1830	RC Subang	Holiday Villa Subang, Subang Jaya
	1900	RC Cheras	Bankers Club, Amoda Building, Jln Imbi, KL
	1930	RC Bandar Sunway	Sunway Lagoon Resort Hotel, Subang
	1930	RC Brickfields	Royal Selangor Club, KL
	1930	RC Bukit Bintang	Holiday Villa Ampang, KL
	1930	RC Bukit Komanwel	Bukit Jalil Golf & Country Club
	1930	RC Central Damansara	Royal Commonwealth Club, Damansara Heights, KL
2000	RC Damansara West	Sri Damansara Club, Bandar Sri Damansara, KL	
2000	RC Kampung Baharu	Kelab Sultan Sulaiman, Kampung Baru, KL	
2015	RC Port Dickson	Royal Port Dickson Yatch Club, Port Dickson	
2030	RC Melawati	K Club, Taman Melawati, KL	
2030	RC Sungei Way	Bukit Kiara Equestrian & Country Club, Bukit Kiara, KL	
Thursday	1245	RC Gombak	Corus Hotel, Jln Ampang, KL
	1245	RC Klang	Royal Klang Club, Klang
	1245	RC Seremban	Royal Bintang Hotel, Seremban
	1800	RC Damansara	Royal Selangor Club, KL
	1900	RC Kelana Jaya	Bukit Kiara Equestrian & Country Resort, KL
	1900	RC Sentul	SRC, Boulevard Sentul, Sentul Raya, KL
	2000	RC Puchong	9, Jln BK 3/2, Bdr Kinrara, Puchong
Friday	1830	RC Metro KL	Bankers Club, Amoda Building, Jln Imbi, KL
	1930	RC KL West	Royal Selangor Club, KL
	2030	RC Bernam Valley	2nd Flr, 19B, Jln Bdr Rawang 1, Rawang
Saturday	0730	RC Bukit Kiara Sunrise	Bukit Kiara Equestrian & Country Resort, KL
	0900	RC Lembah Damansara	Tropicana Golf & Country Resort, PJ

THE FOUR- WAY TEST

**Of The Things We Think,
Say, or 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?

*Conceived by Herbert J. Taylor, a Chicago Rotarian in July 1932
In January 1943, Rotary International Board Of Directors agreed that
'The 4-Way Test' should be part of Vocational Service Ideal.
Herbert J Taylor was RI President in 1954-55*