

The Weekly Bulletin Of The Rotary Club Of Pudu, R.L. District 1300, 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



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# Berita PUDU

23<sup>rd</sup> November 2009

For Members Only  
ISSUE NO : 19/2009-10

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

## Programme for Today

Speaker : Rtn James Prohett  
Subject : Off Shore Financing

### ON DUTY

Duty Table : Rtn Jeffrey Yap  
Fellowship : Rtn Patrick Lee  
Finemaster : Rtn Dr. C C Wong  
Introduce : Rtn Alex Chang  
Thanking : PP V G Chandran

## Programme for 30<sup>th</sup> November 2009

Speaker : HE Jose Manuel Ovalle  
Subject : The State Of Chile

### ON DUTY

Duty Table : Rtn Lawrence Khoo  
Fellowship : Rtn Steven Oon  
Finemaster : PP YK Chew  
Introduce : Rtn Lee Su Zane  
Thanking : PDG Dr. Paul C K Lee

## Birthdays & Wedding Anniversaries

**Birthdays** : Rtn Robert Tan (20<sup>th</sup> Nov) PP Dato NK Jasani (20<sup>th</sup> Nov) PP Albert Lim (22<sup>nd</sup> Nov)  
**Spouse's Birthday** : Ann Vivian (20<sup>th</sup> Nov) Ann Pearl (22<sup>nd</sup> Nov) Ann Elaine (23<sup>rd</sup> Nov)  
**Anniversaries** : Rtn Dr. CC Wong and Ann Pearl (23<sup>rd</sup> Nov)

## IMPORTANT NOTICE

**THE CLUB'S AGM WILL BE HELD AT 6.30 PM ON THE 12TH DECEMBER 2009 AND IS HOSTED BY PP K H LOW AND ANN EVELYN AT THEIR RESIDENCE.**

## Your 23<sup>rd</sup> November – 31<sup>st</sup> December 2009 Diary November is Rotary Foundation Month

Date	Day	Time	Meeting	Venue
23-11-09	Mon	12.45 pm	Weekly Meeting	Olympic Hotel, Jalan Hang Jebat, KL
26-11-09	Thurs	6.30 pm	BOD Meeting	Rtn Steven Oon's Residence
28-11-09	Sat	7.00 pm	4th Fireside Community Service	Rtn May Lim's Residence
30-11-09	Mon	6.30 pm	Weekly Meeting	Shangrila Hotel, KL
			Vocational Service Awards Presentation	
02-12-09	Wed	6.30 pm	Club Service Com. Meeting	Rtn Asok Kumar's Office
03-12-09	Thurs	6.30 pm	International Service Com. Meeting	Rtn Steven Oon's Residence
5-6-12-09			DISTRICT MID TERM REVIEW	TBA
07-12-09	Mon	12.45 pm	Weekly Meeting	Shangrila Hotel, KL
08-12-09	Tues	6.30 pm	Vocational Service Com. Meeting	Marco Polo Rest., KL
09-12-09	Wed	6.30pm	New Gen. Com. Meeting	Rtv. Arwin Kumar's Office.
10-12-09	Thurs	6.30 pm	Community Service Com. Meeting	Rtn. Mok Sin's Office
12-12-09	Sat	6.30 pm	Annual General Meeting	PP KH Low's Residence
			Cum Club's Anniversary	
14-12-09	Mon	12.45 pm	Weekly Meeting	Shangrila Hotel, KL
17-12-09	Thurs	6.30 pm	BOD Meeting	President Robin Tay's Residence
21-12-09	Mon	12.45 pm	Weekly Meeting	Shangrila Hotel, KL
22-12-09	Tues		Rotary Walks To End Polio Project	
25-12-09	Fri		<b>PUBLIC HOLIDAY CHRISTMAS DAY</b>	
28-12-09	Mon	12.45 pm	Weekly Meeting	Shangrila Hotel, KL
31-12-09	Thurs	6.30 pm	BOD Meeting	President Robin Tay's Office

## VISITING ROTARIANS

At most of our regular Monday luncheon meetings we have visiting Rotarians from overseas and some from our own district. **We are happy to see them** as we can identify with them and **we welcome them with open arms**. Some especially those from overseas and other districts exchange banners with us. They also sometimes give a short speech explaining their presence in the country and giving some details about their own clubs.

**We enjoy their company** and many of our own Rotarians have conversations with them and even have more **fellowship** with them after the meeting. Many a times, friendship was built up and the visiting Rotarians come again and again. They probably enjoyed their visit with us too.

As all of you know, **visiting other club's meeting is a form of make up**, ie just like attending our own club's meeting in order to satisfy the attendance rule. But visiting other clubs whether in the same district or overseas is much more than that. **It can actually be enjoyable and fun**, that is, if you are the sociable type. **When you make up this way, you can meet more people, make more friends**. This is a great plus to Rotary. **It allows you the opportunity to meet peers and if business is involved and created, it is a bonus**.

In making up at other Rotary clubs, **you can find out a bit about their culture and tradition**. Although all Rotary clubs have the same constitution, many of them have local and their own peculiar practices. Some have breakfast meetings, some have lunches or tea and some have dinner meetings. The fining sessions can be different too, just like the meeting procedures. The membership composition can be very different too. Some clubs are still exclusively male and some are of a young average age. All these of course have a bearing on the activities of a club.

Making up by attending other Rotary club's meetings allow one to preserve one's attendance record especially those who aspire to preserve their 100%er status. **Our club boasts of at least 35 100%er each Rotary year** and it is a good record. Many of these 100%ers have achieved it through making up in other club's meetings.

**The next time you miss our own regular meeting, try using this venue as a make up**. You will be glad you did as it is a new experience and a rewarding one as well. **Who knows you might make life long friend in another club?**

## November is THE ROTARY FOUNDATION MONTH – The TRF Future Vision Plan

Today, I want to share with you about this unprecedented opportunity for our Rotary Foundation and encourage each one of you to join hands in its vision to build "A Foundation for the Future."

For many years the Foundation has tried to be all things to all people, allocating resources across a wide spectrum of activities.

By leveraging resources and focusing them on those areas where Rotarians can be most effective, the Foundation enable Rotarians to make greater, more enduring impact.

The remarkable success of Polio Plus illustrates the value of this approach and provides a model for the future.

Through its participation with the Gates Foundation, the World Health Organization, UNICEF and U.S Centers for Disease Control and prevention, Rotary has gained stature in the world of international development.

As Rotarians, we must continually strive to improve the Foundation, make it stronger, more prominent, and more accessible. We must focus our work on positively impacting those who need assistance in making their lives more productive and successful, which will make the world a better place for all.

The Future Vision Plan offers the opportunity to deliver the kind of outcomes that will help the Foundation and its work to be more recognizable and have a global impact.

The Rotary Foundation's mission clearly defines the scope of activity in the areas of peace and international understanding, health, education, and poverty alleviation.

The Trustees of The Rotary Foundation took several decisions at the April 2009 meeting that further the implementation of the Future Vision Plan and believes that it will:

Simplify the Foundation programs and administration to make it easier to understand and provide better ways for Rotarians to do good in the world.

Focus on the service interests of Rotarians and the Rotary movement to align service outcomes with the mission of the Foundation.

Increase ownership of the Foundation activities at the local level.

Provide the necessary funding to achieve the goals by leveraging the resources of all stakeholders and potential partners.

Heighten recognition, visibility, and fundraising capabilities.

....continues on page 4

## "INVOLVED WE ARE, COMMITTED WE MUST BE"

### PROCEEDINGS ON MONDAY, 16<sup>th</sup> November 2009

**Guest Speaker** : Mr. Ong Hean Kheng  
**Subject** : A Life Changing Experience- Software For The Human Technology

#### VISITING ROTARIANS

<u>Name</u>	<u>Club</u>
PP Roye Marshall	RC Huntsville, Alabama, USA.

#### GUESTS

<u>Name</u>	<u>Host</u>
Daisy Chiu	PP Kumar Tharmalingam
Ong Hean Kheng	Club
Tham Yeow Kong	PP Chow Tain

#### STATISTICS

Visiting Rotarians	:	1
Guests	:	3
Club Members	:	30
<b>Total Present</b>	:	<b>34</b>

#### COLLECTIONS

Birthdays / Anniversaries / Fines	:	RM 47.00
Paying Diners	:	RM 90.00
Raffles & Others	:	
<b>Total</b>	:	<b>RM 137.00</b>

### CLUB PROCEEDINGS

Acting SAA Rtn Lawrence Khoo called the meeting to order at 1.10 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.

The Finemaster for the day was Rtn Alex Chang who fined all those members standing at the back RM1 and all those seated at the back tables were each asked to pay RM2 each.

PP Sim Bee who injured his back last week but has recovered was fined RM1. Latecomer Rtn Sandy Soh was fined RM1 and looking good another RM1.

Rtn Sarky for knowing where the next meeting is to be held was fined RM1 and Rtn Peng Huat for not knowing who Ann Thawan was, paid a fine of RM1.

PP Kumar paid a fine of RM1 for having been the proposer for Daisy Chiu to the club. PP Dato NK Jasani for having given an excellent talk last week gave RM10. PP Chow Tain who claimed he could not sleep after hearing the talk was fined RM1.

PP Richard Liew paid a fine of RM2 for not having any photos in the bulletin. DGE Kok Beng who was in JB was fined RM1 and President Robin also paid a fine of RM1 for being in JB to do a paper on wellness. PP KH Low who answered correctly on a question was fined RM1. Rtn CC Wong, Robert Tan and PP Dato NK Jasani for having answered correctly and some wrongly were each fined RM1 each.

Rtn Steven Oon whose birthday will be on the 17<sup>th</sup> November paid a fine of RM10 and a birthday song was sung for him.

### PRESIDENT'S ANNOUNCEMENT

Welcome to our 18<sup>th</sup> Pudu Weekly Meeting.

Last week after our monthly Community Service meeting, a "STAR" was born right in front of our eyes.

As all of us are aware that our District is having a Fund Raising Bowl Tournament on the 22<sup>nd</sup> November 2009 at Sunway Pyramid Bowling Center in aid of the flood victims in the Philippines and the earthquake victims in Padang, Indonesia, every club is urged to take part.

It is somewhat timely that we found Rtn Mok Sin to be included into Team A. His performance is beyond expectation and his average score is above 160 pin falls.

Team A Blowers are PP KU Rajah, PP Tay Wei Lian from our Sister's Club, RC Singapore West, Rtn Mok Sin and yours truly.

Team B Blowers are Rtn Lee Su Zane, IPP Michael Yeow, Ms. Judy Ong, and Rotaractor, IPP Yeoh Siew Peng.

Fellow Rotarians, the tournament registration time is 11.00 a.m and it will start sharp at 12.00 noon. For those who are not bowling, please come and have fellowship with us and at the same time give us your moral support. We need your "cheers and support " to inspire us.

On the same evening, we will be having the PP Council meeting. This meeting is an Official Nominating Committee Meeting.

A gentle reminder to all the Past Presidents, please attend this important meeting.

A big "Thank You" to PDG KB Lee, PP Dato Dr. Lee Hoo Teong and PP YK Chew for hosting the dinner.

This Friday, 20<sup>th</sup> November 2009, Rotary International marked this day as "The World Interact Week".

To make this week a significant event, Director to Service to New Generations, Rtn Arvin Kumar and Interact Chairman, Rtn Jeffery Yap will be organizing a small 'Get Together Lunch' with potential incoming board members of our Interactors and with the current Board of Directors.

It will be held SMK Methodist Boys School at 2.30 p.m.

Fellow Rotarians and Rotarian Advisors please take note and all of you are invited for this fellowship. The lunch will be hosted by President Robin Tay.

Another gentle reminder to all of you, on the 28<sup>th</sup> November 2009, Pengurus Tepi Api, Rtn Tan Peng Huat is organizing the 4<sup>th</sup> Fireside at Rtn May Lim's residence at 6.30 p.m. This fireside will cover Community Service and the Resource Rotarian is none other than PP Albert Lim.

For those Rotarians who have signed up, please remember to attend.

Asia Pacific Rotaract Regional Conference in Singapore on the 22<sup>nd</sup> to 25<sup>th</sup> November 2009. Unfortunately, due to the high cost, none of our Rotaractors are attending.

EREY – Every Rotarian Every Year. PP KU Rajah is appealing to all of you to contribute generously to The Rotary Foundation. Please give him your full support.

This year, the Rotary Institute will be held in Manila, the Philippines. It will held on the 27<sup>th</sup> November 2009 and from what I gather, Rotary International Trainer, PDG Dr. Paul Lee will be there and our Sister's Club, RC Mandaluyong is looking forward to have fellowship with him.

This year our Vocational Service Award, themed "SELFESS SERVICE AWARD" will be held on the 30<sup>th</sup> November 2009 at Shangri La Hotel at 6.30 p.m.

Kindly be informed and please take notice that our Monday lunch meeting will be changed to an evening dinner.

Also, kindly be reminded that next week's, 23<sup>rd</sup> November 2009, our meeting venue has been changed to Olympic Hotel. Time still remains the same at 12.45 p.m. Please get the map from Club Service Director, Rtn Asok Kumar.

Lastly, Fellow Pudu Rotarians, on behalf of the BOD, I would like to take this opportunity to acknowledge all of you and would like to say a word of "THANKS" for putting our Club's attendance record in our District at Top 3 position again.

Making up for any missed meetings are very easy nowadays, and there are many ways too. You can attend and make up at our avenue of services meeting, fireside meetings, participate in an Interact project or Rotaract project, visit other clubs, and you can even go online. There will be no more excuses that making up is the hardest things to do.

Ironically, I believed our Club can be Top 1. Fellow Rotarians once again, thank you for your indulgence and inspiration.

### INTRODUCTION OF GUEST SPEAKER

Rtn Steven Oon introduced the guest speaker for the day who was none other than Mr. Ong Hean Kheng who spoke on the topic of 'A Life Changing Experience – Software For The Human Technology.

### SPEAKER'S CV

Mr. Ong Hean Kheng is aged 59, and is a pathologist by profession. He is a Malaysian living in Singapore for the last 22 years. He worked as a Regional Director of an American Multi National Company for 16 years.

Left to start up a skin care business and later started Life Wave in November 2008 and today has grown the business into 7 countries.

### SPEAKER'S TEXT

The speaker started his talk by presenting a video clip on the discovery of Lifewave science technology whereby the application of 'patches' placed on certain meridian points in our bodies will help in managing pain. This discovery was discovered in the year 2002 and was mainly used by the US marines and later it was commercialized for general use. It is also used to boost energy levels and other 'patches' are currently being developed to counter aging and maybe to cure or manage other illnesses.

For more information you can access their website at :- [www.LifeWave.com](http://www.LifeWave.com)

### THANKING OF GUEST SPEAKER

Rtn Sarky Subramaniam on behalf of the Club, thanked the guest speaker Mr. Ong Hean Kheng for giving us an interesting talk on A Life Changing Experience - Software For The Human Technology by presenting him with a certificate of appreciation and a token from our Club.

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#### President's Message ....(continues from page 2)

The Rotary mission is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. That's what the Future Vision Plan is all about. The Rotary Foundation is poised for unprecedented change, unequalled opportunity, and unparallel growth, and the Future Vision Plan is the catalyst that will take Rotary and its Foundation to unimagined new heights.

I would certainly encourage all of you to browse [www.rotary.org](http://www.rotary.org) for more information about the future of The Rotary Foundation which is now in your hands.

Thank You.

ROBIN TAY

President of Rotary Club of Pudu RY 2009/2010

**A leader should know how to manage failure**

(Former President of India APJ Abdul Kalam at Wharton India Economic forum, Philadelphia , March 22, 2008)

Question: Could you give an example, from your own experience, of how leaders should manage failure?

**Kalam:**

Let me tell you about my experience. In 1973 I became the project director of India 's satellite launch vehicle program, commonly called the SLV-3. Our goal was to put India 's 'Rohini' satellite into orbit by 1980. I was given funds and human resources -- but was told clearly that by 1980 we had to launch the satellite into space. Thousands of people worked together in scientific and technical teams towards that goal.

By 1979 -- I think the month was August -- we thought we were ready. As the project director, I went to the control center for the launch. At four minutes before the satellite launch, the computer began to go through the checklist of items that needed to be checked. One minute later, the computer program put the launch on hold; the display showed that some control components were not in order. My experts -- I had four or five of them with me -- told me not to worry; they had done their calculations and there was enough reserve fuel. So I bypassed the computer, switched to manual mode, and launched the rocket. In the first stage, everything worked fine. In the second stage, a problem developed. Instead of the satellite going into orbit, the whole rocket system plunged into the Bay of Bengal . It was a big failure.

That day, the chairman of the Indian Space Research Organization, Prof. Satish D hawan, had called a press conference. The launch was at 7:00 am, and the press conference -- where journalists from around the world were present -- was at 7:45 am at ISRO's satellite launch range in Sriharikota [in Andhra Pradesh in southern India ]. Prof. Dhawan, the leader of the organization, conducted the press conference himself. He took responsibility for the failure -- he said that the team had worked very hard, but that it needed more technological support. He assured the media that in another year, the team would definitely succeed. Now, I was the project director, and it was my failure, but instead, he took responsibility for the failure as chairman of the organization.

The next year, in July 1980, we tried again to launch the satellite -- and this time we succeeded. The whole nation was jubilant. Again, there was a press conference. Prof. Dhawan called me aside and told me, 'You conduct the press conference today.'

I learned a very important lesson that day. When failure occurred, the leader of the organization owned that failure. When success came, he gave it to his team.

The best management lesson I have learned did not come to me from reading a book; it came from that experience.

**THINGS THAT BAFFLES US**

Have you ever wondered....

Why is it that people say they "slept like a baby" when babies wake up every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why do we press harder on a remote control when we know the batteries are flat?

Why do banks charge a fee on "insufficient funds" when they know there is not enough?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Why do they use sterilized needles for death by lethal injection?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why do Kamikaze pilots wear helmets?

Whose idea was it to put an "S" in the word "lisp"?

What is the speed of darkness?

If the temperature is zero outside today and it's going to be twice as cold tomorrow, how cold will it be?

If it's true that we are here to help others, what are the others doing here?

Do married people live longer than single ones or does it only seem longer?

Do you cry under water?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Did you ever stop and wonder....

Who was the first person to look at a cow and say, "I think I'll squeeze these pink dangly things here, and drink whatever comes out?"

Who was the first person to say. " See that chicken there.... I'm gonna eat the next thing that comes outta it's bum."

Why do toasters always have a setting so high that could burn the toast to a horrible crisp, which no decent human being would eat?

Why is there a light in the fridge and not in the freezer?

Why do people point to their wrist when asking for the time, but don't point to their bum when they ask where the bathroom is?

Why does your Obstetrician, Gynaecologist leave the room when you get undressed if they are going to look up there anyway?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

Can blind people see their dreams? Do they dream??

If quizzes are quizzical, what are test? (This one kills me!!!)

If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Why do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Stop singing and read on.....

Do illiterate people get the full effect of Alphabet Soup?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him on a car ride, he sticks his head out the window?

Does pushing the elevator button more than once make it arrive faster?

Do you ever wonder why you gave me your e-mail address in the first place?

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## **52 WAYS TO PERFECT HEALTH – DESIGNED BY PDG REKHA SHETTY**

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1. Drink eight glasses of water a day.
2. Include two vegetables and one fruit in every meal.
3. Begin each meal with a raw vegetable salad.
4. Make a light snack of assorted sprouts.
5. Start the day with a glass of warm water and a dash of lime.
6. Use only fresh vegetables.
7. Once a week have only fresh fruits until noon, make lunch the first meal of the day.
8. Eat only freshly cooked meals, not refrigerated leftovers.
9. Include one green vegetable and one yellow vegetable in every meal.
10. Go on a 'juice fast' for a day. Start with vegetable juice, and sip fruit for lunch and dinner.
11. Kick the old coffee habit. Have a glass of fresh fruit juice instead.
12. Cut out all deep-fried foods from your diet.
13. Cut down on high sugar products like soft drinks, ice-cream, candy and cookies in your diet.
14. Never skip a meal, even if you're on a diet. Eat a fresh fruit or have vegetable juice instead.
15. Avoid beverages like soda, coffee, colas and so on.
16. Include high fibre foods – plenty of fruits, vegetables and grains – in planning your diet.
17. Use salt in moderation
18. Wash vegetables thoroughly in clean water before chopping.
19. Steam or boil vegetables (rather than fry or saute).
20. Retain peels of potato, cucumber, carrot and tomato while cooking.
21. Do take a moment off to mentally list out the nutritional value of the food you're about to eat.
22. Don't rush through your meals. Set aside enough time to appreciate, enjoy and digest your food.
23. Make every meal an enjoyable experience. Set dishes out attractively and chew slowly to appreciate the full flavour of the foods you eat.
24. Choose to be radiantly healthy. Keep yourself informed about the nutritive value of every food you buy.
25. Shop for groceries yourself. Notice the look, feel and smell of fresh fruit and vegetables and enjoy their intrinsic goodness.
26. Watch out for eating habits paired with emotional states, like reaching for a chocolate when you're depressed. Resist the urge and eat fruit instead.
27. Eat popcorn (rather than chips) while watching a movie.
28. Sit at the table at meal times. Don't read the paper or review bills while eating.
29. Make it a point to have dinner with the entire family at the table, and not in front of the TV.
30. Eat just to the point of the fullness. Don't stuff yourself!
31. Stop smoking.
32. Restrict alcohol consumption.
33. Get a good night's sleep, every night.
34. Enrol today in an exercise programme.
35. Take a brisk, 20 minute invigorating walk each morning.
36. Spend 10 minutes every morning and evening doing basic stretches.
37. Do not use elevators when you can climb the stairs.
38. Enrol in a TM programme today.
39. Focus on your breathing. Take a deep breath, then exhale slowly. Repeat a couple of times a day.
40. Learn to relax. Spend 20 minutes consciously relaxing each muscle of your body.
41. Spend 20 minutes a day in silent meditation, prayer or contemplation.
42. Learn the healing power of laughter. Watch a crazy movie, recall a joke or read a funny book and laugh out loud.
43. Tap the powers of your sub-conscious. Relax your body for 20 minutes and project the 'Perfect You' on your mind screen.
44. Balance your lifestyle. Devote equal time each week to work and fun.
45. Join kids in a sports activity and rediscover the joys of childhood.
46. Do keep in touch with friends. Call up or visit them and be at peace with the world.
47. Enrol in an activity (like dancing, swimming or roller skating...) you never indulged in because you were afraid of "what people might say".
48. Forgive someone who you think has done you wrong and cleanse your spirit of rancor.
49. Do a nice turn to someone you don't know too well, but who could do with a friend.
50. Spend a quiet half-hour chatting with your family.
51. Listen to soothing music for 15 minutes at least each day.
52. Read a great book once a week.

## Medical mission to Congo Republic touches 1,600 lives

By Arnold R. Grahl

The 70-year-old woman, paralyzed from the waist down, looked frail and desperate as she appealed to the visiting doctors from India for help.

Her vision limited by cataracts for more than 20 years, the woman explained how she had been repeatedly passed over for care, and how she had become a burden to her family and others, recalls Rajendra K. Saboo, 1991-92 RI president and 1996-97 Rotary Foundation trustee chair, who helped organize the medical mission to the Republic of the Congo.

The woman's cataracts were removed and an intraocular lens implanted. Saboo, providing some extra help in the operating room, lifted the woman off the table to return her to her wheelchair.

"You could see the gleam in her eyes and on her face. She had a very calm and serene expression," says Saboo. "She turned back and told the doctor thank you.

"There have been moments like that in each of my visits," he continues, recalling previous medical missions. "These are the moments when I feel far more satisfied than when I was sitting in the top office of [RI World Headquarters]."

The mission to Brazzaville, Congo Republic, in August included a team of 15 doctors from District 3080 (India), including three ophthalmic surgeons, three gynecologists, three anesthesiologists, two dental surgeons, two general surgeons, an orthopedic surgeon, and a public health expert. Saboo, District Governor Chetan Aggarwal, and four other nonmedical volunteers assisted.

The mission was funded in part by a Rotary Foundation Matching Grant. The medical team spent 11 to 12 hours a day for 10 days at two hospitals treating about 1,600 patients, who were prescreened by volunteers from District 9150, which covers 10 countries in Central Africa and served as the host partner. The team also donated two incubators and 500 mosquito nets.

"The experience can never be described in words. The joyful faces, the grateful eyes, and the gratifying gestures are probably the best gift one could ever receive." - Gulshan Thakral Saboo has organized a number of medical missions to various countries since 1998, including Ethiopia, Madagascar, Malawi, Nigeria, Swaziland, and Uganda. He said he has envisioned a mission to central Africa for a longtime, but because of a variety of obstacles, an opening emerged only recently.

Even with much need in his own country, Saboo says these medical missions are vitally important.

"We are not only treating patients, but we carry on the transfer of knowledge," he says. "The doctors work side by side with local doctors, imparting experience and knowledge.

"We do not live in our own needs," he continues. "I am not only looking out for my own country -- that I must do. But I must look even beyond that. In the process, we are building bridges of international friendship and understanding."

Gulshan Thakral, a dental surgeon and past governor of District 3080, says the mission has enriched his life.

"The experience can never be described in words," he says. "The joyful faces, the grateful eyes, and the gratifying gestures are probably the best gift one could ever receive. It has added yet another dimension in my approach to the suffering of fellow human beings on this earth."

Source: Rotary International News

## When the Berlin Wall fell, Rotary was there

Adapted from an article by Matthias Schütt

On a November 1989 evening, hundreds of Rotarians participating in an International Institute packed the foyer of the Hilton in West Berlin. They anxiously waited for taxis to take them to a host hospitality event, but none arrived. Finally, a hotel employee walked to a microphone and made an announcement, as organizer Peter Lorenz, of the Rotary Club of Berlin-Spree, recounts:

"He said, 'We have to ask for your patience because the taxis we called can't make it to the hotel. As you will see, thousands of visitors from the eastern part of the city are on the streets, blocking access to the hotel. We have been waiting for these guests for 28 years, and we ask you to wait with us. The [Brandenburg] gate and wall are open.'"

The fall of the Berlin Wall 20 years ago this month marked the beginning of monumental political changes in Europe, but also the start of a new era in Rotary. The event is largely seen today as the launching pad for the rebirth of Rotary across Eastern Europe.

German Rotarians, stunned by the events of 9 November, rejoiced in the prospect of a reunified Germany and what it would mean to Rotary. They also wasted no time in getting involved, even as the wall itself was coming down. Members of the Rotary Club of Berlin-Tiergarten welcomed visitors coming through the wall from East Berlin with tea and coffee. The Rotarians also donated street maps of West Berlin, which the visitors needed because their East German maps didn't indicate any West Berlin streets. "The coffee went cold, but the maps went in a flash," recalls Berlin-Tiergarten club member Jürgen Thormann.

In the weeks and months that followed, West German Rotarians developed strategies for reestablishing clubs that had once existed in the eastern part of the country, in cities such as Chemnitz, Dresden, and Leipzig.

District governors from the Austrian and German districts discussed plans for expanding Rotary into East Germany and neighboring countries, including Czechoslovakia, Hungary, and Yugoslavia. Clubs and districts also began conducting seminars with communities in East Germany, many of which helped establish twin city programs or led to Rotary club projects that are still ongoing, 20 years later.

Even though the concept of service clubs was foreign to an entire generation in what had been East Germany, within a year after the German reunification, 49 new clubs were chartered there.

In March 1990, Hugh Archer, who was RI president at the time and attended the International Institute in West Berlin when the wall came down, traveled to the Kremlin to discuss the concept of service organizations with Soviet officials. Three months later, the Rotary Club of Moscow was chartered.

By the autumn of 1995, the reunified Germany had 91 new clubs, and the Rotary movement was rapidly expanding into Eastern Europe.

Source: Rotary International News

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## **The virtue of small change**

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### **The virtue of small change By John Conroy**

Everyone remembers the horrifying December 2004 tsunami. But what few people know - because almost no media reported this fact - is that nearly half of total relief donations worldwide, \$2.78 billion, came from ordinary U.S. citizens. Celebrities and big corporations got press, but not these individual small donors, most of whom gave less than \$50.

Wendy Smith describes this unprecedented burst of generosity in *Give a Little: How Your Small Donations Can Transform Our World*, published this month. Smith, who profiled a bridge-building project funded by The Rotary Foundation, adds that giving a lot of money does not guarantee success. "What matters," she says, "is the outcome."

Rotarians know this firsthand, whether they are among the Foundation's top donors, bequeathing multimillion-dollar fortunes, or the many club members who steadily contribute smaller amounts every year.

We surveyed the landscape of recent projects funded by the Foundation and came up with these eight ways to change the world on the cheap. All of them fall into at least one of the six areas of focus outlined in the Future Vision Plan. And all have price-to-impact ratios that would delight any executive. For the cost of a candy bar, you can save a child from HIV infection. Give up a couple of lattes, and you can restore someone's eyesight. And your next dinner at a restaurant? Buy some chickens instead - you could feed a family and provide enough income to send the children to school.

#### Rapid HIV test: 70 cents

The remote border towns of China's Yunnan Province are a virtual petri dish for HIV, with a thriving sex trade, cheap heroin from the neighboring Golden Triangle, plenty of migrant workers to spread the virus, and a lack of education about safe sex practices. (In 2003, about 6 percent of Chinese villagers knew that condoms could protect against AIDS.) Yunnan is also a place of mythic beauty; it inspired the legend of Shangri-La.

The Rotary clubs of Shanghai and Fremont, Calif., USA, teamed up with pioneering virologist David Ho in 2006 to

prevent mother-to-child transmission of the virus in Yunnan, which accounts for a third of China's reported AIDS cases - by far the highest of all provinces. Ho, named Time magazine's Person of the Year in 1996 for inventing the cocktail of drugs so successful in treating AIDS patients, is also credited with helping to convince the Chinese government to confront the AIDS epidemic with a huge commitment of resources.

In rural Yunnan, an HIV-positive pregnant woman has 33 percent chance of passing on the virus in utero, during delivery, and while breast-feeding. A 70-cent test, funded by a Matching Grant from The Rotary Foundation, lowered the risk to less than 2 percent among those tested. The rapid HIV test allows for early detection so the mother can be treated, preventing transmission and saving two lives.

Armed with Foundation funds, the Rotarians and Ho's China AIDS Initiative launched a massive drive to perform rapid HIV tests on 30,000 newlywed and pregnant women.

The China AIDS Initiative, a public-private partnership, is coordinated by the Aaron Diamond AIDS Research Center in New York, where Ho is chief executive officer. Ho recruited basketball stars Magic Johnson (Ho's retroviral drugs are keeping him alive) and Yao Ming to publicize the drive. "A photo of Yao showing Magic how to eat with chopsticks - that carried a message that HIV is not transmitted casually," says Fremont club member Lena Zee.

The Rotarians and the initiative also organized 270 educational events for the public, reaching 120,000 people, and trained 1,800 health workers.

More than 160 of the women in Yunnan tested positive. China AIDS Initiative clinics treated the women and provided drug therapy to prevent HIV transmission. Of the children born to the women, only two had the virus. "The rate is on par with standards achieved in developed Western nations," Zee says. Recently, a second Matching Grant funded another drive. Only one child tested positive.

#### Mosquito net: \$5

"Give me \$10-\$20," Terry Youlton says, "and we can save a family."

Youlton, 73, is directing the delivery of 110,000 mosquito nets to boarding schools across Tanzania. "There are over 16 million cases of malaria a year in Tanzania," he observes. "And 100,000 people die. Most susceptible are pregnant women and small children."

Youlton's club, the Rotary Club of Ridgetown, Ont., Canada, and the Rotary Club of Moshi, Tanzania, with 18 Canadian districts, secured a Matching Grant from the Foundation and another grant from the Canadian government. The Rotarians purchased the nets through the Against Malaria Foundation, which guarantees that they're distributed where promised. On the group's Web site, donors can track the nets through photos and videos. "This was the kind of proof I wanted for Rotary," Youlton says.

The Against Malaria Foundation provides long-lasting insecticidal nets. The mosquitoes are drawn by the odor of the sleeping person and killed on contact with the nets. Even with holes, a treated net remains 90 to 95 percent effective for about five years. The insecticide also is safe for all: A mosquito is a million times smaller than an infant.

Population Services International, a global health nonprofit based in Washington, D.C., will install the nets. "It's a hot and dirty job," Youlton says. "I know, because I've been there and done that. You're climbing around on the top of double and triple bunks. They're doing it all for free."

#### Cataract surgery: \$25

When Pennsylvania Rotarian Robert Walton talks to Rotary clubs, he doesn't plead for thousands of dollars. Instead, he asks, "How many eyes do you want to restore?"

Then he tells them that for \$6.75 - when combined with contributions from Rotarians in Karachi, Pakistan, and Matching Grants from the Foundation - each person in the audience could save someone from blindness.

Cataracts, the clouding of the eye lens, have many causes, among them aging, diabetes, hypertension, eye trauma, and long-term exposure to ultraviolet light. According to the World Health Organization, age-related cataracts account for nearly half of the world's blindness, and as people live longer, the numbers are rising.

In the United States, cataract surgery to replace the existing crystalline lens with an intraocular lens (IOL) costs about \$3,000. Two small Rotary clubs - Spring Township Centennial, Pa., and Karachi South, Pakistan - found a group to do it for \$25 at a state-of-the-art hospital in Karachi. With a Matching Grant, they funded IOL implants for 2,000 impoverished patients, teaming up with the Layton Rahmatulla Benevolent Trust, a nonprofit operating 16 eye care hospitals in Pakistan.

#### Concentrated language encounter: \$8.56

Where conventional literacy techniques have failed, hundreds of thousands of children and adults have learned to read through the concentrated language encounter (CLE) method.

Schools in more than 30 countries have adopted the approach, developed by Rotarian Richard Walker more than 30 years ago, and the literacy booklets have been translated into a multitude of languages, among them Afrikaans, Arabic, Bangla, and Turkish.

And it's cheap. The basic supplies are paper, cardboard, crayons, and twine, to create books that the classes write together. The Rotary clubs of Pasig North, Philippines, and Petaling Jaya, Malaysia, recently completed a two-year CLE program for four elementary schools in Pasig City, Philippines.

With \$10,000 raised by the two clubs and a Matching Grant of equal size from The Rotary Foundation, the program reached 2,337 students, at a cost of \$8.56 each. And that's just the first class: The grant also funded training for 51 teachers.

#### Vitamin A: 2 cents

Consider this the next time you walk past a penny on the ground: The leading cause of preventable blindness in children, vitamin A deficiency, can be eliminated for 2 cents a dose. Up to half a million children a year lose their sight because they lack the vitamin, abundant in the diet of children in developed nations. (Eggs, fortified

milk and cereal, carrots, and spinach are all good sources.) Children with vitamin A deficiency are also more likely die from common childhood illnesses such as diarrhea and measles.

Administering 200,000 IU (international units) of the vitamin for two days cuts blindness and mortality rates. Matching Grants have funded many vitamin A drives. Supplements also are often delivered with polio vaccines during National Immunization Days, averting 1.5 million childhood deaths since 1998.

#### Bio-sand filter: \$32

The numbers are astonishing: One in three people worldwide lacks access to clean water, 3.5 million people die each year from drinking it, and one child dies every 15 seconds from waterborne illnesses. Recently, 19,000 bio-sand filters - simple, cost-effective tools for purifying water - were installed in homes in the Dominican Republic, funded by 30 Foundation Matching Grants to clubs in Canada, the Dominican Republic, and the United States.

The HydrAid bio-sand filter removes all parasites and 95 percent of bacteria and viruses. It uses gravity as a power source, has no moving parts, and lasts for at least 10 years. Made of plastic, it weighs just 8 pounds. For \$32, you can buy yourself two bottles of water a day for about two weeks, or you can buy one bio-sand filter and deliver pure water for a decade to an entire family.

#### Polio vaccine: 60 cents

Unless you joined Rotary yesterday, you've heard this before: Drops of the oral polio vaccine in the hands of Rotarians have changed the world. But we're not done yet. Without dusting off your passport, you could help eradicate the disease from the four nations where the wild poliovirus persists. And it's a bargain: 60 cents will protect a child from polio for life. Since the PolioPlus program was launched in 1985, Rotarians have contributed more than \$800 million to the cause and immunized two billion children.

#### Flock of chickens: \$20

The Rotary Foundation has awarded many grants over the years to clubs that team up with Heifer International, providing farm animals to impoverished families. The stipulation: Recipients must pass on the good fortune, by way of animal offspring. With a Matching Grant, the Rotary clubs of Kololo-Kampala, Uganda, and Hayle, England, recently provided 22 Ugandan families with heifers for \$500 apiece. About 58 gallons of milk are now flowing each day into the local economy.

If that's too pricey, Heifer International also can provide a starter flock of 10 to 50 chicks for \$20. The birds can thrive on small plots and survive on table scraps and insects, making them ideal for impoverished communities.

A good hen can lay 200 eggs a year. Ray White, Heifer International spokesman, says that with 25 roosters and 25 hens, a family starts eating a lot better. "Suddenly there's protein in the diet," he says, "and if there is space for a garden, the homegrown vegetables do better with the application of the manure."

Source: The Rotarian -- November 2009

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**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	
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?**

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*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*