

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



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

30th November 2009

For Members Only
ISSUE NO : 20/2009-10

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

Programme for Today

Speaker : Vocational Service Awards Presentation
Subject : To Be Advised

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

Programme for 7th December 2009

Speaker : PP Dr. Siva Ananthan
Subject : Club Leadership Plans

ON DUTY

Duty Table : Rtn Tan Peng Huat
Fellowship : Rtn James Prophet
Finemaster : PP Michael Tung
Introduce : Rtn Aaron Ong
Thanking : Rtn Suresh Martin

Birthdays & Wedding Anniversaries

Birthdays : Rtn Sarky (28th Nov) Rtn Edward Lee; (29th Nov) PP Tai Chin Peow (5th Dec)

Spouse's Birthday : Ann Lilian (29th Nov)

Anniversaries : Rtn Suresh Martin and Ann Cynthia (29th Nov); Rtn Patrick Lee and Ann Geok Hwa (1st Dec)

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 30th November – 31st December 2009 Diary November is Rotary Foundation Month

Date	Day	Time	Meeting	Venue
30-11-09	Mon	6.30 pm	Weekly Meeting Vocational Service Awards Presentation	Shangri-la Hotel, KL
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
07-12-09	Mon	12.45 pm	Weekly Meeting	Shangri-la 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
10-13-12-09	Fri		District Interact Conference	Inti University College Nilai
12-12-09	Sat	6.30 pm	Annual General Meeting Cum Club's Anniversary	PP KH Low's Residence
13-12-09			MID TERM REVIEW	
14-12-09	Mon	12.45 pm	Weekly Meeting	Shangri-la 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	Shangri-la Hotel, KL
22-12-09	Tues		Rotary Walks To End Polio Project	
25-12-09	Fri		PUBLIC HOLIDAY CHRISTMAS DAY	
28-12-09	Mon	12.45 pm	Weekly Meeting	Shangri-la Hotel, KL
31-12-09	Thurs	6.30 pm	BOD Meeting	President Robin Tay's Office

43RD YEAR

As we reach our 43rd Anniversary this Saturday on 5th December 2009, it is a time to rejoice that we have actually survived that long! Rotary International has survived even longer as it is now more than a 100 years old!

The Rotary Club of Pudu has survived many development be it economic crisis, change of meeting venue, fall in membership crisis, admitting ladies into the club crisis and many other type of crisis.

The “admitting ladies into the club crisis” though did not develop into a serious crisis as the threat of “**over my dead body**” if ladies were admitted did not materialized. And we are still here today, robust and strong and taunted to be one of the strongest and active clubs in the district.

The club had its meetings in various places in the beginning and settled in the Imperial Room, Hotel Malaya until in July 1975 when we moved to the Holiday Inn on the Park, Jalan Pinang. We again had to move in May 2000 when the Holiday Inn on the Park closed down. This time was to a poshier place in the Shangri-La Hotel. Food wise we had to upgrade in the new home and cost was ever rising. We began a prepayment collection for the lunch to improve on the attendance and we were successful on this count.

We have a good turnover of members throughout the years. Some passed on, some migrated, some had to move due to career change and some couldn't adapt to the club's environment. Throughout all these drama, a strong man remain and he is none other than charter member PP Tan Sri Soong Siew Hoong. He is the sole member remaining in the original charter lineup! Can you believe it, being in the club for 43 years and still going strong?

Throughout the years, **some members improved themselves both in terms of career and public recognition.** Some were awarded Tan Sri ships as in the case of Tan Sri Soong, Tan Sri Tay Ah Lek and the late Tan Sri A.Tharmalingam, and some were recognized with Datoships.

Throughout our history we supplied the district with many talents. We have two District Governors and one on the way. We have many who undertook heavy responsibilities in the district including Assistant Governors, District Newsletters Editors and various Chairmanships.

In terms of funding, we have built up a sizeable war chest and have a lot of money in our FD. These monies are capitalized and only the interest earned are used for projects.

....continues on page 4

November is THE ROTARY FOUNDATION MONTH – Rotary Volunteers.

Good evening and once again it's time for celebration and jubilation in Pudu Rotary Club.

Tonight, significantly under the Second Service Avenue in Rotary - the Vocational Service, we are recognizing 4 deserving individuals who have unselfishly contributed to the community by volunteering selflessly in exhibiting their vocational excellence and the values of their profession with high ethical standards in helping the underprivileged without being motivated by financial or material gain. Their volunteerism to the community is indeed considered as [HYPERLINK “http://en.wikipedia.org/wiki/Altruistic”](http://en.wikipedia.org/wiki/Altruistic) \o “Altruistic” altruistic activities, intended to promote goodwill and improve human [HYPERLINK “http://en.wikipedia.org/wiki/Quality_of_life”](http://en.wikipedia.org/wiki/Quality_of_life) \o “Quality of life” quality of life of others.

“CONGRATULATIONS” to these 4 individuals for their humanitarian work and with this, may I quote you a quotation by an unknown author, - “No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude.”

For those who are not a Rotarian in the room, Vocational Service within Rotary focuses on the adherence and encouragement of the highest moral principles in all professions. Globally, every year Rotary Clubs present awards to recognize individuals who practice high ethical standards in their profession and upheld their vocation excellence.

Speaking about volunteering, it is so timely that during the recent Official Nominating Committee Meeting, under the sleek and explosive leadership of President-Elect Leong Choy Ying she has no difficulties in lining up her Board of Directors for Rotary Year 2010/2011.

This indicates the heartbeat and the energy of Pudu Rotary Club.

“KUDOS & CHEERS,” to those Pudu Rotarians who have accepted voluntarily to serve. Certainly, we trust you to helm our Club in the new Rotary year of 2010/2011.

....continues on page 4

"INVOLVED WE ARE, COMMITTED WE MUST BE"

PROCEEDINGS ON MONDAY, 23rd November 2009

Guest Speaker : Rtn James Prohett
Subject : Off Shore Financing

VISITING ROTARIANS

Name	Club
Rtn Johnny Lim	RC Kl Di Raja

GUESTS

Name	Host
Koh Chin Kia	Rtn Jeffrey Yap
Mark Hazelwood	Rtn James Prohett

STATISTICS

Visiting Rotarians	:	1
Guests	:	2
Club Members	:	28
Total Present	:	31

COLLECTIONS

Birthdays / Anniversaries / Fines	:	RM 78.00
Paying Diners	:	RM 60.00
Raffles & Others	:	
Total	:	RM 138.00

CLUB PROCEEDINGS

Acting SAA Rtn Lawrence Khoo called the meeting to order at 1.30 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.

The Finemaster for the day was Rtn Dr. CC Wong who fined all members RM1 because of the change of meeting venue.

PP Sim Bee who was a good host for the PP council dinner meeting last night was fined RM1.

Rtn. Aaron Ong, Dr. C C Wong and Alex Chang who celebrated their wedding anniversaries respectively were fined RM5 each.

PRESIDENT'S ANNOUNCEMENT

Welcome to our 19th Pudu Weekly Meeting.

Firstly, Congratulations to PE Leong Choy Ying and her Incoming Board Members for accepting the challenge to serve in Rotary Year 2010/2011.

Last night at the Past President Council's meeting which was also the Official Nominating Committee Meeting, PE Leong Choy Ying has submitted her proposal for her Incoming Board Members for Rotary Year 2010/2011. The proposed names are, Rtn CT Heng, Rtn Steven Oon, Rtn Alex Chang, Rtn Tan Peng Huat, Rtn Roy, Rtn Jeffery Yap, Rtn Sandy Soh, Rtn Edward Lee and lastly, our Ex-Rtn Lawrence Annies.

According to PE Choy Ying, he is making a comeback to serve in the coming Rotary year.

"Thank You", - PDG KB Lee, PP YK Chew and PP Dato' Dr Lee Hoo Teong for hosting the dinner last night.

Also, yesterday morning at 10.30 a.m., two Bowling Teams representing Pudu Rotary Club were at the District 3300 Bowling Fund Raising Fellowship at Sunway Pyramid Bowling Center. The objective was to raise funds in aid of Natural Disaster Fund and from this event, RM12,300.00 had been raised.

Members of the 2 Teams were, PP KU Rajah, PP Tay Wei Lean from RC Singapore West, Rtn Mok Sin, President Robin Tay, PP Rtr Tan Wei Seong, Rtr. Nicholas Lim, Rtn Lee Su Zane, and Ms. Judy Ong.

PP Tay Wei Lean was awarded 1st Runner in the High Score category for scoring 201 pins fall.

On the 20th November at the last ICC Meeting for year 2010, a total of 55 Interactors attended and celebrated World Interact day at SMK Methodist Boys' School, K.L., The lunch was hosted by President Robin Tay.

PP Tay Wei Lean from our Sister's Club, RC Singapore West came all the way from Singapore to attend this event and later went to Pandan Lake Club to practice bowling for the District 3300 Fund Raising Bowling Fellowship with RC Cheras Rotarians.

Gentle reminders to all Rotarians who are attending the 4th Fireside at Rtn May Lim and Johnny Lim's residence, please bring your Club handbook for this session.

Our resource Rotarians will be PP Albert Lim and his topic will be on Club and Community Service.

Another gentle reminder, on the 30th November 2009, our Monday regular weekly lunch meeting has been changed to an evening meeting in collaboration with our Vocational Service Award Night.

The venue is at Shangri-La Hotel and time is 6.30 p.m. Please take notice.

Our Club Anniversary and AGM will be held on the 12th December 2009 at PP KH Low's residence.

Gentle reminder to all Board Members, please get your report ready for the AGM. All Rotary Anns are also invited to attend.

Lastly on District Matter.

The District 3300 Mid-term review has been rescheduled from 5th December to 13th December 2009. The venue and time have not been finalized yet.

INTRODUCTION OF GUEST SPEAKER

Rtn Edward Lee introduced the guest speaker for the day who was none other than our very own member Rtn James Prohett who spoke on the topic of Off Shore Financing.

SPEAKER'S CV

Rtn James Prohett came from England and has been living and working in Malaysia for the last 1 year. He is married and has three children and always claim to have 3 dogs and 4 horses.

Has over 24 years of experience in the finance industry and now specializing in global/ off shore investments. Worked

for one of the largest banks in the UK the Royal bank of Scotland and also one of the largest insurance companies namely AVIVA Insurance.

Joined RC Pudu in RY 2009/10 and was introduced to the club by President Robin Tay.

SPEAKER'S TEXT

OFF SHORE INVESTMENT

The speaker started his talk by mentioning the different types of investments and instruments of investments. He also mentioned that they normally engage fund managers to do the investment for them.

Investments can range from commodities, metals, oil, shares and others.

Clients range from ex patriate living in Malaysia and also Malaysians. They only deal with high net worth clients with a minimum investment of RM1 million and above. They claim to give a non guaranteed investment return of 10 - 12% per annum.

THANKING OF GUEST SPEAKER

Rtn Alex Chang on behalf of the Club, thanked the guest speaker Rtn James Prohett for giving us an interesting talk on Off Shore Financing by presenting him with a certificate of appreciation and a token from our Club.

Editorial(continues from page 2)

In other words, the club is stable in terms of leadership, future leadership and finance. Underlying our success is the role of the Past President Council and the Nominating Committee.

With the adoption of the CLP (Club Leadership Plan) concept, the changes are minimum. We should make it minimal as like they say if the going is good "**Don't Rock the Boat**"!

Whew! What a 43 years!!!

President's Message(continues from page 2)

Ultimately every Rotarian is a volunteer. In every Rotary Year from July 1st, Rotarians throughout the world will come forth to serve unconditionally and unselfishly in their Clubs as Board of Directors or Chairmen of a project. Besides their dedication to serve, they have to spend precious time in planning for projects, over see the projects whether they are worthy or not, and implement them in accordance to a specific timeline. Sometimes, they have to juggle between their profession, family and Rotary meetings and at some weekends, they have to travel a distance and sacrifice their weekend family time in attending seminars and workshops in order to update their Rotary knowledge.

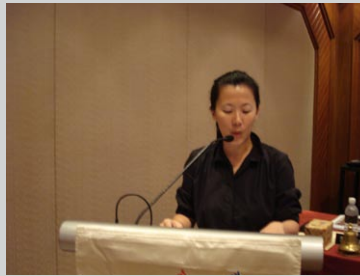
Truly Rotarians are the real unsung heroes in their own ways. Throughout the world, Rotarians are highly respected for the endless selfless contributions in making this world a better place by cultivating international understanding and goodwill through humanitarian service. Volunteers are love in motion!

With this, I would like to close with a Malay proverb on volunteer, "One can pay back the loan of gold, but one dies forever in debt to those who are kind."

Thank You.

President Robin Tay
RY2009/2010

Rotary Club Meeting





HEALTH TIPS

Correct Way of Eating Fruits

EATING FRUIT - Guide

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! - FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit on an empty stomach, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD - Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat water-melon I burp, when I eat durian (fruit from Asia with a foul smell yet delicious flavor) my stomach bloats up, when I eat a banana I feel like running to the toilet etc. - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the

putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes - all these will not happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste.

Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it.

You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants &

flavonoid which enhances the activity of vitamin C thereby helping to lower the risk of colon cancer, heart attack & stroke.

STRAWBERRY: Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation.... Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can you believe this?

For those who like to drink cold water, this article is applicable to you.

It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

Papaya Leaves - Dengue Fever Remedy

I would like to share this interesting discovery from a classmate's son who has just recovered from dengue fever. Apparently, his son was in the critical stage at the ICU when his blood platelet count drops to 15 liters of blood transfusion.

His father was so worried that he seeks another friend's recommendation and his son was saved. He confessed to me that he gave his son raw juice of the papaya leaves. From a platelet count of 45 after 20 liters of blood transfusion, and after drinking the raw papaya leaf juice, his platelet count jumps instantly to 135. Even the doctors and nurses were surprised. After the second day he was discharged, So he asked me to pass this good news around.

Accordingly it is raw papaya leaves, 2 pcs just cleaned and pound and squeeze with filter cloth. You will only get one tablespoon per leaf. So two tablespoon per serving once a day. Do not boil or cook or rinse with hot water, it will loose its strength. Only the leafy part and no stem or sap. It is very bitter and you have to swallow it like "Won Low Kat". But it works.

Papaya Juice - Cure for Dengue

You may have heard this elsewhere but if not I am glad to inform you that papaya juice is a natural cure for dengue fever. As dengue fever is rampant now, I think it's good to share this with all of you.

A friend of mine had dengue last year. It was a very serious situation for her as her platelet count had dropped to 28,000 after 3 days in hospital and water has started to fill up her lung. She had difficulty in breathing. She was only 32-year old. Doctor says there's no cure for dengue. We just have to wait for her body immune system to build up resistance against dengue and fight its own battle. She already had 2 blood transfusion and all of us were praying very hard as her platelet continued to drop since the first day she was admitted.

Fortunately her mother-in-law heard that papaya juice would help to reduce the fever and got some papaya leaves, pounded them and squeeze the juice out for her. The next day, her platelet count started to increase, her fever subside. We continued to feed her with papaya juice and she recovered after 3 days!!

Amazing but it's true. It's believed one's body would be overheated when one is down with dengue and that also caused the patient to have fever papaya juice has cooling effect. Thus, it helps to reduce the level of heat in one's body, thus the fever will go away. I found that it's also good when one is having sore throat or suffering from heat.

Please spread the news about this as lately there are many dengue cases. It's great if such natural cure could help to ease the sufferings of dengue patients.

Furthermore it's so easily available.

Blend them and squeeze the juice! It's simple and miraculously effective!!

The list of contributors to the RC Mandaluyong Manila, Flood Disaster Relief Fund.

Dear President Robin Tay,

With the help of PP Sam, we have managed to collect RM9,180.00 contributed by fellow Rotarians.

1.	PP Choo Jee Sam	1,000
2.	Rtn CC Wong	1,000
3.	Rtn Loo Ming Chee	1,000
4.	PP Ken Ong Keng Swee	1,000
5.	Rtn May Lim	1,000
6.	PP Dato' Lee Hoo Teong	1,000
7.	PP Tai Chin Peow	500
8.	PP Quah Sek Cheng	400
9.	PP Ng Sim Bee	350
10.	PP KH Low	200
11.	PDG Dr Paul Lee	200
12.	Rtn Jeff Yap	100
13.	IPP Michael Yeow	100
14.	PP Albert Lim	100
15.	Rtn Tan Peng Huat	100
16.	PP VG Chandran	100
17.	PP Richard Liew	100
18.	PP Shirley Thum	100
19.	Rtn Robert Tan	100
20.	PE Leong Choy Ying	100
21.	PP Dato' Jasani	100
22.	PP Rosemarie Wee	100
23.	AG Veiven Goon	50
24.	DGE Lim Kok Beng	30

25. President Robin Tay	50
26. PP Michael Tung	50
27. Rtn Alex Chang	30
28. Rtn. Asok Kumar	50
29. PP Dato' Muslim	50
30. PP Phang Poke Shum	50
31. Rtn Stanley Pereira	50

**41st District Interact Conference
10th – 13th December 2009
INTI University College, Nilai**

“Together we make a difference”

Thursday, 10/12/09

07.00 am : **B r e a k f a s t**
08.00 am : **Registration starts**
10.30 am : **M o r n i n g T e a**
01.00 pm : **L u n c h**
02.30 pm : Ice breaking session
04.30 pm : **T e a b r e a k**
05.00 pm : Briefing on house rules & presentations
05.30 pm : Free time
06.00 pm : Topic : Constitutional Rights
Speaker : Past President Rotarian Donny Kwa Soo Chuan
Rotary Club of Ampang
Chairman, District Service to New Generations
Committee
07.00 pm : **D i n n e r**
08.00 pm : Topic : Leadership
Speaker : Past President Rotarian Dr. Siva Anathan
Rotary Club of Brickfields
09.00 pm : Topic : Crime related problems in school
Speaker : Rotarian Gerard Lazarus
Rotary Club of Klang
10.00 pm : **S u p p e r**
11.00 pm : Lights out

Friday, 11/12/09

07.00 am : **B r e a k f a s t**
08.00 am : Topic : ???
Speaker : Past President Rotarian Gunasekaran
Rotary Club of Klang
09.00 am : Fine tuning - opening ceremony
09.30 am : Opening ceremony
Arrival of Participants & Guests
Arrival of Guests of Honour
Negaraku / Vivala Interact
Flag bearers
Role call – Recognition of Interact Clubs
Welcome address by Organising Chairman,
IPP Rotarian S K Subra
Speech by Interact representative, Interactor
Mahaletchumi a/p Subramaniam
Speech by Host Club President, Rotarian Heng
Gee Eng
Speech by Guest of Honour & declare open of
conference by Rotary International District
3300, Governor Rotarian Leslie Salehuddin
Souvenir presentation to Guest of Honour &
District First Lady
10.45 am : **T e a b r e a k**
11.30 am : Group photograph

12.00 pm : Topic : Career
Speaker : Representative, INTI University College, Nilai
01.00 pm : **L u n c h**
02.00 pm : Topic : Experience to North pole & South pole
Speaker : Datin Paduka Dr. Hajjah Sharifah Mazlina Syed
Abdul Kadir
03.00 pm : Topic : How to take care of pets
Speaker : Rotarian Dr. Ravichanthiriga
Rotary Club of Klang
04.00 pm : **T e a b r e a k**
04.30 pm : Topic : Patriotism towards the country
Speaker : Past President Master Rotarian A R Peter
Rotary Club of Klang
05.15 pm : Free time
07.00 pm : Formal night / **D i n n e r**
Arrival of Participants & Guests
Arrival of Guests of Honour, YB Tuan Rotarian
Dr. Xavier Jayakumar
Ahli EXCO Negeri Selangor
Speech by Guest of Honour
Souvenir presentation to Guest of Honour by
Organising Chairman
09.00 pm : Topic : Change for Success
Speaker : Rotarian Adrian Minjoot
Rotary Club of Klang
Assistant Organising Chairman
10.00 pm : **S u p p e r**
11.00 pm : Lights out

Saturday, 12/12/09

07.00 am : **B r e a k f a s t**
08.00 am : Topic : International Youth Exchange (IYE)
Speaker : Past President Rotarian Kirenjit Kaur
Rotary Club of Titiwangsa
Adviser, District International Youth Exchange
Committee
Topic : Soar to Great Heights
Speaker : Past President Rotarian Dr. Sen Gupta
Rotary Club of Bangsar
09.00 am : Treasurer hunt (refreshments will be provided)
12.00 pm : Free time
01.00 pm : **L u n c h**
02.00 pm : Topic : Eco-Travelling
Speaker : Miss Stani Martinkova and Mr Richard Fergé
03.00 pm : Topic : What is Rotaract
Speaker : District Rotaract Representative, Rotaractor
Sanjeev Kumar
04.00 pm : **T e a b r e a k**
04.30 pm : Topic : Leadership by Example
Speaker : Teacher Adviser, Puan Susi Narayanan
SMK (P) Raja Zarina, Port Klang
05.30 pm : Topic : Latest Development in Rotary / Interact
Movement
Speaker : Past President Rotarian Ananda Sundram Pillai
Rotary Club of Senawang
District Secretary – District Events
Speaker : Past President Rotarian Sesuratanam
Rotary Club of Senawang
Interact Chairman, District Service to New
Generations Committee
06.30 pm : Free time
07.00 pm : **D i n n e r**

08.00 pm : Talentime
10.00 pm : **Supper**
11.00 pm : Lights out

Sunday, 13/12/09

06.30 am : Wake up and pack your stuff
07.00 am : **Breakfast**
08.00 am : Topic : Dilemma of Choice
Speaker : Mr. Vinay Kumar
09.00 am : Workshops
10.30 am : **Tea break**
11.00 am : Panel discussion / Questions & answer time
Moderator - Past District Governor, Rotarian
Datuk Dr. Laksh
12.00 pm : Closing remarks by
District Governor Nominee, Rotarian Dr. S.
Raveendar Kumar
Interact Adviser, District Service to New
Generations Committee
Presentation of awards / certificates &
souvenirs by Host Club President, Rotarian
Heng Gee Eng and Interact Conference
Organising Chairman, Immediate Past
President Rotarian SK Subra
01.00 pm : **Lunch**
02.00 pm : Journey back home
- draft programme as at 23 November 2009

Programme for Rotarian Adviser & Teacher Adviser

41st District Interact Conference 11th December 2009 INTI University College, Nilai

"Together we make a difference"

Friday, 11/12/09

02.00 pm : Perspective from Rotarian Adviser
PP Rotarian Yogasigamany
02.45 pm : Perspective from Teacher Adviser
SMK (P) Raja Zarina, Port Klang, Puan Susi
03.20 pm : Panel discussion
Moderated by PP Rotarian Krishnan
04.00 pm : End

43RD ANNUAL GENERAL MEETING PUDU ROTARY CLUB CHARITY FOUNDATION

NOTICE IS HEREBY GIVEN THAT the **43rd Annual General Meeting of the Club** will be held at PP KH Low's residence, 30 Jalan Desa Mesra, Taman Desa Off Old Klang Road, 58100 Kuala Lumpur at 6.30 pm on Saturday, December 12, 2009.

AGENDA

- 1 To confirm the minutes of the 42nd Annual General Meeting of Pudu Rotary Club Charity Foundation held on December 13, 2008;

- 2 Matter Arising;
- 3 Adoption of audited accounts of Pudu Rotary Club Charity Foundation for the year Ended 30th June 2009;
- 4 Adoption of reports;
- 5 Election of Trustees;
- 6 Election of Internal Auditors;
- 7 Appointment of External Auditors;
- 8 Deliberation of any resolutions proposed;
- 9 Any Other Matters.

By Order of the Board,

Yours Sincerely
Pudu Rotary Club Charity Foundation

Honorary Secretary
RY2009/2010

43RD ANNUAL GENERAL MEETING ROTARY CLUB OF PUDU

NOTICE IS HEREBY GIVEN THAT the **43rd Annual General Meeting of the Club** will be held at PP KH Low's residence, 30 Jalan Desa Mesra, Taman Desa Off Old Klang Road, 58100 Kuala Lumpur at 6.30 pm on Saturday, December 12, 2009.

AGENDA

- 1 To confirm the minutes of the 42nd Annual General Meeting of Pudu Rotary Club held on December 13, 2008;
- 2 Matter Arising;
- 3 Adoption of reports;
- 4 Adoption of audited accounts of Pudu Rotary Club for the year Ended 30th June 2009;
- 5 Election of Board of Directors for RY2010-2011;
- 6 Election of Internal Auditors;
- 7 Appointment of External Auditors;
- 8 Discuss and adopt Club Leadership Plan;
- 9 Deliberation of any resolutions proposed;
- 10 Any Other Matters.

By Order of the Board,

Yours Sincerely
Rotary Club of Pudu

Honorary Secretary
RY2009/2010

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

Rtn Robin Tay Lian Kiat
(robin_tay33@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
(patrickleeprc@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 (sharonbhlim@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 (liewrnn@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*