



THE SPOKE



AN E-BULLETIN OF THE ROTARY CLUB OF JOHOR BAHRU
(District 3310 of Rotary International, Chartered on 27 June 1952)

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Major Upcoming Project—Blood Donation Campaign



Today’s Programme:
“What you ought to know about Sungai Skudai” by Vincent Chow

Last Week :
PP Dr. Shanmugam on “H.Pylori & Cancer of Stomach”

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Dear Fellow Rotarians,

The 1st Board of Directors meeting was conducted after our regular meeting on the 27/07/2010. Various issues relating to the Committee Chairs was discussed with particular emphasis on our major project the Blood Donation Campaign on the 08/08/2010 at Sutera Mall. It was decided that each Rotarian will bring at least 5 persons to the campaign in order to ensure at least 300 donors. The Board members sincerely hope that members of the Club will undertake a marketing campaign in their neighborhood with the flyers and word of mouth. This project can give our club maximum visibility if the events is listed in the main medias. I hope the Public Relation Committee will take care of this aspect.

As a note of reminder to all Committee Chairman, please ensure your projects have taken off so that and progress reports can be presented to DG Dr. Abraham on the 9th Nov 2010. We have an obligation and on opportunity to be proactive in addressing and implementing all projects with the Rotary Year 2010 / 2011.

I ask all of you to remember that as leaders in our communities, we have chosen to help and “Building Communities and Bridging Continents” we must first lead by example that will bring a healthier tomorrow and better future.

Thank You.

DR. S. SIVAMOORTHY
PRESIDENT 2010 / 2011
ROTARY OF JOHOR BAHRU

EDITORS
PP Jit Seghal (Chief)
PP Tan Beng Sooi
Rtn Chin Kuie Too
Rtn Dr. Vishwadeep
Rtn Francis Gopal
Rtn Chua Tze Wei

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Last Week Talk: PP Dr Shan on H.Pylori and Cancer of Stomach

PP Dr. Shan was our speaker during our last week club assembly meeting, he shared with us a talk about H.Pylori and cancer of stomach. Gastric cancer is the second most cancer worldwide which is common in South America, Chile, Columbia and also in the far east. Gastric ulcers also known as peptic ulcers have two causes. The most common cause is *H. pylori* infection of the stomach. Stomach ulcers are more complicated than duodenal ulcers. However, the effectiveness of antibiotic treatment for stomach ulcers appears to be similar to that seen for duodenal ulcers (cure rate 70-90% if *H. pylori* is eradicated). About 30% of stomach ulcers are not caused by *H. pylori* but are due to the corrosive effect of aspirin type medications, and non-steroidal anti-inflammatory drugs such as are taken for arthritis. Helicobacter pylori is a spiral shaped bacterium that lives in the stomach and duodenum (section of intestine just below stomach). It has a unique way of adapting in the harsh environment of the stomach. *H. pylori* is believed to be transmitted orally. In addition, it is possible that *H. pylori* could be transmitted from the stomach to the mouth through gastro-esophageal reflux (in which a small amount of the stomach's contents is involuntarily forced up the esophagus) or belching, common symptoms of gastritis. The bacterium could then be transmitted through oral contact. To decide which is the best treatment for *H. pylori*, it may be necessary to do an endoscopy and take a biopsy (a small piece of tissue) from the lining of the stomach. This allows doctor to grow *H. pylori* in the laboratory and decide which antibiotic to use. If you are found to have *Helicobacter pylori* infection, you may wish to have antibiotic treatment of some kind. Treatment of Helicobacter pylori is usually simple & straight forward. However, occasional patients need repeated endoscopies, biopsies, breath tests and several courses of treatment with different antibiotic combinations. After treatment of *H. pylori*, it is necessary to repeat one of these tests to see if the germ has been killed or eradicated for good. Only breath tests or endoscopy with biopsy can be used to prove that the bacterium has been eradicated.

The RI president's monthly message August 2010

Building Communities – Bridging Continents

Several Rotarians have asked me how I chose the RI theme for my presidential year, so let me explain. After reviewing all the past themes, I decided to search for a few words that would fulfill two objectives – to give outsiders a glimpse of our purpose, and at the same time to make Rotarians proud of their membership.

I searched for words to describe the passion, the creativity, and the generosity of Rotarians. And as I sought the right words, I kept in mind that Rotary is a spirit of service as well as an organization of Rotary clubs, and that we need to share our core values of service, fellowship, diversity, integrity, and leadership with other people and organizations. I considered many words and phrases. The four words I finally selected to convey Rotary's current mission and highlight our achievements describe what Rotarians do best, which is *Building Communities – Bridging Continents*.

I hope you agree those four words aptly reflect who we are and what we do as Rotarians. We are a unique organization and certainly one of the best in the world. We build the spirit and resources of our local communities in an important way, and we are a prominent player on the world stage with PolioPlus and our international service projects.

Rotary has changed the world, and Rotarians will continue to change it in a positive way. The formula is simple: For us to succeed, all we need to do is to focus our best efforts on doing what Rotarians are passionate about and what Rotarians are the best in the world at doing, which is *Building Communities – Bridging Continents*

Club Announcement



Attendance: Last week's attendance 27th July was 73.47%, Previous week's attendance 20th July was 61.22%.

Wedding Anniversary Celebrants
Rotary Club wishes Happy Wedding Anniversary to celebrants:
1st August — PP Tony Ong
8th August — Dato Singaraveloo

Induction Anniversary
2nd August — PP Leong Chee Woh

Joint Blood Donation Campaign
Joint Blood Donation Campaign (Kempen Derma Darah) with Malaysian Red Crescent, and Rotary Club of Johor Centennial on the 8th August (Sunday) at Sutera Mall, Time 10.00am to 4.00pm.

Installation Dinner of President Mathew John, Rotary Club Tebrau
Rotary Club of Tebrau 22nd
Installation of President Mathew John at Thistle Hotel on the 14th August 2010. Ticket priced at: RM100 per pax. Theme – Colours of Malaysia.

Installation Dinner of President Lee Chin Guan Rotary Club Puteri Lagoon
Rotary Club of Puteri Lagoon
Installation of President Lee Chin Guan on 14th August 2010 at Mutiara Hotel Johor Bahru.

Rotaract Installation
Rotaract Installation on the 7th August 2010 at Blue Wave Hotel @ 7.00pm.

Interact Officer Training 2010
SMK Aminuddin Baki, Johor Bahru
14th August 2010, Saturday 8am

Rotarian Advisors are:
SMK I J Convent — PP James Ho and Rtn. Teoh Cheng Siang

SMK Sultan Ismail — Rtn Koh Jit Huat and Rtn Ranjeet Singh

SMK Aminudin Baki — PP OOi Kao Yang and PE Ng Swee Poh

SMK (P) Sultan Ibrahim — PP Jitender Dev Seghal and PP Tan Beng Sooi

SMK Dato Jaafar — Rtn Kelvin Chua and Chin Kuie Too

SMK St Joseph — Ag. Ir Mohd Noh Ibrahim and PP Chua Kean num

Teacher Advisors are:

SMK I J Convent — Mdm. Ignatius Loh Chwe Chu

SMK Sultan Ismail — Puan Noormaliana 017- 9792761

SMK Aminudin Baki — Mdm Harbans Kaur 017- 7784380

SMK (P) Sultan Ibrahim — Mdm Yew Yen Keat 012- 4282742

SMK Dato Jaafar — Mdm Vijaya Letchumi 012- 7820850

SMK St . Joseph — Cik Nadimah 019- 9508630

From the treasurer: TICKKIE BOTTLE:

COLLECTION ON 27 JULY 2010 :

Tikkie Bottle : RM97

Happy Fund : - Nil -

Totaling : RM425 (Tikkie Bottle)

QUOTE: For us to succeed, all we need to do is to focus our best efforts on doing what Rotarians are passionate about and what Rotarians are the best in the world at doing, which is *Building Communities – Bridging Continents*

*RI President 2010/2011
Ray Klingensmith*

**FROM THE ATTENDANCE CHAIRMAN PP FRANCIS LIP :-
AS AT 20TH JULY 2010**

Membership	56
Excused	7
Effective	49
Present	36
Percentage	73.47%

MEMBERS CELEBRATE

AUGUST		Wedding	Induction
Name	Birthday	Anniversary	Anniversary
Tony Ong		1	
Leong Chee Woh			2
Singaraveloo		8	
Elendran			10
Jit Seghal			11
Francis Ng			12
Teoh Beng Hoe		13	
Mokkam Singh		15	
Teoh Cheng Siang	18		
Mark Chang	19		
Angamuthu			20
Sivamoorthy		20	
Ng Swee Poh	25		
Mok Tai Dwan			28
Raja Muthappan	26		

Absent Rotarians On 27th July 2010

1. PP Dato Francis Ng (Excused)
2. PP Dato Dr. Singaraveloo (Excused)
3. PP Dr. K.N Singh (Excused)
4. PP Jit Seghal (Excused)
5. PP Roland Choong (Excused)
6. PP Chang Teck Mark (Excused)
1. PP Dev Chellam
2. PP Ooi Kao Yang
3. PP Yeo Ann Kiat
4. PP Datuk Kuthubul Zaman Bukhari
5. PP Mok Tai Dwan
6. Rtn. Tan Chee Seng
7. PP Chua Kean Num
8. Rtn. Chin Kuie Too
9. Rtn. S Elendran
10. Dato Teo Shiok Fu
11. Rtn Freddie Lee
12. Dr Lee Kim Tiong
13. Rtn Liang Teh Hai
14. Rtn Sukhi Dhillon

Attending weekly club meetings allows members to enjoy their club's fellowship, enrich their professional and personal knowledge, and meet other business leaders in their community.

Nigeria making impressive progress against polio



By Arnold R. Grahl
Rotary International News -- 28 July 2010

Bill Gates says he is impressed with the progress Nigeria has made against polio and urges partners in the fight to eradicate the disease not to let up.

Gates, cochair of the Bill & Melinda Gates Foundation, shared personal observations from his June trip to Nigeria on his blog, [Gates Notes](#). The post, along with others about polio, are appearing this week on the Gates Foundation blog, [Foundation Notes](#).

In addition, the Gates Foundation website is highlighting two [videos](#) produced in June for the Global Polio Eradication Initiative.

"I was very excited to visit northern Nigeria in June, because the progress there since my last visit in February 2009 has been especially impressive," Gates writes. As of 20 July, only six cases of the wild poliovirus have been reported in Nigeria this year, compared with 346 during the same period in 2009.

The Gates Foundation has given Rotary US\$355 million in grants for its work to eradicate polio. In response, Rotary has committed to raising \$200 million. As of 30 June, Rotary has raised \$141.2 million.

On his blog, Gates says he spent most of his first day in the northern state of Kano, which has been vulnerable to polio, meeting with community leaders, visiting a local health center, and stopping at a school where students were studying the Quran in Arabic.

"On the streets and most everywhere else we went, I noticed so many young children around," he writes. "Nigeria has more people by far than any other African country, and more than 40 percent of them are



A child receives oral polio vaccine in Kano, Nigeria. Prashant Panjiar/Bill & Melinda Gates Foundation

under the age of 15. That makes polio immunization a big challenge."

Gates adds that during his trip, he learned about creative approaches to inform Nigerians about polio immunization. Pro-immunization messages are being woven into the plotlines of popular TV shows, and one of Nigeria's major mobile phone service providers has agreed to send about 25 million free text messages about polio and health.

He also mentions the importance of engaging local leaders and says the 'commitment from Nigeria's leaders has been crucial' to the fight against polio in the country. While in the capital city of Abuja, he had dinner with the minister of health, and the next day met with the nation's new president, Goodluck Jonathan.

One of the videos on the Gates Foundation website praises efforts that have reduced the threat of polio by 99 percent but stresses the need to finish the job. "If you were an athlete, you would never only run 99 percent of the race," a voiceover on the video announces. "An astronaut wouldn't fly only 99 percent of the way to the moon, and a firefighter would never just put out 99 percent of a fire."

A Different Spin

By JO-JO STRUYS

The author is PP Leslie Struys' daughter.

When you meet people who think more of others rather than themselves, it's such a refreshing change and gives hope to humanity that we aren't all the same.

WE live in such a selfish world where everything seems to revolve around "me, me, me". Nothing is ever enough, "I want more money, a bigger house, a better life" so, when you meet people who think more of others rather than themselves and are more interested in giving rather than taking, it's such a refreshing change.

It gives hope to humanity that we aren't all the same.

In truth, people who "do good" are all around us from the stranger you pass on the street to the unassuming girl at work you never knew was trying to save tigers. For me, I wanted to zoom in on one particular person whose dedication and work with disabled children has had a profound impact on their lives.

Edwin Nathaniel, founder of Aseana Percussion Unit and highly experienced drummer, has been showing up quietly every Thursday for more than 10 years to conduct a percussion class at the Spastic Children's Association in PJ.

It is hard to put into words the power of music, which is why it has been used as therapy even for stroke victims. Music has been found to stimulate different portions of the brain helping to increase motivation levels and positive emotions.

As Billy Joel said, "I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by."

It was hard for me to not be affected when I was standing in the semi-circle of wheelchairs in Edwin's percussion class. Just before the

class started, a kid in a wheelchair was struggling to take his jacket off. A child who was not wheelchair-bound immediately appeared by his side to help him.

I was moved beyond words just watching a child who was disabled and unsteady on his feet, trying so hard to unbutton his classmate's jacket. What sort of unselfish world was this that I had stepped into?

Just observing the look of concentration on his face, I was humbly reminded to not take my mobility for granted. Removing one's jacket is something most of us could do in seconds. We don't even think twice about changing gears while driving or returning an SMS while walking.

Considering how such simple movements were such an effort for these kids, you can imagine how blown away I was to witness Edwin's class in percussion, alongside "Aunty Chan", "Cikgu Rani" and "Uncle Paul," who the students affectionately call them.

They were all shaking bells, counting beats and striking the drums in a near perfect ensemble. Most of them were wheelchair-bound, including the boy who could not remove his jacket but he was shaking his bell to the beat, in all the right parts of the song.

Like many miracles, this did not happen overnight. Edwin started from scratch in 1999 in a classroom almost devoid of musical instruments. His students were fascinated by the sound of his drum and he's never looked back since.

Playing any instrument takes rhythm and coordination. They had to work so much harder due to their limited coordination skills but they were excited to be a part of this class.

For them, playing drums, tambourines and bells, do more than just that – they were also having fun and gaining a lot of confidence.

Real-life angels in a selfish world — Continues

Learning songs also took longer than usual but they never gave up. Kids who were shy now take the lead and there were kids who couldn't count the beats, but now they can. The dedication of these students has led to improvements across the board in their motor skills, social skills and overall confidence.

Once, there was a new girl who was brought in by her mother to try out the class. She sat in the front row but did not participate. When she heard all the instruments, she screamed and started crying.

Edwin thought the sound of the drums had upset her. Her mother immediately took her out of the class to console her. This was an exception, not the rule, because most of the kids love the sound of music.

Hence, Edwin thought he wouldn't see her again but surprisingly, she came of her own accord the following week and sat in front of the class. She told her mother she wanted to learn how to play the drums. She became yet another dedicated student.

The children are so committed to this class that Edwin receives calls from them on the occasions he can't make it, "Uncle Edwin, how come you're not here today?" – which he finds very touching because this class has become a part of their lives, and so has he.

Edwin's friend and volunteer Paul Lau said it's such a joy to work with them. "Just seeing their faces when you walk into the classroom says it all. It's an incredible feeling. Who wouldn't want to come back?"

It was almost infectious. One of the first things I noticed was how much fun everyone was having, adults included. Whenever a joke was cracked, the whole class erupted in laughter.

Edwin has literally seen these kids grow up over the years. In fact, one of his students who had graduated, had difficulty finding

work and started selling tissues at an LRT station.

Edwin ran into him by chance and the boy's face lit up when he saw his ex-music teacher. He was smiling from ear to ear in his wheelchair, "Hi! Uncle Edwin! I'm working now. Have to do some business". With the odds stacked against him, he was just trying to earn an honest living.

It was a real eye-opener spending a morning with these children. We should all be asking ourselves if we've taken any time out from our busy schedules to do any community service.

Paul says, "Just spend an hour a week, if that's all you can spare. An hour of your personal time can go a long way". So let's start thinking about anyone other than ourselves for a moment. What skills do we have that we can share with others whether it's animals, the elderly, or children who are waiting for you to put a smile on their face?

Motivational Quotes

When we wake up in the morning, we have two simple choices, go back to sleep and dream, or wake up and chase those dreams. Choice is yours...

You've got a lot of choices. If getting out of bed in the morning is a chore and you're not smiling on a regular basis, try another choice. ~Steven D. Woodhull

Life is like riding a bicycle - in order to keep your balance, you must keep moving. ~Albert Einstein



Health Facts



Interesting Facts About Kidneys

Kidneys are vital organs, performing some of the most important functions in our body. They are sophisticated processing machines that keep our blood clean and chemically balanced.

It goes without saying that the more you know about your body and your health, the more control you have over your life.

- Our Kidneys have a higher blood flow than our brain, liver or heart.
- The Kidneys absorb and distribute 99.9% of the blood volume. Only 0.1% of the blood filtered turns into urine.
- Each Kidney is about 5 inches long (13 centimeters) and weighs approximately 4 to 6 ounces (120-140 grams).
- The Kidneys filter almost 200 quarts of blood every day.
- 1 in 9 adults in America, or at least 26 million Americans, have Chronic Kidney Disease (CKD) and millions more are at increased risk. According to The American Society of Nephrology, the number of people diagnosed with Kidney disease has doubled for the last decade. I would strongly recommend blood and urine tests to detect early signs of the disorder.
- Risk factors for CKD include: diabetes, hypertension, high cholesterol, obesity, advanced age, family history of CKD, and tobacco use.
- Each kidney has about a million tiny nephrons. A nephron is the basic functional unit of the kidney. It has a group of tiny blood vessels called a glomerulus, the small structure responsible for filtering and cleaning blood as it flows through the kidney. Most kidney diseases attack the nephrons, causing them to lose filtering capacity. Interestingly, Kidney diseases destroy the nephrons slowly and silently. The damage will become apparent only years or even decades later.
- The most frequent causes of Kidney disease are Diabetes and High blood pressure. Other causes include, Glomerulonephritis (inflammation of the glomerulus) and Polycystic Kidney Disease (an inherited disease, causing large cysts to form in the kidney). What most people don't realize is that taking over-the-counter pain-relieving medicines, can also result in Kidney disorder. Please keep in mind that these medicines can be toxic to your Kidneys and may even provoke some serious damage.
- Heart disease is very common among people with Chronic Kidney Disease. CKD patients are more likely than the general population to develop heart condition. That's why following all the necessary steps to prevent heart problems is absolutely crucial. What they should do is eat healthy foods, exercise on a regular basis and kick a smoking habit (in case they smoke). CKD patients should cut down on foods that contain saturated fat, such as eggs, milk, cheese and fried foods. Healthy foods rich in omega-3 fatty acids should become a part of their dietary regime. I cannot stress enough the importance of salmon, albacore tuna, sardines, walnuts or flaxseed oil in your diet.