



# 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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10 August 2010

## 1st Business Meeting 17th August 2010



### Today's Programme: Cancer Detection and Management by Dr Raymond Ngeh

“Last Week : PP Ooi Kao Yang  
on his memorable trip to Inner  
Mongolia

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Dear Fellow Rotarians,

This has been an exceptionally exhaustive week for me as I have to manage several Non Rotarian projects which took me to Kuala Lumpur – twice.

In the midst of the week I had three meeting regarding Blood Donation Campaign including a site visit to Sutera Mall. All preparation for the Blood Donation Campaign appears in order and I had personally visited government agencies like Customs Department, Inland Revenue Department, Clubs and Associations in order to ensure maximum publicity for the project. The Guest of Honour is Y/B Tan Ah Eng, member of Parliament of Gelang Patah. We have also placed banners at strategic locations namely Taman Sutera Mall, Taman Tun Aminah, Mutiara Rini and old JPJ of- fice.

In spite of my busy schedule, I managed to visit PP Jit Sehgal and was concerned about his health. He used his laptop to communicate with his guests and enquired about Rotary activities for the year and Rotarians in general. I am sure he will be pleasantly surprised if more Rotarians visited him.

At this point of time, there are several issues affecting our members that need to be addressed urgently. Amongst the issues, include the position of the executive secretary, the increase of Quarterly Dues and the constitution of the DDF. I have proposed that 17<sup>th</sup> August 2010 will be our 1<sup>st</sup> Business meeting to discuss the above issues.

I will be attending the Rotaract Installation on the 7<sup>th</sup> August and the Puteri Lagoon Installation on the 14<sup>th</sup> August 2010. In the past the installation dinners especially the Rotary Club of Pontian installation was as exceptional function with excellent entertainment from their members and great hospitality. Cheers to the members.

To all Muslim members and family I like to wish “Selamat Berpuasa”

“Building Communities, Bridging Continents”

Thank You.

**DR. S. SIVAMOORTHY**

**PRESIDENT 2010 / 2011**

**EDITORS**  
PP Tan Beng Sooi  
Rtn Chin Kuie Too  
Rtn Dr Vishwadeep  
Rtn Chua Tze Wei  
Rtn Capt Raja Muthupan

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## Last Week Talk: PP Ooi Kao Yang on Inner Mongolia

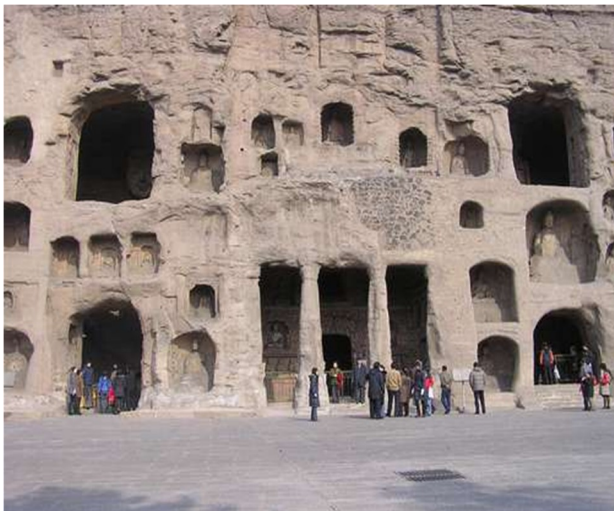
During last week meeting, PP Ooi Kao Yang shared with us his memorable trip to the Inner Mongolia during the year 2005 which he went with Presiden Dr Siva, PP Dr Shanmungam, PP Jason Tan and PP Mok Tai Dwan. Below are the very unique and wonderful pictures taken during their trip there.



Picture above: PP Dr Shan performing rite of passage



Picture above: PP Jason Tan camel ride in Gobi Desser



Picture above : 252 caves,...5th and 6th century best cave art



Picture above: A Yurt complete with full amenities

### **Blood Donation Campaign**

The blood donation drive was a success, thanks to The Red Crescent . Their contribution to this campaign and their efforts is indeed admirable. There were 257 donors, with a collection of 188 bags, and 69 were rejected. As for the organ donation, there were 30 pledges. IPP Dr Anga, President Dinesh Shankar of Centennial, and our Executive Secretary, Sharon Kaur was enlisted on the donor list.

The Guest of Honor for this event is YB Tan Ah Eng, MP for Gelang Patah addressed the audience at the function at Sutera Mall, JB.

My deep appreciation and sincere thanks to all my fellow Rotarians who made this date a meaningful one for all.

Thank you.

Yours in Rotary

Dr. S Sivamoorthy

## ***Club Announcement***



**Attendance:** Last week's attendance 03 August was 61.22%, Previous week's attendance 27th July was 73.47%.

**Wedding Anniversary Celebrants**  
Rotary Club wishes Happy Wedding Anniversary to celebrants:  
15th August — PP Dato Mokkam Singh

**Induction Anniversary**  
10th August — Rtn. S Elendran  
11th August — PP Jit Sehgal  
12th August — PP Dato Francis Ng

**Installation Dinner of President Mathew John, Rotary Club Tebrau**  
Rotary Club of Tebrau 22<sup>nd</sup>  
Installation of President Mathew John at Thistle Hotel on the 14<sup>th</sup> 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 14<sup>th</sup> August 2010 at Mutiara Hotel Johor Bahru.

**District Membership Seminar for Johor Bahru & Melaka**  
Time : 1000 — 1600  
Venue : Garden Hotel, Batu Pahat  
Contact Person: PP Christina Chin,  
Rotary Club of Batu Pahat  
Mobile: +6019 757 0155  
For more info, please refer to page 5

**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 Jiten-  
der 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 03 AUGUST 2010 :

Tikkie Bottle : RM33

Happy Fund : - Nil -

Totaling : RM458 (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 03 AUGUST 2010**

Membership	56
Excused	7
Effective	49
Present	30
Percentage	61.22%

## 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 03 August 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)
7. PP Lim Kay Hua (Excused)
1. PP Leslie Struys
2. PDG John Cheah
3. PP Dato Mokkam Singh
4. PP Dev Chellam
5. PP Tang Beng Sooi
6. PP Hj. Mohd Noh Ibrahim
7. PP Yeo Ann Kiat
8. PP Dr Shanmugam
9. PP Jason Tan
10. Rtn Tan Chee Seng
11. Rtn Francis Gopal
12. Rtn J S Kwang
13. Rtn S Elendran
14. Rtn Dr Lee Kim Tiong
15. Rtn Liang Teh Hai
16. Rtn Datuk Freddie Long
17. Rtn Chua Tze Wei
18. Rtn Rajah Muthappan
19. Rtn Sukhi Dhillon

# District Membership Seminar for Johor & Melaka



## DISTRICT MEMBERSHIP SEMINAR FOR JOHOR & MELAKA

Time: 1000-1600

Venue: Garden Hotel, Batu Pahat

Address: 29 Jalan Jenang, 83000 Batu Pahat, Johor Darul Takzim, Malaysia

Website: [www.gardenhotel.net.my](http://www.gardenhotel.net.my)

Contact Person: PP Christina Chin, Rotary Club of Batu Pahat

Mobile: +6019 757 0155

Email: [sien\\_yang1985@yahoo.co.uk](mailto:sien_yang1985@yahoo.co.uk)

Cost: RM50 Net (Includes Lunch, Coffee Break, and Free T-Shirt)

This year, our District Membership Seminar will be decentralized into four areas in the district: Johor/Melaka, Singapore, Sabah/Brunei Darussalam/Labuan FT, Sarawak.

The District Membership Seminar for Johor and Melaka will take place at Garden Hotel, Batu Pahat, Saturday, August 21, 1000-1600. The host and organizing club is RC Batu Pahat. The Organizing Chair is PP Christina Chin of RC Batu Pahat. Below are the seminar program, venue details (including attached Garden Hotel brochure), and contact information:

Seminar Program

1000-1005	Welcome Address: President Bobby Lim, Rotary Club of Batu Pahat
1005-1035	PDG Dr Wu Dar Ching Challenges to Rotary and Membership Development
1035-1105	DGN Lee Kong Hwee Public Image and Membership
1105-1135	IPDG Datuk Latip Bin Sarrugi Lessons Learned: Observations on Problems and best practices in Mem
1135-1200	PP Michael Yee Rotary's STAR Program and Five for One Plan
1200-1300	<i>Fellowship Lunch</i>
1300-1330	PP Dr Ho Loon Shin A Teachable Point of View: Managing 'Worse-Before- Better'
1330-1415	PP Leong Chee Woh Managing and Sustaining Membership Growth
1415-1445	DG Dr K A Abraham Membership Goals, Recent Trends, and the Way Forward
1445-1500	<i>Coffee Break</i>
1500-1545	Panel Discussions: Forum and Q&A Session with All the Speakers
1545-1555	Closing Remarks: DG Dr K A Abraham
1555-1600	Thank You and Farewell: PP Christina Chin,

We encourage all Club Officers, including all Club Membership Chairs and Membership Committee Members, Past Presidents, Senior Rotarians, and newly inducted Rotarians to attend this interesting, thought provoking, and challenging seminar. Be ready to learn the latest information, lessons learned, and best practices on membership development. Give membership development in your club and district a boost. This starts with the individual Rotarian, which means *all* Rotarians in RI District 3310.

To simplify registration, kindly register with your club presidents who will then submit the lists and payments to PP Christina Chin of RC Batu Pahat. For payments by cheque, kindly make cheques payable to Rotary Club of Batu Pahat. Although registration is available on-site, we encourage all Rotarians to register early for us to arrange catering and for RC Batu Pahat to get your free T-shirt individualized with personal names.

By Peter Schmidtke  
Rotary International News -- 4 August 2010

Five families who harvest salt from the desert in western India have Rotarians to thank for windmills that will double their income.

The Rotary Club of Wadhwan City, India, and the Rotary E-Club of the Southwest, Arizona, USA, received a Rotary Foundation Matching Grant and used club and District 5510 (Arizona) contributions to purchase 10 windmills. The windmills pump underground, salt-laden water into shallow ponds, where the salt can be separated through evaporation.

The families -- who are among the 10,000 families who migrate annually to the Little Rann of Kutch salt marsh in Gujarat to collect up to 800 tons of salt apiece -- previously relied on diesel engines to draw water to the desert's surface.

Five windmills were installed by the manufacturer in February with the help of Rotarians and the recipients. Club members expect the other five to be in use by October, the start of the six-month salt-harvesting season.

Deepak Agrawal, governor-elect of District 3060, visited the families in March and says they each saved about \$100 in fuel and engine repair costs over a monthlong period.

"The project allowed them to buy basic amenities -- a glass to drink water from, books for their children, a light bulb," Agrawal says. "With the time they saved from engine maintenance, one of the fathers brought his child to school, and a mother read with her children."

A windmill-powered generator also produced electricity for one of the families.

In early April, the salt workers partially disassembled the 20-foot-tall steel and reinforced-plastic windmills and used trucks and tractors to move them to surrounding villages before the annual monsoon rains, which cover the desert in several feet of water.

Shrinand Palshikar, a Wadhwan City club member, proposed the project after his club surveyed the salt workers in 2008 and noted that fuel costs outweighed their profits. The next year, the club purchased one windmill to test and worked with the [Gujarat Grassroots Innovations Augmentation Network](#), using the technical expertise of club members to modify the windmill to

operate in desert conditions.

The e-club learned of the effort through one of its members, Vimal Hemani, who lives near Wadhwan City.

"Our e-club is international, and that helped facilitate this project," says past club president Larry Levenson. "Hemani was able to personally participate in the project and work with our Indian partners."

"This windmill requires no major maintenance once the design is fully established," says Palshikar. "It's already two seasons that it has been under testing, and our confidence is very high."

Palshikar says that families who operate two windmills can reduce their fuel use by up to 80 percent, resulting in an even higher increase in income and decreased air pollution.

Agrawal says his district plans to help provide 100 windmills during the 2011-12 Rotary year, and he has talked to an area nonprofit and bank about making microcredit loans available to families so they can purchase windmills.

"We would be interested in expanding the project to serve many more families if the results are positive after the first full season," Levenson says.



Rotarians Vimal Hemani, Deepak Agrawal, Shrinand Palshikar, Kiran Dave, and Rajesh Bhatt with one of five windmills installed in western India to improve the lives of migrant salt workers. *Photo courtesy of the Rotary Club of Wadhwan City*

# Rotary begins plan of action in Haiti

By Ryan Hyland

Rotary International News -- 3 August 2010

More than six months after Haiti sustained a massive earthquake, Rotary clubs and account holders of the Haiti Earthquake Relief Fund are beginning to allocate resources to help rebuild schools, provide prosthetics, and equip thousands with adequate shelter.

Despite assistance from around the world, the situation in Haiti remains bleak. An estimated 1.5 million Haitians still live in tent cities, while billions of dollars in aid from foreign countries has yet to materialize. Debris from 280,000 destroyed homes and buildings clogs the streets of Port-au-Prince.

Rotarians have contributed more than US\$2 million to the Haiti Earthquake Relief Fund, a donor advised fund set up by The Rotary Foundation.

"By beginning the work on many of the projects, we anticipate that additional funds will be contributed by Rotarians who are motivated to continue that help," says Past RI Vice President Eric E. Lacoste Adamson, an account holder and member of the Rotary Club of Front Royal, Virginia, USA. "We also hope to encourage other partners and NGOs [nongovernmental organizations] to match these funds so that we can double or triple the impact of the funds in Haiti."

Local Rotarians, the Haiti Task Force, established two years ago to administer financial aid to the nation, and District 7020 (Haiti and parts of the Caribbean) review and coordinate every project. Some of the initiatives include:

- District 6990 (Grand Bahama Island; part of Florida, USA) will raise \$40,000 to help rebuild a medical clinic in Kenscoff. The Haiti fund will provide the balance of the \$80,000 project.
- District 7570 (parts of Tennessee and Virginia, USA) will rebuild Catherine Flon College in Carrefour with help from the Haiti fund.
- Rotarians in Canada has gathered school supplies and furniture. The Haiti fund will allocate \$21,000 to ship the items to Haiti.
- The Haiti fund will contribute \$10,000 toward a vehicle to serve as transportation for midwives.

The Rotary Club of Tortola, British Virgin Islands, and the Good Samaritan Foundation began construction on a new school in Île à Vache, an island off the southern coast of Haiti. About \$50,000 from the Haiti fund has been allocated to the school.

## Emergency aid still needed

The Tortola club also has provided \$25,000 in emergency food aid to Île à Vache, which has been overwhelmed by the mass migration of quake victims from mainland Haiti. The island's population doubled to nearly 30,000 in the last three months, says club member Stephen Cooper.

"This increase in population has put immense pressure on the fishing- and farming-based community, where food and resources were already scarce before the earthquake," Cooper says.

Rotarians in the British Virgin Islands have links with Île à Vache that predate the disaster, he says. They appealed to District 7020 for help after community leaders on the island described the situation.

The first of what will be a series of \$5,000 food distributions took place in June, with the Rotary Club of Cayes, Haiti, overseeing the project. The rice, beans, and cooking oil were all purchased locally.

"The food was carefully portioned out and distributed fairly among those in need," Cooper says. "Rotarians should feel proud of the contribution they have made to ease the suffering of the people of Haiti. I saw with my own eyes that this food is making the difference between life and death for many people."



Left : Residents of Île à Vache stand in line to receive emergency food aid. *Photo by Stephen Cooper*



Right : Rotarian Stephen Cooper (rear); Pamela Solman, member of the Good Samaritan Foundation of Haiti; and Joseph Phelix, founder and director of the foundation, distribute food to residents of Île à Vache in June. *Photo courtesy of Stephen Cooper*



# Health Facts



## Interesting facts about our Lungs

Lungs are among the largest organs in the body. They sit in the chest, taking up most of the space there, and are protected by our ribs and spines. Like most of our other organs, we don't think about them very often as long as they stay healthy. Healthy lungs work all day every day to move good air in and old air out. Our healthy lungs work with the rest of our bodies to keep us alive.

### **Anatomy**

The lungs are made of pink, spongy tissue. There are two, one on each side of the chest. The left lung is slightly smaller because it shares space with the heart. The spongy tissue of the left lung is in two parts called lobes. The right lung has three lobes. The tube that runs from the throat and leads toward the lungs is called the trachea. It splits into two tubes, one for each lung. These are called bronchi. The right bronchus is slightly straighter though it is not noticeable in most pictures of the lungs. The tubes get smaller and smaller as they go deeper into the lungs. The tiny tubes branch and branch, much like a tree. Bronchioles are the smallest ones. The tubes lead eventually to the alveoli (air sacs). These tiny alveoli (there are several hundred million of them) are covered with microscopic blood vessels called capillaries.

### **Function**

When you draw in a breath or inhale, the air follows a path down the trachea, through all of the tubes into both lungs. It continues down the "branches" of tubes until it reaches the alveoli and the tiny capillaries that cover them. The capillaries grab the oxygen from the air that you have inhaled and send it via the blood to the heart. The heart sends oxygenated blood to the whole body. When you exhale or breathe out, the capillaries on the alveoli send the waste products including carbon dioxide out of your body by the same route that the oxygenated air came in. Because of the way they exchange air, the lungs are also necessary for talking, laughing and singing.

### **Keeping Healthy Lungs Healthy**

Of course, the "don'ts" include smoking because it can damage the lungs and impair oxygenation, causing trouble for all organs. The "do's" are more numerous. Do drink water and eat your fruits and vegetables. Moisture is essential to maintain the moist condition of the lungs and their best functioning. Fruits and vegetables contain antioxidants that keep organs youthful and working their best also. Exercise is good for circulation, which feeds organs including the lungs. Endurance-type exercises like walking and bicycling are especially beneficial. Breathe the best air you can. Stay away from pollution and second-hand smoke.

### **Interesting Facts about Lungs at Birth**

Before we are born, our lungs don't do much. Most of our blood circulation bypasses them, and wastes are removed by our mothers. As soon as we are born and take our first few breaths, changes take place in the heart that cause the circulation to shift its course and include the lungs.