

# 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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## RCJB's Proud Moment



**TODAY 'S PROGRAMME:**  
Mr. Loh Wei Ping on "*Memorial Park*"

**LAST WEEK:**  
Mr. Vincent Chow on "*Wild Fruits of Johor*"

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Rtn Chin Kuie Too  
Rtn Dr. Vishwadeep  
Rtn Francis Gopal  
Rtn Chua Tze Wei

Dear Rotarians,

We are at the Club Assembly right now. This is indeed a proud moment for RCJB. The club won the following awards:

**RI SERVICE ABOVE SELF AWARD**  
PP Dr. Ho Loon Shin

**Winner in the District:**  
Best Bulletin  
Best Public Relation Project  
Best Rotary Foundation

**Commendation**  
PR- Frame-up/Reach-out Posters Project

**Special Mention**  
Community Service-Children and Literacy  
International Service-Cleft Lip and Palate Post-Burns Surgeries in the Philippines  
Rotaract Club- Charity Christmas Party for Special Children

This has been made possible with the full involvement and commitment of all the members who had work hard the last 12 months.

Fellow Rotarians, I do not think it was very difficult to do this, we just had to do a little planning and make sure we implemented and wrote up on the projects.

I would like to thank all the members for the tremendous support which made all this possible.

Thank you.

Yours in Rotary

Anga.

IN THIS ISSUE	
LAST WEEK'S TALK	2
CLUB ANNOUNCEMENTS	3
CLUB MATTERS	4
PAKISTAN AGAINST POLIO	5
THE EDUCATION OF CORPORAL FARRELL	6-7
LAST WORDS	8



## Last Week's Talk : Mr. Vincent Chow on *“Wild Fruits of Johor”*

Once again it was the return of RCJB's very own *“Ace Ventura”*...of sorts, Mr. Vincent Chow.

A man who is as regular as clockwork as guest speaker at RCJB meetings. He is also a man who is very much one with nature, at home in the jungles and forests of Malaysia as much as he is at Rotary meetings on Tuesdays. Vincent returns to the meeting this time to enlighten and enrich our knowledge on the wild fruits of Johor. A valuable piece of knowledge in times should we find ourselves lost in the jungle or perhaps out of food during a camping trip.

What is the definition of a *“wild fruit”*? It is one that is found in the jungles of Malaysia, not tended or cared for, as a result of natural evolution and not created by man, is adapted to growing in distinct habitats of the wild and are not necessarily edible to humans but more to birds and animals as well as not being sweet to man's taste buds.

Why are there wild fruits?, one might ask. Basically, wild fruits are there to support a vast food chain and web for the myriad of insects and animals that are found exclusively in most often remote reaches of the forest of jungle. Amongst other roles, wild fruits sustain life in the forest, it provides nutrients be it for the tiniest of organisms or to the largest of animals. These fruits also trigger off *“life-functions”* of the forest, for example, the breeding circles of birds and animals and ironically, it is also a source of income and food for our indigenous tribes or *“Orang Asli”*.



There are a number of types of wild fruit plants ranging from tall trees like the *“Horse's Mango”* to medium sized trees like the *“Tampoi”* and shrubs like *“Melastoma”* and *“Rhodomyrtus”* as well as various climbers and low herbs.



Although it may seem enticing to try some of these wild fruits, one must know that not all these fruits are safe to be consumed by humans although they seem simply delicious to birds and other animals. This is simply because our digestive tract has a totally different mechanism to digest food as compared to those animals. Also, it would be wise to know

that some of these fruits and nuts may contain toxic chemicals like hydrocyanide, glycosides, high citric and malic acid content and many others that may burn or even end our lives in an instant.

As much knowledge as there are about wild fruit species, there are still many more that are yet to be studied and are still virtually unknown to man.



There are however, some unknown species of wild fruits that are edible and are discovered by means of observing our local orang asli tribes who have keen knowledge of wild fruits that are edible, like the fruit pictured below. This fruit has a sweet, thin pul, fragrant and actually tastes a little like lychees. For those who are not familiar with the Tampoi fruit or how it looks like, the picture below is of the mentioned fruit and some edible wild fruits.



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## CLUB ANNOUNCEMENTS

**Attendance:** This week's attendance was 68.63%. Last week's was 66.67%

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**15 to 18 April 2010 20th D3310 District Assembly Zon Regency Hotel:** Please try to attend, especially incoming Board members and Committee Chairs! New members and members who have not attended a District Assembly before are also encouraged to attend. Please contact PE Dr. Siva for details and registration forms.

### Important Dates to note:

**Saturday 19 June 2010:**  
***Installation Dinner for PE Dr. Siva at Zon Regency Hotel***

\*\*\*\*\*

Dear Interact Club President, Teacher Advisor and Rotarian Advisor

I have already fax and sent out invitation letter together with Jabatan Pelajaran Johor approval letter to all the schools.

**Career Guidance Talk: Medical and Hospital Administration at Puteri Hospital on Saturday, 17th April 2010 (Time: 2.00pm to 6.00pm)**

**Programme Coordinator: PP Mr Shanmugam Suppiah (Surgeon)**

We Rotary Club of Johor Bahru and Puteri Specialist Hospital would like to invite Interactors to the career guidance talk.

Topics shall include GP, Specialist e.g Surgeon, Orthopedics, ENT, O&G and Dental), Nutritionist, Pharmacist, Radiologist, Nurse etc.

The talk will be presented by the respective specialist. If time allowed there will be a short tour in the hospital to view the respective departments.

We believe this project will, in a small way, compliment the effort of MOE and the school.

Yours In Rotary,  
Rtn Elendran S

We must seek out skilled and determined men and women of character. We must do what is right, even when it is inconvenient. And we must always, always, put Service Above Self.

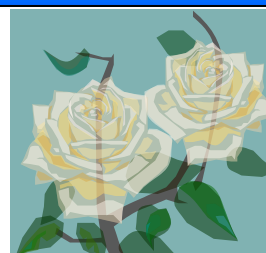
### **PE Siva's Installation Dinner :-**

Please note that Installation Dinner Tickets are priced at :

RM 850 (ONE TABLE)  
RM 450 (HALF TABLE)  
RM 100 (PER TICKET)



**Induction Anniversary**  
**19th April**  
**PP Lim Kay Hua**



From the treasurer: TICKKIE BOTTLE:

COLLECTON ON 13th Apr 2010 :

Tikkie Bottle : RM 135  
 Happy Fund : RM  
 Totalling : RM 2,966 (Tikkie Bottle)  
 : RM 2,000 (Happy Fund)  
 : SGD 7.00

**QUOTE: It is our daily actions and our daily decisions that determine the course of Rotary for all of us.**

**THE FUTURE OF ROTARY IS IN YOUR HANDS**

**-RI PRESIDENT JOHN KERRY**

## Absent Rotarians On 13th Apr 2010

1. PP Dato Francis Ng (Excused)
2. PP Dato Dr. Singaraveloo (Excused)
3. PP Chang Teck Mark (Excused)
4. PP Dr. K.N Singh (Excused)
5. PP Dato Dr. Teoh Beng Hoe (Excused)
6. PP Roland Choong (Excused)
7. PP Jit Sehgal (Excused)
8. PP Leslie Struys
9. PDG John Cheah
10. PP Dato' Mokkam Singh
11. PP Tony Ong
12. PP Datuk K. Zaman
13. PP Dr. S. Shanmugam
14. Rtn. Tan Chee Seng
15. Rtn. Cheong Nai Cheong
16. Rtn. Koh Jit Huat
17. Rtn. Richie Chiam
18. Rtn. J. S. Kwang
19. Rtn. Dr. Lee Kim Tiong
20. PP Dr. Ho Loon Shin
21. Rtn. Chua Tze-Wei
22. Rtn. Chandra Segeran
23. Rtn. Lee Chin Leong

## FROM THE ATTENDANCE CHAIRMAN PP FRANCIS LIP :- AS AT 13th April 2010

Membership	<b>58</b>
Excused	<b>7</b>
Effective	<b>51</b>
Present	<b>35</b>
Percentage	<b>68.63%</b>

## MEMBERS CELEBRATE

<b>APRIL</b>		<b>Wedding</b>	<b>Induction</b>
<b>Name</b>	<b>Birthday</b>	<b>Anniversary</b>	<b>Anniversary</b>
Mohd Noh	2		
K N Singh	23		2
Nari Gidwani			2
Tan Beng Sooi			2
Chua Kean Num		15	
Leslie Struys		15	
Lim Kay Hua			19
Vishwadeep	3		
Teoh Cheng			25
Cheong Nai	28		28



# Pakistan in high gear against polio

By Dan Nixon

Rotary International News -- 9 April 2010

At the Inayat Foundation Academy for the Deaf in Lahore, Pakistan, children watch attentively as a teacher uses sign language to explain what polio is and the need to be immunized against it.

Afterward, members of the Rotary Club of Lahore Sharqi (East), Punjab, give the children pencils, badges, and other items bearing the words *Polio-Free Pakistan*.

The presentation, arranged by the club during Pakistan's National Immunization Days (NIDs) 15-17 February, illustrates the country's determination to reach every segment of society in the drive to eradicate the disease.

An estimated two million people on 90,000 immunization teams took part in the NIDs, vaccinating about 35 million children against polio. The effort marked the debut of the new bivalent oral polio vaccine in Pakistan, also in use in the other three remaining polio-endemic countries of Afghanistan, India, and Nigeria.

Pakistan PolioPlus Committee Chair Aziz Memon described the massive campaign as "trying to cover every nook and corner of the country," adding that "we are committed to a polio-free Pakistan."

Rotarians and other members of the family of Rotary teamed up with government agencies and businesses to support the NIDs in several ways:

- Local TV stations ran an End Polio Now message to help boost public awareness.
- Mobilink and Warid Telecom sent text messages to millions of subscribers, urging them to call a toll-free number to report areas not reached by immunization teams.
- Pakistan Postal Services, the National Highways and Motorway Police, and the Pakistan Telecommunication Authority provided immunization sites to vaccinate children who otherwise would have been missed.
- Rotarians organized a conference for Pakistan's Muslim leaders, who declared their full support for polio eradication. Announcements were made in all mosques and Islamic schools, urging that every child be immunized.
- The Regional Reference Laboratory for Polio Eradication in Pakistan, which has received significant funding from Rotary, was recently awarded a certificate of appreciation by the World Health Organization for high-quality diagnostic services to Pakistan and Afghanistan. The lab has achieved a 100 percent proficiency rating for several years and never scored below 99 percent.
- Rotary and Coca-Cola Pakistan joined in promoting polio immunization on 20 prominent billboards across the country. Waqas Advertisers provided an additional 20 billboards in Karachi.
- More than 100 journalists were given background training on health issues in the Federally Administered Tribal Areas to encourage coverage of these topics, especially polio.

Rehana Baray, president of the Lahore Sharqi (East) club, was part of a team that immunized 2,000 children during the NIDs.

"Next time you serve the drops, please do look into the eyes of the child," she says. "Then thank God that you belong to a great and rare organization."



Rotaractors in Nawabshah and other members of the Rotary family are in the forefront of Pakistan's push to eradicate polio. *Photo courtesy of Aziz Memon*



# The education of Corporal Farrell

by Patty Lamberti  
*The Rotarian* -- April 2010

In the fall of 2008, a group of Rotarians gathered in the Denver-area home of Kevin Farrell for pizza and drinks, and a packing party.

But Kevin, a member of the Rotary Club of Denver Southeast, wasn't moving. They were packing up boxes of school supplies to ship to Iraq, where Kevin's son, U.S. Army Corporal Greg Farrell, was stationed.

Greg had been deployed to Anbar Province that May. The area isn't on the top 10 deployment wish lists of many soldiers. Some of the worst battles between U.S. military personnel and enemy combatants have occurred in this western desert region. According to iCasualties.org, an independent website that compiles reports of casualties from various government sources, 1,330 coalition members have died in Anbar Province since the 2003 invasion.

Greg's official mission with the army was to "win the hearts and minds" of locals. The 34-year-old Colorado native met regularly with tribal leaders, government officials, and school administrators.

It was during one of these school visits that he noticed that the children didn't have notebooks, chalk, pens, or pencils. Many didn't even have shoes. "The schools barely had electricity, much less an Internet connection," he remembers.

He wanted to help them, so he turned to the one person whose concern for those less fortunate matched his own: his dad. Greg e-mailed Kevin and asked whether his Rotary club might want to send school supplies to Iraq.

The club had already helped children in another war-torn country. Five years earlier, it had shipped two containers of school supplies to Afghanistan. Kevin read Greg's e-mail at a June club meeting and asked whether any of the members might be willing to help. "The response was huge. A lot of the members knew Greg from RYLA [Rotary Youth Leadership Awards]. And he is a Paul Harris Fellow," says Kevin, who's been a Rotarian since 1980. "By the time we shipped all of the boxes, over one-third of the club had actively contributed."

The biggest obstacle to the project was getting the packages to Iraq. When club members had sent supplies to Afghanistan, they'd shipped them on a boat, and it took six months for them to arrive. The Farrells didn't have that kind of time, as Kevin learned when he received a phone call from Greg's wife, Rebecca. Her news was great for the family but not so great for the project: Greg's unit had received word that it would be returning home early. "If you're going to send boxes, send them now," she said. Greg was due back before a ship could ever reach Iraq, and without him on hand to deliver the items, there was no way to be certain where the supplies would end up. "You need to know who the packages are going to," Kevin says. "That's key to the success of a project like this."

There was only one answer: shipping them through the U.S. Postal Service. Kevin discovered that the postal service offered discounts on large, flat-rate boxes if they were being shipped to a military post office overseas. Members of Rotary clubs across Denver began snapping up notebooks, pencils, pens, erasers, staplers, tape, rulers, protractors, markers (crayons melt in deserts), chalk, and san-



Corporal Greg Farrell hands out school supplies. *Photo by Lance Corporal Scott Schmidt.*

# The education of Corporal Farrell

*Cont.*

dals. Several local store owners reduced the cost of the supplies after hearing about the nature of the project. At club meetings, Kevin provided members with the boxes and mailing labels. Once the supplies reached Iraq, Greg stored them in his living quarters.

## Packing party

Kevin recalls only one moment when differences of opinion about the conflict in Iraq arose. “When I told someone how many members were involved in the project, he said, ‘I wonder if that’s a vote in support of the U.S. military,’” Kevin remembers. “And I said, ‘Well I guess it is, when they’re on a humanitarian mission.’ Our eyes locked, and that was the end of that conversation.”

With the funds Rotarians had donated, Kevin had immediately bought as many supplies as he could. Now he needed people to help him pack the boxes. He called the Rotaract Club of the University of Denver and asked for help. Not only did the Rotaractors agree – they raised their own money so they could buy even more supplies.

That’s how the Rotarians found themselves in Kevin’s home eating pizza while packing up protractors. Across town, the students were doing the same. “The party was a lot of fun,” Kevin says. “We had an assembly line. We got more done in a shorter period of time working as a group than anyone could doing it alone.” (The Rotary Club of Denver Mile High also contributed boxes filled with supplies.)

The next day, Kevin went to the post office with 55 boxes. From the project’s start through this last big push, Denver-area Rotarians sent more than a ton of supplies in 150 boxes, for a total cost of over \$4,000 – \$1,535 for postage alone.

In early November 2008, the last of the boxes arrived in Iraq. Aided by marines, Greg visited a kindergarten in Sattack and a high school in Jiko. He didn’t wear body armor or a helmet while doling out the school supplies. “We wanted the kids to feel more at ease,” he says. “We wanted to appear human and friendly.”

The kids loved the gifts, but the adults were a bit confused. “Kids are kids, I don’t care where you are,” Greg says. “At first, the school administrators were like, ‘OK, why are they giving this stuff away for free?’ But once they saw the reaction on kids’ faces, they were at ease. They could see we were just doing it for the sake of giving.”

Days later, Greg returned to Denver and reunited with his wife, four-year-old daughter, and parents. In May 2009, Greg and his father were honored for their work by the Rotary Club of Brush, Colo., which gave them a \$500 Helping Hands Award. Instead of treating themselves to a new iPhone with the money, the Farrells gave it to Kevin’s club to purchase more school supplies. (This time, the club is sending them to Afghanistan, where Greg’s former army buddy is working as a consultant.) Good works are just part of the Farrells’ DNA.



# Last Words

## MOTIVATIONAL QUOTES

Everyone has his superstitions. One of mine has always been when I started to go anywhere, accomplished.

Ulysses S. Grant

1822-1885, American General, President

This I do know beyond any reasonable doubt. Regardless of what you are doing, if you pump long enough, hard enough and enthusiastically enough, sooner or later the effort will bring forth the reward.

Zig Ziglar

American Sales Trainer, Author, Motivational Speaker

I have always grown from my problems and challenges, from the things that don't work out, that's when I've really learned.

Carol Burnett

If you're proactive, you don't have to wait for circumstances or other people to create perspective expanding experiences. You can consciously create your own.

Stephen Covey

## Humor

### Snake solves problem

I was driving down a lonely country road one cold winter day when it began to sleet pretty heavily. My windows were getting icy and my wiper blades were badly worn and quickly fell apart under the strain.

Unable to drive any further because of the ice building up on my front window I suddenly had a great idea. I stopped and began to overturn large rocks until I located two very lethargic hibernating rattle snakes. I grabbed them up, straightened them out flat and installed them on my blades and they worked just fine.

What! You've never heard of . . . wind chilled vipers?

### Top ten signs that you are too drunk

10. You have to hold onto the lawn to keep from falling off the Earth.
9. Mosquitoes catch a buzz after attacking you.
8. The back of your head keeps getting hit by the toilet seat.
7. Your idea of cutting back is less salt.
6. You can focus better with one eye closed.
5. You fall off the floor.
5. The whole bar greets you when you come in.
4. You haven't had a driver's license in such a long time that you have forgotten what one looks like.
3. Roseanne looks good.
2. You don't recognize your wife/husband unless seen through bottom of glass.
1. You spent more time on the floor than you do standing up.



"Now go to sleep, Kevin—or once again I'll have to knock three times and summon the Floating Head of Death."