



# 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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## 1st Business Meeting 2010/2011 – 17th August



### Today's Programme: 1st Business Meeting 2010/2011

Last Week : "Cancer Detection and Management"  
by Dr. Raymond Ngeh

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My Fellow Rotarians,

In tandem with our Merdeka Celebrations this month, Rotaract Club of Johor Bahru took an ideal theme for their installation as "Traditions" on the 8<sup>th</sup> August 2010 at Blue Ware Hotel. The Rotaractors conceived a brilliant plan during their installation to come out with a typical "One Malaysia" concept in motion.

All Rotaractors were dressed in different traditional dress with outgoing President Kiro in saree and incoming President Cicely in "baju kurung". All the three communities were represented thus celebrating the multi cultural diversity – truly Asia! The installation of Cicely was truly fun with the Master of Ceremony Jessica Suppiah keeping the guests in "stitches". Even the dances by their own members and guests reflected the three ethnic themes – especially the solo dance by nine year old Janvi Raj who did "bharath natyam" on all the three ethnic themes. Syabas to Rotaractors and keep on the good work.

Our first major community service project the Blood Donation Campaign jointly organised by Red Crescent and Rotary Club of Johor Centennial was a resounding success with 257 donors.

The final tally for the day was 188 bags and 30 pledges for organs. Eleven Rotarians were present together with the staff from Palliative Care Association who organised an exhibition under the leadership of Rtn Lee Soo Thong. Special thanks to Rtn Allan Cheng for his contribution of mineral water to 300 donors.

This year, the fasting month or Ramadhan is scheduled to commence on Wednesday 11<sup>th</sup> Aug. This month is of great significance to all Muslims and as such I take the opportunity wishing all our Muslim Rotarians and friends a healthy and blessed Ramadhan.

"Building Communities, Bridging Continents"

Thank You.

**DR. S. SIVAMOORTHY**

**PRESIDENT 2010 / 2011**

**ROTARY OF JOHOR BAHRU**

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## Last Week Talk : “Cancer Detection and Management” By Dr. Raymond Ngeh

Our guest speaker during last week meeting was Dr. Raymond Ngeh, Dr. Ngeh shared a talk on Cancer Detection and Management. Cancer detection can be traced via Blood Test, Endoscopy, Plain X-Ray, Ultrasound Scan, MRI Scan, CT Scan and PET/CT Scan. There are various treatment for Cancer through Surgery, Chemotherapy, Radiotherapy, Heat & Cold and Stem Cell Therapy. At least one-third of all cancer cases are preventable. Prevention offers the most cost-effective long-term strategy for the control of cancer. Tobacco is the single largest preventable cause of cancer in the world today. It causes 80-90% of all lung cancer deaths, and about 30% of all cancer deaths in developing countries, including deaths from cancer of the oral cavity, larynx, oesophagus and stomach. Dietary modification is another important approach to cancer control. There is a link between overweight and obesity to many types of cancer such as oesophagus, colorectum, breast, endometrium and kidney. Diets high in fruits and vegetables may have a protective effect against many cancers. Conversely, excess consumption of red and preserved meat may be associated with an increased risk of colorectal cancer. Regular physical activity and the maintenance of a healthy body weight, along with a healthy diet, will considerably reduce cancer risk. Exposure to ionizing radiation is also known to cause certain cancers. Excessive solar ultraviolet radiation increases the risk of all types of cancer of the skin. Asbestos can cause lung cancer; aniline dyes have been linked to bladder cancer; and benzene can lead to leukaemia. The prevention of certain occupational and environmental exposure to these and other chemicals is another important element in preventing cancer. Early detection of cancer greatly increases the chances for successful treatment. The primary objectives of cancer treatment are cure, prolongation of life, and improvement of the quality of life. Some treatments require sophisticated technology that is available only in locations with substantial resources. Since the cost of establishing and maintaining such facilities is high, it is desirable that they should remain concentrated in relatively few places in a country to avoid draining resources that could valuably be devoted to other aspects of the work of a national cancer control programme.



### RI President 2010/2011 Ray Klingensmith Biography

Ray Klingensmith, a retired attorney from Kirksville, Missouri, USA, served as general counsel and professor of business administration for Truman State University (formerly Northeast Missouri State University) for more than 20 years. From 2001 to 2004, he served as a county commissioner for Adair County.

Ray has served as a director of the Macon-Atlanta State Bank in Macon, Missouri, since 1971, and he was one of the initial trustees for the Missouri Family Trust, which the Missouri legislature created in 1989. He was the president of Chariton Valley Association for Handicapped Citizens since its inception in 1982 until 2009, and is now president emeritus. He received the 1988 Parent/Caretaker Award from the Missouri Planning Council for Developmental Disabilities. He is a former member of the executive board for the Great Rivers Council of the Boy Scouts of America and the holder of its Silver Beaver Award for adult volunteers. He is a member of the First United Methodist Church in Kirksville and a former lay speaker for the church.

A member of the Rotary Club of Kirksville and a Rotarian since 1961, Ray has served Rotary as district governor, chair of the 1998 Council on Legislation in New Delhi, and chair of the 2008 Los Angeles Convention Committee. He was a member of the RI Board of Directors from 1985 to 1987 and chaired its executive committee in 1986-87. Ray joined The Rotary Foundation Trustees in 2002, serving as vice chair in 2005-06, and was a member of the Future Vision Committee from 2005 to 2008. Ray is a Major Donor and a recipient of the Foundation's Citation for Meritorious Service and Distinguished Service Award.

Ray's wife, Judie, is a former elementary school teacher in Macon and Kirksville and a former consultant for the Child Development Assistant program at the Kirksville Area Vocational Center. Ray and Judie have two children, Leigh and Kurt, and three grandchildren, Morgan, Grant, and Sydney Perkins.

## *Club Announcement*



**Attendance: Last week's attendance 10th August was 71.43%, Previous week's attendance 3rd August was 61.22%.**

**Birthday Anniversary Celebrants  
Rotary Club wishes Happy Birthday to celebrants:**

**18th August — Rtn Teoh Cheng Siang**

**19th August — PP Mark Chang**

**Wedding Anniversary Celebrants  
Rotary Club wishes Happy Wedding Anniversary to celebrants:  
20th August — President Sivamoorthy**

**Induction Anniversary  
20th August — IPP Dr. Angamuthu**

### **About Interact**

Interact is Rotary International's service club for young people ages 12 to 18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting.

Club membership varies greatly. Clubs can be single gender or mixed, large or small. They can draw from the student body of a single school or from two or more schools in the same community.

Each year, Interact clubs complete at least two community service projects, one of which furthers international understanding and goodwill. Through these efforts, Interactors develop a network of friendships with local and overseas clubs and learn the importance of

- Developing leadership skills and personal integrity
- Demonstrating helpfulness and respect for others
- Understanding the value of individual responsibility and hard work

Advancing international understanding and goodwill

As one of the most significant and fastest-growing programs of Rotary service, with more than 10,700 clubs in 109 countries and geographical areas, Interact has become a worldwide phenomenon. Almost 200,000 young people are involved in Interact.

### **Historic Moments — Rotary Mottoes**

Rotary's official mottoes, Service Above Self and One Profits Most Who Serves Best, trace back to the early days of the organization.

In 1911, He Profits Most Who Serves Best was approved as the Rotary motto at the second convention of the National Association of Rotary Clubs of America, in Portland, Oregon. It was adapted from a speech made by Rotarian Arthur Frederick Sheldon to the first convention, held in Chicago the previous year. Sheldon declared that "only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."

The Portland convention also inspired the motto Service Above Self. During a convention outing on the Columbia River, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, talked with Seattle Rotarian J.E. Pinkham about the proper way to organize a Rotary club, offering the principle his club had adopted: Service, Not Self. Pinkham invited Paul P. Harris, who also was on the boat trip, to join their conversation. Harris asked Collins to address the convention, and the phrase Service, Not Self was met with great enthusiasm.

At the 1950 RI Convention in Detroit, slightly modified versions of the two slogans were formally approved as the official mottoes of Rotary: He Profits Most Who Serves Best and Service Above Self. The 1989 [Council on Legislation](#) established Service Above Self as the principal motto of Rotary, because it best conveys the philosophy of unselfish volunteer service. He Profits Most Who Serves Best was modified by the 2004 Council to They Profit Most Who Serve Best and by the 2010 Council to its current wording, One Profits Most Who Serves Best.

From the treasurer: TICKKIE BOTTLE:

COLLECTION ON 10 AUGUST 2010 :

Tikkie Bottle : RM112

Happy Fund : - Nil -

Totaling : RM570 (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 10TH AUGUST 2010**

Membership	56
Excused	7
Effective	49
Present	35
Percentage	71.43%

## 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 10th August 2010

1. PP Dato Francis Ng (Excused)
2. PP Dato Dr. Singaraveloo (Excused)
3. PP Jit Seghal (Excused)
4. PP Roland Choong (Excused)
5. PP Chang Teck Mark (Excused)
1. PP Leslie Struys
2. PP Dev Chellam
3. PP Hj.Mohd Noh Ibrahim
4. PP Yeo Ann Kiat
5. PP Datuk Kuthubul Zaman
6. PP Leong Chee Woh
7. PP Dr Shanmugam
8. PP Jason Tan
9. PP Mok Tai Dwan
10. Rtn. Tan Chee Seng
11. Rtn Lee Soo Tong
12. Rtn Richie Chiam
13. Rtn Kelvin Chua
14. Rtn J S Kwang
15. Rtn S Elendran
16. Rtn Dato Teo Shiok Fu

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.

## Protecting the world's 'most vulnerable persons'



By Dan Nixon

Rotary International News -- 13 August 2010

Francis Kabosha says that growing up in the southern African nation of Zambia has given him a heart for helping refugees.

“Zambia is poor, just like many other third world countries, but quite peaceful, with a long history of looking after those displaced by violent conflict,” he says.

A 2008-10 Rotary Peace Fellow, Kabosha recently began serving as an officer in the returns, reintegration, and recovery section of the United Nations Mission in Sudan, working in support of refugees and the internally displaced. Previously, he was a refugee officer with the United Nations High Commissioner for Refugees (UNHCR) in Zambia.

“I have been a resource person on refugee protection and have conducted several workshops for government officials, NGOs [nongovernmental organizations], and UNHCR field staff,” Kabosha says. “I have done human rights and disaster management training, among other areas of humanitarian work.”

Kabosha is the first peace fellow to complete both the professional development certificate program and the master's degree program offered by the Rotary Peace Centers. After earning his certificate at Chulalongkorn University in Bangkok, Thailand, in 2007, he worked for UNHCR with government and nongovernment representatives to repatriate refugees living in the Mwange camp along the Zambian border to the Democratic Republic of the Congo. He was responsible for administration of refugee affairs in the camp and enforcing national, regional, and international conventions, statutes, and protocols for protecting refugees. He also trained refugee leaders in building and maintaining peace in their communities.



Former Rotary Peace Fellow Francis Kabosha works with the United Nations Mission in Sudan. *Photo courtesy of Francis Kabosha*

Kabosha says his experiences with UNHCR and the certificate program “triggered the desire for advanced training in conflict resolution and management,” leading him to study as a Paul and Jean Elder Endowed Rotary Peace Fellow at the University of Bradford in England, sponsored by the Rotary Club of Nkwazi, Zambia. During his applied field experience, he worked in joint peace-building efforts with the West African Youth Network in Sierra Leone and its partners, including the Ministry of Defense, Office of National Security, Special Court for Sierra Leone, and National Commission for Social Action.

His “desire to serve the needy has grown from one level to another,” Kabosha says, instilling in him a commitment “to protect the world's most vulnerable persons: refugees, who as a result of violent conflicts, find themselves as ordinary people in extraordinary circumstances.”

By Dan Nixon

Rotary International News -- 12 August 2010

Momentum toward polio eradication continues to build in Pakistan, including efforts to take advantage of improved security in parts of the country.

On 8 July, the Pakistan PolioPlus Committee led a polio awareness seminar in Mingora, located in the Swat Valley in Khyber Pakhtunkhwa Province. More than 120 representatives from Rotary International, the World Health Organization, and UNICEF, along with national and local health officials, tribal and religious leaders, and others, took part.

"[It] was the first major event after the opening of the Swat Valley," says committee chair Aziz Memon. "Full security was extended by the police department and army to ensure the safety of people."

At the seminar, it was reported that after reestablishing security in the Swat Valley earlier this year, Pakistan's army began immunizing children against polio at 15 checkpoints. By July, only six were needed. The Ministry of Health now stockpiles oral polio vaccine at the checkpoints for use during National Immunization Days (NIDs).

In addition, the governor of the province inaugurated supplementary immunization activities in May and has committed to ensuring health workers' access to children in security-compromised areas.

After presentations by the representatives at the seminar, participants took part in a question-and-answer session and offered suggestions for improving the region's efforts to end polio.

The event "was a grand success," Memon says. "The news of Rotary having a polio workshop was all over Swat. We feel we have sent a message to eradicate polio, and have requested the local community leaders to lend a hand. We will hold more such workshops so that no new polio cases arise from this region."



A polio awareness seminar in Pakistan's Swat Valley has helped open the door for more children in the security-compromised area to be immunized against the disease.

*Photo courtesy of Aziz Memon*

The seminar is characteristic of Pakistan's persistence toward eradicating the disease, as well as the family of Rotary's. NIDs held 12-14 July in the country reached almost 34 million children under age five. Rotarians, Rotaractors, and Interactors in Karachi braved temperatures as high as 120 degrees to vaccinate children in their homes, in alleys, in marketplaces, and elsewhere. They also handed out caps, stickers, pencils, and other gifts to the children.

"Every single worker counts in the fight against polio," Shoukat Ali, UNICEF polio officer for Sind Province, told Abdul Mohee Kazi, Rotaract District 3271 PolioPlus Chair, after the NIDs. "The [immunization] team in Korangi Town [Karachi] was really happy to see your workforce with them, and it was very well highlighted in the results, as this area got 100 percent coverage by independent monitoring. It is really a success story."

## Tanaka is choice for 2012-13 RI president

By Peter Schmidtke

Rotary International News -- 9 August 2010

Sakuji Tanaka, a member of the Rotary Club of Yashio, Saitama, Japan, is the selection of the Nominating Committee for President of Rotary International in 2012-13. Tanaka will become the president-nominee on 1 October if there are no challenging candidates.

Tanaka said he would like to see Rotary "continue its vital work as the force to improve our communities."

To do this work, Rotary needs active, involved clubs, he added. "We are fortunate to have our revised RI Strategic Plan to help build strong clubs that are vibrant, action-oriented, and relevant in the changing world."

For 32 years, Tanaka was president of Tanaka Company Ltd., a wholesale firm that went public in 1995 and later merged with other leading wholesalers in Japan. Currently, he serves as vice president of the Yashio City Chamber of Commerce and adviser to Arata Co. Ltd., an animal feed and pet food wholesaler. He also chaired the National Household Papers Distribution Association of Japan for eight years. Tanaka studied business at Nihon Management Daigakuin and Tokyo Management Daigakuin.

A past trustee of The Rotary Foundation, Tanaka chaired the 2009 Birmingham Convention Committee. His other service to Rotary includes RI director, regional Rotary Foundation coordinator, district governor, and member of the Polio Eradication Advocacy Task Force, the Permanent Fund Committee for Japan, and the Future Vision Committee.

Tanaka established an endowed Rotary Peace Fellowship, and he and his wife, Kyoko, are Paul Harris Fellows, Benefactors of the Permanent Fund, and Major Donors.



Sakuji Tanaka, a member of the Rotary Club of Yashio, Saitama, Japan, is the selection of the Nominating Committee for President of Rotary International in 2012-13. *Rotary Images*

He is a recipient of RI's Service Above Self Award and The Rotary Foundation's Distinguished Service Award.

Tanaka said that eradicating polio will "fulfill the promise we made to children in the world" and that "there is no doubt in my mind that the day of this success will be realized in the near future."

Tanaka and Kyoko have three children and five grandchildren.

The 2010 nominating committee members are John F. Germ, USA (chair); Monty J. Audenart, Canada; Keith Barnard-Jones, England; Peter Bundgaard, Denmark; Frank C. Collins Jr., USA; Rudolf Hörndler, Germany; Jackson San-Lien Hsieh, Taiwan; Umberto Laffi, Italy; Ashok M. Mahajan, India; Gerald A. Meigs, USA; Paul A. Netzel, USA; Samuel A. Okudzeto, Ghana; Kazuhiko Ozawa, Japan; Noraseth Pathmanand, Thailand; Themistocles A.C. Pinho, Brazil; Barry Rassin, Bahamas; and Barry E. Thompson, Australia.



# Health Facts



## How Long Does It Take For Our Food To Digest

Food digestion varies depending upon the type of food.

First we see the food. This stimulates our brain to ready our stomach to receive food, by increasing gastric secretions. Then, we eat the food. Amylase is a digestive enzyme in our saliva that helps to break down carbohydrates. Mechanical manipulation by chewing breaks the food into smaller pieces which provide more surface area. This increased surface area helps the enzymes in the small intestine absorb the nutrients in our food better. This is why it is important to chew your food well. Next, we swallow and food arrives at the stomach.

The stomach is responsible for further mechanical breakdown of food and some chemical breakdown. Proteins are broken down by pepsinogen into peptide chains and fat is broken by gastric lipase (to help you navigate through these terms, any word with “ase” at the end generally denotes an enzyme responsible for some kind of digestion). When food has been through the stomach, it becomes chyme; an acidic mixture of hydrochloric acid from our stomach, pepsinogen, lipase and amylase. The entrance to the small intestine from the stomach is controlled by the pyloric sphincter; a controlled doorway that prevents too much chyme from entering the small intestine at once. The duodenum is the first part of the small intestine. The duodenum’s job is to neutralize the acidic chyme before allowing it to continue through the rest of the small intestine by way of bicarbonate from pancreatic juice. The food then enters the jejunum, the part of the small intestine that is responsible for the majority of nutrient absorption. Fat, peptides and carbohydrates are further broken down by enzymes into units that are small enough to be transferred in the bloodstream to the target organs. The primary fuel the body needs to run properly is glucose; so much of the food is broken down and recombined into glucose.

At this point, the food has spent between 30 minutes and 2 hours in the stomach and between 2 and 6 hours in the small intestine and 90% of the nutrients have been extracted. The left over material has lots of water and sodium left in it. The body wants to reclaim these substances before defecation; food takes 72 hours to be processed in the large intestine. The jobs of the large intestine are to reclaim the water from the food, reclaim the sodium from the food, and provide healthy bacteria to ferment fiber that has not been digested. This fermentation provides nutrients to keep the cells in the large intestines healthy. Fiber that has not been digested adds bulk to the waste products to facilitate elimination.

In summary, at the short end, digestion takes about 75 hours, but it can take up to 80 hours from the time it enters the mouth to the time it leaves the body in the form of stool.

