



THE SPOKE



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

20 July 2010



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Dear Fellow Rotarians,

As I write this short note, PP Dr. Shan and I are in the Taj Mahal Hotel, New Delhi attending 3 day's of festivities for ex-Rotarian Naresh Kalani's wedding. This is certainly, the wedding of the Year. On landing in Mumbai, we journeyed to the holy city of Varanasi and I had a holy dip in river Ganga. After the "enlightenment" at "arthi pooja" in Varanasi, we moved to Khajaroaha, the city of temples with Kamasutra carvings depicting erotic inscriptions as fine arts. We moved on the Agra to see the Red Fort and the Taj Mahal.

As Rotarians we witnessed two life styles in India - Extremely rich and famous and downright impoverished communities. THATS INDIA !

Anyway just to keep members informed , I had a meeting with the commitee members of Dyslexia Association of Malaysia in Ampang Hilir, Kuala Lumpur on the 8th July. The commitee was very keen and expanding their services to Johor as they already have three other centres in Ipoh, Kuantan and Kuala Lumpur.

I understand from Rtn J.S Kwang, Dr. Vishwadeep and Rtn.Ranjeet that last meeting was conducted well.

Thanks

BUILDING COMMUNITIES, BRIDGING CONTINENTS

Thank You.

DR. S. SIVAMOORTHY
PRESIDENT 2010 / 2011
Date :16-07-2010

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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BOARD OF DIRECTORS 2010/2011

PRESIDENT	RTN DR S. SIVAMOORTHY
PRESIDENT ELECT	RTN NG SWEE POH
VICE PRESIDENT	RTN FRANCIS GOPAL
IMMEDIATE PAST PRESIDENT	IPP DR ANGAMUTHU
SECRETARY	RTN KELVIN CHUA
TREASURER	RTN TEOH CHENG SIANG
MEMBERS	PP MOK TAI DWAN PP TAN BENG SOOI RTN DATO TEO SHIOK FU RTN KWANG JIA SHING RTN FREDDIE LEE

SERVICE PROJECT - PP DR. SHANMUGAM

COMMUNITY SERVICE	
CHAIRMAN	RTN DR. VISHWADEEP
SECRETARY	IPP DR ANGAMUTHU RAJOO (Blood Donation)
MEMBERS	PP JASON TAN BOON YEW (Merdeka Project) PP DR HO LOON SHIN PP YEO ANN KIAT PDG IR JOHN CHEAH RTN SUKVINDER RTN KOH JIT HUAT (Old Books Distribution) RTN LEE SOO TONG PP DR CHIA HSIEN WEN

ADMINISTRATION

CHAIRMAN	RTN RAJLEET SINGH
SECRETARY	RTN KELVIN CHUA
CLUB SERVICE	RTN CHUA TZE WEI
WEEKLY PROGRAM	PP NG YEW MUN PDG IR JOHN CHEAH RTN CHEONG NAI CHEONG
CLUB BULLETIN	PP TAN BENG SOOI RTN CHIN KUJE TDO RTN DR VISHWADEEP RTN CHUA TZE WEI RTN CAPT RAJA MUTHARAN
SGT AT ARMS	PP JASON TAN BOON YEW
ATTENDANCE	PP FRANCIS LIP
MAKE UP PRE ANGA	PP LESLIE STRUYS
ROTARY INFORMATION	PP DR SHANMUGAM
CLUB TRAINER	PDG LIM HOCK TECK PP LEONG CHEE WOH
WEBSITE	RTN RAJLEET SINGH
AUDIOVISUAL & PHOTOGRAPHY	RTN FRANCIS GOPAL
RCJB E-GROUP	PP LEONG CHEE WOH
ARCHIVES	PP DR. SHANMUGAM

VOCATIONAL SERVICE

CHAIRMAN	RTN TAN CHEE SENG
SECRETARY	PP TAN BENG SOOI
MEMBERS	PP TONY ONG RTN KOH JIT HUAT RTN LEE SOO TONG PP DR K. N. SINGH

NEW GENERATION

CHAIRMAN	RTN CHEONG NAI CHEONG
SECRETARY	RTN DATO TEO SHIOK FU
MEMBERS	RTN KOH JIT HUAT PP MOK TAI DWAN RTN ELENDRAN (INTERACTORS/ROTARACT) RTN TAN CHEE SENG PP JAMES HO

WATER CAMPAIGN

MEMBERS	PDG IR JOHN CHEAH PP JIT SEGHAL
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MEMBERSHIP

CHAIRMAN	RTN S ELENDRAN
SECRETARY	PP MOK TAI DWAN
RECRUITMENT, CLASSIFICATION	PP TONY ONG
RETENTION, PROSPECTIVE MEMBER, EDUCATION, NEW MEMBER, ORIENTATION, EDUCATION, CONTINUING MEMBER, EDUCATION	PP DATO MOKKAM SINGH PP LESLIE STRUYS PDG LIM HOCK TECK RTN LIANG TEH HAI
FELLOWSHIP	PP KN CHUA PP OOI KAO YANG
FAMILY OF ROTARY	PP MOHD NOH IBRAHIM

PUBLIC RELATIONS

CHAIRMAN	PP DR ROLAND LIM
SECRETARY	RTN FRANCIS GOPAL
MEMBERS	RTN ALAN CHENG RTN DATO FREDDIE LONG RTN KOH JIT HUAT PP LEONG CHEE WOH

ROTARY FOUNDATION

MATCHING GRANTS	PP DR. HO LOON SHIN
CHAIRMAN	PP NG YEW MUN
SECRETARY	RTN FRANCIS GOPAL
ANNUAL GIVING & PERMANENT FUND	PDG MICHAEL PARRY
HUMANITARIAN GRANTS	PP LEONG CHEE WOH
GROUP STUDY EXCHANGE	PP NARI GIDWANI
POLIO PLUS	PP DR. SHANMUGAM

HAEMODIALYSIS

CHAIRMAN	RTN NG SWEE POH
MEMBERS	MANAGEMENT - PP NG YEW MUN PATIENT SELECTION - RTN DR LEE KIM TIONG LEGAL ADVISE - RTN KWANG JIA SHING PUBLIC RELATION - PP JASON TAN BOON YEW AUDIT - RTN FRANCIS JOSEPH GOPAL

INTERNATIONAL SERVICE

CHAIRMAN	PP OOI KAO YANG
SECRETARY	PP MOHD NOH IBRAHIM
MEMBERS	PP K. N. CHUA RTN RICHEL CHIAM RTN LEE SOO TONG IPP DR ANGAMUTHU RAJOO

FINANCE

CHAIRMAN	RTN DATO FREDDIE LONG
SECRETARY	RTN TEOH CHENG SIANG
MEMBERS	PP DATO ZAMAN KUTHUSUL PP LIM KAY HUA PP ROLAND CHOONG RTN LIANG TEH HAI PP LESLIE STRUYS RTN RICHEL CHIAM PP MARK CHANG PP DEV CHELLAM PP DATO MOKKAM SINGH

CLUB ANNOUNCEMENTS

Attendance: Last week's attendance 13th July was 65.31%, Previous week's attendance 6th July was 71.43%.

Birthday Celebrants

Rotary Club wishes

Happy Birthday to celebrants:

22 July — PP. Yeo Ann Kiat

27 July — PP. Tony Ong

Wedding Anniversary Celebrants

Rotary Club wishes Happy Wedding

Anniversary to celebrants:

27 July — PDG. Mike Parry

“Rotary is the best in the world at linking people of goodwill around the globe and then gaining their cooperation and support to make the world a much better place to live and work.”

Rotary lives and breathes in our 33,000 clubs, and it is the clubs that improve lives by Building Communities – Bridging Continents. If we succeed in helping clubs to become Bigger, Better, and Bolder in the next year, then it will be clear that the best days of Rotary are still ahead. We are fortunate to be Rotarians! Together, we can make the world a better place!

RI President — Ray Klingensmith

July 2010

The Rotary Foundation

The Rotary Foundation of RI is a not-for-profit corporation whose mission is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

Financial Support

In the year ended 30 June 2009, **The Rotary Foundation** received contributions totaling US\$223.8 million and spent \$187.8 million in support of humanitarian and educational programs implemented by clubs and districts and global polio eradication activities. Contributions go into one of three main funds:

Annual Programs Fund,

which provides grants and awards through Foundation programs

Permanent Fund,

an endowment from which only a portion of the earnings are spent in support of Foundation programs, ensuring the long-term viability of the Foundation

PolioPlus Fund,

which supports Rotary's goal of a polio-free world



Club Matters

From the treasurer: TICKKIE BOTTLE:

COLLECTION ON 13TH JULY 2010 :

Tikkie Bottle : RM 44
 Happy Fund : nil
 Totaling : RM 102

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 July 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 Jit Sehgal (Excused)**
6. **PP Roland Choong (Excused)**
1. PP Leslie Struys
2. PP Dev Chellam
3. PP Tan Beng Sooi
4. PP Hj. Mohd Noh
5. PP Dr. Shanmugam
6. PP Jason Tan
7. IPP Dr. Angamuthu
8. PP Chua Kean Num
9. President Sivamoorthy
10. Rtn Francis Gopal
11. Rtn. Lee Soo Tong
12. Rtn Richie Chiam
13. Rtn J.S Kwang
14. Dato Teo Shiok Fu
15. Rtn Dr Lee Kim Tiong
16. Rtn Liang Teh Hai
17. Datuk Freddie Long
18. Rtn Chua Tze Wei

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.

FROM THE ATTENDANCE CHAIRMAN PP FRANCIS LIP :- AS AT 13TH JULY 2010

Membership	56
Excused	7
Effective	49
Present	32
Percentage	65.31%

MEMBERS CELEBRATE

JULY		Wedding	Induction
Name	Birthday	Anniversary	Anniversary
Tan Chee Seng			2
J S Kwang	4		
Ooi Kao Yang	7	7	
Mohd Noh			8
Teo Shiok Fu	8		
Yeo Ann Kiat	22		
Tony Ong	27		
Mike Parry		27	
Roland Lim			29
Ho Loon Shin			8
Chua Tze-Wei	5		

2010-11 Rotary International Board of Directors



President

Ray Klinginsmith

USA

Ray Klinginsmith, a retired attorney, served as general counsel, professor of business administration, and dean of administration for Truman State University (formerly Northeast Missouri State University) for more than 20 years. He was president of the Chariton Valley Association for Handicapped Citizens from its inception in 1982 until 2009 and is now president emeritus. Ray received the 1988 Parent/Caretaker Award from the Missouri Planning Council for Developmental Disabilities. He is an alumnus of The Rotary Foundation's Ambassadorial Scholarships program, which took him to South Africa in 1961. A member of the Rotary Club of Kirksville, Ray has served as RI director, RI Board Executive Committee chair, Foundation trustee and vice chair, Future Vision Committee member, Council on Legislation chair, and 2008 Los Angeles Convention Committee chair. A Major Donor, he is a recipient of the Foundation's Distinguished Service Award. Ray and his wife, Judie, live in Kirksville.



President-elect

Kalyan Banerjee

India

Kalyan Banerjee is a director of United Phosphorus Limited, India's largest agro-chemical manufacturer, and chair of United Phosphorus (Bangladesh) Limited. He is a member of the Indian Institute of Chemical Engineers and the American Chemical Society, past president of Vapi Industries Association, and former chair of the Gujarat chapter of the Confederation of Indian Industry. Kalyan, of the Rotary Club of Vapi, has served Rotary as a director, Rotary Foundation trustee, International Assembly group discussion leader, and president's representative. As chair of the Southeast Asia PolioPlus Committee and a member of the International PolioPlus Committee, he has attended meetings with the World Health Organization and UNICEF. Kalyan has received the Foundation's Distinguished Service Award. He and his wife, Binota, are Major Donors, Benefactors, and Bequest Society members.



Vice President

Thomas M. Thorfinnson

2009-11, USA

Tom Thorfinnson is a corporate attorney engaged in the private practice of law, and is on the board of directors for the First Minnetonka City Bank. A member of the Rotary Club of Eden Prairie Noon, Minnesota, he has served Rotary as a task force member and a Reach Out to Africa Service Associate Countries Subcommittee member. Tom also was part of the North America Polio Eradication Fundraising Campaign leadership team. He has received the RI Service Above Self Award and The Rotary Foundation Citation for Meritorious Service. He has led 11 volunteer trips to Haiti and Nigeria and is an active supporter of water projects in developing countries. Tom and his wife, Jamie, live in Eden Prairie.

By Dan Nixon
Rotary International News -- 12 July 2010

The World Health Organization and UNICEF cohosted a meeting with Rotary International and other stakeholders in Geneva on 18 June to launch the Global Polio Eradication Initiative (GPEI) Strategic Plan 2010-12.

The new plan comes at a critical time for the GPEI. Key endemic countries are witnessing historic gains against the disease. Nowhere is progress more evident than in Nigeria, which has reported just three cases in 2010 as of 6 July compared with 333 cases for the same period in 2009. India has reported 22 cases compared with 107 cases.

Across Africa, 10 of the 15 previously polio-free countries reinfected in 2009 have stopped their outbreaks.

In May, the World Health Assembly welcomed the new plan while expressing deep concern about the substantial funding gap over the next three years. The shortfall is a serious risk to ending polio and highlights the need for Rotary to reach its goal of raising US\$200 million.

WHO Director-General Margaret Chan called on the international funding community to stand tall for polio eradication. "The next three years, and especially the next 12 months, are critical to the polio eradication initiative and, by extension, the entire international public health agenda."

An essential element of the plan is the bivalent oral polio vaccine, which is being used effectively against wild poliovirus types 1 and 3 in all four endemic countries: Afghanistan, India, Nigeria, and Pakistan. (Type 2 poliovirus has been eradicated.)



Sudhir Gupta, a member of the India PolioPlus Committee and past governor of District 3100, immunizes four-year-old Sivi Sen against polio at the Moradabad railway station in Uttar Pradesh. *Photo by Allison Kwesell*

The plan also focuses on known polio migration routes, which have made outbreaks of the disease largely predictable. Aggressive synchronized immunization campaigns are now being used to help prevent and stop outbreaks.

The partners of the GPEI are exploring every option to secure fresh funding and are managing existing cash flow to limit any threat to the eradication effort. The risk of not stopping polio in endemic countries was made clear when a large outbreak occurred in Tajikistan, caused by poliovirus that had spread from India in early 2010. The outbreak has paralyzed 334 children as of 29 June. Tajikistan had been polio-free since 1997.

"The complete eradication of polio is an absolute goal, and it requires absolute commitment from us all," says UNICEF Executive Director Tony Lake.

"Rotary believes the new strategic plan provides the blueprint to achieving the goal of polio eradication," says Rotary Foundation Trustee Chair Carl-Wilhelm Stenhammar.

Medical mission touches the 'unreachable'



By Ryan Hyland
Rotary International News – 6 July 2010

During a massive seven-day medical mission in March, a team of 37 doctors and volunteers from District 3080 provided care to about 50,000 people in the remote tribal district of Mandla, Madhya Pradesh, India.

Organized by Past RI President Rajendra K. Saboo and Vivek Tankha, additional solicitor general of India and past governor of District 3260, several health camps offered medical exams, dental procedures, and surgeries to a population with limited access to health care.

The team included 24 doctors and surgeons, nine volunteers, and four medical assistants.

"This was an exercise where vocational service was at its best, where doctors made their knowledge and talents totally available to serve humanity," Saboo said. "We were able to reach the unreachable."

Saboo -- who has organized a number of medical missions since 1998 to countries including Ethiopia, Madagascar, Malawi, Nigeria, Swaziland, and Uganda -- said this effort far exceeded the others in terms of number of patients seen.

Tankha worked with Madhya Pradesh officials to identify the Mandla district as the location for Project RAHAT (Rotary's Active Hands Are Touching). The state government commissioned the support of about 400 medical volunteers.

The magnitude of the effort exceeded Tankha's expectations.

"The patient turnout, voluntary assistance rendered by Rotary and the state government, and the sight of the entire task force working under the banner of Rotary was something which I neither anticipated nor imagined," he said. "This mission presents a perfect example of people's participation

towards a healthy society."

The medical camps were organized by treatment type. Four venues -- Mandla District Hospital, Katra Hospital, Yogiraj Hospital, and the local Red Cross -- received new equipment and other enhancements to handle an increased patient load.

The doctors and volunteers performed 3,500 dental procedures and 2,000 major surgeries, including reconstructive surgery, orthopedic work, and eye operations.

Subhash Garg, director of the medical mission and past governor of District 3080, said the many remarkable surgeries included the removals of a uterine tumor for one patient and a cataract for another -- a 105-year-old man.

"After completing this mission, there was a sense from the team of complete satisfaction," Garg said. "All Rotarians involved had a joyous feeling because we were able to contribute something so big."



Volunteer surgeons from District 3080 operate on patients during a massive seven day medical mission in the tribal district Mandla of Madhya Pradesh, India, in March. *Photo courtesy of District 3080*



Health Facts



The Health Benefits of Chocolate

Is chocolate good for you? Yes! The health benefits of chocolate are many... assuming we're talking about the same thing, that is. I'm talking about chocolate in its purest form - as close to the bean as you can get. If you want me to tell you a Milky Way bar is good for you, I'm afraid you're going to be disappointed. That doesn't mean, however, that there aren't any chocolate bars that are good for you. The key is to find a bar with high cocoa content. The higher the cocoa content, the less room there is for cocoa butter, sugar, lecithin, vanilla, milk, and other stuff that makes chocolate less of a vegetable and more of a candy.

Some of you may be thinking that a dark chocolate bar is bitter or yucky. If you aren't a fan of dark chocolate, you've probably never had the good stuff. So just what are the amazing health benefits of chocolate? Most notably, chocolate is a champion antioxidant. Antioxidants help rid the body of free radicals, nasty little molecules running amok in your body which cause aging and disease. Antioxidants bond to free radicals and whisk them from your body via digestion and other means.

Quick. Think of the best antioxidants you've ever heard of. Red wine? Green tea? Pomegranate? Blueberries? Dark chocolate leaves them all in the dust. The USDA published a chart of antioxidant foods measured in ORACs (Oxygen Radical Absorbance Capacity Units). For every 100 grams, dark chocolate has 13,120 ORACs, and blueberries have only 2,400.

Antioxidant-rich diets have been linked to a lowered risk of heart attacks, stroke, cardiovascular disease, cancer, high blood pressure, cholesterol problems, arthritis, asthma, Alzheimer's and more. So it stands to reason that if chocolate is chock full of antioxidants, it's actually good for you.

Naysayers will point out that chocolate is loaded with fat, sugar, and caffeine. It's true that cocoa butter, the main source of fat (besides milk) in chocolate, is composed of both saturated and unsaturated fats, but most of this, about 75%, is in the form of oleic and stearic acids. Diets rich in these acids have been shown to lower cholesterol levels. While 25% of the fat in chocolate is "the bad kind," the amount of good fat in chocolate seems to counteract the bad fat. And, as with all chocolates, the darker they are the less room there is for things like cocoa butter, and the more room for that healthy antioxidant-packed cocoa.

What about the sugar? Well, that is bad. Nothing good about it, really. But keep in mind that a strong dark chocolate bar might have ten to fifteen grams of sugar, which is still less than the 22 grams in your glass of orange juice, the 29 grams in your cup of yogurt, and the 34 grams in your glass of cran-grape juice, all of which are considered "good" for you. Keep your eye on the labels, too. Some of the specialty chocolate manufacturers are choosing healthier alternatives to refined white sugar, such as evaporated cane juice and molasses.

And the caffeine in chocolate? An average bar contains about 27 mg, about half what you'd find in a cola and a third what you'd find in a cup of coffee. Besides which, studies have shown that having some, but less than 200 mg of caffeine a day, might actually be good for you.

The bottom line is that indulging in a small amount of dark chocolate might be the perfect dessert - satisfying your sweet tooth while treating your body to the many health benefits of chocolate. So next time you're craving dessert, reach for the dark chocolate, and hold the guilt.

