



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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27 July 2010

1st Community Service Project - Blood Donation



Today's Programme:
PP Dr. Shanmugam on
"H.Pylori & Cancer of Stomach"

Last Week : PP. Dr Ho Loon Shin
on "First Day Covers"

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Rtn Francis Gopal
Rtn Chua Tze Wei

My Fellow Rotarians,

As we get into the 4th week of Rotary Year 2010 / 2011, all my Committee Chairman are busy exploring and preparing to implement the club plans for the year. We will be convening our 1st Board of Directors meeting this week to discuss the club plans and financial status.

In the meantime, we will be launching our 1st Community Service project which is the Blood Donation Campaign on the 8th Aug 2010 (Sunday) at Sutera Mall. This project is undertaken in collaboration with Malaysian Red Crescent and Rotary Club of Johor Centennial. All preparation is underway and I appeal to all Rotarians to encourage your relatives friends and colleagues to come in great numbers. We are also looking for sponsors for the above project in the form of "Souvenirs" for all 300 expected donors.

This is so much we can do as Rotarians that will mean so much to others. Rotary's positive influence in thought and deed is a wonderful contribution to cultures all around the world and it is life changing for countless people.

I thank you all for your service and support to Rotary projects for the year and remind you of the our Rotary Theme.

"Building Communities, Bridging Continents"

Thank You.

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

Attention to All Board of Directors
1st Board of Directors meeting
on the 27th July (Today) after
regular meeting.

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Last Week Talk: Dr Ho Loon Shin on “ First Day Covers ”

Last Week, we were privileged to have PP Dr. Ho Loon Shin to share his collections of First Day Covers. Collecting First Day Covers was PP Dr. Ho hobby since his primary school days in the mid 60's, it has been an intriguing journey of 40 years. First Days Cover consists of three basic elements which are the envelope, the stamps and the postmark. The postmark is the critical element as it verifies the date on which the stamps was cancelled and ties it to the cover. If the date of the cancel is on the First Day of a particular stamp design which has been issued by the post office, the envelope it is on is a First Day Cover. Like stamps, First Day Cover are collectibles. Collecting FDCs is educational, providing intriguing-glimpses of history, little known facts of events and detailed biographies. Collecting FDCs is a satisfying way of acquiring a wealth of useful information about anything both past and present. FDCs is a unique and desirable collectibles. Like rare stamps, some First Day Covers can be sought after by astute collectors. And for a good reason, of the millions of stamps printed each year, only a very small fraction have the “ First Edition” status of a First Day Cover. FDCs furnish an overview of the arts & cultures, historical events, sports, geography, zoology, botany, science & technology, economics, great personalities, celebrations, etc. There are many ways to collect First Day Covers by getting them at the post office, or from the catalogues of stamp from national post offices, where FDCs are illustrated, described and numbered.



KLIA in 1998 as the picture shown above, Round stamps as shown below



FDCs can be jointly issued by two or more countries like this one — NZ and China



Zoology as the picture shown above

Club Announcement



Attendance: Last week's attendance 20th July was 61.22%, Previous week's attendance 13th July was 61.53%.

Birthday Celebrants

Rotary Club wishes

Happy Birthday to celebrants:

27 July — PP. Tony Ong

Wedding Anniversary Celebrants

Rotary Club wishes Happy Wedding

Anniversary to celebrants:

27 July — PDG. Mike Parry

Induction Anniversary

29 July — PP. Roland Lim

Do you Know.....

Rotary is a worldwide organization of more than 1.2 million business, professional, and community leaders. Members of Rotary clubs, known as Rotarians, provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

There are 33,000 Rotary clubs in more than 200 countries and geographical areas. Clubs are nonpolitical, nonreligious, and open to all cultures, races, and creeds. As signified by the motto Service Above Self, Rotary's main objective is service — in the community, in the workplace, and throughout the world.

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

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.

Attention to All Board of Directors

1st Board of Directors meeting on the

27th July (Today) after regular meeting.



From the treasurer: TICKKIE BOTTLE:

COLLECTION ON 20 JULY 2010 :

Tikkie Bottle : RM226

Happy Fund : - Nil -

Totaling : RM328 (Tikkie Bottle)

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

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

Membership	56
Excused	7
Effective	49
Present	30
Percentage	61.22%

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		

Absent Rotarians On 20th July 2010

1. **PP Dato Francis Ng (Excused)**
2. **PP Dato Dr. Singaraveloo (Excused)**
3. **PP Dr. K.N Singh (Excused)**
4. **PP Jit Sehgal (Excused)**
5. **PP Roland Choong (Excused)**
6. **PP Chang Teck Mark (Excused)**
1. PP Leslie Struys
2. PDG John Cheah
3. PDG Lim Hock Teck
4. PP Dato. Mokkam Singh
5. PP Dev Chellam
6. PP Roland Lim
7. PP Ooi Kao Yang
8. PP Tan Beng Sooi
9. PP Ng Yew Mun
10. Rtn Datuk Kuthubul Zaman
11. PP Mok Tai Dwan
12. Rtn Tan Chee Seng
13. PP Chua Kean Num
14. Rtn Francis Gopal
15. Rtn Lee Soo Tong
16. Rtn Richie Chiam
17. Rtn Freddie Lee
18. Rtn Dr Lee Kim Tiong
19. Rtn Alan Cheng
20. 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.

Resources for club officers

Rotary International News -- 19 July 2010

Rotary International offers many resources to help club officers understand their roles and responsibilities and help their club achieve its goals. Effective clubs are able to

- Sustain or increase their membership base
- Implement successful service projects that address the needs of their community and communities in other countries
- Support The Rotary Foundation through both financial contributions and program participation
- Develop leaders capable of serving in Rotary beyond the club level

Club president

[Club President's Manual](#) -- A key resource for incoming presidents that details roles and responsibilities and includes discussion questions and worksheets for the district assembly and the presidents-elect training seminar.

[Club Leadership Plan](#) -- A brief publication that describes the recommended administrative structure for Rotary clubs. It's based on the best practices of effective Rotary clubs.

[Club President's Monthly Checklist](#) -- A monthly reminder of activities and deadlines that apply to all Rotary clubs; revised annually and sent by your RI [Club and District Support representative](#)

[RI Theme and Presidential Citation Brochure](#) -- This outlines the Presidential Citation program

[Strategic Planning Guide](#) -- It helps clubs develop a long-range vision and serves as a framework for establishing goals.

Club secretary

[Club Secretary's Manual](#) -- It includes RI policies and describes the responsibilities of club secretaries

Club treasurer

[The Club Treasurer's Manual](#) -- It includes RI policies and describes the responsibilities of club treasurers



Rotary International offers many resources to help club officers understand their roles and responsibilities and help their club achieve its goals. *Rotary Images*

For all club leaders

[TRF Global Contribution Form](#) -- This document that should accompany contributions and donor appreciation requests to The Rotary Foundation

[Leadership Development: Your Guide to Starting a Program](#) -- This provides guidelines and resources for developing a leadership development program.

[RI Catalog](#) -- A list of RI publications, audiovisual programs, forms, and supplies, updated annually. Available in print and online at shop.rotary.org.

[RI Visual Identity Guide](#) -- A reference for the design of publications at all levels of Rotary. Includes information on the proper use of the Rotary emblem, the Rotary colors, elements of good publications, grids and page layouts, typography, graphics, and photographs.

[Member Access](#) -- The members-only area of the RI Web site that allows Rotarians to contribute to The Rotary Foundation, manage their e-mail subscriptions from RI, register for meetings, download administrative software, and access member benefits. Club presidents, treasurers, and secretaries have access to additional club reports and records.

[Membership Development Resource Guide](#) -- Materials to assist the club officer responsible for developing the club's prospective and new member information programs. Contents: *New Member Orientation: A How-to Guide for Clubs* (414-EN), *Membership Development Resource Guide* (417-EN), and the *RI Catalog*.

By Ryan Hyland
Rotary International News -- 16 July 2010

Just days after Hurricane Katrina slammed into the Gulf Coast in 2005, CNN correspondent Kathleen Koch rushed to her hometown of Bay St. Louis, Mississippi, to cover a story that other media outlets weren't telling.

Much of the immediate news focused on the chaos in New Orleans, Louisiana. Koch, a former Rotary Foundation Ambassadorial Scholar and an award-winning broadcast journalist, reported instead on the devastation in communities along the coast of Mississippi.

"I had a deep fear the history books would focus only on Hurricane Katrina hitting New Orleans. Most Americans didn't realize that Mississippi caught the brunt of the storm," Koch says. "Before I left my hometown, I made a promise to the residents that I won't let anyone forget what happened."

In her new book, *Rising from Katrina: How My Mississippi Hometown Lost It All and Found What Mattered*, she fulfills her promise.

Koch made two award-winning documentaries about post-Katrina Mississippi for CNN and reported extensively on the state's recovery before leaving the network in 2008. But she felt a book would be a more concrete way to illustrate residents' perseverance after the hurricane.

"I want people to see what I saw, to hear what I heard, to feel what I felt," Koch says. "I was so struck by their resilience, faith, and determination. They never felt sorry for themselves.

"While so many people today are losing their



Kathleen Koch, former CNN correspondent and Rotary Foundation Ambassadorial Scholar, reports from her hometown of Bay St. Louis, Mississippi, USA, after Hurricane Katrina devastated its residents and infrastructure. *Photo by Skip Nociolo/CNN*

homes and jobs, I think this story can resonate," she adds. "It tells the story of the whole Gulf Coast and how they lost everything and didn't give up hope."

In her book, Koch mentions several Rotary clubs doing their part to help victims, including the Rotary Club of Jonesboro, Arkansas, which rallied support from clubs across the country to collect more than 10,000 toys for the Boys and Girls Club of the Gulf Coast in time for Christmas.

"I was always aware of Rotary's commitment to help those in need. And more impressive is the dignified way in which they do it," Koch says. "Rotary was everywhere and still is. How can you not recognize a group like Rotary?"

Koch studied in Dijon, France, during her scholarship year, and is a member of the Rotary Foundation Alumni Advisory Committee. She says it is important for alumni to stay involved with Rotary.

Rotary in Canada: The making of the 100-year video

By Paul Engleman
Rotary Canada -- July 2010

When Reid Asselstine, chair of the Canadian Rotary Centennial Committee, came knocking last fall, Jennifer Jones was ready for action – and as president and CEO of Media Street, a video production house in Windsor, Ontario, she already had the lights and camera.

Her assignment: Produce a short video that conveys the rich and colourful history of Rotary in Canada for its 100th birthday.

Compress an entire century of events and achievements into several minutes? Jones signed on without hesitation. “It gave me the chance to do what we do best in Rotary: utilize our vocation to enhance our organization,” explains Jones, past governor of District 6400, which bridges the United States and Canada.

She launched her research by calling Rotarian Robert Lampard, a physician by day and a vocational historian by night. Lampard, a member of the Rotary Club of Red Deer, Alberta, provided background that helped propel the production. He also appears in the video. “Bob was a brilliant resource,” says Jones.

The video, *Rotary in Canada: 100 Years*, is slated to debut during the 2010 RI Convention in Montréal in June. “It is a story that will make Canadians proud,” Jones says. “It also is a story that Rotarians from around the world will identify with, because we represent such a great cultural mosaic. We envision this video as something that members will want to showcase at their club meetings and put up on their websites. It could be a great membership tool.”

Jones credits much of the project’s success to support from staff at RI headquarters in Evanston, Ill., USA. Andrew Chudzinski, her creative partner, uncovered a wealth of historical film in the Rotary International archives. Chudzinski, a 14-year RI veteran, is a producer in the Broadcast Media Department.

Among the materials is a silent clip from the 1917 convention in Atlanta, Georgia, in which Rotary President Arch C. Klumph – who that year proposed the idea behind The Rotary Foundation – greets incoming president E. Leslie Pidgeon, the first Canadian to lead the organization. Other historical footage shows the legendary Jim Davidson with his wife at home in Vancouver in 1934, and Sidney McMichael, 1942 host committee chair, at the 1941 convention in Denver, Colorado, inviting Rotarians

to attend the next year’s convention in Toronto. (Not every clip will make the final cut.)

The team faced numerous technical challenges, Chudzinski says, such as maintaining a consistent level of quality while mixing several different formats, from silent film shot more than 90 years ago to the current generation of video technology.

Some of the familiar figures interviewed include Foundation Trustee and Past RI President Wilfrid J. Wilkinson, Past RI Vice President and *Rotary Canada* Advisory Board member Monty Audenart, and *Rotary Canada* Advisory Board Chair Chris Offer, who is also a regional Rotary Foundation coordinator. The video also features “everyday Rotarians” from all areas of the country, Jones says.

Jones called on clubs to send photos and video clips of significant Canadian achievements. “My office was flooded with submissions from every corner of the country,” she says. “We tried to use pieces of everything sent in and hope that each contributor will feel a great sense of pride when we debut the video. It has been such a joyful project to work on.”

Centennial stamp

Canada Post is celebrating Rotary’s centennial in the country with a commemorative stamp, which went on sale 19 June. The stamp was unveiled in Montréal, host of the RI Convention, held 20-23 June. “My father was a Rotarian, and I remember how concerned he was with the betterment of others,” says stamp designer Xerxes Irani. “These memories are all tied to the Rotary vest.” He chose an anonymous figure because “it could be anyone.” The stamp will be available at all postal outlets and post offices in Canada.



The producers of the new centennial video uncovered historical footage such as 1917 Rotary President Arch C. Klumph (left) greeting the incoming president, Canadian E. Leslie Pidgeon.
Rotary Images



Amazing facts about Salt

Eating some salt is essential to health, but eating too much can raise your blood pressure, which increases the risk of serious conditions such as stroke and heart disease.

Salt sends signals and busts bugs

Salt is made up of two chemicals - sodium and chloride, which have many uses in our bodies.

Sodium is an important part of your blood, and it helps carry nutrients into your body's cells. Sodium also helps regulate your blood pressure and helps your nervous system transmit messages. All of these functions mean that eating a small amount of sodium is essential for us to stay alive.

The chloride bit of salt is also useful. Your body uses it to make stomach acid to help digest food and kill off dodgy bacteria.

Salt pumps up your blood pressure

Eating too much salt can raise your blood pressure. When you are young this should not be a problem. But as you get older, high blood pressure starts to have an affect on how well your body works. That's why doctors and scientists say it's a good idea to cut back on eating salt.

About one third of adults have high blood pressure, and most of them don't realise it. For many people, this won't be a problem. But for some, high blood pressure may cause them to have a stroke and suffer brain damage.

Eating less salt can lower blood pressure and reduce the risk of getting heart disease or having a stroke in later life.

It doesn't say salt, it says sodium!

Most food labels tell you how much salt is in your food, but they call it sodium. Sodium is just a part of salt, so you have to multiply the number by 2.5. And then you have to multiply it by the amount of food you're going to eat... all to find out how much salt you're eating!

Nutrition Information	
Typical Values	100g Provides
Energy	109kcal/432kJ
Protein	4.2g
Carbohydrate	14.1g
of which Sugars	14.1g
Fat	2.9g
of which Saturates	1.8g
Fibre	nil
Sodium	0.8 g

Some companies now do the maths for you and tell you the 'salt equivalent'. But some companies don't tell you the salt or sodium levels at all.

It's easy to cut back on the salt you add yourself because you can choose not to sprinkle salt on your meals.

But what about the salt already added by food companies? Three quarters (75%) of the salt we eat comes from proc-

essed foods. And it's often found where you wouldn't expect it - in foods such as bread, breakfast cereals and biscuits. Such 'hidden' salt can be very hard to avoid.

Many food companies use salt to tempt our tastebuds and increase sales, so they're reluctant to reduce the salt they add, even when they know that it can harm health.