



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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Final Meeting for Rotary Year 2009-2010



Today's Programme: President Dr. Anga's achievements and to share his reflections and views of his Presidency!

Last Week : Club Assembly

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Dear Rotarians,

This is my last meeting as President of RCJB. It had been a very busy but rewarding one year. I had never been this busy in my life but I enjoyed the one year.

I am also glad that we had managed to do what we had set out to do at the first Club Assembly. This had been possible with the tremendous support given by the members.

I also like to thank the many Rotarians for the encouraging words and motivation which helped me to see the year through.

I wish to reflect on my term of President to see how we can improve on our performance and I hope to give a personal view of the future of the club.

Please attend the meeting preferably with your wife and be prepared for the surprise.

Thank you

Yours Sincerely,

Anga

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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A Surprise is in store for all those who attend, bring your spouse along, we look forward to seeing you there.





Last Week : Club Assembly and RCJB & RCJBF EGMs

Last Week, President Dr. Anga and his Committee Chairs presented their final reports for Rotary Year 2009-10 during the Club Assembly which consist of,

- 1) Club Membership Committee report by Rtn. Dato Teo Shiok Fu
- 2) Public Relations Committee report by PP. Leong Chee Woh
- 3) Community Service report by Rtn. Dr Vishwadeep Singh Sandhu
- 4) Vocational Service report by Rtn. Lee Soo Tong
- 5) New Generation report by Rtn. Elendran Sambalingam
- 6) International Service report by PP. Ooi Kao Yang
- 7) Rotary Foundation report by PP. Chang Teck Mark

President Anga turned over the floor to members of the Board, particularly the Chairmen of the various committees, to inform members of their latest updates and objectives and what they hope to do and achieve this new Rotary year.

8 Things Your Auto Mechanic Won't Tell You

1. "If a mechanic offers to change your timing belt and water pump, question how long the job will take. Some will charge you double labor even though the second task is essentially done once the belt is removed."
2. "Always ask for your old parts back. This way you'll know they've been changed, and you or a friend can tell if they're worn."
3. "Be careful with "road hazard" warranties on tires. The shops may give you a free tire here and there, but eventually they will soak you with unnecessary alignments or suspension replacements."
4. "All brakes are not equal; ask for estimates on brake jobs. Many mechanics will use very cheap parts and mark them up. Good mechanics who understand cars will never skimp in this area."
5. "Remember to have your car test-driven. A good test-drive is just as important as a regular service -- it might mean the difference between simply needing brake pads and having a complete rotor replacement."
6. "Good mechanics, like good customers, are hard to find -- communication is key. A good mechanic will explain repair phases and give you choices."
7. "Be wary of certified pre-owned cars. Usually in this business the only thing that's certified is that someone owned the car before you. Very little ever gets done on these types of cars."
8. "Don't bring your car in on Friday afternoon, because the mechanics might rush the job to get out for the weekend."

CLUB ANNOUNCEMENTS

Attendance: Last week's attendance 22nd June was 75.51%, Previous week's attendance 15th June was 67.35%.

Attendance

Attending club meetings allows members to enjoy their club's fellowship, enrich their professional and personal knowledge, and meet other business leaders in their community.

The Four-Way Test

Followed by Rotarians worldwide in their business and professional lives, The Four-Way Test was created by Rotarian Herbert J. Taylor in 1932. It has since been translated into more than 100 languages and is used by organizations and individuals throughout the world.

Of the things we think, say or do

- 1) Is it the TRUTH?
- 2) Is it FAIR to all concerned?
- 3) Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4) Will it be BENEFICIAL to all concerned?

Did you know ?

1. Rotary Foundation Ambassadorial Scholarships is the world's largest, privately funded scholarship program.
2. The Rotary Foundation has contributed more than US\$2.3 billion in program awards and operations since 1947.
3. Rotarians have established a host of organizations dedicated to various humanitarian causes, including ShelterBox, HungerPlus, and Gift of Life.

Birthday Celebrants

Rotary Club wishes

Happy Birthday to celebrants:

4 July — Rtn. J.S. Kwang

5 July — Rtn. Chua Tze Wei

7 July — Rtn. Ooi Kao Yang

Wedding Anniversary Celebrants

Rotary Club wishes

Happy Wedding Anniversary to celebrants:

7 July — Rtn. Ooi Kao Yang

Induction Anniversary

2 July — Rtn. Tan Chee Seng

Membership recruitment and retention

To keep clubs strong, every Rotarian must share the responsibility of bringing new people into Rotary.

Even new members can bring guests to meetings or invite them to participate in a service project. The value of Rotary speaks for itself, and the best way to engage the interest of potential members is by letting them experience fellowship and service firsthand.

Keeping members interested in Rotary is another responsibility. Good club fellowship, early involvement in service projects, and involvement in club operations are some of the best ways to sustain the club's membership.

The ideal composition of a Rotary club reflects the community's demographics, including professions, gender, age, and ethnicity. Such diversity enriches every aspect of the club's fellowship and service.



From the treasurer: TICKKIE BOTTLE:

COLLECTION ON 22nd JUNE 2010 :

Tikkie Bottle : RM 103
 Happy Fund : RM 200
 Totaling : RM 4,120 (Tikkie Bottle)
 : RM 2,200 (Happy Fund)
 : SGD 7.00 / Rph 1,000

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 22nd June 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 Lim Kay Hua (Excused)**
7. **PP Roland Choong (Excused)**
1. PP Roland Lim
2. PP Hj. Mohd Noh Ibrahim
3. PP Yeo Ann Kiat
4. PP Datuk Kuthubul Zaman
5. PP Mok Tai Dwan
6. Rtn. Koh Jit Huat
7. Rtn. Dato Teo Shiok Fu
8. Rtn Dr Lee Kim Tiong
9. Rtn. Ranjeet Singh
10. PP Dr. Ho Loon Shin
11. Rtn. Chua Tze Wei

FROM THE ATTENDANCE CHAIRMAN PP FRANCIS LIP :- AS AT 22nd JUNE 2010

Membership	56
Excused	7
Effective	49
Present	37
Percentage	75.51%

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		

Eradicating polio is the world's obligation

By Arnold R. Grahl
Rotary International News – 22 June 2010

Rotary's promise to eradicate polio worldwide took center stage during the 2010 RI Convention in Montréal, Québec, Canada, as Rotarians were urged to finish the task the organization began 25 years ago.

At the third plenary session on 22 June, Bruce Aylward, director of the Global Polio Eradication Initiative at the World Health Organization, encouraged attendees to share the "terrific news" that polio is on the run, and that Rotary's vision of a polio-free world is within sight.

The night before, on 21 June, polio survivor Ramesh Ferris hand-cycled from the Palais des congrès to Bonsecours Market in Old Montréal for a ceremony that included the landmark's illumination with *En finir avec la polio* (End Polio Now). During the second plenary session earlier that day, a soccer ball signed by dignitaries in more than 20 countries as part of the [Kick Polio Out of Africa](#) campaign arrived on stage to thunderous applause.

Aylward praised Rotarians for all they have accomplished in fighting polio. "You have fundamentally changed the polio eradication game, and you have changed it in your favor," he said.

But it is critical to finish the job, something made clear by the recent outbreak in Tajikistan, Aylward said, noting that 300 children in the country have been paralyzed by the virus, adults have died, borders have been closed, and travel banned. He said the outbreak is a stark reminder of the consequences of global fatigue in this battle.

"The stakes are now much higher, because in the past 12 months you have proved, without a doubt, that polio can be eradicated," Aylward said. "The world has also learned the full consequences of failure."

Emergency funds from PolioPlus -- a total of US\$500,000 -- were released within 48 hours of the Tajikistan outbreak, which is now showing signs of stopping, Aylward said. He also shared the encouraging news of the new bivalent vaccine, effective against both remaining types of the poliovirus, and noted the absence of new cases in Bihar and Uttar Pradesh, India, in the past six months.

"Rotarians have done the extraordinary in the pursuit of

polio eradication," Aylward said. "You have truly put Service Above Self. And you have truly put Rotary on the world's stage."

At the second plenary session, Marie-Irène Richmond-Ahoua, chair of the Côte d'Ivoire PolioPlus Committee and a member of the Rotary Club of Abidjan-Bietry, presented RI President John Kenny with the Kick Polio Out of Africa soccer ball to sign.

"Polio eradication is not optional -- it is an obligation," Richmond-Ahoua said. "We must commit to overcoming the remaining obstacles and free Africa, Southeast Asia, and the world from this crippling disease, which ruins the lives of children. As an African woman and mother, I will not tolerate it."

Ferris, a member of the Rotary Club of Whitehorse, Yukon, hand-cycled across Canada in 2008, raising more than C\$300,000 (US\$294,100) for polio eradication. He was given a police escort 21 June as he cycled to Bonsecours Market with Robert S. Scott, chair of the International PolioPlus Committee, and several young people in the family of Rotary.



Bruce Aylward, director of the Global Polio Eradication Initiative at the World Health Organization, encouraged Rotarians at the third plenary session on 22 June to fulfill Rotary's promise to eradicate polio worldwide.

Photo by Monika Lozinska-Lee/Rotary Images

Installation of Rtn. Dr Sivamoorthy as the 59th president of Rotary Club Johor Bahru 2010-2011

For the Rotary Club of Johor Bahru, the dawning of the Rotary Year 2010/2011 began, so to speak, eleven days ahead. We know each Rotary Year begins on July 1st. In our case the changing of the guards took place on June 19th, with the stallation of our new President and Board Directors – President Dr. Sivamoorthy and his team. As out-going President Dr. Anga handed the Club baton to his successor Rtn. Dr Sivamoorthy. the Installation function itself was super, thanks to the ever-effervescent Rtn. Ng Swee Poh and his hardworking team. The



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evening’s session and programme went according to plan and time schedule. It was indeed an evening to be happy and proud about. There were so many Rotary dignitaries and their spouses in attendance. It was not all-serious business; even it was a black-tie occasion. It was a good mix of official business, fine fellowship, and meeting up with “long-time-no-see” friends and new ones. This was that kind of special occasion that one enjoys much.

Our Guest-of-Honour, Yang Amat Mulia Tunku Idris Iskandar Ibni Sultan Ibrahim, Tunku Temenggong Johor arrived at 8pm.

Newly installed President Dr. Sivamoorthy delivered his presidential speech eloquently and with much aplomb, putting across his goals – well structured, this year’s current mission “Building Communities — Bridging Continents, his message was well received.

President Dr. Sivamoorthy journey as our President has just begun. As the new Captain of Rotary Club Johor he will, no doubt, make sure that this 2010/11 voyage will not just be good and pleasant, but a most fruitful and enjoyable one. Our voyage of continuing service to the community and the needy, in the true Rotary spirit of “Service Above Self”. Congratulations President Dr. Sivamoorthy. We know you will have a great Rotary Year as our Captain.



Welcome Aboard, President Sivamoorthy.....continued



Congratulations to Rotarian of the year 2009/10
PP Rtn. Leong Chee Woh
-picture as shown above

A token of appreciation was presented to our Guest of Honour, Yang Amat Mulia Tunku Idris Iskandar Ibni Sultan Ibrahim, Tunku Temenggong Johor.

-picture as shown below



The Board of director for year 2009/2010



HEALTH FACTS

Diabetes Prevention Plan

If you're at risk for diabetes, here are some helpful strategies for decreasing your odds of getting it.

DIET

Doctor your diet. For most people, carbohydrates (especially complex carbohydrates that are high in fiber) should form the bulk of the diet. Protein foods (meat, soy foods, and dairy) should make up 10 to 20 percent of daily calories. Choose protein foods that are lower in fat, especially saturated fat. That means emphasizing fish, poultry, beans, and low-fat or no-fat dairy products.

- **Stick to a schedule.** Avoid delaying or skipping meals and binge eating, all of which can play havoc with blood-sugar levels.
- **Shed some pounds.** At least 80 percent of people who develop type 2 diabetes are overweight. Slim down and you may avoid the disease. Even if you can't get to your ideal weight, a 10-pound loss can dramatically lower blood-sugar levels.

EXERCISE

- **Move it.** Exercise improves your body's sensitivity to insulin, aids glucose control, and can help you lose weight. Brisk walking an hour a day could cut your risk of developing diabetes in half.

MEDICAL OPTIONS

Get a diabetes test. In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-diabetes or diabetes. The [American Diabetes Association](#) recommends the FPG because it is easier, faster, and less expensive to perform. With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes. In the OGTT test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

NATURAL HEALTH

- **Protect yourself with E.** In one Finnish study, men with the lowest blood levels of vitamin E were found to be about four times more likely to develop diabetes than men with the highest levels. Some experts recommend taking a supplement of 200 to 400 mg of vitamin E daily.

LIFESTYLE

- **Lower your stress.** Excess stress, in combination with poor coping skills, can raise your blood-sugar levels.

- From [ChangeOne.com](#)

- Originally in [ChangeOne for Diabetes](#)

