



THE SPOKE



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

Volume 60 Issue 01

06 July 2010

A New Era Dawns – Rotary Year 2010 / 2011



**Today's Programme:
Club Assembly for Rotary year
2010/2011**

**Last Week :
President Dr. Anga's achieve-
ments and to share his reflec-
tions and views of his
Presidency**

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Dear Fellow Rotarians,

President Dr. Angamuthu finished his Rotary Year on 29th June 2010 with a “Bang” and handed over the Presidents Jewels to me on the same day. The evening ended with Dr. Angamuthu hosting a sumptuous dinner for all Rotarians, spouses and guests at Restaurant Chakra with free flow of wine. Thank you Dr.Anga.

Congratulations to Dr. Angamuthu and his dedicated team for giving RCJB members on eventful and meaningful year. Today is Club Assembly for Rotary Year 2010 / 2011 and my Committee Chairmen will present their Club Plans. RI President Ray Klinginsmith called all Rotarians of the RI convention in Montreal to apply “Cowboy Logic” and Rotary Clubs to be “bigger, better and bolder”. He further explained the fundamental principles of “cowboy” logic as taking pride in our work, talking less and saying more, doing what has to be done and remembering that some things just aren't for sale”.

With the above advise in our minds let us all embark on a new era... “Building Communities and Bridging Continents”.

Thank You.

2010/2011 Rotary International Theme

**DR. S. SIVAMOORTHY
PRESIDENT 2010 / 2011**

Date :30-06-2010



**“Building Communities
Bridging Continents”.**

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Last Week Talk :

President Dr. Anga's achievements and his reflections and views of his Presidency

Last week, President Dr. Anga share his personal opinion in the best interest of the club. It was a eventful and meaningful year, through planning, implementation and monitoring.

President Dr. Anga objective during his year was to emphasis on community and international service projects and rotary foundation. Rotarians and family member of rotarians involvement in projects, to have good fellowship, to lift up rotaract and to work with teacher advisors. Rotarians involvement in projects was good, participation was not only from the rotarians, but family members and friends of rotarians participate as well.

President Dr. Anga projects was successful through regular committee meeting, continious motivation to all the committee chairman and members, constants reminder through sms and e-mail, and regular follow up on progress. Fellowship is equally important but not exclusive, it may lead us to becoming a social club if we take things for granted.

In-conclusion, we need a mindset change, everyone has a part to play and all it requires is a good leader and little more input by all rotarians, because it is not difficult if we put our mind into it.

RI president's monthly message: Winds of Change

Rotary International News -- 1 July 2010

RI President Ray Klinginsmith says in his first message as president, "My primary task as president is to enhance the vitality and viability of Rotary clubs and to enable them to succeed in the midst of societal changes."



CLUB ANNOUNCEMENTS

Attendance: Last week's attendance 29th June was 87.76%, Previous week's attendance 22nd June was 75.51%.

Birthday Celebrants

Rotary Club wishes

Happy Birthday to celebrants:

08 July — Dato. Teo Shiok Fu

Induction Anniversary Celebrants

08 July — Hj. Mohd Noh Ibrahim

08 July — Dr. Ho Loon Shin

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."

Future Vision Plan overview

In anticipation of The Rotary Foundation's 100-year anniversary in 2017, the Trustees set out to develop a plan to move the Foundation toward its second century of service.

The Foundation has made only slight modifications to its programs since its inception and the Trustees sought input from a wide variety of stakeholders through interviews, surveys, focus groups, and input sessions in developing the Future Vision Plan. The plan updates the Foundation's mission and creates a more effective and efficient way to help Rotarians develop diverse projects with greater impact and sustainable outcomes.

GOOD FELLOWSHIP The mission of The Rotary Foundation 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.

The Foundation's new mission, along with its new motto – Doing Good in the World – were approved by the Foundation Trustees and the RI Board and endorsed by the Council on Legislation.



From the treasurer: TICKKIE BOTTLE:

COLLECTION ON 29TH JUNE 2010 :

Tikkie Bottle : RM 100

Happy Fund : RM 200

Totaling : RM 4,220 (Tikkie Bottle)

: RM 2,300 (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 29th 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)
1. Datuk Kuthubul Zaman
2. Dr. Lee Kim Tiong
3. Dr. Vishwadeep Singh
4. Rtn. Liang Teh Hai
5. Dr. Ho Loon Shin
6. Datuk Freddie Long

FROM THE ATTENDANCE CHAIRMAN PP FRANCIS LIP :- AS AT 29TH JUNE 2010

Membership	56
Excused	7
Effective	49
Present	43
Percentage	87.76%

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		

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.

Rotary to open doors to women, says new president

DR S. Sivamoorthy was installed as the 59th president of Rotary Club of Johor Baru for 2010-2011 in Johor Baru recently.

Sivamoorthy, who was inducted as a Rotarian in June 1993, was installed as president in a ceremony, witnessed by the guest of honour, Tunku Temenggong Johor Tunku Idris Iskandar, Rotarians, their spouses and guests.

Born in Sungai Bakap, a small town in Seberang Perai, Sivamoorthy served with the Inland Revenue Department for 20 years before taking optional retirement from his position as an assistant director in 1993.

During his tenure, he received the Excellent Employee Award for two consecutive years in 1992 and 1993 and he has written in local and international tax journals.

As the tax principal of CNM Taxlink Sdn Bhd and the executive director of CNM Management Suite Sdn Bhd, Sivamoorthy's knowledge and expertise in taxation, finance, economics and small business entrepreneurship also makes him a much sought-after speaker for these topics.

"President Dr Angamuthu's term was a remarkable year that enjoyed eight awards and citations during



Dr S. Sivamoorthy (left) says the club will continue to build bridges with the community.

the last District Assembly and it's a task for me to follow," he said.

He said he and his board members would continue with this year's mission of "Building Communities: Bridging Continents".

Sivamoorthy said among the activities planned for this year were a support group for the dyslexics in Johor Baru and a joint blood do-

nation campaign with Rotary Club Centennial.

In addition to the annual Merdeka Project-Care outreach programme, a medical mission with a team of four plastic surgeons led by Dr Angamuthu Rajoo will go to Iloilo City in Panay Island, the Philippines, in August.

This is a follow-up to the two sur-

gical missions to the Philippines in March, first to Manila and the second to Koronadal City, South Cotabato, in Mindanao.

Since it was chartered on June 27, 1952, the Rotary Club of Johor Baru has created milestones of achievement in the four avenues of service. With more than 1.2 million members worldwide, the Rotary Club is open to all people.

From 1905 to the 1980s, Rotary Clubs did not allow women membership even though many Rotarian wives had roles in the club's activities.

Since 1987, women in the United States have been allowed to join Rotary while, recently, female members were inducted into clubs in Asia. So when Sivamoorthy announced that the board has given the mandate to open its doors to female members, the news was welcomed with applause.

For the first time in the history of the Rotary Club of Johor Baru, a recipient of the Rotarian of the Year award was identified. This award was presented to Leong Chee Woh for his commitment, attendance, committee work, support and contributions. For details, visit www.rotarydistrict3310.org.my

Building Communities — Bridging Continents by Ray Klingensmith, RI President-elect

I considered many words and phrases after President John Kenny announced his thoughtful theme in this very room last year, and the words I have selected to describe Rotary's current mission and to highlight our achievements are what we do best: **Building Communities — Bridging Continents**. I hope you agree that these four words aptly reflect who we are and what we do as Rotarians. We are a unique and a premier organization, certainly one of the best in the world. We build the spirit and resources of our local communities in an important way, which was beautifully summarized by the governor of my district last year, Elizabeth Usovicz: "When a positive spirit comes alive in our clubs, we inspire our communities. And when our communities are inspired by our service and presence, we inspire new members. It's a powerful cycle." She was right when she said that we inspire both our clubs and our communities when we truly capture the spirit of Rotary service. Although most of us would agree that Rotary is the best in the world at building communities, there are members of other organizations who may not concede the point. However, when we talk about bridging continents, there are only a few who may not agree that 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. Ed Cadman was right when he said, "Rotary is unity without uniformity." That unity of purpose makes us the best organization in the world. We are indeed fortunate to be Rotarians!

Rotary International News – 30 June 2010

A new Rotary year is set to begin, and with it a number of changes to the way clubs and districts do business.

The annual per capita dues that Rotary clubs pay to Rotary International will increase to US\$50 in 2010-11, as established by the 2007 Council on Legislation. The 2010 Council approved a \$1 increase for the three subsequent years, setting per capita dues at \$51 for 2011-12, \$52 for 2012-13, and \$53 for 2013-14.

The 2010 Council, which met in April, took several other actions that will go into effect 1 July:

- E-clubs will become a permanent part of Rotary International after years of participating in a pilot project. Districts will be allowed up to two e-clubs, which are defined as Rotary clubs that meet through electronic communications. Some of the pilot e-clubs have been meeting solely through online forums, while others have combined electronic with in-person meetings.
- New Generations Service will join the other Avenues of Service -- Club Service, Vocational Service, Community Service, and International Service. Before starting a project, Rotarians are asked to think broadly about how their club and its members can contribute within each avenue.
- Rotarians in North America will have the choice of receiving either an electronic or print version of *The Rotarian* magazine. Rotarians living at the same address may qualify for a joint subscription.

Here are some changes that will primarily affect Rotary districts:

- District assemblies must be held in March, April, or May, and presidents-elect training seminars in February or March.
- The chair of the nominating committee for district governor must notify the current governor of the committee's candidate within 24 hours,

and the governor must inform clubs within 72 hours.

- When a governor-elect position is vacant less than three months before the International Assembly, the successor will automatically fill the vacancy, if he or she is willing.
- If two or more governor election complaints are filed in a district in a five-year period and the Board believes that the RI Bylaws or election complaint procedures have been violated, it may disqualify the nominee, select a past governor to serve, and remove any governor, governor-elect, or past governor who is improperly influencing or interfering with the election process. The Board may dissolve any district and reassign its clubs to other districts if three or more election complaints are filed in a five-year period.

Here are some changes that will primarily affect Rotary clubs:

- No club may limit membership based on sexual orientation.
- Clubs must inform their district governor of a proposed change to the club name or locality at least 10 days before voting on the proposal.
- The immediate past club president will be considered a club officer and a member of the board.
- The RI Board may suspend or terminate the membership of any club that retains any member who has misused funds from The Rotary Foundation or who otherwise has breached the stewardship policies of the Foundation.

Clubs accepting a transferring or former Rotarian must first secure a certificate from the former member's club confirming that person's membership. The former club is obligated to verify that the member does not owe any debts to the club. A prospective member cannot join a new club until all debts have been paid.

The start of a new adventure

by Jennifer Lee Atkin
The Rotarian -- July 2010

Dean Rohrs' life reads like an adventure tale. She was a nursing student on duty in the operating room during the world's first human heart transplant surgery in 1967, performed by surgeon Christiaan Barnard in Cape Town. In 2002, after her three children were grown, she trained in the South African bush to become certified as a big game ranger, fulfilling a lifelong dream.

Now Rohrs, a member of the Rotary Club of Burnaby, B.C., Canada, is taking on another big role as 1 of 41 inaugural Rotary coordinators (RCs). Starting 1 July, RCs will serve as a link between Rotary International's senior leaders and Rotary districts and clubs. They will be a resource for strengthening clubs, building membership, and participating in RI programs.

"It's an incredibly exciting time in Rotary, and I am excited to be right in the middle of it," says Rohrs, who is the RC for Zone 24 West.

Growing up, she wasn't nearly as keen on Rotary. As the daughter of a district governor and a Rotary Ann, she says, "I spent the first 25 years of my life pouring endless cups of tea, selling secondhand books, doing bake sales. And then I married a Rotarian."

Now living in Canada, Rohrs joined Rotary on 1 July 1989 – the day women were officially allowed to become members. But it wasn't until she returned to South Africa to train as a ranger that she understood the true meaning of being a Rotarian. Rohrs became friends with a woman from a village near the game park and saw how she was struggling to raise her children in the face of the



A project in South Africa changed Rohrs "from a member of a Rotary club into a passionate Rotarian."

AIDS epidemic, intense poverty, and limited educational opportunities. Rohrs then proposed that her club start a project in South Africa.

With help from Matching Grants from The Rotary Foundation, Rotarians have set up four schools, started a meal program for 600 children, and brought in enough educational and medical supplies to fill two 40-foot containers. The work, Rohrs says, changed her "from a member of a Rotary club into a passionate Rotarian." As an RC, she hopes to inspire other Rotarians to find their own passion.

"Rotary is the opposite of marriage," Rohrs says. "The first years are difficult because new members have to learn how Rotary operates. The honeymoon comes later, after experiencing firsthand what Rotary can accomplish. If you can get through the first four years, you're a Rotarian for life. I would love to shorten that to about four weeks."



Health Facts

Health Benefits of Strawberry

Like many other berries, strawberries contain high amounts of antioxidants, in particular anthocyanins type 2 and ellagitannins. These pigments are responsible for strawberries' red color, as well as their powerful oxygen quenching capabilities.

Antioxidants like anthocyanins have been shown by several studies to be effective in reducing risks of developing cancer, cardiovascular disease and inflammation-related diseases.



Reduction in cancer risk

In a study, published by the Journal of Agriculture and Food Chemistry, eight strawberry cultivars (Earliglow, Annapolis, Evangeline, Allstar, Sable, Sparkle, Jewel, and Mesabi) were analyzed for their content in phenols, flavonoids and anthocyanins, as well as their overall antioxidant capacity.

All of the cultivars have been proven to reduce significantly the rate of reproduction of cancerous liver cells, in different magnitudes depending on the specific strawberry cultivar.

It should be noted that there was no direct correlation between the total content in antioxidants and the rate of reduction in cancerous liver cells' reproduction rate, which is probably a proof that strawberries also contain several other, possibly unknown, phytonutrients that have this anti-cancer ability.

Another interesting study was carried out on a group of 1000 elderly people, and found that those eating the most strawberries had a risk of developing cancer that was only 33% of the risk in those eating none.

Protection from Macular Degeneration

A study published in the Archives of Ophthalmology involving 110,000 subjects of both sexes evaluated the effects of consuming fruits, vegetables, antioxidant vitamins such as A,C and E and carotenoids on the risk of developing Age-Related Macular Degeneration.

Macular Degeneration is the primary cause of sight loss in adults, and the study found that by eating at least 1.5 servings of fruits daily, one can reduce the risk of developing the disease by 36%.

Risk reduction was not directly linked to consumption of vegetables, antioxidants and vitamins, but to the consumption of whole fruits: the optimal level, according to the study, is three servings a day, which can be easily reached by sprinkling strawberries on your morning cereal or dressing up salads with other fruits.

