

THE SPOKE

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

Volume 1 issue 18

8 November 2011



Dear Rotarians

We had an eventful day with the GSE Team in Kota Tinggi on Friday, visiting plantations, an oil mill and dropping by PP Yew Mun's factory on the way back.

The GSE team from Philadelphia arrived here on the 2nd and will be leaving on the 7th.

I wish to thank the following Rotarians who hosted them – AG Beng Sooi, PP Dr. Anga, IPP Dr. Siva, VP Chee Seng and also my wife. Thanks also to PP Yew Mun for planning and coordinating the whole program and not forgetting our new Rotarian Chuen Howe.

Planning for the joint medical camp has reached an advanced stage. PP Dr Shan managed to get Pfizer to sponsor their Care-A-Van program and during the last meeting, a representative from Pfizer confirmed that they will be sponsoring up to 300 blood glucose as well as cholesterol tests. Several other tests such as the 'IOP' or intraocular pressure tests will be made available.

To date, at least 4 specialists have confirmed their participation and Datuk Dr. Veloo will be getting about 10 officers from Kementerian Kesihatan to form the backbone of the team. A medical camp for 300 is quite a massive

undertaking and I appeal to our fellow Rotarians to provide help and assistance on 27th November in Kulai. To our members who are medical doctors, please join the team.

Registration for the District Conference in KK from 18th to 20th November has been extended and I appeal to fellow Club Members, especially those who have not been to events in Sabah to register. The host has promised us their 'Sabah' hospitality. Golfers, please take note that two sessions are available, one on Thursday and another on Friday – contact Secretary Soo Tong for further details.

Logistics is proving to be a big problem for PP Chee Woh and a few others participating in the Trans Sabah Run. It is estimated that up to RM 50,000 is needed for the support services needed by the participants. Please donate generously to support these few 'diehard' participants and their worthy effort.

I can promise you good fellowship for our own 'Christmas' celebration on 26th November at the Mutiara Hotel. PP Ooi Kao Yang is in charge of the menu and wine list. Who else can beat him when it comes to fine wine and good food? As I mentioned earlier, please reward your family members for their support by registering them for this event. My wife and I look forward to seeing all of you (100% attendance) and your family members there.

"Reach within to embrace humanity."

NG SWEE POH
PRESIDENT 2011 / 2012
ROTARY CLUB OF JOHOR BAHRU



Today's Programme:

Talk: Economic Scenerio
Speaker: IPP Dr Siva

Last Week's Programme:

Talk: Healthy Lifestyle
Speaker: Rtn James Te
RC Pasir Gudang

Next Week's Programme:

Talk: Diet & Anemia Management in Dialysis Patients
Speaker: Ms Joyce Lim

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S Lionel (Exec Sec)

Club Matters



Volume 1 Issue 18

From the treasurer:

Tickie Bottle collection on 1 November 2011

Collection	:	RM 10.00	+
Happy Fund	:	RM 60.00	
<hr/>			
Totaling	:	RM875.00	

**FROM THE ATTENDANCE CHAIRMAN
FRANCIS LIP :- AS AT 1 November 2011**

Membership	57
Excused	6
Effective	51
Present	32
Percentage	62.75%

An Apology for Absence was received fr PP Jason Tan who is away in Butan, to perform his religious prayers.

(Pres Ng S P)

Welcome.....

back PP Dr Ho.... after a 2 month holiday in the States.....

Attend weekly club meetings. Enjoy club fellowship. Enrich your professional and personal knowledge. Meet other business leaders in your community. Extend the invitation and grow in strength.....

Congratulations!!

8 - 14 November 2011	Birthday:	Induction Date:	Wedding Anniversary:
Rtn Alan Cheng	9		
Rtn Suki	14		
PE Francis Gopal		14	
Rtn Lee Soo Tong		14	
PP Ooi Kao Yang		12	

November is Rotary Foundation Month

“November is Rotary Foundation month! It's a good time to reflect on the great Rotary Foundation sponsored programs we support and on how each of us can contribute to make sure these programs continue.

The Rotary Foundation (TRF) sponsors a broad range of Educational and Humanitarian programs that save and change lives here and abroad: Group Study Exchange (GSE), Ambassadorial Scholars, Polio Eradication, District Matching Grants and Health/Hunger & Humanity (3H) Grants, to name a few. These programs are the lifeblood of Rotary, creating world peace and understanding through the lives touched by the programs.”

(Rtn Lee Soo Tong, Secretary)

Attendance On 1 November 2011:

Excused:

1. PP Dato Francis Ng
2. PP Dato Dr Singaraveloo
3. PP Chang Teck Mark
4. PP Dato Mokkam Singh
5. PP Dr K N Singh
6. PP Roland Choong
7. PP Lim Kay Hua

Absent:

1. PP Ooi Kao Yang
2. PP Dr Shan
3. PP Ir Hj Mohd Noh Ibrahim
4. PP Kuthubul Zaman Bukhari
5. PP Jason Tan Boon Yew
6. Rtn VP Tan Chee Seng
7. Rtn Cheong Nai Cheong
8. Rtn Richie Chiam
9. Rtn Kelvin Chua
10. Rtn S Elandran
11. Rtn Dr Lee Kim Tiong
12. Rtn Chua Tze Wei
13. Rtn Liang Teh Hai
14. Rtn Alan Cheng
15. PP Dev Chellam
16. PDG John Cheah
17. PP Mok Tai Dwan
18. PP Chua Kean Num

END

POLIO

NOW

Healthy Lifestyle in Johor Bahru - Rtn Remy Arshad of RC Pasir Gudang



Rtn Remy Arshad of RC Pasir Gudang, who has several credentials to his credit, and General Manager of Kensington Strategy Sdn Bhd, presented a talk on Healthy Lifestyle to the club members of RCJB.

His very informative talk, which went undisputed by the doctors present, highlighted several health issues to the members present.

For one, the speaker pointed out that our diet today contains a high acid level, strongly lacking in alkaline to neutralize or reduce this acidity level. Fried food, preserved food, processed food and the many gassy drinks so attractively packed and displayed in the stores and hypermarkets are “killer” food. Not only that; the so called RO water and mineral water sold in stores also have a high acid level.

Remy then went on to demonstrate and test the acidity content of water (RO and mineral), sugar water and that of gassy drinks.

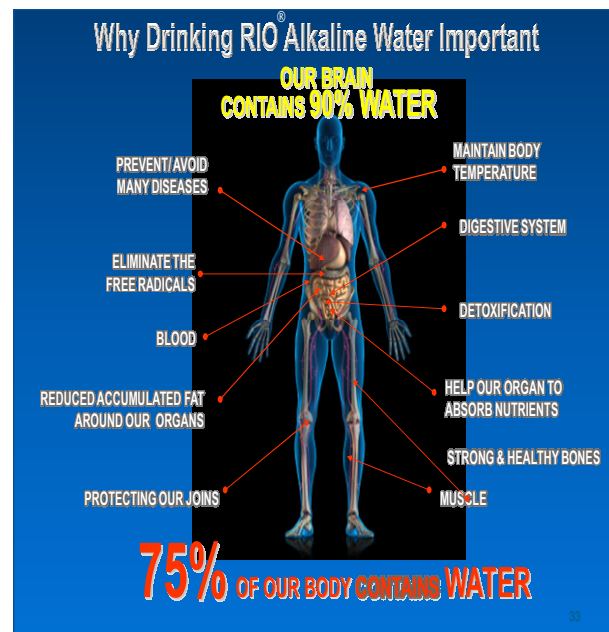
A high acidity level, makes our body’s ph level acidic, which in turn will cause diseases and infections. Other factors that contribute to acidity in our body are a polluted environment, poor eating habits, stress, lack of sleep, free radicals, medication and radiation. 85% of diseases suffered by children today are due to an in-balanced diet

Kensington Strategy’s Rio water treatment system treats pipe water through its mineral filters giving out alkaline water, to reduce the acidity level in the body by 75%. This water is highly antioxidant. Research has shown that people who consume a diet

high in alkaline or antioxidants are least prone to illnesses such as cancer, diabetes, high blood pressure, gout and others.

The Rio Water Treatment System replenishes the body with the four essential minerals of potassium, sodium, calcium and magnesium. This will give one more energy. The treated water neutralizes the acidity level in the body and the free radicals and controls the body’s ph level. Acidity accumulation is reduced and unhealthy cells are repaired, thus preventing diseases such as cancer, heart disease, migraine, stroke, joint pains, arthritis and others.

The advantages of the Rio Antioxidant Alkaline water are that they are high in antioxidants, thus eliminating free radicals, have smaller molecules (for better absorption by the cells of the body) and oxygenated; providing more energy. It accelerates the healing process of the body and cleanses and detoxifies it too. It is anti-cancerous, rich with minerals and nutrients, so enhancing the digestive system.



We are Not Sick, But rather “Thirsty....” Therefore, Don’t Treat “Thirst” with **MEDICINES** ”

(Dr Fereydoon Batmanghelidj, MD)

GSE Team From The States...



The GSE team from America visited the dialysis centre on Thursday 3 November. The team comprised 5 members and were accompanied by IPP Dr Siva, PP Ng Yew Mun, Chairman of the centre and Rtn Howe. The members were given a briefing by PP Yew Mun as well as Dr Gavri of Pallative Care.

Members of the GSE team were then taken on a tour of the dialysis centre as patients were undergoing treatment.

The guests for the day were, PP John Ng of RC Pasir Gudang. Rtn James (the inventor of the Rio Water Treatment System), also of RC Pasir Gudang.



PP Yew Mun introduced the dialysis centre to members of the GSE team; its origins, facilities, number of patients and staff, conditions of acceptance for treatment to the centre and of course funding of the centre....

Resource Guide Focuses on Giving

Because of your generosity, Rotary is making this world a better place to live in. Find materials in the Rotary Foundation Month's Resource Guide, to encourage club members to give. Enrolling in Rotary Direct, the Foundation's recurring giving program, is an easy way to support the Foundation's program. Select an amount, a frequency (monthly, quarterly or annually) and contribution method that is convenient for you. You can even choose to direct your contribution to one of Rotary's 6 areas of focus. Doing good now is easier than ever. Find your Resource Guide and all your club and district materials at shop.rotary.org

Dr Dr Gavri spoke of the Pallative Care to the guests. She introduced them to the main objectives of Pallative Care in providing "total care" for the cancer patients that the organization takes care of. Together with Dr Gavri were her two nurses, Foo and Emmely. Dr Gavri then showed the members of the team some slides of Pallative care and its work...



RC Muar

Will be involved in a project in planting trees on 11 November and has requested as many rotary clubs to participate in the project.....

