



WHO SAYS RCKL IS NO FUN & ALL ABOUT MEN?

When I first considered joining Rotary and especially RCKL, I was admonished by a close friend, "Ah yah, all men there only! No 'jalan' to meet young ladies. Lagi, very boring bunch – only talk serious things and don't know how to have fun, lah."

Well, I pooh-pooed at him and said that my aims to be a Rotarian are honorable and not related to meeting young ladies nor directed at wild, woolly fun. But secretly, I was a little worried about what to expect. Glad to say these worries have been completely dispelled. Firstly, it has been a worthwhile and thoroughly enjoyable experience being at RCKL. Secondly, it's not true we're all about men only. There is a healthy mix of ladies out there that we get to socialize and work with for the good of society. There're ladies from the Inner Wheel Club, the Rotaract & Interact Clubs, other Rotary Clubs; many lady visitors come to our lunches and the list goes on.

Anyway, my belief and perseverance have finally paid off in spades. Guess what? There were smiling young ladies galore at last week's most memorable lunch meeting.



A welcome sight - young ladies & of course PP Dato' Koay at RCKL lunch meeting

Plus the bonus was the reminder by PP Dato' Koay of the charitable and "seriously" fun-oriented event planned as our



Is PP Dato' Zaman thinking 'Tutup mata tak ada wanita...'

major fund raiser. There'll be great songs reminiscent of Teresa Teng from a fabulous musical genre which is enjoyed by all ages. To satisfy the palate, JW Marriott is delivering its famed haute cuisine. And not forgetting the throat, that'll be tickled by gold and perhaps pink bubbly from the finest Champagne houses and best non-alcoholic beverage manufacturers. But I cannot do this event justice with my bumbling words.

So let's hear what PP Dato' Koay (who is the point person on the organization of this) has to share on the fun-licious upcoming event:

The Function: An evening of Champagne Supper Concert to raise funds for (a) Major Projects of RCKL DiRaja for Rotary year 2005-2006 and (b) 2006-2007 District 3300 Fund under the Governorship of DGE Dato' Jimmy Lim.

Time, date and place: 8.00pm Friday 30 September 2005 at the new Kuala Lumpur Performing Arts Centre (KLPAAC), Sentul Park, Jalan Strachan (off Jalan Ipoh), 51100 Kuala Lumpur.

The Concert: An one and a half hour production by the Dama Orchestra with their award-winning resident soprano Ms Tan Soo Suan rendering Mandarin, Cantonese, Hokkien, Japanese and English songs made popular by Teresa Teng. The concert entitled "September Tale (Teresa Teng, Her Life, Her Songs)"

Continue to page 6.....

Secretary's Announcements For Lunch Meeting On 27.07.2005

PLEASE PAY UP (IF YOU STILL OWE IT)

July 27th is the last weekly meeting, according to Hon. Sec. Freddy's deadline, to fork over all outstanding annual dues. After this bulletin issue, I shall not print the details on how to pay up. So finally, to help those who still owe \$, the outstanding dues can be paid up to Freddy in the following manner:

"Please issue two (2) cheques as follows and deliver them to the new President Low Kok Hwa or to me:-

- a) a cheque for RM600.00 issued in favour of 'Rotary Club of Kuala Lumpur DiRaja' and
 - b) another cheque for RM200.00 issued in favour of 'Kuala Lumpur Rotary Charity Foundation'.
- Please write your name and the words 'RY05/06 Subscriptions' at the back of the cheques so that your payments are correctly recorded."

Notices

Lunch Time Speaker:

- 27th July 2005 is Datuk Dr. Ibrahim, Oncologist.
- His talk is on the ever-feared medical topic of "Cancer".

Fellowship Service announcements by Rtn Steve Lau:

- Thank Dinner for IPP Dr. Lee Hock Bee and IP First Lady Juanita.
- Date and time – 26th July 2005 at 7pm.
- Third Floor Restaurant at the JW Marriott Hotel.
- FYI, the dinner reservations have a limited capacity and are presently full. Any interested Rotarians will be henceforth added to the waiting list.

President's Project 2004-05 (Community Service) update by PP Stuart Pack:

- President's Project 2004-05 for Dialysis Centre (Tuanku Syed Putra) in Perlis confirmed check receipt of 2nd payment for RM222,000.
- The Centre has attended to its 1st patient with 4 more patients joining soon.
- Letter signed by Tunku Puan Panglima Perlis.
- We have a personally hand-crafted "Thank You" card from a wheelchair recipient, Ms. Olga Low, to RCKL. I shall try my best to scan this in and publish it next week.

Rotaract Club of Kuala Lumpur 37th Installation Event by President Shamini:

- Date and time: 13th August 2005 from 5-9pm.
- Venue and dress: Mines Beach Resort and the theme is "earthy shades".
- Cost: RM45 each ticket.
- Editor's note – please support this event as RCKL had sponsored this Rotaract Club, chartered on 28th Sept., 1969. The Club is still within our responsibility for New Generations Service and inquiries for tickets can be directed to Rtn Justin.

So far for the month of July, we have had the monthly meetings for International Service, Club Service, Fellowship Service and Community Service. The last meeting for this month will be New Generations Service at 2pm after the coming weekly lunch meeting, 27th July.

Meeting Name	Chair Person	When (every month)	Time
Board of Directors	President Low	1st Tuesday	6pm
International Service	Horst Wippem	1st Wednesday	2pm
Vocational Service	Thomas Varughese	1st Wednesday	6.30pm (venue TBC)
Club Service	Choy Hon Nam	2nd Tuesday	6pm
Fellowship Service	Steve Lau	2nd Wednesday	2pm
Community Service	Francis Chan	3rd Wednesday	2pm
New Generations Service	Justin Teoh	Last Wednesday	2pm

Royal Patron

Duli Yang Maha Mulia
Sultan Selangor Darul Ehsan

YEAR 2005-06

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Weekly Proceedings on 20.07.2005

Acting President: VP Dato' Abdul Razak Hashim

Meeting Convenor: PP Stuart Pack

National Anthem & Loyal Toast: Rtn Chiu Kim Boo

Welcoming Guests: SAA Rtn Lau Choo Seng

Speaker Introduction by: Rtn Peter Tham

Speaker: Mr. Rolf Mannel (MD, Vitis Malaysia Sdn Bhd)

Speaker Thanks by: Rtn K.K. Chong

Visiting Rotarians:

- President Tai Chin Peow from the Rotary Club of Pudu.

- Rtn Elizabeth Yam from the Rotary Club of Kelana Jaya.

Visiting Guests:

- En. Mohd Yusoff, guest of Rtn Tan Boon Leong
- Cik Ismaliza, assistant to Mr. Rolf Mannel.
- Rotaract Club of KL – President Shamini Nadarajah, Mr. Steven Wong, Ms. Lai Peng, Ms. Premela, Ms. Isabelle Fam, Mr. Ganesh, Ms. Xin Ni and Ms. Mei Han.

Birthday Boys

A special donation exemption was granted by Acting President Dato' Razak on the occasion of his 1st appointment to chair the weekly meeting. Unfortunately there were no birthday boys this week to take advantage of this one-time special offer!

From The Desktop Of A Rotarian - Gems From The Web

Are we inherently good with the propensity for evil? Or are we inherently evil with the capacity for good? Or are we neither but simply a blackboard which only reflects the writing etched on its surface by the experiences of a lifetime (so good experiences tend to develop a good character, but bitter experiences bring out the worst in the person). This paradox and apparent contradiction in humankind is obvious with our persistent fascination with the dramatic story of "Dr. Jekyll and Mr. Hyde".

The Rotary International web-site tells us, "From the earliest days of the organization, Rotarians were concerned with promoting high ethical standards in their professional lives. One of the world's most widely printed and quoted statements of business ethics is The Four-Way Test, which was created in 1932 by Rotarian Herbert J. Taylor (who later served as RI president) when he was asked to take charge of a company that was facing bankruptcy.

This 24-word test for employees to follow in their business and professional lives became the guide for sales, production, advertising, and all relations with dealers and customers, and the survival of the company is credited to this simple philosophy. Adopted by Rotary in 1943, The Four-Way Test has been translated into more than a hundred languages and

published in thousands of ways. It asks the following four questions:

'Of the things we think, say or do:

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?"

A corollary to the above is the clear tendency in all of us mere mortals (a common weakness) for acting the martyr. When things go badly, we always view ourselves as "the victim who is clearly good" and the other(s) involved are inadvertently labeled the "bad guy(s)". In so doing, it is easy to represent the facts in light of justifying ourselves and vilifying the others (who, in our own minds, have so obviously wronged us). But when we do so, we also forget the Four-Way Test. I suggest that in order to suppress the Mr. Hyde in us all, we need to adopt the Test as benchmarks for scrutinizing our actions, our motives and our emotions. It is all too easy to shed the fragile fabric which cloaks Dr. Jekyll as an inherently "good" person and release the horrific Mr. Hyde in each of us.

I chanced upon an interesting story on the Internet. If you ignore the specific religious context of the story (which is

Christian in origin) and focus on the learnings, it actually becomes an interesting reflection of the above musings on the good and evil intertwined within man. Please enjoy...

The Story Behind the Painting of the Last Supper

The Last Supper was painted by Leonardo Da Vinci, a noted Italian artist; and the time engaged for its completion was seven years. The figures representing the twelve Apostles and Christ himself were painted from living persons. The life-model for the painting of the figure of Jesus was chosen first.

When it was decided that Da Vinci would paint this great picture, hundreds and hundreds of young men were carefully viewed, in an endeavor to find a face and personality exhibiting innocence and beauty, free from the scars and signs of dissipation caused by sin.

Finally, after weeks of laborious searching, a young man nineteen years of age, was selected as a model for the portrayal of Christ. For six months, Da Vinci worked on the reproduction of this leading character in his famous painting. During the next six years, Da Vinci continued his labors on this sublime work of art. One by one, fitting persons were chosen to represent each of the eleven Apostles; space being left for the painting of the figure representing Judas Iscariot, as the final task of this masterpiece. This was the Apostle, you remember, who betrayed his Lord for thirty pieces of silver, worth \$16.96 in our present day currency.

For weeks, Da Vinci searched for a man with a hard callous face, with a countenance marked by scars of avarice, deceit, hypocrisy, and crime; a face that would delineate a character, who would betray his best friend.

After many discouraging experiences, in searching for the type of person required to represent Judas, word came to Da Vinci that a man, whose appearance fully met his requirements, had been found in a dungeon in Rome, sentenced to die for a life of crime and murder.

Da Vinci made the trip to Rome at once, and this man was brought out from his imprisonment in the dungeon and led out into the light of the sun. There Da Vinci saw before him a

dark, swarthy man; his long, shaggy and unkempt hair sprawled over his face, which betrayed a character of viciousness and complete ruin. At last, the famous painter had found the person he wanted to represent the character of Judas in his painting.

By special permission from the king, this prisoner was carried to Milan where the picture was being painted; and for months he sat before Da Vinci at appointed hours each day, as the gifted artist diligently continued his task of transmitting to his painting this base character in the picture representing the traitor and betrayer of our savior. As he finished his last stroke, he turned to the guards and said, "I have finished. You may take the prisoner away."

As the guards were leading their prisoner away, he suddenly broke loose from their control and rushed up to Da Vinci, crying as he did so, "Oh, Da Vinci, look at me! Do you not know who I am?" Da Vinci, with the trained eyes of a great character student, carefully scrutinized the man, upon whose face he had constantly gazed for six months and replied, "No, I had never seen you in my life, until you were brought before me out of the dungeon in Rome."

Lifting his eyes towards heaven, the prisoner said, "Oh, God, have I fallen so low?" Then, turning towards the painter, he cried, "Leonardo Da Vinci! Look at me again, for I am the same man you painted just seven years ago as the figure of Christ."

Many lessons can be learned from this true story of the painting of The Last Supper. This is a story of how we often perceive others - how easily we overlook the Christ within the people we meet, and judge by outward appearances. This also strongly teaches the lesson of the effects of right or wrong thinking, on the life of an individual. Here was a young man whose character was so pure and unspoiled by the sins of the world, that he presented a countenance of innocence and beauty fit to be used for the painting of a representation of Christ. But within seven years, following the thoughts of sin and a life of crime, he was changed into a perfect picture of the most traitorous character ever known in the history of the world.

(Author "Unknown", extracted from Internet)

The Rotary Club Of Kuala Lumpur DiRaja
We meet at 12:30pm every Wednesday
at The Shangri La Hotel, Jalan Sultan Ismail, Kuala Lumpur.

Celebrate Rotary 100 Years

Lunch Time Speaker Report - The Power Of Grape Seeds

Rolf Mannel is well qualified to speak on this topic. He had suffered from stage-4 Leukemia about 2 years ago and is now in complete remission. He had opted for non-traditional therapy (read "no chemo") and imbibing grape seed oil was one of his curative efforts. So he is a true believer.

VITIS AG produces and distributes products made of grape seeds. Settled in the small German wine-village Trittenheim (Moselle), VITIS is the worldwide leading company offering grape seed products.



Mr. Mannel showed how to gingerly handle a bottle of 'liquid gold' grape seed oil.

In 1994, Winfrid Heinen, chairman and founder of the VITIS company, looked for cold pressed grape seed oil all over the world. He only found industrial produced, chemically extracted oil. Heinen asked several oil-mills in Germany, France and Italy to produce cold-pressed grape seed oil, but they all denied. The reason: too difficult at the time. Finally, Heinen himself experimented with pressing grape seed oil and after a lot of disappointments, he built up the VITIS oil-mill. Today, VITIS is offering its fine oil all over the world; for Gourmets, seeking the best nature has to give, at a comparably low cost.

VITIS definitely succeeded as Heinen was the first to recognize the high antioxidative power (cell protective "free radical catchers") of grape seed flour. This flour is made of the crushed pressing-cake from grape seeds.

VITIS AG was founded on September 1st 2002. In cooperation with qualified partners, the VITIS-team developed grape seed crackers, energy bars, pasta, -mustard and a ready-to-use bread mix. All these products contain the crushed grape seed pressing-cake which offers you a rich complex of bioactive substances. A cosmetic line (skin oil, bathing oil, sun oil) containing at least 90 percent cold pressed grape seed oil is also available.

VITIS owns international patents for cold-pressed grape seed

oil, its manufacturing process and for grape seed flour. Grape seeds contain a lot of proanthocyanidin (OPC). OPC is a very strong antioxidant.

• Antioxidant

"Free radical catcher". Substance that avoids damaging and undesired oxidation in your body. Antioxidants diminish the effects of Free radicals. Therefore antioxidants are considered as a prevention to many diseases (cardiovascular disease, cancer, Alzheimer's disease and many others).

• Free radicals

Aggressive oxygen molecules with an unpaired electron. They let fat get rancid and they can cause genetic defects provoking cancer and hereditary damages. Free radicals can be responsible for biological contamination by radiation as well.

• Proanthocyanidin (OPC)

The particularity of OPC: The antioxidant effect is 50 times stronger than that of vitamin E and 18.4 times stronger than vitamin C. The second particularity: only one food contains OPC in quantity worth mentioning: grape seeds, therefore also cold-pressed grape seed oil and, above all, grape seed flour.

Antioxidants avoid oxidation, thus the destruction of healthy body cells by oxygen. Strong oxidation is caused by free radicals, aggressive oxygen molecules. Pollution, sunlight, pesticides in our food, cigarettes and respiration of oxygen under stress produce free radicals.



Mr. Mannel waxed eloquent on the benefits and curative powers of grape seed oil.

Those interested in these grape seed oil products can purchase them in Klang Valley at Country Farm Organics which has outlets in One Utama, Bangsar Village and Hartamas Shopping Centre. They kinda cost a bomb but hey, what price would you place on health and life, eh?

from page 1.....

pays tribute to the world-acclaimed Chinese songbird of the 1970s and 1980s - the legendary Teresa Teng, who despite her early demise remains truly an international icon.

The Champagne Supper: Catering will be by J W Marriot Hotel and Champagne will be selected by the wine-drinking fraternity of RCKL DiRaja. Non-alcoholic sparkling juice will

be available as an alternative. Ms Tan Soo Suan and the musicians and performers of the Dama Orchestra will join the supper.

Appeal to all Rotarians: Please keep the date free and attend. Please help to source for Co-Sponsors (RM10k, RM20k and above), advertisements in the Souvenir Program and donations for tickets. Details will be announced as soon as they are finalized by the Organizing Committee.

Rotary Events & Photos on 20.07.2005

Do not forget to join us for these additional activities:

1. **July 26th, 2005** – Thank You Dinner for IPP Dr Lee Hock Bee & IP First Lady Juanita. For late registrants, contact PE David Lim but be forewarned, you'll be on waitlist.
2. **September 29th, 2005** – Oktoberfest Celebration hosted by Rtn HE Herbert Jess.
3. **September 30th, 2005** – RCKL's planned major fundraising event. For more information, please speak with PP Dato' Koay.

One last thing to share – this past month, we have featured happy Rotarians, Friendly Rotarians and Eating Rotarians (bread pudding, hmmm...). At last week's meeting, since we had so many lady guests, the camera lens naturally focused on these young ladies, so please enjoy. Do join us next week, who knows Ms. Malaysia may show up ... bye for now.



Rtn Steve Lau's Fellowship committee meeting (13/7/05) – these usually jolly gentlemen make "organizing fellowship fun" look like serious business, no smiling allowed!



Ladies galore from Rotaract (maybe the guy's their bodyguard!)



Singing Rotaract Nightingales, even the bodyguards can chirp!



A familiar young lady - welcome back Elizabeth!



So many ladies - so many reasons to smile