



BERITA ROTARY



Reach Within to Embrace Humanity

WEEKLY MEETING (19TH OCT 2011) CHAIRD BY PRESIDENT ANDY KHOO

President Andy Khoo chaired the weekly meeting after the usual opening formalities and was assisted by Convener Rtn Tay Beng Chai.



President Andy Khoo addressing the members.



Rtn Convener Tay Beng Chai opening the meeting at 1.00pm.



Rtn Convener Tay Beng Chai leading the singing of the Negaraku.



Members singing the National Anthem.



Club Members doing the Loyal Toast.



Members and guests enjoying the delicious Buffet Lunch.

Rotary Year 2011-2012

Royal Patron

Duli Yang Maha Mulia Sultan Selangor Darul Ehsan

Board of Directors

2011 – 2012

President

& Immediate Past President

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BERITA ROTARY

ANNOUNCEMENTS / DIARY

COMMITTEE

ANNOUNCEMENTS

MEMBERSHIP

COMMITTEE

Meeting every 2nd
Wednesday of the month

CLUB ADMINISTRATION

COMMITTEE

Meeting every 1st Wednesday
of the month (immediately
after luncheon meeting).

SERVICE PROJECTS

COMMITTEE

Meeting every 3rd and 4th
Wednesday of the month
(immediately after club
meeting)

INT. SVC COMMITTEE

Sister Club Installations:
Bangkok - TBA
Hatyai Nakarin - TBA

CLUB

ANNOUNCEMENTS

Speakers Roster

DISTRICT

ANNOUNCEMENTS

Rotary International
Themes & Months



BERITA ROTARY WEEKLY PROCEEDINGS



ATTENDANCE / ON DUTY

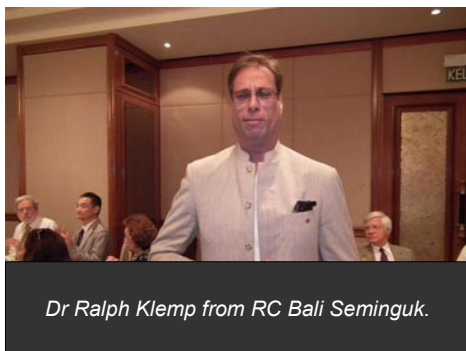
- RCKL Rotarians:** 42
- RCKL Rotarian Make Ups:** None
- Convener:** Rtn Tay Beng Chai
- Sergeant-At-Arms:** None
- National Anthem And Loyal Toast:** Rtn Tay Beng Chai

VISITING ROTARIANS

- MD Mahtab Vddin, Joint Secretary from RC Baridkvara, Dhaka.
- Dr Ralph Klemp from RC Bali Seminguk.
- Shria Prakash from RC Damansara West.



MD Mahtab Vddin, Joint Secretary from RC Baridkvara, Dhaka.



Dr Ralph Klemp from RC Bali Seminguk.



Shria Prakash from RC Damansara West.

INVITED GUESTS

- Norkiah Sahari guest of Dato' Dr Prakash Rao.
- Wan Faizah guest of Dato' Dr Prakash Rao.



Norkiah Sahari guest of Dato' Dr Prakash Rao.
Shria Prakash from RC Damansara West.



Wan Faizah guest of Dato' Dr Prakash Rao.



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Dr. Dato' Prakash and PE Chan Kam Fatt posing at the buffet.



A group photograph with our guests.



President Andy exchanging club banners with MD Mahtab Vddin, Join Secretary from RC Baridkvara, Dhaka.



MD Mahtab Vddin, Join Secretary from RC Baridkvara, Dhaka gave the members a short sum up of his club and thanked President Andy for the kind hospitality.

AGENDA:

- General Updates
- Announcements
- Today's Main Event
- Induction New Members: Wee Soon Chee, Peter Vogt

Announcements

Monthly Calendar – July 2011

- 19 Oct - Induction of Peter Vogt & Wee.
- 26 Oct - No CLUB meeting: Deepavali.
- 02 Nov - request by Tengku Razaleigh for Charity handover press event. Meeting in another Hotel TBC.
- Nov 2011 - Planned FOUNDATION month by PDG D.Jimmy Lim.
- 11 Jan 2012 - RCKLDR Founding Anniversary.
- 17-18 Jan 2012 - DG visit to RCKLDR.

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THE OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

THE FOUR-WAY TEST

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?



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Events & Installations RY2011/12

UPCOMING :

- 26 Oct 2011 – Deepavali dinner, 8pm Lake Club by Dato Kulasegaran.
- 77th D3300 Conference: 9th – 11th Dec, Klana resort, Seremban
- None registered from RCKL DiRaja yet
- Contact :
 - Ananda Pillai: asp1513@yahoo.com
 - Dato Dhillon: 019-650-5171
 - Jerome SelvaRatnam: 012-330-8071

Gua Musang Trip

PP PE Chan Kam Fatt Briefed the members on the up-coming Gua Musang Trip on 26-27 Nov. He promised an exciting trip, beautiful scenery, great meal at Kuala Lipis, a Special Dinner Reception hosted by Yang Berhormat Mulia Tengku Razali and much more. For those members who are looking for something special and different and a great weekend away in the wildness, this is a trip not to miss. Book your place early to avoid disappointment.



PP PE Chan Kam Fatt briefing the members.

WEDDING CELEBRATION OF PATRICK AND IVY CHEAH, ONLY SON OF RTN LOUIS AND MARY CHEAH

Rtn Louis Cheah and his Ann Mary, CELEBRATING THE WEDDING of their only Son Patrick to Ivy. It was a Grand Wedding Dinner Celebration at The Westin Grand Ballroom in KL. The dinner was exquisite and drinks were free flowing, the music most appropriate and all had an enjoyable evening. It was an evening to remember.

Please join me to congratulate Rtn Louis Cheah and Mary on their son - PATRICK CHEAH's marriage to Miss Ivy Teong. The Wedding reception was held yesterday, (Sunday, 30th October, 2011)

Mus

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INFORMATION

Foods That Drastically Lower Blood Pressure

Several studies throughout the years have proven that food high in potassium citrate drastically lowers blood pressure.

A study from St. George's Medical School in London, published in the journal Hypertension took group of people averaging hypertension of 151/93. After two weeks on potassium citrate, their blood pressure had dropped down to 138/88 on the average.

Food high in potassium citrate include:

fish (especially salmon, flounder, and tuna), dried apricots, citrus fruit, bananas, melons, legumes, green leafy vegetables, tomatoes, poultry, potatoes, yogurt and whole-grain cereals.



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Patrick and Ivy.



Rtn Louis Cheah and his Ann Mary.

WEDDING CELEBRATION OF PATRICK AND IVY CHEAH, ONLY SON OF RTN LOUIS AND MARY CHEAH

Peter Vogt and Wee Soon Chee WELCOME to RCKL DiRaja.

WE ARE PROUD TO RECEIVE YOU into our Ranks



President Andy Khoo is announcing the Induction.



Sergeant at Arms Rtn Ajmal Khan escorted the two inductees to the front.



PP David Teh introducing Mr. Peter Vogt.



Rtn Tay Beng Chai introducing Mr. Wee Soon Chee.



The two inductees is reading aloud the Rotary Pledge.



President Andy Khoo is caring out the Formal Induction of the two new members.

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LAUGHTER

A group of young women decided to arrange for a camp with their mothers-in-law to hopefully get to know and understand each other better since relations between them were very sour.

Two buses were hired, one for the mothers-in-law and the other for the daughters-in-law. Unfortunately the bus the mothers-in-law were traveling in was involved in an accident and all the passengers died on the spot.

The daughters-in-law (women being women) shed a few tears but they were all puzzled by one sister who wailed uncontrollably for what they perceived to be her loss.

Her friend asked her, "Forgive me for asking but why are you crying so hard, I didn't realize you were so close to your mother-in-law," to which she replied, "No we are not close at all, she missed the bus!"

A man goes into a bar and drinks beer. After every glass of beer he pulls a picture out of his pocket and looks at it. After the 4th beer the waiter asks him why after every glass of beer he pulls the picture out and looks at it.

Then the man says: It's a picture of my wife. When she looks good to me I'm going home.



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President Andy Khoo welcomes Peter Vogt and Wee Soon Chee to our Club ranks and admitted to membership.



Members stood up to welcome the two new members.



President Andy Khoo personally welcome the two members and pinned the Rotary badge on them.



President Andy Khoo personally welcome the two members and pinned the Rotary badge on them.



Rtn Wee Soon Chee addressed the fellow members.



Rtn Peter Vogt addressing the fellow members.



President Andy Khoo with the two New Members and their Introducers.



PP David The with Rtn Peter Vogt.

PP David The introduced Mr. Peter Vogt.

**Peter Vogt:
Managing Director,
Nestle (M) Berhad.**

RECIPE



Curry Laksa (Curry Mee) Recipe

Ingredients:

- 600g shelled cockles/bloody clams (optional)
- 500g prawns, steamed and shelled; use the heads to sweeten the stock by liquidising them with 500ml water
- 3 to 4 pieces soaked cuttlefish heads
- 200g fried soya bean cubes/tow pok (halved or quartered)
- 200g cooked pig's blood, cut into cubes (optional)
- 300g shredded, cooked chicken meat
- 500g blanched bean sprouts
- 600g blanched yellow noodles
- 300g blanched vermicelli/rice sticks
- 1kg grated coconut, mixed with 4 litres water and squeezed for the coconut milk to be used as main stock

Seasoning:

- 4 tbsp salt or to taste
- 1 1/2 tbsp rock sugar
- 1/2 tbsp MSG (optional)

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Mr. Peter R. Vogt, a Swiss National, is the Managing Director of Nestle (M) Berhad and Regional Head of Nestle Malaysia/Singapore since 2009.

A graduate of Switzerland's University St Gallen, Mr. Vogt has over thirty years of management experience with Nestle initially in Sales and Marketing, since 1994 in General Manager functions. He spent most of his career in Asia including assignments to Japan, Hong Kong, Malaysia, Sri Lanka and Indonesia. During his last posting to Malaysia from 1990 to 1994, he was Head of the Sales and Marketing Division of Nestle Malaysia Berhad.

From 1996 to 2005, Mr. Vogt was heading various Nestle operations in Europe including Switzerland, Scandinavia and Germany before returning to Asia as CEO of Nestle Indonesia from 2005 to 2009.

Mr. Vogt is Vice President of the Malaysian International Chamber of Commerce and Industry (MICCI) and the Convenor of the Domestic Affairs Council of the MICCI. He is also a member of the Swiss-Malaysian Business Association.

Mr. Vogt is married with two children.

Rtn Tay Beng Chai introduced Mr. Wee Soon Chee

Mr. Wee Soon Chee

General Manager

Quorum International Sdn Bhd

Mr. Wee is the General Manager for Quorum Malaysia, distributor of Electronics Security Equipment.

Quorum is Head Quartered in India and has manufacturing facility in Shenzhen, China for CCTVs. His job is Business Development and Distribution, Travels occasionally in the Region on work, but otherwise stays close to Shangri-La and office is even nearer.

Of course he travels back to Singapore and his Ann comes up to KL regularly.

He previously spent between 4 to 5 years in Bangalore, India as head of Tyco Fire and Security.

Mr. Wee Soon Chee is married to Sophie, a Special Education Teacher based in Singapore. Whilst in India, husband and wife were actively involved in Community work.

He has a son and daughter both in universities in Vancouver Canada and his passion is Golf and Photography.

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Spices (finely ground):

- 100g shallots
- 25g garlic
- 3 tbsp coriander seeds
- 4 tbsp chilli paste
- 2 tbsp sliced lemon grass
- 10 peppercorns
- 1/2 tsp belacan (Malaysian shrimp paste) granules

Chili oil:

- 110g chili paste
- 25g garlic, pounded
- 175ml to 200ml oil

Method:

Heat 1/2 cup oil to saute the spices till fragrant. Add in salt, rock sugar and 500ml general santan and bring to a low boil till sugar dissolves. Add in the rest of the coconut milk, tow pok, and pig's blood, if used. When soup comes to a boil, add prawn stock and seasoning, then bring to just boiling point. Remove from fire and use stock as a soup for the yellow noodles and vermicelli. (Should the gravy or stock curdle, strain it.)

For the chili oil: Saute garlic and chili paste in oil until the chili disintegrates and oil floats to the surface. (Use this to garnish when serving.)