



BERITA ROTARY



Reach Within to Embrace Humanity

WEEKLY MEETING (2ND NOV 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.



VIP Guest and Speaker Y.B.M. Tengku Razaleigh Hamzah.



President Andy, Y.B.M. Tengku Razaleigh Hamzah and Guests.



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.

Rotary Year 2011-2012

Royal Patron

Duli Yang Maha Mulia Sultan Selangor Darul Ehsan

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2011 – 2012

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& 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: 56

RCKL Rotarian Make Ups: None

Convener: Rtn Tay Beng Chai

Sergeant-At-Arms: Rtn Jefferey Zain

National Anthem And Loyal Toast: Rtn Tay Beng Chai

Club Song : PP Attan

VISITING ROTARIANS

Dr. Ralph Klemp from RC Bali Seminguk.



Dr. Ralph Klemp from RC Bali Seminguk.

INVITED GUESTS

Norkiah Sahari guest of Dato' Dr Prakash Rao.



Norkiah Sahari guest of Dato' Dr Prakash Rao.



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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Club Members doing the Loyal Toast.



PP Attan leading the singing of our Club Song.



Sergeant At Arms Rtn Jefferey Zain.



Members and guests enjoying the delicious Buffet Lunch.



Members and guests enjoying the delicious Buffet Lunch.



AG PP Dato' Rizal Tun Sardon with his guests.

GUA MUSANG TRIP



PP Chan Kam Fatt addressing the members and giving details of the Gua Musang Trip.

PP PE Chan Kam Fatt Briefed the members on the up-coming Gua Musang Trip on 27-28 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. And best of all, a durian feast has been organized on the return trip.

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LAUGHTER

1. If time doesn't wait for you, don't worry! Just remove the damn battery from the clock and Enjoy life!
2. Expecting the world to treat u fairly coz u r a good person is like expecting the lion not to attack u coz u r a vegetarian. Think about it.
3. Beauty isn't measured by outer appearance and what clothes we wear, but what we are inside. So, try going out naked tomorrow and see the Admiration!
4. Don't walk as if you rule the world, walk as if you don't care who rules the world! That's called Attitude. Keep on rocking!
5. Every lady hopes that her daughter will marry a better man than she did and is convinced that her son will never find a wife as good as his father did!!!
6. He was a good man. He never smoked or drank and had no affair. When he died, the insurance company refused the claim. They said, he who never lived, cannot die!

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AGENDA:

- General Updates
- Announcements
- Today's Main Event
- Living & Learning Aids presentation
- Talk by Hon. Rotarian YAM Tengku Razaleigh

Announcements :

Monthly Calendar – July 2011

- 02 Nov - request by Tengku Razaleigh for Charity handover press event.
- Nov 2011 - Planned FOUNDATION month by PDG D.Jimmy Lim
- 11 Jan 2012 – RCKLDR Founding Anniversary.
- 17-18 Jan 2012 – DG visit to RCKLDR.

Events & Installations RY2011/12

UPCOMING :

- 26/27 Nov 2011 – Gua Musang trip.
- Depart on Sat, 26Nov before lunch. Arrive GM & dinner hosted by YAM Tengku Razaleigh.
- Living & Learning Aids presentation to families on 27 Nov followed by lunch with recipients.
- Depart to KL after lunch on 27 Nov with fellowship dinner in KL. Contact PP Kam Fatt, Gerald Lee & Ajmal Khan.
- 77th D3300 Conference: 9th – 11th Dec. Klana Resort, Seremban.
- Contact
 - Ananda Pillai asp1513@yahoo.com
 - Dato Dhillon 019-650-5171
 - Jerome SelvaRatnam 012-330-8071

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8. So many options for suicide: - Poison, sleeping pills, hanging, jumping from a building, lying on train tracks, but we chose Marriage, slow but sure!

9. Only 20 percent boys have brains, rest has girlfriends!

10. All desirable things in life are either illegal, banned, expensive or Married to someone else!

11. 10% of road accidents are due to drunken driving. This makes it a logical statement that 90% of accidents are due to driving without drinking!



TODAY'S MAIN EVENT

Living & Learning Aids Charity Presentation. Talk by Hon. Rotarian YAM Tengku Razaleigh.



PP David Teh introducing Hon. Rotarian YAM Tengku Razaleigh.



YAM Tengku Razaleigh together with President Andy Khoo presenting aids to the deserving children.



YAM Tengku Razaleigh together with President Andy Khoo presenting aids to the deserving children.



YAM Tengku Razaleigh Addressing the Club and delivering his talk.



Members and guests listening attentively to the Talk.



Tan Sri Rainer Althoff giving the closing remarks.



YAM Tengku Razaleigh being given the second round of applause.



YAM Tengku Razali with charming Norkiah Sahari.

RECIPE

Smoked Gouda and Cheddar Mac with Spinach

I'm a big, BIG fan of spinach. Anytime I can get away with mixing it into a dish, I do it! This particular dish had my interest because it I knew it would work for both my cheesy-noodle-lovin-kids, my not-so-crazy-about-spinach-husband and me. ;D It had the thick, creamy texture we want from a baked macaroni dish. And the iron rich spinach made it guilt-free when I went back for seconds. This recipe goes into the monthly rotation under the comfort food category for sure!

HERE'S ALL IT TAKES

- 1 bunch fresh spinach, washed and stems removed
- 2 cups dry elbow macaroni
- 2 cups shredded cheddar cheese
- 2 cups shredded smoked Gouda cheese
- 1 can (12 oz.) CARNATION Evaporated Milk
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 1/4 to 1/2 teaspoon crushed red pepper flakes (optional)

Fill a large saucepan 3/4 full of water and bring to a boil. Blanch spinach in boiling water for 3 to 4 minutes. Drain spinach in a strainer set inside a bowl. Set aside. When cool enough to touch, roughly chop the spinach.

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Highlights of Talk:

The impetus of the Independent Power Producers (IPPs) programme in Malaysia in the early 1990s was several as noted in an article by Jeff Rector entitled “The IPP investment experience in Malaysia”. Malaysia’s economic expansion created a surging need for power in terms of industrialization and continued Foreign Direct Investment (FDI) into the country. Tenaga National Berhad’s monopoly on generation was dismantled following a massive blackout in 1992 and the IPP program was aggressively pushed forward to restore an adequate safety margin of capacity and to ensure that the country could meet its anticipated future power needs. However the new capacity grossly overshoot demand growth and several months before the Asian Financial crisis struck Malaysia, peninsula Malaysia had almost 50% surplus capacity.

The five successful investors of the first wave of IPPs appeared to be those who were well connected with the Government and did not necessarily possess experience in the power sector. All five IPPs were gas fueled, sourced from domestic natural resources supplied by Petronas and financing for the IPPs was also completely domestic with EPF being a key uptaker of the bonds that were issued. It is said that the five consortiums in the first wave of investment were guaranteed returns of 20% and that their actual returns were even higher

The power purchase agreement were signed between TNB and the IPPs upon the Government’s decision to allow for independent power generation in the country are protected under the Official Secrets Act, and as such are not available for public scrutiny despite many calls for transparency. What is known is that the agreements are of a long term nature on a “take or pay” or fixed pay charges basis such that TNB incurs payment obligations regardless of weather the lower generation capacity is utilized optimally. With regard to the first generation agreements, it appears that fuel cost risk was borne entirely by TNB and the terms of the PPAs strongly flavor the IPPs. It is reported that unit cost of electricity purchased from IPPs in some cases were nearly double TMB’s own generation cost.

Over all Malaysia should take a holistic and integrated approach in planning for future supply that includes not only security of supply at affordable costs, but also issues that effect development such as income distribution and sustainability as well as issues of growing concern such as environment degradation and carbon emissions.

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Preheat oven to 350°F. Lightly grease 2 1/2 quart casserole dish.

In the same boiling water with heat set to medium, pour in dry macaroni and cook until tender to the tooth, 7 to 9 minutes. Drain well. Return to saucepan.

Toss in the chopped, blanched spinach. Add the cheddar cheese and Gouda cheese, evaporated milk, salt and pepper. Stir until combined. Pour into prepared casserole dish. Cover tightly with foil.

BAKE for 20 minutes. Uncover and bake for an additional 10 minutes or until lightly brown..

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INFORMATION

Boost testosterone naturally

Most people associate testosterone with facial hair, gigantic muscles & illegal steroids. Naturally produced testosterone plays a very important role in male/female metabolic function. Lowered testosterone is a chronic epidemic that is threatening lives all around the world. Boost your testosterone levels naturally through healthy lifestyle measures.

Testosterone is an anabolic steroid hormone that plays a critical role in metabolism, sex drive, muscle building, mood regulation, memory & cognitive function. Normal testosterone levels play a huge role in maintaining optimal weight as well as reducing risk of degenerative diseases such as osteoporosis, heart disease, diabetes, & certain cancers.

Women produce testosterone but in significantly lower amounts than men. In the man, testosterone is produced in the testes and adrenal glands.

Meanwhile, women produce it in the adrenals & ovaries. Testosterone is known to peak in the early twenties and then drop about 10% with each successive decade. Post-menopausal women lose the function of their ovaries and are at risk for low testosterone later in life. With inadequate testosterone, women are at much greater risk for developing osteoporosis/osteopenia and other chronic diseases.

Men are said to lose 1.5% of their testosterone production each year beyond 30. Men, who lose a greater proportion of their testosterone, are said to have andropause. The Alliance for Aging Research has indicated that one third of American men over the age of 39 have reported two or more symptoms of low testosterone. Symptoms of male andropause include lowered libido, decreased muscle mass, increased abdominal fat accumulation, depression and lack of drive.

The changes involved in andropause are gradual over time. They often go unnoticed for years. In a large study of 858 males over 40, men with low testosterone had an 88% increase risk of death compared with those who had normal levels.

Reducing Inflammation

The key to stabilizing testosterone levels begins with an anti-inflammatory diet. This should be loaded with phytonutrient rich fruits and vegetables. Grains and sugars stimulate higher levels of insulin and cortisol. Cortisol is the anti-thesis to testosterone. The body produces high cortisol when faced with chronic chemical, physical, & emotional stressors. Healthy blood sugar balance is critical to stabilizing cortisol and boosting testosterone.

Healthy fat sources are extremely critical for good hormone function. Fats and cholesterol play a critical role in forming the structure and rigidity of our cell membranes. These fats impact cell messaging by acting as enzyme and hormone regulators. The nutrition plan should consist of ample amounts of good fats such as avocado, coconut, & olive oil. Saturated fats, cholesterol, conjugated linoleic acids and essential omega 3 fatty acid from healthy grass-fed animal products are excellent.

Xenoestrogens, artificial hormone mimicking substances, are linked to lower testosterone levels. These xenoestrogens are found in tap water, plastics, home cleaning agents, deodorants, soaps, make-up & body lotions. Many medications also contain heavy amounts of synthetic xenoestrogens as well. Avoiding these sources along with ensuring a diet rich in raw and lightly cooked fruits and vegetables will provide fiber and phytonutrients that help the body eliminate these toxic substances.

High Intensity Exercise

High intensity exercise is crucial to boosting testosterone. Exercises should be explosive in nature and maximize the resistive overload on the muscles. Large muscle group compound lifts such as squats, deadlifts & burpees are some of the best testosterone boosting exercises. The training session should be short (5-30 mins) and have very little rest periods between sets.

Using high quality non-denatured sources of whey protein post-exercise boosts testosterone. This is due to the high concentration of branched-chain amino acids such as leucine that are rich in whey protein. These BCAA's stimulate muscle protein synthesis, which boosts testosterone production.