



BERITA ROTARY



Reach Within to Embrace Humanity

WEEKLY MEETING (16TH NOV 2011) CHAIRED 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 addressing the Cub members.



Prof. Ir. Dr. Noridah Ibrahim guest of Rtn Gerald Lee.



VIP Guest and Speaker DG Dr. Raveendra Kumar.



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



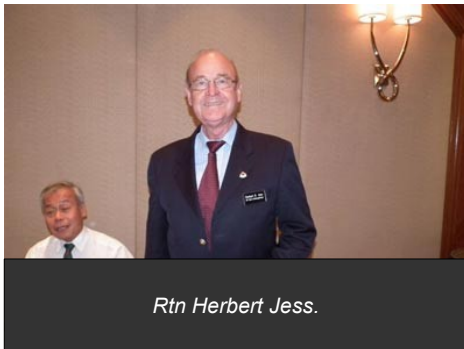
Reach Within to Embrace Humanity

## ATTENDANCE / ON DUTY

- RCKL Rotarians: 45
- RCKL Rotarian Make Ups: None
- Convener: Rtn Tay Beng Chai
- Sergeant-At-Arms: Rtn Tay Beng Chai
- National Anthem And Loyal Toast: Rtn Tay Beng Chai

## VISITING ROTARIANS

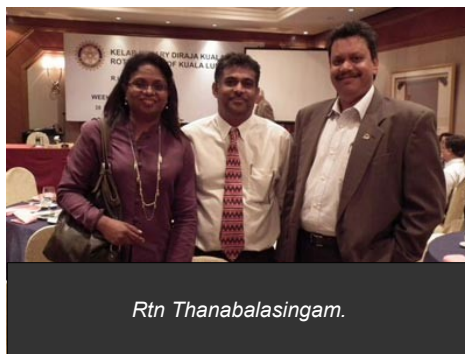
Rtn Herbert Jess.  
 Dr. Ralph Klemp from RC Bali Seminguk.  
 Rtn Thanabalasingam.



Rtn Herbert Jess.



Dr. Ralph Klemp from RC Bali Seminguk.



Rtn Thanabalasingam.

## INVITED GUESTS

Prof. Ir. Dr. Noridah Ibrahim guest of Rtn Gerald Lee.  
 PDG Dr. Rajindar Singh guest of PDG Dato' Jimmy Lim.  
 Dr. Ume Palanisamy guest of Rtn Ajmal Khan.



Prof. Ir. Dr. Noridah Ibrahim  
guest of Rtn Gerald Lee.



PDG Dr. Rajindar Singh  
guest of PDG Dato' Jimmy Lim.



Dr. Ume Palanisamy  
guest of Rtn Ajmal Khan.



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Club Members doing the Loyal Toast.



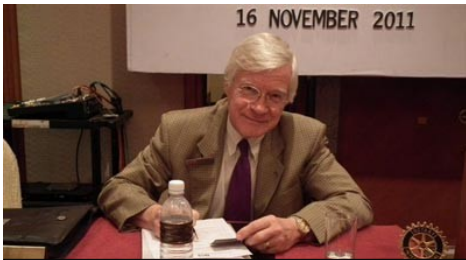
Rtn Convener Tay Beng Chai, also Sergeant At Arms acknowledging Guests and visiting Rotarians.



Members and guests enjoying the delicious Buffet Lunch.



Members and guests enjoying the delicious Buffet Lunch.



Rtn Horst Wippen hard at work organizing the Bangkok RI Convention Trip.



Rtn Herbert Jess with PP Attan and Rtn Dato' Dr. Prakash.



PDG Jimmy Lim with PDG Dr. Rajindar Singh.



The Council in serious deliberation after a good buffet lunch and weekly meeting.



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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Rtn Ajmal Khan with Dr. Ume Palanisamy and Thanabalasingam.



Dr. Ume Palanisamy Presenting a printing to President Andy Khoo while Rtn Ajmal Khan looks on.

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.

RI CONVENTION 2012 – BANGKOK



Rtn Horst stressed to the members the need to complete the paper work for the 2012 RI Convention.

Rtn Horst reminding members to register their attendance and complete the form he provided on line. He stressed the importance of completing and submitting it on time to assure of a place at the convention. Members who are uncertain of what exactly to do should go to the web-site for information and details. He stressed that this is an excellent opportunity to attend and witness an RI Convention as it is in Bangkok, a two hour flight away. (Continued on page 6)

INFORMATION

Heal with the miraculous powers of garlic.

When you're sick with the flu, an infection, or simply unwell, doctors will usually prescribe antibiotics. We all know however, how dangerous antibiotics can be. But what if you could find that very cure for these things in nature, where you wouldn't have to suffer the dismal side effects of nausea, wrenching stomach pains, potential hallucinations, and a gruesome attack on the friendly flora that lives in your intestines? What if you didn't have to feel like a run-down old tractor, or like you've suddenly run out of batteries?

Yes, it stinks a bit - no wonder vampires hate it! But the abundance of health benefits contained in a single clove of garlic should be enough to make you embrace it - for there is a whole list of those benefits. In Russia, garlic is even called the 'Russian Penicillin', where it's healing properties make it the most potent antibiotic nature can offer.

Phytochemicals: while garlic does not have a huge stash of vitamins and minerals, it does contain a particular phytochemical called 'allicin' (produced when garlic is chopped, minced, or chewed), which protects your body from a variety of ailments including bacterial infection and also excessive cholesterol.

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**AGENDA:**

- General Updates.
- Announcements.
- Today's Main Event.
- Talk by PDG Dr. Rajindar Singh.

**Announcements:**

Monthly Calendar

- 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, 26 Nov 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

**SPEAKER FOR TODAY**

**PDG Dr. Rajinder Singh**

**Governor Rotary District 3300 in 2008/2009**

PDG Dr. Rajindar Singh joined Rotary Club Telok Intan in 1990 and became president in 1992/93 and became PDG Rotary District 3300 in 2008/09. He is now the District Trainer.

He is married to Dr. Surender Kaur and have four children, two of them are Doctors and the other two Accountants. Dr. Surender Kaur was the President of RC Telok Intan in 2010/11.



PDD Dr. Rajindar Singh giving his talk.

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Antimicrobial and antifungal agents: In two recent studies, it has been discovered that allicin found in garlic is effective against two very difficult strains of bacteria... Enterococci and Staphylococcus.

Baby weight: A team of London researchers found that garlic can help to boost baby weight during pregnancy, and to decrease risks of preeclampsia complications at birth.

Reduced cancer risks: In the Iowa Women's Health Study, women who added garlic to their diets had a 32% less chance of developing colon cancer. Another study at the National Cancer Institute in the US suggested that garlic can both slow the growth of cancer cells as well as cause abnormal cells to self destruct, making it an optional anti-cancer agent.

Heart health and cholesterol: Garlic acts as a mop when it comes to elevated LDL cholesterol, and it reduces platelet adhesion (blood stickiness). In a sixteen-week study that involved giving garlic to 261 patients, cholesterol levels were reduced by 12% and triglyceride levels were reduced by 17%.

For thousands of years, garlic has been used in many unusual ways and for a multitude of ailments - colds, ear infections, sore throats, warts, yeast infections, sinusitis, asthma, congestion, and even impotence. After thousands of years however, in our labs today the world of science is discovering that these old ways were in fact not so far off, and that there is yet still much to be discovered about the healing properties of nature's own antibiotic.



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PDG Dato' Jimmy Lim introducing PDG Dr. Rajindar Singh.



Rtn Louis Cheah giving his point of view and put forward a question.



PDG Dato' Jimmy Lim complementing the Speaker in answering.



PP Stuart Pack giving his view on a topic just discussed.



PDG Dato' Beh giving the closing remarks.



PDG Dato' Beh presenting the Speaker PDG Dr. Rajindar Singh our Club's token of appreciation.

**Highlights of Talk:**

**Humanitarian Grants**

- Matching Grants
- District Simplified Grants

Support Rotary clubs and districts in carrying out humanitarian projects around the world.

These projects are done within a partnership between a club or district in the project country and a club or district outside of the project country.

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**LAUGHTER**

**There is a monkey in the bar**

A man walks into a bar and orders a beer. He takes his first sip and sets it down. While he is looking around the bar, a monkey swings down and steals the pint of beer from him before he is able to stop the monkey.

The man asks the barman who owns the monkey. The barman replies the piano player. The man walks over to the piano player and says "Do you know your monkey stole my beer." The pianist replies "No, but if you hum it, I'll play it."

**A blind man visits the state of Texas**

There once was a blind man who decided to visit Texas. When he arrived on the plane, he felt the seats and said, "Wow, these seats are big!" The person next to him answered, "Everything is big in Texas."

When he finally arrived in Texas, he decided to visit a bar. Upon arriving in the bar, he ordered a beer and got a mug placed between his hands. He exclaimed, "Wow these mugs are big!" The bartender replied, "Everything is big in Texas."

After a couple of beers, the blind man asked the bartender where the bathroom was located. The bartender replied, "Second door to the right." The blind man headed for the bathroom, but accidentally tripped over and skipped the second door. Instead, he entered the third door, which lead to the swimming pool and fell into the pool by accident.

Scared to death, the blind man started shouting, "Don't flush, don't flush!"



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**Matching Grant Funding**

- Minimum grant award: US\$5,000
- Maximum grant award: \$200,000
- Match funded through World Fund
- \$1 match for every \$1 of DDF
- \$0.50 matching for every \$1 cash contribution

**Matching Grants**

Foundation award US\$5,000 to \$25,000

**Competitive Matching Grants**

Foundation award \$25,001 to \$200,000

Application deadline	Trustees decision
1 August	October/November Trustees meeting
15 December	March/April Trustees meeting

- Rotary clubs and districts from two countries may apply.
- The clubs or districts must be in good standing with Rotary International.
- This includes payment of dues and being current on reporting for previous grants.

**Matching Grant Guidelines**

- Active Rotarian participation
- Address humanitarian need
- Promote The Rotary Foundation
- Adhere to terms and conditions
- Establish committee of three to oversee project
- Plan project jointly
- Communicate with cosponsors for life of project

**Changes to Terms & Conditions**

- “A significant portion of the contributions must come from outside the project country.
- The intent is that at least 50% of club and district contributions come from the international partner(s).”

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**RECIPE**

**Clone of a Cinnabon**

**Ingredients**

- 1 cup warm milk (110 degrees F/45 degrees C)
- 2 eggs, room temperature
- 1/3 cup margarine, melted
- 4 1/2 cups bread flour
- 1 teaspoon salt
- 1/2 cup white sugar
- 2 1/2 teaspoons bread machine yeast
- 1 cup brown sugar, packed
- 2 1/2 tablespoons ground cinnamon
- 1/3 cup butter, softened
- 1 (3 ounce) package cream cheese, softened
- 1/4 cup butter, softened
- 1 1/2 cups confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt

**Directions**

1. Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select dough cycle; press Start.
2. After the dough has doubled in size turn it out onto a lightly floured surface, cover and let rest for 10 minutes. In a small bowl, combine brown sugar and cinnamon.
3. Roll dough into a 16x21 inch rectangle. Spread dough with 1/3 cup butter and sprinkle evenly with sugar/cinnamon mixture. Roll up dough and cut into 12 rolls. Place rolls in a lightly greased 9x13 inch baking pan. Cover and let rise until nearly doubled, about 30 minutes. Meanwhile, preheat oven to 400 degrees F (200 degrees C).
4. Bake rolls in preheated oven until golden brown, about 15 minutes. While rolls are baking, beat together cream cheese, 1/4 cup butter, confectioners' sugar, vanilla extract and salt. Spread frosting on warm rolls before serving.



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ELIGIBLE	INELIGIBLE
Revolving loans / Microcredit	Establishment of a foundation, permanent trust, or long term interest bearing account
Construction of infrastructure such as service roads, wells, reservoirs, dams, bridges, latrines, toilet blocks, water supplies	Construction or renovation of any structure in which individuals live, work or engage in any gainful activity
Purchase of equipment or appliances	Provision of plumbing or electrification inside buildings
Short term and or contracted labour for project implementation	Salaries for individuals working for other organizations
Administrative expense for project activities	Operating or administrative expenses of other organizations
Primary and secondary education, tuition, transportation	Post secondary education activities, research or personal or professional development

ELIGIBLE (2)	INELIGIBLE
Domestic travel for beneficiaries and professional staff to implement the project	Domestic travel expenses for opening ceremonies or to report on a project
International travel for qualified Rotarians to implement a project	International travel for Non Rotarians or Rotarians that do not have a professional qualification needed to implement the project
Detailed, itemized expenses	Contingencies, miscellaneous expenses
Assistance to land mine victims	Land mine removal
Publicity expenses – newspaper fees, printing of posters, fliers to inform the community of a service	Rotary Signage
Vaccines and immunizations	Transportation of vaccines
New Rotary sponsored projects not already in progress or completed	Projects already undertaken and in progress; or already completed

ELIGIBLE (3)	INELIGIBLE
Maternal and prenatal health and education	Purchase and distribution of birth control devices and ultrasound equipment for use in sex determination
Budgeted and itemized humanitarian goods	Unspecified or cash donations to beneficiaries or cooperating organizations
Secular, non religious activities that benefit a community in need	Projects that support purely religious functions at churches and other places of worship

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## BERITA ROTARY

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### **Matching Grant Reporting**

- Progress reports every 12 months
- Final report due within 2 months of completion
- Highlight successes and use of funds

### **District Simplified Grant Funding**

- Maximum 20% of district's DDF
- Amount of DDF available to clubs for District Simplified Grants this year is USD 18, 851.00 (MYR 56,553.00)
- Purchase services or goods that
  - Support humanitarian and service activities
  - Benefit a community in need
- Active Rotarian involvement
- Respect wishes of receiving community
- Adhere to terms and conditions

### **For each project, clubs submit a one-page report to the district including:**

- Detailed description
- Description of Rotarian involvement
- List of expenditures
- Rotarian signature from sponsoring club

### **Stewardship**

The trustees rely on the integrity of the clubs and Rotarians engaged in project implementation to ensure that funds are used effectively for the purpose for which they were given.

- Treating TRF funds as a sacred trust
- Competent and thorough supervision of the project
- Standard business practice
- Reporting irregularity to TRF
- Implementing projects as approved
- Financial review of projects
- Timely and complete reporting

### **Areas of Focus**

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development

### **Application Process**

1. Club qualifies
2. Club submits club-developed global grant proposal online
3. TRF reviews proposal for initial approval
4. Club submits global grant application
5. District approves online
6. TRF reviews for final approval