



BERITA ROTARY



Reach Within to Embrace Humanity

WEEKLY MEETING (30TH NOV 2011) CHAired BY PRESIDENT ANDY

PP Francis Chan chaired the weekly meeting with the usual formalities till President Andy Khoo arrived. He was assisted by Convener Rtn Tay Beng Chai.



PP Francis Chan addressing the members.



President Andy addressing the members.



Rtn Tay Beng Chai opening the meeting at 1pm.



Rtn Tay Beng Chai leading the singing of the National Anthem.



Members singing the National Anthem.



Members doing the Loyal Toast.

Rotary Year 2011-2012

Royal Patron

Duli Yang Maha Mulia
Sultan Selangor Darul Ehsan

Board of Directors

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:** 58
- 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

PP Prevat form RC West Bengal.



PP Prevat form RC West Bengal

INVITED GUESTS

- Henry Victor guest of Dr John Thama.
- Sir Steven Goh guest of PDG Mustapha Ma.
- Dayamand Rao guest of Dato' Prakash Rao.



Henry Victor guest of Dr John Thama.



Sir Steven Goh guest of PDG Mustapha Ma.

GUESTS OF THE CLUB

O&M Consultants – Sharon, Alice, Carman, Tee



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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Members and guests enjoying the delicious Buffet Lunch.



Members and guests enjoying the delicious Buffet Lunch.



Dr. Goh briefing the members on Medical Out Reach



PP Francis Chan exchanging banners with PP Pravat of RC West Bengal.

AGM – FOUNDATION

President Andy Khoo informed the members that as there was insufficient Quorum, the AGM was postponed to next week’s meeting – 7th Dec 2011.

SPEAKER FOR TODAY

PP Bindi Rajasegaran
Rotary Club of Banda Sunway

PP Bindi joined Rotary in 1997 and was President of RC Greentown Ipoh in 2003.

She was D3300 Chairperson for Polio Sub-committee and WCS.

She is currently D3300 Scholarship Chairperson.



PP Bindi with AG Dato' Rizal.

INFORMATION

Start your day with water and lemon :

Clean water and fresh squeezed lemon is one of the most well tested energy boosters around. Most people in America rely on caffeinated beverages like coffee to get aroused in the morning. These adrenal stimulants produce dirty energy in the form of blood sugar swings and oxidative stress. Water with lemon produces clean energy by hydrating and oxygenating the body to extraordinary energy and mental clarity.

After sleeping through the night the bodily tissues are dehydrated and need clean, pure water to filter out toxins and improve energy production in the cells. Most individuals turn to stimulants like coffee in the morning to give them a jump start. Unfortunately, coffee is a diuretic that depletes your body of water reserves and essential minerals and electrolytes like sodium, potassium, calcium & magnesium.

People feel energized by coffee due to the effects of caffeine on the adrenal glands. Coffee stimulates these organs to pump out instant energy hormones epinephrine and norepinephrine. These hormones stimulate the body to breakdown stored sugar and release it into the bloodstream. This process causes abnormal blood sugar that increases oxidative stress, free radical formation and overall tissue damage.

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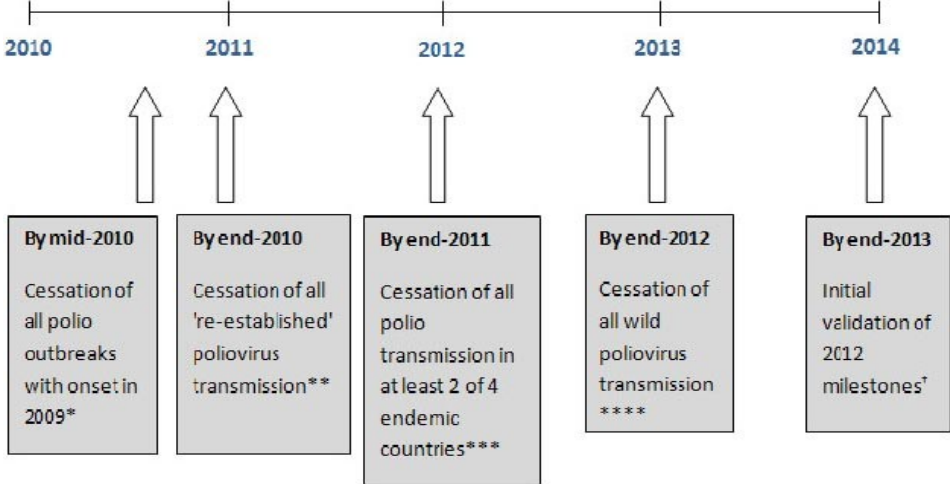


Dato' Jimmy Lim introducing the Speaker PP Bindi.



PP Bindi delivering her talk.

Highlights of the Talk :



Polio-endemic countries have never stopped transmission of wild poliovirus.

- Afghanistan
- India
- Nigeria
- Pakistan

Countries with re-established transmission

Countries with re-established transmission have active and persistent poliovirus transmission of more than 12 months following an importation.

- Angola
- Chad
- Democratic Republic of the Congo

Countries with imported poliovirus

Countries with imported poliovirus are experiencing ongoing outbreaks following an importation.

- China Congo
- Côte d'Ivoire
- Gabon
- Guinea

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This is called dirty energy because it produces a rampant amount of damage to the body in order to activate energy formation. Clean energy produces cellular energy without an excessive load of oxidative stress.

Food as Bioelectrical Energy

The food and beverages we eat provide electrically charged molecules that initiate energy production in our body. An ion is part of a molecule that carries an electrical charge. Positively charged ions are called "cations," while negatively charged ions are called "anions."

Most of the food we put into our bodies comes in a cationic form, while our natural digestive processes (hydrochloric acid, digestive enzymes, saliva) are anionic. Lemon is one of the only anionic foods on the planet. This means that it carries a very strong negative charge and is extremely electrically active.

Fresh lemon helps oxygenate the body and maximizes enzyme function. Lemon is known to stimulate the liver's natural enzymes. This assists the liver in the process of dumping toxins like uric acid and of liquefying congested bile ducts.

Citric Acid Cleanses the System

Citric acid can also play a very important role in chelating out abnormal calcium stones.

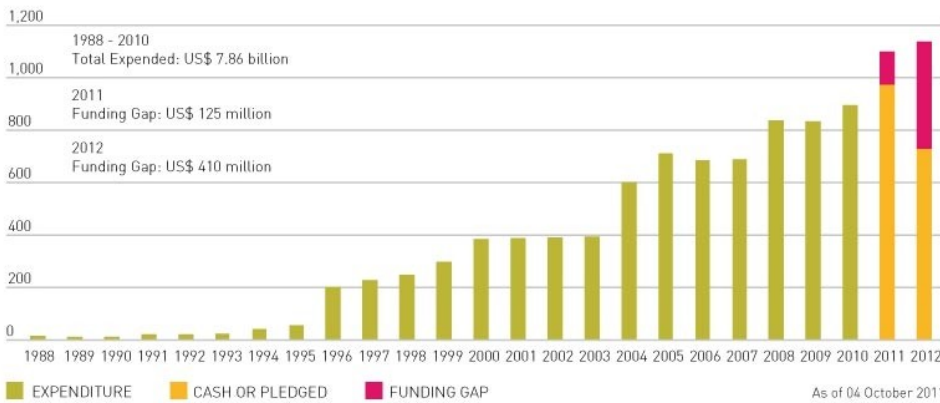
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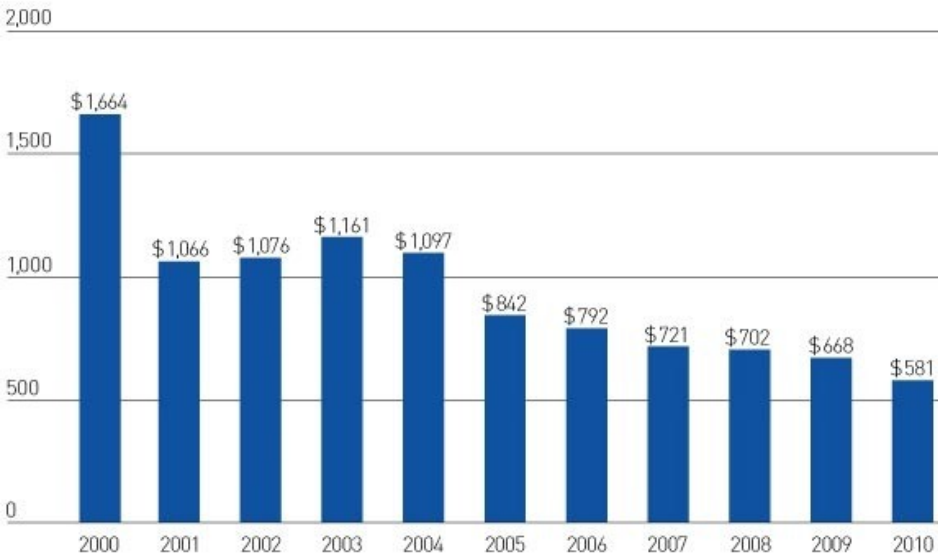
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HAS BEEN EXTREMELY SUCESSFUL IN ITS EFFORTS TO ERADICATE POLIO

Annual expenditure 1988-2010, Contributions and Funding Gap 2011-2012
[all figures in US\$ millions]



Average Cost Per AFP Case Reported (AFR, EMR, SEAR)
[all figures in US \$]*



* Adjusted for inflation (2010 US\$).
As of 1 January 2011.

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It has a unique ability to form soluble complexes with calcium that many have used to eliminate pancreatic stones and kidney stones. This mechanism can also help prevent calcium deposits from building up in the arteries that promote cardiovascular disease.

Clean water with lemon provides the body with hydration, anti-oxidants and electrolytes. Lemon is a rich source of the immune boosting vitamin C. It also has good quantities of electrolytes such as potassium, calcium and magnesium. Lemon is a tremendous source of citrus bioflavonoid anti-oxidant phytonutrients that have been given the label Vitamin P.

Vitamin P consists of the flavonoid glycosides hesperetin and naringenin among others. Studies have shown that vitamin P enhances the anti-oxidant capability of vitamin C. These bioflavonoids also improve capillary permeability and overall blood flow. This is especially important for oxygenating tissues and maintaining normal blood pressure. These anti-oxidants have also been shown to reduce swelling, venous backup and edema.

Upon rising take 1 full lemon and squeeze it into 16-32 oz of fresh clean water and drink. Be sure to eat out the membranous parts of the lemon where the majority of the pectin fiber and citrus bioflavonoids are located. Stevia can be added to form sugar-free lemonade. Apple cider vinegar and various herbs can be used to boost enzymatic and anti-oxidant potential.



RECIPE

Crock Pot Chicken

CROCK POT CHICKEN CASSEROLE

Ingredients:

- 4 large chicken breasts
- 1 small can cream of chicken soup
- 1 small can cream of celery soup
- 1 small can cream of mushroom soup
- 1/2 cup diced celery
- 1 cup Minute Rice

Directions:

1. Mix in crock pot the soups and rice. Place chicken on top of mixture, then sprinkle diced celery over chicken.
2. Cook on low for 4 hours.

CROCK POT STUFFED CHICKEN BREAST

Ingredients:

3-4 boneless whole chicken breasts

Stuffing of your choice

Directions:

1. Prepare dressing. If using package mix, 1/2 of package should be enough. (May use applesauce instead of water in dressing.)
2. Roll dressing up in breast and close with toothpick.
3. Brown in butter or margarine in hot pan. When brown, cover with paprika and place in crock pot.
4. Cover chicken with 2 cans cream of celery soup. Turn on high for 5 or more hours.

LAUGHTER

A man escapes from prison where he has been for 15 years. He breaks into a house to look for money and guns and finds a young couple in bed.

He orders the guy out of bed and ties him to a chair, while tying the girl to the bed he gets on top of her, kisses her neck, then gets up and goes into the bathroom.

While he's in there, the husband tells his wife: "Listen, this guy's an escaped convict, look at his clothes! He probably spent lots of time in jail and hasn't seen a woman in years. I saw how he kissed your neck." If he wants s*x, don't resist, don't complain, do whatever he tells you. Satisfy him no matter how much he nauseates you. This guy is probably very dangerous. If he gets angry, he'll k*ll us. Be strong, honey. I love you."

To which his wife responds: "He wasn't kissing my neck. He was whispering in my ear. He told me he was gay, thought you were cute, and asked me if we had any vaseline. I told him it was in the bathroom. Be strong honey. I love you too!!"