



# ADVENTURES OF LUMUT COURTESY OF RYLA & ROTARY



*(By Lucy Sullivan, RCKL-sponsored attendee from RC Crows Nest, Sydney)*

93 Malaysians, 4 Rotary Exchange Students, 8 instructors and 1 random Aussie voluntarily removed from the comfort of her city apartment in Sydney and placed into the Malaysian jungle. Was she crazy?

Perhaps ...

- Her previous knowledge of Malaysia:
- It's hot and humid
- There are plenty of mosquitoes and spiders
- The national animal is the tiger

So...the odds of survival aren't great. How did she feel?  
Petrified

Did she survive? Oh yes.

**Did she love every minute of it? "OH YES!"**

To be taken away from one's morning vegemite toast and weak soy decaf lattes was one thing, but to be placed in the Malaysian jungle with a ground sheet and a broken torch was another.

It was an episode of 'Survivor', without the camera and thankfully without the evictions.

It was about doing it tough, living once in a lifetime experiences, learning leadership skills to further my career, meeting new lifelong friends and generally embracing a new culture and a different adventurous lifestyle.

Outward Bound Malaysia was dancing to traditional tunes as the sun began to rise. It was trekking up mountains as the sun began to set. It was building rafts and rock climbing. It was real adventure.

I would like to thank the Rotary Club of Kuala Lumpur DiRaja for giving me the opportunity to participate in this adventure and the Rotary Club of Crows Nest for my air travel to K L.

And I am proud to say.....I SURVIVED.

## Rotary Youth Leadership Awards, 22nd – 26th September 2005 (Report by Rtn Justin Teoh, New Generations Service Director)

The Rotary Youth Leadership Awards ("RYLA") for District 3300 was held at Outward Bound Malaysia (Lumut, Perak) from 22nd to 26th September 2005. The Guest of Honour for the Opening Ceremony was YB Dato' Dr Zambry Abd Kadir, Ahli Majlis Mesyuarat Kerajaan Negeri Perak. Also in attendance were District Governor Dr Ken Khoo Boo Kean and First Lady Swan Sim.

A total of 100 participants from 50 different sponsoring Rotary Clubs throughout the District attended RYLA this year. The programme included physical activities such as night walks, jungle trekking, kayaking and rafting, as well as talks on team dynamics and self improvement and role playing.

*Continued on page 3.....*



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**Notices**

**Notice of Election of the Nominating Committee for the Office Bearers for the RY 2006/07**

- At the Club's usual luncheon meeting on 7th December 2005, Hotel Shangri-la.
- Email from Hon.Sec. Rtn Freddy Chan on 16th Nov 2005 follows:

*Dear fellow Rotarians,*

*The Board has decided that a Nominating Committee be formed to appoint the Office Bearers for the RY 2006/7 and to let the members to elect the members to the said Nominating Committee during the Club's regular luncheon meeting on 7.12.05.*

*Please therefore attend the aforesaid luncheon meeting and participate in choosing the members of the Nominating Committee who will be empowered to appoint the Office Bearers for the RY 2006/7.*

*The current President and the President Elect will automatically be in the Nominating Committee and the Board has decided that there will be another 3 more to be elected to the said Committee on 7.12.05.*

*Regards,  
Freddy Chan*

**Golf Friendly & Fellowship with RC Raffles City, Singapore**

- Previously on 3rd & 4th December 2005, but is now off till further notice.
- Bad news – this event is postponed indefinitely according to Rtn Steve Lau, Fellowship Director. He will advise if and when it is back on his calendar.

**Lunch Time Speakers**

- This was the last update received from Rtn Reiner Allgeier's via email about what's in store for the month of November ...

- 23.11.2005 – PP Dato' Mohd Hanif Sher Mohamed Topic: "Corporate Failures"
- 30.11.2005 – Mr. Zink / Restaurator in the Islamic Museum, Topic still to be announced.

**Avenues – of – Service Meetings Schedule**

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	2nd Tuesday	6.30pm, Chili's PJH
Club Service	Choy Hon Nam	2nd Wednesday	2pm
Fellowship Service	Steve Lau	2nd Wednesday	2pm
Community Service	Francis Chan	3rd Wednesday	2pm
New Generations Service	Justin Teoh	Last Wednesday	2pm

## Weekly Proceedings On 16.11.2005

**Meeting Convenor:** PP Stuart Pack  
**National Anthem & Royal Toast:** Rtn Jalil  
**Welcoming Guests:** Rtn Justin Teoh  
**Speaker Introduction by:** PP Kulasegaran  
**Speaker:** H.E. Dr. Peter Schweizer - Ambassador of Switzerland  
**Speaker Thanks by:** PDG Dato' Mustapha Ma

### Visiting Rotarians:

- PP Dato' Abdul Rahman Ramli from the Rotary Club of Petaling Jaya

### Visiting Guests:

- H.E. Dr. Peter Schweizer – Ambassador of Switzerland
- Ms. Annina Schmid – from the Embassy of Switzerland
- President Margaret Yee, Inner Wheel Club of Kuala Lumpur
- IPP Juanita Lee, Inner Wheel Club of Kuala Lumpur
- PP Jessie Wang, Inner Wheel Club of Kuala Lumpur
- PP Datin Regina Low, Inner Wheel Club of Kuala Lumpur



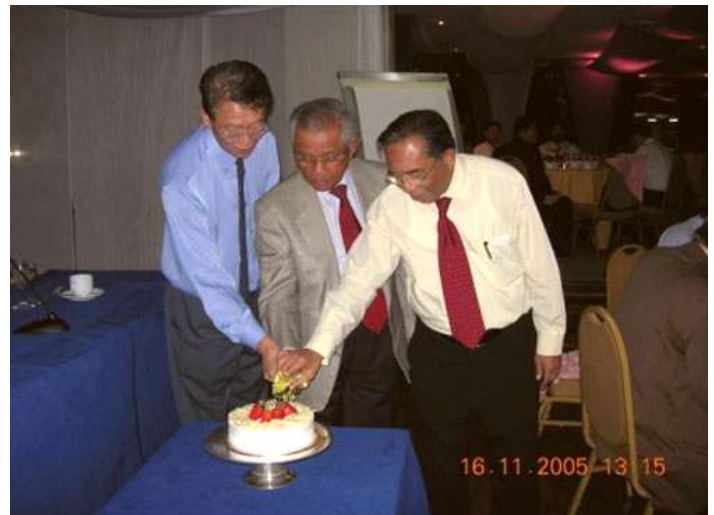
Inner Wheel ladies in force at our last meeting

- Linda Lim, Inner Wheel Club of Kuala Lumpur
- Elena Chan, Inner Wheel Club of Kuala Lumpur
- Francena Lau, Inner Wheel Club of Kuala Lumpur
- Mr. Heribert Keppler, guest of Rtn Reiner Allgeier
- Ms. Sandy Wong, guest of Rtn Wong Cham Mew
- Mr. Martin Kirkness, guest of Rtn Wong Cham Mew
- Mr. Jamie Dreikon, guest of Rtn Wong Cham Mew

## Birthday Boys

President Low had another fruitful day calling up members to enjoy their Birthday Song. He initially called upon PP Dato' Ham, VP Dato' Abdul Razak and Dato' Abdul Aziz. Later he got his 2nd wind and decided to call upon 2 others – PP Vincent Wong and LT Leong, both of whom were mostly missing in action for the earlier few months of meetings preceding this. Anyway these latter 2 gentlemen declined to be serenaded to by the members but we are very glad anyway they were back for the meeting.

**Right:** 3 Dato's and a shared cake for their birthday salutations.



### from page 1.....

Our Club sponsored a total of 8 participants this year (the largest contingent of all the Rotary Clubs!); including one from our sister club – the Rotary Club of Crow's Nest in Sydney.

Several of our Rotarians attended the Opening Ceremony, namely PP Dato Ham Ah Nee, Rtn Tan Boon Leong and Rtn Justin Teoh.



Young & younger folks at Sep'05 RYLA in Lumut



Rotarian leaders gracing the occasion at RYLA'05

## Holiday Message from R.I. PRESIDENT (Contributed by PDG Dato' Mustapha Ma)

8 November 2005

Dear Rotary Leaders,

There is a tradition of RI Presidents sending holiday cards to Rotary's leadership team each year. Monica and I have thought about the holiday message we would like to send and have decided to forego the printing and mailing of traditional cards in favor of a contribution to The Rotary Foundation to be used for humanitarian projects.

We are confident that each of you will understand and

appreciate this approach to saying thank you to all of you for your friendship and support. In helping others through The Rotary Foundation programs we are honoring all that you have done and continue to do for Rotary around the world.

Please accept our very best wishes of a Joyous Holiday Season and a very Happy New Year.

Best regards,

Carl-Wilhelm Stenhammar

2005-06 President, Rotary International

## A BIOLOGICAL INTRO TO THE PHENOMENON OF VIOLENCE IN MAN H.E. Dr. Peter Schweizer – Ambassador of Switzerland (Guest speaker for previous weekly meeting)

Dr. Schweizer came to speak to us that day, not as the Ambassador of Switzerland, but as an intellectual who had done much research and thinking on the subject of "Violence in Man". He argued passionately that we need to understand the "human condition" as being conditioned by our "consciousness". He proposed we rename mankind from "Homo Sapiens" (the Wise Man) to "Homo Inquies" (the Restless Man).

Dr. Schweizer distinguished the differences between "instinctive" behaviors and "reflected or intelligent" behaviors. He defined instinct as automatic reflexes that cause an animal (including Man) to act regardless of its own will.



Dr. Schweizer made very compelling arguments on Man

The net argument appears to be that Man's intellectual justifications (in Man the thinker) have over-ridden his basic instinct of morality which is the safeguard against unnatural violence (in Man the animal). Hence it seems that society compensates for this loss of moral instinct by trying to establish and inculcate in all its members a sense of human values based on religion or cultural norms. Wow, seems a little education can be a dangerous thing...? Anyway this

editor is most impressed by the weight of Dr. Schweizer's intellectual discourse but also heavily weighed down by the complexity of contemplation needed to comprehend the thesis-at-large. Luckily PDG Dato' Mus cleared the air of heaviness when he insisted on his trademark "Laugh Therapy" before he thanked the speaker. That brought the meeting room back down to Earth with loud guffaws.



Extemporizing on a most profound and complex theory of violence



PDG Dato' Mus presenting the appreciation letter

## FROM THE DESKTOP OF A ROTARIAN GEMS FROM THE WEB

Last weekend, I was privileged to attend this year's Interact Coordinating Council meeting for RC KL DiRaja's sponsored Interact and Youthact Clubs. It was organized by Rtn Justin Teoh, New Generations Director on Saturday, 19th November 2005.

What a breath of fresh air! About 30 young people from our Club's sponsored schools' Interact and Youthact Clubs came to talk about their activities and contributions to society at large. Okay, they were generally uncomfortable at public speaking but their hesitancy in addressing the microphone was more than compensated for by the obvious passion when they spoke about projects they had done for their communities.

It reminded me of another era gone by when I was fighting raging pimples and raging hormones to determine priorities in life. Yet, it was also a time of relative innocence and determination – when nothing seemed impossible, no goal seemed too far to attain and no ideal seemed too impractical to cling on to.

I left the meeting wondering where that idealistic and passionate young person had disappeared to and when my current skeptical, weather-beaten, tired self had emerged bedraggled from the battles along life's journey to date. Yet, I wondered if there are folks out there in this world who have managed to retain their sense of optimism and commitment to helping others, much like our young Interactors and Youthactors of today.

I came across 2 shining unflickering beacons of charitable torch-bearers – one is from our own Rotary Family, courtesy of PDG Dato' Mus. He sent me PRIP Frank Devlyn's open letter on Rotary's Foundation Month entitled "Humanity in Motion". Another is world-famous sportsman and 7 times Tour de France champion cyclist – Lance Armstrong. He has conquered his own life-threatening cancer and gone on to found & then champion his own charity for cancer research.

Both these amazing gentlemen have rekindled my own flickering flame of passion for human charity, and with these examples, I myself recommit future efforts to Rotary and urge

all our members to do the same. Please read on and be inspired to be even better Rotarians...

### **LANCE ARMSTRONG – CANCER SURVIVOR & TIRELESS CAMPAIGNER**

(From the WEBSITE <http://www.tourofhope.org/lance>)

Although he may have battled his way to seven consecutive Tour de France victories, Lance Armstrong's greatest struggle was not fought in France.

By age 25, Lance had become one of the world's best cyclists, but in 1996, he hit a hurdle that nearly ended his career. Lance began to experience some pain and swelling in his groin, but as a young, seemingly healthy athlete, he ignored the warning signs and attributed the pain to his six- to eight-hour days of cycling training. He did not seek medical advice until more than five months later when he began to cough up blood and suffer from severe headaches.

As a stubborn athlete in the midst of his best professional year ever, Lance did not want to hear there was a problem for fear of a career setback. When he finally did get the news, it seemed impossible to believe: advanced testicular cancer that had spread and produced a dozen golf ball-sized tumors in his lungs and lesions on his brain.

During his treatment, and before he even knew his own fate, Lance decided he wanted to help other individuals who face cancer every day. With the help of friends, he established the Lance Armstrong Foundation to support cancer survivors and promote cancer research and awareness. Through his foundation and with the help of Bristol-Myers Squibb, he initiated the Cycle of Hope campaign. The campaign provides hope to all people dealing with a cancer diagnosis by supporting early detection; encouraging a team approach to treatment, and empowering individuals to learn as much about their disease and treatment options. (Let's hear what Lance has to say in his own words):

...I've often said **cancer was the best thing that ever happened to me**. But everybody wants to know what I mean by that: how could a life-threatening disease be a good thing? I say it because my illness was also my antidote: it cured me of laziness.

Before I was diagnosed, I was a slacker. I was getting paid a lot of money for a job I didn't do 100-percent, and that was more than just a shame—it was wrong. When I got sick, I told myself: if I get another chance, I'll do this right—and I'll work for something more than just myself.

I have a friend, a fellow cancer survivor named Sally Reed, who sums up the experience better than anyone I know. "My house is burned down," she says, "but I can see the sky." Sally was diagnosed with rampant breast cancer in the spring of 1999. The disease had reached Stage Three and spread to her lymphatic system. She was facing both radiation and chemotherapy. Right away, all of her smaller fears disappeared, replaced by this new one. She had been so afraid of flying that she hadn't flown in more than 15 years. But after she got the diagnosis, she called an airline and booked a flight to Niagara Falls. She went there by herself and stood overlooking the roaring falls.

"I wanted to see something bigger than me," she says.

Mortal illness, like most personal catastrophes, comes on suddenly. There's no great sense of foreboding, no premonition, you just wake up one morning and something's wrong in your lungs, or your liver, or your bones. But near-death cleared the decks, and what came after was a bright, sparkling awareness: time is limited, so I better wake up every morning fresh and know that I have just one chance to live this particular day right, and to string my days together into a life of action, and purpose.

If you want to know what keeps me on my bike, riding up an alp for six hours in the rain, that's your answer.

There was one good use for celebrity: it was a huge and influential platform from which to lobby for the cancer cause. I had become a symbol, the poster boy for the hardships of the disease, and now I was on cereal boxes, and Late Night with David Letterman, and I went to the White House.

At first I didn't quite understand the intensity of people's curiosity. What did they care about my particular hurts? But one day Kik said, "You've been on the brink, stood on the edge between life and death and looked over. You've seen the view from that cliff and come back down. You can share that perspective."

The pitched-back experience, I realized, was important: even to participate in the Tour demonstrated that I had survived, and if I had survived, others could too. What's more, they could live the rest of their lives normally, if not even better than before.

It was an important message for the entire cancer community, not just for patients but for families, physicians, and nurses dealing with the disease. Doctors knew how serious my situation had been, and how severe my four cycles of chemotherapy had been, and they knew that (a) I survived it and (b) the treatment didn't ruin my body. That gave the doctors hope, and it occurred to me that doctors needed hope as much as patients did.

They wanted to use me as an example, and I wanted to be used. But I wanted to be used in the right way. I was deeply uncomfortable with the word "hero"—it wasn't heroic to survive cancer. No one was immune; eight million Americans suffered from some form of it, and about a million were newly diagnosed each year. Like them, I was dealt an unfortunate hand, and I simply did what came naturally to me: I tried hard.

...I never tired of the subject, of talking about it or hearing about it or reliving it. I celebrated the three-year anniversary of my diagnosis on October 2, 1999, and I called it "Carpe Diem Day", meaning, "Seize the Day." It remained the most important day of the year, larger than any birthday or anniversary or holiday, and it was a day filled with introspection, of thinking about second chances...

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## **November is Foundation Month – Rotary is “Humanity in Motion”** (Letter from PRIP Frank Devlyn, Contributed by PDG Dato' Mustapha Ma)

Dear Amigos,

As you know, my vocation and passion are helping others, literally, to see.

My message to you this Foundation month is one of vision, a vision that "Every Rotarian can ensure a better future for all through The Rotary Foundation, Every Year."

Close your eyes for a moment and try to imagine seeing things through the eyes of little girl from a poor village. After sleeping on a dirt floor, she rises from squalor only to forage for food in a nearby garbage dump.

She drinks contaminated water and then is forced to use her little hands to labor 12 to 14 hours or more everyday, manufacturing beautiful little dolls. I wonder what this little girl sees when she looks at those dolls.

Does she wonder who is going to play with them? Does she long to play with one herself? Does she dream of growing up to be beautiful like one of the dolls and wearing beautiful clothes? I wonder, will she live long or well enough to see that life can be beautiful? I wonder.

I also wonder why so many people choose not to see or do anything about the horrific things that are done to children like her all over the world. There are many people who are so blind as to allow such inhumanity to exist.

Fortunately my friends, Rotarians are not so blind. My faith in humanity is renewed when I see all of the good things that Rotary club members are accomplishing around the world, by helping children, helping families, and enabling those we help to help themselves and others.

Still, I wonder how many Rotarians have the clarity of vision to truly understand that it is our Rotary Foundation that is the conduit through which we help others and make significant change. The Rotary Foundation is our path to **"Humanity in Motion"**.

Through our literacy programs, we empower children to learn and rise up from poverty. Through our clean water projects, we make a difference so that children in poor villages no longer die of water-borne disease. Through our Ambassadorial Scholars and Rotary World Peace Fellows educational programs, we enlighten the next generation of world leaders to challenge the ravages of war and build bridges of peace and hope that link us all. These programs are made possible by our contributions to The Rotary Foundation.

This month, at your Rotary club, Foundation seminar, district event, club board meeting, wherever Rotarians gather, speak about our Rotary Foundation and encourage everyone to contribute - **Every Rotarian, Every Year!**

Foundation Month is not only about the money. It is about you and me taking **Service Above Self** seriously. It is about taking time to **Create Awareness** and **Take Action** by doing something to build goodwill and better friendships.

It is also about having a vision that enables all of us to see that something as simple as participating in Every Rotarian, Every Year with a contribution to our Rotary Foundation, can be a life-changing event of magnificent proportion in someone's life, in the lives of all children.

We continue to work towards eradicating polio. Why? Because we can. It is Rotary's gift to the children of the world. Yet, so many more needs remain.

Your contributions fuel our life changing programs. Please be generous this year. Make your Annual Programs Fund gift today and contribute to a positive change.

During Foundation Month, make someone a Paul Harris Fellow or invite a friend to join Rotary so they, too, can share the vision of a more humane and peaceful world through The Rotary Foundation.

Your-Amigo-in-Mexico-City,

Frank Devlyn

The Rotary Foundation Trustee Chair, 2005-06

Past Rotary International President, 2000-01

## UPCOMING EVENTS & FUN ACTIVITIES

### Christmas Fellowship, hosted by Rtn Reiner Allgeier

- **Date** – 22nd December 2005 (Thursday), from 7pm onwards
- **Venue** – #1, Lorong 16/6A, Section 16, PJ 46350 (Rtn Reiner's residence)
- **Theme and attire** – "Christmas"
- **Organizer** – RSVP to Fellowship Director Rtn Steve Lau

### 2nd Club Assembly for 2005-06

- Expect one in late December 2005, just before Xmas.
- Details are still being worked out.
- More information to come as it gets finalized.

## The Rotary Club Of Kuala Lumpur DiRaja

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

# Service Above Self