



Lend a Hand

# BERITA ROTARY

ROTARY CLUB OF KUALA LUMPUR DIRAJA

R.I. DISTRICT 3300



PP 1359/9/2004

Website: [www.rotarykldiraja.org](http://www.rotarykldiraja.org)

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## 69th Rotary International District 3300 Conference (2nd to 4th January 2004) at Shangri-La Hotel Kuala Lumpur, Malaysia.

Have you checked out this website? <http://www.rotaryd3300.org.my/conference.htm> The conference programme is sited there. If you have not, I have summarized the program that the organizing committee has lined up for you. I have also extracted the brief history of the Beijing Opera for your reading pleasure.

**1. Golf competition** at Kelab Rahman Putra, Bukit Rahman Putra

**2. Exhibition** - House of Friendship - "LEND A HAND"

### 3. Lunches

- The Rotary Foundation Lunch
- "LEND A HAND" Farewell lunch

### 4. Dinners

- "LEND A HAND" Fellowship Dinner - The Theme is Eastern & Oriental. You will be Entertained by the Beijing Opera (Dress Code: Rotary Batik / Smart Casual)
- "SHOW ROTARY CARES" Governor's Banquet. The Theme is Hues of Pink/Silver. (Dress Code: Black Tie / Dark Lounge Suit)

### 5. Various Plenary Sessions, including:

- "The State of Rotary Today" by R.I. President's Personal Representative, PDG Khun Noraseth Pathmanand.
- PP Lee Peng Loon, District Treasurer presents report and adoption of financial resolutions
- PDG David Ho, Representative to the Council on Legislation makes his report
- PDG David Ho, Chairman of Rotary Resource Centre – reports.
- PDG Lee Keng Bin, Chairman of ROTAFOM – reports.

### 6. Workshops:

- Enhancing Rotary Image
- "LEND A HAND" Family of Rotary
- "LEND A HAND" Literacy & Education
- Membership Development and Retention & Formation of New Clubs
- I.T. in Rotary
- Rules and procedures



### Brief History Of Beijing Opera

Being China's national opera, Beijing Opera enjoys immense popularity among Chinese theatre goers and holds great appeal to foreign audiences. Its origin dates back to 1790 when four local opera troupes from Anhui province came to Beijing to give performances at the Qing court. In 1828, they started to stage joint performances with the local opera troupes from Hubei province at the Qing court. Influenced by Beijing local dialect and drawing on each other and the artistic styles and expressions of other local operas, particularly singing, these joint performances developed in a twenty year period into a new form of opera with distinctive features, namely, Beijing Opera, during the reign of Emperor Xafeng (1850s). Among the noted Beijing Opera artists during this period were Cheng Changgeng, Yu Shansheng and Zhang Erkui.

## Secretary's Announcements for Lunch Meeting on 19.11.2003

### Meetings of the Service Committees

- Fellowship Service & International Service Meeting will meet on **19.11.2003 (Wednesday)** at 2.30pm at Shangri La Hotel, Kuala Lumpur.
- Community Service meeting will meet on **20.11.2003 (Thursday)** at 5.30pm at Shangri La Hotel, Kuala Lumpur.
- Board of Director Meeting will meet on **02.12.2003 (Tuesday)** at 6.00pm, Negeri Sembilan Room, Shangri La Hotel, Kuala Lumpur.

### Duty Roster For RCKLDIRAJA Luncheon Meetings

The following is the **proposed** Duty Roster for Rotarians from 19/11/03 to 24/12/03:

Date	Fellowship	Start Meeting	Singing/Toasting	Introduce Speaker	Thank Speaker
19/11	1, 2	4, 17	20, 22	23, 31	19, 27
3/12	7, 8	41, 42	44, 70	35, 38	6, 32
10/12	48, 57	61, 63	72, 75	78, 84	100, 101
17/12	87, 94	89, 99	93, 103	95, 97	107, 110
24/12	98, 102	104, 108	119, 112	115, 116	113, 121

#### Notes:

1. Two Rotarians for each duty in case one is not available.
2. Those who miss out would be on standby for the subsequent Meeting(s)
3. Nos. refer to Membership Directory pgs. 15-18 "Membership List by Name"

### This Week's Speaker: Chng Cheng Hui

Chng Cheng Hui was involved in the shipping industry for most part of his working career. He was first attached to The East Asiatic Company in the early 70's, and through two mergers, he was the Sales manager of Nedlloyd EAC and the Customer Service Manager of P & O Nedlloyd. He is the father of an autistic boy who is 16 years old. He opted for an early retirement three years ago to spend more quality time with his son as well as to be more active in the activities PERKOBP, a family support group society of which he is the Honorary Secretary.

He was involved in the setting up of the Employment Training Center and subsequently the PERKOBP sheltered workshop. His latest project was the setting up of the laundry section in PERKOBP in Oct 2002 under the "Partnership in Enterprise" strategy with the hope of creating employment for persons with learning difficulties as well as to generate income for the society.

### Last Week's Speaker Report Back: Master Carl Kao

#### Topic: Chi Kung

Rtn Jajabalan introduced today's speaker whose subject Chi Kung was a complete mystery to the writer before the talk and left the writer not much the wiser after it. Chi, 'the energy of life' and Kung 'practice and experience' is made up of a number of types which were listed as the practice of Tao (as compared to Taoism) Martial Art, Entertainment and Modern Chi Kung – which is a variation on some of the traditional practices. So it's a holistic approach to improving the well being of body and soul.



Components of Chi Kung are breathing, mind/mental concentration, acu-pressure points, internal organs, mental rest (mental relaxation!), blood circulation, relaxation, body exercise/movements. Chi Kung, we were told is not a religion and is not one of the self defense or martial arts disciplines. It will give those who practice it improved health, both physical and mental. The fact is that Chi Kung has impressive credentials and testimonial from its practitioners. Any regime of physical and mental discipline brings benefit to the individual and in these days of increased pressure and change many find relief and strength through the practice Chi Kung.



Rtn Dr Teo Choo Kum thanking the Speaker Master Carl Kao

A different and challenging talk by Master Carl Kao and an alternative perspective to maintaining equilibrium, both physical and mental. A variety of questions from the floor appeared to concentrate on the ability of Chi Kung to reawaken dormant libido's which we were told it definitely would – well improved physical energy and blood circulation sound as if they should do the trick. Dr Teo Choo Kum passed the vote of thanks to Master Carl Kao.

- Pictures (clockwise):**
1. Editor Rtn Peter Hallett & Sub-Editor Rtn Yong Chong Soon discussing the Berita Rotary.
  2. Secretary Freddy Chan congratulating PP Dato' Jimmy Lim on his election to the Nominating Committee
  3. Rtn Dr Kenneth Chin celebrating his birthday with the Club
  4. PP Krishnan, Ann Geta, Rtn Jayabalan & Rtn Peter Tham comparing notes on Chi Kung
  5. PP Koay Soon Eng & VP Low Kok Hwa enjoying a smoke



# Featured Volunteers and Projects

Many Rotary Volunteers projects begin when traveling Rotarians attend make-up Rotary meetings in other countries. This was the case for Ted Zacher, a member of the Rotary Club of Roseburg, Oregon, USA, and the Salud para el Pueblo (Health for the People) project, recently named one of the top 100 exemplary Rotary projects.

Thirty years ago, Ted met his wife while traveling through Ecuador. Ever since, the two have periodically traveled back to Ecuador to visit family. It was during one of these visits that Ted attended a make-up meeting with the Rotary Club of Santa Elena.

While listening to local Rotarians discuss the village's needs for water and sanitation, Ted realized collaboration between the two Rotary clubs and a cooperating organization could make a dramatic difference in people's lives.



Today, other Rotary Volunteers have followed the successful example of Salud para El Pueblo and have worked with the local people to implement similar water and sanitation projects in Honduras, Nicaragua, and Peru.

**A Tribute to His Daughter** In 1987, Rotarian Lorenzo Veneracion lost his eldest daughter in an airplane crash. Two years later, Lorenzo, a member of the Rotary Club of Quezon City North, Philippines, created a foundation in her honor to help children in need. The foundation funded a small daycare center and a soup kitchen for the community.



Yet, Lorenzo felt more needed to be done for the local community. In 1994, with the aid of the local volunteers and international support, a five-story center was built to provide health and educational services for children.

Now, almost 20 years after the death of his daughter, Lorenzo continues his tribute to her by helping thousands of children in the community.

## Club's Attendance Report as follows:

July 03 - 67.1%	October 03 - 54.4%
August 03 - 58.5%	05/11/03 - 55.1% (Provisional)
September 03 - 56.3%	12/11/03 - 41.5% (Provisional)

### Birthday Boys

Rtn Peter Hallet on 19.11.2003  
Dato Abdul Razak on 20.11.2003

### Ann's Birthdays

Datin Pek Ling Ann of PDG Dato' Beh Lye Huat on 19.11.2003  
Datin Linda Koay Ann of PP Dato' Koay Soon Eng on 22.11.2003  
Dr. Gurdeesh Kaur Ann of DG Dr. Mahinder Singh on 23.11.2003

### Wedding Anniversaries

PP Stuart Pack & Foong on 20.11.2003  
Rtn Sukhdave Singh & Dr. Harjit Kaur on 21.11.2003  
Rtn Michael Loh & Corina on 25.11.2003



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