



# Rotary Club Of Kuala Lumpur DiRaja

# BERITA ROTARY



PP 1359/9/2004

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## 100TH ANNIVERSARY

This month is a milestone in Rotary's history - our 100th anniversary. Few other organizations have reached this landmark achievement. We've survived a century of change, but Rotarians have always been up to the challenge. Despite two world wars, regional conflicts, uncertain economies and unpredictable politics, Rotarians have been united by the Rotary motto of Service Above Self. For nearly 100 years, these three words have been our guiding light.

Rotary started as the inspiration of one man, Paul P. Harris. On 23 February 1905, the young lawyer met with three business associates in a small office in downtown Chicago. The group chatted about the weather, their relatives back home, and about starting a "booster club." This unassuming group of friends would eventually lay the groundwork for the world's first service organization.

Paul Harris is an example of how one person can change the course of history. His pioneering vision gave rise to the concept of volunteerism at a time when there was little concern for the "common man." The group of four eventually grew and expanded across borders to form an international organization dedicated to humanitarian service and peace. Rotary is historic in that it has transcended geographic, religious, racial, political, social and other barriers.

I feel privileged to serve as your president during the centennial year. As a Rotarian who grew up in a small rural community, I can relate to Paul Harris and his desire to make friends and help his neighbors. I chose the RI theme Celebrate Rotary so that each club could commemorate the centennial its own special way. Our anniversary is a golden opportunity to raise awareness and publicize the good works of Rotary.

Rotary club members are ordinary people who accomplish extraordinary things -

sometimes through sheer force of will.

Thanks to The Rotary Foundation of RI, Rotarians have provided more than \$1.4 billion for service projects in more than 166 countries. Rotary supports the world's largest privately funded international scholarship program and sponsors one of the world's most popular youth exchange programs. We have been leaders in the global fight against polio, saving millions of children from this crippling disease. It is our birthday gift to the children of the world.

Few organizations reach their 100th anniversary, illustrating the tremendous need for Rotary over the years. But our centennial is not just a time to reflect upon our past accomplishments. It is also a time to look to the future, to set new goals and face new challenges. We must continue to dedicate ourselves to world peace, promote high ethical standards and seek new opportunities for service.

One hundred years ago, Paul Harris took the first steps on our journey of service. As we enter our second century of service, we must continue to evolve and grow as an organization. I encourage Rotarians to raise the bar and reinvent the Rotary wheel. With more than 1.2 million members in 166 countries, we have incredible potential to change the world.

RI President James L. Bomar Jr. (1979-80) described Rotary's founding fathers as the "builders of eternity." Rotary is truly ageless in that its legacy lives on through millions of people who have benefited from our projects and programs. Let us Celebrate Rotary by creating a better world and a better future. The next 100 years holds even greater challenges - and greater promise.

Glenn E. Estess Sr.  
President, Rotary International

# SECRETARY'S ANNOUNCEMENTS FOR LUNCH MEETING ON 16.02.2005

## Meeting of The Service Committees

- Vocational Service Committee Meeting scheduled for this Wednesday 16th of Feb is now postponed to the following **Wednesday 23rd of Feb at 2.00pm.**

- The Chinese New Year Party will be held on **18.02.2005 (Friday)** at Sarawak Room, Shangri La Hotel, Kuala Lumpur.

## WEEKLY PROCEEDINGS ON 02.02.2005

### Convenor:

PP Lim Eng Ho

### Lead in singing National anthem:

Dato' Syed Zainal Abidin

### Welcoming Guests:

Attan Akmar

### Introduce Speaker:

Dato' Koay Soon Eng

### Speaker:

Zarir Jal Cama (in house Rotarian)

### Thanking Speaker:

President Lee Hock Bee

### Visiting Rotarians:

Terry Stracke - RC of Abingdon (U.K.)  
Jimmy Lim - RC of USJ  
DGE Subhashsahu - RC of Raipur, India  
PP Lim Kok Beng - RC of Gombak  
PP Abdul Rahman Rahim - RC of PJ  
Josef Selak - RC of Seattle USA

### Guests:

Tey Tian Chong - guest of PP Frank Lee  
Rtn Sandhyasaha - guest of DGE Subhashsahu  
Cpt Arngranur Johansson - guest of Mohd Lokman  
Ms A.B.Hallsdotti - guest of Mohd Lokman  
Ganesh Kumar Bangal - guest of PP Vincent Wong  
David Hoover - guest of PP Vincent Wong  
Raja Azar Raja Azman - guest of PP Vincent Wong  
Ong Boon Hock - guest of PP Lim Kok Beng  
Elizebeth Wee - guest of Zarir Cama  
Ryan Meoh - guest of Zarir Cama  
Teresa Selak - guest of Josef Selele

### Birthday Boys

PP Dato' Gurdial Singh Gill on 4.2.2005  
Rtn Govindan on 8.2.2005  
Rtn Seok Fook Kim on 11.2.2005  
Rtn Alex Song on 12.2.2005  
Rtn Rainer Althoff on 19.2.2005  
IPDG Mahinder Singh on 20.2.2005

### Ann's Birthdays

Gisela Ann of PP Kulasegaran on 14.2.2005

### Wedding Anniversaries

Rtn Willie Tham & Flona on 4.2.2005  
Rtn Tay Beng Chai & Khoo Siok Eu on 22.2.2005  
Rtn Tony Lu & Kim on 22.2.2005  
Rtn Choy Hon Nang & ooi Bee Nghoh on 22.2.2005



## FROM THE DESKTOP OF A ROTARIAN

Kong si fa chye...or HCNV...and we are in the year of the Golden Rooster... where astrologist and/or geomancers (wind & water man) predicts a better year but with natural calamities.

It also usher in KYOTO PROTOCOL on 16/2/05 (with notable non-signatories) to redress emission of green house gases to curb global warming... and it was hot this holidays... reaching 40 degrees Centigrade on CHNY day and on Friday in Klang Valley... suggesting we will break the record of last year as the "hottest year" since recorded history (yet there are nations who refuse to rectify the protocol).

World Understanding month too... but allow me to say yet again that to understand issues of conservation of water, global warming, eradication of poverty, absence of hunger, and political violence... is more practical than the understand of traditions , dances ,habits, cultural differences around the world. I am doing what I can to conserve water ...

### Photos From Weekly Meeting On 02.02.2005



Dato Koay introducing the speaker.



The speaker in-house Rtn Z.Cama.



Visiting Rotarians Josef & Teresa Selaks.



Guest Raja Azhar and Rtn Jose Selaks.

# ROTARY EVENTS

## Daily Drink Helps Keep Brain Sharp, Data Suggest

Women who imbibe a little wine, beer or even spirits every day are less likely than teetotalers to see their memories and other thinking powers fade as they age, according to the largest study to assess alcohol's impact on the brain.

The study of more than 12,000 elderly women found that those who consumed light to moderate amounts of alcohol daily had about a 20 percent lower risk of experiencing problems with their mental abilities later in life.

"Low levels of alcohol appear to have cognitive benefits," said Francine Grodstein of Brigham and Women's Hospital in Boston, senior author on the study, published in today's *New England Journal of Medicine*. "Women who consistently were drinking about one-half to one drink per day had both less cognitive impairment as well as less decline in their cognitive function compared to women who didn't drink at all," Grodstein said.

While the study involved only women, the findings probably hold true for men, although previous research indicates that men seem to benefit from drinking slightly more – one to two drinks per day, researchers said. The findings provide the latest evidence that indulging in alcohol, long vilified as part of an insalubrious lifestyle, can actually help people live longer, healthier lives. While heavy drinking clearly causes serious problems for many people, recent research has found that drinking in moderation protects the heart. A few small studies have similarly suggested that alcohol may help the brain. The new study is by far the largest and most detailed to examine that question.

"We know it is beneficial to have a drink a day for your heart. This says there is an additional reason to follow that guideline – it can protect against cognitive decline," said Marilyn S. Albert of the Johns Hopkins University School of Medicine, speaking on behalf of the Alzheimer's Association. "So now we have two reasons to do it."

Alcohol appears to protect the brain in the same way that it guards the heart: by improving blood flow. It may also reduce the risk of small "silent" strokes, which can cause subtle brain damage that erodes mental powers.

For the new study, researchers analyzed data on about 12,480 women ages 70 to 81 participating in the Nurses' Health Study, in which detailed information is being gathered about thousands of nurses as they age to try to assess how myriad lifestyle factors affect health.

Data on alcohol consumption had been gathered regularly beginning when the women were in their forties and fifties. They also underwent detailed questioning by telephone when they reached their seventies to assess their ability to remember and reason and to perform other mental functions.

Those who consumed half a drink to one drink each day for at least four years were about 20 percent less likely to have an impairment in their thinking abilities and about 15 percent less likely to experience a decline in their mental powers over the two years they were studied, regardless of what type of alcohol they preferred, the researchers found. On average, women who drank moderately tended to have the memory and reasoning agility of someone about a year and a half younger than those who abstained. No benefit was seen among women who drank more than that.

The results held true even after the researchers factored in characteristics about the women that could have confused the findings, such as age, education, how many friends and family members they had, how much exercise they got, and whether they had any other health problems.

While the findings are encouraging, several researchers said they were concerned about strongly recommending that people drink more based on the results, given the heavy toll from alcohol abuse.

"The prevention of cognitive decline in old age . . . is one of the major public health challenges of the 21st century. Few things are as valuable as the unimpaired ability to reason," Denis A. Evans of Rush University in Chicago wrote in an editorial accompanying the study. But "persons seeking to maximize cognition in old age must keep in mind . . . the knowledge that alcohol consumption can be a double-edged sword, with the dangers of over-indulgence being all too familiar."

Elderly people are at particular risk for experiencing problems from drinking, such as falls, which can be life-threatening, said Molly V. Wagster of the National Institute on Aging. But Wagster added that the weight of the evidence clearly indicates that moderate alcohol consumption cuts the risk for dementia.

"The preponderance of the observational evidence certainly points in that direction," Wagster said.

The findings suggest that moderate drinking should join the growing list of steps that people can take to try to stave off mental decline, such as getting regular physical exercise and routinely engaging in mentally stimulating activities, Albert said.

"The basic message is, there is a lot we can do to lower our risk for cognitive decline," she said. "I would add having a drink a day to that."

By Rob Stein  
Washington Post Staff Writer  
Thursday, January 20, 2005