



Lend a Hand

# BERITA ROTARY

ROTARY CLUB OF KUALA LUMPUR DIRAJA

R.I. DISTRICT 3300



KDN PP1359/12/2000

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

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## The Tun Sardon Foundation

During his tenure as the Governor of Penang from 1975 to 1981 the then Tuan Yang Terutama Yang Di-Pertua Negeri, Pulau Pinang, the late YAB Tun Datuk Haji Sardon bin Haji Jubir, became concerned about the poor and needy in the State during the economic downturn at that time. With the co-operation and assistance from a group of the State's prominent businessmen and community leaders, the concept to help the less fortunate in the State through a welfare foundation was established.

Tun Sardon Foundation was incorporated on June 13, 1978 to carry out charitable work including giving relief to the poor and needy, in particular the widows and orphans, victims of fire, floods, famine or other calamity and to those in need of moral or social rehabilitation or welfare.

Since incorporation, the Foundation had paid out a total of RM 2,320,086 in form of donations to charitable organisations or relief funds, study awards to first degree university students and educational grants to primary and secondary school pupils.

In 1988, the Foundation gave a special donation of RM 60,000 to the Ferry Disaster Relief Fund and in 1992, a special donation of RM 8,000 to TAR College Building Fund was made. In 2000, another donation of RM 10,000 to the Penang TYT Fire Disaster Relief Fund was given. In 1991 the Foundation, under the Grants Sub-Committee Chairmanship of the late Tan Sri Dato' Loh Boon Siew and now under Dato' Tan Ghim Kheng, gave educational grants to primary and secondary schools pupils with potentials but who were poor and needy. Presently 41 students have received awards and up to the year 2003, 29 students have since graduated with degrees ranging from social science to medicine. In recent years, study award applicants were selected with emphasis on IT, computer science, engineering and medicine courses to meet the nation's need for such graduates.

For more information, contact Rtn Lokman Tun Sardon

## Last Week's Speaker Reportback - Wednesday 30th July, 2003



Lim Ai Leng delivers her talk

Dato Lim Poh Tuan (Victor) introduced the speaker Lim Ai Leng, chief dietician of Gleneagles Intan Hospital. The subject of the talk was 'Healthy Eating the Choice is Yours'. The meeting settled down to its special 'haute cuisine' menu and wine to hear exactly what we should really have on our plates if we wanted to stay in good nick. The facts and figures Lim Ai Leng presented were depressing and familiar – we all know we should eat less comfort foods, more fibre and greens, and less food with saturated fats and sugar – but we don't.

We also all know we should take a lot more exercise – but most of us find excuses not to. We were told 24% of men in Malaysia are overweight and 5% are obese. Exercise is one of the best antidotes – a large Double Burger, French Fries and Milk Shake contains about 560 calories and would take approx 3 hours of jogging to burn off or 3.4 hours of dancing! But it's not all bad news – healthy eating can be enjoyable if treated as a family project and remember as in so much of life variety, balance and moderation are the keys. Bon Appetite!



Members learn about cooking oils

## Secretary's Announcement For Lunch Meeting ( Meeting On 6th August 2003 )

### Meetings of the Service Committees

- **Vocational Service** will meet on **6th August 2003** (Wednesday) at 2.00p.m. Shangri La Hotel, Kuala Lumpur.
- **New Generation Service** will meet on **12th August 2003** (Tuesday) at 5.30pm. Shangri La Hotel, Kuala Lumpur.
- **Club Service** will meet on **19th August 2003** (Tuesday) at 6.00pm at Shangri La Hotel, Kuala Lumpur.

### Notices Previously Published

**1. Family of Rotary Intercity Meeting at Kota Bahru/Sungai Golok on 30th & 31st August 2003** at Kota Bahru and Sungei Golok, Thailand. Please visit the website: [www.kbrotary.com/intercity](http://www.kbrotary.com/intercity) to download and print the registration form and fax to 09-7442840 or contact at [intercity@kbrotary.com](mailto:intercity@kbrotary.com).

### 2. Change Of Time & Venue - Wednesday 24th September 2003

The venue of the Luncheon Meeting on 24th September 2003 will be at Dewan Bandaraya, hosted by the Datuk Bandar. The time has been changed to **12.00 noon** instead of 1.00pm.

### 3. Career & Personal Development Seminar & Rotary Education Fair 2003

Jointly organised by Rotary Club of Kuala Lumpur DiRaja & Rotaract Club of Kuala Lumpur on **Saturday, 16th August 2003**: 9.30 a.m. to 4.30 p.m at Sekolah Sri Garden, 9 Jalan 1/75C, Off Jalan Pria Taman Maluri, 55100, Kuala Lumpur. For more information contact Rtn Hardeep Singh or Rtn Jalil Jamil.

### Monthly Programme

The following speakers have been arranged for August 2003:

Date	Speaker	Topic
6th Aug 2003	Dee Sidhu	Resource & Wellness Centre
13th Aug 2003	Ramesh Pillai (Danarta)	Risk Management
20th Aug 2003	IPDG Dr. N Lakshmanan	Rotary Extension
27th Aug 2003	(TBC by David Teh)	Fine Dining

### Today's Speaker: Mrs Dee Sidhu

Mrs Dee Sidhu is currently Programme Director at the Resource & Wellness Centre which is part of the National Cancer Society of Malaysia. A dietitian by profession and a cancer survivor herself, she has helped to establish Malaysia's first Cancer Information and Support Centre. The Resource & Wellness Centre was opened in October 2002 though the National Cancer Society of Malaysia was established in 1966 under the patronage of the late YAB Tun Abdul Razak, YB Datuk Harud Idris and with sponsorship from the Rotary Club of Kuala Lumpur.

### Attendance Figures

02/07	68.1%
09/07	77.9%
16/07	71.7%
23/07	59.3% (Provisional)
30/07	41.6% (Provisional)
Overall for July	63.7% (Provisional)

## Club Activities

### 1. Club Assembly

On Friday 25th July 2003 at 5.30pm, our club had our 1st Club Assembly. Because of the rain members were late and the Assembly started at 6.10pm. There was a stimulating and lively discussion until 7.40pm on the Kuala Lumpur Rotary Charity Foundation, Club Service, International Service and Fellowship. President Kanesalingam, Vice President Low Kok Hwa, President-Elect Dr. Lee Hock Bee, Past President Dato' G. S. Gill, PP Dato' Ham Ah Nee, PP Dato' L. Krishnan, PP Dato' Kamarulzaman, Rtn Rizal Sardon International Service Director, Rtn David Teh Club Service Director, Rtn Yahya Razali, Fellowship Director and Rtn Freddy Chan Hon Secretary attended. Club assemblies are for officers, directors, chairmen of committees and members to gather together to discuss club's affairs and activities. The next club assembly will be on Friday, 26th September 2003.

### 2. 73 Wheelchairs given for Poor and Disabled

On Friday 25th July 2003 at 3pm, 73 wheelchairs were given to the poor and disabled at the Dewan Sri Jugra in Teluk Datuk. The chairman of the "sponsor a wheelchair committee" Past President Chan Kam Fatt and President Kanesalingam attended. The Honourable Deputy Minister of Finance I and member of parliament for Kuala Langat Dato' Dr. Yahya Shafie presided. PP Lim Eng Ho, PP Sau Yong, PP Jason Gan, Rtn Seah Fook Kim, Rtn Lim Che Wan and from Rotary Club of Bukit Bintang Rtn Li Li attended. The newly chartered Rotary Club of Banting participated in the presentation ceremony with President Dr. Shree Ganesh and about 10 members present. This was a grand occasion for Teluk Datuk.

### 3. Report Presented To The 1st Club Assembly

- We had 8 visitors from Raffles City who attended our Installation on the 6/07/03. They arrived on Saturday afternoon and we had a fellowship dinner at the Royal Selangor Club and subsequently the visitors were taken for stall food by Rtn KK Chong. PP Dato Hanif had made arrangements for a golf game on Sunday morning at Bangi.
- Visit of PP Carlos from Makati Club; Rtn Richard Soo hosted a lunch for PP Carlos and Ann at the Hakka Restaurant on the 6/07/03.
- Visit to Hatyai Nakarin Installation on 11/07/03 PP Dato Jimmy Lim organised a busload of Rotarians from our Club, the Inner Wheel, and other Rotarians from the district for this installation dinner. Our sister club received wheelchairs from our club and the Inner Wheel. Our PP Dato Jimmy Lim and ladies from the Inner Wheel also performed at the dinner.
- Visit to Makati Club Installation on 18/03/07, Three Rotarians from our club attended the Installation of our sister club in Makati and also handed over 2 wheelchairs to the club.
- RYLA conference 3-7th September 2003. We sent out notices to our sister clubs to participate in this conference and to date Crows Nest in Sydney has indicated inability to participate as they do not have a suitable candidate. Singapore club has indicated the possibility of 2 candidates, and Bangkok Club has indicated 1 candidate.

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### Birthday Boys (from 30.07.2003 to 05.08.2003)

Dato' Lam Peng Chong on 7.08.2003  
Rtn Yap Eng Bok on 10.08.2003  
Rtn David Teh on 11.08.2003  
PP Ramli Bin Ibrahim on 11.08.2003  
PP Jason Gan on 12.08.2003

### Ann's Birthdays (from 30.07.2003 to 05.08.2003)

Gina Lee Ann of PP Frank Lee Fu Leung on 8.08.2003  
Yook Yin Ann of David Wong Kon Yew on 12.08.2003n

### Wedding Anniversaries (from 30.07.2003 to 05.08.2003)

Daniel Kam Weng Leong & Grace on 8.08.2003  
Seah Fook Kim & Janet Tan on 8.08.2003  
Dato' Gurdial Singh Gill & Datin Harwant Kaur on 11.08.2003



## Changes to the Ambassadorial Scholarships Programme

**Selection of Scholars** — The Trustees have developed materials to guide districts in selecting candidates for Ambassadorial Scholarships. In addition, the Trustees encourage districts to select candidates whose study fields will have a strong humanitarian impact.

**Orientation** — Although orientations have always been encouraged for both inbound and outbound scholars, starting in 2003-04 it will be mandatory for scholars to attend an outbound orientation seminar if offered.. Scholars who do not attend orientation seminars available to them may forfeit their awards.



**Hosting** — District governors will now be asked to appoint host clubs for the scholars they host, with a specific Rotarian host counselor within that club.

**Ambassadorial and Academic Aspects** — The academic and ambassadorial aspects of the scholarship shall be given equal importance, and host counselors will be asked to report to the Foundation on the success of their inbound scholars in both areas.

**Scholar Reports** — Scholars' final reports, previously due within two months of completing the scholarship period, will now be due one month before the funded scholarship period ends. Sponsor and host Rotarians are encouraged to ensure that their scholars submit final reports to the Foundation.

For further information on these changes or how they will be implemented, please contact the Scholarships program staff at [scholarshipinquiries@rotaryintl.org](mailto:scholarshipinquiries@rotaryintl.org)

**Three-Year Option for the Multi-Year Ambassadorial Scholarship Eliminated** due to the relatively few Rotary districts deciding to utilize this award type annually. The Two-Year Multi-Year Scholarship will be available.

**Nine-Month Option for Japan Ambassadorial Scholarship Eliminated** due to various reasons, including visa challenges experienced by students wanting to pursue language training in Japan for less than a year. The Twelve-Month Japan Scholarship will still be an option for Japanese districts to donate to other districts to help introduce more scholars to Japanese language studies and culture.

**Regional Scholar Seminars Offer Orientation Opportunities Around the Globe**  
Visit the Rotary International Web site to find a seminar in your area.

**Scholarship Fund Pool for Low-Income Countries Continues** through the 2003-04 program year, each low-income district can endorse one application to compete on a world-competitive basis to receive one of the approximately 20 awards of any type offered through the Scholarship Fund Pool for Low-Income Countries. The Trustees will review the results of the pilot period at their April 2003 meeting.

**Vocational Training Scholarships Focused on Low-Income Country Students**  
Continuing through the 2003-04 program year, only low-income districts will be eligible to endorse one candidate annually to compete for the Vocational Training Scholarship. Although not available as a District Designated Fund allocated option through the SHARE system, this award for practical, hands-on training directly related to the student's vocation will be available through the Scholarship Fund Pool for Low-Income Countries.

**Rotary Centers for International Studies Brings New Dimension to Educational Programs**

Each year, 70 Rotary World Peace Scholars from around the world will be selected on a world competitive basis to receive an award for a two-year master's degree in peace studies and conflict resolution at one of the Rotary Centers for International Studies. Refer to the Rotary International Web site for additional details.



**OOPS!**

Sorry – I got my own email address wrong! It should be [editor@rotarykldiraja.org](mailto:editor@rotarykldiraja.org) (not .com) – Ed