

Rotary



ROTARY
SERVING
HUMANITY

50 Years of Service



1966 - 2016
Rotary Club of Puducherry

Table of Contents

Programme / Diary of Events	3
Editorial / President's Message	4
Club Proceedings	5
Speaker's CV	6
Speaker's Text	7
Picture Gallery	10
Birthdays & Anniversaries	15
Announcements	16
District News	17
Rotary International News	19
Thots For The Week	20

Date : 3rd April 2017
Issue No : 1628

Berita Pudu

PROGRAMME FOR TODAY

Speaker: PP Dato' Dr Lee Hoo Teong
Subject: Nepal Earthquake 2015
Duty Table: Rtn Patrick Lee
Fellowship: Rtn Kenneth Goh
Finemaster: Rtn Darren Yong
Introducing: Rtn C T Heng
Thanking: PE Jeff Yap

PROGRAMME FOR NEXT WEEK

NO MEETING

APRIL– MATERNAL AND CHILD HEALTH MONTH

DIARY OF EVENTS—APRIL 2017

Sat, 1st April	3.00 pm	Rotaract Board of Directors Meeting	Elilai Restaurant, KL
Mon, 3rd April	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Mon, 3rd April	2.30 pm	Incoming International Service Cttee Meeting	Shangri-La Hotel, KL
Thurs, 6th April	12.30 pm	Incoming Community Service Cttee Meeting	RSC, Dataran Merdeka
Thurs, 6th April	6.30 pm	Outgoing Club Service Cttee Meeting	RSC, Bukit Kiara
Mon, 10th April	10.00 am	VOCATIONAL VISIT TO ASIAN AVIATION CENTRE OF EXCELLENCE	Sepang
Thurs, 13th April	6.30 pm	Incoming Club Service Cttee Meeting	Faber Towers, KL
Mon, 17th April	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Tue, 18th April	6.30 pm	Incoming Youth Service Cttee Meeting	RSC, Bukit Kiara, KL
Tue, 18th April	7.30 pm	Incoming Vocational Service Cttee Meeting	RSC, Bukit Kiara, KL
Sat, 22nd April		83RD DISTRICT TRAINING ASSEMBLY	M S Garden Hotel, Kuantan
Mon, 24th April		NO MEETING	
Tue, 25th April	6.30 pm	Incoming Board of Directors Meeting	Residence of Jeff Yap
Wed, 26th April	6.30 pm	Outgoing Board of Directors Meeting	Unique Restaurant, PJ
Fri, 28th April	3.00 pm	Interact Coordinating Council Meeting	SMK Methodist, KL

EDITORIAL

There is an old Chinese tale about a woman whose only son died. In her grief, she went to the holy man and asked, "What prayers, what magical incantations do you have to bring my son back to life?"

Instead of sending her away or reasoning with her, he said to her, "Fetch me a mustard seed from a home that has never known sorrow. We will use it to drive the sorrow out of your life." The woman went off at once in search of that magical mustard seed.

She came first to a splendid mansion, knocked at the door, and said, "I am looking for a home that has never known sorrow. Is there such a place? It is very important to me."

They told her, "You've certainly come to the wrong place," and began to describe all the tragic things that recently had befallen them.

The woman said to herself, "Who is better able to help these poor, unfortunate people than I, who have had misfortune of my own?"

She stayed to comfort them and then went on in search of a home that had never known sorrow. But wherever she turned and in many other places, she found one tale after another of sadness and misfortune.

The woman became so involved in helping others cope with their sorrows that she eventually let go of her own. She would later come to understand that it was her quest to find the magical mustard seed and eventually helping others that drove away her suffering.

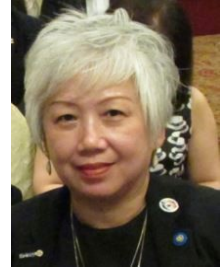
Warmest Regards.

PAG Mike Tung



PRESIDENT'S MESSAGE

It was a fruitful trip to our sister club Rotary Club of Hong Kong Harbour. Their 30th anniversary celebration was a great success. A sincere appreciation to their kind hospitality during our stay and the trip to Tzy Shan Monastery was an unforgettable experience.



The expedition to the Zhangjiajie has finally come to an end. Despite the ups and downs (literally), the journey was completed by 20 Rotarians, spouses, family and friends. I was surprised at how well developed the National Park was. Outdoor elevators were built to ease the pain of walking thousands of steps to the mountain top. The view above the mountains was absolutely breath-taking. It was surreal as if I was being brought back to Avatar, the movie which was inspired by this remarkable pillars and summits. Kudos to everyone who had made it to the top, the challenge was well taken and completed.

"ROTARY SERVING HUMANITY"

Sandy Soh Kwee Tin
President RY 2016-2017

PUDU NEWS

Record of Meeting on: 20th March 2017

Visiting Rotarians		Club	Statistics	
Rtn Iswaran Rtn Sharanjit		R C Seremban R C Seremban	Guests	7
			Visiting Rotarians	2
			Club Members	16
			Total Present	25
Guests		Host	Collections	
Ann Lin Mr Barth Mr Ryan Tiu Mr Tai Yi Jet Mr Chu Fook Tiang Dr Elizabeth George Dr Goerge Thomas		PP Quah Sek Cheng Rtn Kenneth Goh PAG K H Low PP Tai Chin Peow Rtn Tenny Lee Club Club	Birthdays/Anniversaries Fines	59.00
			Paying Diners	555.00
			Raffles & Others	
			Total (RM)	614.00

CLUB PROCEEDINGS

MEETING CALLED TO ORDER

Acting SAA Kenneth Goh called the meeting to order at 7.00 pm. He welcomed all guests and Rotarians. He then led in the singing of the National Anthem and proposed the Loyal Toast.

INTRODUCING THE SPEAKER

PE Jeff Yap introduced the guest speaker Dr George Thomas

ANNOUNCEMENTS

- 1) The Outgoing Board of Directors meeting will be held on Wednesday, 22nd March 2017 at the Unique Seafood Restaurant, PJ
- 2) The Incoming Board of Directors meeting will be held on Tuesday, 28th March 2017 at the residence of PE Jeff Yap.
- 3) There will be no meeting on Monday, 27th March 2017

THANKING THE SPEAKER

PP Dato' Dr Lee Hoo Teong thanked Dr George Thomas for a very educational and enlightening presentation. He then invited President Sandy Soh to present a memento and a certificate of appreciation to Dr George Thomas.



SPEAKER'S CV



CV OF DR GEORGE THOMAS

Graduated from Christian Medical College Vellore 1964

Joined Malaysian Government service in Penang

Married Dr Elizabeth in 1966

Went on Federal scholarship to UK for training in Ophthalmology and subsequently served many states in the country.

Was an active Rotarian while serving in Kelantan and Johore States .

Retired from Malaysian Government service as head and Senior Consultant Ophthalmologist Hospital KL and later joined the Tun Hussein Onn National Eye Hospital .

Presently he continues to serve in the Tun Hussein Onn National Eye Hospital.

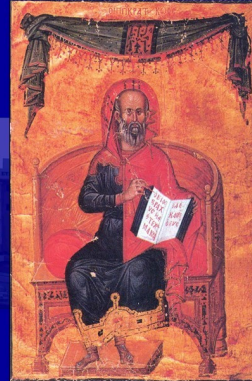
They have two daughters one of whom is also an Eye specialist

He has organised many talks and public screening for Glaucoma during the last 42 years.

SPEAKER'S TEXT

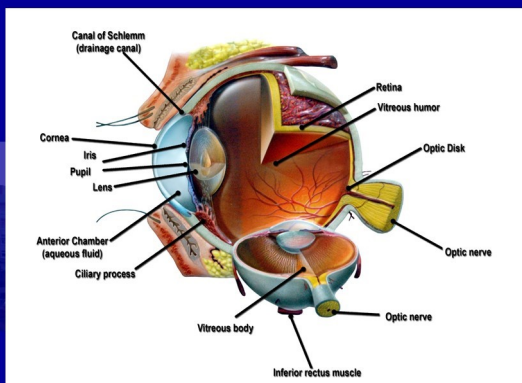
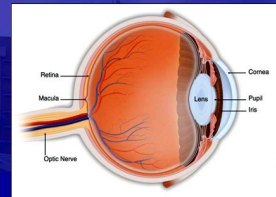
What is Glaucoma

Dr George Thomas
Senior Consultant Ophthalmologist
The Tun Hussein Onn National Eye Hospital



The healthy eye

- ❖ Light rays enter the eye through the cornea, pupil and lens
- ❖ These light rays are focused directly onto the retina, the light-sensitive tissue lining the back of the eye.
- ❖ The retina converts light rays into impulses; sent through the optic nerve to your brain, where they are recognized as images.



What is GLAUCOMA ?

- ❖ Disease of the optic nerve.
- ❖ When damage to the optic nerve fibers occurs, blind spots develop; blind spots usually go undetected until optic nerve is significantly damaged.
- ❖ Leading cause of blindness especially for older people.
- ❖ Early detection and treatment are keys to preventing vision loss from glaucoma.



Normal vision



Vision as it might be affected by glaucoma



SPEAKER'S TEXT

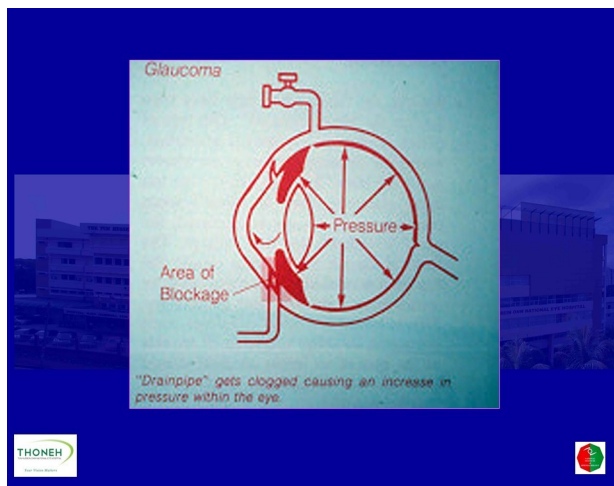
What is Glaucoma

Glaucoma is caused by a number of different eye diseases which, in many cases, produce increased pressure within the eye. This elevated pressure is caused by a backup of fluid in the eye. Over time, it causes damage to the optic nerve. Through early detection, diagnosis and treatment, you and your doctor can help to preserve your vision.



Anatomy of glaucoma

- ❖ Clear liquid called aqueous humor circulates inside the front portion of the eye.
- ❖ To maintain a healthy level of pressure within the eye, a small amount of aqueous humor is produced constantly, while an equal amount flows out of the eye through a microscopic drainage system—the trabecular meshwork.

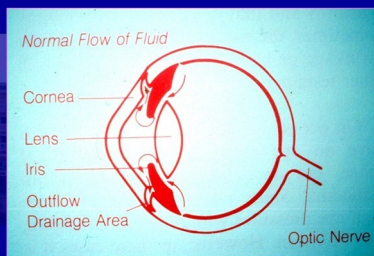


Anatomy of glaucoma

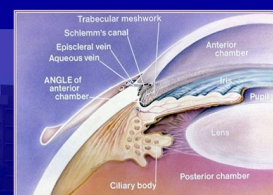
- ❖ With glaucoma, aqueous humor does not flow through the trabecular meshwork properly.
- ❖ Over time, eye pressure increases, damaging the optic nerve fibers.



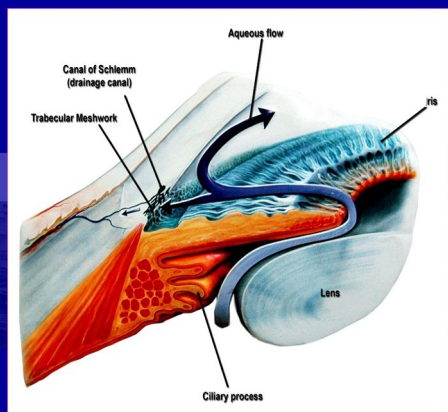
NORMAL ANATOMY AND PHYSIOLOGY



Angle Anatomy



SPEAKER'S TEXT



TYPES OF GLAUCOMA

- ❖ Open angle Glaucoma
- ❖ Narrow angle Glaucoma
- ❖ Normal tension Glaucoma
- ❖ Congenital Glaucoma
- ❖ Traumatic Glaucoma
- ❖ Secondary Glaucoma

Types of glaucoma

Two main categories of glaucoma:

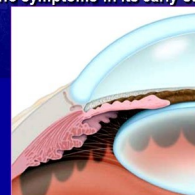
- ❖ Open-angle glaucoma: the most common form of glaucoma.
- ❖ Closed-angle glaucoma: a less common and more urgent form of glaucoma.

Types of glaucoma

Open-angle glaucoma

- ❖ Trabecular meshwork becomes less efficient at draining aqueous humor.
- ❖ Intraocular pressure (IOP) builds up, which leads to damage of the optic nerve.
- ❖ Damage to the optic nerve occurs at different eye pressures among different patients.
- ❖ Typically, glaucoma has no symptoms in its early stages.

Open-angle glaucoma

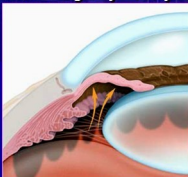


Types of glaucoma

Closed-angle (or narrow-angle) glaucoma

- ❖ The drainage angle of trabecular meshwork becomes blocked by the iris (the colored part of the eye).
- ❖ IOP builds up very fast.
- ❖ Symptoms include severe eye or brow pain, redness of the eye, decreased or blurred vision.
- ❖ Must be treated as a medical emergency—see your ophthalmologist immediately.

Closed-angle glaucoma



Narrow Angle Glaucoma

Onset: 50+ years of age

Symptoms	Signs
Severe eye/headache pain	Red, teary eye
Blurred vision	Corneal edema
Red eye	Closed angle
Nausea and vomiting	Shallow AC
Halos around lights	Mid-dilated, fixed pupil
Intermittent eye ache at night	"Glaucomflecken"
	Iris atrophy
	AC inflammation

CLUB MEETING ON 20TH MARCH 2017



CLUB MEETING ON 20TH MARCH 2017



50TH ANNIVERSARY COMMITTEE APPRECIATION DINNER PANTAI SEAFOOD RESTAURANT, P J SUNDAY, 12TH MARCH 2017



50TH ANNIVERSARY COMMITTEE APPRECIATION DINNER PANTAI SEAFOOD RESTAURANT, P J SUNDAY, 12TH MARCH 2017



VOCATIONAL VISIT HEINEKEN MALAYSIA BERHAD THURSDAY, 16TH MARCH 2017



BIRTHDAYS & ANNIVERSARIES

ROTARIANS' BIRTHDAYS (APRIL)

04th—PP Quah Sek Cheng
20th—PAG Mohan Raj
22nd—Rtn Roy Sreenivasan
26th—Rtn Patrick Lee

SPOUSES' BIRTHDAYS (APRIL)

11th—Ann Rani (PAG Mohan Raj)
15th—Ann Lin (PP Quah Sek Cheng)
19th—Ann Angeline (PP Richard Liew)

WEDDING ANNIVERSARIES (APRIL)

08th—PP Datuk Y K Chew and Ann Adeline
11th—PDG Dr Paul Lee and Ann Lilian
26th—PP Quah Sek Cheng and Ann Lin

ANNOUNCEMENTS



Event: **VOCATIONAL VISIT TO ASIAN AVIATION CENTRE OF EXCELLENCE**

Date: Monday, 10th April 2017

Venue: LCCT Sepang

Time: 10.00 am

OC: Rtn Elaine Tan

Event: **83RD DISTRICT TRAINING ASSEMBLY**

Date: Saturday, 22nd April 2017

Venue: M S Garden Hotel, Kuantan

OC: Rotary Club of Kuantan

Event: **82ND R I DISTRICT 3300 CONFERENCE**

Date: 12th—14th May 2017

Venue: Bayview Beach Resort, Penang

Event: **JOINT CLUB ASSEMBLY**

Date: Tuesday, 6th June 2017

Venue: Shangri-La Hotel, KL

Time: 6.30 pm

OC: PAG Mohan Raj

Event: **SISTER CLUBS FELLOWSHIP DINNER**

Date: Friday, 14th July 2017

Venue:

Time: 6.30 pm

OC: PP Alex Chang

Event: **51ST INSTALLATION DINNER**

Date: Saturday, 15th July 2017

Venue: Shangri-La Hotel, KL

Time: 7.00 pm

OC: Rtn C T Heng

Event: **CHARITY PREMIERE**

Date: Saturday, 2nd September 2017

Venue: GSC Pavilion, KL

Time: 10.00 am

OC: Rtn Patrick Lee

DISTRICT NEWS



+ **REGISTRATION**
RM350.00

+ **WELCOME
DINNER**
RM100.00

+ **ACCOMODATION**

RM280 NET
(Superior twin sharing)

RM350 NET
(Deluxe twin sharing)

PLEASE VISIT
3300dgnewsletter.org

82ND

RY 2016-17

DISTRICT CONFERENCE

RI DISTRICT 3300

**BAYVIEW
BEACH HOTEL
PENANG**

12-14 May 2017

Rotary
Districts 3300, Malaysia



**ROTARY
SERVING
HUMANIT**

ROTARY INTERNATIONAL NEWS

RI President's Message - April 2017



Globally, in developed as well as in developing countries, child mortality is on the decline and life expectancy on the rise. In 1960, 182 of every 1,000 children born died before turning five; today, that number is down to 43. A child born in 1960 could expect to live an average of just 52 years; by contrast, a child born this year can expect to live to 71.

Then as now, the factors most likely to determine a child's fate are set at birth: where he or she is born, the educational and economic condition of the family, the availability of medical care. Yet one of the most important advances in public health has reached every country and must now reach every child: immunization.

The use of vaccines has, in many parts of the world, nearly eliminated diseases that once were widespread, such as diphtheria, tetanus, and rubella. Thanks to vaccines, 20 million lives have been saved from measles since 2000. Smallpox has been eradicated – and polio is next.

Thirty years ago, there were an estimated 350,000 cases of polio per year worldwide. As this issue of *The Rotarian* went to press, only 37 cases of polio had been recorded in 2016 – the lowest number in history. All of the other cases, and the paralysis and death they would have brought, were prevented through the widespread use of a safe, reliable, and inexpensive vaccine.

Overall, the World Health Organization estimates that immunization prevents an estimated 2 million to 3 million deaths every year. It also averts a tremendous burden of disability and economic loss. Yet we could be doing so much better: An additional 1.5 million deaths could be avoided by improving vaccine coverage worldwide.

This month, from 24 to 30 April, we join WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention in celebrating World Immunization Week, raising awareness of the incredible impact that vaccines have had on global health. This year's theme is "Vaccines Work" – and they do. Increased use of vaccines has broader repercussions for public health: controlling viral hepatitis, reducing both the need for antibiotics and the development of antibiotic-resistant microbes, and reaching more children and adolescents with essential health interventions. In every part of the world, routine immunization is as crucial as ever to ensure that all children have the best chance at a healthy future. In an uncertain world, vaccines offer something remarkable: a way to protect our children throughout their lives. By working together to safeguard all children against polio and other preventable diseases, Rotary is truly Serving Humanity – now and for generations to come.

John Germ
President 2016 - 17

Source: Rotary International

ROTARY INTERNATIONAL NEWS

Trustee Chair's Message - April 2017



In communities worldwide, Rotarians are finding creative ways to celebrate The Rotary Foundation centennial and showcase our Foundation's century-long commitment to doing good in the world.

Rotarians have arranged for a commemorative postage stamp to be issued in Pakistan, sponsored a cruise on the Danube River with some proceeds going to our Foundation, and sold bottles of wine with "100 Years Doing Good in the World" printed on the label in Vancouver, B.C.

And, of course, there have been scores of centennial dinners. In Arch Klumph's hometown of Cleveland, Rotarians gathered to celebrate the centennial and honor the father of The Rotary Foundation with a banquet and concert by the Cleveland Orchestra. In addition to raising more than \$2.1 million for our Foundation, the event paid tribute to Klumph's virtuosity as a flutist.

Some Rotarians are honoring the Foundation by sponsoring global grant projects. They are fighting dengue fever in Indonesia, providing sanitation facilities in Colombia, and promoting early detection of breast cancer in Turkey. Rotaractors and Interactors have answered the call to perform 100 acts of good this year in honor of the centennial. They are donating blood, visiting the elderly, and volunteering at food pantries, to name just a few of the activities this challenge has inspired.

By celebrating this milestone, we are sharing our success stories with the world. In 2016, cable news channel CNBC named The Rotary Foundation one of the "Top 10 Charities Changing the World," citing our PolioPlus program as well as our financial health, accountability, and transparency of reporting. In addition, the Association of Fundraising Professionals named The Rotary Foundation the World's Outstanding Foundation for 2016.

Our centennial year is not over yet. You still have time to plan a special event, make a centennial contribution, and add more acts of good. In June, I hope you will join me for the biggest centennial celebration of the year at the Rotary International Convention in Atlanta.

Kalyan Banerjee
Trustee Chair 2016 -17

Source: Rotary International

THOTS FOR THE WEEK

