



RY 2017-18

**ROTARY:
MAKING A
DIFFERENCE**



eBulletin of the

Rotary
Club of Pudu, Malaysia



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Date : 2nd October 2017

Issue No : 1706

Berita Pudu

PROGRAMME FOR TODAY

Speaker: PDG Leslie Salehuddin
 Subject: "Why Rotary"
 Duty Table: Rtn Chee TK
 Fellowship: PE Heng CT
 Finemaster: VP Patrick Lee
 Introducing: PAG Mohan Raj
 Thanking: PP Alex Chang

NEXT MEETING — 16 OCT 2017

Speaker:
 Subject:
 Duty Table:
 Fellowship:
 Finemaster:
 Introducing:
 Thanking:

OCTOBER — ECONOMIC & COMMUNITY DEV MONTH

DIARY OF EVENTS—OCT 2017

Date	Time	Programme	Venue
2 Oct	6.30 pm	Membership Development Night	Shangri la Hotel
5 Oct	6.30 pm	Community Service Cttee meeting	RSC Bukit Kiara
7 Oct	6.00 pm	Rotaract Board of Directors meeting	—
12 Oct	6.30 pm	Club Service Cttee meeting	RSC Bukit Kiara
16 Oct	12.45 pm	Club Weekly meeting	Shangri la Hotel
16 Oct	2.30 pm	International Svc Cttee meeting	Shangri la Hotel
17 Oct	6.30 pm	Vocational Service Cttee meeting	RSC Bukit Kiara
17 Oct	7.30 pm	Youth Service Cttee meeting	RSC Bukit Kiara
27 Oct	3.00 pm	ICC meeting	MBS Kuala Lumpur
31 Oct	6.30 pm	4th Board of Directors meeting	President's house

PRESIDENT'S MESSAGE

How time flies! We are already into the 4th month of the RY2017-18. Our Club is functioning strong and all systems are on the go!

We just completed **two important events** recently. **The first one is the 100%ers' Appreciation Dinner.** The organizing Chair was PP Sandy and she did a great job. Calling and reminding members who were 100%ers was no easy task although with the help of the Whatsapp it was made relatively easier. Anyway a few of our recently inducted members who were 100%ers were present for the first time. The fellowship was good and IPP Sandy gave a customary gift to all those present.

The second important event was the fund raising event which we had at the GSC Pavilion KL on Sat 30th Sept. Organizing Chairman VP Patrick Lee worked very very hard to ensure we meet the target and indeed with the powerful and generous support of the members and friends the target was indeed met. In addition we invited 57 orphans from three homes to attend the movie show and gave them a great time. Thanks to PP Michael Yeow and PP Mohan our little guests also enjoyed a pop corn snack and soft drinks. Thanks very much to all those who bought tickets and gave donations and especially to hardworking OC Patrick and his committee. We now don't have to worry about funds for our projects.

We have applied to the District Yayasan for grants to help out in a couple of projects. Hopefully this time there will be no problem. As many of you know the last District Chairman DRFC PDG Dato Dr Ravee for grants passed away and now PDG Leslie is in charge and he has invited fresh applications for the grants. Our Rotarians including Rtn Laura are looking keenly into this matter.

This Monday 2nd Oct 2017 our meeting is an evening meeting and we are having an experienced speaker in PDG Leslie who is going to speak on the subject "Why Rotary." The evening is also a Membership Development effort. In addition we will be inducting two

new members, Rtn Jitco and Rtn Albert Chia. Welcome friends!!!

Pudu Rotarians are eager travellers and many of them will be travelling to visit RC Dhonburi to help celebrate their 60th Anniversary from 1st Nov to 5th. This trip I will be leading the Club. No doubt we will be having fantastic fellowship. Promoting fellowship in the club is one of the first objectives of this year.

I take this opportunity to congratulate PDG Dr Paul Lee on his appointment as Training Leader to train the DGNs at the Taipei Institute. This is a big honour to our Club and District.

Jeffrey Yap
President RY 2017-18

EDITORIAL

This month is Economic and Community Development month. What is our project to address this requirement? It is a significant part of Rotary's Six Area of Focus to guide clubs to concentrate in areas where Rotary has identified as needing focus.

I understand our Club project in this respect is to provide some significant assistance to the San Peng Tamil School. In fact this "significant assistance" has been done before by PP KU Rajah in RY 2001-02 and yours truly in RY 1998-99. This school obviously needs continuous help. Therefore it is prudent to make this our sustainable project just like our Old Folks Home and Scholarship projects. It'll be easier to plan instead of being *ad hoc* from year to year.

Our resources, especially manpower, are limited. Money we can raise through fund-raising events like the Charity Premier show that we had two days ago on 30th September. But manpower needs renewal every so often. Finding people with a sense of volunteerism and "service above self" is not easy these days. However, if potential members are exposed to and appreciate the good deeds that we do, then we might get the right material to be with us. So with good planning—and this is where the Strategic Planning Committee as advised by RI for every club to have—will be worth implementing.

Dato Muslim Ayob
Past President
Editor

PUDU NEWS

Record of Meeting on: Monday 25th Sep, 2017

Visiting Rotarians	Club	Statistics	
		Guests	6
		Visiting Rotarians	-
		Club Members	19
		Total Present	25
Guests	Host	Collections	RM
Mr Yee Sze Mun Ms Brenda Mr Chu Ms Yu Ms Cassandra Lim Ms Michelle	Club Kenneth Goh Tenny Lee Tenny Lee Tenny Lee Kenneth Goh	Birthdays/Anniversaries Fines	68.00
		Paying Diners	205.00
		Raffles & Others	—
		Total (RM)	273.00

CLUB PROCEEDINGS

MINUTES OF THE MEETING

1. The meeting was called to order by Sgt at arms, Rtn Tenny Lee at 1.10pm followed by the Negara-Ku and a toast to our King, continued with the recognition of guests and speaker.

2. Fining session was by PP Mike Yeow

3. President Jeffry Yap welcomed all members and guest and reported the following :-

- * Many public holidays in September has affected our meeting schedule
- * Visited Taman Negara with other Rotarians en-route to the Installation of RC Indera Mahkota
- * SM Dato' Onn had Malaysia Day Celebration on 15th Sept - was well represented by our club members and President.
- * Rotaractors inducted 3 new members
- * Fund raising movie this Saturday -30th Sept

4. Report by Hon Secretary:-

- * Next Meeting will be on the 2nd October 2017 - evening meeting - will be a membership and guest night. All are encouraged to bring a guest . We will be inducting 2 new members.
- * BOD Meeting on 26th September
- * 100% Diner is on the 29th September

5. Speaker for the afternoon : Mr Yee Sze Mun - Ironman of Malaysia,.

*Introducer : Rtn Chee

It wasn't anything to do with weightlifting or muscles - it was a motivational talk which in thanking, PP Sim Bee said that this was one of the better speakers.

*Thanking : PP Ng Sim Bee

6. Meeting ended at 2.05 pm

7. Next meeting on 2nd October 2017 at 6.30 pm.

**PAG Mohan Raj
Hon Secretary**

PICTURES TAKEN AT THE MEETING ON 25th SEP 2017



PICTURES TAKEN AT THE MEETING ON 25th SEP 2017



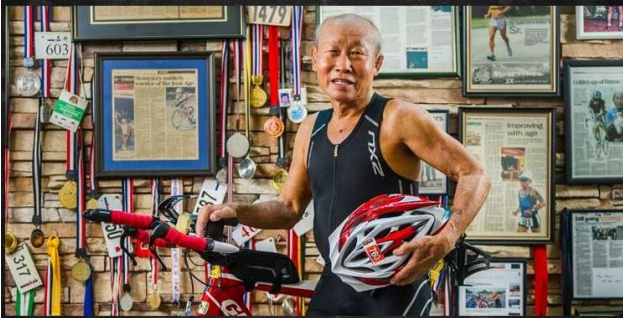
SPEAKER'S CV

ABOUT ME

- 80-year-old Yee Sze Mun.
- 5'2", weighs 47kg and is probably the oldest contestant from South-East Asia.
- formerly a regional manager with an export company.
- participates in five to eight triathlons a year.
- came up with own training regimen: two sessions a day — six days a week — of biking, swimming, running, the treadmill and weights. Monday is rest day, catches up with the household chores.
- With zero sporting background
- was celebrated by more than 1,100 triathletes



Improving with age



WHAT IS IRONMAN RACE

- An Ironman race covers a 3.8km open-water swim, 180km of cycling and a 42km marathon – all to be completed within a qualifying time of 17 hours.
- To prepare for an Ironman race, up to six months of training and preparations are required, depending on one's fitness level.
- The entry level into a competition is also expensive, costing up to a staggering US\$400 (RM1,462), depending on the race.
- There is a six-day, 254km ultramarathon, equivalent of six regular marathons.
- With temperatures at 40°C and above, racers will need to carry their provisions and sleeping bags with them in a backpack.

HOW DID I START THIS

- 32 years ago, had a beer belly, unhealthy lifestyle led to high cholesterol, high blood sugar, high blood pressure and uric acid levels, doctor advised shape up or RIP by 60.
- A fortune-teller predicted his life would end at 67.
- Yee decided at 48 to try the 21km half-marathon but stopped at the 15km mark during his first race because of terrible blisters. But a fat, middle-aged lady passed by me, and my *Kiasu* attitude said I couldn't let her overtake me.
- Thus began Yee's involvement in marathons before he slowly taught himself to swim and cycle.
- Then came the desire to try out mini-triathlons (a quarter of the Ironman race distance). But first, Yee had to get a bicycle. He borrowed his nephew's for his maiden race, and, to his dismay, found his feet could not reach the ground.
- didn't have proper training gear, oversized shoes, and elbow and knee pads. Kids jeered and called all kinds of names like Ninja Turtle and old fart.

MY TRAVEL ALONG THE WAY

- He was hooked and in the years gone by he has run more than 40 half marathons, and over 30 full marathons.
- competed in his first triathlon – The PD International Tri in 1989 at 52 years old - and placed second in his 50 and above age-group.
- complete over 150 triathlons (and counting), including 16 IRONMAN events from 19 attempts
- Five of those IRONMAN events took place at the coveted Kona, in Hawaii
- My first IRONMAN was at Kona in 1995 at age 58, where I finished in 14 hours and 37 minutes
- In 1996 he did not finish as he missed the bike cut-off by seven minutes and in 1997 he finished Kona in 15 hours and 23 minutes. The following year he finished again - one minute slower this time.
- The Kuala Lumpur local has completed IRONMAN in his homeland at Langkawi 11 times, coming first in his age-group four times and setting a personal best in 2009, clocking 14hrs46mins

SPEAKER'S TEXT

PREPARATION IS THE KEY TO SUCCESS

- Mindset and Goalset.
- "Go out and give 100%, or don't go at all".
- One goal at a time, with the positive mindset to achieve or complete.
- Maintain a healthy lifestyle, the battle is half won. You don't have to train like an Ironman. You just need to concentrate on the basics.
- Regular cardiovascular activity, or daily if possible, and some form of resistance exercise are all that is required.
- Every time I overtake someone, it is a bonus.
- Since 1987, I was been given a clean bill of health.

AGE IS NOT A BARRIER
THE OBSTACLES ARE
ALL IN THE MIND!

1. Believe in Your Inner Bumblebee

Believe in yourself, then you can do anything

2. Get on Board with Fitness Now!

Try to fix your body to live longer

3. Keep Going, Keep Learning

You'll never know unless you try

4. Make the Best Out of Everything

Don't get scared, and learn to overcome them

Always welcome additional obstacles

5. Rethink Failure

Failure to me is success.

Take the first step and keep trying until succeed

6. Celebrate Every Step

Set small goals to keep going during the race.

Each lamp post you pass is a lamp post closer to home.



TOP RESULTS FOR MALAYSIA HALL OF FAME

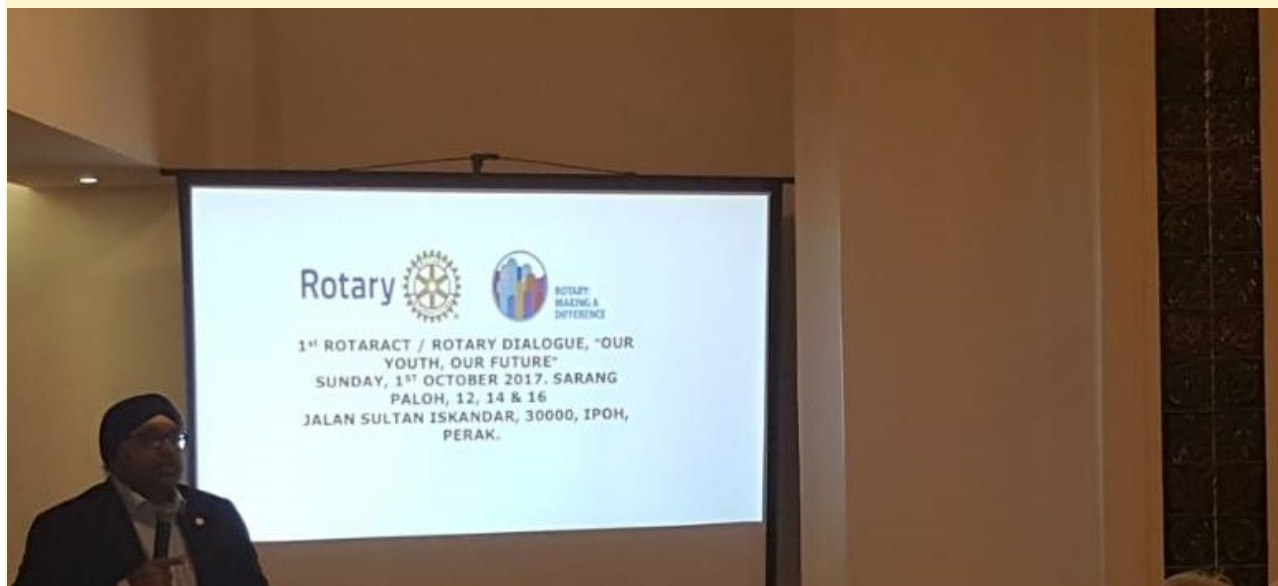
- IRONMAN 70.3:
- 1st - (70-74), Singapore, 2007
- 1st - (75+), Singapore, 2011
- 1st - (75+), Phuket, Thailand, 2012
- 1st - (75+), Sri Lanka, 2012
- 1st - (75+), Cebu, Philippines, 2013
- 1st - (75-79), Putra Jaya, Malaysia, 2014
- 1st - (75-79), Putra Jaya, Malaysia, 2015
- 2nd - (70+), Singapore, 2008
- 3rd - (50+), Malaysia, 1994
- IRONMAN:
- 1st - (60-64), Langkawi, Malaysia, 2000
- 1st - (70+), Langkawi, Malaysia, 2009
- 1st - (75-79), Langkawi, Malaysia, 2014
- 2nd - (70+), Langkawi, Malaysia, 2008
- 3rd - (65-69), Langkawi, Malaysia, 2003
- 3rd - (65-69), Langkawi, Malaysia, 2006



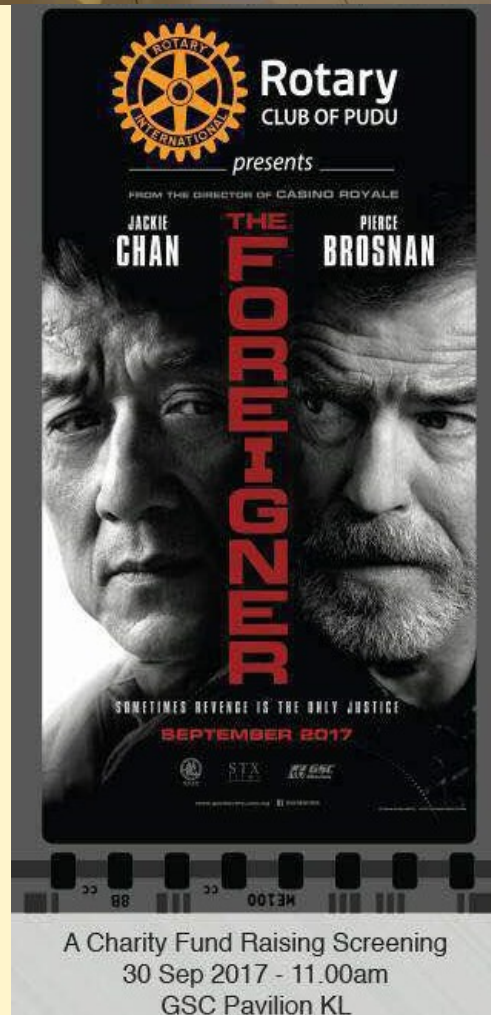
INTERACT NEWS



ROTARACT NEWS



CHARITY PREMIER 30 SEP 2017



ANNOUNCEMENTS

CLUB & ROTARY EVENTS

Event: **MEMBERSHIP DEVELOPMENT NIGYHT**

Date: Mon, 2 Oct 2017

Venue: Shangri la Hotel, Kuala Lumpur

Time: 6.30 pm

OC: PP Gary Lim

Event: **RC Dhonburi's 60th Anniversary**

Venue: Avani Riverside Hotel, Bangkok

Date: Fri-Sun, 3-5 Nov, 2017

Time: 6.30 pm

OC: President Jeffrey Yap

Event: **ROTARY INSTITUTE 2017 - TAIPEI:
ZONES 6B, 7A AND 10B**

Date: December 1st till 3rd, 2017.

Venue: Grand Hotel,
No.1, Sec. 4,
Zhongshan N. Rd.,
Zhongshan Dist,
Taipei City 10461, Taiwan (R.O.C.)

Event: **83rd DISCON**

Date: Fri-Sat, 8-9 Dec 2017

Venue: Sunway Resort Hotel

Time: 9.00 am

OC: Pres Jeffrey Yap

BIRTHDAYS

Name: Ann Catherine (Pres Jeffrey Yap)

Date: 8 Oct

Name: Ann Siew Leng (PP Ng Sim Bee)

Date: 13 Oct

Name: PP Michael Yeow

Date: 17 Oct

Name: Ann Eelian (Rtn Loo Ming Chee)

Date: 19 Oct

Name: Ann Elaine (PP Alex Chang)

Date: 27 Oct

Name: PP Michael Tung

Date: 29 Oct



DISTRICT NEWS



DG's SEPTEMBER MESSAGE

This is the third month of my governorship and I have visited 14 clubs. The response from clubs has been good with regards to Membership growth and TRF givings.

I strongly urge the Club Presidents and Assistant Governors to give attention to the following on an urgent basis:

1. TRF Givings

- i. Urge members to fulfil their obligation of per capita of USD 100.
- ii. Clubs must become 100% EREY club.
- iii. Get at least 2 new PHF – cash paying and not through points.
- iv. Upgrade PHFs to become a major donor or get a new major donor in your club.

2. MEMBERSHIP

- i. Clubs with less than 10 members should strive to have at least 10 members and clubs with membership of between 10-15, should strive to have 20 members by the end of this year.
- ii. Recruit members below the age of 40.
- iii. To improve the imbalance of gender, recruit lady members.

3. District Conference 8 & 9th December 2017

Each club should get at least 10 members to

attend the District Conference to be held at Sunway Resort Hotel, Petaling Jaya. A district conference gives members the opportunity to meet and interact with Rotarians from around the country. They get to listen to speakers from the Rotary world, both local and international. In addition, there will be speakers on non-Rotary subjects. The cost is RM450 per head inclusive of Friday night fellowship dinner and the Governor's Banquet on Saturday.

Members' active participation will ensure that all the District goals will be met before the year is over. The clubs will in return receive the Presidential Citation which signifies that they have passed in serving their respective club successfully.

Help launch our Organ Donation Awareness Campaign

We need to go viral on social media. Get the support of the Interactors, Rotaractors and Rotarians to post the registration site for organ donation. Our target is to achieve one million pledges with each and everyone's help. Register now to pledge as an Organ Donor: www.rotary3300.org

Dr Manohur Kurup
District Governor RY 2017/18

RI NEWS

RI PRESIDENT's MESSAGE

OCTOBER 2017

Some years ago in the Melbourne, Australia, museum where my daughter used to work, an iron lung was on display. For most people my age who remembered the terrifying polio epidemics of the 1950s, that iron lung was a testament to how far vaccination had brought us: to the point where that once-critical piece of medical equipment had literally become a museum piece.

For much of the world, the story of polio is a simple one: After years of fear, a vaccine was developed and a disease was conquered. But for some of the world, the story was different. In so many countries, the vaccine wasn't available, mass vaccination was too expensive, or children simply couldn't be reached. While the rest of the world relegated polio to its museums, in these countries, the disease continued to rage – until Rotary stepped forward and said that all children, no matter where they lived or what their circumstances, deserved to live free of polio.



all children, no matter where they lived or what their circumstances, deserved to live free of polio.

In the years since PolioPlus was launched, the combined efforts of Rotary, the governments of the world, and the Global Polio Eradication Initiative have brought the number of cases of polio down from an estimated 350,000 per year to just a few so far in 2017. But we must reach zero cases, and stay there, to achieve eradication. To do that, we need everyone's help.

On 24 October, we will mark World Polio Day. It is a day to celebrate how far we have come and an opportunity for all of us to raise awareness and funds to complete the work of eradication. I ask every Rotary club to participate in some way in World Polio Day activities, and I encourage you to visit endpolio.org for ideas and to register your event. Whether you host a silent auction, a virtual reality viewing, a fundraising walk, or a Purple Pinkie Day, your club can make a real difference.

This year, our World Polio Day livestream event will take place at the Bill & Melinda Gates Foundation headquarters in Seattle; you can watch it on endpolio.org beginning at 2:30 p.m. Pacific time. As many of you know, Rotary has committed to raising \$50 million a year for the next three years. This amount will be matched 2-to-1 by the Gates Foundation – effectively tripling the value of all money Rotary raises on World Polio Day and throughout the year. Let's all make a difference on World Polio Day – and help End Polio Now.

Ian Risely
President RY 2017-18



RI NEWS

TRUSTEE CHAIR's MESSAGE—OCTOBER 2017

What do we mean when we talk about peace?

In 1921, the fourth object of Rotary was established: "The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service."

In Rotary today, we see peace not as an abstract concept but as a living, dynamic expression of human development, integral to our humanitarian mission.



Paul A. Netzel

Much of our work for peacebuilding depends on the ability of Rotary members to execute three important activities: forming transformative partnerships, raising funds to support our many hundreds of projects, and recruiting and supporting Rotary Peace Fellows in their work.

This year The Rotary Foundation formed a strategic partnership with the Institute for Economics and Peace, one of the leading organizations in identifying and measuring the attitudes, institutions, and structures that create and sustain peaceful societies.

Through this partnership, Rotary will work with the institute to create an online learning portal for Rotarians and peace fellows to build on their current expertise, apply new methods, and mobilize communities to address the issues underlying conflicts. Our goal is to foster community-based projects in peace and conflict resolution that are practical and impactful.

Rotary has also launched a Rotary Peace Centres Major Gifts Initiative to raise funds for new partnerships while continuing to garner contributions to educate and support our peace fellows and more.

President Ian H.S. Riseley's six peace-building conferences – taking place globally from February to June – will explore the relationship among peace, Rotary's areas of focus, and environmental sustainability. Our history proves that you don't need to be a diplomat to make peace.

When you mentor a student struggling to graduate, you are a peace-builder.

When you launch any project to support economic development in your community, you are building conditions for sustainable peace and conflict management.

When you support and collaborate with a Rotary Peace Fellow, you are advancing peace.

Today's complex conflicts require more creative community-based initiatives. Together we can really make a difference.

RI NEWS



Rotarian Mohd. Muslim,

Did you know that more than 775 million people over age 15 can't read? That's 17 percent of the world's adult population. And that figure will grow when the 122 million children who also cannot yet read become adults.

Each year, a new global grant from The Rotary Foundation extends literacy efforts to about 50 more primary and secondary schools.

You can empower educators around the world to inspire learning at all ages by donating to The Rotary Foundation today.

Sincerely,
The Rotary Foundation

[DONATE >](#)



ON THE LIGHTER SIDE



THE MOSQUE IN QATAR. Space ship-like design. Prayer hall for 1,800 worshippers. Amazing. Stunning. Futuristic. Ostentatious, Weird . Other choice words: profligate, improvident, wasteful, prodigal, lavish, liberal, munificent, imprudent, incautious, injudicious, unwise; indulgent, reckless, self-indulgent, splurging, wanton...