



RY 2017-18

**ROTARY:
MAKING A
DIFFERENCE**



eBulletin of the

Rotary
Club of Pudu, Malaysia



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Date : 4th December 2017

Issue No : 1710

Berita Pudu

PROGRAMME FOR TODAY

Speaker: Ms Marion Eunice Ngan
 Subject: "Are chocolates good or bad?"
 Duty Table: Rtn Michelle Liew
 Fellowship: Rtn Chee TK
 Finemaster: PP Sim Bee
 Introducing: PE Heng CT
 Thanking: PP Michael Yeow

NEXT MEETING — 18 DEC 2017

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

DECEMBER—DISEASE PREVENTION MONTH

DIARY OF EVENTS—DEC 2017

Date	Time	Programme	Venue
4 Dec	12.45 pm	Regular meeting	Shangri La Hotel
4 Dec	2.30 pm	International Service Cttee meeting	Shangri La Hotel
7 Dec	6.30 pm	Community Service Cttee meeting	RSC Bukit Kiara
8-9 Dec	9.00 am	District Conference	Sunway Conv Centre
10 Dec	9.30 am	Project "Single Mothers" launching	Quill City Mall, KL
13 Dec	6.30 pm	PP Council / Nominating Cttee meeting	Unique Seafoods, PJ
14 Dec	6.30 pm	Club Service Cttee meeting	RSC Bukit Kiara
18 Dec	6.30 pm	Regular meeting/AGM for PRC & PRCCF	Shangri La Hotel
19 Dec	6.30 pm	Vocational Service Cttee meeting	RSC Bukit Kiara
19 Dec	7.30 pm	Youth Service Cttee meeting	RSC Bukit Kiara
26 Dec	6.30 pm	Board meeting	Pres Jeffrey's house

PRESIDENT'S MESSAGE

Time flies and we are into the last month of the first half of RY2017/18! During this time we had been busy ever since we had the 51 st Installation Dinner at the Shangri-La Hotel on 15/7/17. We have been having fortnightly meetings and the members are getting used to it. We never failed to have our monthly BOD or Avenue committee meetings which normally end with plenty of good and great fellowship. We also have been adding to our membership and had a successful "Membership Night."

Just as successful was our visit to the Jenjarom Old Folks Home and our fund raising effort where we met our targeted amount.

Likewise the Rotaractors and Interactors had also been busy during the last few months. They all had their successful Board Installations and their projects. Of course our own Rotarians as usual have been monitoring their activities without much interference. To this I say, well done Rotarians, Rotaractors and Interactors!!

Community Service Director Rtn Robert Tan, Rtn Chee TK, Rtn Albert Chia and Rtn Michelle Liew planted our "Pudu Rotary Club" tree at the Puteri Central Park, Bandar Puteri Rawang on 25 th Nov 2017 in participation in an environmental saving project. I hope the tree will grow up to be tall and strong and in the process take away some of the toxic carbon dioxide in the air and give out lots of oxygen! Well done Robert, Chee, Albert and Michelle!

At this point we are preparing for our "Single Mothers" project at the Quill City Mall where together with co-sponsors Quill City Mall, Rotaractors and Interactors we will be play host to 30 single mothers and their children on Sunday 10th Dec 2017. We will also give them a movie treat "Ferdinans" as well as gifts, clothes, meals, toys and cash vouchers. OC Rtn Elaine Tan and her committee members have invited members to contribute to this meaningful cause and so far the response from members is overwhelming and I am confident we will meet our target of RM13k. This amount also include participation of US1k in Polio Plus. Thank you Elaine and committee members!!!

I need to give my report to the District in the Mid Term Report on Fri 8 th Dec at the Sunway Lagoon Resort Hotel and like all district Incumbent presidents I have to prepare a detail report on our club's activities. To that I have already done and look forward to meeting the DG and my fellow "classmates."

Our 83rd District Conference to be held on 8th and 9th Dec 2017 at the Sunway Resort Hotel and Spa saw more than 10 registrations from the club.

I hope at the last minute we can see more coming forward and I promise you we will have wonderful fellowship there. No doubt we will also meet many other Rotarians from the district besides learning what are happening in the world of Rotary!

Tomorrow 5 th December 2017 the Rotary Club of Pudu will be celebrating our 51th Anniversary!! Happy Birthday!

***Best Regards and Enjoy Rotary
Rotary: Making a Difference***

***Jeffrey Yap
President RY 2017-18***

EDITORIAL

The AGM is now scheduled for the 18th Dec at 6:30 pm at the Shangri la Hotel. Once again it'll consider and approve the (separate) minutes of the RY 2016-17 AGM and also be the consideration and approval of the PRC & PRCCF accounts for RY 2016-17. The necessary paperwork has been forwarded to members well with the 14 days notice by the Hon Secretary. There should therefore be good attendance at this important annual Club event.

Additionally members will be informed and officially elect members of the next Board of Directors ie for RY 2018-19 which would have been thoroughly discussed by the PP Council at its meeting on Wed 13 Dec 2017 at Unique Seafood Restaurant in Petaling Jaya.

However, from past experience we have seen elected persons withdrawing:

- from being the next President
- From being the next Secretary

The above actions should be avoided as it would create unnecessary disruption to the smooth running of the Club. Persons considered and nominated must be willing to serve and his/her consent must be obtained in writing. It is simple enough to do; and therefore there should not be any surprises on the nominee's part.

***Dato Muslim Ayob
Past President
Editor***

PUDU NEWS

Record of Meeting on: Monday 20th Nov, 2017

Visiting Rotarians	Club	Statistics	
		Club members	23
		Visiting Rotarians	-
		Guests	4
		Total	27
Guests	Host		
Mr Lee Lider Ms Lee Sedunia Mr Chua Fook Tiong Ms Vivien Chu	PDG Lee KB PDG Lee KB Rtn Tenny Lee Pres Jeffrey Yap	Birthdays/Anniversaries	30.00
		Paying Diners	265.00
		Raffles	-
		Total RM	295.00

MINUTES OF THE MEETING

Sgt-At-Arms Rtn Tenny Lee called the meeting to order at 1.15 pm on behalf of President Jeffrey Yap. She welcomed all guests and visiting Rotarians. She then led in the singing of the National Anthem and the Loyal Toast.
The fine master was Rtn Michelle Liew.

INTRODUCING THE SPEAKER

PP Richard Liew introduced the guest speaker Encik Mior Amir Amzar

THANKING THE SPEAKER

Rtn Sannice Soh thanked Encik Mior Amir Amzar for a very enlightening and educational presentation. He has shared with us the different spinal complications and how to remedy each complication and how to care for our spinal cord.

President Jeffrey Yap then presented a certificate of appreciation and a memento to Encik Mior Amir Amzar.

President Jeffrey Yap made some announcements and closed the meeting at 2.05 pm



PICTURES TAKEN AT THE MEETING ON 20th NOV 2017



PICTURES TAKEN AT THE MEETING ON 20th NOV 2017



SPEAKER'S CV & TEXT



SPINAL CORD COMPLICATIONS & CARES


Date : 20th November 2017
Time : 1.00 pm - 2.00 pm
Venue : Shangri La Hotel
Speaker : En Mior Amir Amzar Bin Mior Ishamuddin (Physiotherapist)

SPEAKER'S TEXT

COMPANY PROFILE

Dr Spina (Sg Besi) is 8th franchise outlet of Liberzon Group (M) Sdn Bhd. We specialized in spinal cording physiotherapy treatment.

Our treatment not involving any medicine, injection & surgery.
 Sg Besi outlet commencing services on May 2017.



Qualification:

- Diploma in Physiotherapy 2009-2012
- Bachelors in Physiotherapy 2012-2015

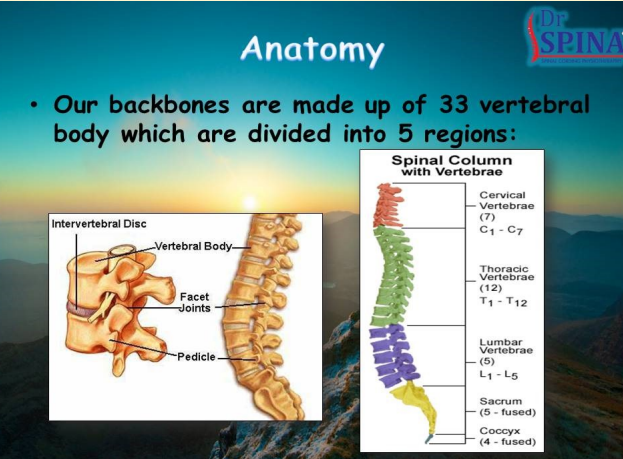
Working experience:

As physiotherapist for

- X-star Football Club 2016
- Liga Anak Pahang 2017
- Bumi Medik Artificial Limb Centre 2017
- Shah Alam Physiotherapy Centre 2017
- Dr Spina Sungai Besi

Anatomy

- Our backbones are made up of 33 vertebral body which are divided into 5 regions:

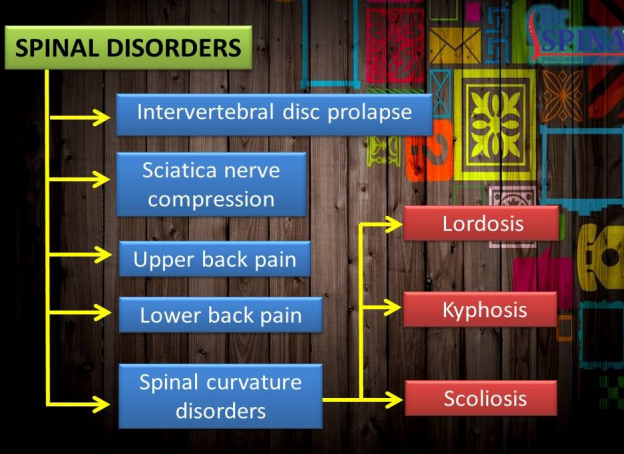


Spinal Column with Vertebrae

- Cervical Vertebrae (7)
C₁ - C₇
- Thoracic Vertebrae (12)
T₁ - T₁₂
- Lumbar Vertebrae (5)
L₁ - L₅
- Sacrum (5 - fused)
- Coccyx (4 - fused)

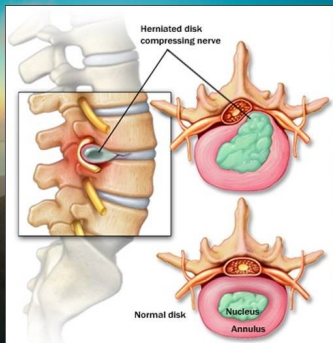
Specialized in physiotherapy and treatment for:

- ✓ Stroke
- ✓ Traumatic Brain Injury
- ✓ Ankle sprain
- ✓ ACL Post-op rehabilitation
- ✓ Meniscus injury
- ✓ Hip adductor injury
- ✓ Lower back pain
- ✓ Scoliosis
- ✓ Spinal injuries
- ✓ Metatarsal fracture



SPEAKER'S TEXT

Intervertebral Disc Prolapse



Sciatica

- A condition that causes **sharp shooting/radiating pain** around the **lower back and lower limb** area caused by the compression of the sciatic nerve.
- The pain will effect on side of the limb or both (in severe cases).
- Sometimes the pain can even be felt up to the **toes of the leg** and pain during coughing and laughing.

Disc Prolapse

- Intervertebral disc prolapse or IVDP is a condition where **the disc between the bone protrude from its normal position** due to injury.
- Can occur due to **falls, improper lifting technique, bad posture and obesity**.
- There are 4 stages of IVDP:
 - Degeneration
 - Prolapse
 - Extrusion
 - Sequestration

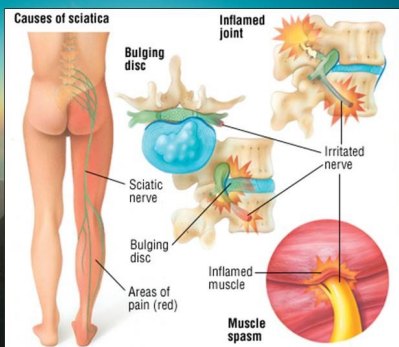
STAGES OF DISC PROLAPSE



Upper Back Pain

- Pain and aches around the **cervical and thoracic area**.
- Less common compared to lower back pain due to the structure.
- Only 1% of herniated disc cases occur around the thoracic area.

Sciatica



Lower Back Pain

- Lower back pain will cause pain around the **lumbar and sacrum**. In severe cases the **coccyx** (tailbone) is also affected.
- **80% of back pain cases originates from the lumbar area**.
- This is due to **center of gravity falls directly** on the lumbar area. This will cause **increase in pressure and compression of disc** surrounding the area.
- Leading cause of disability for age 19-70.

SPEAKER'S TEXT (cont'd)

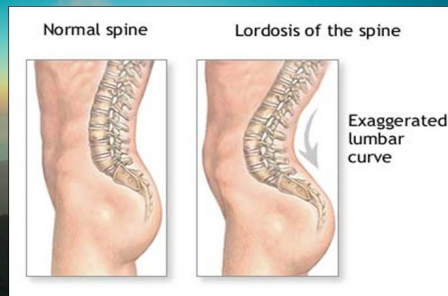
Muscle Spasm



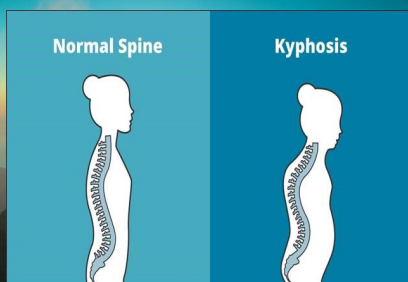
- Muscle spasm is the involuntary contraction of the muscle that can cause severe pain discomfort around the area.
- This can be triggered by inflammation of the disc between the spine that causes spasm around the muscle.



Lordosis



Kyphosis



Lordosis



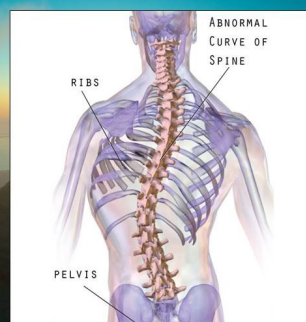
- The **lordotic** is normal curvature of the lumbar region.
- But if there is an **excessive curvature** of the lumbar region it will be called **Lordosis**.
- This posture is also called **swayback posture** and also occurs **due to the weakness of the abdominal muscles**.

Kyphosis



- **Abnormal curvature** of the spine around the **thoracic region**.
- Causes **pain and aches**. In some severe cases **breathing may be impaired**.
- Can be due to **osteoporosis** that leads to bone weakness and causes the abnormal spine curvature.

Scoliosis



SPEAKER'S TEXT (cont'd)

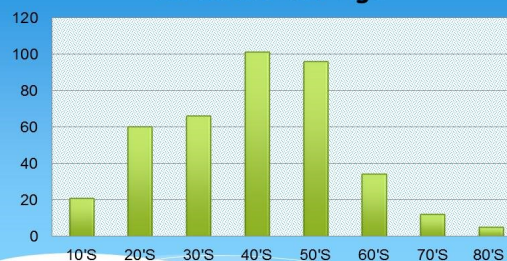
Scoliosis

Dr
SPINA

- Scoliosis is a deformity where the **spine curve towards the left or right side** of the body.
- There are 2 major types of scoliosis:
 - Congenital Scoliosis
 - Postural Scoliosis
- **Congenital scoliosis** is a condition where the patient is born with it. There will fusion among the vertebrae.
- **Postural scoliosis** on the other hand is caused by prolonged life habits and posture that curve the backbone to the abnormal position.

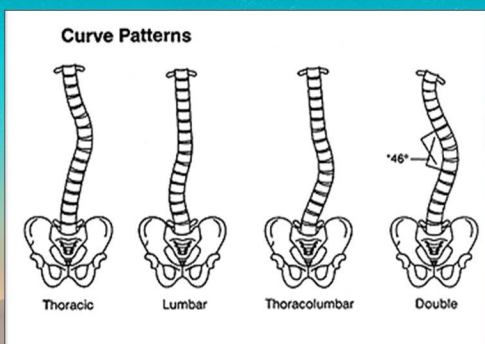
Complication Of Spinal Curvature vs. Age

Dr
SPINA



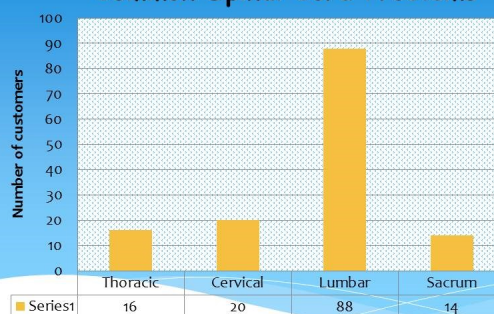
Data collected: May 2017- September 2017
(395 customers from Sg. Besi outlet)

Types of Scoliosis Curve



Common Spinal Cord Problems

Dr
SPINA



Causes Of Spinal Disorders

Dr
SPINA



Carrying kids for long time



Working long hour on desk job



Poor sleep posture

Causes Of Spinal Disorders

Dr
SPINA



Using mobile phone for long time



Lifting heavy object



Driving for long time

ANNOUNCEMENTS

CLUB & ROTARY EVENTS

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 DISTRICT CONFERENCE**

Date: Fri-Sat, 8-9 Dec 2017

Venue: Sunway Resort Hotel

Time: 9.00 am

OC: Pres Jeffrey Yap

Event: **PROJECT SINGLE MOTHERS**

Date: 10 Dec 2017

Venue: Quill City Mall, KL

Time: 9:30 am

OC: Rtn Elaine Tan

Event: **PP COUNCIL MEETING**

Date: 13 Dec 2017

Venue: Unique Seafood Restaurant PJ

Time: 6:30 pm

OC: PP KH Low

Event: **AGM RY 2017-18**

Date: 18 Dec 2017

Venue: Shangri la Hotel

Time: 6:30 pm

OC: Hon Sec Mohan Raj

BIRTHDAYS & ANNIVERSARIES

Name: Ann Juliet Ng (VP Patrick Lee)

Date: 1 Dec (anniv)

Name: PP Tai Chin Peow

Date: 5 Dec

Name: Pres Jeffrey Yap

Date: 7 Dec

Name: Ann Raneer (Hon Sec Mohan Raj)

Date: 8 Dec (anniv)

Name: PP Tan Sri Soong Siew Hoong

Date: 9 Dec

Name: Rtn Sannice Soh

Date: 11 Dec

Name: Ann Ivy (PP Tai Chin Peow)

Date: 9 Dec (anniv)

Name: Ann Angeline (PP Richard Liew)

Date: 12 Dec (anniv)

Name: Rtn Steven Ho

Date: 23 Dec

Name: PE Heng CT

Date: 25 Dec

Name: PP Ray Choo

Date: 26 Dec

Name: PP Tan Sri Tay Ah Lek

Date: 27 Dec

Name: Ann Rowena (PP Gary Lim)

Date: 30 Dec (anniv)

DISTRICT NEWS

DG's NOVEMBER MESSAGE

Dear Fellow Rotarians,

November is the Rotary Foundation month. The vehicle that Rotary International uses to do good in the world is through Rotary Foundation. For 100 years, since it came into existence with a first donation of



\$26.50, the Foundation has supported and strengthened our service, enabled our ambitions, and allowed us to be the organization that we are.

A dollar given to The Rotary Foundation has a great deal more muscle than a dollar given to most charities. If you want to spend a dollar on Doing Good in the World, you can't do better than to spend it with the Foundation. That is not just our pride: it is verifiably true and is reflected in our rankings by independent organizations.

Somewhere in the world, someplace you have probably never been, people you may never meet will lead better lives because of you. Ultimately, it is our Foundation that lets us make good on our core beliefs: that we can make a difference, that we have an obligation to do so, and that working together, as well and as efficiently as can, is the only way to effect real and lasting change.

District Conference is being held on the 8 th and 9 th December 2017, at Sunway Resort Hotel, Bandar Sunway. This is a conference for the Rotarians organized by the Rotarians. The purpose of the District Conference is to provide opportunities for networking, inspirational addresses, and discussions of Rotary related

matters. The event should recognize the service programs, projects, and public relations achievements in the district in order to inspire Rotarians to become more involved in service.

The conference should also give Rotarians and clubs a vision of Rotary beyond the club level and provide a memorable fellowship experience. Many Rotarians have said that they were never truly enthusiastic about Rotary until they saw an inspirational presentation at a district conference.

Meet many Rotarians in one place – This is a perfect opportunity to network and share ideas with other Rotarians. You will also get to know the amazing projects going on around the Country. A District Conference is one of the most enjoyable and rewarding privileges of Rotary membership.

Meaningful membership – A District Conference is for all club members and their spouses, not just for club officers and committee members. The purpose of a District Conference is for fellowship, good fun, inspirational speakers and discussion of matters which make one's Rotary membership more meaningful.

Very rewarding experience – Every person who attends the District Conference finds that being a Rotarian becomes even more rewarding of the new experiences, insights and acquaintances developed at the Conference. Those who attend a conference enjoy going back, year after year.

*Dr Manohur Kurup
District Governor RY 2017/18*

83rd DISTRICT CONFERENCE

DISTRICT RESOLUTIONS

Proposed District Resolutions submitted by District Governor (DG), District Governor-Elect (DGE), District Governor-Nominee (DGN) and District Governor-Nominee-Designate (DGND) and their respective District Trainers RY 2017 -2021
For consideration at the 83rd RI District 3300 District Conference

A) DISTRICT ADMINISTRATION

RESOLUTION: 1 ASSEMBLY & CONFERENCE DATES

PREAMBLE:

The dates of the District Conference and District Training meetings and Assemblies have over the years been clashing. This proposed resolution is to streamline the given dates when the Conference and District Assembly could be held so that there is more participation by Rotarians to these 2 important district events.

PROPOSED RESOLUTION: 1

IT IS HEREBY RESOLVED that the District Assembly shall not be after 15 March and the District Conference shall be only after 1st May each given Rotary Year. These dates shall be implemented from RY2018-19.

RESOLUTION: 2 APPOINTMENT OF ASSISTANT GOVERNOR'S & TENURE

PREAMBLE:-

Selection of Assistant Governor's is an important process for the district leadership team. Many have shown outstanding leadership and are unable to complete serving their clubs in their short term of 1 year, this resolution addresses the need for the district leadership to consider after an evaluation the need to extend the term of the Assistant Governor to a maximum tenure of 3 years. Infact the RI District leadership plan encourages the appointment of Assistant Governors for 3 years, a practice common in many districts.

PROPOSED RESOLUTION: 2

IT IS HEREBY RESOLVED that the Assistant Governors after an evaluation by the District leadership team be encouraged to serve for more than one term and not more than 3 terms as an Assistant Governor.

RESOLUTION: 3 ELIGIBILITY OF ASSISTANT GOVERNORS (AGs)

PREAMBLE:

Assistant Governors have been appointed without proper qualifications and this has put them in difficulties addressing club issues when they do not have the knowledge and experiences. This resolution addresses the need to have the proper selection process of an Assistant Governor in place.

PROPOSED RESOLUTION: 3

IT IS HEREBY RESOLVED that the candidates for Assistant Governors must have the minimum qualification of having served at least one full term as a District officer and being appointed only after having served the club 2 years after completion as a full term as a Club President.

RESOLUTION 4: FINANCE

PREAMBLE:

Expenses on District Training as escalated over the years, it has been difficult for the organising clubs to address the deficit budget in the training expenses. This resolution addresses the need to have a minimum increase of RM 10 over a period of 3 years to address the deficit in the training expenses.

PROPOSED RESOLUTION: 4

IT IS HEREBY RESOLVED that there shall be an annual increase in District Dues of RM10 each year for the next 3 years starting from Rotary Year 2018-2019. This increase is to be incorporated in the District Governor's Elect Training Budget.

RESOLUTION: 5 CHARTERING OF NEW ROTARY CLUBS

PREAMBLE:

Over the years Rotarians unsatisfied with the running of their clubs or with leadership issues have resorted to moving out of their clubs and chartering new clubs, comprising many Rotarians from the breakaway clubs. This is an unhealthy trend prevailing in the district.

PROPOSED RESOLUTION: 5

IT IS HEREBY RESOLVED that:

- The Governor shall advise clubs with problems or leadership issues to seek the assistance of the District Mediation Committee after which based on the recommendations of the committee decides on the chartering of these new clubs.
- The newly Chartered Clubs shall have a minimum of 25 charter members and with a sponsoring club of at least 20 members and having at least 2 Advisors. The advisors shall report periodically to the District Governor.
- The Governor shall refrain from Chartering new clubs in the last months of May and June

B) YOUTH ACTIVITIES

PREAMBLE:

A District resolution on the role of the DGE, DGN and DGND was passed at a recent District conference. These resolutions proposed is to define their roles specifically as District leaders in undertaking and studying their different roles as they move up to serve

the district effectively.

RESOLUTION: 6 ROTARACT

PROPOSED RESOLUTION: 6

IT IS HEREBY RESOLVED that the incoming DGE shall be the Convenor of Rotaract activities.

- The DGE the Convenor of Rotaract activities shall make a periodic report on the status of Rotaract clubs and the Rotaract training activities to the DG and also to report periodically at the Council of Governors meeting.
- Rotary leadership shall include Rotaract in the (GDLTS) Group Discussion Leaders Training Seminar and work with the District Rotaract Representative(DRR)on District RotaractConference, District Rotaract Assembly and other Rotaractactivities.
- To enhance better cooperation between Rotary and Rotaract, chartering of new Rotaract Clubs shall be with the involvement of the District Rotaract Representative.
- Rotary leadership shall monitor the funding from the Rotary District and from Yayasan-Kelab-Kelab Rotary Malaysia.

RESOLUTION:7 INTERACT

PROPOSED RESOLUTION: 7

IT IS HEREBY RESOLVED that incoming DGN as Convenor of Interact and working with the District Governor and Interact Chairman shall:-

- Initiate an annual Youth Activities Calendar in line with the Ministry of Education academic terms.(please refer to annexure)
- To encourage all Rotary Clubs sponsoring Interact Clubs to conduct Interact Leadership Training Seminars.
- Organise the Interact Rotarian Advisors' Seminar
- DGN shall make periodic reports to the DG on the status of Interact Clubs and also to the meeting of the Council of Past Governors.

RESOLUTION: 8 YOUTH EXCHANGE

PROPOSED RESOLUTION: 8

IT IS HEREBY RESOLVED that incoming DGND as Convenor of Youth Exchange and working with the District Governor and International Youth Exchange Chairman shall:-

- Incorporate the International Youth Exchange programs in the district.
- Carry out all Youth Activities in the district to include RYLA training program.

- DGND shall make a periodic report to the DG and to the Council of Past Governors meeting.

RESOLUTION: 9 MANAGEMENT OF WEAK CLUBS

PREAMBLE:

A good percentage of our clubs in the district have weak clubs with less than 5 members and with weak leadership issues. It is difficult for the District Leadership team to intervene into the affairs of these clubs, as clubs are autonomous. This resolution encourages clubs to build their membership and to make the Governors visit a memorable one. Many clubs do not have a President Elect elected in time for the President Elects training seminar or the District Assembly. It is mandated by RI that if a President Elect does not attend the President Elects training seminar he or she cannot hold office as the Club President.

PROPOSED RESOLUTION: 9

IT IS HEREBY RESOLVED that:

- The Governor shall inform clubs that Clubs with less than 5 members must bring up their membership to at least 10 before the Governor could conduct this official visit. This shall be followed by succeeding Governors.
- The Governor shall initiate that clubs with continuous membership of less than 5 to be closed down or to be merged failing which to recommend to Rotary International their closure.
- Clubs are to put as top priority of having a President Elect who shall attend the PETS and District Assembly. Governors must ensure this during the official club visit.

RESOLUTION: 10 CLUB'S FUND RAISING

PREAMBLE:

It has become a practice with many clubs to solicit donation towards fund raising activities of their clubs. District leaders have been also pressurised to donating towards their activities. Rotary discourages these practices, if a club is involved in a project the club should limit it to their members and the communities in which they serve. This resolution addresses this problem

PROPOSED RESOLUTION: 10

IT IS HEREBY RESOLVED that clubs be discouraged from seeking other Rotary Clubs or Rotarians in their fund raising activities.

RESOLUTION: 11 CHARTER PRESIDENT

PREAMBLE:

This resolution proposed is to limit the role of an Assistant Governor as he or she has to

spend more time motivating and developing the clubs under their care. Serving on 2 appointments can be a conflict of interest and not in the best interest of Rotary's ideal of service.

PROPOSED RESOLUTION: 11

IT IS HEREBY RESOLVED that serving Assistant Governors shall not be allowed to be a Charter President of a new Rotary Club.

RESOLUTION: 12 DISTRICT PROJECTS

PREAMBLE:

Concerns have been raised regarding the absence of proper guidelines with regards to District Projects in the interest of strengthening the clubs at community level.

PROPOSED RESOLUTION: 12

IT IS HEREBY RESOLVED that:

- Any project undertaken by the District which requires monetary or financial contributions from the Rotary Clubs must be approved by the delegates at the District Conference by way of a District Resolution endorsing the said project and authorising the District to obtain such monetary or financial contributions from the Rotary Clubs.
- Any District Projects that has a long term impact that can contribute to the sustainable development of a community be placed under a District Action Group.

RESOLUTION: 13 DISTRICT AWARDS

PREAMBLE:

District awards are recognition awards and importance should be given to these awards. There have been far too many awards awarded annually. This resolution streamlines the number of awards to be given out annually.

PROPOSED RESOLUTION:13

IT IS HEREBY RESOLVED that to ensure consistency every year, the District Awards shall be for the best project in each avenue of service and another 20 such awards that the Governor and Chairman of the Awards committee deem fit to recognise as outstanding projects by the Rotary clubs. This does not prevent the Governor from giving appreciation certificates.

RESOLUTION: 14 DISASTER RELIEF

PREAMBLE:

District Annual Dues is inclusive of a District Disaster Fund levy of RM3.50 per Rotarian. As at June 30, 2016 the accumulated District Disaster Fund is RM283,422.00. The Dis-

strict Disaster Relief Committee currently is an annual appointment and relief efforts, locally and overseas are on a dhoc basis.

This resolution is to streamline disaster relief efforts and the management of the District Disaster funds.

PROPOSED RESOLUTION: 14 DISASTER RELIEF

IT IS HEREBY RESOLVED that:

- A District Disaster Relief Action Group (DDRAG) be established to assist with disaster preparedness, communication and potential assistance for long term recovery at local and international level.
- The District Disaster Relief Action Group to be the liaison between clubs and the relevant government agencies and state councils for effective coordinated relief efforts.
- The District Disaster Relief Action Group manage and be accountable for collections and disbursements of funds during relief efforts. All funds are channelled to the District account. The amount for immediate release for relief efforts is RM5000.00, subject to the approval of the Governor. A financial report is to be submitted to the District upon completion of every relief effort project.
- The Chairman of the District Disaster Relief Action Group be appointed for a period of 3 years with the committee members appointed annually in consultation with the District Governor.
- The DG,DGE,DGN,DGNDshall appoint their representatives into this committee on an annual basis.Members of the District Disaster Relief Action Group is to also include Rotarians who are able to offer expertise and who have experience in hands-on relief efforts.

RESOLUTION: 15 DISTRICT NOMINATING COMMITTEE

PREAMBLE:

The current composition of the nominating committee does not exempt a member from a former club, advisor, DGSR and who knows the candidate well for the nomination. This resolution recognises the need to correct the elected position of these members on the nominating committee.

PROPOSED RESOLUTION: 15

IT IS HEREBY RESOLVED that a Rotarian elected to the nominating committee should disqualify himself or herself if the candidate for selection comes from the former club of the member for nomination for the position of District Governor.

RESOLUTION: 16 MEDIATION COMMITTEE

PREAMBLE:

There has been far too many breakaway clubs in our district due to unhappiness in the club or with the club leadership. At the last 82nd District Conference the delegates mandated that a Mediation Committee be set up as a District Committee of the District with a term or reference.

This resolution addresses the need for clubs to channel their grievances to a committee set up by the District and their findings to be made known to the District Governor.

PROPOSED RESOLUTION: 16

IT IS HEREBY RESOLVED that a Mediation Committee be set up by the district to deal with grievances from Rotarians and Rotary Clubs. The committee serves till the mediation is resolved.

Mediation committee shall be comprised of the following:-

3x Past District Governors nominated by the Council of Past Governors, in which one will be the Chairman.

4x Past District General Secretaries / Past Assistant Governors all of which will be elected at a District Conference.

- District Governor (Ex-officio)
- District Governor Elect (Ex-officio)
- District General Secretary (Ex-officio)

Minutes of all grievances meetings to be recorded and handed to the Governor's Office.

The District Governor has the final say in these matters.



ANNEXURE:-

INTERACT CLUBS ANNUAL ACTIVITIES CALENDAR (TO COMPLY WITH MINISTRY OF EDUCATION SCHOOL TERM) INTERACT CLUBS

Calendar Year

The Calendar Year of the Interact Clubs shall be from 1 January to 31 December each year.

Admission of New Members

New Interactors should be admitted into the Interact club once the new school term opens

Orientation / Briefing of new members

The orientation / briefing of new members should be carried out within the first month of their joining the Interact Clubs.

Election of President and Board of Directors

The election of the President and Board of Director should be carried out on or before end of March of the calendar year.

Club Installation

The Club Installation should be carried out in May or June but not later than July of the calendar year.

End of Interact Activities

All Interact Club activities should cease by latest early November of the calendar year or as the school authorities direct to provide time for the school examinations.

PROPOSED DISTRICT RESOLUTIONS ON THE ROTARY FOUNDATION BY THE DG, DGE.DGN.DGND AND THEIR RESPECTIVE DISTRICT TRAINERS RY 2017-2021

RESOLUTION: 17 DISTRICT ROTARY FOUNDATION

PREAMBLE:

There are two Grants under The Rotary Foundation namely the District Grant(DG) and the Global Grant (GG).

The District Grants are administered totally by the district from selection of project by clubs, amount of fund allocated, receiving the project reports etc. They are for small projects of the clubs.

As there is no "matching" (extra funding) for the DG, it is therefore less beneficial from the point of financial benefit. Thus, there is a need to use the DDF for the more financially beneficial GG.

The Global Grants has a minimum cap of USD30,000 per project and the money is matched both by the other district/clubs and The Rotary Foundation. But our Rotary Clubs are still not conversant with GG and thus the very small number of clubs carrying out projects under GG. The District TRF Committee shall endeavour to encourage as well as provide hand-on guidance to clubs intending to carry out GG projects. Once clubs are actively participating in GG projects, the DDF will slowly be reduced.

As clubs apply for the Global Grants, they will see the financial benefit and Rotarians will then be encouraged to contribute to the Annual Giving which returns to the district as DDF in 3 years.

IT IS HEREBY RESOLVED:-

Resolution One:

That any Rotary club with outstanding District Grants or Global Grants reports due, shall not be eligible to apply for any of the grants.

Resolution Two:

That any Rotary club with uncompleted GG project shall not be eligible to apply for another Global Grant.

Resolution Three:

That any Rotary club with outstanding dues to RI or district shall also be disqualified from applying for any of the grants.

Resolution Four:

That the following shall form the District 3300 The Rotary Foundation Grants' Policy for District Grants and Global Grants.

Resolution Five: That the District shall be prudent not to use all the DDF in years when there is a large sum of DDF so that it will roll over to the leaner DDF years.

**District 3300 – TRF GRANTS' POLICY
DISTRICT GRANTS**

To finance small projects of Rotary Clubs

Only for clubs that have not applied for DG or GG in the preceding year.

Only for clubs that have contributed to the Annual Giving Share System fund. Exception only for newly chartered clubs in their first year.

Fund cannot be given out as cash donation of club projects like scholarship.

Project must be carried out within the district

Funds cannot be to support projects overseas

Funds cannot be used to supplement Global Grant Projects fund

Only for a maximum of 20 clubs.

Only for an amount not more than USD1,000.

A Special Discretionary Committee consisting of the DG, DRFC, District Grants and Stewardship Chairs shall have the authority to consider variations to the number and the amount to be given in very special circumstances.

GLOBAL GRANTS and VTT

- To finance larger humanitarian service project
- Project must be within the 6 Areas of Focus
- Project must be sustainable and for long term benefit
- Only for clubs that have contributed to the Annual Giving Share System fund. Exception only for newly chartered clubs in their first year.
- Total project cost must not be less than USD30,000
- Clubs will require to contribute 50% of DDF given to the Annual Giving Share System fund.
- The amount of DDF to be given depends on the availability of DDF. It should be between USD8,000 and USD10,000 per GG project which will include using part of the DDF as International Sponsor.

ALL RESOLUTIONS PASSED WILL SUPERSEDE ANY PREVIOUS RESOLUTIONS ADAPTED ON THE SAME SUBJECT MATTER

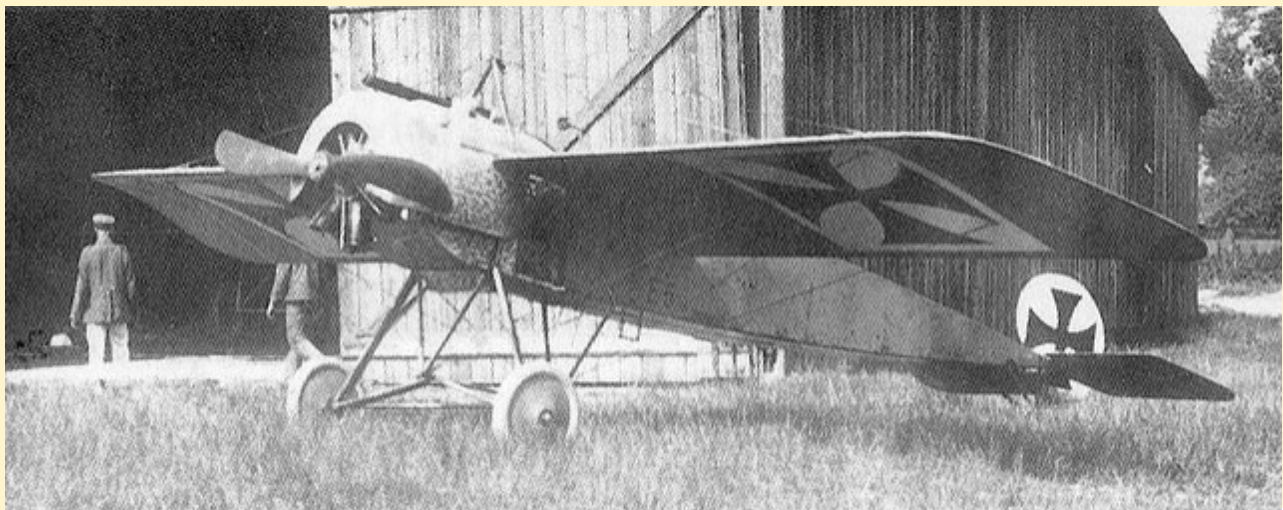
ON THE LIGHTER SIDE

The boss, a veteran aviator, walked into the office one morning not knowing his zipper was down and his fly area wide open. His assistant walked up to him and said, “This morning when you left your house, did you close your hangar door?” The boss told her he knew he'd closed the hangar door, and walked into his office puzzled by the question.

As he finished his paperwork, he suddenly noticed his fly was open, and zipped it up. He then understood his assistant's question about his “hangar door.”

He headed out for a cup of coffee and paused by her desk to ask, “When my hangar door was open, did you see my Spitfire parked in there?”

She smiled and said, “No, I didn't. All I saw was an old Fokker with two flat tires...”



RI NEWS

Singapore is hosting the RI Convention 2024

Singapore, 27 November 2017 – Singapore has won the provisional bid to host the Rotary International Convention in 2024, which is set to be the largest association congress ever hosted by the Republic. More than 25,000 Rotary members from around the world are expected to converge on Singapore to connect, engage and share insights on how to create positive, lasting change in their communities. The annual Rotary convention, held in different cities around the world, was last held in Singapore in 1999 and was attended by approximately 19,000 participants.

"Singapore's vibrant knowledge economy and focus on innovation make it the ideal platform for Rotarians to exchange ideas and spark off new possibilities on how to transform the world. Much has changed in Singapore since the convention was last held here, and we are continually improving on what we have. I am confident that come 2024, Rotarians from around the world will enjoy a fruitful time at, as well as beyond the convention," said Mr Lionel Yeo, Chief Executive, Singapore Tourism Board (STB).

The winning provisional bid was led by Rotary regional leader Mr Chew Ghim Bok, and supported by Rotary clubs from Singapore and around the Asia Pacific region. In addition to the STB, various public agencies and business event industry stakeholders also contributed to the successful bid.

Said Mr Chew Ghim Bok: "As dedicated people who share a passion for community service and friendship, the Rotary family in Singapore is excited to welcome and connect with our fellow Rotarians from around the globe. We are also pleased to offer our guests multiple opportunities to discover our City in the Garden, and to experience the best that the region has to offer."

"As a leading global business and knowledge hub, Singapore is an excellent venue for one of our annual conventions," said Rotary International President Ian H.S. Riseley. "Given

our international scope and commitment to cultural diversity, our conventions are often described as a 'mini-United Nations' where our global network of volunteers connect to address lasting solutions to local and global humanitarian challenges."

Rotary members throughout the world take action to make communities better. They contribute their time, energy and passion to carry out impactful and sustainable projects in the areas of peace and conflict resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, and economic and community development.

As part of Singapore's bid to host a convention that makes a lasting difference, the Rotary Clubs of Singapore plan to champion a legacy project striving towards sanitation progress and hygiene awareness by 2025.

The Rotary International Convention 2024 will run for five days, and include workshops, forums, breakout sessions, entertainment and other meetings. The Convention will be held at the Singapore EXPO Convention and Exhibition Centre.

"SingEx is honoured to have been awarded the unique opportunity by Rotary International to play host to this prestigious event. This is testament to SingEx's expertise and track record in managing large-scale international conventions. We will definitely make the most of Singapore's service and infrastructure offerings; and collaborate closely with STB and industry partners to deliver a memorable event experience for attendees at the 2024 Rotary International Convention," said Mr Aloysius Arlando, CEO, SingEx Holdings.

COMMENTS on District Proposed Resolutions (p14-23)

For many years, we have had Governors working in silos resulting in a very myopic direction in governing the District. Finally.....Finally, we have the DG, DG Elect, DG Nominee, DG Nominee Designate and their respective District Trainers coming together to propose some form of resolutions in the hope of better governance. Really, this is a huge step forward. We should applaud their fortitude, tenacity and common sense in sitting together to propose a set of resolution that will make governing the District seamless and forward thinking. **Hopefully, it's no longer my year, your year thingy...**