RY 2017-18

ROTARY: MAKING A DIFFERENCE

eBulletin of the

Rotary

Club of Pudu, Malaysia

Table of Contents

Date : 18th December 2017
Issue No : 1711

Berita Pudu

PROGRAMME FOR TODAY

Event AGM 2017

Time: 6.30 pm onwards

NEXT MEETING — 8 JAN 2018

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

At the last meeting on 4th Dec 2017 PP Michael Yeow noticed that our attendance was only 16 Rotarians and 6 guests; and the next day being our 51th Anniversary, he felt that we should have paid more attention to this important event and our attendance should be stronger. Sad to say our dear PP was correct. The fact is our attendance has been slipping for the past few years and the Club should heed the warning of PP Michael. Healthy attendance at regular meetings indicates the health of a Club. We shall certainly look into this matter.

On the 10th Dec we had a project by Community Service at the Quill City Mall playing host to **30 single parents** (mothers) and their children. The reality is there are men who are also saddled with children after their wives leave them or for some other unfortunate incidents. Thus some of the single parent were also men. Anyway our club in conjunction with the Rotaractors and Quill feted them and presented them with gifts, clothes and cash vouchers. We also treated them to a movie "Ferdinand" In respect of this our fund raising initiated by **OC Rtn Elaine Tan** and her hardworking committee managed to raise the targeted amount of RM13K which also included our contribution to **Polio Plus of USD 1K**. Thank you members for rallying around a good and meaningful cause. On the event date itself at least 20 Pudu Rotarians turned up to give support which gave Elaine, her committee, and the Rotaractors (also in full force) greater motivation. Wow our members are certainly kind hearted!!! Even PP Kumar was there wearing his club's safari vest for the first time in 12 years!

Our Nominating Committee which consists of all the Past Presidents of the Club met on the 13th Dec to look into the nomination of respective positions for Rotary Year 2018 / 2019. Besides their nominations at the Annual General Meeting on 18th Dec, members can also make their nominations from the floor to effect a challenge. Democracy at work!

The District 83rd District Conference took place on 8th & 9th Dec at the Sunway Resort Hotel and Spa. Our Club had 11 registrants and it was a successful outing for the Club. **Rtn Michele Liew** attended the conference the first time and it was said that she found it interesting.

Today (18th Dec) is an important day for **Incoming President CT Heng** as it is also an AGM day. At this AGM not only our accounts for RY2016/17 will be passed, the office bearers, ie those who will be running the Club for RY2018/19, will also be elected.

Jeffrey Yap
President RY 2017-18

EDITORIAL

The proposed resolutions tabled at the District Conference 8-9 Dec, 2017 at the Sunway Convention Centre fizzled out with the withdrawal of all 17 of them.

What a disappointment. These 17 resolutions were tabled by the DG and all three of his incoming DGs ie DGE, DGN and DGND. In all my years in Rotary, I know that this was the first time that our District leaders were coming together to chart a "better way forward" for the Rotary governance in the District. This "better way forward" is strategic planning and continuity of service. Gone would be the "your year, my year" and "my way" mentality.

But NO. It seems that there were objections to the idea on the premise that we already have enough RI Regulations to follow and these resolutions would only constrain the DGs from carrying out his task or to be a bit creative.

How wrong can you get. In this organisation, we seriously need continuity. Otherwise the next leader would just play along and when he comes to power, would just ignore or drop what was agreed by him when he was in his predecessor's BoD. I know. This has happened to me.

So is our Rotary to continue be as a "your year, my year" social club? If the District leadership is that way inclined, what more at Club level.

Dato Muslim Ayob
Past President
Editor

PUDU NEWS

Record of Meeting on: Monday 4th Dec, 2017

Visiting Rotarians	Club

Guests	Host
Mr Josh Liew	PP Tan Sri Soong
Marion Eunice Ngan	Speaker — Club
Daphne	Club
Mr Juan	Embassy of Equador
Ms Kwan	IPP Sandy Soh
Ms Diana Tan	IPP Sandy Soh
Ms Bee Lee Lo	IPP Sandy Soh

Statistics	
Club members	16
Visiting Rotarians	-
Guests	7
Total	23

Birthdays/Anniversaries	47.00
Paying Diners	315.00
Raffles	
Total RM	352.00

MINUTES OF THE MEETING

PROCEEDINGS

Acting Sgt-At- Arms PP Richard Liew called the meeting to order at 1.15 pm on behalf of Acting

President Patrick Lee. He welcomed all guests and visiting Rotarians. He then led in the singing of the

National Anthem and the Loyal Toast.

The fine master was PP Ng Sim Bee.

INTRODUCING THE SPEAKER

PP Dato' Muslim Ayob introduced the guest speaker Ms Marion Eunice Ngan

THANKING THE SPEAKER

PP Mike Yeow thanked Ms Marion Eunice Ngan for a very enlightening and educational presentation.

She has shared with us the different types of chocolates, how to rate them and some background of the PACARI chocolates.

PP Mike Yeow then presented a certificate of appreciation and a memento to Ms Marion Eunice Ngan.

Acting President Patrick Lee made some announcements and closed the meeting at 2.05 pm

PICTURES TAKEN AT THE MEETING ON 4th DEC 2017

PICTURES TAKEN AT THE MEETING ON 4th DEC 2017

SPEAKER'S CV & TEXT

Marion Eunice Ngan is a professional physiotherapist since 2009, who dreams to be an Entrepreneur.

As a passionate physiotherapist, she has impacted more than 20,000 people throughout her medical career.

Some of the cases that she remembers vividly are;

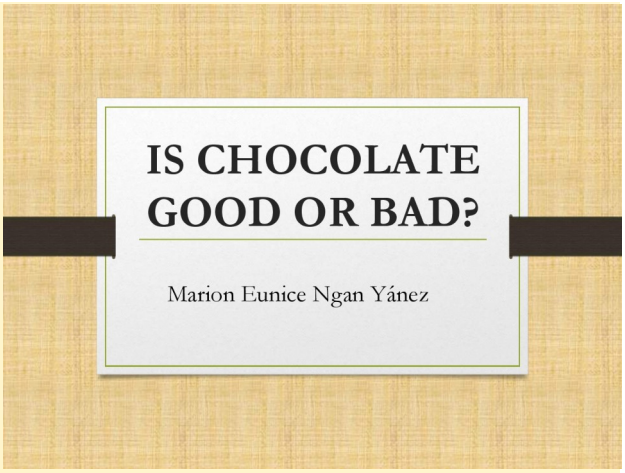
- Helping a 30 years old lady who is suffering from slipped disc for 2 years to be able to walk again within 2 weeks.
- Helping a bed ridden stroke patient to walk again within a year

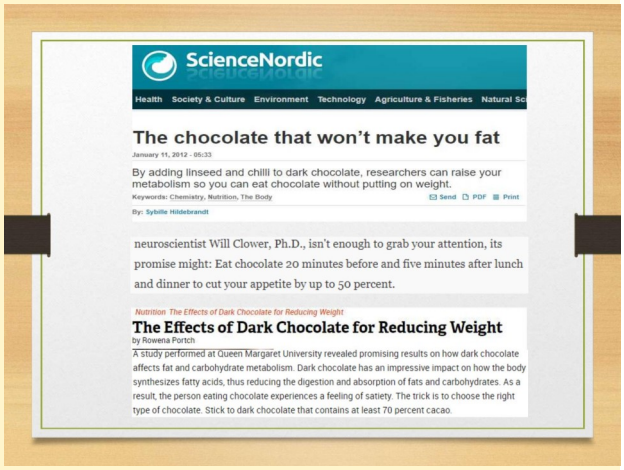
She treats her patients like a family and each time when she sees them suffer from certain food restrictions, it breaks her heart. She knows how they feel, as she too is a food lover herself. With that in mind, she went on a mission to search for something that most people can enjoy and at the same time do not jeopardize their diet and medical conditions.

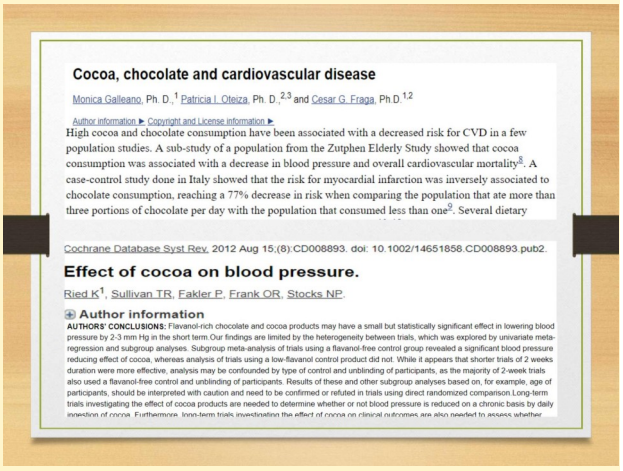
In the mission, she founded Pacari Chocolate Malaysia, a Premium Organic Chocolate that has won more than 170 International Awards and even been awarded as The World Best Chocolate since 2012. To date, Pacari Chocolate is the only Chocolate Company in the world awarded with Demeter award, which certifies no chemical, man-made fertilizers or any other chemicals used in the plants or chocolates. Pacari Chocolate itself has been on CNN twice, a favourite to Michelle Obama and Oprah Winfrey and it is also available in business class of Emirates Airlines.

Marion is a strong believer of "Give before you Receive." She has been involved and passionate in charity, humanity and medical industry for the past 20 years, including volunteering work in Disaster team of Persatuan Bulan Sabit Merah and Little Sisters of the Poor.

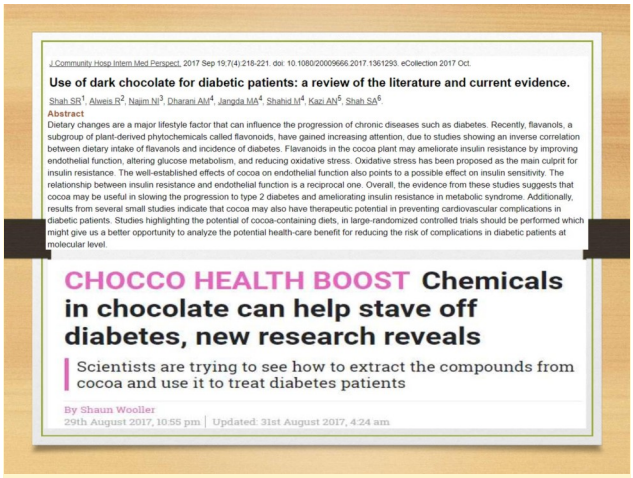
SPEAKER'S TEXT







SPEAKER'S TEXT



J Community Hosp Intern Med Perspect. 2017 Sep 19;7(4):218-221. doi: 10.1080/20009666.2017.1361293. eCollection 2017 Oct.

Use of dark chocolate for diabetic patients: a review of the literature and current evidence.

Shah SR[1], Alweis R[2], Najim N[3], Dharani AM[4], Jangda MA[4], Shahid M[4], Kazi AN[5], Shah SA[6].

Abstract

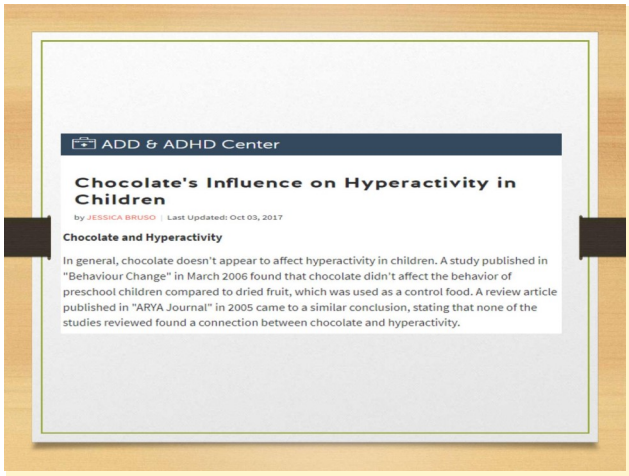
Dietary changes are a major lifestyle factor that can influence the progression of chronic diseases such as diabetes. Recently, flavanols, a subgroup of plant-derived phytochemicals called flavonoids, have gained increasing attention, due to studies showing an inverse correlation between dietary intake of flavanols and incidence of diabetes. Flavanoids in the cocoa plant may ameliorate insulin resistance by improving endothelial function, altering glucose metabolism, and reducing oxidative stress. Oxidative stress has been proposed as the main culprit for insulin resistance. The well-established effects of cocoa on endothelial function also points to a possible effect on insulin sensitivity. The relationship between insulin resistance and endothelial function is a reciprocal one. Overall, the evidence from these studies suggests that cocoa may be useful in slowing the progression to type 2 diabetes and ameliorating insulin resistance in metabolic syndrome. Additionally, results from several small studies indicate that cocoa may also have therapeutic potential in preventing cardiovascular complications in diabetic patients. Studies highlighting the potential of cocoa-containing diets, in large-randomized controlled trials should be performed which might give us a better opportunity to analyze the potential health-care benefit for reducing the risk of complications in diabetic patients at molecular level.

CHOCCO HEALTH BOOST Chemicals in chocolate can help stave off diabetes, new research reveals

Scientists are trying to see how to extract the compounds from cocoa and use it to treat diabetes patients

By Shaun Wooller

29th August 2017, 10:55 pm | Updated: 31st August 2017, 4:24 am



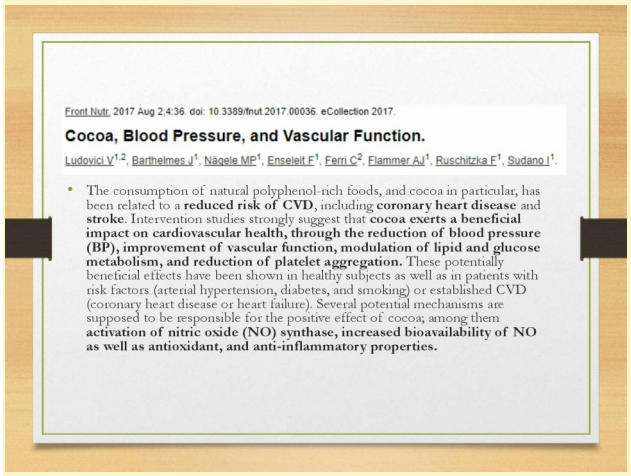
ADD & ADHD Center

Chocolate's Influence on Hyperactivity in Children

by JESSICA BRUSO | Last Updated: Oct 03, 2017

Chocolate and Hyperactivity

In general, chocolate doesn't appear to affect hyperactivity in children. A study published in "Behaviour Change" in March 2006 found that chocolate didn't affect the behavior of preschool children compared to dried fruit, which was used as a control food. A review article published in "ARYA Journal" in 2005 came to a similar conclusion, stating that none of the studies reviewed found a connection between chocolate and hyperactivity.

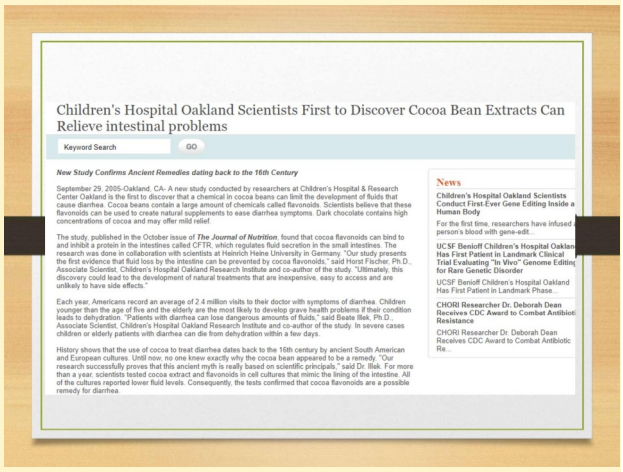


Front Nutr. 2017 Aug 2;4:36. doi: 10.3389/fnut.2017.00036. eCollection 2017.

Cocoa, Blood Pressure, and Vascular Function.

Ludovici V[1,2], Barthelmes J[1], Nägele MP[1], Enseleit F[1], Ferri C[2], Flammer AJ[1], Ruschitzka F[1], Sudano I[1].

- The consumption of natural polyphenol-rich foods, and cocoa in particular, has been related to a **reduced risk of CVD**, including **coronary heart disease** and **stroke**. Intervention studies strongly suggest that **cocoa exerts a beneficial impact on cardiovascular health, through the reduction of blood pressure (BP), improvement of vascular function, modulation of lipid and glucose metabolism, and reduction of platelet aggregation.** These potentially beneficial effects have been shown in healthy subjects as well as in patients with risk factors (arterial hypertension, diabetes, and smoking) or established CVD (coronary heart disease or heart failure). Several potential mechanisms are supposed to be responsible for the positive effect of cocoa; among them **activation of nitric oxide (NO) synthase, increased bioavailability of NO as well as antioxidant, and anti-inflammatory properties.**



Children's Hospital Oakland Scientists First to Discover Cocoa Bean Extracts Can Relieve intestinal problems

Keyword Search GO

New Study Confirms Ancient Remedies dating back to the 16th Century

September 29, 2005-Oakland, CA- A new study conducted by researchers at Children's Hospital & Research Center Oakland is the first to discover that a chemical in cocoa beans can limit the development of fluids that cause diarrhea. Cocoa beans contain a large amount of chemicals called flavonoids. Scientists believe that these flavonoids can be used to create natural supplements to ease diarrhea symptoms. Dark chocolate contains high concentrations of cocoa and may offer mild relief.

The study, published in the October issue of *The Journal of Nutrition*, found that cocoa flavonoids can bind to and inhibit a protein in the intestines called CFTR, which regulates fluid secretion in the small intestines. The research was done in collaboration with scientists at Heinrich Heine University in Germany. "Our study presents the first evidence that fluid loss by the intestine can be prevented by cocoa flavonoids," said Horst Fischer, Ph.D., Associate Scientist, Children's Hospital Oakland Research Institute and co-author of the study. "Ultimately, this discovery could lead to the development of natural treatments that are inexpensive, easy to access and are unlikely to have side effects."

Each year, Americans record an average of 2.4 million visits to their doctor with symptoms of diarrhea. Children younger than the age of five and the elderly are the most likely to develop grave health problems if their condition leads to dehydration. "Patients with diarrhea can lose dangerous amounts of fluids," said Beate Illek, Ph.D., Associate Scientist, Children's Hospital Oakland Research Institute and co-author of the study. In severe cases children or elderly patients with diarrhea can die from dehydration within a few days.

History shows that the use of cocoa to treat diarrhea dates back to the 16th century, by ancient South American and European cultures. Until now, no one knew exactly why the cocoa bean appeared to be a remedy. "Our research successfully proves that this ancient myth is really based on scientific principals," said Dr. Illek. For more than a year, scientists tested cocoa extract and flavonoids in cell cultures that mimic the lining of the intestine. All of the cultures reported lower fluid levels. Consequently, the tests confirmed that cocoa flavonoids are a possible remedy for diarrhea.

News

Children's Hospital Oakland Scientists Conduct First-Ever Gene Editing Inside a Human Body

For the first time, researchers have infused a person's blood with gene-edit...

UCSF Benioff Children's Hospital Oakland Has First Patient in Landmark Clinical Trial Evaluating "In Vivo" Genome Editing for Rare Genetic Disorder

UCSF Benioff Children's Hospital Oakland Has First Patient in Landmark Phase...

CHORI Researcher Dr. Deborah Dean Receives CDC Award to Combat Antibiotic Resistance

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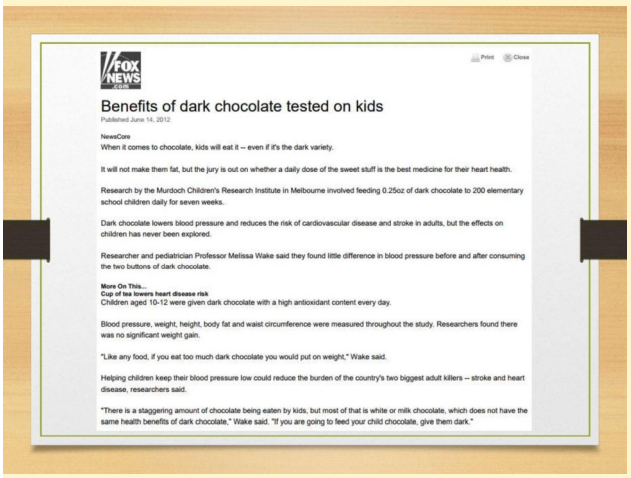


FOX NEWS

Print Close

Benefits of dark chocolate tested on kids

Published June 14, 2012

NewsCore

When it comes to chocolate, kids will eat it -- even if it's the dark variety.

It will not make them fat, but the jury is out on whether a daily dose of the sweet stuff is the best medicine for their heart health.

Research by the Murdoch Children's Research Institute in Melbourne involved feeding 0.25oz of dark chocolate to 200 elementary school children daily for seven weeks.

Dark chocolate lowers blood pressure and reduces the risk of cardiovascular disease and stroke in adults, but the effects on children has never been explored.

Researcher and pediatrician Professor Melissa Wake said they found little difference in blood pressure before and after consuming the two buttons of dark chocolate.

More On This...

Cup of tea lowers heart disease risk

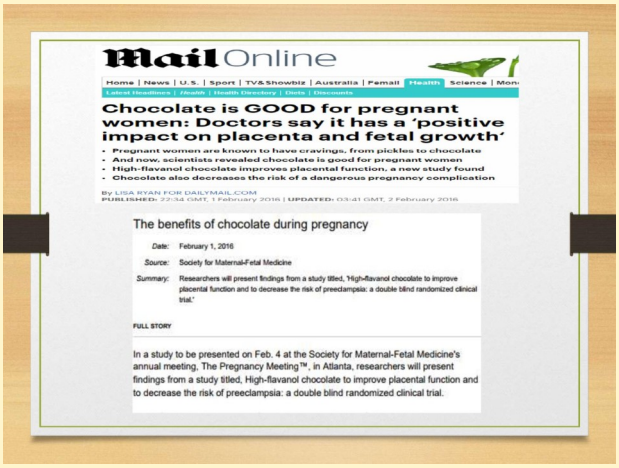
Children aged 10-12 were given dark chocolate with a high antioxidant content every day.

Blood pressure, weight, height, body fat and waist circumference were measured throughout the study. Researchers found there was no significant weight gain.

"Like any food, if you eat too much dark chocolate you would put on weight," Wake said.

Helping children keep their blood pressure low could reduce the burden of the country's two biggest adult killers -- stroke and heart disease, researchers said.

"There is a staggering amount of chocolate being eaten by kids, but most of that is white or milk chocolate, which does not have the same health benefits of dark chocolate," Wake said. "If you are going to feed your child chocolate, give them dark."



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Chocolate is GOOD for pregnant women: Doctors say it has a 'positive impact on placenta and fetal growth'

- Pregnant women are known to have cravings, from pickles to chocolate
- And now, scientists revealed chocolate is good for pregnant women
- High-flavanol chocolate improves placental function, a new study found
- Chocolate also decreases the risk of a dangerous pregnancy complication

By LISA RYAN FOR DAILYMAIL.COM

PUBLISHED: 22:34 GMT, 1 February 2016 | UPDATED: 03:41 GMT, 2 February 2016

The benefits of chocolate during pregnancy

Date: February 1, 2016

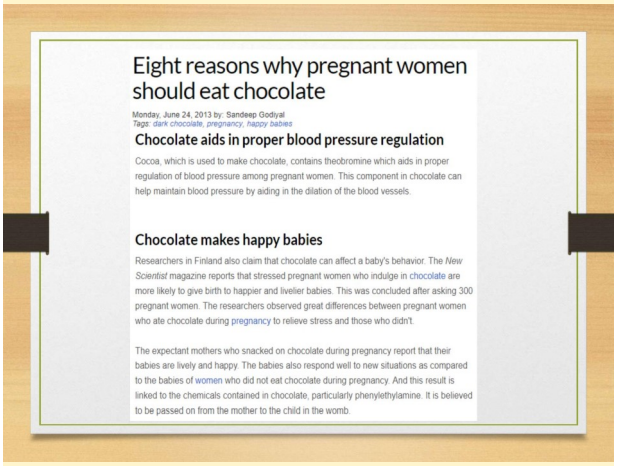
Source: Society for Maternal-Fetal Medicine

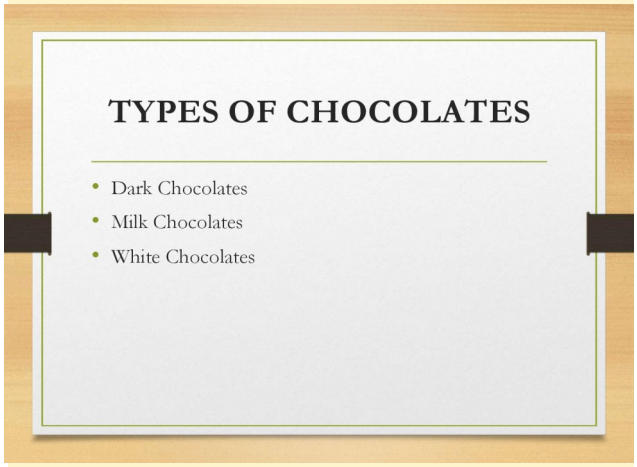
Summary: Researchers will present findings from a study titled, 'High-flavanol chocolate to improve placental function and to decrease the risk of preeclampsia: a double blind randomized clinical trial.'

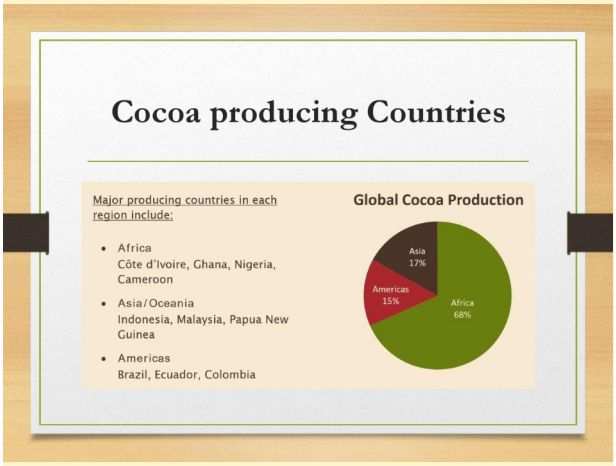
FULL STORY

In a study to be presented on Feb. 4 at the Society for Maternal-Fetal Medicine's annual meeting, The Pregnancy Meeting™, in Atlanta, researchers will present findings from a study titled, High-flavanol chocolate to improve placental function and to decrease the risk of preeclampsia: a double blind randomized clinical trial.

SPEAKER'S TEXT (cont'd)







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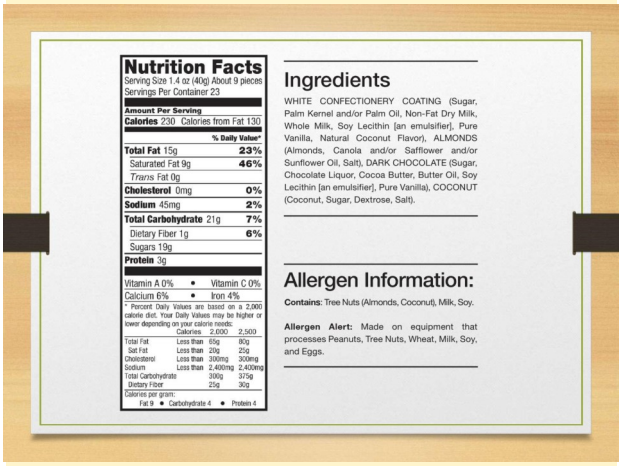

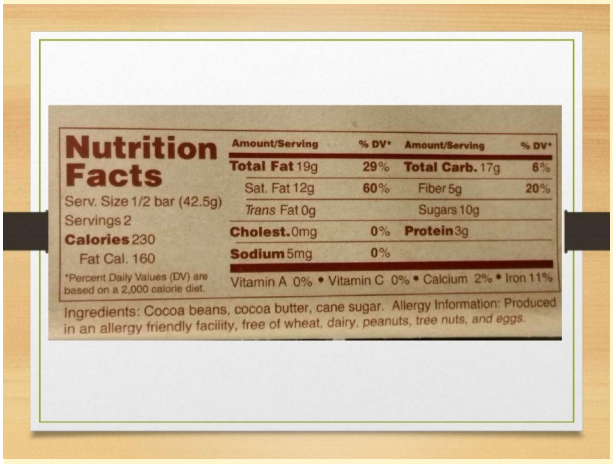

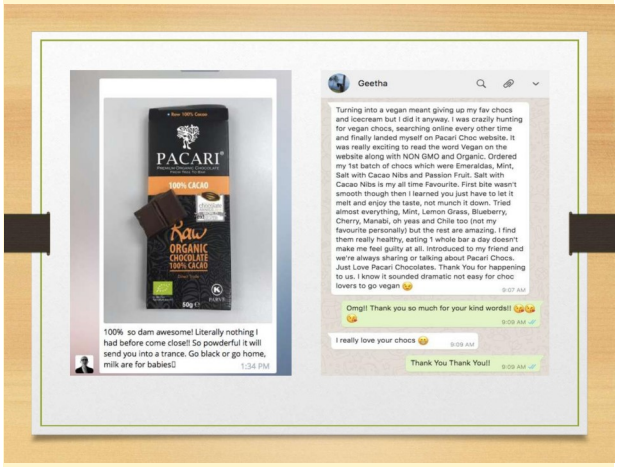

ACTIVITIES—PROJECT SINGLE MOM

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 Ranee (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

Tampin's End Polio Charity Run 21 Jan 2018

JOIN NOW!

For more info:

http://wilcube.com/event/end-polio-charity-run-21-1-18/

Read more

RI NEWS

RI PRESIDENT'S APPEAL

Dear Fellow Rotarians,

Together, we are setting in motion our global effort to help the world better understand who we are: people of action, driven by a desire to strengthen communities, mobilize problem solvers, and find solutions to the tough challenges that affect people around the world.

Starting now, you can visit the Brand Center to download new People of Action templates for social media posts and print ads. You can also download the video public service announcements that debuted at the Atlanta convention, as well as guidelines and tips on using the campaign. Use all of these to tell your own stories about how your club and district are taking action and bringing leaders together to make an impact in your community.

We are very proud of this new campaign and the opportunity it gives us to tell a consistent, compelling story about what makes Rotarians people of action. In the coming months, we'll add more resources to the Brand Center. We hope that you take advantage of these materials, because they'll help you to get the full benefit of the campaign by promoting both your club and Rotary in your community. Join us and bring the People of Action campaign to life by visiting the Brand Center today. The more we build awareness of Rotary, the easier it will be to make an impact in our communities right across the world.

— Ian Riseley
President, Rotary International

ON THE LIGHTER SIDE

If there were cellphones at the Red Sea