



**RY 2017-18**

**ROTARY:  
MAKING A  
DIFFERENCE**



**eBulletin of the**

**Rotary**  
Club of Pudu, Malaysia



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Date : 18<sup>th</sup> 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

**A**t the last meeting on 4<sup>th</sup> Dec 2017 PP Michael Yeow noticed that our attendance was only 16 Rotarians and 6 guests; and the next day being our 51<sup>st</sup> 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 10<sup>th</sup> 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 13<sup>th</sup> Dec to look into the nomination of respective positions for Rotary Year 2018 / 2019. Besides their nominations at the Annual General Meeting on 18<sup>th</sup> Dec, members can also make their nominations from the floor to effect a challenge. Democracy at work!

**The District 83<sup>rd</sup> District Conference** took

place on 8<sup>th</sup> & 9<sup>th</sup> 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 (18<sup>th</sup> 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

**T**he 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 4<sup>th</sup> Dec, 2017

| Visiting Rotarians  | Club  | Statistics              |        |
|---|---|-------------------------|--------|
|   |   | Club members            | 16     |
|   |   | Visiting Rotarians      | -      |
|   |   | Guests                  | 7      |
|   |   | Total                   | 23     |
| Guests  | Host  |                         |        |
| Mr Josh Liew<br>Marion Eunice Ngan<br>Daphne<br>Mr Juan<br>Ms Kwan<br>Ms Diana Tan<br>Ms Bee Lee Lo | PP Tan Sri Soong<br>Speaker — Club<br>Club<br>Embassy of Equador<br>IPP Sandy Soh<br>IPP Sandy Soh<br>IPP Sandy Soh | 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 4<sup>th</sup> DEC 2017





## PICTURES TAKEN AT THE MEETING ON 4<sup>th</sup> DEC 2017





## SPEAKER'S CV &amp; TEXT

**M**arion 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

## IS CHOCOLATE GOOD OR BAD?

Marion Eunice Ngan Yáñez

ScienceNordic

Health Society & Culture Environment Technology Agriculture & Fisheries Natural Sc

### The chocolate that won't make you fat

January 11, 2012 - 00:33

By adding linseed and chilli to dark chocolate, researchers can raise your metabolism so you can eat chocolate without putting on weight.

Keywords: Chemistry, Nutrition, The Body

ES Send PDF Print

By: Sybille Hildebrandt

neuroscientist Will Clower, Ph.D., isn't enough to grab your attention, its promise might: Eat chocolate 20 minutes before and five minutes after lunch and dinner to cut your appetite by up to 50 percent.

Nutrition: The Effects of Dark Chocolate for Reducing Weight

#### The Effects of Dark Chocolate for Reducing Weight

by Rowena Fortsch

A study performed at Queen Margaret University revealed promising results on how dark chocolate affects fat and carbohydrate metabolism. Dark chocolate has an impressive impact on how the body synthesizes fatty acids, thus reducing the digestion and absorption of fats and carbohydrates. As a result, the person eating chocolate experiences a feeling of satiety. The trick is to choose the right type of chocolate. Stick to dark chocolate that contains at least 70 percent cacao.

### Cocoa, chocolate and cardiovascular disease

Monica Galleano, Ph.D.,<sup>1</sup> Patricia I. Olea, Ph.D.,<sup>2,3</sup> and Cesar G. Fraga, Ph.D.<sup>1,2</sup>

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High cocoa and chocolate consumption have been associated with a decreased risk for CVD in a few population studies. A sub-study of a population from the Zutphen Elderly Study showed that cocoa consumption was associated with a decrease in blood pressure and overall cardiovascular mortality<sup>8</sup>. A case-control study done in Italy showed that the risk for myocardial infarction was inversely associated to chocolate consumption, reaching a 77% decrease in risk when comparing the population that ate more than three portions of chocolate per day with the population that consumed less than one<sup>9</sup>. Several dietary

Cochrane Database Syst Rev. 2012 Aug 15;(8):CD008893. doi: 10.1002/14651858.CD008893.pub2.

#### Effect of cocoa on blood pressure.

Ried K<sup>1</sup>, Sullivan TR, Fakler P, Frank OR, Stocks NP.

Author information

**AUTHORS' CONCLUSIONS:** Flavanol-rich chocolate and cocoa products may have a small but statistically significant effect in lowering blood pressure by 2-3 mm Hg in the short term. Our findings are limited by the heterogeneity between trials, which was explored by univariate meta-regression and subgroup analyses. Subgroup meta-analysis of trials using a flavanol-free control group revealed a significant blood pressure reducing effect of cocoa, whereas analysis of trials using a low flavanol control product did not. While it appears that shorter trials of 2 weeks duration were more effective, analysis may be confounded by type of control and unblinding of participants, as the majority of 2 week trials also used a flavanol-free control and unblinding of participants. Results of these and other subgroup analyses based on, for example, age of participants, should be interpreted with caution and need to be confirmed or refuted in trials using direct randomized comparison. Long-term trials investigating the effect of cocoa products are needed to determine whether or not blood pressure is reduced on a chronic basis by daily ingestion of cocoa. Furthermore, long-term trials investigating the effect of cocoa on clinical outcomes are also needed to assess whether



## SPEAKER'S TEXT

J Community Hosp Intern Med Perspect. 2017 Sep 19;7(4):218-221. doi: 10.1080/2009666.2017.1361293. eCollection 2017 Oct.

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

Shah SR<sup>1</sup>, Alwase R<sup>2</sup>, Najim N<sup>3</sup>, Dharani AN<sup>4</sup>, Jangda MA<sup>4</sup>, Shahid M<sup>4</sup>, Kazi AN<sup>5</sup>, Shah SA<sup>6</sup>.

#### 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.

## CHOCO 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 Shaum Woollier  
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 BRUNO | 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 24;36. doi: 10.3389/fnut.2017.00036. eCollection 2017.

### Cocoa, Blood Pressure, and Vascular Function.

Ludovici V<sup>1,2</sup>, Barthelmes J<sup>1</sup>, Nagele MP<sup>1</sup>, Enseleit F<sup>1</sup>, Ferni C<sup>2</sup>, Flammer AJ<sup>1</sup>, Ruschitzka F<sup>1</sup>, Sudano I<sup>1</sup>.

- 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 severe health problems if their condition lasts too long. "Patients with diarrhea can lose dangerous amounts of fluids," said Brian Risk, 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 principles," said Dr. Risk. 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 person's blood with gene-edited

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

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



### Benefits of dark chocolate tested on kids

Published June 14, 2012

#### NewsCafe

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 kids have 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."

## MailOnline

Home | News | U.S. | Sport | TV & Showbiz | Australia | Female | Health | Science | More

### 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 WATSON FOR DAILYMAIL.COM  
PUBLISHED: 22:04 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)

### Eight reasons why pregnant women should eat chocolate

Monday, June 24, 2013 by: Sandeep Godiyal

Tags: dark chocolate, pregnancy, happy babies

#### Chocolate aids in proper blood pressure regulation

Cocoa, which is used to make chocolate, contains theobromine which aids in proper regulation of blood pressure among pregnant women. This component in chocolate can help maintain blood pressure by aiding in the dilation of the blood vessels.

#### Chocolate makes happy babies

Researchers in Finland also claim that chocolate can affect a baby's behavior. The *New Scientist* magazine reports that stressed pregnant women who indulge in chocolate are more likely to give birth to happier and livelier babies. This was concluded after asking 300 pregnant women. The researchers observed great differences between pregnant women who ate chocolate during pregnancy to relieve stress and those who didn't.

The expectant mothers who snacked on chocolate during pregnancy report that their babies are lively and happy. The babies also respond well to new situations as compared to the babies of women who did not eat chocolate during pregnancy. And this result is linked to the chemicals contained in chocolate, particularly phenylethylamine. It is believed to be passed on from the mother to the child in the womb.

### TYPES OF CHOCOLATES

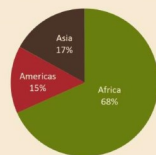
- Dark Chocolates
- Milk Chocolates
- White Chocolates

### Cocoa producing Countries

Major producing countries in each region include:

- Africa  
Côte d'Ivoire, Ghana, Nigeria, Cameroon
- Asia/Oceania  
Indonesia, Malaysia, Papua New Guinea
- Americas  
Brazil, Ecuador, Colombia

Global Cocoa Production



TASTE 10/28/2014 07:00 am ET | Updated Oct 29, 2014

### What Exactly IS White Chocolate?



By Kate Bratskeir

White chocolate doesn't qualify as genuine chocolate because it doesn't contain chocolate solids (a.k.a. cocoa powder). White chocolate is typically made from a blend of cocoa butter, milk solids, sugar, milk fat and lecithin — a fatty emulsifier that holds it all together.

### What's the Difference Between White and Dark Chocolate?

By Benjamin Radford, Live Science Contributor | January 12, 2011 11:36am ET

White chocolate, on the other hand, is not technically a chocolate at all it's made without any cocoa powder or solids. That doesn't mean it's not delicious, of course, but white chocolate is just cocoa butter mixed with milk and sugar. (Cocoa butter is a vegetable fat, not unlike olive oil or corn oil, except it's derived from the cocoa bean.)

### NUTRITIONAL FACTS

- |                       |                          |
|-----------------------|--------------------------|
| • Fat / Lipid profile | • Calcium                |
| • Amino acids         | • Phosphorus             |
| • Manganese           | • Zinc                   |
| • Copper              | • Vitamin E              |
| • Potassium           | • Some Vitamin B Complex |
| • Magnesium           | • Vitamin A              |
| • Iron                | • Fiber                  |
| • Antioxidant         | • Serotonin              |
| • Polyphenol          |                          |
| • Flavonol            |                          |
| • Sodium              |                          |

**Ingredients:** Wheat Flour Bleached, Sugar, Chicory Root Extract, Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Sugarcane Fiber, Vegetable Oils (canola, palm, and palm kernel), Fructose, Molasses, Glycerin. Contains 2% or less of: Water, Modified Corn Starch, Cocoa, Leavening (baking soda, sodium aluminum phosphate), Salt, Dried Egg Whites, Natural Flavor, Soy Lecithin, Milk, Xanthan Gum, Locust Bean Gum.

**CONTAINS WHEAT, SOY, EGG AND MILK; MAY CONTAIN PEANUT INGREDIENTS.**



## SPEAKER'S TEXT (cont'd)

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size 1.4 oz (40g) About 9 pieces                             |                           |
| Servings Per Container 23  |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 230  | Calories from Fat 130     |
| % Daily Value*   |                           |
| <b>Total Fat</b> 15g   | <b>23%</b>                |
| Saturated Fat 9g   | <b>46%</b>                |
| Trans Fat 0g   | <b>0%</b>                 |
| <b>Cholesterol</b> 0mg   | <b>0%</b>                 |
| <b>Sodium</b> 45mg   | <b>2%</b>                 |
| <b>Total Carbohydrate</b> 21g  | <b>7%</b>                 |
| Dietary Fiber 1g   | <b>6%</b>                 |
| Sugars 19g   |                           |
| <b>Protein</b> 3g  |                           |
| Vitamin A 0% • Vitamin C 0%  |                           |
| Calcium 6%   | Iron 4%                   |
| *Percent Daily Values are based on a diet of other people's secrets. |                           |
| Percent Daily Values are based on a diet of other people's secrets.  |                           |
| Total Fat  | Less than 65g 80g         |
| Sat. Fat   | Less than 20g 25g         |
| Cholesterol  | Less than 300mg 300mg     |
| Sodium   | Less than 2,400mg 2,400mg |
| Total Carbohydrate   | 30g 37g                   |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9  | Carbohydrate 4 Protein 4  |

### Ingredients

WHITE CONFECTIONERY COATING (Sugar, Palm Kernel and/or Palm Oil, Non-Fat Dry Milk, Whole Milk, Soy Lecithin [an emulsifier], Pure Vanilla, Natural Coconut Flavor), ALMONDS (Almonds, Canola and/or Safflower and/or Sunflower Oil, Salt), DARK CHOCOLATE (Sugar, Chocolate Liquor, Cocoa Butter, Butter Oil, Soy Lecithin [an emulsifier], Pure Vanilla), COCONUT (Coconut, Sugar, Dextrose, Salt).

### Allergen Information:

Contains: Tree Nuts (Almonds, Coconut), Milk, Soy.

**Allergen Alert:** Made on equipment that processes Peanuts, Tree Nuts, Wheat, Milk, Soy, and Eggs.

## SINGLE ORIGIN SERIES



### Nutrition Facts

Serv. Size 1/2 bar (42.5g)  
Servings 2  
Calories 230  
Fat Cal. 160

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Cocoa beans, cocoa butter, cane sugar. Allergy Information: Produced in an allergy friendly facility, free of wheat, dairy, peanuts, tree nuts, and eggs.

| Amount/Serving                                      | % DV*      | Amount/Serving         | % DV*      |
|---|------------|------------------------|------------|
| <b>Total Fat</b> 19g                                | <b>29%</b> | <b>Total Carb.</b> 17g | <b>6%</b>  |
| Sat. Fat 12g  | <b>60%</b> | Fiber 5g               | <b>20%</b> |
| Trans Fat 0g  |            | Sugars 10g             |            |
| <b>Cholest.</b> 0mg                                 | <b>0%</b>  | <b>Protein</b> 3g      |            |
| <b>Sodium</b> 5mg                                   | <b>0%</b>  |                        |            |
| Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 11% |            |                        |            |



## 1. QUALITY

- Pacari chocolate is made in small batches to ensure our quality is top notch.
- We use only Arriba Nacional cacao. Known for its rich, full taste and complex fruity and floral notes.



100% so dam awesome! Literally nothing I had before come close! So powerful! I will send you into a trance. Go black or go home, milk are for babies!

Turning into a vegan meant giving up my fav choc and icecream but I did it anyway. I was crazily hunting for vegan choc, searching online every other time and finally landed myself on Pacari Choc website. It was really exciting to read the word vegan on the website along with NON GMO and Organic. Ordered my 1st batch of choc which were Esmeraldas, Mint, Salt with Cacao Nibs and Passion Fruit. Salt with Cacao Nibs is my all time favourite. First bite wasn't smooth though then I learned you just have to let it melt and enjoy the taste, not munch it down. Tried almost everything, Mint, Lemon Grass, Blueberry, Cherry, Manabi, oh yea and Chile too (not my favourite personally) but the rest are amazing. I find them really healthy, eating 1 whole bar a day doesn't make me feel guilty at all. Introduced to my friend and we're always sharing or talking about Pacari Choc. Just Love Pacari Chocolates. Thank You for happening to us. I know it sounded dramatic not easy for choc lovers to go vegan 🙏

Omg!! Thank you so much for your kind words! 🙏

I really love your choc 🙏

Thank You Thank You!



## 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: **83<sup>rd</sup> 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



### 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](#)

## REST IN PEACE



**President Sunil Kumar Shetty**  
*Charter Member of RC Bandar Sungai Petani*



**President Dr Radha Kumar**  
*RC Alor Setar*



## 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