



B E Y O N D

L o o k B e y o n d Y o u r s e l f

PRESIDENT'S MESSAGE

We are planning the first of our fellowship outings - that is, a trip to Pulau Ketam on the 22nd of August. I hope all our members will come, and also bring along their family and friends. A boat ride to Pulau Ketam and good seafood should be a lot of fun!

Our sister club, the Rotary Club of Tebrau's installation is on the 14th of August 2010. Looks like only Hari and I will be going.

Seven of us attended the Federation of Malaysia Peng Clan Association's inaugural dinner last Sunday. It was a huge affair with about 121 tables. The guest of honour was YB Tan Sri Koh Tsu Koon. A cheque for RM5,000 was presented to RC Kelana Jaya for an "Education Fund". Later, Tan Sri Datuk Robert Phang came to our table and said that we will always have his support. We just have to ask !!.

Last week we were given an idea how to loose weight by our speaker, Irene Foo – eat a fist size of fruit and meat, a handful of vegetables and a fist size of carbohydrate. Very difficult to follow since most of us consume more than a fistful of rice, but I'm sure we will all try!

Have a good week.

Shanti Yanasakaran



Irene Foo
Weight Management

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District 3300, Malaysia
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Members only

Honorary Members
Tan Sri Datuk Robert Phang • Dato' Michael Yam



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5 August 2010

TODAY'S PROGRAMME

MEETING ON 29 JULY 2010

SMART READER
MR RAJ

DUTY ROSTER

Raffle: Peggy
Introduce Speaker: Thillai
Thank Speaker: Tina
Fine Master: Wong
Rotary Information: Zuby

CLUB DIARY

- 5 Aug Committee Meetings:
Club Administration, Membership & PR
- 6-8 Aug Assistant Governors' Training Seminar
Phuket
- 12 Aug Weekly Meeting
Membership Development
PDG Dato' Dr Low Teong
- Committee Meetings:
Vocational & Service to New Gen
- 14 Aug Installation of BOD of sister club
RC Tebrau
- 15 Aug District MDR Seminar, Seremban
- 19 Aug Weekly Meeting
Gastroenterology - Dr Kwan
- Committee Meetings:
Community & FOC
- 22 Aug Trip to Pulau Ketam
- District TRF Directors' Seminar

It's a weighty issue - how to get those pounds off. And you would have learnt a thing or two if you had attended our meeting last week, because our speaker, Irene Foo, was there to tell us all about it.

Irene is a weight management consultant with TRA - The Right Approach to weight management of Nuskin Enterprises. She has coached many people to lose weight. Irene herself had struggled with with problem and her present svelte self is testimony to the effectiveness of the programme.

She informed us about the problems associated with obesity, including heart disease and even cancer. It's important to eat sensibly, eating foods from all the major food groups, such as vegetables, protein, fruits and carbohydrates, and to follow a safe diet, avoiding stimulants.

Food is not the only issue, as it is also important to exercise and also to look at our lifestyles and to see the way we live contributes to us being overweight.

Lynn thanked the speaker and in the process we learnt quite a lot about her own dietary habits. Abstinence - from rice, that is - appears to be the key.

Our meeting last week was also our Fellowship Night where family members were encouraged to attend. It

BIRTHDAYS & WEDDING ANNIVERSARIES

Birthdays: 5 Aug Thillai

Wedding Anniversaries: None

BOARD OF DIRECTORS 2010-11

President
Shanti Yanasakaran

Vice-President
Khoo Swee Keng

Immediate Past President
Elizabeth Yam

President Elect
Tina Yeung

Honorary Secretary
Peggy Lee

Honorary Treasurer
Chow Chee Ping

Club Administration Director
Leslie Yeap

Vocational Service Director
Alex Tan

Community Service Director
C S Ong

International Service Director
David Goh

Service to New Generations Director
Daniel Choy

was good to see that in addition to the 13 members present, we had with us Chua, Belinda (Wong's daughter), May Wah, Nisa (Lynn's daughter) and Rachel (Irene Foo's daughter). It was also a happy surprise to find Max back at the meeting this week. Chris Ng of RC Petaling Jaya also visited us, as did our ex-member, Christie.

Shanti informed us she and Hari would be travelling to Johor Baharu for our sister club, RC Tebrau's installation on 14 August, and hoped some other members will also make the trip.

Jo sold the raffle tickets, and the raffle prize of 10 Da Ma Cai lottery tickets was won by Shanti.

Tina was fine master and everyone who had sex in the last week had to pay the fine. Surprisingly, every body promptly paid up which just goes to show what a virile lot we are! Ah, if only some of that energy could be channelled into doing more Rotary work!

Chow read out some information about the exchange of Rotary club banners, one of our cherished traditions.

We also have to thank Peggy who came to the meeting just to drop off the birthday cake for Daniel and Edward. Unfortunately, neither of the birthday boys could make it for the meeting. That of course did not stop the rest of us from scoffing the cake. Yummy.

Thanks also to everyone who brought some drinks or dessert to liven up the fellowship. These included Chua, Tina, Lynn, David and Leslie.



Club Administration

Leslie Yeap
CB Tan
Elizabeth Yam
Emily Chin
Melissa Kew (SAA)
Michael Chong
Mutsuko Itohara
V Thillainathan
Zuby Esser

Membership

Tina Yeung
Josephine Pang
Melissa Kew

Public Relations

Elizabeth Yam
Daniel Choy
Edward Pon
Tina Yeung

Vocational Service

Alex Tan
CB Tan
Hari Yanasakaran
Lynn Abdullah

Community Service

CS Ong
David Goh
Emily Chin
Josephine Pang
Klaus Beurkner
Peggy Lee
V Thillainathan
KW Wong
Zuby Esser

Free Outpatient Clinic

V Thillainathan
Chow Chee Ping
Hari Yanasakaran
Khoo Swee Keng
Peggy Lee
KB Lai

REFUGEES IN MALAYSIA

The context

Malaysia hosts some 90,000 refugees and asylum-seekers, 90 per cent of whom are from Myanmar. Other significant refugee populations originate from Afghanistan, Iraq, Somalia and Sri Lanka.

Malaysia is not party to the 1951 Refugee Convention or its Protocol. There is currently no legislative or administrative framework for dealing with refugees. This challenging protection environment is situated within a migration context of some three million migrants, one million of whom are considered illegal.

In the absence of a national administrative framework, UNHCR conducts all activities related to the reception, registration, documentation and status determination of asylum-seekers and refugees. Since refugees and asylum-seekers have no access to sustainable livelihoods or formal education, UNHCR runs a limited number of humanitarian support programmes for them, in cooperation with its NGO partners.

Malaysia also hosts a population of stateless people, composed mainly of some 60,000 Filipino Muslims in the province of Sabah, and an estimated 40,000 potentially stateless people from various countries in Peninsular Malaysia.

The needs

With the protection environment unlikely to change significantly in the short to medium term, UNHCR will continue to advocate for the Government to make policy changes relating to refugees. An additional priority will be to strengthen public awareness of asylum issues in order to expand the humanitarian space for refugees, asylum-seekers and stateless people in Malaysia.

UNHCR will enhance its interventions to ensure that asylum-seekers and refugees are not subjected to arrest, detention, deportation or refoulement. UNHCR will register asylum-seekers, determine their status claims and provide them with documentation.

Similarly, UNHCR will address the basic needs of refugees in terms of livelihoods, health care and education. This will remain a challenge, as refugees in Malaysia are of diverse nationalities and ethnic backgrounds, and are widely dispersed in urban areas as well as remote locations.

Local integration is not considered a viable option by the Malaysian authorities for the majority of refugees. Given the lack of prospects for return or local integration, resettlement remains the only option as a durable solution for many refugees.

Main objectives

- ▶ Mobilize the Government and civil society to address the problem of statelessness in Malaysia.
- ▶ Ensure that asylum-seekers and refugees are protected against refoulement, unwarranted detention and all forms of violence and abuse, including sexual and gender-based violence, and have access to a fair and efficient registration and refugee status determination procedures.
- ▶ Foster the development and implementation of a legal and administrative framework which provides a basic set of rights for asylum-seekers and refugees.
- ▶ Strengthen the network of key partners within Malaysian civil society who are equipped with the skills, knowledge and resources to advocate for and provide improved standards of treatment for people of concern.
- ▶ Develop and deliver programmes which support refugee communities and target those with specific needs, particularly women and children.
- ▶ Develop and implement a comprehensive durable solutions strategy for people of concern in Malaysia in cooperation with all partners.

Source: UNHCR web site (contributed by Tina)

International Service

David Goh
Edward Pon
James Shiono
Klaus Beurkner
Mutsuko Itoharu

Rotary Foundation

Khoo Swee Keng
Chow Chee Phing
Zuby Esser

Service to New Generations

Daniel Choy
Elizabeth Yam
Leslie Yeap
KW Wong
(Interact)
KB Lai (Interact)
Lynn Abdullah
(Rotaract)
James Shiono
(Rotaract)

Nominations

KW Wong
Khoo Swee Keng
Edward Pon
Leslie Yeap
Peggy Lee
Lynn Abdullah
Josephine Pang
V Thillainathan
David Goh
Elizabeth Yam

THE 4-WAY TEST

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?