



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 VISITS RC TEBRAU

The Rotary Club of Tebrau, our sister club, had their installation dinner on the 14th August. Dr Hari and I, together with six members of Tebrau's other sister club, the Rotary Club of Chenna Patna, were also present.

They were happy to see us there. It was a good installation dinner at the Thistle Hotel and I enjoyed myself. The next day, Past President Victor Raj of RC Tebrau took us to Villa Paulos – which housed 17 children who are orphans or from broken homes. The huge house was donated by a well-wisher, who stipulated in her will that the house be used as a home for unfortunate children. RC Tebrau takes care of all their needs.

Mr Jeraj of Smart Reader Worldwide has come up with a proposal as to how we can work together on a project. The proposed scheme provides English lessons to needy children at a very low cost and training for teachers, free of charge.

Last week, PDG Dato' Dr LowTeong spoke to us about increasing membership. Today's speaker is Dr Kwan – a gastroenterologist. I'm sure his talk will be very useful to us – as we all suffer from gastro or intestinal problems sometime or another throughout our lives. Have a good week ahead.

Shanti Yanasakaran
President



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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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TODAY'S PROGRAMME

**GASTRIC:
WHAT YOU NEED TO KNOW
DR K L KWAN**

DUTY ROSTER

Raffle: Edward
Introduce Speaker: Emily
Thank Speaker: Hari
Fine Master: Ito
Rotary Information: James

CLUB DIARY

19 Aug Committee Meetings:
Community & FOC

22 Aug Trip to Pulau Ketam

District TRF Directors' Seminar

26 Aug Weekly Meeting
Speak for Success - Geoff Andrew

Committee Meetings:
International Service & TRF

31 Aug Deadline to complete Classifications
Survey

1 Sep Group 8 Joint Meeting

2 Sep District TRF Seminar, Penang

8 Sep Board Meeting
Host - Peggy
Venue - To be announced

MEETING ON 12 AUGUST 2010

Setting targets is important if we are to reach our goals. And our district governor has set a target of 2,000 Rotarians by 30 June 2011.

District Membership Development & Retention Chairman, PDG Dato' Dr Low Teong, informed us at our meeting last week that although this would be a record for our club, we are on course to achieve it.

To help clubs with their membership efforts, the district committee this year is very much larger, and includes new portfolios, such as those of membership coordinators and membership counsellors.

PDG Low Teong advised us to set a target and work to achieve it. In this connection, he expressed some disappointment we had set a low target of a net gain of just one member, and encouraged us to try to do more.

Another piece of advice was to hold well-conducted weekly meetings, as this would leave a good impression on guests.

Recognition of sponsors is also important, and the district will be coming out with a pin for sponsors.

BIRTHDAYS & ANNIVERSARIES

Birthdays:
20 Aug Yuriko (Leslie's Ann)

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 Phing

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

Perhaps the most important tip PDG Low Teong gave was we should “Just Ask Someone”.

CB introduced our speaker, and Chow thanked him and presented him with a memento.

Announcements: Shanti informed us a teacher from a school in Kelana Jaya will come to meet us to discuss the possibility of sponsoring an Interact club in that school. Peggy informed us there is a Group 7 Intercity on 17 August at the Sunway Hotel, and RC Kampong Baharu is holding a breaking of fast on 16 August.

Finemaster this week was David, and he found a reason to fine everyone present. The most saucy fine was for CB and Jo for “holding hands”! Before their respective spouses have a heart attack, we must say they were not really holding hands - CB was passing some mystical energy or force or rays over to Jo - that’s what he says anyway.

Rotary information was given by Peggy, and she told us about the International Assembly. This is an annual event, held in San Diego, where incoming district governors are trained for their year in office as governors.

Thillai sold the raffle tickets and the raffle prize this week was won by Shanti - Congratulations.

We had as our guest, Tony, invited by David.



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 Phing
Hari Yanasakaran
Khoo Swee Keng
Peggy Lee
KB Lai

START A COMMUNITY GARDEN

Rotarians are digging and hammering to create spaces that produce fresh food, beautify neighborhoods, and provide extra income for local residents. John Lawrence, an economic and community development consultant and member of the Rotary Club of Memphis, Tenn., USA, led his club's new-member project to build the Uptown Community Garden last year. Located in a mixed-income neighborhood, it has 18 plots that rent for \$20 annually.



The Rotarian: What were the steps to building the garden?

Lawrence: First we had to secure our site. The next task was to kill the grass – we didn't want to use chemicals, so we covered the ground with biodegradable cardboard and mulch. Then we created raised beds, filled them with dirt, and constructed a fence. We had to find a source of water. We did some landscaping, built a little toolshed and some compost bins, and then we had a big party.

TR: How many hours of labor did your club donate?

Lawrence: Around 120 to 150 man-hours.

TR: What was the cost?

Lawrence: We came in at about \$3,500. You can do it a lot less expensively, but we felt that this was going to represent Rotary, this was going to be our inroad into this community, and we wanted it to last a long time. We used new materials and tried to build things better than we had to.

TR: Do you need members who are gardeners and builders to make this work?

Lawrence: No. You just need a club full of people willing to read some instructions and give it a try. You have to have someone involved who's willing to motivate. That was one of the early issues we had to overcome – simply keeping people motivated and helping them understand, "Look, we know you've never gardened before. You may not have ever built a fence, but it's dirt and wood. You can't mess it up."

TR: What's a secret to a flourishing community garden?

Lawrence: The most successful community gardens have someone from the neighborhood who steps up and takes the lead – someone who will be in the garden often and doesn't mind playing a management role. We set a few ground rules, but since everyone has ownership of their own spot, they care for that spot – and for their neighbor's. It hasn't taken a great deal of oversight.

TR: What benefits have you seen?

Lawrence: We have introduced people to the concept of selling their own food. A grocery store nearby buys from some of our gardeners. From an aesthetic standpoint, the area looks better. From a public safety standpoint, this is a social place where people can interact and know what's going on in the neighborhood. And children have been involved throughout the process. These kids have benefited from having a place to go and adults to associate with after school and on weekends. – *Mindy Charski*

This article appeared in the August issue of "The Rotarian".

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?