

FAT-SINATING TALK

Cholesterol - The Good, Bad and Ugly - we were given a detailed explanation in simple terms by Joseph Lim - our speaker last week. Joseph held the members attention throughout his presentation and nobody noticed the time!!.

And the Question and Answer session went on even after the meeting was over. Those members who didn't attend the meeting really missed something.

It looks like only PP Leslie and I will be at the District Awards Night on the 25th of June. Everybody else will be at Candice's wedding (Roland's daughter).

Members please attend next week's meeting in full force - it is Handover Night. The handover is at our regular meeting on Thursday in the Perdana room at Bukit Kiara.

Have a good week ahead.

Shanti Yanasakarn
President



TODAY'S PROGRAMME

MEETING ON
2 JUNE 2011

To Be Announced

CLUB DIARY

- 9 Jun Board of Directors Meeting
Rotary Club of Bangrak Installation
- 12 Jun District Team Training Seminar
D'Villa Ampang
- 16 Jun Weekly Meeting &
Handover Dinner
- 18 Jun Peggy Lee's Inner Wheel Installation
- 23 Jun Weekly Meeting
Club Assembly 4
- 25 Jun District Awards Night
Flamingo Hotel
- 2 Jul Installation Dinner
Empire Hotel, Subang Jaya
- 6 Jul Board of Directors Meeting
Host - Tina
Venue - To be announced
- 7 Jul Weekly Meeting
Plans for the Year
Tina Yeung

BIRTHDAYS & ANNIVERSARIES

Birthdays

- 11 June Emily
13 June Alex

Anniversaries

None

FATS

THE GOOD, THE BAD &
THE UGLY
LIM SONG HOK

We are all concerned about what we eat. The philosophers among you may say we are what we eat. So last week's speaker spoke on a topic of interest to everyone. Mr Lim Song Hok is a plant process engineer. He is also in the course of obtaining a doctorate from UTM.

He has for the last seven years been involved in the innovation and commercialisation of health and beauty products through his companies Adirondack and Life Science Corporation.

Mr Lim's, or Joseph's, talk was fairly technical. I brought me back to my days in school, listening to my biology teacher. And just as in those days, most of what was said went over my head. But I did manage to take in some basic facts about fats. There are some good fats. Omega 3 and 6 are among them, and they help to fight various problems such as allergies and infections. A child's intelligence may be affected by the levels of Omega 3 and 6 he or she consumes. Omega 3 and 6 have to be taken in the right quantities. Too much Omega 6 is not good for you. The right ratio between Omega 3 and 6 is 1 to 4 (or was it 4 to 1?).

BOARD OF DIRECTORS 2010-11

President
Shanti Yanasakaran

Vice-President
Khoo Swee Keng

Immediate Past President
-

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
-

Lauric acid which is found in virgin coconut oil is also a good fat. Saturated fats are also important. Much of the obesity suffered by children may be due, not to fats as much as to the amount of sugar they consume.

The worse (or ugly) fats are the trans fats. They block the conversion of essential fats. These fats are damaged when used in deep fried food and food containing hydrogenated vegetable oils.

In the last three paragraphs, I have probably totally misrepresented Joseph Lim's talk, and I believe we understood the key points and judging from the many questions asked by members, both during and after the meeting, it was clearly a topic which was of concern to many of us. It was just a pity there weren't more of us present to listen to him. Edward thanked the speaker.

Joseph was accompanied by his son, Aaron, who helped with the PowerPoint presentation. Incidentally, Aaron has been to our club once before. He was introduced by PP Lawrence Kwan of the Rotary Club of Sri Petaling. At the time, Aaron was thinking of joining a Rotaract club. Leslie will follow up with him and with Joseph to see if they may be interested to join the Rotary club.

Joseph distributed to members present samples of the products made by his company, made from virgin coconut oil, for which we thank him again.

Announcements

Leslie mentioned the UNCHR office in KL has requested for some sponsorship for its Refugee Day. He has passed the details to Shanti.

Raffle

Tina sold the raffle tickets, and the winner this week was Leslie.

Fine Master

CS was the fine master. Everyone who thought they were too fat had to pay RM3 and those who didn't paid RM2. You will not be surprised to know most people paid RM2.



**CS: I will SMS the minutes to you!
Tina: I am waiting!**

Club Administration	Membership	Vocational Service	Community Service	Free Outpatient Clinic
Leslie Yeap	Tina Yeung	Alex Tan	CS Ong	V Thillainathan
CB Tan	Josephine Pang	CB Tan	David Goh	Chow Chee Phing
Emily Chin	Public Relations	Hari Yanasakaran	Emily Chin	Hari Yanasakaran
Michael Chong		Lynn Abdullah	Josephine Pang	Khoo Swee Keng
Mutsuko Itohara	Tina Yeung		Klaus Beurkner	Peggy Lee
V Thillainathan	Edward Pon		Peggy Lee	KB Lai
Zuby Esser				
			V Thillainathan	
			KW Wong	
			Zuby Esser	
			Sharm Morthi	
			Sanjeev Balasingam	

INCOMING GENERAL SECRETARY TALKS ABOUT HIS PRIORITIES

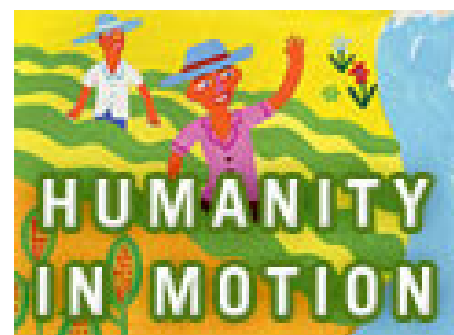
Incoming General Secretary John Hewko outlined his priorities during an address to Rotarians at the fourth plenary of the 2011 RI Convention in New Orleans, Louisiana, USA.

Hewko said his top priorities include “better connecting Rotarians with the Secretariat, increasing awareness as to what the Secretariat can offer, and making sure the Secretariat is an effective, efficient, and useful resource for clubs, so that clubs are able to grow and carry out the mission of Rotary.”

Hewko, who will take office 1 July, said the future of Rotary is bright.

"We will rid the world of the terrible scourge of polio -- we will rid the world of this terrible disease -- and then we will be bold and aggressive and identify and conquer the next big global challenge," he said. "We will redouble our public relations efforts to enhance our brand and image so that the world better appreciates and understands the great works of Rotary and the value of connecting through fellowship."

Source: Rotary International web site



International Service	Rotary Foundation	Service to New Generations	Nominations	THE 4-WAY TEST Of the things we think, say or do
David Goh	Khoo Swee Keng	-	KW Wong	1. Is it the TRUTH?
Edward Pon	Chow Chee Phing	Leslie Yeap	Khoo Swee Keng	2. Is it FAIR to all concerned?
James Shiono	Zuby Esser	KW Wong	Edward Pon	3. Will it build GOODWILL and BETTER FRIENDSHIPS?
Klaus Beurkner		(Interact)	Leslie Yeap	4. Will it be BENEFICIAL to all concerned?
Mutsuko Itoharu		KB Lai (Interact)	Peggy Lee	
		Lynn Abdullah	Lynn Abdullah	
		(Rotaract)	Josephine Pang	
		James Shiono	V Thillainathan	
		(Rotaract)	David Goh	