



Rotary Club of Petaling Jaya

District 3300

Bulletin Issue No.: 15/2010 (26 October)



NEXT MEETING

<i>Date & Time</i>	2 November 2010, 12.45pm	<i>Venue</i>	Hotel Grand Dorsett Subang	
<i>Speaker</i>	Vocational Service Month Award			
<i>Topic</i>	Dignifying a Profession			

ROTARIANS ON DUTY

Introducing	Thanking	Finemaster	Fellowship	Raffle
Chris Ng	Teo Woon Hud	Rianne Chin	Olivia Lim	Raymond Tan

WEEK AFTER NEXT MEETING

<i>Date & Time</i>	9 November 2010, 12.45pm	<i>Venue</i>	Hotel Grand Dorsett Subang	
<i>Speaker</i>				
<i>Topic</i>				

EDITORIAL

by Goh Seng Chuan

Club Speaker Treatment

Our club on average will have a speaker on some topic about 45 times a year. Speakers are generally non-Rotarians and people of importance and influence in the community. Their impression of Rotary in general and the club in particular is formed by how they are treated at the meeting. The following procedures should be adopted:

- Send a confirming letter/email – ask what special equipment (Laptop, LCD projector, screen, white board) and request for biodata for the introduction. Tell a little bit about the club-size, age, a few major achievements etc. Tell the speaker that he will be talking to senior business and professional people.
- Reminder phone call.
- Programme chairman should be at the meeting place before the speaker arrives.
- Speaker’s meal should complimentary.
- Help the speaker to set up equipment and distribute literature.
- Members should initiate conversations with the speaker- don’t ignore him/her. The speaker should be formally introduced to the club before he speaks.

- When the speaker accepts the invitation to speak, he should be told that he will have some 25 minutes including questions and answers. The President must ensure that he has that much time and not let anyone cut into the speaker's allotted time.
- Discourage any early leavers. They discourage and insult the speaker.
- The members should be quiet during the programme.
- The speaker should be thanked and a souvenir be given.

THE WEEK WE SHARED

The speaker was Mr Henry Lim and he talked about **weight management**. Henry started his career as an oil mill manager in the oil palm industry. About 10 years later he switched to IT and worked as an application developer for another 10 years. He started to devote himself to health management some 15 years ago. He was attached to a public-listed company as a health program manager-cum-trainer. He also worked for a health management company as a nutritionist and technical adviser.

Presently, he is a freelance health consultant, specializing in anti-aging and weight management. He has vast experience in combating degenerative disease.

The only sport that Henry loves is bodybuilding because it is a science. He started bodybuilding when he was in Form 4. Before he left for overseas he was Mr. Penang Junior champion. He resumed training after laying off for more than 30 years. His latest achievements in bodybuilding competitions include Mr K.L.2010 (Master) 2nd runner- up and Selangor 2010 (Master) 2nd Runner-up.

His advice was that minerals are more important than vitamins. White rice and white bread are not as good as the brown type as they have lost the minerals. Walking and a proper choice of diet are key to controlling the muscle and hence weight. However, jogging, brisk walking and cycling are generally not good for health.

Overweight people generally believe that they do not overeat but still put on weight. This is because of the slow metabolism rate. In general, people tend to eat more than they think. And when there is excess consumption of calories, or overeating, there will be a gain in weight. The best way to burn calories is to do exercise as it induces hunger in the muscle.

Statistics of our meeting

		Today
Raffle	RM	40.00
Fines	RM	95.00
Birthday	RM	-
Total	RM	135.00

ATTENDANCE: 19/38 = 50%

RCPJ CHEER

The RCPJ organised a children's Cheer Programme to spread the goodwill and the spirit of unity amongst the less fortunate children from S.K Sungai Way, S.J.K. (T) Vivekananda, S.J.K. (C) Sungai Way and the Angel Shelter Home on 23 October at the KGNS Multi-Purpose hall.

Guest of Honour was YB Senator Dato' Donald Lim, Deputy Minister of Finance, who graced the occasion with his presence. He is also an active member of the RCPJ. The President of RCPJ, Leong Yeng Kit and some 20 Rotarians and their family members were present to partake in this cheer Programme. It was a colourful occasion with their different school uniforms and costumes of the various event performers. The children were showered with gifts, ang pows and goodie bags. Several cultural shows, entertainment, and magic shows really made the cheer a memorable event. The 280 odd children were thrilled and delighted with the programme. They truly enjoyed themselves.

CALENDAR OF CLUB, DISTRICT & RI EVENTS

Events	Date & Day	Time	Venue / Host
New Generations and The Rotary Foundation Joint Meeting	1 Nov Monday	7.00 pm	KGNS PP Chris Ng & Rtn Dr Koh
Dignifying a Profession	2 Nov Tuesday	Regular Lunch meeting	Grand Dorsett Regency
Service Projects Meeting	2 Nov Tuesday	8.00 pm	KGNS PP Tara & Capt Shashi
Club Administration Meeting	3 Nov Wednesday	8.00 pm	Lake Club PP Tara
SuperMums II Project Kick-off	8 Nov Monday	6.00 pm	Malaysian Institute of Baking
Membership and Club Public Relations Meeting	9 Nov Tuesday	7.30 pm	KGNS PP Battchoo
Board of Directors Meeting	10 Nov Wednesday	8.00 pm	Residence – PDG Dato Dr LT PDG Dato Dr LT
50 th Anniversary Meeting	18 Nov Thursday	8.00 pm	Residence – PP Yap SF PP Yap SF and IPP Dr Eric Wong
ICC Carnival	20 Nov Saturday	10.30 am	Sri Aman School

Attendance Competition Dinner	2 Dec Thursday	7.30 pm	H & H Restaurant (Halal), Kota Damansara
76th RI District 3300 Conference	10-12/12/10		Shangri-La Hotel, KL Host Club: RC Pudu
RCPJ 50th Anniversary Gala Dinner	6/1/2011	7.00 pm	Sunway Lagoon Resort Hotel Grand Ballroom
DG Visit	17-18/1/2011		
Golden Child	22-24/4/2011		A'Famosa Resort Host Club: RCPJ/RC HK Island East/RC Tampin