



# VOICE

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**OF CHANGI** MONTHLY BULLETIN  
FOR MEMBERS ONLY

**May 2010**

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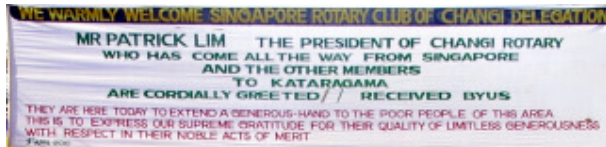
## SRI LANKA MISSION

*Gerald Huang*

**Four of our Club members went to Sri Lanka for our Club's Food Distribution Project held on 3 April 2010. PP Wong Kwai Wah (in picture) gave a very touching report of this Event at our Club meeting on 7 April '10.**



The Gang of Four, led by President Patrick Lim and accompanied by PP Wong Kwai Wah, PP Jimmy Lim and PP Gerald Huang, arrived at Colombo April 2 late at night. We were received at the airport by Venerable Mithabani. After a somewhat long drive of 3-4 hours, we checked into the Mandara Resort.



April 3 was the day for the distribution at the Kataragama Meditation Centre, scheduled to commence at 2 pm. A huge crowd was already waiting at the gate when our bus arrived. Items included red rice, milk powder, tea, sugar, coconuts, oranges, apples, floor mats, towels etc. The first group of recipients were the "Feeding Mothers" who had arrived with their young ones. A total of about 280 mothers were provided with a good collection of the above items, in addition to receiving packet milk and water.



The groups that followed are the needy families from around the Kataragama region. They received rice

packets, coconuts, etc. Looking at the eyes of the beneficiaries, there seemed to be a general air of happiness and hope that there are kind souls in this world who cared. The food items they received would prepare them well for the coming Sri Lankan New Year in the same month.



Venerable Mithabani estimated that about 2,000 people benefited from the giving. The charity event ended with the "liberation of four cows".

On Sunday, April 4, we visited the Venerable's monastery in Colombo, after an 8-hour journey from Kataragama. Amongst the people we met were the orphans staying in the monastery. The boys were treated to lollipops, candies and fruits, about an hour before we departed for the airport.

As always, a picture tells a thousand words.

Although the event lasted about 6 hours and at a total costs close to S\$25,000.-, it took many hours of planning and logistic work by Venerable Mithabani and his team. And it was done with full accountability and the numbers below tell all. We left April 5, 1 am and arrived Singapore 7.15 am.



After the giving of 'Vote of thanks' to speaker PP Kwai Wah by PP Boh, tokens of appreciation were presented to the 'Gang of Four'. ( PP Jimmy Lim was not present at the meeting that night )

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## THE CATHOLIC WELFARE SERVICES IN SINGAPORE

Sue Bastone

PP Thomas Tan (picture) presented an interesting overview of the Catholic Welfare Service (CWS) at our meeting on 14 April 2010.

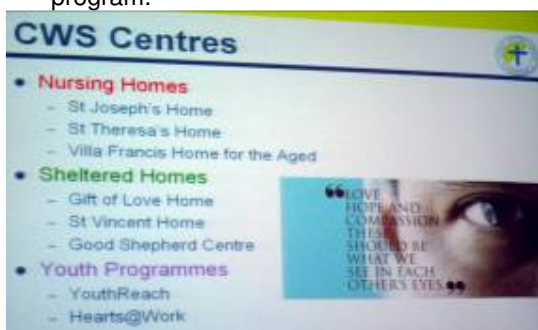


The Welfare Service started by simply providing food to the poor in 1959 and last year celebrated with a golden anniversary dinner which our club attended. It is now the action arm of the Catholic Church in Singapore, alleviating poverty regardless of race, language or religion. In 1997 it was made a tax deductible entity.

The governing board is headed by the Archbishop of Singapore (who, for legal reasons, is now titled "the Patron") There are various members including a 7 member board of which PP Thomas is one.

The services that the CWS provides are divided into:-

- Head Quarter services which provide food relief and provides information and referrals to people who need additional assistance.
- There is also a comprehensive scholarship program.



- CWS runs 3 nursing homes; St Joseph's, St Teresa's and Villa Francis Homes which provide a total of 474 beds. It also runs 3 sheltered accommodation homes, Good Shepherd Centre, Gift of Love and St Vincent's plus 2 youth programs, Youth Reach and Hearts @ Work. PP Thomas is the Chairman for the Youth reach which is a drop-in centre for problem youth. Here they have programs to help youth achieve their desired goals as well as life skill workshops. Hearts@Work started in 2009 as a vocational training service and supported employment for adults with physical and intellectual disabilities.

A lively Q&A followed and suggestions of a vocational visit was enthusiastically received

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Conrad Chew

Our Club's Secretary-Elect Conrad Chew reports .....

PE Koo M I, PE (2011-12) Teo C K and myself attended the President Elect's Training Seminar (PETS) and the 20th District Assembly for the Rotary Year 2010-11, hosted by DGE Dr K A Abraham. The event was held at The Zon Regency Hotel by the Sea at Johor Bahru, Malaysia.



- Riding on RI President for 2010-11 - Ray Klinginsmith's Theme for the coming rotary year "Building Communities Bridging Continents", DGE Abraham outlined our District 3310 goals will be:
1. Recruitment and leadership planning
  2. Focus to improve humanitarian service
  3. Have more initiatives (eg donations, joint club activities...)
  4. Pro-actively enhance public image & awareness of Rotary Clubs

The 2 days PETS sessions were lively with the various trainers' inputs and more importantly, the participants' exchanges.

Briefly, PETS cover a range of topics like Club Leadership Plan, Fellowship & Collaboration, Recommended Rotary Club By-laws, Membership, Service Projects, Rotary Foundation, Club's Public

Relations, Strategic Planning Guide and District Simplified Grant, etc...



**DGE Dr K A Abraham with our PE Koo Mong Ing who is holding a PE Training Certificate**

Overall, PETS training was informative, to better prepare us towards a truly effective Rotary Club. Furthermore, interaction with fellow Rotarians make the learning experience much more enjoyable.

We left the PETS seminar feeling enriched and better prepared to lead & serve our club,

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**OUR VISIT TO RC SANCHUNG EAST'S 29<sup>TH</sup> ANNIVERSARY CELEBRATIONS- 18 APRIL 2010**

PP Albert Kwa is one of the 7 delegates from our club who visited our sister- club RC Sanchung East. He was scheduled to present a report to the Club at our meeting on 21 April about this trip but was unable to make it. However, we were fortunate to have present at that meeting with us Sue who agreed, without any hesitation, to give that report impromptu.

Sue remarked that this first visit of hers to a foreign Asian Rotary Club was quite an experience. It was amazing to encounter Rotarians of a club being addressed by their "pet" classification names officially and otherwise. The hospitality, especially in food and drinks, was really remarkable. These were complemented by the interesting sight-seeing trips.



**Sue Bastone giving her impromptu talk on the Taipei trip at our meeting on 21 April 2010**

**PP Albert Kwa has recently presented this Report for the Bulletin:-**

"We arrived on Sat 17<sup>th</sup> April in Taipei and greeted by members of Rotary Club of SanChung East. Our group consisted of the following members:

- President Patrick Lim
- PP Jack Tan W K
- PP Albert Kwa
- PP Andrew Tan
- Rtn Chin Cheong
- Rtn Sue Bartone
- Rtn Katherine Chang



**The warm reception at the Taipei Airport**

On the first night there was a welcome dinner at a local restaurant with traditional Taiwanese fare. On Sunday 18 May, we were split into 2 groups. One group consisted of PP Albert Kwa with his 2 children and Sue Bartone . PP Stetho was the guide and this group visited a quaint mountain town, Jiu Fen which is about 45 mins from Taipei city. The other group had a free and easy day.



**Sue Bastone, PP Albert Kwa, PP Stetho and Anne Kwa at Jiu FenTown**

In the evening we attended the main and formal event where several new members were also inducted into RC Sanchung East.



**President Patrick Lim (2<sup>nd</sup> from right) at the VIP table during the Anniversary Celebration night**

We had a great time drinking and feasting and socializing with the old and new members. On Monday, some of our members left Taipei while the others visited the National Palace Museum with several members of the host Club. In the evening we were hosted to a dinner at a very nice Japanese restaurant."



At the National Palace Museum. Host guides are PP Wood (extreme left) and PP Auto (extreme right)

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## COLON CANCER

Dr Gong Ing San

Dr Desmond Wai from the Asian Centre of Liver Diseases and Transplantation, spoke to our club members on 28<sup>th</sup> April 2010, on stomach and intestinal disorders. To illustrate, he showed a slide on the anatomy of the stomach, liver colon and pancreas.

He said that most liver cancers do not cause pain unless it gets complicated. The causes of abdominal pain can be due to gallstones, peptic ulcers, or cancers of the colon (if they become obstructed.) There may be other complications such as inflammation of gall bladder, obstruction of the bile ducts due to cancer or stones. Stomach ulcers can be benign or cancerous. It can be diagnosed early by routine endoscopy. Early diagnosis of stomach and colon cancers by endoscopy can result in cure of the cancer by surgery. Early diagnosis of cancers of stomach and colon can achieve 90% to 100% chance of cure by surgery alone.



Dr Desmond Wai giving the interesting talk on Stomach and Intestine Disorders

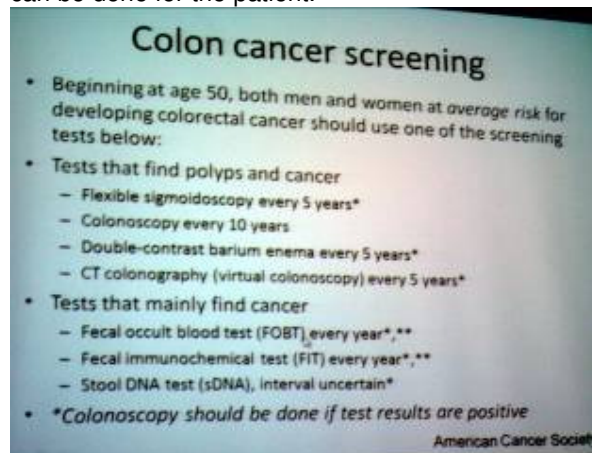
Gallstones are common, and occur in 10 % of population. About 20 to 30 percent of gallstones do not cause pain, and can be left alone. Those that do cause pain should have the gall bladder removed by surgery.



Dr Wai showed us an interesting video of removal of cancerous growth in the intestines via endoscopy

Another common condition is reflux oesophagitis, which can be treated successfully by medication. However, severe complications may require surgical treatment.

Dr Wai recommended that those who are at risk of getting Stomach or Colon Cancer, should go for regular endoscopic examination so that the cancers can be detected early, so that a curative operation can be done for the patient.



Many questions were asked by our members who showed a great deal of interest, but due to time constraints, Dr Wai graciously stayed back for dinner so that he could interact with our members and answer many of their questions and concerns about their health..

### Events to Catch

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|---|---|
| <b>May</b><br>05 <sup>th</sup><br>(Wed) | <b>Fellowship Dinner</b><br>at Yum Cha Garden   |
| 12 <sup>th</sup><br>(Wed)               | <b>Normal Meeting Replaced by Golf Tournament Dinner on 14<sup>th</sup> May</b>                 |
| 14 <sup>th</sup><br>(Fri)               | <b>RC Changi Golf Tournament at Orchid Country Club followed by Tournament Dinner at 7.30pm</b> |
| 19 <sup>th</sup><br>(Wed)               | <b>Speaker Event</b><br>Details to be announced   |
| 28 <sup>th</sup><br>(Wed)               | <b>Speaker Event</b><br>Details to be announced   |

#### May Birthdays

- |                  |                |
|------------------|----------------|
| 09 <sup>th</sup> | Woo Chi Jen    |
| 12 <sup>th</sup> | Dr Faria Marco |
| 17 <sup>th</sup> | Dennis Carroll |
| 19 <sup>th</sup> | Gerald Huang   |
| 23 <sup>rd</sup> | Ng Say Chuan   |
| 26 <sup>th</sup> | Thomas Tan     |

#### May Wedding Anniversaries

- |                  |                            |
|------------------|----------------------------|
| 06 <sup>th</sup> | Albert Kwa & Karen         |
| 18 <sup>th</sup> | Boh Tuang Sim & Florence   |
| 18 <sup>th</sup> | Phua Cheng Foo & Kelly     |
| 22 <sup>nd</sup> | Dr Gong Ing San & Siu Hian |
| 31 <sup>st</sup> | Jimmy Lim & June           |

