



ROTARY JOURNEYS

District Governor's Newsletter / Issue 10 / rotarydistrict3310.com



Greetings from
PHILIP CHONG
District Governor 2015-16

“April is Maternal and Child Health Month”

In the Rotary International Calendar, April is *‘Maternal and Child Health Month’*.

Maternal & Child Health Rotary International Priorities Maternal and child health is one of five priority areas identified by Rotary International for Rotary development initiatives.

Maternal health is not a *“women’s issue”*. It is about the integrity of communities, societies and nations, and the well-being of all the men, women, boys and girls whose own prospects in life depend upon healthy women and mothers. Maternal health is not only needed as a basis for social harmony and economic productivity; it also reduces costs and burdens to families, communities, service providers and the Treasury.

Pregnancy and childbirth are all too often a cruel and harsh lived experience for women, particularly the poor and women in rural areas. Morbidity and mortality among mothers and child are major challenges in developing countries. One of the most critical aspects that contribute to high rates of mortality and morbidity relates to reproduction—namely, health outcomes during pregnancy, labour, delivery and after the birth of a child.

Many of these deaths could have been prevented with access to clean water and sanitation facilities, adequate health facilities and professionals, immunization programs and medicines to treat disease. Each year, seven million children under the age of five die due to malnutrition, poor health care and inadequate sanitation.

Maternal health is closely linked to newborn survival. While great strides have been made in reducing global child mortality, newborns now account for 44 percent of all childhood deaths. Each year, 2.9 million newborns needlessly die within their first month and an additional 2.6 million are stillborn. The main causes of global child mortality, which are preventable and treatable, are



complications due to prematurity, complications during delivery, and infection.

Proven, high-impact interventions are available, but they are not reaching all of the women and newborns who need them. Although facility births are increasing in all regions and income groups, quality of care at birth remains a major challenge. Many women give birth at home and may not see a skilled health worker before or after delivery. Skilled health workers often lack access to critical supplies and medicines.

What Can Your Club Do?

Every effort can make a difference. Identify an area of focus that is important to your club and start fund raising, networking and partnering with other Rotary Clubs-here in the District, and in developing countries. Partnering with reputable international agencies that have resources on the ground can facilitate quality implementation of programs that can be evaluated. Some examples include:

- * providing immunization & antibiotics
- * promoting good nutrition
- * preventing maternal/child transmission of HIV/AIDS
- * improving access to prenatal care-provide birthing kits
- * supporting accredited training of health care providers
- * improving knowledge about reproductive health through community education & access to health facilities and care providers.

Success in reducing maternal mortality is dependent on and can accelerate progress on wider issues such as nutrition, education, and sexual and reproductive rights, including access to comprehensive voluntary family planning. Maternal health requires taking a holistic view by addressing women's sexual and reproductive health needs throughout their lives, including adolescence, and articulating the responsibility of men and boys in reducing gender inequalities.

Educate the General Public. It is imperative that the public understand the importance of investing in women, and in maternal health specifically. Education is the most efficient way to change attitudes - people should be educated about the inherent value of women, their tangible socio-economic contributions and the importance of maternal health in building healthy societies.

District Activities

April is a "hot" month for me and the District. So much has happened. We have concluded the Trans district End Polio ride in Johor Iskandar. We are very busy preparing for our 25th District Conference in Chiang Mai.

I myself had a hectic but fun filled itinerary. I went to the inaugural ceremony of D3211 India PETS in Singapore, and also to the RC Batu Pahat dialysis centre extension ground breaking ceremony.



After that, I spent a couple of days meeting and had fellowship with Rotarians in Tangkak Ledang, Malacca and Mersing.

I have also attended the International Vocational Service Project by RC Singapore together with the Rotary Club in Shanghai, Gui Yang, China. I also took the opportunity to attend D3500 District Conference in Hsinchu Taiwan, with more than 3000 delegates in attendance. This District is posed to split into 2 Districts from 1st July, 2017.

Another significant event witnessed by me, is the chartering of RC Sarikei, Sarawak, with 21 chartered members. In line with this, we have now achieved 2,027 members for District 3310. I have also officiated at the handing over of global grant for the Water and Sanitation project, at Kg Sinompuru, by RC Kota Kinabalu South. I am proud of RC KK South for having successfully completed this project. To many, this may be end of the project, but to the villagers, it is the beginning of better lives for themselves and their families. For every drop of water, it brings hope and joy for the people in the village.

D3310 is growing ever stronger with your strong support, total dedication and sincere commitment. I look forward to seeing all of you in Chiang Mai, Thailand for our DISCON, celebrating another significant District Rotary event. I assure you all, that District Conference in Chiang Mai is going to be one of the best ever event organised with interesting programs and top-notch speakers.

See you all there!

Kind regards,

Philip Chong Mau Kiong

(Rotary Club of Likas Bay)

District Governor 2015-16



APRIL 2016



1st-2nd : Rotary Club of Batu Pahat's Dialysis Centre extension launching



APRIL 2016



3rd : Fellowship lunch with members from the Rotary Club of Tangkak Ledang



3rd : Fellowship dinner with Rotarians from the Rotary Clubs in Malacca



APRIL 2016



4th : Visit to the Rotary Club of Mersing



APRIL 2016



6th : Attending the Inaugural Ceremony D3211's President Elects Training Seminar (PETS) in Singapore



8th : District Training Committee Meeting in Singapore



APRIL 2016



9th : 'Stop Hunger Now' project in Singapore



9th : Rotary Club of Singapore East's 50th Anniversary Celebration



APRIL 2016



10-13th : Rotary Club of Singapore's Vocational Project to Gui Yang, China



APRIL 2016



15-17th : Attending District 3500's Conference in Taiwan



APRIL 2016



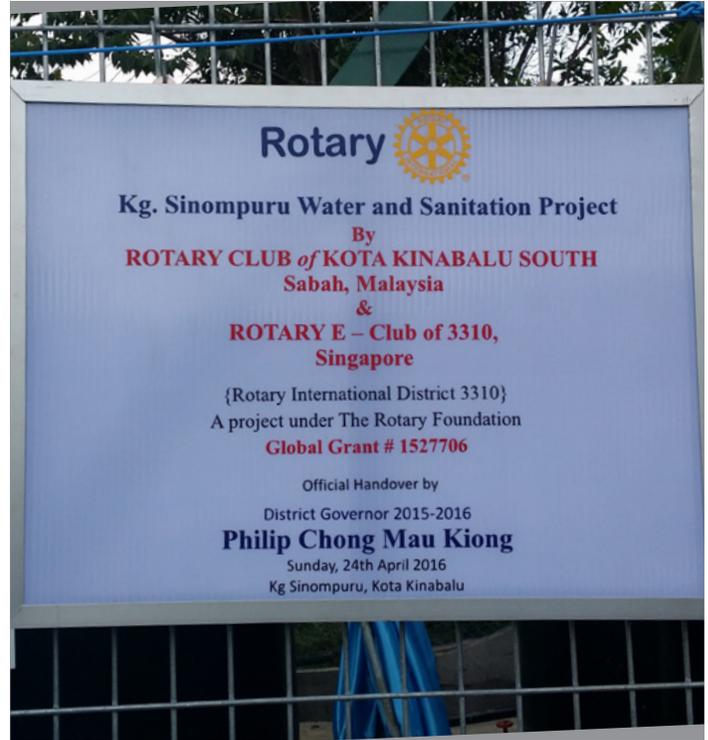
22nd : Fellowship Rotarians in Kuching



23rd : Charter Night of the Rotary Club of Sarikei



APRIL 2016



24th : Rotary Club of Kota Kinabalu South's Global Grant Water Project



APRIL 2016



26th : Witnessing the water filter donation in Chiangmai



27th : Visited the 'School For Life' - Joint District 3310 & 3360 library project



APRIL 2016



27th : 25th District Conference preparation at Empress Hotel Chiangmai and attending the Rotary Club of Chiang Mai North's weekly meeting



25TH DISTRICT CONFERENCE IN CHIANGMAI : 29th April - 1st May





25TH DISTRICT CONFERENCE IN CHIANGMAI : 29th April - 1st May





25TH DISTRICT CONFERENCE IN CHIANGMAI : 29th April - 1st May





25TH DISTRICT CONFERENCE IN CHIANGMAI : 29th April - 1st May





25TH DISTRICT CONFERENCE IN CHIANGMAI : 29th April - 1st May





Greetings from
JESSEY YAP

District Rotaract Representative 2015-16

Dear Rotaractors and friends,

My warmest greetings and peace to you all.

We are proud to announce that our District 3310 witnessed the newly chartered Rotaract Club of INTI College Sabah. The Rotaract Club of INTI College Sabah is an Institutional based Rotaract Club which is sponsored by the Rotary Club of Luyang. Heartiest Congratulations to both the Rotary Club of Luyang and Rotaract Club of INTI College Sabah.

To start off the month of April, our District Secretary Duncan Wong and I have paid a visit to Kuching for our District Tour. The main purpose was to meet up and have a joint meeting together with all the 3 Rotaract Clubs in Kuching, Sarawak.

The meeting was attended by the Board of Directors and some of their members from the Rotaract Club of SEGI, UNIMAS and SWINBURNE. We were truly amazed by RAC SEGI, UNIMAS and Swinburne for their utmost efforts in showcasing their respective Clubs' performance and activities from the past, and also presented their future plans. We were truly honoured to have such good opportunity to have this joint meeting together and understand each other better.

Club's directors manage to voice out their problems faced in their clubs and we discussed about possible solutions to make their club work better. We were also honoured to have our Deputy District Rotaract Chairman Jong to be with us throughout the whole session. We hope that we all get to meet up again in Kuching in nearest future.

Enjoy Rotaract and love humanity!



Joint Clubs' Meeting for the Rotaract Club of SEGI, UNIMAS and SWINBURNE



The Rotaract Club of INTI College Sabah's Charter Banquet on the 16th April 2016



ROTARY COMPLEMENTING GOVERNMENT'S DENGUE EFFORT

Mary Chin

Daily Express

CHIANG MAI: Rotarians in Rotary International (RI) District 3310 (covering Malaysia, Singapore and Brunei Darussalam) are complementing the efforts of the Government in combating dengue, a mosquito-borne tropical disease caused by the dengue virus. There are four different strains of dengue virus, for which vaccines have been developed for two of the strains. The virus is transmitted by a particular species of mosquito known as *Aedes aegypti*.

The role of RI District 3310 in this respect was highlighted through a paper on Dengue Control at the District 3310 Conference held here last month. It was delivered by Past District Governor (RI District 3360), Prof Dr Virachai Jamroendararasame from the University of Phayao, Thailand. "It is my privilege to share our experience about Dengue Fever and its Control with the delegates in this conference. This is the signature project of District 3360 under Disease Prevention & Treatment which is one of the six areas of focus of The Rotary Foundation (TRF) of Rotary International," he told Rotarians.

The conference heard that the Centre of Disease Control (CDC) in the USA estimated that more than 100 million cases of dengue fever (DF) infect kids in tropical areas of the world each year. Forty per cent of the world population live in areas endemic with dengue. And several hundred thousand cases of DF turn to Dengue Hemorrhagic Fever (DHF) requiring hospitalisation and 20pc will be Dengue Shock Syndrome (DSS) and death within a few days (24-48 hours).

In 1950, DHF had a large epidemic in the Philippines and Thailand, resulting in hundreds of cases of death from DSS. In 1970, there were reported cases of DF in nine tropical countries, and by 2010, dengue cases were reported in over 100 countries around the world. And in 2013, DF was already distributed around the world, not only in the tropical zone encompassing Southeast Asia, including Malaysia.

It was probably news to younger Rotarians that there is a movement called Rotary International (RI) Rotarian Action Group (RAG) - Dengue Control (Protem), as well as the RI District 3310



Cheah (fourth left) presenting a copy of his compilation to Saowalak. Looking on from left are Dr Ho, Prof Dr Busabong, Prof Dr Virachai, Edgardo, Philip and Dr. Ganesh.



Dengue Control Committee initiated some years ago. In fact, Malaysia's very own civil engineer-cum public health engineer, Ir John Cheah Kam Loong from Johor is the Secretary of RAG – Dengue Control, and also Adviser to RI District 3310 Dengue Control Committee. Sabah's Dr Ganeshanandha, a Past President of the Rotary Club of KK South, is a member of the Dengue Control Committee.

On the role of the RI District 3310 Dengue Control Committee, Cheah, who is the Past District Governor of District 3310 (1990-1991), said Rotarians in the Committee with the help of IEM engineers are helping the Government in their “*search and destroy*” efforts to create a clean environment free from Aedes breeding grounds. He organised the 2nd International Conference on Dengue Fever Situation and its Control in September 2014. It was held at the Dewan Sultan Iskandar (DSI), Universiti Teknologi Malaysia (UTM) in Johor.

He invited Prof Dr Virachai and his wife, Prof Dr Busabong (also from the University of Phayao) to present papers on dengue control at the conference. Prof Dr Busabong, a past president of the Rotary Club of Phayao, shared information on the Dengue Control Project in the Province of Phayao, using a Rotary International (RI) Global Grant. Subsequently, Cheah compiled a report on the conference and the RI Global Grant Project (or Dengue Control Project) as a guide for dengue control.

Word had it that the Menteri Besar of Johor (Dato' Seri Hj Mohamed Khaled Nordin) was so impressed with the proceedings of the conference that he invited Cheah to sit on the Johor State Committee on Dengue Control. “John, you have got experience. Please join me in the Johor State Committee on Dengue Control,” the Menteri Besar reportedly said. Confirming this, John, who has been trained by a World Health Organisation (WHO) Sanitary Engineer, said he was appointed as a member of the Jawatankuasa Khas Tindakan Denggi, Negeri Johor.

He expressed grave concern over the dengue problem, noting it is most prevalent in the tropical and subtropical areas. “The Government of Malaysia must seriously address the dengue situation in the country to control the spread of the disease. With my former experience as a trained WHO Public Health Engineer with the Malaria Eradication Programme under the Ministry of Health in 1970, I believe I can be of good use in helping our government in their efforts to combat the dengue problem. “Public Health Engineering is something which I love. Therefore, I am using my knowledge even now to ensure that the Government knows what to do. Please listen to me. I am doing my best for the country before I pass on,” he said when met at the 25th District Conference.

Offering his continued service in the Aedes eradication programme, Cheah said: “I am available in Malaysia. Civil engineers can be very useful in vector control works. “As long as the dengue vaccine (for two other strains of dengue virus) is not available, we, Rotarians, will assist our respective governments to destroy the Aedes Mosquitoes' breeding-grounds. We will continue to do it until we get rid of them.”

He took the opportunity to present copies of the report on the 2nd International Conference on Dengue Fever Situation and Its Control to Past District Governor Edgardo E. Tumangan (RI President's Representative (RIPR) to the 25th District Conference of Rotary District 3310) and Rotary International Director (2015- 2017), Saowalak Rattanavich at the close of the conference.

It was witnessed by RI District 3310 Governor, Philip Chong, RI District 3310 Berhad's Executive Director, Dr Ho Loon Shin and Dr Ganesh. Cheah requested Edgardo to bring to the attention of RI what District 3310 is doing for dengue eradication in the region.



ROTARY'S CORE VALUES

1. Service
2. Fellowship
3. Diversity
4. Integrity
5. Leadership

THE FOUR 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 FRIENDSHIP?
4. Will it be BENEFICIAL to all concerned?

ROTARIAN CODE OF CONDUCT

As a Rotarian, I will:

1. Act with integrity and high ethical standards in my personal and professional life.
2. Deal fairly with others and treat them and their occupations with respect.
3. Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world.
4. Avoid behavior that reflects adversely on Rotary or other Rotarians.

THE GUIDE TO DAILY LIVING

of the things we intend to do, ask ourselves these questions and act on them:

1. Have I spent meaningful time with my family? (*Fellowship*)
2. Have I given the best to my work? (*Integrity*)
3. Have I given some time to others, near and far? (*Diversity, Service*)
4. Have I spent some time in self-examination? (*Leadership*)

Introducing...

The Editorial Team



Philip



Chio



Gary



Fia



Audrey



Wes