



# THE WATERFRONT

**Club website: [www.kuchingcentralrotary.org](http://www.kuchingcentralrotary.org)**

**THIS IS THE WEEKLY NEWS BULLETIN OF THE ROTARY CLUB OF KUCHING CENTRAL, KUCHING, SARAWAK, MALAYSIA; ROTARY INTERNATIONAL DISTRICT 3310; CHARTERED ON 23<sup>RD</sup> DECEMBER 1986.**

**WEEKLY LUNCHEON MEETING AT 1PM EVERY SATURDAY (EXCEPT PUBLIC HOLIDAYS) AT THE RIVERSIDE MAJESTIC HOTEL, KUCHING, SARAWAK, MALAYSIA**

## INCOMING CLUB OFFICERS TO MAKE PREPARATION



The current Rotary year is nearing to an end. It is now time for incoming President Aw Tai Hui and his board of directors to make necessary preparatory works so that each of them will be able to take over the running of the club smoothly effective 1 July 2004.

On the afternoon of 22 April, PE Aw Tai Hui and SE Andrew Chong will have to attend the PETS (President Elects Training Seminar) & SETS (Secretary Elects Training Seminar) in Melaka. This is compulsory training. However, although the board of directors training are not compulsory, like in previous years, they are encouraged to attend so that they will be able to meet the relevant district leaders within their portfolio because these district leaders will facilitate the session of their portfolio. As an example, the District Chairman for Club Service will facilitate a session on 'Club Service' in the coming Rotary year elaborating its planned directions and activities. There will be much to learn so that each club officer will be well equipped to discharge their duties in the next Rotary year.

The club has done well under the leadership of President Sylvester and we are confident that Incoming President Aw Tai Hui will take the club to even greater heights. Year after year, the club has been awarded with various awards at the District and Rotary International levels.

Such awards have inspired the club members to be more dedicated and more committed to become a more effective Rotarian so that together, our actions can translate the club into 'A Effective Rotary Club'.

We wish Incoming President Aw Tai Hui and his board of directors a successful year.

<b>INSIDE</b>
<b>1</b> Serving Beyond Club Level
<b>2</b> How to stay young
<b>3</b> Dora Kordek at the Assembly
<b>4</b> What's on in Rotary Calendar

## WHY SHOULD I SERVE IN A LEADERSHIP ROLE BEYOND ONE THAT IS DIRECTLY RELATED TO MY CLUB?

Most people become Rotarians because the idea of service to others is appealing. Serving beyond the club level allows you to take this one step further and expand your contributions to many different communities. Taking on a leadership role in your district or at the international level allows you to broaden your Rotary experience, make international friendships, and enjoy more diverse fellowship. Many districts hold leadership seminars that provide additional information on broader service opportunities. These seminars are designed for past club presidents and Rotarians who have served in club-level positions for three or more years. Contact your assistant governor for more information.

## HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
  2. Keep only cheerful friends. The grouches pull you down.
  3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
  4. Enjoy the simple things.
  5. Laugh often, long and loud. Laugh until you gasp for breath.
  6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
  7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is your refuge.
  8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
  9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
  10. Tell the people you love that you love them, at every opportunity.
- AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away. If you don't send this to at least 8 people....who cares? -**

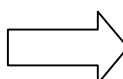
## DORA KORDEK, HEAD OF CLUBS & DISTRICTS ADMIN FROM RI WILL BE WITH US AT THE 14<sup>TH</sup> ASSEMBLY

Dora Kordek will be conducting a session on club's administration. She will be presenting jointly with PP Andre Suharto on the topic of 'Rotary Materials & Resources'.

### Rotaract Facts

- Rotaract is a Rotary-sponsored service club for young people ages 18 to 30.
- There are 7,555 Rotaract clubs in 156 countries worldwide.
- More than 173,000 young people belong to Rotaract clubs.
- Over 8,300 Rotary clubs in 517 districts sponsor Rotaract clubs.
- The first Rotaract club was founded 13 March 1968 in Charlotte, N.C., USA.
- This year, World Rotaract Week is observed 8-14 March.

PP Andre with PP Chris Chen (center) and PDG Mike Parry at the recently concluded District Team Training Seminars at Hyatt Hotel, JB. PP Odita Ibrahim was also there.



## ***WHAT'S ON- IN THE ROTARY CALENDAR?***

	<b>WHAT</b>	<b>WHERE</b>	<b>WHEN</b>	<b>CONTACT</b>
1	Intercity Meeting (organized by R.C. of Spore West)	Singapore	8 Apr'04	Rtn Thomas Ngu
2	Submission of District Award (category B-membership & attendance)	Must be received by District Award Committee	10 April'04	Rtn. Thomas Ngu
3	14 <sup>th</sup> District Assembly (Hosted by R.C. of Kota Melaka & Singapore)	Renaissance Melaka Hotel	22-25 April'04	Rtn. Thomas Ngu
4	International Avoidable Blindness Conference (Hosted by R.C. Singapore East)	Suntec City, Convention Hall, Singapore	1-2 May'04	PP. Polycarp Teo Sebom
5	Sales of Nasi Lemak	School of the Mentally Retarded	2 May'04	PP. Patrick Yu
6	2004 Rotary International Convention	Osaka, Japan	23-26 May 2004	PP. Polycarp Teo Sebom
7	Joint District 3310 & 3400 Conference	Nusa Dua, Bali, Indonesia	<b><i>Feb 2005</i></b>	<b><i>TBA</i></b>
8	18 <sup>th</sup> Pan Borneo	Imperial Hotel, Bandar Seri Begawan, Brunei	<b><i>June 2005</i></b>	<b><i>TBA</i></b>
9	2005 Rotary International Convention	Chicago, Illinois, USA	18-22 June 2005	TBA
10	2006 Rotary International Convention	Copenhagen, Denmark & Malmo, Sweden	11-14 June 2006	TBA

***Notes: Events printed in italic bold are new events which have just been included in this issue. TBA= To Be Announced.***