

For Internal Circulation Only

First Quarter 2006



# Lions Club KL Bangsar

LCI: 5245-062383  
BOD: 2nd Thursday 8.00 pm  
Coca Restaurant  
Bangsar Shopping Centre

## Website

[www.lionsbangsar.com.my](http://www.lionsbangsar.com.my)

## President

Leong When Chun  
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## 2nd VP

Yong Kum Cheong

## 3rd VP

Lelasary Mokhtar

## Tail Twister

Cheah Ah Min

## Tamer

Lee Choon

## Director / Asst Secretary

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## Director

Betty Kuok  
Francis Lua

For Lions KL Bangsar  
new membership enquiries,  
kindly contact Lion Leong When Chun

## From the Desk of the President Lion Leong When Chun

*Time flies!* It is almost half way through my term as the President of Lions Club of Kuala Lumpur Bangsar (LCB) and I am pleased to bring to your attention the following projects we have worked on to contribute back to our community:

- Completion and furnishing of the old folks home in Kajang
- Visit to drop-in centre in Jalan Chow Kit
- Started the visitation Pet-Assisted Therapy program in a Disabled Home in PJ
- In support of the DG Sight First 2 Project LCB contributed a MJF to District 308B1
- Participation in the District Peace Poster Contest and the District Lions Photo Environmental Contest
- Project to raise funds include tying up with Allianz Insurance on motor insurance coverage and recycling of landfills.

I wish to take this opportunity to thank all my members in their team support to realize our 2005-2006 International program theme, "Passion To Excel" as expressed in the words of Dr. Ashok Mehta, President, The International Association of Lions Clubs, that

*"If our clubs are to receive the generous public support they need and deserve to carry out their projects and raise funds with optimum success, they must have a steadfast passion to promote. This requires building a strong working relationship with the news media in order to keep their communities informed of the services they provide and of their plans for future activities targeted to answering local needs."* Thus, I take great pleasure to present to you our Lions Club Bangsar newsletter, first quarter 2006 edition, which I am sure you will find informative.

*(Pic)* Lion Leong When Chun pats man's best friend, Bonnie during an animal assisted therapy visitation, he jovially said, "Animal Assisted Therapy is one of the pet projects LCB will be adopting."



*"As lions we serve our community and we also expect our pets to do likewise!"*

## What are the health benefits of vegetarianism?

LCB participated in a talk on vegetarianism at the Sikh Naujawan Sabha Malaysia in Bangsar to promote harmony, healthy living and goodwill among Malaysians from a spiritual and medical perspective.

Among the many distinguished speakers were Mother Mangalam of Pure Life Society, Dr Happy Tong from the Modern & Traditional Medicine Clinic, Dato' Dr Ismail Noor Co-Chairman of MIN, Dr Kamalanathan, President of the Vegetarian Society of Malaysia. The response from the public was encouraging and the Lions organising chairperson, Lion Niza Lian thanked everyone present. In her welcoming speech, she highlighted a medical research done in Boston, USA, which

showed vegetarians to have lesser risk of: obesity, lung cancer, constipation -

The evidence is good for lower risks for:

- hypertension
- coronary artery disease
- type II diabetes
- gallstones
- breast cancer
- Disease of the colon



For more details on vegetarianism, please call: Dr Kamalanathan at 012-201 3615 or Dr Happy Tong at 013-351-8057 or email: [happytcw@yahoo.com](mailto:happytcw@yahoo.com)



Jointly organised with the Arts & Craft Guild of KL & Selangor, the Lions KL Bangsar Peace Poster contest was held at Aoyama Gallery, Sri Hartamas (Pic) Winners with Bangsar Lions



Kids busy drawing their interpretation of "Peace without Borders"

*Lions Club KL Bangsar wishes to acknowledge and thank Lion Betty Kuok for her generous support of the Marvin Jones Fellowship*



Lion H L Chew of Lions Cybercare and Lion Lee Lih Shyan, DC Environmental Services at Lions Photo Environmental Exhibition in KLCC.

Proceeds of book sales of the Art of Light by renowned Photographer Lim Hin Mun go Lions Cybercare & Lions KL Bangsar.

For enquiries on book order or Lions Cybercare eCommunity projects, kindly email to:  
mok@cmteknologi.com

Find out more on Lions Cybercare's Youth Leadership Mentoring Program (YLM) Website: <http://3CS.cybercare.org.my>

## We serve- We care

Lion Audrey Lim

Organising Chairperson IPP Lion Darren Leong and Bangsar lions members coordinated the collection of good condition used clothes, sponsored Boh tea & JOTUN Paint to a drop-in centre in Jalan Chow Kit area.

*The objectives of the drop in centre are to:-*

- To help minimize the rate of infection of HIV/AIDS amongst the drug user community.
- To help provide care, support and improve the quality of life of people living with HIV/AIDS.
- To help reduce discrimination of the community based on ignorance and a lack of information.

### *Services Provided Free include*

- HIV & AIDS harm reduction.
- Basic counseling & referral.
- Shower & washing facility, rest area
- Breakfast, lunch & tea.

## The Healing Power of Pets

In the past 15 years, scientists all over the world have established beyond doubt the therapeutic value of animal companions. For example researchers in Cambridge, England discovered that, within a month of taking a cat or dog into their home, new owners reported a "highly significant" reduction in minor ailments.

The Baker Medical Research Institute in Melbourne, Australia, showed that the health benefits were more far-reaching still. A study of some 6000 patients revealed that those with pets had lower blood pressure, a lower cholesterol level and, as a result, a diminished risk of heart attack. And American researchers have established that, even after a heart attack, pet owners are more likely than other coronary patients to be alive a year later.

The reasons are simple, experts say. Pets help us reduce our state of arousal, which reduces blood pressure. We are fulfilling our most primitive and basic need - the need to touch. Dr Yokoyama Akimitsu, head of the psychiatric unit at Kyosai Tachikawa Hospital in Tokyo, says pets can also help us by making us feel less lonely, by creating a feeling of being

- Legal Aid.
- Basic Health Care and Hygiene.



- Monthly dental care & hair cut.
- Outreach & hospital visitation.

**Ikhlas Drop-In Centre** at 30A-30B Lorong Haji Taib 4, Chow Kit, 50350 Kuala Lumpur.  
Tel: 03-40451404



needed and by encouraging social contact with others interested in animals. They are also a stimulus for healthy exercise, keep us busy and make us feel safe.

Medical establishments in Asia are increasingly recognizing the value of animal companions. An animal-therapy programme run by the Japanese Animal Hospital Association has over 900 volunteers who take their dogs, cats and other animals into 160 hospitals, children's homes and retirement centres through-out the country each month. A similar scheme in Hong Kong, "Doctor Dog," has spread to the Philippines, China and now Malaysia.



For more details on visitation animal assisted therapy or animal adoption, kindly contact **Lion Jackie Tsang at 012-207-0436.**

Source. Adapted from an article by Peter Browne. Visit website <http://www.drmartinwilliams.com/>

## Fruit named after a mystical creature - the Dragon

Dragonfruit is rich in fibre, Vitamin C, minerals and are highly valued for their antioxidant properties which prevent the formation of cancer causing free radicals.

In countries like Taiwan, diabetics use the fruit as a food substitute instead of rice. Dragonfruit may be eaten raw as a dessert fruit, juiced and used in cocktails, ice creams and even fermented into alcoholic beverages.

Lion Leong When Chun plans to organise a half day education field trip to his Dragonfruit farm near Sepang in March 2006. Proceeds of dragonfruit sales go to Lions KL Bangsar project funds.

*Interested?* kindly call Lion Leong When Chun at 019-264-3155 for more details.



## Yours in Lionism - A true story

Lion Niza Lian

It happened 10 years ago. My boss's driver's wife was pregnant and was also suffering from a hole in her heart. They needed RM30,000 for the heart surgery but being poor they did not have the funds. I remembered En.Mat in tears as he told me of his plight and I was emotionally moved to help. I realized I needed to raise the appropriate funds but I had no idea where to start. I first approached the newspapers who told me they couldn't help me directly but suggested instead that I look to the various Non-Government Organisations (NGO). I contacted a couple of NGOs for help and one Lions Club's President responded almost immediately and felt truly amazed.

Representing his Lions club, he visited Pn. Noraini with the press. The reporters took the pictures which appeared in the national dailies the next day. It didn't take long before the funds were collected for the heart operation which was successful and her life was saved.

I was really impressed by how the Lions Club has helped countless lives and touched millions. As a matter of fact, I myself was touched by what this club has done. I got to know this president and he asked me if I would be interested to join the club. Naturally, I was interested and that was how I became a Lions member. Being a Lion and Leo Advisor has certainly changed my life in ways that words can barely describe. It's something you guys should try yourselves! Have fun with Lionism.

*\*Note names have been altered to safeguard the interests of the persons mentioned.*

Lion Niza Lian is currently coordinating the **Allianz Insurance motor insurance coverage**, where percentage of renewal goes to Lions KL Bangsar Project funds.

## WHY DO I WANT TO BE A LION?

Lion Wendy Lam

I think different people will have different answers. Personally, my answer is the question: Why not? If a person is able to contribute to his community, I do not see why that person should not be involved in a service organisation.



Individually, a person can only do so much. However, in a group, he with like-minded friends can do so much more.

I must say that so far my journey with the Lions has been rewarding.

Nonetheless, I did ease up in my involvement these last two years when I set up my law firm. But my fellow member lions were very supportive of me. Now that my firm is more stable, I look forward to being involved more, little by little.

A lawyer by profession, Lion Wendy Lam is currently the Treasurer for Lions Bangsar and she also held the post of the President.



Lions at regular Lions KL Bangsar Regular Meetings at Coca Restaurant



Lion Cheah Ah Min & Friends at Lions Christmas Fellowship get-together!

*"When a gifted team dedicates itself to unselfish trust and combines instinct with boldness and effort, it is ready to climb."*

*Patanjali*



Day outing trip and lunch for kids from Chow Kit area at Cyberia Café, posing with Lion Audrey Lim



Tucking in to a scrumptious lunch cooked by renowned Chef Azizan Murad



We Serve

### Editorial Board

#### Editor / Photographer

Lion Dhyana Low

#### Contributors

Lion Audrey Lim

Lion Niza Lian

Lion Wendy Lam

## Adopt a bear



PS The Children is a NGO that supports, treats and advocates the prevention of child sexual abuse.

More information, please visit Website. [Http://www.psthechildren.org](http://www.psthechildren.org)

### Protect & Save the Children (PSC) Association of Selangor and KL

2nd Floor, Bangunan GB, No 66C, Jalan Petaling Utama 9, Taman Petaling Utama, 46000 Petaling Jaya, Selangor

Tel: 03-7784 4344/55  
Fax: 03-7784 4322

Lions KL Bangsar is coordinating the sales of the teddy bears to help raise funds for this noble cause.

Retail price: **RM19.90**

Fellow Lions Clubs who wish to support, please contact Lion Dhyana at 012-295 8803

**Advertising enquiries, feedback or article contributions, please email to: [secretary@lionsbangsar.com](mailto:secretary@lionsbangsar.com)**

## WHY REDUCE, REUSE AND RECYCLE?

**Reducing waste, reusing materials and products, and recycling are some of the most powerful ways individuals, households & businesses can protect our environment.**

*Here's why you should get involved:*

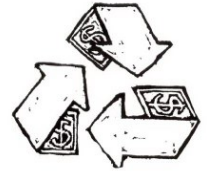
**Saving natural resources:** Reusing discarded products and using recycled materials to make new products reduces the use of virgin materials, which often involves harvesting trees and mining the earth.

**Preventing environmental problems that come from landfills:** Few people want a landfill in their neighborhood. Unfortunately, we will need landfills as long as we choose to dispose of waste.

**Saving energy:** Enormous amounts of energy are required to make products and materials worldwide.

### Preventing pollution:

Almost all manufacturing processes use water and release wastewater and air emissions into the environment.



**Creating jobs:** Recycling is an increasingly important part of our economy. Many small businesses have been created in our state to recycle discarded materials and products.

**Saving money:** Households can save money by reusing materials and products and by practicing smart shopping habits that reduce waste.

For more details, kindly contact:

**Centre for Environment, Technology and Development, Malaysia - CETDEM**

<http://www.cetdem.org.my/>

PO Box 382, 46740 Petaling Jaya

Tel 03 7875 7767, Fax: 03 7875 4039

## TMC Blind Massage Centre contributes to Sight First Funds

Understanding the importance of sight, blind masseuse Kenny Ng has kindly offered his services to help raise funds for the **Sight First funds**. For every Lions member and friends introduced to his massage centre in Brickfields (*opposite 7Eleven & corner lot above curry fish head restaurant*) Kenny has agreed to pledge RM 3.00 to this worthy cause. Please let him know which Lions club you are from.

For more further enquiries or booking, kindly call TMC Kenny Ng at 016-332-5125.



Blind Traditional Massage & Reflexology Service, 27-1, Jalan Tun Sambathan 4, Brickfields.

Business Hours: 10 am-11pm



## Word Puzzle

Circle the words and get to win Wrought Iron Metalworks Creations Mirror worth RM 1,000!

R	P	L	I	O	N	S
F	E	I	R	O	N	T
B	A	N	G	S	A	R
E	C	M	L	E	O	I
S	E	R	V	I	C	E
T	E	A	M	L	E	T
S	I	G	H	T	Y	T

### Rules & Regulations

1. Open to all lions members. Please include you name, Lions club and contact
2. Circle the words below e.g. lions
3. Not more than 30 words write "*Why I am proud to be a Lion?*"
4. Judges decision is final & no correspondence will be entertained.
5. Closing date **1st May 2006**
6. You may drop the entry or send by post to

### Wrought Iron Metalworks Creations S/B

No. 105-1 Jalan USJ 21/10, 47620 Subang Jaya,

Tel : 03-8023 8788 visit: [www.wroughtmetal.com](http://www.wroughtmetal.com)

~~Lions~~ Family Let Sight  
Peace Service Bangsar Best  
Leo Team Iron

**For Lions members 10% discount of wrought metal products**