

***Moment***  
in Rotary



# **One World, One KL VIRTUALLY SPEAKING**

**1st Quarterly E-Newsletter  
July - September  
Rotary Year 2025–2026**

**PROGRESSIVE. HEART-LED.  
VIRTUALLY CONNECTED.  
UNITED FOR GOOD.**

***UNITE FOR GOOD***



# TABLE OF CONTENTS

*President's Message*

---

*Club Assembly Update*

---

*Maternal & Child Health ETalk*

---

*Membership Skills Survey*

---

*Members' Stories - Old, New  
& From the Past*

---

*4th Installation Night*

---

*Club Matters: Oct - Dec*

---

*Birthday Celebrations*

---

*Friendship Club Updates*

---

*"Strengthening Bonds,  
Inspiring Action,  
Creating Impact."*

## PRESIDENT'S MESSAGE



E-Club of One Kuala Lumpur,  
Malaysia

Dear Fellow Rotarians and Friends,

As we complete the first quarter of this Rotary year, I am deeply encouraged by the energy, commitment, and fellowship that have defined our journey thus far. These past three months, from July to September, have been both meaningful and inspiring — a reminder that our work together is about service, connection, and creating impact that reaches beyond ourselves.

Our first Club Assembly gave us a strong start, reminding us of our shared vision and direction. The talk on Gender-Based Violence and its impact on children was powerful and timely, challenging us to think deeply about our role in addressing issues that affect families and future generations.

The membership skills survey also gave us important insights. It was good to see the strengths that exist among us, but equally important was recognizing where we need to grow. As a club, we must continue to leverage the skills we already have and build on areas of need — and that includes attracting new members whose diverse talents and passions will enrich our service.

We also experienced the joy of connection through fellowship and service — from the Tokyo wine-tasting activity, to the simple but profound joy of orphans who were included in the experience. These moments remind us that Rotary is about people, and the relationships we nurture are at the heart of everything we do.

This issue also features membership stories — from senior members who carry the voice of legacy and wisdom, to new members who bring fresh ideas and energy. Together, they represent continuity and renewal, both essential to our growth. Our 4th Installation and Fundraising Dinner was another highlight, celebrating leadership and the power of coming together for service and fellowship.

Looking ahead, the months of October to December will be rich with opportunities: the launch of our Speak Up Project, Breast Cancer Screening initiative, Deepavali Cheer for families in need, Polio Dinner and 4th Anniversary Celebration, and bringing Christmas Cheer with Uncle Tony's Soup Kitchen.

We are also calling for collaborations with other Rotary Clubs — we invite our Rotary family to reach out to us so we can partner on meaningful projects, including our planned Dental Camp under the theme of Disease Prevention.

We also look forward to signing Friendship and Sister Club Agreements with our Rotary partners in Hong Kong, Japan, and Trincomalee. These partnerships are a testament to Rotary's global reach, reminding us that our impact is multiplied when we work together across borders.

I would like to end by echoing the words of AG Rajiv, who reminded us: *"From day one, members should be involved — take up the challenge to make a difference, locally and globally."* Let us carry that spirit forward as we continue this journey together.

PRESIDENT TERESA BENEDICT  
ROTARY E-CLUB OF ONE KUALA LUMPUR

## STEPPING INTO THE NEW ROTARY YEAR – TOGETHER

### A RECAP OF OUR FIRST CLUB ASSEMBLY FOR RY 2025-2026

On 9 July 2025, our Club held its first Assembly of the new Rotary year — bringing together 16 members online to align our vision, share updates, and map our collective direction forward under the theme “Unite For Good.”

President Teresa Benedict welcomed members with a heartfelt message on the importance of intentional service, transparent leadership, and sustaining the human connection — even in a virtual space. The Assembly reaffirmed our commitment to build systems that support both our projects and our people.


 PEOPLE OF ACTION

**1<sup>st</sup> CLUB ASSEMBLY**  
**9 JULY 2025**

 E-Club of One Kuala Lumpur, Malaysia

**AGENDA**  
8.00 p.m. Welcome & President's Opening Remarks  
8.05 p.m. RI and Loyal Toasts  
8.10 p.m. Presentation of Board & Committees  
Rotary Action Plan & Club Goals  
Presentation of Service Projects & SOP,  
Presentation of Finance SOP, Club/Project Budgets  
Presentation by International Service/TRF, Youth Service,  
Membership, Vocational  
Skills Assessment Survey – time permitting  
9.15 p.m. Announcement, Closing & Fellowship

**CLUB GOALS & STRATEGIC DIRECTION**  
**EXPAND MEMBERSHIP TO 30**  
**STRENGTHEN FINANCIAL**  
**TRANSPARENCY**  
**BOOST DIGITAL ENGAGEMENT**  
**(CONTENT, NEWSLETTER, DATA**  
**TRACKING)**  
**INCREASE SERVICE PARTICIPATION**

 **PROJECTS & INITIATIVES**

**MENSTRUAL HEALTH**

**MENTAL WELLNESS**


**LITERACY & EDUCATION**

**CANCER SCREENING**

**COMMITTEE FOCUS**  
**INTERNATIONAL SERVICE: NEW FRIENDSHIP**  
**CLUB AGREEMENTS**  
**MEMBERSHIP: RETENTION & ONBOARDING**  
**YOUTH & VOCATIONAL: INTERACT CLUB**  
**SUPPORT & MENTORING**  
**ADMIN & PUBLIC IMAGE: STRONGER**  
**INTERNAL COMMS & BRANDING**

**BE PRESENT. BE PROACTIVE. BE PROUD.**

 **CLUB FINANCIALS**  
**TREASURER PRESENTED:**  
**HIGH-LEVEL BUDGET UPDATE**  
**STATUS OF MEMBER SUBSCRIPTIONS**  
**FUNDING STRATEGIES FOR UPCOMING PROJECTS**

 **A CLUB BUILT ON PARTICIPATION**  
**THE ASSEMBLY ENDED WITH A CALL TO ACTION**  
**FOR MEMBERS TO BE PRESENT, PROACTIVE, AND**  
**PROUD OF WHAT WE'RE BUILDING TOGETHER.**  
**“LET'S BUILD A CLUB CULTURE WHERE**  
**LEADERSHIP IS SHARED, IDEAS ARE WELCOMED,**  
**AND SERVICE FEELS PERSONAL.”**  
**— PRESIDENT TERESA BENEDICT**



# JULY ROTARY THEME: MATERNAL AND CHILD HEALTH



On **23 July**, Rotary highlights Maternal and Child Health Month, a time when clubs around the world focused on strengthening families and ensuring children can grow up healthy, safe, and supported. At our E-Club Talk, we explored this theme from a different, but deeply relevant, perspective: the emotional and psychological health of children and families.

Our guest speaker delivered a powerful talk on “**From Harm to Healing**”, drawing attention to the unseen wounds many individuals carry from early life experiences. These wounds—neglect, criticism, abandonment, or a lack of affection—do not simply fade with age. When unaddressed, they resurface in adulthood, shaping relationships, behavior, and even community well-being.

## **The Hidden Harm**

The presentation highlighted that harm often begins in childhood, when emotional needs are unmet or dismissed. In many Asian cultures, silence around pain, trauma, or mental illness remains deeply entrenched. Emotional struggles are often minimized, leaving children to grow up believing their feelings are unimportant. As one participant noted: “**I believe in Japan it has been hush hush for years, until the dawn of the internet and social media.**”

## **Pathways to Healing**

Healing begins with awareness and compassionate action:

- Creating safe spaces to speak openly without judgment
- Normalizing therapy and counseling
- Teaching emotional literacy at home and in schools
- Relearning how to connect emotionally, starting with ourselves
- Listening with presence and empathy

As the speaker reminded us: “**Healing is not about fixing others; it’s about becoming safe within ourselves—so we can be safe for others.**”

***Let us be the generation that refuses to pass down silence and pain. Instead, let us transform harm into empathy, and healing into resilience—for our children, our families, and our communities.***

***A Rotary Focus Area  
Because Healthy  
Mothers Mean  
Stronger  
Communities***

***Maternal Health &  
Gender-Based  
Violence  
A Different  
Perspective***

**NURTURE HEALING, RESILIENCE,  
AND HOPE.**

## **Global Rotary Connections**

This session was enriched by the presence of Rotarians and guests from across the globe, including Hong Kong, Singapore, Jamaica, and Australia. Voices from different cultures reflected a shared recognition of the challenges faced by children and families everywhere. The evening was a true reflection of Rotary’s spirit—global fellowship with local impact.

## **Final Reflection**

While July traditionally reminds us of the importance of physical maternal and child health, this conversation shed light on the equally vital need for emotional and psychological well-being. As Rotarians, we are called not only to meet external needs like food, shelter, and medicine, but also to nurture the inner lives of those we serve.

# MEMBER SKILLS & EXPERTISE SURVEY: INSIGHTS THAT GUIDE OUR GROWTH

AN INTERNAL REFLECTION, SHARED WITH EXTERNAL FRIENDS OF ROTARY

## 🔍 WHY WE DID IT



### THE SURVEY WAS DESIGNED TO:

- **MAP OUT MEMBER COMPETENCIES FOR PROJECTS, COLLABORATION, AND LEADERSHIP**
- **IDENTIFY SKILL GAPS AND OPPORTUNITIES FOR UPSKILLING**
- **EXPLORE HOW TO BETTER MATCH MEMBERS TO MEANINGFUL ROLES — ESPECIALLY IN AN ONLINE ENVIRONMENT**

13 MEMBERS RESPONDED (59% OF OUR MEMBERSHIP AT THE TIME), OFFERING A VALUABLE, THOUGH PARTIAL, SNAPSHOT OF OUR CLUB'S DIVERSE CAPABILITIES.

## 🔍 WHAT WE LEARNED

### Top Strength Areas

- **Communication & Branding:** Many members reported solid skills in marketing, social media content, and event promotion — a major asset for a virtual Club.
- **Humanitarian Work:** Strong experience in fundraising, volunteer coordination, and community service suggests readiness for both local and international initiatives

### What We Want to Strengthen

The survey also revealed opportunities for growth, including:

- **Leadership Development:** Few members rated themselves as confident in strategy, succession planning, or Club development.
- **Project Implementation:** Gaps were seen in project design, impact monitoring, and sustainability planning — vital for effective and replicable service.
- **Digital Strategy:** While many are comfortable with content creation, fewer reported skills in tools like website management, analytics, or CRM systems.
- **Member Engagement:** Coaching, onboarding, and retention strategies are areas where more structure and creativity are needed.

### 🌱 What We're Doing Next

To address these findings, we're taking a phased approach:

- **Short-Term:** Build a volunteer “skills bank” and match members to tasks they'll enjoy. Spotlight skilled members in meetings.
- **Medium-Term:** Launch member-led training on project design and leadership. Create rotating roles and mentoring opportunities.
- **Long-Term:** Integrate a full Member Engagement & Development Plan into our strategic goals, and revisit this survey annually.

📁 A more detailed version of this internal survey can be shared upon request.

To our REC1KL members — thank you to those who participated. Your time, insight, and presence help shape a stronger Club for all.

To our readers and Rotary friends — we hope this glimpse into our self-reflection demonstrates our commitment to shared growth.

Every great project begins with people — and knowing our people better is a powerful first step.

**United For Good**

# A Toast to Service: Wine Tasting Charity Event in Tokyo



Guests were treated to a wine tasting lesson conducted by Riedel Japan, enjoyed a mini party with light refreshments, and received a special gift—a Riedel wine glass of their choice to take home. Participation was set at 15,000 yen per person, which included the wine tasting, the gift, and a 5,000 yen contribution towards the charity cause. In total, the event raised 95,000 yen (approximately RM2,950), with donations also coming from Rotarians who were unable to attend. The funds raised was used to give the children a truly memorable experience: a French dining etiquette lesson, complete with a full-course meal and guided table manners instruction.

**On 27 June 2025**, the Rotary E-Club of One Kuala Lumpur (Japan Office) hosted a remarkable evening of fellowship and philanthropy at Riedel Japan, the world-renowned brand in wine culture. The Wine Tasting Charity Event was not only an elegant gathering but also a creative way to support a meaningful cause—funding a French dining etiquette lesson and fine dining experience for children from a local children’s home. The choice of venue was deliberate. By partnering with Riedel, the event combined sophistication with education, offering participants an engaging experience that went beyond traditional charity dinners. For many of the distinguished Rotarians present from Tokyo-area districts, the event highlighted an innovative approach to Rotary service—one that is enjoyable, impactful, and sustainable.

Beyond teaching etiquette, This initiative offers children cultural enrichment and the confidence that comes with learning and experiencing something new. This event served as a beautiful example of how Rotary can blend fellowship with service, creating moments that are life-changing for beneficiaries.

**“ROTARY PROVES THAT SERVICE CAN BE CLASSY, FUN, AND IMPACTFUL AT THE SAME TIME.”**

# Celebrating Rotary Membership: Journeys of Service and Discovery

*August was a time for Rotary to celebrate the strength of our network and the personal journeys that bring members together. At Rotary E-Club of One Kuala Lumpur, we believe every story matters—whether it's a senior Rotarian reflecting on decades of service, or a new member sharing their first impressions. Together, these stories remind us why Rotary continues to inspire, connect, and grow.*



In this segment, we share voices from across our Rotary family—two senior Rotarians whose decades of service exemplify resilience and purpose, and two newly inducted members offering their first impressions and hopes for the journey ahead

## Wisdom in Service: Why We Stay

*For some, Rotary is not just a commitment but a way of life. PAG Amy Chin and PP Francois share their personal journeys—stories of creativity, resilience, humility, and global fellowship that remind us why many Rotarians remain dedicated for decades*

## Reigniting Purpose.

### PAG Amy Chin – A Journey of Creativity, Service & Resilience

#### Rotary Beginnings

Her Rotary journey began in December 2000 with RC Metro Ipoh. Inspired by leaders who embodied humility and service, Amy quickly became immersed. In 2002–2003, she made history as the club's first female president, serving during the RI theme “Sow the Seeds of Love.”

#### Growth & Leadership

Amy went on to serve as Assistant Governor in 2013–2014, mentoring five clubs under DG Mohinder Singh. Her Rotary path has also taken her across Asia and beyond, strengthening bonds through international projects, exchanges, and fellowships.

#### Art, Adventure & Service

Amy's love for art and the outdoors often merges with service. She has hiked to Everest Base Camp and Mount Kinabalu for charity, and her art fundraisers have supported projects from SMA patients to youth feeding programs. One of her hibiscus paintings was presented to RI Past President Gary Huang.

#### Youth Empowerment

Passionate about youth, Amy has hosted international exchange students, welcomed vocational interns, and encouraged her own children to join the Rotary Youth Exchange program—creating friendships and cultural learning that last a lifetime.

#### A True Rotary Moment

When her car broke down on a highway years ago, Amy turned to her Rotary handbook for help. Within hours, local Rotarians came to her aid, reminding her that Rotary truly connects the world.

#### Resilience & Renewal

After stepping back in 2021 during her husband's illness, Amy returned to serve with the Rotary E-Club of One Kuala Lumpur, continuing her mission to “sow the seeds of love.”

**Her Message to New Rotarians** “Stay involved, stay humble, and stay connected. Rotary is a global family. Every act of service you give comes back many times over, often in ways you never expect.”

 *Amy's journey is one of creativity, courage, and compassion—a testament to what it means to serve with love.*





# Rebuilding Belonging

## *A Journey of Service: Francois and His Rotary Path*



For Francois, service above self has always been more than a motto—it's been a guiding principle of life. His Rotary story began in 1991, when he joined the Rotary Club at the PD Club in Kuala Lumpur. But his introduction to Rotary started earlier in Bangkok, where a local club held its meetings in the very hotel where he worked. Though his demanding career kept him from joining then, the spark of Rotary stayed with him.

Reflecting on his decision to finally join, Francois recalls: "I realized that alone, I could do very little to help society, but united with a group of like-minded people, we could achieve so much more."

With gratitude for his own opportunities—a fulfilling career, a secure home, and more than many could dream of—he felt a responsibility to give back. Through Rotary, he found that contribution. Each project brought profound rewards, especially in the smiles and gratitude of the people they served. That joy of giving soon became his driving force.

Rotary also helped Francois grow personally. It built his confidence as a leader and a communicator, giving him the ability to speak and present effectively in front of diverse audiences, whether in corporate boardrooms or large gatherings.

When Francois moved to Penang, he continued his Rotary journey with one of the state's most reputable clubs, known for its impactful, large-scale projects. The club's strong reputation attracted support and donations, enabling them to carry out meaningful initiatives not just locally but across Malaysia and beyond.

For Francois, Rotary's greatest gift has been the people. But he also believes Rotary must continue to adapt. As clubs age, the challenge lies in attracting new generations. Active participation, he insists, is the lifeblood of Rotary: *"When everyone contributes, we ensure a vibrant club where every voice is heard. Rotary is not a place for ego, but for organization, responsibility, and collective impact."*

Though he values humility in service, Francois recognizes the importance of sharing Rotary's good work: not for self-promotion, but to inspire others to support and join the cause.

Today, in a new phase of his life, Francois has joined the Rotary E-Club of One Kuala Lumpur. The flexibility of the E-Club allows him to continue contributing meaningfully, while enjoying the mobility he needs. For him, Rotary remains a source of fulfillment and purpose—a lifelong family united in doing good.



"One of the most beautiful aspects of being a Rotarian is the opportunity to meet good people all over the globe—and always have a friend, wherever you go."



# *New Beginnings: Welcoming Ayumi and Azlina to REC1KL*

On 23 August, the Rotary E-Club of One Kuala Lumpur had the joy of inducting two new members into our global family: Ayumi Maruyama, a Japanese member from Tokyo, and Azlina Jaafar from Kuala Lumpur. Their induction was especially meaningful, taking place just one day before our Club Installation and Fundraising Dinner.



## **Fresh Perspectives:** **First Impressions of Rotary.**

Every new member brings fresh energy and insight. As REC1KL welcomes new faces, we also celebrate the unique perspectives they bring. Our newest members share their first impressions and what excites them most about being part of Rotary.

### **From Induction to Inspiration: Ayumi's Rotary Experience**

It's been an incredible honor to be a new member of this club. The Induction ceremony, shared with my fellow inductee Anna, was a warm and meaningful start to this journey.

The Installation Party was a truly grand event. It was wonderful to see so many members from different Rotary clubs come together, and it gave me a strong sense of the wider Rotary community.

The club's social events have been an amazing way to get to know my new home. As a first-time visitor to Kuala Lumpur, being shown around Chinatown, the main city, and a beautiful waterfall was an unforgettable experience.

It was also a fantastic opportunity to have conversations and build friendships with other members in a natural setting. Also, the Evening Walk Food Distribution was deeply moving.

I was particularly impressed by the dedication of the sister who organizes this activity. Her kindness and compassion for the homeless truly inspired me and reminded me of the core values of Rotary. It was also a fantastic opportunity to have conversations and build friendships with other members in a natural setting. Also, the Evening Walk Food Distribution was deeply moving.

## *The Power of Membership*



I was particularly impressed by the dedication of the sister who organizes this activity. Her kindness and compassion for the homeless truly inspired me and reminded me of the core values of Rotary.

# LEGACY VOICE: "REFLECTIONS FROM OUR CHARTER PRESIDENT"

Browsing through Club Facebook when this post by Late President Rajitha popped up!

As we celebrate Membership Development Month, we also look back at the voices that have shaped our Club. This reflection, written by our Charter President Rajitha Rajalingam in 2021, captures the essence of Rotary – service, friendship, and personal growth. Her words remain as relevant today as they were then, reminding us why Rotary continues to inspire and connect people across the world.

By Charter President Rajitha Rajalingam (Originally published March 2021)

*"Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem solvers who see a world where people unite and take action to create lasting change across the globe, in our community, and in ourselves."*

*"I have been in the Rotary family since I was in school when I became an Interactor, then a Rotaractor and at last a Rotarian... without actually realising and understanding it... Rotary carved the person that I have become."*

*"Not everyone is born to serve but when you help the community with a bunch of people who will become your close friends and allies.... serving becomes part of you."*

My fondest memories come from having very little and yet doing a lot through our friends and support. So yes, Rotary has made me want to help and to make friends and to stand by each other. Rotary has done much more for me too. I have become a friend and a leader and I am stronger and human too.

"Charter President Rajitha envisioned a Rotary club that could connect the world via Zoom—bringing together passionate individuals to serve, inspire, and make a difference. Her vision lives on in every member who continues her legacy."

Mano Stornaiuolo  
USA



# Exploring Malaysia Together

The day after our Club Installation and Fundraising Dinner, our Membership Chair, Felicier, curated a warm and engaging programme for our overseas members and friends visiting from the Rotary Club of Hong Kong North Point (RCHKNP).

Members and guests hiked to the scenic Kanching Waterfall, followed by a delightful lunch at Kanna's Curry House. It was a cultural feast as everyone savoured classic Indian dishes—many attempting to eat with their fingers for the first time! The star attractions were, of course, the crowd favourites: roti tissue and roti canai.

## Service in Action

That same evening, members, together with friends of Rotary, visited Samaritan Hope Home. Alongside Sister Fatima, the group spent two hours walking the streets of Kuala Lumpur, distributing food and provisions to those in need—a powerful reminder of Rotary's purpose: Service Above Self



## A Memorable Introduction

The fellowship continued the next day with visits to some of Kuala Lumpur's vibrant landmarks and backstreets, including Petaling Street, KLCC, and Chow Kit.



For Ayumi and Azlina, it was more than just an induction—it was an immersive introduction to the spirit of Rotary and the culture of Kuala Lumpur. For the Club, it was a celebration of growth, friendship, and shared service.

**Together, we continue to grow—not just in numbers, but in purpose and impact**

From the wisdom of experience to the enthusiasm of new beginnings, these stories reflect Rotary's true strength: a community where every journey matters. As we celebrated Membership Development Month, may these voices remind us why we serve, why we stay, and why we invite others to join

**Membership is about stories, connections, and shared purpose.**



# Oh, What a Night!

## Rotary E-Club of One Kuala Lumpur – 4th Installation & Fundraising Dinner

**A Night of Colour, Culture & Camaraderie**  
Our Bollywood-themed celebration was a dazzling success — filled with music, dance, and the spirit of service. Together, we raised close to RM30,000 for our projects.



**A Truly International Gathering**  
30 Rotary Clubs joined us, including 14 members of RC Madurai Blossom (District 3000, India) — the world's largest all-women Rotary Club. We were honoured to welcome PP Peter & spouse from RC Hong Kong North Point.

### Auction Highlights

PAG Amy Chin's masterpiece "Wealth & Abundance" raised a symbolic RM8,888 (thank you Giancarlo Maccagno!). Our Dutch Auction, Hotel Voucher Auction & Raffles added nearly RM10,000 more.

### Guests of Honour

Beneficiaries from Rumah Hope PJ, Samaritan Hope Home, and Kingdom Transformation Sanctuary joined us, thanks to the generosity of our donors.



### Entertainment & Surprises

Our Japanese members Yuka, Yukiyo, Masaki & Ayumi moved the room with Miraie, symbolizing hope and unity. The night exploded with joy as our members led a flash mob to Dancing Queen and Conga — setting the dance floor ablaze!





# Rotary E-Club of One Kuala Lumpur – 4th Installation & Fundraising Dinner

## 🌸 A Meaningful Gift

Instead of a traditional DG gift, REC1KL sponsored breast cancer screenings for five indigenous women from Sungai Judah, in partnership with Hospital Sungai Buloh — presented in honour of DG Edward Khoo.



## 🌸 International Fellowship

We celebrated a banner exchange with RC Madurai Blossom, witnessed by DG Edward Khoo. Eight other clubs joined in exchanging banners with our guests.



## 🌸 Recognition

That evening, we not only celebrated IPP Felicier for her outstanding contribution and leadership, but also extended our heartfelt appreciation to her spouse, Giancarlo Maccagno, for his unwavering support throughout the year.

**A true reflection of our  
theme: Unite for Good**

This night would not have been successful without each and every member coming together as a team —taking on roles for the evening and even rehearsing the mob dance just one day before the event! We are grateful and humbled by the tremendous support we received.





# Menopause: Understanding, Support, and Shared Journeys

## by PP Francois G. Sigrist, PJK



### **SEPTEMBER REC1KL WENT BEYOND BOOKS TO CREATE AWARENESS UNDER THE ROTARY THEME BASIC EDUCATION & LITERACY**

At our 4<sup>th</sup> club talk PP Francois G. Sigrist, PJK, shared openly from his *own lived experience* about menopause — a subject too often left unspoken, especially in Asian cultures. He reminded us that while menopause is a natural stage of life, it remains widely misunderstood and is frequently dismissed as “a women’s problem.” Francois shared the hormonal changes and symptoms women may face — from mood swings to physical discomfort — and how these can affect both personal relationships and professional responsibilities.

He cautioned that partners and colleagues often misinterpret these changes, leading to unnecessary conflict. Instead of offering quick solutions or unsolicited advice, he urged the importance of **listening with empathy, practicing patience, and providing consistent support.**

“Menopause is not just a woman’s journey — it is a shared one”)

In Asian societies, openly discussing menopause with a partner, spouse, or family member is often considered taboo. This silence not only isolates women but also overlooks the **real impact on families and workplaces**, particularly when women juggle multiple responsibilities as caregivers, professionals, and community members. By labeling menopause as solely a woman’s issue, we ignore its ripple effects on everyone around her.

During the discussion, attendees reflected on the stigma that surrounds menopause and raised questions about how to recognize early signs and how men, too, experience hormonal changes — albeit in less dramatic ways. Francois emphasized that men and women alike need to educate themselves, create safe spaces for conversation, and approach this stage of life as a **shared journey rather than an individual struggle.**

✨ The **call to action** for all of us is simple but transformative: start the conversation with those close to you, listen without judgment, and seek support where needed. In doing so, we can replace stigma with understanding, and isolation with shared strength.

🌸 “Menopause isn’t the end of a chapter — it’s the **beginning** of a new one.”

🔥 “Hot flashes are **temporary**, but understanding lasts forever.”



### WHAT'S IN THE PIPELINE FOR OCTOBER - DECEMBER 2025

#### E-TALKS

Resilience in Action: Turning Struggles  
into Strength  
Stress Reduction with Deep Breathing  
The Lost Food Project

#### PROJECTS

Breast Screening Project  
Speak Up Conversational English

#### MEETINGS

BOD Meetings - 1<sup>st</sup> Thursdays  
Club Meetings - 2<sup>nd</sup> and 4<sup>th</sup>  
Wednesdays

#### FRIENDSHIP AGREEMENTS


RC Hong Kong North Point  
RC Trincomalee  
RC Japan OK

#### FESTIVE CHEERS

Deepavali Light of Hope  
Christmas Soup Kitchen



# OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT

**Rotary**   
E-Club of One Kuala Lumpur,  
Malaysia

## What does Rotary's Economic and Community Development Month mean?

Every October, Rotary highlights projects that strengthen local economies, create sustainable opportunities, and improve the quality of life in communities.

The focus is on:

- Fighting poverty by supporting livelihoods and skills development
- Creating economic opportunities through education, training, and microfinance
- Building resilient communities that can sustain themselves with dignity
- Empowering families to break cycles of disadvantage



**In Oct we are providing 35 families in Kundang, Selangor with essential provisions so they can celebrate Deepavali — the Festival of Lights — with dignity and joy.**

## Why this is so important and how it links to Rotary's theme:

### Fighting Hunger & Meeting Basic Needs:

- Provisions ensure that families don't have to choose between survival and celebration.
- By addressing food insecurity, we help families meet their most basic needs.

### Restoring Dignity & Celebrating Culture

- Festivals like Deepavali are about hope, light, and renewal.
- Enabling families to celebrate fosters community pride, inclusion, and well-being.

### Strengthening Communities

- Acts of support build trust and solidarity within the community.
- Families feel seen, valued, and supported — a foundation for community resilience.

## Link to Economic & Community Development

- This small but powerful gesture contributes to the larger goal of transforming communities by giving them breathing space to grow.

☀️ **"Lighting up lives, strengthening communities."**



**UNITE FOR GOOD**



# PROJECT HIGHLIGHT

## BREAST CANCER SCREENING

In October 2025, the Rotary E-Club of One Kuala Lumpur, in partnership with Sungai Buloh Hospital (SBH), will launch a Breast Cancer Screening & Outreach Project for Orang Asli women in Kampung Sungai Judah, Carey Island.



### What

The initiative will screen 50–60 women aged 20 and above, raising awareness on breast health and providing early detection services in conjunction with Breast Cancer Awareness Month.

The programme includes:

- Community Outreach & Screening on 4 October at SK Sungai Judah.
- Hospital Imaging at SBH on 8–9 October for shortlisted women requiring mammograms or ultrasounds.
- Follow-up support through SBH's Social Welfare scheme, with the Club assisting in transport, meals, and other logistics.

**Why** This project seeks to:

- Raise awareness about breast health and the importance of early detection.
- Educate local women on cancer prevention and self-care practices.
- Provide access to screenings and follow-up care in partnership with medical professionals.

By focusing on Orang Asli women in Kampung Sungai Judah, Carey Island, we aim not only to save lives through early diagnosis but also to empower women with knowledge that can benefit their families and communities.



**“Early Detection, Lasting Protection.”**

**UNITE FOR GOOD**

# **SPEAK-UP: ONLINE ENGLISH CONVERSATIONAL ENGLISH FOR YOUTH**

## ***LEARN WITH CONFIDENCE***

October marks the launch of an exciting new initiative, in collaboration with the Educational Welfare & Research Foundation (EWRF) and the Rotary Club of Kamunting. Together, we are introducing the Online English Conversational Project for Youth, designed to empower young people aged 16 to 24 with vital language skills that can shape their future.

Through this project, we hope to:

- Help youth gain fluency and confidence in English for everyday and professional use.
- Equip them with practical workplace and interview skills, opening pathways to employment.
- Create a mentorship bridge between Rotary members and the younger generation.
- Test a scalable, low-tech learning model using WhatsApp and in-person support.
- Foster inclusive community engagement, especially in areas where dropout rates are high.

### **PARTICIPANTS: TAKING THE FIRST STEP**

We are excited to share that enthusiastic youths from Kundang and Kerling—both underserved communities—have already signed up for the Speak Up: English Confidence Programme. These participants, bring with them diverse aspirations but a shared determination to improve their English, build confidence, and prepare for brighter opportunities ahead. Their courage to commit to this 12-month journey reflects the true heart of the programme: young people taking the first step toward laying the foundation for stronger futures, for themselves and for their communities.

**STRUCTURED  
IN FOUR  
BLOCKS,  
DESIGNED  
FOR GROWTH**

**YOUTH FROM KUNDANG  
AND KERLING HAVE  
STEPPED FORWARD —  
BEGINNING A YEAR LONG  
JOURNEY OF GROWTH  
AND CONFIDENCE”**

### **VOLUNTEER MENTORS**



We are delighted to share that a dedicated group of volunteer mentors has already stepped forward to support the Speak Up Project.

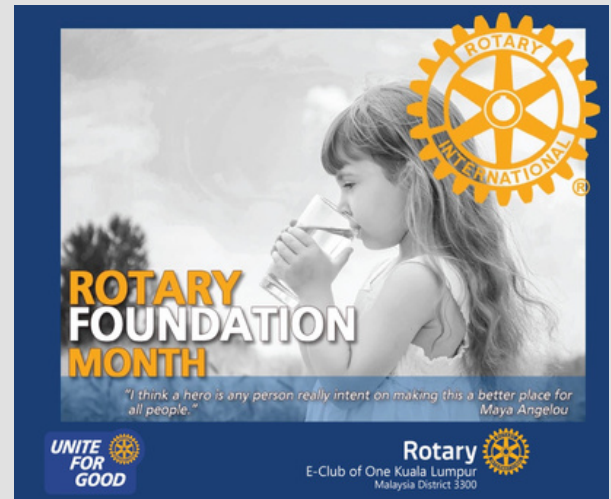
These individuals come from diverse professional and personal backgrounds, yet they share a common purpose: to walk alongside our youth, offering encouragement, practice, and the wisdom of lived experience.

By giving their time and heart, these mentors are helping these youth grow in confidence, unlock new opportunities, and discover their own potential. Together, they embody the Rotary spirit of “Service Above Self,” proving that real change begins with people who care.



# NOVEMBER: ROTARY FOUNDATION MONTH

Rotary Foundation Month – a time to recognize and support the incredible work of the Rotary Foundation in advancing world understanding, goodwill, and peace. Through the Foundation, Rotary leads global efforts in health, education, poverty alleviation, and community development.



One of Rotary's greatest achievements has been its decades-long fight to End Polio – reducing cases by 99.9% and bringing us closer than ever to a polio-free world. Contributions to the Foundation make this possible.

## **POLIO DINNER & 4TH CLUB ANNIVERSARY CELEBRATION**

This November, we will mark Rotary Foundation Month with a special evening:

 **Date:** 5th November 2025


 **Venue:** Raft Café, Sierramas

 **Occasion:** Polio Fundraising Dinner & 4th Club Anniversary Celebration



## **WHY IT MATTERS**

By supporting the Polio Dinner, you are:

-  Contributing to Rotary's historic fight against polio
-  Strengthening the Rotary Foundation's mission of global good
-  Celebrating our club's journey of service and growth

✨ This event is not just a dinner – it's a celebration of service, resilience, and our collective impact. Funds raised will go directly to support the End Polio campaign, helping Rotary finish the fight against this debilitating disease.

At the same time, we will come together to celebrate 4 years of Rotary E-Club of One Kuala Lumpur – 4 years of fellowship, service above self, and building bridges across borders.



# DECEMBER



## Rotary Theme – Disease Prevention & Treatment

Rotary emphasizes Disease Prevention and Treatment, a core area of focus. It is about ensuring communities have access to healthcare, education, and support systems that promote long-term wellness. This month reminds us that prevention, timely intervention, and compassionate care can transform lives and build healthier communities.

In line with this theme, RECIKL is working towards a Community Health & Wellness activity, designed to address the needs of underserved groups in our local community. Together with partners, we will be offering basic health support, wellness education, and preventive care to encourage healthier lifestyles and early intervention.

### **Club Fellowship: AGM & Christmas Party**

December will also be a month of fellowship and reflection as we gather for our Annual General Meeting and close the year with our Club Christmas Party. It's a time to review our progress, align for the year ahead, and enjoy the spirit of togetherness that makes Rotary a family.



### **Christmas Cheer** **Food4U – Uncle Tony's Soup Kitchen**

This December, we are also spreading the joy of the season by supporting Food4U – Uncle Tony's Soup Kitchen. Members and volunteers will assist in the preparation, packing, and distribution of cooked meals to the homeless and those in need. Alongside warm meals, we will provide care packs containing hygiene items, vitamins, and festive treats — a gesture of health, dignity, and hope during Christmas.

**UNITE FOR GOOD**





*HAPPY BIRTHDAY*

*Rtn. Masaki Ino – 2<sup>nd</sup> October*

*Rtn. Yuka Kadero – 10 November*

*PP. Richard Churme – 26 December*

**Rotary**



E-Club of One Kuala Lumpur,  
Malaysia



**UNITE FOR GOOD**



# SISTER CLUBS & FRIENDS

**Rotary**

E-Club of One Kuala Lumpur,  
Malaysia



**ONE WORLD. ONE KL.  
LET'S STAY CONNECTED.**

## **Strengthening Bonds Across Borders**

This quarter will be a special one for  **Key Dates:**

REC1KL as we take meaningful steps to deepen our international ties through Friendship and Sister Club Agreements with our Rotary partners.

While Friendship Club Agreements serve as the foundation for fellowship and collaboration, a Sister Club Agreement represents a deeper commitment to shared service and long-term partnership.

- **22 October 2025** – Friendship Club Agreement with Rotary Club of Hong Kong North Point
- **6 November 2025** – Friendship Club Agreement with Rotary E-Club of 2720 Japan O.K.
- **12 November 2025** – Sister Club Agreement with Rotary Club of Trincomalee, Sri Lanka



### **Objectives of these Partnerships**

- Through these agreements, our clubs commit to:
- Promoting mutual friendship through regular communication (virtual and in-person).
- Exploring opportunities for joint service projects with real community impact.
- Encouraging individual or group visits between members, where possible.
- Sharing and exchanging club programs, newsletters, and other media.
- Fostering fellowship and service through participation in each other's events.
- Supporting initiatives that promote international friendship, world understanding, peace, and goodwill through Rotary.

These partnerships reaffirm REC1KL's spirit of international fellowship and our commitment to building bridges across borders. Together with our sister and friendship clubs, we look forward to creating greater impact, both locally and globally.





# SISTER CLUBS & FRIENDS

**Rotary**

E-Club of One Kuala Lumpur,  
Malaysia



**ONE WORLD. ONE KL.  
LET'S STAY CONNECTED.**

## **Celebrating Friendship and Fellowship**

Thank you, President Teresa, IPP Felicier, and all members of the Rotary E-Club of One Kuala Lumpur, for your warm hospitality during your 4th Installation on August 24th.

My wife Quincy and I were truly honored to be part of this memorable occasion. One of the highlights of our visit was joining your community service activity in partnership with Samaritan Hope Home. Together with more than twenty passionate volunteers, we distributed food, water, fruit, medicated oil, and other essentials to the homeless near Chinatown, Kuala Lumpur. It was deeply moving to witness such compassion in action — a beautiful reminder of Rotary's commitment to "Service Above Self."

We look forward to formalizing a Friendship Club between Rotary Club of Hong Kong North Point and REC1KL, and to collaborating on meaningful service projects that touch lives both in Malaysia and Hong Kong.

*PP Peter Pang from RC Hong Kong North Point*



It was truly an honour for REC1KL to have a member of our Future Friendship Club — Rotary Club of Hong Kong North Point — join us for our 4th Installation and Fundraising Dinner and touched by the Project contribution made by RC Hong Kong North Point towards our Club 25-26 projects. During the evening, RC Hong Kong North Point exchanged 6 banners.

These exchanges symbolize more than just tradition — they mark the beginning of what we believe will be a long, meaningful, and impactful connection. We look forward to strengthening these ties and collaborating on projects that will touch lives in both Malaysia and Hong Kong.

**Together, we serve better.**

**UNITE FOR GOOD**



# **CLUB INFORMATION**

**Chartered on the  
5<sup>th</sup> of November 2021**

**WE ARE A VIRTUAL CLUB  
WITH GLOBAL REACH**

**Find Us on:**



**Weekly Meetings: 2<sup>nd</sup> Wednesday and 4<sup>th</sup> Wednesday  
of the month @ 8.00 p.m.**

**Email: [rotaryclubkl@gmail.com](mailto:rotaryclubkl@gmail.com)**

**EDITORIAL TEAM**

**PAG Amy Chin & Rtn Arieza Noor**