

# The E Bulletin of the Rotary Club of Patong Beach Phuket Thailand



## Bulletin 628 Volume 17 – No. 11 Tuesday 20<sup>th</sup> September 2022

Meetings at 4 Points by Sheraton 198/8-9 Thawewong Rd (Beach Rd) Patong Beach  
Tuesdays 7-9pm except first Tuesday of month is a Dinner Out



IMAGINE  
ROTARY

Rotary  
Club Patong Beach



### Members from seventeen countries – Rotary is International



Australia



Austria



Belgium



Canada



Egypt



France



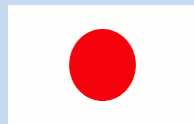
Germany



Hungary



India



Japan



Mongolia



South Africa



Switzerland



Thailand



Turkey



United Kingdom



USA



President Rotary International  
Jennifer Jones Ontario Canada



District Governor 3330  
La-Or-Chinda



President Rotary Club of Patong Beach  
Best Wanamakok

# The President's Message



Dear Members and Friends of RCoPB:

This week our guest speaker was Ms. Kanitta Chatamma, a well-known physical therapist on the island. Members and guests learned a few tips about how to prevent back pain from stretching and simple exercise moves. The highlight was the MLS laser machine which is one of the latest non-invasive treatment for back and joint pain.

I am certainly a novice in medical field, but Ms. Kanitta did a great job explaining it in layman term. I did understand more about my spine than before the meeting!!

We also had visiting Rotarians from RC Dharwad Central and RC Hubli Midtown of D. 3170 led by PP Sanjay Ingle. What a jovial group of guys. RCOPB presented a small gift to each Rotarian and banners were exchanged with the presidents. It just happened that three members of their clubs were medical doctors hence fitting the back pain topic of the evening.

One of the doctors actually jumped in to help Ms. Kanitta deciphering the MRI scan to the audience. Wonderful to see Rotarian's "People of Action" in action. In the future, if any of our members have the chance to visit Karnataka State near Bengaluru (formerly Bangalore), please stop by their clubs to say hello. This little visit shows how tight-knit we are as Rotarians in the world.

Be proud, Patong Beach members, and visit other clubs when you travel.

The fun and benefit received is all yours to keep.

As in a Thai idiom – Friendship cannot be purchased, you earn it.

Our club's signature project "Save a Child Swim program" for 2022-23 culminated on 15<sup>th</sup> September at Baan Sai Nam Yen school in our very own turf Patong Beach. About 80 students from grade 5 graduated from a 10 weeks program held at 4 Points by Sheraton Hotel's beautiful swimming pool.

Certificates were handed out in the morning and beach cleanup by students in the afternoon.

I declare the program a BIG SUCCESS once again. Big thank you to Community Service Chair Dr. Johan and his committee members – PP Sam, Bill, his wife Nicha, Simon, Alice, Dr. Demco, and Cabbie for the job well done. About 250 students total from 5 different schools in 3 separate provincial districts.

The practice of Service Above Self and good feeling that came afterwards are priceless for those involved with community service projects. Highly recommend for any members who have not experienced it yet.

FYI, a committee meeting was held right after the ceremony to discuss next swim classes already.

Get some rest first, Dr. Johan.

Have a great weekend krub everybody wherever you are in the world.

In Spirit of Rotary,

Your President Best W.

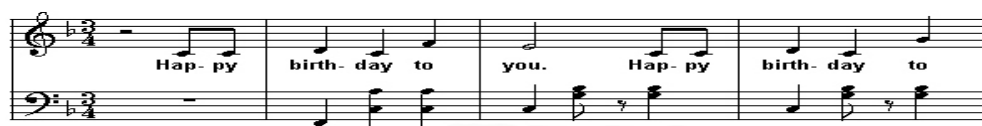




1926 -2022  
Rest in Peace Queen Elizabeth II



## BIRTHDAYS



**September**

**ARNAUD VERSTRAETE 24<sup>th</sup>**

## Club Programme

September 20th  
**Who am I? Our New Member**  
Vanessa Temple

**Saturday September 24th**  
**New Member Orientation Day from 9.30 am to 4.00 pm.**

September 27th  
Saweang Kaola (Jack)  
SOS learning center and food bank in Phuket

October 4<sup>th</sup>  
**Dinner Out**  
**TBA**

**October 8<sup>th</sup>**  
**O.B. Fundraiser - details to follow**

**October 11<sup>th</sup>**  
**Jazon Edouard - HeadStart International School  
Phuket Expansion**

**October 18<sup>th</sup>**  
**Paul Merry & Kimmy Upatising  
Inclusion World Championship for Sailing**

**October 25<sup>th</sup>**  
**Meeting canceled due to DG visit on  
Saturday 29 Oct**

**Saturday October 29<sup>th</sup>**

**District Governor Visit**

# ROTARY 2022-2023 CALENDAR

Day is Tuesday unless otherwise advised

DATE	DAY	EVENT	NOTES
SEPTEMBER			
20		Who am I? Vanessa Temple	
24	Saturday	New Member Orientation Day	
27		Saweang Kaola (Jack) - SOS learning center and food bank in Phuket	
OCTOBER			
4		Dinner Out - TBA	
8		OB Fundraising event	
11		Jazon Edouard - HeadStart International School Phuket Expansion.	
13	Thursday	King Rama 9's passing anniversary	
18		Paul Merry & Kimmy Upatising - Inclusion World Championship for Sailing	
23	Sunday	King Rama 5's passing anniversary	
25		Meeting canceled due to DG visit on Saturday 29 Oct	
29	Saturday	Sat 29 OCT DG La-Or Chinda visit	
NOVEMBER			
1		Dinner Out - TBA	
8		Who am I? Shiho Katsuura	
15		PP OB Wetzell - Give up hope of a better past	
22		Club Assembly - 1st CA of 2022	
29		HE Matthew Barclay - Australia Consul General for Phuket	
DECEMBER			
5	Monday	Father's Day	
6		Dinner out	
13		Meeting Canceled due to X-mas Party on Sat	
17	Saturday	AGM & Christmas Party	
20		No meeting	
27		No meeting	
31	Saturday	New Year's Eve	
		2023	
JANUARY			
1	Sunday	Happy New Year	
3		No meeting	
10		Who am I? Bill Trempus	
17		Josh O'Neill - Phuket Toastmasters	
24		TBA	
31		TBA	
FEBRUARY			
7		Dinner Out - TBA	
14		TBA	
21		Who am I? Nihan Akdemir	
28		TBA	
MARCH			
6	Monday	Buddhist Day	
7		Dinner Out - TBA	
14		TBA	
21		TBA	
28		Club Assembly	

APRIL			
4		Dinner Out - TBA	
6	Thursday	Chakri Day	
11		No meeting	
13-17	Thur-Mon	Songkran	
18		TBA	
25		TBA	
MAY			
1	Monday	Labor Day	
2		Dinner Out - TBA	
5	Friday	Buddhist Day	
9		TBA	
16		TBA	
23		TBA	
30		TBA	
JUNE			
3	Saturday	Queen's Birthday	
6		Dinner Out - TBA	
13		TBA	
20		TBA	
27		TBA	



## Night Report Tuesday 13<sup>th</sup> Dr. Kanitta Chatamma

Scribe & SAA - Vanessa

Photographers – Anand – P Best – Vanessa

All Club members welcomed our guests, both from Phuket and from India.

Dinner started early as all were eager to sit and chat.



President Best was invited to open the meeting by Vanessa, who was acting SAA.



National Anthem was sung by all.

We have visiting guests from India and they were introduced to the group.

- Mr. Sanjay Ingle
- Dr. Uday Subhas Bande
- Dr. Prakesh Wari
- Mr. Bhujbali Malgatti
- Dr. Suhas Hanchinmani
- Mr. Venkatesh Vadiraj Uchila
- Mr. Prakash Balkrishna Ircal
- Mr. Basavaraj Kalyal



These are members from three clubs in Dharwood Central India, District 3170



Once they had all been introduced three leaders spoke a little about their club and the projects they sponsor.



President Best exchanged banners with the three clubs and also gave a gift of Phuket Cookies in a commemorative tin.



It is our honour to host our fellow Rotarians from around the world, and hope to continue to host our international fellows. A warm invitation was extended by our Guests to visit them and attend their District Conference in February.

Other guests were introduced:

- Dr. Otto is a welcome regular guest
- Hank is a welcome regular guest
- William is a welcome regular guest
- Joe is a welcome regular guest
- Jacky Dijk is new to Phuket and we welcome him to our club.
- Vimal was welcomed as a guest of OB Wetzell.
- Raghu was welcomed as a guest of OB Wetzell
- Ray was welcomed as a guest of OB Wetzell
- Nam Oi was welcomed as a guest of OB Wetzell

#### **Club Business:**

Update on the child with the growth over the eyebrow. This is a skin condition and is treatable, but not for a child this young. However, we suggest he sees a dermatologist. There was an immediate donation of 3,000B for food as the family were living in very difficult circumstances. They have no electricity and so we will look into having a line run to them if possible. The costings will be sent to the Board.

Khun Gob's niece needs a liver transplant. She is in line for a transplant soon but the expense of post operation care is expensive and may need financing for up to three months. This will include food and transport to and from the hospital. There has already been a generous sponsor of a place to stay during this time.

Dr. Johan has organised an end of year party for the Learn to Swim members & instructors.

Phuket Vegetarian Festival will be Sept 26 – Oct 4. We have a standing donation of 5,000B and also we donate plates with a message.

We will host our Christmas Party on Saturday 17<sup>th</sup> December. President Best, David, OB and Stuart are the organisers. Save the date!

Membership Committee. Rainer shared that the new members orientation is on 24 Sept at a venue in Cherno Talay. Five new members are invited. It has also had its first meeting and discussed ways to increase new members and retain current members.



## Guest speaker introduced by Bill.



Ms. Kanitta Chatamamma from MyPhysio by Kanitta Chatamamma in Cherng Talay.

The presentation discussed how new laser treatment, only available in Thailand through her clinic, is able to assist with back and joint problems that have previously only been treatable with surgery. She shared common problems with the back, and how they affect our lives.



The treatment works on many levels, it reduces inflammation, reduces pain, stimulates muscle and nerve regrowth, and also assists with cartilage regeneration.

One or two courses can have a significant impact if you follow the course prescribed, including exercise and additional therapies such as acupuncture. She also shared some gentle exercises that will help strengthen your back

and assist with keeping you strong and healthy. During the presentation, one of our guests, who is a doctor CANNOT REMEMBER NAME assisted with the PPT and discussed what the MRI showed for the before and after pictures. There were some lively and interesting questions from the whole group afterwards.



A Rotary banner and certificate was presented by President Best and OB presented her with a Rotary pin.



Joke from Vanessa (groan!)

Happy Hundred. Our guests all expressed their happiness at being present at our meeting.

Toast to close the meeting at 9:00pm.

Afterwards there was some socialising with our guests before they departed for their rooms.



***Thank you for the photos – Anand – P Best – Vanessa Ed Denis***

## RCoPB Members Visit other Rotary Clubs



### *Alex Slongman visits Singapore Rotary Club*

**190+ members. District covers southern Malaysia and Borneo.  
And lots of project work in Indonesia it seems.**

**They also work with the immigrant workers, single mum community,  
disabled community and Food distribution.  
Started a community eye sight for the elderly.**

**Also running the steps for polio program which I think is a global initiative.  
Clock your steps every day for polio**

**Just a brief summary Alex Slongman**

**@Hans Michael Guelich**

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### **Hans Guelich & Frank Walbaum attend the Rotary Club of Bangkok South & meeting the eight Rotarians visiting from India**



**Amazing food at Crowne Plaza today. Would consider returning here  
just for this reason! About 70 people in total**

**Travel agent Hans receiving his gifts for hosting weeklong work in organising my Indian friends**

## Swim Program Certificate Ceremony & Beach Cleaning

### **Bulletin Editor comments:**

I thank all whom provided photos for the Swim Program day of 15<sup>th</sup> – I was overwhelmed. These are just some of the many photos received for the ceremony & beach cleanup. This is the last session in this series of the program, & **Eighty** children received their certificate for completing & meeting the course standard.

More lives will be saved from drowning, as five children drown each day in Thailand.

Thank you to all who made this possible.



## The Ceremony



## The Beach Cleanup







*Thank you for the photos – Anand – Cabbie*

*Ed Denis*



# A Look back at the 20 Years



Our Installation of club officers got the year off to a great start with Rotarians from eleven other clubs from Phuket and Malaysia attending along with our Past District Governor.

I was elected President Elect of our Rotary Club during the Rotary International Convention in Bangkok in May, 2011, replacing our previously elected PE due to his sudden illness, thus had little time to really prepare for this important role. However, with the help of two District Trainers who are members of our club, I was handed the role on 1 July.

Our Installation of club officers got the year off to a great start with Rotarians from eleven other clubs from Phuket and Malaysia attending along with our Past District Governor.



At the installation, I had the honour of announcing our four Honorary Rotarians for the year, founding Past President Paiboon Upatising, Past President Neil Cummings, Past Secretary Sii Eawsakul, and Father Joe Maier of the Mercy Centre in Bangkok.

During the following year, Fr. Joe and his organization participated with us on several key projects, one of which, the Moken Project, has been named one of our legacy projects.







the event, I also had the honour of awarding a Paul Harris Fellowship Award to the publisher of our club bulletin, Denis Carpenter, who later in the year published the 300<sup>th</sup> edition of our club bulletin, you would like to receive future copies, contact Denis at: [denis.carpenter@gmail.com](mailto:denis.carpenter@gmail.com)

Recognizing our obligation to show support for other Rotary Clubs in our area, members of our club attended the installation of the other Rotary Clubs in Phuket, the installation of the newly chartered Rotary Clubs of Andaman Phang Nga and Sino Phuket, and enjoyed joint dinners with the Rotary Clubs of Phang Nga and the five Rotary Clubs of Lop Buri.





These, along with our traditional monthly dinners out at various venues in Phuket and our traditional Christmas dinner gave us ample opportunities to enjoy the camaraderie of our fellow Rotarians.



A couple of meetings devoted to wine tasting certainly contributed to this endeavour.



With a full plate of potential projects to be carried out during the year, we needed to top up our financial accounts, so we held three fund raisers during the year, a BBQ dinner at a member's restaurant, a charity golf tournament, and a dinner/auction with the proceeds going to the Rotary Polio Plus Campaign. Altogether, raising several thousand Baht.





Our projects during the year were many, including cooperating with Youthline from the USA and the Rotary Club of Phang Nga in improving the facilities of a school in Phang Nga; organizing United States Navy community service activities in improving facilities at schools and an orphanage in Phang Nga, an activity later turned over to the US Navy League in Phuket; hosting children from the Phang Nga orphanage and a local school for Burmese immigrants at a fun run for kids;

**Fun Run**



No special runners for these kids



**PolioPlus**



**Comrel @ Home & Life**



Activities in conjunction with the Mercy Centre and the Rotary Club of Ranong to improve the lives of Moken families on the island of Koh Lao by providing a clinic, and clean water; participating in distributing water filters with the Rotary Club of St. Moritz in Switzerland, to families along the Andaman coast who did not have potable water; arranging for an operation for a little Moken girl from Koh Lao to correct an eye problem, including a trip to Phuket for the initial consultation; participating in providing polio inoculations to young children living on Koh Sirey in Phuket; providing food for Rohingya refugees in Phang Nga; and distributing over one-million Baht to needy students on our scholarship program.



**Child Watch Scholarship presentations**

Perhaps one of the highlights of our community service projects was receiving the news that one of our previous scholarship students, a young Moken girl from the island of Koh Pratong, who had later graduated from a university, had returned to her home on the island to teach school and inspire other Moken children to complete their educations and go to college. To the best of our knowledge, she is the first Moken to graduate from college. We are convinced that the road to a better life for the Mokens along the Andaman coast is through educating their children and we strive to support this objective. Another highlight was receiving Paul Harris Fellowship Awards for nine of our club members in recognition of our club's participation in various joint projects with the Rotary Club of St. Moritz.



Of course, we also participated in Rotary programs including RYLA, we sent six kids, hosting a youth exchange student for a few days while in Phuket, and one of our members leading a VVT/GSE team to Austria.

We had the honour of inducting three new members into the club and welcoming one transferring Rotarian, increasing our membership by about ten percent.

Our weekly meetings, other than the monthly dinners out, consisted of many guest speakers including John Slosar, CEO of Cathay Pacific Airlines, Colin Mackay, author of "A History of Phuket and Surrounding Region", along with a long list of distinguished community leaders.

In order to improve the functioning of our club, we amended our club by-laws, and tried the idea of hiring an administrative assistant (it didn't work out).



During our annual visit by our District Governor, DG Somphop Thirasan, we were complimented on our many successful projects and later, at our District Assembly in Phuket, received the RI District award for Peace and the District Outstanding Project award for our Youthlinc project, and the Presidential Citation for our contributions to the District goals.



All in all, a very busy but very satisfying year.

PP Larry Amsden

***Ed: Vale***



# A thought for the Week



## PART 11

### Exchange of Club Banners

The Rotary International Board recognized the growing popularity of the banner exchange back in 1959 and Encouraged participating clubs to ensure that the design of their banners is distinctive and expressive of the club's community and country.

It is recommended that banners include pictures, slogans, or designs portraying the territorial area of the club. The Board was also mindful of the financial burden such exchanges may impose upon some clubs, especially in popular areas where many visitors make up and request to exchange.

Exchanging club banners is a very pleasant custom, especially when a creative and artistic banner tells an interesting story of community pride. The exchange of banners is a significant tradition of Rotary and serves as a tangible symbol of our international fellowship

Many Rotary clubs is the exchange of small banners, flags, or pennants. Rotarians traveling to locations often take banners to exchange at make-up meetings as a token of friendship. Many clubs use the decorative banners they have received for attractive displays at club meetings and district events.

Exchanging club banners is a very pleasant custom, especially when a creative and artistic banner tells an interesting story of community pride. The exchange of banners is a significant tradition of Rotary and serves as a tangible symbol of our international fellowship.

### Nonattendance Rule

The Standard Rotary Club Constitution specifies three conditions under which a Rotarian's membership will automatically be terminated for nonattendance. These circumstances are: failure to attend or make up four consecutive club meetings, failure to attend or make up 60 percent of club meetings each six months, and failure to attend at least 30 percent of the meetings of one's own club in each six-month period. Under any of these three cases, a member will lose Rotary membership unless the club board of directors has previously consented to excuse such failure for good and sufficient reason.

When a member misses four consecutive regular meetings, the board will inform him or her that nonattendance may be considered a request to terminate membership in the club. Thereafter, the board, by a majority vote, may terminate his or her membership.

To some individuals, these rules may seem unusually rigid. However, being present at club meetings is one of the basic obligations a member accepts upon joining a Rotary club. The constitutional rules merely emphasize that Rotary is a participatory organization that highly values regular attendance. When a member is absent the entire club loses the personal association with that member. Being present at a club meeting is considered a vital part of the operation and success of every Rotary club.

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# Let's Have A Laugh



Always looking for more jokes or thought of the week  
You all know the nursery rhyme "Old Mother Hubbard"  
**I advise the Joke cupboard is definitely - empty - bare!**

## Subject: the barber

A man was getting a haircut prior to a trip to Rome. He mentioned the trip to the barber, who responded,

"Why would anyone want to go there? It's crowded and dirty and full of Italians. You're crazy to go to Rome. So, how are you getting there?"

"We're taking Easyjet," was the reply. "We got a great rate!". "Easyjet!" exclaimed the barber.

"That's a terrible airline. Their planes are old, their flight attendants are ugly and they're always late. So, where are you staying in Rome?"

"We'll be at the downtown International Marriott."

"That dump! That's the worst hotel in Rome so I am told. The rooms are small, the service is surly and they're overpriced. So, whatcha doing when you get there?"

"We're going to go to see the Vatican and we hope to see the Pope."

"That's rich," laughed the barber. "You and a million other people trying to see him. He'll look the size of an ant."

Boy, good luck on this trip of yours. 🤔😞 You're going to need it!"

A month later, the man again came in for his regular haircut. The barber asked him about his trip to Rome.

"It was wonderful," explained the man. "Not only were we on time in one of easyJet brand new planes, but it was overbooked and they gave us free food and wine!..they were wonderful, and I had a beautiful young stewardess who waited on me hand and foot. And the hotel! Well, it was great! They'd just finished a €25 million remodeling job and now it's the finest hotel in the city. They were overbooked too, so they apologized and gave us the presidential suite at no extra charge!"

"Well," muttered the barber. "I know you didn't get to see the Pope." 🤔

"Actually, we were quite lucky, for as we toured the Vatican, a Swiss Guard tapped me on the shoulder and explained that the Pope likes to meet some of the visitors, and if I'd be so kind as to step into his private room and wait, the Pope would personally greet me. Sure enough, five minutes later, the Pope walked in. As I knelt down he spoke to me." 😊

"What did he say?"

"He said, 'Where'd you get this shitty haircut?'" 🧑💇🏻‍♂️🤔

*Thank you Andy Becker ed Denis*



# Photos of the Week by Denis

I welcome photos from members that may be of interest to others.  
Don't be shy - send to my email [Denis.carpenter@gmail.com](mailto:Denis.carpenter@gmail.com) please.

I visited Uttamanusorn Bridge or commonly known as Mon Bridge and Wooden Mon Bridge. It is a wooden footbridge in Tambon Nong Lu, Sangkhla Buri District, northwest of Kanchanaburi Province, Thailand. It is quite spectacular.



This group of seniors were all smiles when I asked if could take their photo

