

Bulletin 625 Volume 17 – No. 8 Tuesday 30th August 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



Rotary
Club Patong Beach



Members from seventeen countries – Rotary is International



Australia



Austria



Belgium



Canada



Egypt



France



Germany



Hungary



India



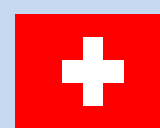
Japan



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 we met at our usual venue – Four Points by Sheraton Patong Beach for a meeting with guest speaker. Mr. Kyle Daniels presented a very interesting talk about how athletes strengthen themselves mentally to be able to compete better physically. He then drew parallels between athletes and our normal lives.

I am pleased to see more than 20 members and guests attended the meeting.

One of our club signature's projects - Children's Water Safety Program - is coming to a close for the first school semester. Dr. Johan and his Service Project Committee members namely Rtn. Simon, Alice, Bill, Tannicha, and PP Sam are busy organizing the graduation ceremony for the students. Invitation will be sent out. Please pencil in the following dates:

- 1) Mon 5 th September in Kata: Ceremony AM and cleaning PM.
- 2) Wed 7 th September in JD Pools, Thalang: Ceremony AM and cleaning PM.
- 3) Sat 10 th September in Patong: Beach cleaning AM
- 4) Fri 16 th September in Patong: Ceremony AM

Hope to see many members make it to the events above.

I could not believe that it has been almost two months into the 2022-23 Rotary year. Time certainly flies for me. Very happy to see a steady number of members turning up for meetings and helping out whether it is doing SAA duty, jotting down night report, taking pictures, introducing and thanking guest speakers, greeting guests, etc. It starts with these small task that members have an opportunity to practice "Service Above Self" and become more engaged.

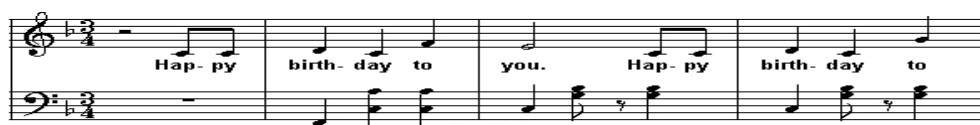
I look forward to many more fun and enjoyable evenings. X-mas party is just around the corner. Rumor has it that something is brewing for a BIG-BANG party on Sat 17 th Dec.

Yours in Rotary,

Pres Best W.



BIRTHDAYS



No one this week

Club Programme

August 30th

Montavee Hongsyok

Phuket Cable Car from Phuket Town to Patong

September 6th

Dinner Out @ The 9th Degree Waterfront
Restaurant & Wine Bar Boat Lagoon

September 13th

Dr. Kanitta Chatamma - Managing Back Pain & Arthritis
Pain with non-invasive treatment.
How MLS robotics laser technology helps.

September 20th

Who am I? Our New Member
Vanessa Temple

September 27th

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

October 4th

Dinner Out

October 11th

Jazon Edouard - HeadStart International School
Phuket Expansion

October 18th
TBA

October 25th
TBA

Saturday October 29th

District Governor Visit

ROTARY 2022-2023 CALENDAR

Day is Tuesday unless otherwise advised

| DATE | DAY | EVENT | NOTES |
|---------------|----------|--|-------|
| JULY | | | |
| 5 | | Dinner Out - Thong Dee Kathu | |
| 9 | Saturday | WOW & Handover President | |
| 10 | Sunday | WOW | |
| 12 | | No meeting | |
| 19 | | Best Wanamakok – Who am I? | |
| 26 | | Michael Pohl – Solid Waste Management | |
| 28 | Thursday | King Rama 10's Birthday | |
| AUGUST | | | |
| 2 | | Dinner Out - Suay Restaurant Cherngtalay | |
| 9 | | Brendan Paul Mooney - Head of Business Units Andamanda Water Park - Phuket's newest destination | |
| 12 | Friday | Mother's Day | |
| 16 | | WOW Workshop Summary by Membership Chair Rainer S. | |
| 23 | | Kyle Daniels – Mindset for Athletes | |
| 30 | | Tommy Hongsyok – Cable car from Phuket Town to Patong | |
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| SEPTEMBER | | | |
| 6 | | Dinner Out - The 9th Degree Waterfront Restaurant & Wine Bar, Boat Lagoon | |
| 13 | | Dr. Kanitta Chatamma – Managing back pain and Arthritis pain with non-invasive treatment. How MLS robotics laser technology helps? | 15 members of RC of Dharwad Central India, District 3170 attending. |
| 20 | | Who am I? Vanessa Temple | |
| 27 | | Saweang Kaola (Jack) - SOS learning center and food bank in Phuket | |
| OCTOBER | | | |
| 4 | | Dinner Out - TBA | |
| 11 | | Jazon Edouard - HeadStart International School Phuket Expansion. | |
| 13 | Thursday | King Rama 9's passing anniversary | |
| 18 | | TBA | |
| 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 | | TBA | |
| 15 | | Who am I? - Rotarian Shiho Katsuura | |
| 22 | | TBA | |
| 29 | | HE Matthew Barclay - Australia Consul General for Phuket | |
| DECEMBER | | | |
| 5 | Monday | Father's Day | |
| 6 | | Dinner out | |
| 13 | | TBA | |
| 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 | | TBA | |
| 17 | | TBA | |
| 24 | | TBA | |
| 31 | | TBA | |
| FEBRUARY | | | |
| 7 | | Dinner Out - TBA | |
| 14 | | TBA | |
| 21 | | TBA | |
| 28 | | TBA | |
| MARCH | | | |
| 6 | Monday | Buddhist Day | |
| 7 | | Dinner Out - TBA | |
| 14 | | TBA | |
| 21 | | TBA | |
| 28 | | Club Assembly | |
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|--------------|-----------------|-------------------------|--|
| APRIL | | | |
| 4 | | Dinner Out - TBA | |
| 6 | Thursday | Chakri Day | |
| 11 | | <i>No meeting</i> | |
| 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 for meeting of 23rd August -

Scribe – Cabbie & David
 SAA - Cabbie
 Photographer – Frank, David

Meeting of the Rotary Club of Patong Beach
 23 August 2022
 Location: Four Points by Sheraton, Patong
 Guest Speaker: Kyle Daniels
 Topic: Mindset for Athletes



Despite a rainy week in Phuket, we had a fun evening with a near-capacity crowd of 24 people. We will soon need to move into one of the larger meeting rooms at the hotel!



President Best opened the meeting with the traditional gong, and then SAA Cabbie led us through the National anthem and the meeting program.



SAA Cabbie introduced the guests:

- Able Wanamakok – First Lady of our club
- Hank Spiekerman – Visiting Rotarian and now a Phuket resident
- Kyle Daniels – Guest Speaker
- Mike – Head of the Tennis Academy at Thanyapura
- Darren Blakeley – Owner of Optimise Studio
- Aykut Yurduse - who recently relocated to Phuket from Turkey via Italy

SAA Cabbie called on the committee chairpersons for updates.

- Stewart advised we have a dinner out on 6 September at the 9th Degree in Boat Lagoon. This place has excellent food and a fantastic view over the marina at Boat Lagoon.
- PP Karen noted the importance of sending through information, jokes, and photos so PP Denis could produce our excellent club bulletin.



- Johan gave an update on the activities scheduled for the Swim program over the next several weeks. Several events are happening with final swimming tests, graduation ceremonies, and beach cleanups that are all part of the children's graduation from the swim program.
- Simon will provide a complete list of dates and links to directions for the various swim program events.
- P Best will create Clubrunner invitations for the swim events, so all members have a chance to join.



Larry introduced our guest speaker, Kyle Daniels, with some parallels to his ski racing training and what went through his mind the instant he was ready to leave the gate at the top of the hill. Kyle had an outstanding presentation, and while it was called Mindset for Athletes, it was information that everyone can use to improve their daily life and performance. He mentioned that athletes who deal in a competitive environment need to “be the purple tennis ball” or differentiate themselves to stand out from the rest of the crowd. He explained that getting noticed is the only way to excel, whether at work, school, sport, or in life.

Kyle explained that losses are important learning events, and high-performing athletes use them to examine their performance and improve to get to the next win. Most importantly, Athletes limit the time they dwell on the loss, so they harvest the learnings and move on. He discussed the power of negative emotions and that using negative and positive emotions to fuel our progress is much stronger than using only positive ones. Kyle's presentation was inspiring and well received.



Able said our club's thanks to Kyle and noted that Kyle has a coaching practice to help anyone improve their life. P Best handed over a certificate of Thanks and a Club Banner to Kyle.



David presented Kyle with a club pin in gratitude for his excellent presentation.



The meeting ended with PP Arnaud and SAA Cabbie telling some jokes, then happy hundreds, a toast, and a closing gong.



Thank you, Cabbie & David, for the night report.

Ed Denis

Swim Program – Presentation by Dr. Johan Storck

Below is a copy of my presentation to the internationalize water lifesaving organization.

Good evening my name is Dr. Storck I represent the Patong Rotary community service programs. One of our main stable annual programs is the **SAVE A CHILD SWIM PROGRAM**.

As you all know more children under the age of 15 die from drowning.

“Each year, **nearly 1,500** children in Thailand die because of drowning, or about 4 children per day on average” Our program is simple and to the point. The program lasts 10 weeks at 2 hours per week, for total of 20 hours, thus far we have taught over **600** children to swim.



We start with the basics, overcoming the fear of the water, by submersing the head to teach proper breathing, then floating on the stomach and then back, and primitive swim strokes.

One important part we teach is how to safely rescue a drowning person. This by itself can save many lives. On week ten the students undergo a vigorous test. Normally out of 100 students 95 to 97 pass the test. We then hold a formal certificate handover ceremony.



The certificate has the students name and the fact he or she passed the test.

Normally various dignitaries are present at the hand over.



The students then give back to the community by performing a beach cleanup.

We usually collect 30 to 40 packs of trash.

Our goal for the future is twofold
One - to increase the number of schools from 5 to ten schools

Two - try to get the swim program introduced in the Phuket schools, as a normal curriculum, I know this is an uphill battle.

I should mention, without the loving, kind, expertise, dedicated and patient work of our Thai swim instructors, this program would not be possible.

Thank you for your interest in this life saving program.

Dr. Johan Storck

A Look back at the 20 Years



2009-2010

Gregory "Woody" Leonhard

The year 2009-2010 saw an enormous upswing in the number of Community Services projects, together with some important improvements in the way the Club is run.

We held our Installation Night in conjunction with the other Rotary Clubs in Phuket.



In July, we saw the completion of Phase I of the Home & Life revetment project, with more than B 200,000 spent on engineering and installation of the revetment walls. It was a very successful project that helped maintain the grounds of Home & Life.

Stuart Bird left Phuket and headed back to England. Norman Dawkins replaced him as VP.

Norman's experience and wisdom helped guide us through many discussions, and his enthusiasm moved mountains.

The Home & Life project gained a life of its own, as H&L successfully transitioned to an official, government recognized charitable organization.

The District Governor's visit went extremely well. DG Thienchai offered RCoPB as a model for other Rotary clubs in the district, based on our well-regarded work in and around Phuket. The DG urged us to attract more members.

Brad Kenny received (another) Paul Harris Fellowship, for his continuing stellar performance as our Community Services Chairman.

We started a gradual transformation from the Matching Grant system to the new method employed by Rotary International, the Rotary Future Vision Plan. It's a significant change, mandated by the recession-related shortfall in RI capital, and by changing needs throughout the world. Our District is one of the first pilot districts worldwide. We received our final Matching Grant under the old system, number 71771, for projects at Home & Life and at a public school in Phang Nga.

The Beach Fun Fest was a roaring success, with proceeds being equally divided between the Home & Life project, and our club's newly established non-tsunami Scholarship Fund.



The Christmas party proved fabulous as always, with Rtn Wolfgang and the Holiday Inn staff offering a wonderful venue and tantalizing food.



Secretary Ingo Mueller announced that his firm was moving him to Bali. (Nothing like a hardship posting!) PP Sam offered to fill in for the remainder of the year.

Many members have noted that our meeting room is filling up frequently. We discussed – but did not act upon – ideas for expanding the room that we have, or at least re-arranging things to get the maximum seating room. And we bought a new projector for the room.

We struggled with the timing and location of Board meetings. Electronic “meetings” with a bulletin board didn’t work. Monthly meetings weren’t frequent enough to deal with pressing questions. So we moved to bi-weekly meetings.

In addition to dozens of Comrel projects, led by Rtn Brad in unison with the US Navy,





Our club also held a Kids Day Out (Rtn Richard), and started working with the Athletic Squad in Surrakul Stadium (Rtn Michael), to improve the living conditions and generally support the effort there with troubled teens. Rtn Larry continued his work with the tsunami-related Scholarship Fund. He also started working with Moken families, living primarily on Koh Lao and other islands in and around Southern Thailand, who are in dire need of help. He started a working relationship with Father Joe Meier of the Human Development Foundation in Bangkok. Rtns Denis and Pat, working with the RC of Mae Chan, initiated a project to provide scholarships to Hill Tribe students in northern Thailand. Our Club then provided a B 20,000 scholarship to Hill Tribe student K. Arwoo, and an additional B 20,000 to be used by RC Mae Chan for scholarships. Rtn Brad also started a project to supply water to a Hill Tribe in northern Thailand.

All in all, it was an extremely successful year, with almost one project per week, affecting hundreds (if not thousands) of disadvantaged people in Thailand.

WOODY

A thought for the Week



ABC's Of Rotary From Past RI President Cliff Dochterman

PART 8

Women in Rotary

Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only. In 1978, the Rotary Club of Duarte, California, USA, invited three women to become members. The RI Board withdrew the charter of that club for violation of the RI constitution. The club brought suit against RI claiming a violation of a state civil rights law that prevents discrimination of any form in business establishments or public accommodations. The appeals court and the California Supreme Court supported the Duarte position that Rotary could not remove the club's charter merely for inducting women into the club. The United States Supreme Court up- held the California court indicating that Rotary clubs do have a "business purpose" and are in some ways public-type organizations. This action in 1987 allowed women to become Rotarians in any jurisdiction having similar "public accommodation" statutes.

The RI constitutional change was made at the 1989 Council on Legislation, with a vote to eliminate the "male only" provision for all of Rotary. Since that time, women have become members and leaders of clubs and districts throughout the world.

RI World Headquarters

The headquarters of Rotary International always has been in the area of Chicago, Illinois, USA. The first seven Secretariat offices were located in the city's downtown, but in 1954 Rotary built an attractive new building in suburban Evanston. This building met the needs of the Rotary Secretariat until the 1980s, when the addition of new programs, the growth of The Rotary Foundation, and the new PolioPlus activities made the headquarters building extremely crowded and required some staff members to operate in supplementary office space nearby.

When a modern 18-story office building be- came available in downtown Evanston in 1987, it appeared to meet all of Rotary's space and expansion needs for years to come. The glass and steel structure, built in 1977, provides 400,000 square feet (37,160 square meters) of office and usable space. The building was purchased by Rotary International, which leases nearly half of the space to commercial tenants, until needed by future Rotary growth

The building provides a 190-seat auditorium, large parking garage, and 300-seat cafeteria, as well as functional office space for the 500 employees of the World Headquarters. The executive suite on the 18th floor includes conference rooms for meetings of the RI Board of Directors, Rotary Foundation Trustees, and RI and Foundation committees, in addition to the offices of the RI president, president-elect, president-nominee, chairman of The Rotary Foundation Trustees, and general secretary.

One Rotary Center, as it is called, enhances the efficient operations of Rotary International.

Thoughts of the Week

Always looking for more jokes or thoughts of the week

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptise cats.
- 2) When your Mum is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandma's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fibre, not the toy.

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

Photos of the Week by

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

Andy & Mel Becker enjoying the culture & sights with friends in Amsterdam.



Thank you, Andy & Mel - having lots of fun in Amsterdam. ed Denis