

INNER WHEEL CLUB OF KOTA KINABALU CLUB'S ACTIVITIES FOR THE 6 MONTHS ENDED 31 DECEMBER 2013

During the first 6 months of 2013-2014, the **Inner Wheel Club of Kota Kinabalu ("IWCKK")** grew in size with the induction of 4 members, Doris Chung, Ruth Alford, Rachel Kumar and Christina Kahar. The Club strength now stands at 40 members, with an average age of about 50 years.

In addition to the Club's monthly meetings which are generally held on the 1st Friday of each month and the Club's Past Presidents' meeting and Annual General Meeting held on 27th September and 22 November 2013 respectively, the following are highlights of the Club's activities during the 6 months ended 31st December 2013.



President Gillian & DC Nany with new members Doris & Ruth (with roses) and their introducer, PP Emmeline



Our newly inducted members Rachel and Christina

The **59th Installation Night on 6 July 2013** was a very successful evening enjoyed by our ladies, our guest of honour District 331 Chairman Nany Gotze, NR Dr Lucy Ooi, PDGs from Rotary Clubs from Singapore, Johor Baru and KK, Rotarians and guests. The food and menu selection, the evening's entertainment by a live band and the dance performance by our ladies received praises from everyone alike.

That night also saw the **launching of the recipe book "Everyday Favourites, From Our Homes to Yours"**, a Fund Raising Project for the purchase and installation of solar panels for the **Community Learning Centres ("CLCs")** or pre-schools in the rural and interior areas of Sabah. This recipe book is an IWCKK publication of quick and easy recipes, festive dishes and for those with a sweet tooth, recipes for cakes and desserts. It is a compilation of recipes contributed by the ladies of IWCKK, their relatives and friends of Inner Wheel.

The book launch was a pleasant surprise for everyone present. Many of our guests were expecting the Installation dinner to be nothing more than that. Instead, they were mesmerised by the performance put up by two chefs from Le Meridien and several of our ladies, who gamely donned chef hats and aprons over their beautifully coiffed hair and elegant gowns, prior to the book launch. DC Nany was then invited by newly installed President Gillian Lee to launch the IWCKK recipe book. This recipe book was published to raise funds for an IWCKK community service project to give children from the rural areas of Sabah happier and brighter futures. Funds raised from the sale of these books will be for the purchase and installation of solar panels in early 2014 at the CLCs of selected kampungs in the rural and interior areas of Sabah. It is hoped that the electricity generated there from will:

- (i) brighten the pre-schools during the rainy season so that the children can continue with their lessons;
- (ii) light up these centres to enable the other school going children to study in the CLCs during the evenings; and
- (iii) in this age of modern technology, provide electricity for the pre-school teachers to use computers and other electronic teaching aids necessary to give the children in these rural communities a head start in life.



Handing over of the presidential chain from IPP Anne Lasimbang to President Gillian



DC Nany at the launching of IWCKK's recipe book "Everyday Favourites, from Our Homes to Yours"



"Twinkle, twinkle little star"

In conjunction with DC Nany's official visit to IWCKK, DC Nany together with President Gillian and several members drove to the serene countryside of Moyog, in the district of Penampang on **9 July 2013**. Our destination was the **Community Learning Centre for children 5 years and below, in Kg Kibunut** which IWCKK helped to build in 2008, by funding part of the construction cost.

Upon arrival at the CLC, we were greeted and made welcome by the children, teachers and parents. DC Nany was briefed on the history of the CLC, after which the ladies observed a class in session. The Inner Wheel ladies were later invited to interact with the children as they sang and danced. A colouring competition was held for the children,

and prizes were awarded to the winners of each age group. The Club also presented to the pre-school a set of building blocks, and colouring books and stationery sets for each child.

An authentic Dusun kampung lunch prepared by the mothers was a lovely surprise for the visitors and it was enjoyed by all, both young and old. The children then put on a beautiful performance to bid the ladies of Inner Wheel a fond farewell.

The **Duchenne Project, "Coalition Duchenne 3rd Mount Kinabalu Climb"**, was organised by Coalition Duchenne with the objective of raising global awareness for Duchenne Muscular Dystrophy. **IWCKK's role, on Friday 16th August**, was to lend support to the organisers and help with reception, the registration of the 85 climbers from 10 countries, and the sale of Coalition Duchenne merchandise for fund raising purposes. We had a very good turnout from our Club members that morning, everyone eager to contribute their time and effort for a good cause.

On the night of 19 August, IWCKK members were invited to attend the appreciation dinner hosted by Tourism, Culture and Environment Minister, Datuk Masidi Manjun for the climbers and organisers. Everyone enjoyed the cultural performance and our ladies gamely joined in the Sumazau dance. The night culminated with IWCKK handing over a cheque for RM3,000 to the founder of Coalition Duchenne, Ms Catherine Jayasuriya. This donation will go towards the funding for research on Duchenne Muscular Dystrophy, a progressive muscle-wasting fatal genetic condition that affects 1 in 3,500 boys worldwide.

We were very privileged to have **President Dianne Barlow from the Inner Wheel Club of Philip Island, Victoria, Australia** visit our Club and join us for our 3rd Club meeting on **7 September 2013**.

President Dianne shared with our ladies details about her Club, their projects and fund raising activities. That evening ended with a "Welcome" seafood dinner for Dianne and her husband, Ian (from the Rotary Club of Philip Island and San Remo) and all ladies of IWCKK and their respective spouses. Bannerettes from both Clubs and mementoes were also exchanged between the Presidents.



President Dianne (seated third from left) with ladies of IWCKK

The **Mother of Divine Grace Convent (MODGC)** in Kota Belud was set up many years ago by the Church for the Franciscan nuns. Over the years, however, the nuns were approached time and time again by the Church's parishioners, some of whom live in and around the rural areas of the Kota Belud district, to take in their daughters as boarders so that the girls can continue with their secondary education. Although the nuns had hardly enough for themselves, their compassion surmounted their own needs and they started to take in female boarders. The girls were provided with accommodation, meals and access to the schools nearby. The **MODGC Girls' Hostel** currently has 16 girls aged between 13 to 19 years of age. However, the Convent has to depend solely on the Church for its everyday needs and most of the time the nuns find themselves in the red, with almost nothing in their coffers to feed the girls and themselves.

IWCKK has been looking after the needs of the girls in this Convent since 2009, and has helped furnish the girls' living quarters in the past. The nuns have done a very good job in disciplining the girls, teaching them cooking and cleaning skills, providing them with a suitable study environment and instilling in them a sense of responsibility. In view of the Convent's financial needs, IWCKK tries to help the nuns with whatever donations the Club can muster, be it cash or in kind.



President Gillian and President Dianne with ladies from IWCKK, and the nuns and girls from MODGC Girls' Hostel

On 8 September 2013, ladies of IWCKK together with President Gillian and her husband Rtn PP Swi Heng, visiting President Dianne and her spouse Rtn Ian visited the girls' hostel of MODGC in Kota Belud. Upon their arrival, the visitors were treated to a beautiful video presentation put together by the girls on their life in the hostel. This was followed by an entertaining song and dance routine which the Inner Wheel ladies happily joined in. The visitors were then taken on a tour

of the premises, after which the ladies spent some quality time interacting with the girls.

A cash donation was later handed by President Gillian on behalf of IWCKK to Sister Ann Marie, the nun in-charge, together with several private contributions of rice and other essentials for the girls staying there. Although the members of IWCKK have been visiting and assisting the hostel regularly over the past few years, the members continued to be impressed not only by the cheerfulness, creativity and discipline of the girls there, but also with the orderliness and cleanliness of the home. Both President Dianne and Rtn Ian were impressed by the work carried out by the ladies of Inner Wheel in caring for the young ladies and the nuns, as well as bringing joy and laughter to the home during their visit.

On **Saturday 28 September 2013**, President Gillian together with several ladies from IWCKK made a trip to Kudat, a town located at the Northern most tip of Borneo about 3½ hours drive from Kota Kinabalu, to visit **the Emmanuel Homes**. They were accompanied by staff members from the Corporate Social Responsibility (“CSR”) team of Le Meridien Kota Kinabalu, whom IWCKK will be organising a joint fund-raising project for the Home during Chinese New Year in 2014.

Emmanuel Homes was set up almost 10 years ago, by a school teacher, cikgu Amar, who recognised that children from poverty stricken families face greatly reduced educational prospects and bleak futures. Poverty holds them back at school, but he believes that given the opportunity to succeed and thrive, they can break from the cycle of misery and poverty that their parents and forefathers have faced for generations. There are many children living in and around Kudat, especially those of Rungus descent, who come from poor families...families trying to survive on a subsistence lifestyle in a small market economy. Throw into the mix, alcohol and a high rate of unemployment, the ones who suffer are the ones who are most vulnerable...the children. Many of these children also come from broken and unhappy homes. The teacher believes that given a home with an environment conducive for studying, these children would feel more involved in shaping their own futures. Emmanuel Homes started with 3 students and now has 44 children between the ages of 13 to 19 living in 3 rented houses in a housing estate; 2 houses for the girls and 1 for the boys.

This being their first visit to the Emmanuel Homes, the ladies from IWCKK were met by the teacher and two of the former residents... Gilbert, who recently graduated with a Diploma and is now working in Kudat, and Prissley who will be leaving Kudat shortly to pursue his Diploma education in West Malaysia. Seeing the children there, happy and smiling broadly in their new found sanctuary of learning and portal of hope was very humbling for the ladies. It was apparent that each child is well guided and nurtured. They are taught right from wrong, disciplined and motivated to not only do well in their studies but to also achieve their goals. All the 3 houses are a far cry from the ones these children have come from.



IWCKK's visit to the Emmanuel Homes in Kudat

There is order and cleanliness, and a great sense of pride prevails as the children proudly invited the ladies to view their respective houses. On the walls are motivational sayings and charts showing the achievements of each individual and his/her ambition. Study desks line the living room walls and the living rooms of each house have been converted into comfortable study areas, each with a small library in one corner. Timetables for household chores and study periods are pasted on the walls and strictly adhered to by everyone. The Home is especially proud of their FAITH GARDEN... FAITH, being the acronym for “Food Always In The House”. The Garden is tended by the children and the visitors were amazed to see the variety of crops grown there. The ladies spent the afternoon interacting with the youths and motivating and encouraging them to stay focused on their studies and to never give up on their goals and aspirations. President Gillian then handed over IWCKK’s contribution of foodstuffs and other everyday necessities to the Home.

In January 2014, the Home will be celebrating its 10th Anniversary. Among its many achievements must surely be the number of children who are now in local universities and other institutions of higher learning. Children who once had nothing but dreams, they now have hope. And where they once had hope, they now know that they can realize their dreams! And all this is made possible because of the vision and dedication of one teacher, a simple man who offered them a ray of hope. It was indeed an emotional visit for the ladies from IWCKK!!

Following our visit to the Emmanuel Homes in September, President Gillian, together with ISO PP Margaret, PP Rani met with cikgu Amar on **16 November 2013**. He had driven all the way from Kudat to Kota Kinabalu to collect the items that our ladies had, over the whole month of October, managed to put together from their list of requirements that was given to us during our earlier visit. Among the items handed over were folding tables, plastic chairs, umbrellas, water bottles, towels, dictionaries, cash donations to go towards the purchase of school uniforms, socks and shoes for 10 of the most needy children in the Home, sanitary products for the girls and brand new and used t-shirts and jeans for the children. We were very fortunate to find generous and kind hearted sponsors and donors for all the above items.

That morning once again filled our hearts with joy, not only in the thought that we have helped in our own little way to provide a more comfortable home environment for the children, but also with the everlasting memory that our little

contribution brought the most beautiful smile to one man's face as he made his way back to "his" children in Kudat.



"1,000 Cranes To Grant Our Wish" is IWCKK's next fund raising project. This joint project with the CSR team from Le Meridien KK is to raise sufficient funds to cover the annual rental of one of the three Emmanuel Homes houses. The idea is basically to get the children from the Home to create origami cranes during the

December school holidays. These will then be displayed by the Hotel as part of their Chinese New Year decorations and their guests will be encouraged to make donations for these cranes. The idea behind this project is not only to give the children a sense of pride and responsibility by involving them in this fund raising exercise, but also to keep them occupied during the school holidays.

On **4th December 2013**, several nimble fingered ladies from the Club got together for morning tea and learned the delicate art of origami or paper folding. With the basic rudiments of the art under their belt, they proceeded to lend the children a hand at creating these beautiful paper cranes in Chinese New Year colours of red and gold. Now, that is certainly fellowship for a good cause!



Camaraderie for a good cause!

After months of hard work promoting IWCKK's very own recipe book, **"Everyday Favourites From Our Homes To Yours"** for their fund raising project, the ladies of Inner Wheel Club of Kota Kinabalu were delighted when President Gillian announced that sufficient funds have been raised to **purchase and install Solar Photo Voltaic (PV) systems for 4 Community Learning Centres (or pre-schools) in the rural areas of Sabah.** The first lot of beneficiaries from our fund raising efforts to-date, are the CLCs situated in Kg **Abingko** in **Tenom**, **Kg Imusan** in **Tongod**, and **Kg Dalamas** and **Kg Tawanan** in **Paitan**.



President Gillian handing over the Solar PV systems to Mr Banie Lasimbang of TONIBUNG

On **Saturday 14 December 2013**, President Gillian and several ladies from IWCKK made their way to CREATE (Centre for Renewable Energy and Appropriate Technologies) in Kg Nampasan, Penampang. This Centre works towards promoting renewable energy and empowerment for rural communities by providing training in renewable energy for rural youths. There, the ladies were briefed on the rudiments of basic electricity and how the Solar PV system works. This was followed by a demonstration on how the system works, after which President Gillian then handed over 4 sets of Solar PV System to TONIBUNG, a non-profit organisation that will help install the system at the selected CLCs. This basic solar PV system was designed and supplied to IWCKK by Penampang Renewable Energy Sdn Bhd, at cost.

Each set includes one unit of 50watts solar panel and a solar power pack that encases a charge controller, a 70Ah (or Amp Hour) battery and a 300watts inverter. The inverter is to turn the DC power to AC supply to power most household appliances. The solar pack also includes 12V DC output that powers LED lights for the CLCs and a 5V DC USB slot to charge cell phones and laptops. The solar packs can be expanded by adding solar panels and batteries on auxiliary ports should there be a need for more power in the future. The ladies were also pleasantly surprised to learn that TONIBUNG will not only be installing the said equipment shortly, but has agreed to waive all installation charges and provide free training sessions on the operation and maintenance of the system to the respective CLC teachers in-charge. With the installation of the Solar PV system, IWCKK hopes to give the children from those remote rural communities which do not as yet have access to electricity supply, happier and brighter futures.



And as 2013 wound down to a close, the ladies of IWCKK celebrated a most fruitful and activity-filled first half of this Inner Wheel year with a well deserved **Christmas Lunch on Friday 20 December 2013.**

Dressed in their best and with Santa's hats and "antlers" in their hair, everyone not only enjoyed the wonderful spread laid out before them and the joyful and cheery ambience of the festive season, but also the warm and affable Inner Wheel friendship that makes IWCKK what it is today!

Gillian Lee

President