



Charter Granted 7 August 1961

SOUTH WIND

THE ROTARY CLUB OF BANGKOK SOUTH



The Crowne Plaza Bangkok Lumpini Park Hotel, 952 Rama IV Road, Bangkok 10500 Thailand
info@rotarybangkoksouth.org • 02 632 9160 • www.rotarybangkoksouth.org

Meetings:
Friday
12.15 pm.

President Nick Pisalyaput

President Elect Michael Schulz

Immediate Past President Mark Butters

Vice President Narain Suradejvibul • **Vice President** Krin Charnmaytesakul

Service Projects Jon Plate • **Fund Raising** Chip Bowness • **Rotary Foundation** Dana Caron

Communications Dean Outerson • **Administration** Morgan Perkins

Treasurer Rakesh Sodhia • **Secretary** Vince Shueh • **Sergeant-at-Arms** Douglas Riach

Vuttiphol Wanglee Rice Scheme - The Real Story

No 2488

7 June 2013

DG Alex Mavro What it's all About

DG Alex came along today to share his experiences as District Governor over the past 11 months and contrary to what many might believe, up until 1 July.

He began his talk by going back to his introduction to Rotary by Rtn Frank Crocker and his start with the club in April 1995.

He then made his way through the ranks in the club, and eventually becoming President. During this time, he attended all District meetings and got to know his mentor PDG Praphan along with PDG Xanxai and many other senior Rotarians.

After providing an idea as to our, that is, Bangkok South's place in the Rotary Universe, Alex explained his role in that as the Club President is the focal point for club members, the District Governor is a similar focal point for all the clubs.

Trained, like Presidents, the process is more extensive with two pre-sessions of 3-5 days each and a one one-week session in San Diego.

DG Alex continued by explaining some of the difficulties that come with being DG primarily focused on the two ideas. First, he accepted three years in advance and as he put it, "who would know I was to be in transition when installed?" Second, despite his 58 years in Thailand cultural issues became an interesting learning curve.

Moving on, DG Alex shared what he has accomplished. First, events start, run and end on time; training is more attuned to adults,



and an acceptance that some clubs appreciate their independence while others appreciate the importance of fellowship and fun, the keynote messages of his year.

Looking at it another way, he suggested that clubs could benefit from talking to each other, attending District events and by creating exciting, magnetic

internal environments that would encourage membership growth.

In closing, he added, "in the end, Rotary provides a structure and a vehicle for channeling community service energy. But the emphasis should be on that community service and not on the dotted i's and crossed t's that can so often distract us. The bottom line is this: do our activities benefit the community or not? So long as the answer is yes, we're OK."





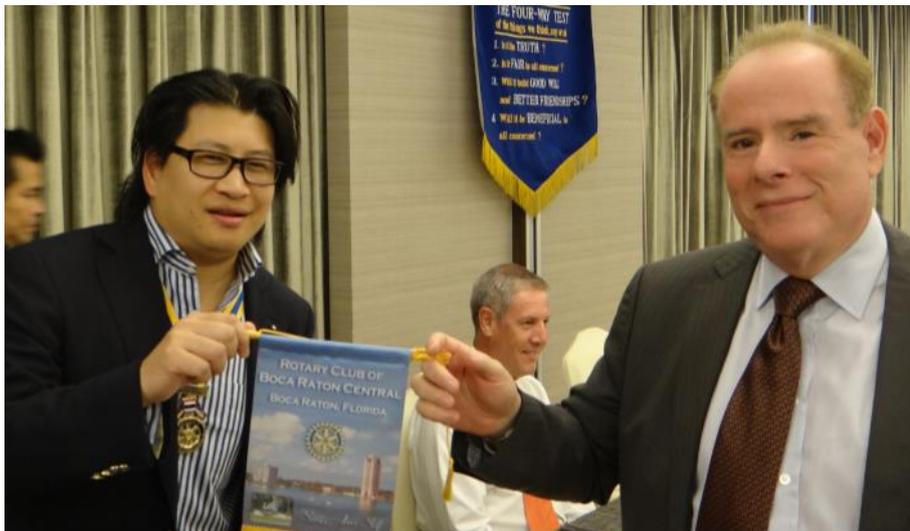
A picture is worth...



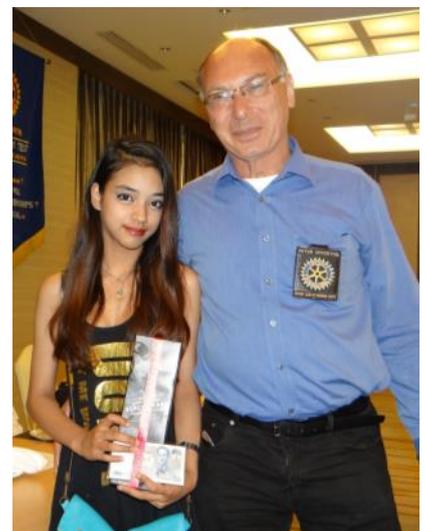
Rtn Adrian and his grandson-son Anthony



Rtn Ian's last lunch with us



Rtn Henny presenting P Nick with a banner from Rotary Club of Boca Raton Central, Florida



Rtn Peter with his Cosmos Winnings



The True Taste of Real Coffee



I.C.GEMS®



Why Ro-Ho Cushions?



out moving. This causes the bony parts of the body to put pressure on the layers of skin and will eventually break the skin and ulcerate.

In the case of our recipients, these are all wheel chair bound people of various ages and degrees of disability, some from

turned every two hours to help relieve these pressure points.

The Ro-Ho cushion is made up of a number, up to 72, individual inflatable bulbs out of a specialised rubber product.

The cushion is fully inflated, the patient placed onto the cushion and it is then slowly deflated until the correct pressure is achieved to keep the patient suspended on a moving cushion of air. This helps prevent pressure build up and thus the dreaded sores.

20 years ago I was the agent for



Ro-Ho in Southern Africa, and it is great to see the technological progress made in the design in that time and the price has not increased due to international demand.

Article by Stuart Lucani

We supply Ro-Ho cushions to the wheelchair bound patients for one reason - the prevention of pressure sores.

What are pressure sores?

Many of us will recall older people talking of bed sores. A bed sore is a pressure sore.

The cause of a pressure sore is mainly continuous pressure on the skin while lying, or in this case sitting, for prolonged periods with-

birth others from trauma such as gun shot or motor accidents where the spinal cord has been injured.

These patients lose all feeling from the trauma site in the spine downwards and the muscles disappear and the fatty parts of the body reduce until, the bones are in direct contact with the inner layers of the dermis, skin. This contact causes the pressure sore.

The patients have no feeling and are unable to move around in their seats to relieve the constant pressure with it's associated pain that they cannot feel, so the sores begin and progress.

In the past patients have been put on sheepskins and also



DeMACO Design Company offers quality furniture, unique in design and style for all projects



104 Soi 39 Sukhumvit Road, Bangkok 10110 Tel. 0-2204-2042 www.demacobbkk.com

CADEAUX
JEWELRY

www.cadeauxjewelry.com

The Peninsula Plaza
153 Ratchadamri Road, Bangkok
contact PP. Phillip 087 708 6770



CADEAUX



Khun Khob's Club Almanac # 2488 – 7 June 2013

Happy Birthdays

Krin Charnmaytesakul June 11
PP Ashraf Fancy June 12

Attendance for 17 May 2013: 61%

Present 40, Make-up 6, Absent 30,
Exemption 28, Total 104

Visiting 31 May 2013

From Local Club

RC Bangkok Brent Clegg
RC Bangkok Ido Berger, Pascal Butel

From Abroad

Akile Ifeanyi RC Amuwo, Nigeria
Dan Christensen RC Nibe, Denmark
Elly Kenner RC Jerusalem, Israel
Per Dibber RC Bruxelles Versale, Belgium

Invited Guests

Aishwarya Nair
Anthony Topham
Jan Tarkowski
Joop Van Deldon
K. Olsen
Marco Westmass
Matt Ryan
Nid Mavro

Introduced by

Jan Akerman
Adrian Topham
Chip Bowness
Dana Caron
Chip Bowness
Dana Caron
Ron Livingston
DG Alex Mavro

Recent Makeups

RC Boca Central, 21/05/13: Henny Beeber
RC Bangkok, 28/05/13: AG Andrew MacPherson, Arie Bloed, Chip Bowness
RC Bangkok, 30/05/13: AG Andrew MacPherson
E-Club of 3310, 31/05/13: Peter Williams

Make-up Credits

Incoming Board, 20/01/12: Adrian Topham, Chris Thatcher, Dana Caron, Dean Outerson, Doug Riach, PN Mike Doyle, PE Michael Schultz, Nathan Christoff, P Nick Pisalyaput, Stuart Lucani, Tim Cornwall, Vitool Tantaranunont



Club Calendar

Friday, 14 June
Pran Siamwalla

Friday, 21 June
Dr Bandit
Corruption in Thailand

Friday, 28 June
No Meeting

Friday, 5 July
Daniel Poole
The Second Coming

Friday, 12 July
President's Day

Friday, 19 July
Emma Potchapornku
The Southern Conflict

For Bangkok South Events
[rotarybangkoksouth.org/
calendar-of-events](http://rotarybangkoksouth.org/calendar-of-events)

Important Date to Remember

Saturday, 29 June 2013
Installation Dinner
Dusit Thani Hotel



www.modenacondos.com

For more information, please contact
email: info@modenacondos.com - Tel: +66(0) 88.495.6455

