

The Malaysian Apexian



INSIDE THIS ISSUE

1. Message from National President
2. Apex - A World of Difference
3. 13 Years Journey in Apex
4. Covid-19 & My Experience
5. Empty Chair on Father's Day
6. Promoting Urban Agriculture
7. Bringing Joy to Children
8. Apexians, My Heroes
9. My Story
10. First Time as a Club President
11. Service Vs. Fellowship
12. Despite All These Challenges
13. The 3 Grand Principles of Apex

National Board Members



(i)



(ii)



(iii)



(iv)



(v)



(vi)

NATIONAL BOARD 2020/21

- (i) Apexian Lee Kai Eng (National President)
- (ii) Apexian N. Kanagarajah (National Vice President, NAAED)
- (iii) Apexian Irene Tan (National Secretary)
- (iv) Apexian Philip Andrew (National Service & Bursary Director)
- (v) Apexian PNP K. Boovanesvari (National Treasurer & SH Coordinator)
- (vi) Apexian IPNP Sritharan Kunjamboo (National Int'l Relations Director)



Apexian Kanagarajah PJK

“The COVID-19 Pandemic did not dampen the spirit of members who believed in THE IDEALS OF APEX.”

Year 2020 to 2021 will always be remembered for the COVID-19 pandemic period. Many of us lost a loved or dear one, a close friend, colleague and, or an acquaintance in the battle against COVID-19.

Being a service association, we were challenged to provide service to the less fortunate or needy one. Nevertheless, many braved themselves and stood out as shining examples in these trying times. It was hearty to see senior and junior Apexians coming together to give their best back to the society, living up to the 1st Ideal of Apex ‘TO MAKE THE IDEAL OF SERVICE THE BASIS OF ALL ENTERPRISE’.

Due to various lockdowns by our government to curb the spread of the virus, many businesses could not sustain and resorted to reduce manpower or simply shutdown. Many had lost a source of income and needed help in putting food on the table for their family. Apexians, went on to give within their means and gather all possible resources in their circle. These strong Apexians lead the way in such difficult situations to perform and give life to the 2nd Ideal of Apex ‘TO DEVELOP BY EXAMPLE A MORE INTELLIGENT AND AGGRESSIVE CITIZENSHIP’.

Get togethers were restricted due to strict SOPs, club and board meetings were conducted on-line. This did not dampen the morale of most of the members and allowed exchange of ideas and laughter, thus creating an avenue TO PROVIDE

A MEANS OF FORMING ENDURING FRIENDSHIP, RENDERING ALTRUISTIC SERVICE AND BUILDING BETTER COMMUNITIES, our 4th Ideal of Apex.

We could not receive nor visit our overseas members as borders were locked up and international travel strictly restricted. The pandemic took the better of our time and focus making it more challenging TO PROMOTE INTERNATIONAL UNDERSTANDING AND FRIENDSHIP (except personally on the social media), our much missed 5th Ideal of Apex.

APEXIANS proved to be a different breed altogether and lived up to The Ideals of APEX. In my maiden attempt to roll out this issue, I hope to highlight the services that had been rendered to the less fortunate and our contribution as citizen of this beloved country, Malaysia.

Thank you, I remain yours in service.

Message from National President 2020/21 Apexian Lee Kai Eng



I am very pleased and honoured to pen a few words in this Malaysian Apexian Magazine 2020-2021 issue.

First and foremost, I would like to thank the Editorial Board NVP Kanagarajah for his wonderful job in completing this issue of Magazine. I wish all members will get a copy and enjoy the articles. Do feed-back to us on the magazine contents for future improvement. Also, I want to take this opportunity to say a BIG THANK YOU to members contributing articles to make this publication success.

2020-2021 is a unique year of corona virus pandemic. Our Apex events and many functions were affected in one way or another. Our government is pushing for vaccinating at least 60% or more of our population before end of year to contain the spread of the disease & achieve herd immunity. Please encourage your family members and friends to get your vaccination soonest possible. We hope that the coming year, our beloved country will be embracing a productive year both in social & economy. With the disappearing of "Covid-19", Apex Clubs will be able to carry out more projects and services without any more hindrances.

Once again, thank you to all and congratulation to our NVP Kanagarajah for this successful publication of "Malaysian Apexian Magazine 2020-2021". Till we meet again in Apex functions, stay safe at home, keep fit with your regular workout and plenty of smiles.

Always in Apex,

"We care & serve with Passion "

By Apexian M.Sugantheran - President 2021/22 Apex Club of Malacca Central

When the word, Apex, was first brought to my attention on a day in 1992 by PNP Anthony Francis, it was like I was being offered a job at Apex Pharmacy, one of the oldest pharmacies in Malacca. But why? I was already gainfully employed then. Okay! No harm in checking it out, I said to myself.

So, the day came for me to tag along for an evening rendezvous at a local restaurant where the meeting was being held.

What I saw was a noisy bunch of guys seated around a long table, chatting away. Moments later the person at the head of the table, probably the leader, banged a gavel on the table and suddenly all went quiet. This was followed by some rituals that I did not understand. Then my host, Francis, was called on to introduce me to the gathering. I was warmly welcomed.

Something else that caught my attention was when each person was pulled up, a joke was fired at his expense, like a ragging of sorts, and was asked to pay a token sum of money, which was gleefully paid. This spirit of camaraderie humbled me that I was so taken up by this act of charity.

I was hooked!



Distributing lunch at Rumah Kebajikan



Donated sundry items to needy family

From then on, everything that was talked about was on community service. No, there was no talk at all about pharmaceuticals! Community service! Something new to me but something I had always wanted to do. Giving back to society!

All this further impressed me. And I decided, there and then, I wanted to sign up as a member of this club, the Apex Club of Malacca Central. From thereon, there was no turning back. Apex, and all that it stands for, became second nature to me.

Within four short years, I was encouraged to take up the post of President of the club. I was unanimously elected. This gave me enough encouragement to speed ahead with my ideas to do service for the community. And with the connections that I had in my profession, I could, and did, get the financial means to back me with my plans.

One of the highlights of my first tour of duty as club president was the tedious job of cleaning up the beaches along Pengkalan Balak, just outside the city. Part of the project was also the replanting of trees to beautify the area.

As Apex is an international organisation, it gave exposure to newcomers like me to foreign service organisations. Such an opportunity befell me when I was the club president. I became part of the Malaysian delegation to the World Council of Service Organisations (WoCo) convention in India, in 1996. It was indeed an awesome experience to mingle with participants from all over the world which gave me an opportunity to establish some lasting friendships.



Serving lunch to inmates of Kasih Sayang Prasanna Home

With the Apex Club of Malacca Central being made up of a small group of hardcore members, it had become a practise for some members to take up the portfolio of club president multiple times. Indeed, the members themselves encouraged it.

And so, I found myself being elected club president again in 2004. This time around, my prime task was to build up the club's coffers. Having found that there were segments in our community that needed funds to provide care for the aged, the physically and mentally handicapped, I set out with the help of my members to raise funds for this purpose.



Presented bursary to MMU final year student

To give something back to the donors, the club decided on dinner, which brought in some handsome returns to the club as well as the beneficiaries.

Season Three! After being an ordinary member, just partaking in club activities, due mainly to job commitments, and after some seven years, the itch returned for me to take up the gavel again. This I did in 2013, which was indeed a remarkable year for the club. As club president, I was given the honour to co-chair the 37th National Convention of Apex Malaysia, which was held in Malacca. It was a runaway success. Many Apex nations were present, including large delegations from Bangladesh and the Philippines.

Before I wound up my term in 2014, the club hosted participants of the Apex 850 Cyclothon during their overnight stopover in Malacca on their charity race from Singapore to Penang. The highlight was the presentation of a cheque for RM2,000, in aid of a rural tuition centre outside Malacca city. Among other activities, the club organised another fund-raising dinner and a “head-shaving” event to raise funds, which were channelled to the club bursary programme. The club also organised an excursion cum study tour of iconic places in Putrajaya and Kuala

Lumpur for underprivileged children from selected welfare homes in Malacca.

The club was also active on the international front. Through his connection in the Philippines, my Secretary cum International Relations Officer, Apexian T.T. Singam, initiated a twinning programme with the Apex Clubs of San Pablo and Leganes. The club was also the first among Apex clubs in the country to respond to a plea from Apex Philippines to channel funds in their effort to assist the victims of a devastating cyclone, Haiyan, which hit Tacloban in November 2013.

For many years the Apex Club of Malacca Central had been synonymous with blood donation drives. Numerous times the club had taken home the coveted Divakaran Trophy for the highest number of blood donors. True to its calling, the club collected a record number of 107 pints of blood that year. All in, the club held five blood donation drives during my term.



A blood donation campaign in progress

Blood donation campaigns had been the forte of the club for many years. But with the withdrawal of the award, the interest in this community service effort has waned. However, of late there have been some pretenders to the “throne”. Perhaps, the National Association should re-introduce this award to keep the competitive spirit alive.

My recent retirement from active working life left me with ample time on my hands. So, instead of sitting idle, I once again renewed my commitment to Apex, to serve the community. With fresh ideas to rejuvenate the club’s placid state of affairs, I volunteered to lead the club once again in 2020. Little did I foresee that the country would be drawn into the Covid-19 pandemic. All activities came to a grinding halt.

But this did not dampen the spirit of doing altruistic service to the community. With the support and backing of my members, especially my Service Director, Lifer Allen Choo, the club went

about offering our services to the needy. With donations from well-wishers and from the members themselves, we fed and donated provisions to the poor and underprivileged members of the community, the homeless, and many more. The club also organised medical camps and blood donations. Our bursary programme, under my able and hardworking

Bursary Director, Lifer S.A. Lingam, had recently taken on a new format and this too went on unhindered during these trying times. With the end of the pandemic nowhere in sight, my term as club president has been extended. I have accepted this in my stride and planned to commit myself further to serve Apex and the community as long as I am able to. Apex has indeed brought out the best in me and has made me a better person.



Members and family with children of Angel Home following club's serving of dinner and stationary gifting for children in the home

"The evil you do remains with you. The good you do, comes back to you."

Please Laugh Softly 😊

In a mosque one Friday after Jumaat prayer an imam said,

"Anyone with 'special needs' who wants to be prayed over, please come forward to the front of the mimbar."

With that, Syah got in line and when it was his turn the imam asked,

"Syah, what do you want me to pray about for you?"

He replied,

"Tuan Imam, I need you to pray for help with my hearing."

The imam put one finger of one hand on Syah's ear, placed his other hand on top of Syah's head, and then prayed and prayed and the whole congregation joined in with much enthusiasm.

After a few minutes, the imam removed his hands, stood back and asked,

"Syah, how is your hearing now?"

Syah answered,

"I don't know. My hearing is actually next year in the high court."

By Apexian Sivva Suthan Kumaran – Service Director

Apex Club of Sungai Petani

My teacher Ms. Boovanesvari Kanapathy brought me to a rural settlement where her student resides. I was 13 years old at that time when my teacher drove me to an incomplete house which only has part of wall built and roof covered by banners for shelter from rain. No Electricity! No Water Supplies! This is an abomination that I have never seen nor experienced.

That was the time my teacher, who is also an Apexian, introduced me to the Apex Club of Sungai Petani. Each year, I joined at least 2 to 3 projects which aimed to serve the society and assist them in many aspects such as financial, education and health wise. I served the society as Prospexian for 9 years and finally joined the board as an Apexian in 2018. Today, I am a Service Director for this club and had organized multiple local and international voluntary projects in Indonesia, Bangladesh and India ever since I joined Apex Club of Sungai Petani.

My main motivation for becoming an Apexian is to amplify my leadership and diplomacy skills. ‘Leadership could not be perfected in one day’. It takes years of experience and wisdom to be a good leader. Leadership generally involves diplomacy skills, effective communication, and wise actions. A good leader must know how to put words into action. I have developed my public speaking skills, learned the ways of a diplomat and negotiating skills. I am now more aware of the international issues. As my main motivation is to empower my leadership and diplomacy skills, I strongly believe all these skills can be refined by being a part of Apex.

In a nutshell, I believe I would be one of the reformists to make the world a better place to live through Apex.



At a slum in Bangladesh, during the youth exchange volunteer programme.

By Apexian PNP M. Saravanan – Secretary 2020/21

Apex Club Of Seremban

A little bit of sharing by a patient that was COVID – 19 Positive.

A true experience that I wish to share with fellow in the fraternity. Many new variants have mushroomed since then. Every professional has a version of how it works and the remedies that might help. I believe it is yet to be proven. We all know the SOPs that we need to follow to avoid adding the figures that are drastically increasing day by day. Do try to upkeep the SOPs – ensuring that you and your family are safe.

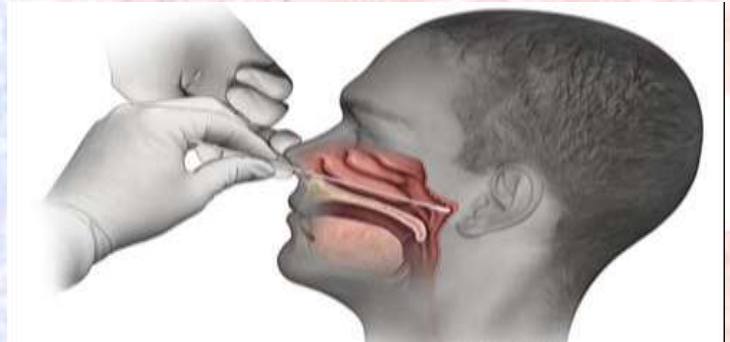
Before I move on with my experience, let's do some diagnosing. What you should know about COVID-19 besides the SOPs

HOW DO WE DIAGNOSE OURSELVES?

| Symptoms | YES | NO |
|---------------------------|-----|----|
| Fever | | |
| Flu / Running Nose | | |
| Body Ache | | |
| Loss of Appetite | | |
| Loss of Smelling Sense | | |
| Diarrhoea | | |
| Vomiting | | |

Should you have a YES to any one of the above questions, please get a swab RTK test done at a Klinik Kesihatan, Lab or Hospital.

Then again, many do not have the above symptoms although they have been declared positive after undergoing the swab test.



Knowledge testing!

| Possible Victims | Yes | No |
|--|-----|----|
| From Babies to young children of any age | | |
| Adults | | |
| Senior citizens | | |

The answer is YES. It could affect just about anyone who was in close contact with a positive person.

You can categorise it in three categories:

Low Risk: Young children or adults, with strong antibody.

High Risk: Those with low antibody, diabetic, heart issues, smokers, heavy alcohol consumers.

Very High Risk: All that is mentioned in High Risk and of old age with low antibody resistance.

Now allow me to share with you my scary experience!

Had to attend a meeting at HQ and thereafter had lunch at a famous restaurant at Jalan Ipoh and got home. A few days after that, a colleague of mine who also attended the same meeting was having diarrhoea and fell ill. We did not suspect anything, as we assumed it was a normal stomach upset issue. She had herself examined but could not be diagnosed. Meanwhile I was having body ache, so I went to the Klinik Kesihatan to check. The doctor said I was just having body aches and nothing to worry. Took pain killers and rested. Finally, after a few attempt of visiting a medical centre my colleague was announced COVID POSITIVE!

The panic alarm was raised and all of us had to go for a swab test, which declared yours truly as positive as well. KKM contacted me and I was told to quarantine at home till they pick me up to be warded. Being positive with something that is totally new was extremely frightening. Nobody knows what could happen or the outcome would be. Finally after self-quarantine at home, the ambulance arrived and had the honour of going in an ambulance for the first time of my life. Being driven away from home to hospital with lights flashing.

From that point, you are like a man from outer space, a special lane, lift and so on before you reach your ward. I must applaud the medical staff. Very professional. Of course the number was much lower then what it is today. So total care. Extremely good. Cannot complain. The food? Well, hospital food is hospital food. What is most important is the recovery!

My entire family was summoned to do the swab test. The sad news was, everyone was declared positive including my dad, mom, aunty, wife and two boys.

All of them were also admitted in the same hospital. It was a trauma. Hoping and praying for the best. My eldest son recovered faster then the rest and he was discharged, followed by my second son then my aunty, wife, my mom and finally my dad. My dad spent 27 days in the hospital.

Thank God we all survived.

While all this was going on, my golden retriever which was alone at home, refused to have its meal although we had someone to feed her. That was something that all of us could not take. She only ate the day my eldest who was the first to be discharged returned home after 4 days.

Dear friends in APEX, please be careful as the variant that is around now is very deadly, it knows no race, sex, age!

Please take it seriously , avoid going out, being in crowded places, do follow the SOP's closely and monitor your temperature and oxygen level.

Your family loves you!

True Story by Anne Dorall

Published June 19, 2021, in memory of my dad and all the fathers who were taken from us this year.

My Father Didn't Die of Covid-19, But This Is How the Virus Killed Him Anyway.

This Father's Day, my family is freshly recovering from losing our patriarch just weeks ago. Technically, he did not die of Covid-19, but the virus killed him anyway. My father was spry and healthy at 71 years old. He ate well, loved fruits, and would go on daily walks around the neighbourhood. He barely fell sick, and even when he did, he would recover in a few days. He had no outstanding comorbidities, except that his blood pressure was a little on the higher side. Then, he caught Covid-19. We thought he would be okay.

Stubbornness Is A Fatherly Trait

In late April, he tested positive for Covid-19. He was sent to the Covid-19 facility in MAEPS Serdang, and then transferred to Sungai Buloh Hospital. His journey ended there. Klang Valley's main hospital for Covid-19 patients. After more than a year, the medical staff here are already experts on the effects of the coronavirus. (Credit:NST)

At first, he firmly believed that he would recover fine. We did too. Despite our best efforts imploring him to rest, to do breathing exercises, to take care of his throat; he regaled and annoyed family and friends with phone calls and WhatsApp voice notes every hour of every day. "I feel fine, I don't have trouble breathing! He complained. You should still make sure to do lots of breathing exercises, we urged. Take long and deep breaths whenever you can, just like how you used to when you did taichi. My father felt fine, but his test results were not.

Post-Covid-19, But Not Yet Post-Recovery

In the Covid-19 ward, his condition deteriorated quickly. His lungs lost the capacity to provide enough oxygen for his bodily needs, and he went from fine to I can't breathe within 8 hours. In his last waking moments, he was gasping for air as his lung tried to absorb oxygen. With the last of his consciousness, he could only send a final shaky text message to his wife. After an emergency intubation, he was transferred to the Intensive Care Unit (ICU). During this time, the Covid-19 virus had left his system, meaning that he was untagged as and no

longer considered a Covid-19 patient or carrier, but the virus had also left behind a massive network of scarred tissue in his lungs. An X-ray of a healthy lung shows black because it's mostly air. An X-ray of a damaged lung turned white due to scarring tissue. (Credit: Radiopaedia/ BMJ)

There are four doctors in the family, so they understood what the daily medical report meant. (I am the one sibling who did not study medicine, but that's a story on disappointing your family for another day.) You see, the average person only uses around 20 to 30% of the total lung capacity for daily breathing. The rest of the space is there for when your body needs a sudden intake of oxygen, like when you exercise, or climb a flight of stairs, or yell at someone very loudly

When that happens, your lungs will expand to draw in more air for oxygen. That's why healthy lung tissue is soft and stretchy whereas damaged lung tissue (such as from long-term smoking or scarring from Covid-19) is less flexible, leading to shortness of breath and coughing.

When the damage first began, my father felt fine because his body could still compensate and reach the oxygen level required for a patient lying in bed, sending WhatsApp voice notes. His lungs, now badly scarred from the virus, meant that they could no longer expand and take in more air, and could no longer compensate enough. He no longer tried to call us or send us voice notes. He no longer could. This was the last time we ever spoke to him.

Modern Medicine Kept His Body Alive

My father was lucky to be given extra opportunities to recover during his two weeks in the ICU. Intubation allowed his struggling lungs a chance to take a break and the possibility of healing itself enough to function again. Patients had to be sedated to undergo intubation, so while my father breathed, he was unconscious. You never want to see your parent rely on a machine to breathe. (Credit: Envato)

The machine could only do so much, but his lungs were getting weaker each day. Additional complications, like blood clots in the blood vessels in his lungs, were discovered much too late. It obstructed his lungs from receiving precious oxygen to heal and recover, and even pumping high-saturation levels of oxygen could not help. His lungs were like a sponge that could no

longer absorb water. It didn't matter how much oxygen you gave him if he could not take it in. While machines beeped around his hospital bed, we prayed relentlessly for a miracle that didn't come.

Funerals Are for The Living

We bid him goodbye on the last day of May. His death certificate reads that he died due to "severe pneumonia with multi-organ failure". Because he was no longer classified as a Covid-19 patient, we were allowed to visit him, one by one, at the hospital. We could hold his hands, cold from the lack of oxygen, and speak to him. We could follow the hospital staff as they wheeled his body out from the ward on a large metal trolley. We could watch as the funeral directors came to take him away. We could hold a wake for him and pay our very last respects for the man that guided us from newborn to adulthood, stolen away far too soon and far too quickly. The last time we saw him. (Credit: Anne Dorall)

Covid-19 killed my father, an otherwise healthy person, and I'm not alone. Plenty of other Malaysians have lost a loved one to the virus. Over 4,000 people have died from Covid-19, but even more-like my father-passed away from the devastation the virus wreaked on their body, whose deaths are not counted or reported in the daily Covid-19 numbers. Ironically enough, he would be counted as one of the many 'green' numbers celebrating Covid-19 recovery.

It's Not Binary

Many assume that Covid-19 is like an on/off switch-you are either positive or negative; sick or not sick. Take your chances because the fatality rate is less than 1%, right? However, full recovery is not common, even for those who pull through. The side-effects of Covid-19 have proven to be long-term and devastating: anything from permanent loss of taste to irreversible lung damage. It changes a person, and their family, forever.

And sometimes, that change is an empty chair at the table on Father's Day

(unquote) BY ANNE DORALL Published JUNE 19, 2021

By Apexian Dr.Jeevan Karruppan - President 2020/21

Apex Club of Bandar Syed Putra

Approaches to Smart Community Urban Farm

We are very glad to share our community project which had been conducted during 2020/21. One of our initiative was to collaborate with Majlis Bandaraya Subang Jaya (MBSJ Zone 20) to undertake 'Approaches to Smart Community Urban Farm', a knowledge sharing session with Kebun Komuniti Flat Taman Seri Serdang or popularly known as Flat Ikan. This preliminary phase was held with the objective to upgrade the existing Kebun Komuniti to become a smart and self-sustaining community urban farm. Apex BSP together with Urban Nest Sdn Bhd had conducted a briefing and field training session with locals in promoting the right way of handling planting materials, usage of fertilizers, cultivation techniques and others related to urban agriculture.

Apex BSP had also donated the essential farm items to empower Kebun Komuniti farmers to MBSJ Mayor. Apex BSP hopes this small part of service will help more participation from community and stakeholders to play essential role in the development of urban farming especially during this pandemic season. It is also envisioned to be a site comprising various modern farming technologies to attract the younger generation to tap the potential in Agriculture Industry. Although there were restrictions in place during these months, we are happy that we accomplished these projects during the short time frame given before lockdown. Thanks to fellow Apexians from BSP and other clubs for being supportive and to motivate each other to accomplish our duty 'Service above Self' during this challenging period.

God Bless.

"Never be afraid to try something new. Because life gets boring when you stay within the limits of what you already know. "

Photos taken during the project with members, officials of MBSJ and residence.



By Apexian Kwong Fong Ying - Project Organizing Chairperson

Apex Club of Kuantan 9

Mother's Day 2021 - Bringing Joy to Rapha Children's Home, Kuantan

The project was organized in conjunction with Mother's Day celebrations on 9th May 2021, Sunday at 11.00 a.m., with the noble aim of sharing joy and cheer to the under privileged inmates of the Home despite the onslaught of Covid-19 pandemic.

Strict compliance of the standard operating procedures enforced were put in place. Apart from the usual array of food items of nasi lemak, hard boiled eggs, kueh, snacks, cream puffs, agar agar, Milo drink packets, the highlight of the lunch was the rice noodles a.k.a. Chee Cheong Fun with its unique sauce.

The food was served by the members present attired in Apex T-shirts complete with aprons (namely Apxn V. Raveentharan, Apxn Phua Kia Tin, Apxn Low Sui Mee, Apxn Kwong Fong Ying, Apxn Chaik Meng Keng, Apxn Lim Kai Chau, Apxn Tan Kim Foong and guest Yap Chee Seng, Chan Mee Mee and Phua Yin Fei) to the children. The children were extremely delighted as these delicacies was rarely served to them. The Apex Club of Kuantan 9 (Club no. 9) entourage and the Home's Administrator, Ms. Grace, participated wholesomely and tucked into the hordes of food to satisfy their hunger pangs. Only the stringent SOP in place minimized the mounting merriment. A cake commemorating the annual Mother's Day was brought into the lobby area; much to the gleeful countenances of the little ones; eagerly awaiting the ladies of the day to officially declare the event.

It was heartening to note that the entire cost of the expenses was sponsored by well-wishers of the local community, thanks to the untiring efforts of the members of the club. The event concluded successfully with a rendition of two songs by the choir of the Rapha Children's Home. The expressions on the faces of the children, both toddlers and teens, exude a clear and precise testimony of the event of the day: praying and hoping for another round of excitement,

Bringing joy to children

food and fun in the not distant future. The team of cheerful albeit tired Kuantan Apexians headed home to their respective homes for a well-deserved rest, acknowledging that Apex Club of Kuantan 9 had shared humility to its utmost in tandem with Apex Malaysia's tagline "We care & serve with Passion".



“Accessing our natural heart intelligence can create an energetic field of unconditional love and harmonious interaction helping humanity to realize we are one Earth, one yard, one people” – Doc Childre

By Apexian Dharshanaa Vinothini Ayaloo – Secretary 2020/21**Apex Club of Kajang**

When I was younger my father (Ivan Ayaloo) would take me along on his visits to orphanages for his service projects. It was always the usual routine, we'd wake up late in the morning, get dressed and get into the car. We would get breakfast on the way and it would always be a special meal because we'd have it as a family. We could also eat anything we'd like without disapproval and off we were with our well-fed bellies.

On this particular occasion, we walk towards the front door of a home in a remote area, the caretaker welcomes my father with a hint of hesitation. He then proceeds to introduce himself and the occupants of the home. Oddly enough the living space was empty, not just of children but of furniture and fittings. It was dull and gloomy inside although it was a bright and sunny day outside. Then a little head pops up from behind a curtain followed by a few more curious pairs of eyes and feet. The caretaker urges the children to come forward and welcome us.

My father then explains that he is from a service club and that he'd brought along some supplies to be distributed. The caretaker's expressions light up and he begins to smile. He ever so slightly bows in gratitude and hurries a few boys over to begin unloading the aids into the home. While the grown-ups were at work, children my age began to circle my sister and I, they motioned for us to sit on the floor. They played with the hems of our dresses and our tied ponytails while bursting into a fit of giggles every time we'd say something in English. They didn't speak the language, nor did they wear nice clothing, their hair was unruly, and feet were bare.

A few familiar faces began to join us, they were my father's fellow service club members and soon bundles of donated clothes and books began to fill the empty living space. There were several large boxes left outside as well, unbeknownst to us those were paint cans and reconstruction material to spruce up the home. Lunchtime had approached and the children began to gather outside with paper plates in their hands. The members and caretakers fill their plates with food, a courtesy of the service club for the day. Although the children were seated

on cold floors in a room with poor ventilation, they had grins on their faces and wanted to share their food with their new friends. Even those who had disabilities were beaming.

Once they were done cleaning up after themselves, the service club members took turns to hand out clothes, school uniforms, school supplies, toys and food rations to the occupants of the home while posing for pictures. The children were thrilled at the concept of having their photographs taken as they've never seen a camera before. They tried on their new clothing and asked for more photographs to be taken of them. The home was filled with laughter and amusement, it had truly made their day.

When it was time to leave, the children surrounded the car and tried to peep through the windows to have a look at the interiors. They were intrigued by the car because they've never been in one. The caretaker stands close by and profusely thanks everyone who had come to help them that day. Although goodbyes were difficult, we promised we'd return soon.

On our way home my father told us that the caretakers could not afford to send the children to school even though the children are eager to learn. There were many days where the children would be cold and live in unsanitary conditions as they were unable to meet overdue utilities. Prior to our visit the members had managed to pool several resources to bear the expense and get electricity and water supplies up and running. Apparently, more people will be going over in the coming days to repair the leaks in the roofs and deliver mattresses for the children to sleep on.

While some of them were orphans, most of them were children from abused homes or those who were severely neglected despite their special needs. Somehow, they were safer in the home than where they had come from. The caretaker himself had tragically lost his family and decided to take care of as many children as he could ever since. It was right then that I began looking at all that I have had growing up, a safe and warm home and promised meals from parents who loved us unconditionally and provided the best that they could for us.

I felt that the caretakers and the service club members were saviours. While they didn't have much themselves, they were undeterred by their own circumstances and were willing to help those children and everyone in need. As a young kid I was grateful and inspired knowing that

Apexians, My Heroes...

there was a lot of generosity in so many beings around me, the members of the Apex Clubs were my heroes.



Apexian Dharshanaa (second from right) with members of Apex Club of Kajang



Donated provisions to Sincere Care Home



Blood donation campaign for the National Blood Bank

Manisha Lynn Khoo PKT, PJK President 2020/21**Apex Club of Penang**

When I first joined APEX 850 in 2016, it was about travelling 7 days from Singapore to Phuket, Thailand which was 1500 km. For beginner like me, I was fearful to be part of this event because it was a large-scale event that required full commitment.

However, in 2018, I got a second chance to participate in 2018 APEX 850. It was a five days event with the total travelling distance of 950km.

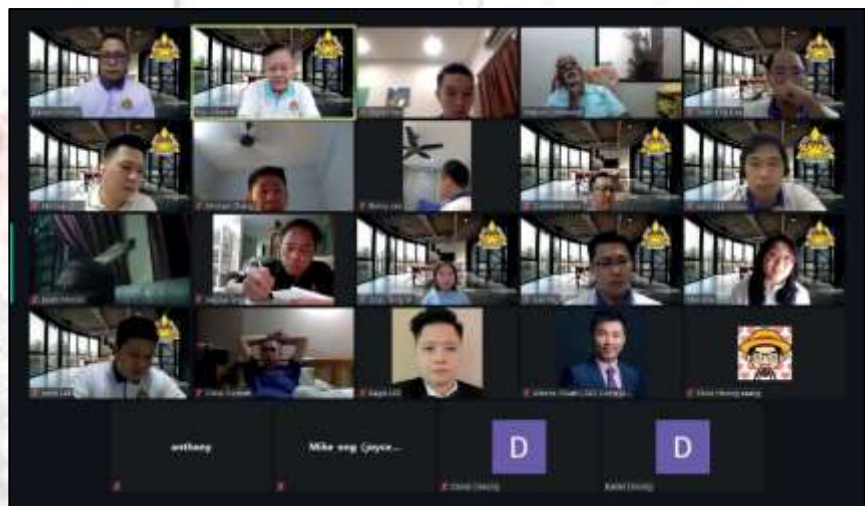
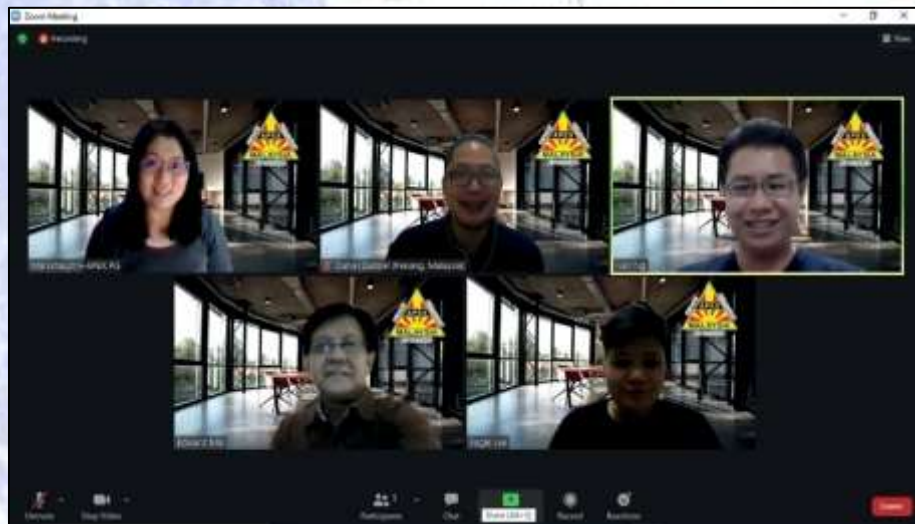
Later, in the year of 2020, I took up the challenge to become the President of Apex Club of Penang. With this title, I was given a huge responsibility to lead the club. It is no easy task with many new young members who have equally higher expectations and ambition in life.

In today's world where everything is intertwined with IOT, I am pleased that we are encompassing many activities around it.

I put in my very best effort to ensure that all my responsibilities were fulfilled well which gave me an opportunity to serve as President for another term till 2022.

LET'S EXCEL.

Activities: Dinner Meeting & AGM



Presidential Year Achievement

Raised more than RM23,000 for Apex Food Bank (Regain With Dignity) by weight lose challenge

Let's make a DIFFERENCE

As a president, a role model for the young generation, contributing to society is my presidency's priority. First of all, I have committed to finding Samaritans who can contribute RM10k each, to achieve a total minimum of RM10k for the Regain with Dignity Project by Apex Club of Penang. Secondly, I also challenge myself to lose 10kg of my weight in 2 months.

Mission completed Fund targeted RM 15,000

Challenge Period: 1 Feb 2021 - 2 Apr 2021

76kg → 66kg

Organised by: **APEX CLUB OF PENANG**
BANK IN TO: **APEX CLUB OF PENANG**
CIMB BANK 8004062203



*Distinguished Conduct Medal Recipient
Pangkat Kelakuan Terpuji (PKT)*



Awarded Wanita Hebat, a recognition given to women in Penang who excelled and contributed in their respective area or community



By Apexian Kevin Mah Kit Weng – President 2020/21

Apex Club of Petaling Jaya

First and foremost, I would like to thank the editor for inviting me to write down a few words for the “Malaysian Apexian” magazine. Between learning the ropes for the first time as a Club President and carrying out service projects for the club this term, I’d say that this year has been a challenge in doing both due to the ongoing pandemic whose threat is increasing as time goes on.

Our plans for the term which we had laid out since the previous term was hit with unforeseen and unexpected roadblocks. Nevertheless, as a team, we managed to work around it to a certain degree of success. The pandemic has hit us all very hard. However, we have still managed to perform services to the needy and underprivileged who are in a more dire crisis now.

Our project, “Food Buddies Feeding Programme” which involved feeding the homeless, distributing groceries to the needy, providing medical goods were still carried out while exercising precaution and complying strictly to SOPs set by the authorities. Help was given regardless of race, religion or origin. We extended a helping hand as far as we could reach to helpless citizens and some migrant workers. All these would not have happened if Apex PJ did not have a great team of people behind it. The members still felt there were things we could do and forged together as one cohesive team. Our friends and supporters believed in our services and gave without hesitation. We are grateful for these kind-hearted people and wish them and their families the best.

Special mention must be made of Apexian Philip Andrew, who is our club’s Service Director and the National Service and Bursary Director 2020/21. I am thankful for his dedication and a big thanks to my board and club members for this opportunity to lead the club through this term. I couldn’t have wished for more.

Lastly, I wish for a quick recovery from this pandemic and may we all return to the better times.

First time as a Club President....



First time as a Club President....



First time as a Club President....



Some pictures of the "Food Buddies Feeding Programme".

By Apex Governor Suresh Sivaram

Ninety years ago, during the formative years of Apex, it was a difficult task to get young men to come forward and serve the community. What attracted the young then were social activities. During such social events, the organizers were able to persuade many of the attendees to come forward to take on service activities. Ever since, the twin ideals of Service and Fellowship received equal attention and these two ideals are very promptly displayed on our logo and highlighted in our ideals.

Fast forward to present day, the concepts of Service to the community and Fellowship among members remain but as with everything, life has evolved and changed. This is a given as change is inevitable. We have, we should, we will and we must embrace changes. As regards Service, I observe many innovative ideas being promoted especially among the younger members. This is evolution in real-time. Of course, many of the run-of-the-mill projects are still carried out by many clubs where older members make the call. Our Association does not in any way interfere with clubs undertaking any service project as long as they are carried in the name of Apex and benefits the community.

As regards social interaction, we can always blame the Covid-19 pandemic and resultant movement restrictions. You really can't have a virtual social event, can we? Once we come out of this pandemic, I am sure clubs will once again resume interesting fellowship activities. Besides socials among Apexians (both at club and inter-club levels), we used to organize family functions, guests' nights, past members' socials and the now forgotten EMGAM Night (Each member Get Another Member). It was at EMGAM nights where clubs identify potential new members designated as prospexians. Personally, I am looking forward to joining Apex Fellowship events.

MEMBERSHIP WOES

Another area of concern that has been plaguing our Association for the past 20-odd years is our poor membership numbers. In 1999, our Association reluctantly removed the age limit and simultaneously opened our membership to ladies. From then on, we were no longer a youth organization. The only good out of that decision was that we managed to ensure Apex survived.

The initial euphoria saw a sizable number of retired Apexians and life members re-joining, and Apex saw a resurgence of activities. Most clubs went into a comfort zone and continued with existing membership.

It is clearly stated in our National Association Standing Orders (Clause 13) and I quote “The minimum number of members required for the formation of a new Apex Club shall be fifteen (15)”. While we can argue that this only applies to the formation of a new club and not to registered and functioning clubs, the point that I am making is that if we need 15 members to start a club, surely we should move ahead to inducting more members as time moves on and not the reverse. I am fully aware that many clubs have made numerous attempts to boost membership but somehow have failed and are now resigned to accepting low membership as the norm. Many senior members I have spoken to, bemoan the fact that many in the younger generation are more into self-growth and are not as altruistic minded like the older generation. I have my doubts about this assumption though.

A couple of years ago, the National Board formed an Apex Task Force to address this membership related issues and did achieve some success. Perhaps the incoming National Vice President, who also doubles as the National Apex Action and Expansion Director and with the full participation of other National Board members, can come out with some action plans. As one size does not fit all, perhaps several strategies can be put into practice. Are we assured of success? I don't know. Only time will tell. But try we must as inaction will definitely make matters worse.

The comments made here are strictly my observation and in nowhere made to disparage any club or individual. I am, believe me, a ‘hardcore’ Apexian and shall remain a true blood Apexian till the very end.

Finally, I like to thank and congratulate our NVP Apexian N. Kanagarajah for keeping to our tradition of coming out with ‘The Malaysian Apexian’ magazine to coincide with our National Convention. Keep up the good work.

Thank you.

Beautiful explanation by Swami Vivekananda on Association

“Explaining the meaning of ‘Association’. He said: “The rain drops from the sky: If it is caught in hands, it is pure enough for drinking. If it falls in a gutter, its value drops so much that it can’t be used even for washing the feet. If it falls on hot surface, it perishes. If it falls on lotus leaf, it shines like a pearl and finally, if it falls on oyster, it becomes a pearl. The drop is same, but its existence & worth depend on with whom it associates.”

Always be associated with people who are good at heart.

Despite all these challenges....

By Apexian K. Jagathies – President 2021/22

Apex Club of Kuala Lumpur

I would like to extend my sincere thanks and appreciation to the Editor of 'THE MALAYSIAN APEXIAN', Apexian Kanagarajah for inviting me to pen few words for The Malaysian Apexian magazine. Apex Club of Kuala Lumpur wishes all delegates and observers another successful virtual A.G.M. on **August 7th, 2021**.

The year 2020/21 was a very eventful year due to COVID-19 pandemic with various lockdowns by the Government. Despite all these challenges, the club managed to carry out fund-raising and service projects.

Please find some of Apex KL notable Activities and projects for 2020/21



National President. K.Sritharan installed G Manoharan as 63rd President of Apex Club of Kuala Lumpur. The Ceremony was graced by visiting Apexians and Guests

**FOR GOOD FOOD . FOR GOOD FELLOWSHIP.AND THE PREVILEDGE TO SERVE WE GIVE
THANKS**



Despite all these challenges....



ONE FOR THE ALBUM - MEMBERS OF APEX CLUB OF KUALA LUMPUR



Presented body temperature scanner/colour printer/ink cartridge/ computer monitor and lunch to children in Juara Home



Bringing Deepavali cheer to children of Juara Home, Karunai Illam and Anbu Illam , and poor families by distributing sarees and Deepavali snacks.

Despite all these challenges....



Little help and happiness to the 30 B40 families affected by the pandemic by handing over groceries.



All Time Record set by Apex KL by collecting 274 Pints of Blood over 2 days.



63rd Bursary Grants presentation

“Don’t complain about the snow on your neighbor’s roof when your own doorstep is unclean.”

“A lion chased me up a tree, and I greatly enjoyed the view from the top.”

“Be not ashamed of mistakes and thus make them crimes.”

“The superior man is modest in his speech but exceeds in his actions.”

“Be strict with yourself but least reproachful of others and complaint is kept afar.”

“Roads were made for journeys not destinations.”

“Think of tomorrow, the past can’t be mended.”

“Respect yourself and others will respect you.”

“To be wronged is nothing, unless you continue to remember it.”

“I hear and I forget. I see and I remember. I do and I understand.”

“By nature, men are nearly alike; by practice, they get to be wide apart.”

“Learn as if you were not reaching your goal and as though you were scared of missing it.”

“Never contract friendship with a man that is not better than thyself.”

“Those who cannot forgive others break the bridge over which they themselves must pass.”

“Those who know the truth are not equal to those who love it.”

“The superior man thinks always of virtue; the common man thinks of comfort.”

“The superior man acts before he speaks, and afterwards speaks according to his action.”

By Apexian Ravin Karunanidhi – President 2020/21

Apex Club of Klang



Former US President, Woodrow Wilson once famously quipped “there is no higher religion than service to humanity. To work for the common good is the greatest creed”. Similarly, famous US civil rights activist Martin Luther King Jr said “anybody can be great....because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love”.

These words may sound big and noble especially coming from great men of history. But when read simply, they are the basic tenets that human kind should live by and they are something that is championed by Apex.

I was introduced to Apex from a tender age of 5 as my father is an Apexian himself. It was during 1989 -1992 when Apex Club of Klang undertook a mammoth project to setup our landmark “Klang Special School” project and I remember attending the opening ceremony of the school as my father was the Club President that year. My father took an active role together with his fellow Apexians such as Lifer Edwin, Lifer Thava, Lifer Ganeson, Lifer Steward Labrooy, Lifer Arthur Chua etc to make this project a success. I remember him hosting many foreign Apexians in our house who would visit from different parts of the world to visit the school and participate in our projects.

Fast forward 20 years later, I was naturally inducted into the club as I grew up listening to him and his friends how Apex has made a difference in the lives of many people while also forging life-long friendship with people of similar mindset and aspirations. It has been 10 years since I joined Apex and the journey has been one of the best decisions I’ve made in my life and I would like to narrate it based on the 3 grand principles of Apex.

" there is no higher religion than service to humanity. To work for the common good is the greatest creed. "

Service

Ever since joining the club, I have been part of many service projects. Some of them are long term and some are short term but repetitive. It has been a tradition of Apex Klang to only undertake and be part of service projects that are long term and has continuity as its true impact to society and target groups are only then felt. I have been involved in the Klang Special School, which is like the diamond of our crown since I joined the club in 2011. I am proud to say Apex Klang has been giving a minimum of RM50,000.00 per annum in bursary since 2011 to extremely poor and orphan “special children”. The highest we have given was around RM75,000.00 in 2016. Apart from providing them with bursary, Apex Klang has been part of their numerous projects such as carnivals and I remember on 2014, Lifer Ganeson organized a fund-raising campaign together with Rangi Boyz Harley Davidson club and we raised almost RM300,000.00 for the school.



**“...to serve. You only need a heart full of grace.
A soul generated by love”.**

Apex Klang has also partnered Port Hamilton School of Perth since 2012. During our annual affair (usually around September), Port School will send a delegation of students led by Mike Gilbert (who is a former Apexian himself) for a student exchange programme. During their 2 weeks stay, the students of Port School will render many services and participate various activities with students from Klang School. During all their visits, Port School donates a large sum of money to the school and also joins Apex Klang for various community projects.

Apex Klang is also proud to have setup a Dialysis Centre in Jalan Meru Klang. This project was jointly undertaken by Apex Klang together with National Kidney Foundation (NKF). It is worthy to note that the centre has 10 dialysis machines and since it was setup by way of charity, the dialysis cost is heavily subsidized and this has proven to be extremely helpful to those from the lower socio-economic status. Although the management and operations of the centre is taken up by NKF, Apex Klang occasionally visits the centre and provide them with necessary aids whenever needed. During our last visit, we donated approximately 35 blankets, reusable bags and a water dispenser.

I have also been part of many blood donation drives and food aid programmes undertaken by the club. The last mega project undertaken by us was the Medical + Legal camp which was a mega success as we received support from the Member of Parliament of Klang, Selangor Bar, Teddy Mobile Clinic, Suba's Optical and the district health office. Unfortunately, we were unable to repeat this initiative due to the Covid-19 Pandemic. Nevertheless, the pandemic has not kept us quiet either. We have partnered the National Bursary & Service Director, Apexian Philip Andrew and participated in the food aid programme on 3 occasions.



Citizenship

To me, being a better citizen is about building better communities by showing empathy to fellow citizens and lift the lives of fellow Malaysians during their time in need. The seniors in my club and in Apex Malaysia in general constantly preach about this and some even take the extra effort to instil it in us younger Apexians. Citizenship is very closely linked to service and one can only do service with an open heart and without expectation if he truly believes in the concept of citizenship.

The food aid programme pioneered by Apexian Philip is a classic example of citizenship whereby he has taken various risk to ensure the poor and needy are given food during their most trying times. And this initiative of his has driven many of us in the association, including me, to participate in such noble projects.



The bursary programme championed by Apex Malaysia is another service with the concept of citizenship strongly embedded in it. The founders and elders of Apex see the importance of education in the life of an individual and its positive impact on the community at large and thus, have pushed for this bursary programme to be among the utmost important project of Apex. As mentioned above, I am proud to have been part of many bursary programmes in the past and I hope to continue being part of it for many more years to come.

“.....one can only do service with an open heart and without expectation if he truly believes in the concept of citizenship.

Fellowship

Alas, what is service and citizenship without a little fun i.e. fellowship. As the old saying goes, “all work and no play makes Jack a dull boy”. While the other charity and service clubs can compare their service projects to ours, they definitely cannot say or do the same when it comes to fellowship. What makes our projects interesting is the fellowship at the end of each project. I have made many friends from all walks of life.....from various profession, age, ethnicity, background, education during my time in Apex. In fact, some of them are more like family than friends as that is how Apex has built our relationship. Like many others, I feel very fortunate to have also visited Apex Clubs in various countries and have forged some fantastic friendship with Apexians from other parts of the world which again, would not have been possible if not for my association with Apex.



**For Good Food,
For Good Fellowship
And the privilege to serve
We give thanks**

I could go on writing about my experience and memories in Apex for another 5 more pages if given the opportunity but like any good story, I guess this article too needs to come to an end of it or it might be another Fast and Furious saga where people including hardcore friends can no longer keep track of it. But to sum it up, Apex has made me a better person without having to put me through a bootcamp. It was done by rendering altruistic service while having a lot of fun. Therefore, it is no surprise that my father brought me into this organisation as no father will ever put his son through something which has no value in it.

..... and finally,

Together we make a difference in people's life.
Let's keep the spirit up for service and fellowship in
APEX style. As Malaysians, we lead by example to be
respectable citizens of our beloved country and reach
out to make this world a better place to live in.

THANK YOU FOR BEING TRUE APEXIANS!

MAY YOU AND YOUR FAMILY BE BLESSED.

~ A Simple Act of Kindness Goes a Long Way ~



~ and the privilege to serve we give thanks ~