



# Rotary Club of Sonarpur

Rotary District : 3291



**PRESIDENT :**  
Santanu Ghosh

**SECRETARY:**  
Sajal Kumar Dutta

R.I. Club No. 23960 Charter dt. 30.06.1986

**RI PRESIDENT:**  
Kalyan Banerjee

**DISTRICT GOVERNOR**  
Angshuman Bandopadhyay



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## Rotary's areas of focus

The needs spanning Rotary's six areas of focus are vast, ranging from lack of access to clean water to the need for immunization that prevent deadly diseases. Learn more in the Rotary's Areas of Focus publication

Rotary clubs serve communities around the world, each with unique concerns and needs. Rotarians have continually adapted and improved the way they respond to those needs, taking on a broad range of service projects. The most successful and sustainable Rotary service tends to fall within one of the following six areas:

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development

Rotary International and The Rotary Foundation recognize these six areas of focus as organizational priorities, and there are countless ways that Rotarians can address these needs locally and internationally. For ideas, consult the publication *Rotary's Areas of Focus*.

Clubs and districts participating in the Future Vision pilot can apply for Rotary Foundation Global Grant funding by targeting specific goals for one or more of the areas of focus. Learn more about these goals.

### Areas of focus resources

- Peace and conflict prevention/resolution
  - Rotary Centers for International Studies in peace and conflict resolution
- Disease prevention and treatment
  - Rotarian Action Groups specializing in this area
- Water and sanitation
  - Water and Sanitation Rotarian Action Group
  - RI/USAID International H2O Collaboration

- Maternal and child health
  - Rotary's strategic partnership with Aga Khan University
  - Rotary's partnership with the United Nations Population Fund
  - Rotarian Action Group for Population Growth & Sustainable Development
- Basic education and literacy
  - Rotary's partnership with the International Reading Association and the Dollywood Foundation's Imagination Library
- Economic and community development
  - Oikocredit International
  - Rotary Community Corps program
  - Rotarian Action Group for Microcredit

## Health Corner

### Spices That Can Help You Lose Weight

#### 2. Cayenne

The main ingredient in spicy cayenne—*capsaicin*, which is also found in other hot peppers—has long been studied for its fat-burning abilities and thermogenic properties (the stimulating of the central nervous system to produce heat in the body, leading to an increase in calorie burning). In fact, Nicholas Perricone, M.D., cites several of these studies in his wildly popular *The Perricone Weight-Loss Diet* and concludes that capsaicin acts as an appetite suppressant. Many think that cayenne pepper promotes weight loss because it's simply difficult to overindulge in spicy food. However, later studies performed by the *Journal of Obesity* also found that the spice increases fat oxidation, "ramps up energy expenditure, and stimulates activity by the sympathetic nervous system"—all which help the body to shed excess weight. Not a fan of fiery cuisine? Not to worry! Research has found that cayenne's ability to reduce appetite is equally effective whether ingested as food or in capsule form.

*To be continued.....*

**District Programme****Minutes**

24<sup>th</sup> – 27<sup>th</sup> November: ICM in Dhaka, Bangladesh  
 Few seats are still available for our Mission Bangladesh Tour, the details of which has also been mailed to you. We will have joint ICM and Cultural Program at Dhaka and visit to Sunderban and Jessore. The all inclusive package cost is Rs. 15,000/- for 4 days and Rs. 20,000/- for 7 days plus Visa and Tips charges @ Rs.1,000/- each. Please advise interested Rotarians and their Guests to contact PP Rtn. Bilolaksha Das (RC Ballygunge) at 98300 72149 or mail to : cititrvl@gmail.com.

10th December : PRESIDENT SECRETARY – AG, ZS, CO-ORDINATORS MEET The next very important meet will be held at Rotary Sadan on Saturday, from 6 pm onwards followed by Fellowship and Dinner where we will discuss about our Annual District Conference ANANDAMELA, DGN Election and other forthcoming Programs. Since, it will be a formal meeting, we are not inviting spouses. Registration is Rs. 300/- only including Dinner. Please keep that date free.

11th December 2011: PROGRAM ON HERITAGE AWARENESS & FAMILY VALUES from 3 pm to 6 pm at Sovabazar Rajbari Natmandir (near Sovabazar Metro Station), we are inviting eminent personalities, heritage families to take part in the program along with musical program. Zone 24 Clubs with other Rotary Clubs are organizing the event. RC Calcutta Old City is the Lead Club. You are invited to join this program as Host Club (Rs. 10,000/-) or Co Host Club (Rs. 5,000/-). Please contact Lead Club President Rtn. Balaka Das.

18<sup>th</sup> December: Will be held on Sunday 18th December 2011 8.30 am from Salt lake Stadium. District Youth Service Committee is inviting to co host the event by contributing Rs. 2,500/- only. Lead Club is RC Calcutta North East. Also please register your car for the rally with Rs. 1,000/- only. It

**Quotes**

'Beware of the artists they mix with all the classes of society and are therefore most dangerous'

*Queen Victoria*

Meeting no: 1028 dated 18.11.2011

President called meeting no. 1028 to order.

National Anthem led by Rtn. Sanjib Kr. Ray.

Minutes of the last meeting confirmed.

Discussions:

All members of the club wished President Rtn.

Santanu Ghosh and Anne Manisha for their

Wedding Anniversary.

- o President welcomed the members of the club and discussed about the incoming project of a Health Check up camp in the month of December.
  - o President wished to take up a Safe Drinking water project. The club discussed the project and approved the same.
  - o President informed the club about our active participation at SNID held on 13<sup>th</sup> November.
  - o President informed the members that he has received a prayer from an underprivileged lady seeking financial help for a major orthopaedic surgery which she has to undergo in the month of December. Members present discussed the matter and resolved to make contributions for accumulating a sum of Rs. 4000.00 for the help of the patient.
  - o Members of the club discussed and decided to have a fellowship night on 31<sup>st</sup> December.
- President handed over the meeting to Secretary Rtn. Sajal Kr. Dutta.
- o Secretary announced the receipt of bulletins from different clubs and announced the Wedding Anniversary of Rtn. Santanu Ghosh and Anne Manisha on 18<sup>th</sup> November and Rtn. Sanjib Kr. Ray and Anne Mukta on 24<sup>th</sup> November.

Having no other business the President terminated the meeting

Members present: 12

Sunshine collected: Rs.240.00

**Four Way Test**

Is it the TRUTH ?

Is it FAIR to all concerned?

Will it build GOODWILL and better FRIENDSHIP?

Will it be BENEFICIAL to all **concerned?**