



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

NO: 20

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Three generations traveling to Bangkok in May

By Arnold R. Grah
Rotary International News – 22 November 2011

William, Denver, Renee, and James Simmermon at a recent Rotary club meeting. Three generations of the family — William, Denver, and James — plan on attending the 2012 RI Convention in Bangkok, Thailand,

Three generations of the Simmermon family are planning to attend the [2012 RI Convention in Bangkok, Thailand, 6-9 May](#).

The convention will be the ninth for James E. Simmermon, 85, a member of the Rotary Club of Oakmont Verona, Pennsylvania, USA, who attended the New Orleans convention last year. He says that hearing Bill Gates, cochair of the Bill & Melinda Gates Foundation, commend Rotarians for their polio eradication efforts ranks as one of the highlights of his Rotary experience.

When James suggested making the 2012 convention a family affair, his son William, a member of the Rotary Club of Highlands Ranch (Littleton), Colorado, agreed. And William and his wife decided that the convention would be an invaluable experience for their son Denver as well. The middle school student is involved in the district's youth leadership program.

"The opportunity to spend time with my father, and for us to experience a big Rotary event together, is priceless," William says. "I have traveled around the world for business, and I have been to Bangkok before. I sort of see this as a once-in-a-lifetime experience, to have three generations of my family going."

Today's Programme: AGM after the weekly meeting

New perspective

For his part, James feels every Rotarian should attend at least one convention.

"You get a whole new perspective on what Rotary does," he says. "You may know a lot about what your own club is doing, but when you get to a convention, you gain a better understanding of what Rotary is doing around the world."

William, who has been a Rotarian for six years, says he took part in service projects with his dad as a child and attended Rotary club lunches. Now he is making a deliberate effort to include his family in the Rotary experience.

"My wife and son attend meetings and club activities, so Rotary does not conflict with family time," William says. "It has enhanced our family time because we are all there together."

William says Rotary also helps him as a parent. "The same values Rotary stands for are values we believe in as a family. We want to pass along those values."

District Programme

District Conference, scheduled to be held between 6th & 8th of January 2012 the Registration forms are available with President.

Wedding Anniversary

17th December

Rtn. Biman Bhattacharya & Ann. Kalpana

Club Report



Rotarians are busy distributing warm garments, slates, mats and food packets to our Rota School at Santashree Ashram on 15th of December morning, the warm garments and food packets were sponsored by PP Rtn. Sanjib commemorating his parents death anniversary and the slates were sponsored by Rtn Sripati, we are grateful to them for donating these for a noble cause. Rtns. Gautam, Sajal, Pradip, Dipankar and President Santanu also attended the programme

Health Corner

Super Foods for Keeping your Bones Healthy Greens

Dark green leafy veggies like broccoli and spinach are great sources of calcium and vitamin D and it's the latter which helps in absorption of Calcium and Phosphorus, thereby ensuring growth of healthy bones and teeth. Collards and turnip greens can also be helpful in providing you with your daily dose of calcium. The alkaline effect of eating a diet rich in these vegetables will help you to strengthen your bones and promote bone growth by preventing calcium loss. Besides, plant sterols (steroid hormones) are converted to a hormone called calciferol and that aids calcium absorption.

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?

Minutes

Meeting no: 1031

dated 09.12.2011

President called meeting no. 1031 to order.

National Anthem led by Rtn. Bivas Roychoudhury

Minutes of the last meeting confirmed.

Discussions:

- o President discussed the letter received from PDG Anirudha Roy Chowdhury, regarding COL. Members of the club expressed their opinion about the legislations.
 - o President informed the club members about the arrangements of the District event on Disaster management, scheduled for 10th Dec., which we will be hosting, and requested members to participate in the programme.
 - o President informed the club about the receipt of Bio data of DGN candidates. Members of the club had a brief discussion on DGN election. Decisions pending.
 - o President announced that distribution of Warm clothes, Mats for sitting and Slates to the children of our school, run by RCC, Santyasree Ashram will be held on 15th December.
 - o President informed, the Registration forms for the District Conference, scheduled to be held between 6th & 8th of January are available with him.
 - o President requested the members to file nomination papers for the next Rotary Year and reminded that AGM is to be held on 16th December, from 7pm.
 - o Members of the club proposed to do few developmental works in a school in Usthi. President assured that he will take up the matter with our RCC, Usthi Janakalyan Samity.
- President handed over the meeting to Secretary Rtn. Sajal Dutta for announcements.
- o Secretary announced the Birthday of Rtn. Bivas Roychoudhury on 09th December and Birthday of Rtn. Sanjay Ghosh on 15th December.
 - o Secretary announced the receipt of Bulletins from neighbouring clubs..

Having no other business the President terminated the meeting

Members present: 13

Sunshine collected: Rs.260.00