



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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Former Sudanese soldier pumps up the volume as Peace Symposium opens

By Ryan Hyland
Rotary International News -- 3 May 2012



Emmanuel Jal, former Sudanese child soldier and now a recording artist, speaks at the Rotary World Peace Symposium's opening plenary session, 3 May, in Bangkok, Thailand.

Emmanuel Jal began his keynote speech at the 2012 Rotary World Peace Symposium in Bangkok, Thailand, not by talking about peace but rather by singing about it.

The former Sudanese child soldier, now an international peace advocate and hip-hop star, energized the morning session crowd with his song "We Want Peace."

At the opening plenary session of the symposium, Thursday, 3 May, Jal talked about what peace means to him, the atrocities he witnessed as a child soldier, and the horrors he experienced while escaping Sudan's bloody civil war.

"Peace means different things to people all around the world," said Jal, a spokesman for Amnesty International, who has also worked on behalf of Save the Children, UNICEF, the World Food Programme, and Christian Aid. "Peace is when you leave home and come back safely. Peace is when you have a full stomach. For me, peace is justice, equality, and freedom for all."

Jal lost his mother and most of his family to the civil war and became a soldier for the Sudan People's Liberation Army at the age of nine. Three years later, he was one of 400 boys who escaped the war by walking across the desert in search of refuge. In a poem, Jal described the journey and the effects it had on him.

"I was at my lowest point as a human being during my escape," said Jal. "I was angry. I wanted to hurt those who killed my family and friends. But I learned to forgive. It's a constant struggle for me. But forgiveness is a path to peace."

A British aid worker found Jal and smuggled him into Kenya. Gradually, he discovered that music was a way to share his story. He founded GUA Africa, an organization that works with individuals, families, and communities to help them overcome the effects of war and poverty.

"One of the more important things I took away from Rotary's program was, understanding the difference between peacekeeping, peace building, and peacemaking," said Bell. "There is a difference, and it can be implemented in war and disaster zones, as well as localized urban conflict. I learned it's not just talking about resolving conflict; it's getting together and actually doing things that produce results. Rotary does a great job at highlighting that."

Monthly messages

From the Desk of Rotary International President, Kalyan Banerjee
May 2012

My dear brothers and sisters in Rotary,

When we talk about building membership, we all recognize that welcoming a new member into a Rotary club is only the beginning of our task. To turn a new club member into a committed Rotarian, much more is necessary – and the first step is helping that new member to get involved.

Every Rotarian in every club should know that he or she is not only needed but relied upon. Every Rotarian should have a job within the club – a role to play. After all, why are we in Rotary? We are here to make a difference. Yes, we enjoy our Rotary service, but that is not enough if we are to make Rotary a priority week after week, year after year. The knowledge that we are having an impact, that we are changing lives – that is what keeps us going, no matter what other demands may compete for our time. And this is why each one of us, however long we have been in Rotary, must always be striving to grow as Rotarians – to find new ways to help others, and to bring about all the positive change we possibly can. For this, more than anything, is what makes our Rotary service worthwhile.

Whether we are new members or old ones, each of us can find ways to become more involved in Rotary service – at the club level, the district level, and beyond. Rotarian Action Groups are a wonderful opportunity to put specific expertise or interests to work, in a way that brings Rotarians from every part of the Rotary world together for a common goal. Whether your passion is water and sanitation issues, or microcredit, or blindness prevention – whether you want to volunteer your dental skills or help organize blood drives – chances are there is a Rotarian Action Group for you. And if not, why not organize one yourself? You can learn more about Rotarian Action Groups at www.rotary.org/actiongroups.

Rotary is and always has been an organization based on its clubs. The purpose of Rotary International is not to direct its clubs, but to connect, inform, and support them. Where and how each club, and each Rotarian, chooses to serve, is ultimately the decision of each one alone. So follow your own ambition and your own vision. Open your eyes to the challenges in our world, and use the strength you have through Rotary to find ways to overcome them. Every one of us has so much potential, and can achieve so much, when we *Reach Within to Embrace Humanity*.

We meet every Friday, 7.30pm. at ' HARMONY ', 20A, Kali Mohon Banerjee Lane, Kolkata 700025

Minutes of the Meeting

Meeting no 1051

Dated 04.05.2012

President called meeting no. 1051 to order.

National Anthem led by Rtn. Sanjib Kr. Ray

Minutes of the last meeting confirmed.

Discussions:

- President discussed the matter relating to Vocational Sponsorship, which is to be awarded to a needy person for pursuing his training. Members recalled their decision to interact with the candidate on a future date.
- President discussed an appeal from Mr. Sambhunath Tarafdar for financial support for getting his 1yr. 4mth. Daughter, Baby Rikta Tarafdar to be operated for a heart disease. Members decided to take up the case.
- President announced that District Assembly for the year 2012 - 2013 is to be held on 20th May 2012 at Hyatt Regency, Kolkata. He requested all members to register for the Assembly.
- President mooted a discussion on the Club Bye laws which was adjourned till our next RWM on 11th may, 2012.

Acting President handed over the business to the Officiating Secretary Rtn. Gautam Ray, who announced the receipt of bulletins from neighboring clubs, and upcoming District events before handing back the meeting to the President.

Having no other business, President terminated the meeting.

Members Present: 10 Sunshine Collected : Rs. 200/-

Thought of the Day

Difference Between Boss & Leader

Drives employees	... Coaches them
Depends on authority	... On goodwill
Inspires fear	... Generates enthusiasm
Says, "I"	... Says, " We "
Places blame for the breakdown	... Fixes the breakdown
Knows how it is done	... Shows how it is done
Uses people	... Develops people
Takes credit	... Gives credit
Commands	... Asks
Says, " Go "	... Says, " Let's go "

DISTRICT 3291 UPCOMING EVENTS

- May 20: District Assembly 2012-13 at The Hyatt Regency, Kolkata.
- May 26: Inter City Meet on Future Vision at Rotary sadan at 3pm. Major changes in TRF funding to be discussed.
- May 26: District Drama at Gyan Manch from 6.30pm
- 9th June : Rotaquiz at Rotary Sadan from 3 to 6.30pm



Music for Health & Wellbeing

Music affects our thoughts, feelings and behaviors. The rhythm can affect our bodies so that our pulse and respirations are in time with the music's beat or rhythm.

Music can relax or energise, and certain pieces of music can affect us in deeply personal ways. Whilst most of us listen to music, making music can be a very effective means of expression. It's also great for our self-esteem and confidence.

Music can be listened to, used as a means of expression, or performed.

Music is able to cut across boundaries, through language, culture, age and religion.

Music is already therapy worldwide, whether through making music or listening. It is an important part of spiritual life. Most significant religious traditions use music to help create the mood for prayer, worship, reverence or joyful celebration.

Scientists have shown how even hens are happier and produce more eggs when played calming music!

Playing Mozart when studying is said to increase our IQ. Another study showed that children who learn a musical instrument are much quicker at developing spatial awareness and problem solving skills.

There are times when we might feel like taking our temper out on a set of drums, and it would almost certainly help us to feel better.

Adults who had musical training as children have better word recall, a recent study has found. Researchers say that women who went to music lessons for at least six years before the age of 12 were significantly better at remembering words than those who hadn't. Music could also be beneficial in treating memory loss or language difficulties.

Music experience has been shown to:

Improve motor functioning	Compress/shorten time during labour
Decrease muscle tension	Promote well being of new-born
Entrain and regulate respiration	Provide measure of control and reduce helplessness
Improve respiration and vital capacity	Reduce anxiety
Reduce pain	Reduce psychological trauma
Reduce heart rate	Enhance relaxation
Increase pain tolerance and threshold	Provide diversion
Decrease pain medication required	Elevate mood
Decrease blood pressure	Decrease fear
Decrease corticosteroid levels	Increase verbalisations - speech is less inhibited
Decrease finger temperature	Increase mental performance during stu
Improve comfort	

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 ?

**GLOBAL
POLIO ERADICATION
INITIATIVE**



every last child