



# Rotary Club of Sonarpur

Rotary District : 3291



**PRESIDENT :**  
Rana Safui



**RI PRESIDENT :**  
Sakuji Tanaka

**SECRETARY:**  
Gautam Ray

**DISTRICT GOVERNOR:**  
Uttam Ganguli

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

**NO. 14**

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## Leaving their mark

By Susan Hanf

Rotary International News -- 21 May 2009



Left Top: 1940, Cuba/ Middle : 1987, India/ Right: 1905, Cook Islands/ Left Bottom: Iran: 1975 Iran

For more than 75 years, countries around the world have honored the work of Rotary with commemorative stamps.

The first appeared in 1931, when Austria created an overprint -- a later printing over an officially issued stamp -- in honor of the RI Convention in Vienna.

Other RI conventions have been commemorated with stamps, including those held in 1940, in Havana, Cuba; 1961 and 1978, in Tokyo; 1981, in São Paulo, Brazil; and 1987, in Munich, Germany.

For Rotary's 50th anniversary in 1955, 27 nations issued commemorative stamps. Many featured familiar Rotary imagery such as the gearwheel, which a Greek stamp incorporated along with the number 50. Images of Paul Harris and common scenes from the issuing country also were popular.

Rotary's 75th anniversary was honored with commemorative stamps from Benin, Cyprus, Djibouti, Dominica, Ghana, Iran, and others. The postal service of the Netherlands Antilles issued several postcards and stamps as well as a postage cancellation stamp in the shape of the Rotary emblem. The Maldives issued a series of stamps based on Health, Hunger and Humanity Grants.

In 2005, Rotary's centennial inspired stamps from nations including France, Ghana, Peru, and Togo.

Stamps have also marked the anniversary of Rotary in individual countries and depicted projects and humanitarian activities. A 1960 Bolivian stamp bears the Rotary emblem and commemorates a children's hospital sponsored by the Rotary Club of La Paz. A 1976 stamp honors 40 years of Rotary in Fiji by highlighting a club project that raised money to purchase an ambulance.

Many Rotarians collect commemorative Rotary stamps. Since 1955, a group now known as the International Fellowship of Rotary on Stamps has collected and researched Rotary-related philatelic material.

## District Programme

1. 5<sup>th</sup> October , 6p.m.: Rotary Vocational Excellence Award 2012-13 to be held at G.D. Birla Sabhaghar

## Family Corner

### HONESTY

#### Hotel Dam-View

Hello friends today I will take you to a restaurant in Bhutan near a Dam way to Thimpu that is hotel "Dam-View". The restaurant is fantastic, all the items are available and the main thing is....., wait a minute! Friends can you ever imagine that a restaurant can take bill but not like every restaurant, I will show you how-

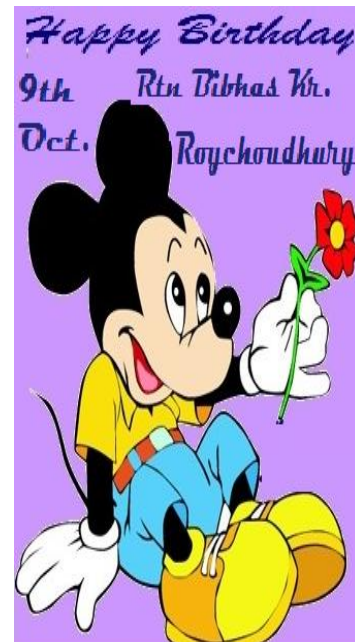
Step 1: Place your order on the counter.

Step 2: That is a self service so you have to take your food from the counter to your tables by yourself.

Step 3: As usual eat your food.

Step 4: Yes now it is time for surprise, after eating your food just go to the payment counter and say I have eaten this that and you have to pay the amount, wait friends I think you have not understand let me give you an example- You have only eaten fish curry, pork, fried rice, chicken, noodles, dry fish etc but have said in the counter that you have eaten only pork, fried rice and chicken, they will not mind you and they will also not ask you about the food you have really eaten. You can only pay the amount of these 3 tasty, yummy food. Just like, eat food for Rs 1000 and pay Rs 400. It means if you don't give the exact money they will not mind, but friends be honest don't behave like a bad guy and pay just like a thief because honesty leads humanity. Oh! I've forgotten to tell you that the food you will eat there are the best food in the world.

By- Pratya Chowdhury  
Trenching Ground Road,  
Harinavi, Kolkata - 700148



**Thought of the Day**  
**A MISTAKE WHICH MAKES YOU HUMBLE IS MUCH BETTER THAN AN ACHIEVEMENT WHICH MAKES YOU PROUD...**



## Minutes

Meeting no 1162

Dated 28.09.2012

President, Rtn. Rana Safui called meeting no. 1162 to order.  
National Anthem led by Rtn. Gautam Ray .  
Minutes of the last meeting confirmed.

Discussions:

- President discussed pre Puja 'Clothes Distribution' programme with the members present.
- President and members discussed about scrapping of 'Tree Plantation' project and taking refund of the money invested in the project.
- President and members discussed portfolio details & bank account opening of the newly formed Trust.
- President announced that the project report for Renovation & Extension of school building will be submitted before the club for consideration shortly.
- President proposed to shift the venue to 'Park Palace Hotel' after Puja vacation. Members discussed on the matter.
- Members of the club was informed about non availability of RCC Chairman Rtn. Tapas Bhattacharya for discussion regarding adoption of new RCC.

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

Having no other business, President terminated the meeting.

Members Present: 5

Sunshine Collected : Rs100/-

## Health Corner

**HEALTHY BREAKFAST OPTION: Oats**

- The HINDU, 28<sup>th</sup> Sept.2012

Oats are a hardy cereal grain able to withstand poor soil conditions in which other crops are unable to thrive. Oats gain part of their distinctive flavour from the roasting process that they undergo after being harvested and cleaned.

The oatmeal and oat bran are rich in dietary fibre, both soluble and insoluble. These aids in lowering blood cholesterol levels. Oats help in slowing down the rise in blood glucose levels after a meal and also help in delaying the absorption into the cells.

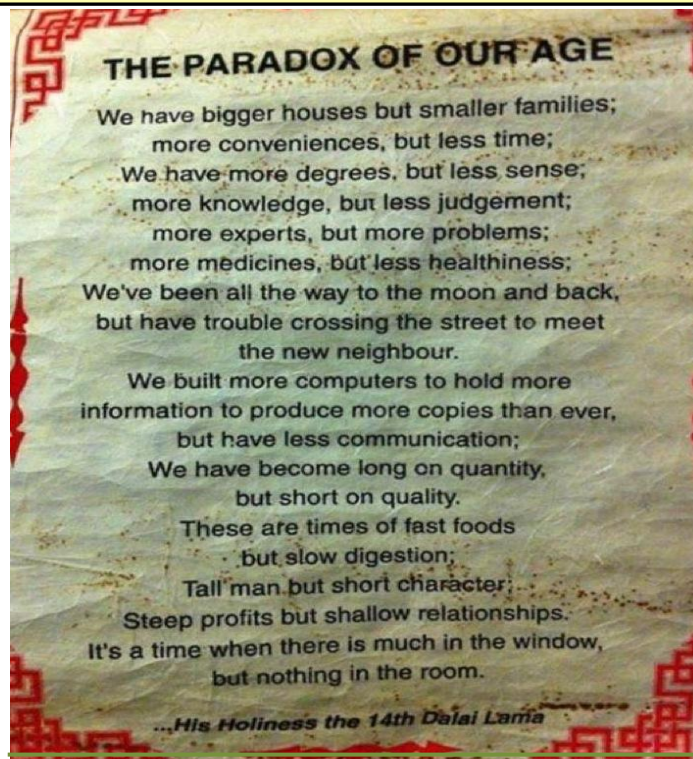
The soluble fibre forms a gel like structure while passing through the digestive tract. This increases the viscosity of the contents of the stomach and small intestine, which in turn slows down digestion and prolongs the absorption of carbohydrates into the bloodstream. This is especially desirable for diabetics and weight loss seekers.

Oats also have a good balance of essential fatty acids and are a good source of essential vitamins such as folic acid, thiamin and minerals such as copper, iron, manganese, zinc, magnesium and selenium. Regular consumption of oats also helps in maintaining healthy blood pressure.

**Getting Bald**

I knew I was going bald  
because

it was taking longer and longer to wash my face.

**Historic Moments: Interact**

\*Rotary News -- 21 Sept.2012

This year, the Interact program marks its 50th anniversary.

The first Interact club was chartered 5 November 1962 at Melbourne High School, Florida, USA, a few months after the program was approved by the Rotary International Board of Directors. The club and its 39 charter members were sponsored by the Rotary Club of Melbourne.

Interact's name is a combination of "international" and "action." Interact clubs are sponsored by Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting. Interact is open to young men and women, ages 12-18.

The following are a few historic facts and firsts:

On 14 January 1963, the Interact Club of St. Peter's High School became the first Interact club outside the United States. It was sponsored by the Rotary Club of Thanjavur, Tamil Nadu, India.

The first club in Africa was chartered 20 September 1963 at H.H. Aga Khan High School, sponsored by the Rotary Club of Mombasa, Kenya. The Interact program grew to 290 clubs in 25 countries and geographical areas within its first year.

In January 2010, the RI Board of Directors lowered the minimum age from 14 to 12.

In 2011, there were 13,500 Interact clubs in 138 countries and geographical areas.

**Four Way Test**

Of the things we think, say or do

- 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