



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

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Rotary's gesture at Tiruper tribal village

Source: **THE HINDU**, Chennai, December 8, 2012

The Rotary Club of Chennai, Thiruvanniyur, under the 'Minimum Education for all – Adults and Children' scheme, distributed benches and chairs to school students. About 18 sets were given to the Tiruper Village Elementary School on Nov. 24. The club also plans to replace the school roofing.

Sanitary awareness camp:

The club, in association with the Rural Development Department, also conducted sanitary awareness camp at the Tiruper Village. Mr. R. Sooriya Narayanamurthy, Block Development Officer, inaugurated the camp.

With the help of doctors and Para Medical staff of Chettinad Hospital, a mega health camp was also held at Tiruper, on the same day.

The club has been sponsoring 25 girls for tailoring classes. They have an agreement with a garment export firm in providing employment, after the training.

All these are part of 'The Happy Village Project', the Signature Project of RI District 3230. It is the result of Rotary International's strategy to increase humanitarian service through a club project that will sustain and make a difference in the lives of many. Rotary Club of Chennai, Thiruvanniyur, over the last three years, has been rendering services at its adopted Tiruper tribal village in Tiruvallur district.

Did You Know?



The Great Pyramid of Giza was so ahead of its time that it stood as mankind's most significant architectural achievement for several millennia. Built in 250 B.C. for the Pharaoh Khufu, the structure consists of some 2.3 million stone blocks and took an army of workers 20 years to complete. It is the oldest of the seven wonders of the Ancient World, Perhaps most astonishing of all, at 481 feet tall, (now 456 feet after centuries of erosion) the Great Pyramid stood as the world's tallest structure for over 3,800 years.



This is a photo gone viral about a planetary alignment on Dec. 3, 2012, over the pyramids of Giza, Egypt. There was an alignment of Mercury, Venus and Saturn and they were within a relatively small distance of each other in the sky on that date. They were 14 degrees apart, nearly 30 times the width of the full Moon on the sky, according to experts.

It's only happens once in 2,737 years

Courtesy: Amazing Facts/Bad Astronomy

Rotary International aims for 'Happy Villages'

Source: **The Indian EXPRESS**, Chennai, 07th August 2012



Over 1,00,000 underprivileged people from 100 Tamil Nadu villages will have a reason to smile as Rotary International plans to launch an initiative to change their lives.

Addressing a press conference recently, Rotary Foundation chairman Wilfrid J Wilkinson, along with Rotary International director P T Prabhakar and Rotary district governor V Raja Sreenivasan said that the 'Happy Villages' initiative will target five districts across the State - Chennai, Kanchipuram, Vellore, Tiruvannamalai and Tiruvallur. The project will initially be started with a funding of '5 crore.

"We are also trying to rope in the State Government apart from corporate companies. District (of Rotary) 3230 has 117 clubs. Each club will adopt a village and try to provide basic amenities. We may require funds more than '50 crore and will launch a fundraiser between October 5 and 7," said Sreenivasan.

Health Corner

Eating fish can help protect the eyes

Many scientists have recently found that eating fish as you age will protect against age-related *macular degeneration* (AMD) of the eyes, which is the main cause of *vision loss* in those over 60. About 1/3 of those suffering from AMD are over 75.



This condition occurs when the center of the *retina*, the *macula*, deteriorates, stealing vision required for driving and reading. In studies, those who ate diets high in *Omega-3s* had a 38% lower chance of degeneration, and those who ate fish two or more times a week showed a large drop in the risks of early and late degeneration. Another important and effective way to prevent this *macular degeneration* is by quitting smoking, as this is the number one risk factor. *Omega-3s* can be found in oily fish, such as *salmon*, *trout*, *sardines*, and *tuna*. Other

foods include flax seeds and walnuts. These *Omega-3s* also help other areas of our lives, including lowering blood pressure, reducing *menstrual pain*, helping with depression, and assisting with osteoporosis. They even help with *heart diseases* and *diabetes*. Men do not suffer as often from AMD and the effects of fish for men is not as clear as for women. However, eating fatty fish and *Omega-3s* will help keep you live longer and healthier.

Quote:

Your gifts are not about
Leadership is not about
Your purpose is not about

YOU

A life of significance is about

SERVING

those who need your gifts, your
leadership, your purpose.

Kevin Hall, author "Aspire"

We meet every Friday, 7.30pm at Hotel Park Palace, 49/2, Gariahat Road, Kolkata 700019

District Programme

- 12th & 13th January 2013 : 'Prashanti', Conference of Peace at Swabhum
- 20th January 2013 : Sub-National Immunization Day

Minutes

Meeting no 1167

Dated 07.12.2012

President, Rtn. Rana Safui called meeting no. 1167 to order.
National Anthem led by Rtn. Swapn Kr. Paul.
Minutes of the last meeting confirmed.

Discussions:

- President informed members about submission of Helping Grant Project, 'Renovation & Extension of school building in Ashram Anandam' to EIRWT, who are expected to meet in January for approval of the project. Members decided to keep the beneficiary informed for them to be ready with their contribution of Rs.50000.00.
- Members discussed and decided to disburse Rs.3000.00, for the 1st of the 4 instalments to Ashram Anandam towards Teacher's Honorarium.
- Members discussed about the preparation of Woolen garments distribution among needy school kids at Janakalyan Samity, Usthi, scheduled to be held on 15.12.2012. Rtn. Sanjib Ray made an additional contribution for the project to commemorate his father's Death Anniversary on the date.
- President announced the decisions of the Board meeting held on 05.12.2012:
 - (1) Rejection of Rtn. Subrata Das's resignation proposal.
 - (2) Adoption of Hotel Park Palace as our venue, till availability of an alternate cost effective venue.
 - (3) Unanimous selection of Rtn. Sanjay Dasgupta as President (Elect) 2014-2015.

President handed over the business to Secretary Rtn. Gautam Ray, who announced the receipt of Membership dues of both halves of the instant Rotary year from Rtn. Moloy Chatterjee, before announcing the receipt of bulletins from neighboring clubs, and upcoming District/ Club events. Secretary handed back the meeting to the President after announcing the Wedding Anniversary & Birthdays of our members / Anne in the following week.

Having no other business, President terminated the meeting.

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



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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 ?

Rotary award given

Source: *The Indian EXPRESS*

Bharatnatyam dancer, Shashikala Ravi was awarded with 'Rotary Leadership Excellence Award', on October 21 for her contribution towards arts and culture. Ravi is also the founder director of Amritanjali School of Bharatanatyam,

Pune. Shivaji Satam, film personality and Deepak Shikarpur, district governor elect of rotary felicitated Ravi with the award. All exemplary professionals and leaders are honoured by worldwide rotary calendar during the month of October. Manoj Joshi, a popular actor and comedian was also present on the occasion.

Tennis legend Ramanathan Krishnan presented upcoming tennis player

Ramanathan Ramkumar with the 'Young Achiever' award at a function of the Rotary Club of Madras East (RI District 3230). Narayanan, member of the Club, read out Ramkumar's achievements right from the time he was schoolboy to winning the Junior National title. Ramkumar along with Mohit Mayur has been supported by the TNTA for training abroad.

Ramkumar, who learnt the ropes of the trade at Triangle Tennis Trust, has been making steady progress in the last couple of years. He won the Junior National title in 2010, Last year he represented India in the Junior Davis Cup. He has been training regularly at Spain and also had a

chance to train at Nick Bollettieri Academy in the USA.

Both Krishnan and Ramesh lauded the effort by Rotary to recognise talent and wished the youngster a bright future. Ramkumar thanked Rotary for the award. He also thanked his coaches Chandrasekar and Ilyas Hussain, who were present at the function.

He believed the award would motivate him to perform better in the future.

Club Programme

15th December: Distribution of woolen garments to the needy children at Usthi, through RCC, Janakalyan Samity.

