



Rotary Club of Sonarpur

Rotary District : 3291



PRESIDENT :
Rana Safui

SECRETARY:
Gautam Ray



RI PRESIDENT :
Sakuji Tanaka

DISTRICT GOVERNOR:
Uttam Ganguli

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Let the world know your Rotary story and leave a legacy

By Antoinette Tuscano

Rotary News -- 25 June 2013



South Sudanese former child soldier Emmanuel Jal, now a peace activist and hip-hop artist, performs during the second plenary session.

Monika Lozinska/Rotary International

Rotary International on Facebook

It was a day when Rotarians were urged to step forward and make a difference.

"Step out of the shadows and do good. Leave a legacy," 2011 Nobel Peace Laureate Leymah Gbowee told Rotarians at the second plenary session of the 2013 Rotary International Convention in Lisbon Monday. Gbowee, a peace activist, took on warlord Charles Taylor and led a women's peace movement that helped end the 2003 civil war in Liberia. She said people have the potential for good but many suffer from the disease of individualism, mistakenly believing that other people's problems are not theirs.

She urged Rotarians to get involved in the lives of others.

South Sudanese former child soldier Emmanuel Jal, now a peace activist and hip-hop artist, also spoke about the need to take a stand.

"The worst people on earth are not those who commit atrocities, but those who turn a blind eye or bury their head in the sand," he said.

He said we all have a purpose in life, and we need to get involved to make a difference.

It is this purpose that Past RI President Bill Boyd asked Rotarians to talk about more in sharing Rotary's story.

"As an individual, it's difficult to improve our community or the world, but when we join with like-minded people, we can achieve so much more," he said.

Boyd said Rotarians don't tell their story outside of Rotary often enough, which may be one of the reasons membership has not grown but stayed the same for a number of years. Boyd said we need to ask ourselves why we are losing members in so many countries and not receiving more donations from outside of Rotary. Is there something wrong with our message or how we are delivering it?

Boyd said professional consultants were hired to conduct a comprehensive survey to try to answer these questions, and what they found was that "we're not communicating to those outside of Rotary."

Boyd encouraged Rotarians to tell their friends about Rotary and then ask them to join. He said Rotary is a unique organization with diverse perspectives, and once people understand more about Rotary, they want to be a part of it.

In his convention presentation, Rotary General Secretary John Hewko said one of his goals is to ensure that Rotary's work is recognized -- especially its role in eradicating polio.

"Rotary is receiving the international recognition we deserve," Hewko said. Media outlets that have mentioned Rotary prominently include the BBC, *The Economist* magazine, and *Time* magazine's international edition, which ran a cover story on polio eradication, with Rotary featured as a leader of the effort.

"Now that we truly are 'this close' to eradicating polio, our public image is more important than ever -- because the more our good work is known, the more prepared we'll be, when polio is eradicated, for whatever lies ahead," Hewko said. "Rotarians of the world can help raise Rotary's visibility even more by lending your own voice to the polio eradication effort."

Also speaking at the convention 24 June was Jorge Sampaio, the former mayor of Lisbon and the president of Portugal from 1996 to 2006. He said the Rotary motto, Service Above Self, "is an inspiring yet a hugely demanding" principle

Matsu festival, food leave European students smiling The China Post

June 25, 2013, 12:11 am TWN

TAIPEI--A festival in honor of Matsu, the Chinese goddess of the sea, and local delicacies have made a lasting impression on three European students who will soon be finishing an exchange program at New Taipei Municipal Panchiao Senior High School.

Antony Weiss and Clara Kruse from Germany and Alexandra Lilgova from Slovakia have been studying at the school since September 2012 on Rotary International's Youth Exchange program.

The exchange students recently shared their reflections on the year-long exchange and thanked their classmates and teachers for a memorable year, according to the school.

They were especially thankful for the great friendships they had formed with local students, who supported them through the initially awkward stage following their arrival in Taiwan.

They took classes with local high school students and traveled around Taiwan, citing Sun Moon Lake, Kenting, Hualien, and Taitung as their favorite spots.

The Taipei MRT also ranked high on their list of things worthy of praise because of its convenience.

The European students were most captivated, however, by the fervor shown during the Dajia Matsu Festival, which they said was very different in form from religious activities in Europe.

Taiwanese dishes also made a lasting impression on the students, who cited dumplings, beef noodles, and bubble tea as among their favorites. Local students and teachers were impressed by the work ethic of the three exchange students and hoped they would stay in touch.

Club Programme

30th June : Observation of Club Charter Day,

Jt. Installation Ceremony with RC Calcutta Ridge.

Venue: The Park Palace Time: 9.30 a.m.

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

Minutes

Meeting no 1192

Dated 21.06.2013

In the absence of President Rtn. Rana Safui, Vice President called meeting no. 1192 to order.

Vice president welcomed members from RCC Janakalyan Samity, Usthi, father of Kid Syd. Sarifuddin & Chandana Ghosh.

National Anthem led by Rtn. Sanjay Dasgupta

Minutes of the last meeting confirmed.

Discussions:

- Members present discussed the progress of the ongoing helping grant project at Sonarpur.
- RCC members returned the MicroCredit amount which was disbursed through them.
- 12 Umbrellas were handed over to the RCC members for distribution to the teachers of the school managed by them.
- Rs. 3000.00 handed over to the Father of Syd. Sarifuddin, the child who had heart surgery, for attending medical checkup at Durgapur.
- Chandana Ghosh appealed to the club for financial support of her education through the Higher Secondary level, in view of her family's poor financial background. Club members assured her the support but not before she stabilizes in a school.
- Members of the club revived the last meeting's discussion on the upward revision of the Semi-annual club dues for the year 2013-14 and discontent thereof. After looking at the budget for the year 2013-2014 members present decided against altering the amount decided in the Jt. Board Meeting but appealed for increasing membership base.
- Rtn. Dr. Malay Chatterjee informed the club about the preparation for club's upcoming Safe Drinking water project.
- Members present discussed on the ensuing Charter Day and Installation ceremony of the club.

Vice President handed over the business to Secretary Rtn. Gautam Ray, who announced Birthdays and Anniversary of members & Ann before announcing the receipt of bulletins from neighboring clubs, and upcoming District/ Club events. Secretary handed back the meeting to the Vice President.

Having no other business, Vice President terminated the meeting.

Members Present: 11

Sunshine Collected : Rs. 220/-

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 ?

Club Project Report



D.G. Uttam Ganguli inaugurated a water purifier at KMC Health unit, ward no. 70, in the presence of an on behalf of our club members. DGN. Rtn. Jhulan Basu was also present on the occasion.



District Programme

29th June: District Award Ceremony at G.D Birla Sabhaghar at 4.30 p.m.

1st July : Changeover Ceremony at G. D. Birla Sabhaghar at 6.00 p.m.

Health Corner

5 habits to avoid for better sleep

Night time snacking

It might be tempting to reach out for that slice of uneaten pizza or a box of doughnuts, but this is actually one of the most common habits that can keep folks from getting shuteye. Late night eating is said to cause a gastro esophageal reflux disorder, in which where the stomach acid goes back into the esophagus causing acid reflux, say experts. This gives acidity and makes a person feel uncomfortable.

Exercising very late

Exercise is certainly a good habit but doing so in the late hours of the day is unwise. Experts outline the connection between a lower body temperature and achieving quality sleep. When you exercise it raises the body temperature and increases the metabolism. So, while this works well during the day, it's not ideal if you want get into sleep mode.

Watching too much TV

Unfortunately the TV set is believed to be a part of the bedroom, but actually watching your fav crime or drama shows from your bed can set the pulse racing and make the rain too active. Also an exposure to violent programming is said to cause nightmares. Doctors advise meditation or prayer that helps to relax the system. One may also curl up and read a book.

Working after hours

Most people tend to either spend late hours at the office or bring work home for late night. But this habit can cause stress and tension that leads to insomnia and loss of appetite. Pouring over a work presentation, number crunching or talking to colleagues can make the mind very alert, and push up adrenalin and stress levels — quite the opposite scenario for a restful night.

Talking too much

Sometimes due to hard schedules, finding time to talk with your spouse at bedtime might seem like the only option. However, if the conversation escalates into an argument, it can shoot up energy levels and cause feelings of anger and fear that takes away sleep. Fights also make it impossible to fall asleep afterwards. The ideal thing to do is make time for settling issues and important topics at some time during the day.

*An appeal from Installation Committee Chairman
Rtn. Dr. Malay Chatterjee*

Dear Fellow Rotarians,

I appeal to all members of the Installation Committee to reach the venue at 9 a.m. on Sunday 30th June and discharge their duties as detailed below:

- 1) Reception: Rtn. Swapan Kr. Paul & Rtn. Pradeep Kr. Choudhury
 - 2) Finance: Rtn. Samir Kr. Ray
 - 3) Stage Management: Rtn. Sanjay Dasgupta & Rtn. Santanu Ghosh
 - 4) Food : Rtn. Subrata Das & Rtn. Sajal Kr. Dutta
 - 5) Registration: Rtn. Amal Bhattacharya & Rtn. Chandan Goswami
- Rtn. B.K. Roychoudhury & Rtn. Sudip Bhattacharya will be advisers
Rtn. Sarbendu Dutta will be delivering Vote of thanks.

Hope together we can make the program colorful and successful.

With Regards
Yours in Rotary
Dr. Rtn. Malay Chatterjee