

RI President: Ron D. Burton
President: Gautam Ray



District Governor: Rajani Mukerji
Secretary: Debasis Chakraborty

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A teacher of teachers November 24, 2013

By JOE SUTTER, jsutter@messengernews.net, Messenger News
POCAHONTAS - Not only has Helen Beneke been a teacher all her life; she spent many of her years training teachers.

Beneke will now draw on her experience to train other members of her district of Rotary International. She was recently appointed as district trainer for Rotary District 5970, which includes her Pocahontas Rotary club.

Beneke started her career as a first-grade teacher, but moved into special education. She then spent from 1975 to 2000 as a special



education consultant for Area Education Agency 5, she said.

"I developed programs and coordinated services for students with special needs," Beneke explained. "I also provided training for teachers and administrators of our region."

Special education requires a certain skill set. For example, in

one of her Sioux Falls first-grade classes, she had both general ed students and two special ed students.

"I had two 8-year-olds, it was their fourth year in school and they were in first grade. That's because they were retained in kindergarten, and they were retained in first grade," Beneke said. "For me, those two children were the meat of teaching."

"That's what teaching was all about, to figure out how to break down concepts, and then build and link those concepts together. Because general ed kids, for the most part you facilitate their education. You have the materials, and you sequence it, and reinforce it. But my perspective is that special ed, that's what real teaching is."

"I think mostly (people) think special ed teachers are more patient than other people. But I don't think it's that; I think you change your expectations."

After she retired from the AEA, Beneke became active in the International Association of Special Education, and presented at biannual conventions in locations including Warsaw, Poland; Hong Kong, China; Riga, Latvia; Sligo, Ireland; and Scarborough, Trinidad and Tobago.

Beneke's term as district trainer is for three years. She said she is still learning what all the position involves. She was sent to a training program in Pittsburgh in October, where new trainers met with more experienced ones.

Part of her job is to serve as chair of the district training committee, which handles all training for the Rotary district level. She will also support the governor and governor-elect in training club and district leaders, and determine district-specific methods for conveying key concepts, making necessary logistical arrangements, or conducting sessions.

She will also be part of the regional planning committee for the tri-state Presidents-Elect Training Seminar.

Beneke has been in Rotary for 25 years. She was one of the first two women to join the Pocahontas Rotary club the first year the international organization allowed women.

"I think the older Rotarians who had belonged to Rotary for decades, perhaps felt a little uncomfortable," she said.

She remembered how one Rotarian brought her a cartoon of a family around a table with the man saying, "I think it's time for the women to clear the table."

"He brought that to me during rotary meeting. So I went home and got a mat and frame, and brought it the next week and put it on the wall. I just treated it as a joke," she said. "But now, everybody's used to it."

She wanted to join because she liked the goals.

"I admired the goals of trying to make life better for people all over," Beneke said. "Polio prevention has been a big push for decades for the Rotarians. Clean water is also another big push."

"I just thought it was an opportunity to be involved with an international organization. ... I didn't think about when I retire, having the opportunity to travel internationally."

Though she's retired from the AEA, Beneke currently works for Morningside College of Sioux City. She travels throughout the region to supervise special education interns, including one at the Fort Dodge Middle School.

In the local Rotary club, Beneke has organized a project bringing dictionaries to third-grade students for the last five years.

"They cost just over \$2 apiece," she said of the special youth dictionaries. "The nice thing about them is all the info in the back. They have information on all the states, and a world atlas, weights and measurements. ... It's a wonderful resource."

The club brings dictionaries to students in the Pocahontas Area Community School, Pocahontas Catholic School, and Laurens-Marathon Community School. After the year, the students get to keep the books.

Beneke participates in other Rotary community projects and has twice served as club president. She also volunteers at the local movie theater, is a member of the community theater group Princess City Players, and is on the Hometown Pride Committee.

Organ donation camp organised by

Rotary By Express News Service – COIMBATORE

Published: 29th October

More than 25 people registered their names to donate organs and cadavers during an awareness programme conducted in the residential area of Kovaipudur.

The camp, organised by the Rotary Club of Kovaipudur, saw residents flooding the venue.

As many as 400 people attended the camp to get first hand information on cadaver and organ donation.

The camp was attended by Rotarian Prathap Gokul Das, past district governor, and Kamalesh Raheja, district governor nominee.

Many people die every day and there is a huge need of organs to save life, said Prathap. He said by donating the body or organs the dead people continue to live through others.

He encouraged people to wholeheartedly register their names for donating their organs and body.

He encouraged donation of cadavers, which he said would be of great use to medical students for carrying out their studies.

Kamalesh Raheja emphasised the need to donate blood. He said donating blood would not only save life, but purify the body of the donor.



Minutes of Meeting

Meeting no. 1209 Dated 29.11.2013
President Rtn. Gautam Ray calls meeting no. 1209 to order National Anthem led by Rtn. Sanjay Dasgupta
Minutes of the last meeting confirmed.

Discussions

President thanked members for their whole hearted participation in the Awareness camp on Lifestyle Diseases, Cervical Cancer & Mother and Child Care as well as SNID on 24th November.

On being invited by the President, President – Elect Rtn. Sanjay Dasgupta shared with the members his experience at Pre Pets held on 23rd & 24th November.

President and Members present discussed on the pros & cons of the proposal of organizing Thalasemia awareness and screening camps at Ashram Anandam and Ballygaunge Bidyalaya and Shilpa Shikshayatan.

President updated members present on the latest developments/ progress in matters related to Projects of District Grant and Helping Grant.

President requested members to pay up their Club dues if not paid yet and also requested to fulfill the members' commitments towards project funding for smooth running of the club.

Members present discussed the preparations for the incumbent AGM on 14th December. While Rtn. Sanjib Ray, entrusted to conduct the selection procedure, distributed nomination forms to the aspiring candidates, members discussed the probable candidates for President Elect.

President handed over the business to the Secretary who announced the receipt of letters, bulletin from neighboring clubs, announced Birthday & Wedding anniversary of Anne, Rotarians & Rotalets, upcoming District events before handing back the meeting to the President. There being no other business, President terminated the meeting.

Members Present: 9 Sunshine collected: 180

Upcoming District Event

'Intra District Badminton and Table Tennis Tournament' at YMCA, Chowringhee Branch, 25 Jawaharlal Nehru Road, Kolkata 700087 on **15th December, 2013** between 10.00 A.M & 4.00 P.M.

Grandparent's Day celebration at Marble Palace, Kolkata on 7th December. 2.30 pm to 4 pm Carnival. 4 pm to 6 pm Cultural programme.

5 Tips to Become a Confident Public Speaker

Ref. Stanford Graduate School of Business
Eighty-five percent of people struggle with speaking in front of others, and the other 15 percent are probably lying, shared Lecturer Matt Abrahams in a recent Mastery in Communication Initiative workshop at Stanford GSB. From introducing someone, to making a cold call, to being put on the spot to answer a question in a meeting, spontaneous speaking situations can make peoples' hearts race and hands shake. Some anxiety is good when talking in public – it gives you energy and helps you focus – but you want to learn how to manage it so it doesn't manage you, believes Abrahams. Here are five tips for becoming more confident and comfortable in any speaking situation:

1. Manage your anxiety.

When you start feeling your heart pound and hands sweat, acknowledge the nerves. Saying, "This is me being nervous," won't take the anxiety away, but it'll prevent it from increasing. Also try reframing the public speaking situation as a conversation rather than a performance.

2. Get out of your own way.

We tend to set very lofty standards for ourselves when speaking in front of others; we try to say really inspiring, poetic things all the time. But you should "dare to be dull," advises Abrahams. You don't always have to go for a laugh or the stars. Set your speaking goals at a reasonable level so you can overachieve.

3. Focus on the audience.

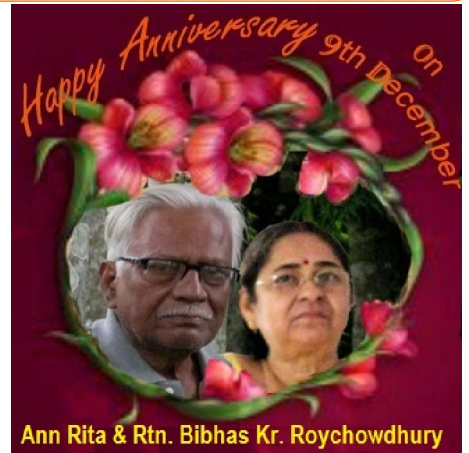
Too often people are afraid of speaking spontaneously because they think the spotlight is all on them, noted Abrahams. But your job as the speaker is to help your audience achieve some goal. It's not all about you. Understanding that the attention is partly on your listeners can help you feel less nervous.

4. Prioritize.

Really think about your audience so you can tailor what you are saying to them. Consider their needs so you can prioritize what you share and take away the anxiety of missing something. "Do what's needed, nothing more, nothing less," says Abrahams.

5. Respond concisely.

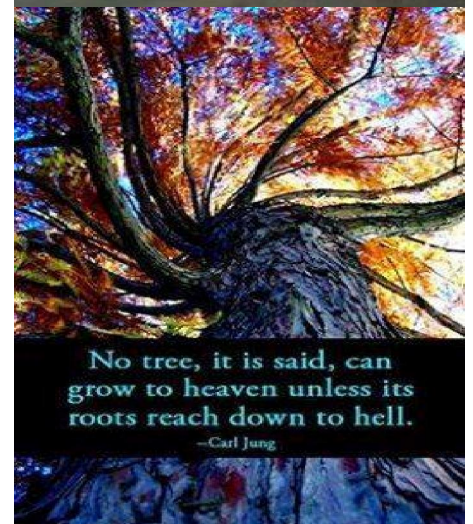
To avoid rambling on when answering a question, follow a simple response "structure." One example of a three-step roadmap to give your answer some direction:
1) Answer the question; 2) Detail an example; 3) Describe the benefits.



Ann Rita & Rtn. Bibhas Kr. Roychowdhury

Who Said That English Is Easy. Fill This Blank With "YES" Or "NO".

1. _____ i dont have a brain.
2. _____ i dont have sense.
3. _____ i am stupid.



No tree, it is said, can grow to heaven unless its roots reach down to hell.
—Carl Jung

Health Point

TOP 5 DISEASE HEALING FOODS

Get the list of the top 5 healing foods that have gone viral and start getting some of these superfoods in your shopping cart today!

1. Diabetes Busting White Kidney Beans
2. Mackerel and Trout for Arthritis
3. Clobber Inflammation with Onions
4. Depressed? Get Comforted with Quinoa
5. Pour on Olive Oil for Heart Health

