



INTERACTIONZZZ...

Rotary Cochin International (RCI) is proud to form a new Interact club at Don Bosco School, Vaduthala, Cochin. Rtn. Madan, Director - New Generations, took the initiative for the formation, and in a function held at the School Auditorium on 27th September 2006, RCI team along with Regional Chairman of Interact, District 3200 explained to the students the possibilities of Interact, and how it can be formed.

The chief guest Fr. Devassy Chirakel S.D.B (Principal, Don Bosco School) in his address, mentioned that he was happy to associate with an international organization like Rotary. He felt that with this association the students of the school would get connected with other states in India and other countries as well.

The President Rtn Chandru presided over the function and the AG, Rtn SR Nair, was kind enough to grace the occasion and enlightened the students and teachers on the activities of Rotary. Rtn Madan MJ, gave a brief on the activities of our Club. Rtn. PP Manoj Kumar, Regional Chairman for Interact, Dist 3200, then spoke on interact.

Kudos to Rtn Madan, Rotarians and Anns who took time out of their busy schedule and help put on track the making of RCI Interact



THE PREZ BUZZZ...

Dear Members

After assessing the first quarter of the year I feel satisfied as president as things are moving as per plan.

Our plan for forming interact club is getting materialized and I thank Rtn Madan for this. This is indeed a great achievement for our club. Our association with Don Bosco School where we are forming interact club will give us many opportunities to serve the young generation. I feel this is one of our major steps forward. Incidentally world Interact week begins in October for Rotary calendar 2006

This also being the month of Vocational Service Award month we would be honoring an important person in the month.

With Sports Activities of Rotary beginning this month all our sports enthusiastic members are busy practicing and sure we will have many laurels as in the past.

With more and more members actively participating in the club activities and with new members joining club is getting stronger day by day.

Long way to go but surely moving towards right direction and at right pace

Happy Diwali and Ramzan to all

Chandru



Rtn. William B. Boyd
President Rotary International
2006 - 2007



Rtn. Babu Joseph
District Governor 3200
2006 - 2007



RCI NEWZZZ...

10TH SEPTEMBER 2006:



RCI jointly hosted a seminar on the World Suicide Prevention Day with Rotary clubs of Kalamassery, Cochin Harbour and Cochin East. Prof M K Sanu inaugurated the seminar and two well-known speakers Mr C J John, and K A Sebastian, spoke on the subject. This was followed by an open discussion moderated by Rtn Dr Prakash Chandran. Both the speakers emphasised on the role of counseling in preventing suicide.

Mr KA Sebastian said Bhagwad Geetha was the best example for counseling. Mr. CJ John also stressed on the need to listen to people in stress. He suggested some commandments for Suicide Prevention.

- 1) Please feel free to speak
- 2) Listen to somebody in distress
- 3) Consult experts (psychologists) when in distress
- 4) Say 'NO' to drinks, narcotics, gambling.
- 5) Teach Children to live life, the skill of living. Do not pressurize to perform
- 6) Family is a cushion. Create venues for regular interaction for the family
- 7) Live a simple life within your resources.



27TH SEPTEMBER 2006:

Rtn Manoj Madhav did a classification talk. He spoke about the various assignments he took up after his BTech from REC. He has served in various capacities in Wipro, Fijitso, Bharti and Reliance. The discussion that followed the talk elaborated upon the trip he had made to Antarctica on Sagar Sampada, an expedition undertaken by CMFRI.



16TH SEPTEMBER 2006:

As usual, RCI celebrated Onam in style. The venue was the rotary hall of Cochin East.

Ligi and Manju laid an eye catching floral carpet.

Few of the junior and senior Rotarians delivered the Onam messages and shared their experiences on old onam days. Hari started off the messages and lamented on the lack of knowledge about our glorious past among our children and he tried to impart it to our Ants. Dr Sudheer Shared his experiences at Kannur.



Few dancers and singers in our Ants propped up to make the evening interesting. Suma and Preethi took the lead in arranging the dances. Prashanth, Manju, Ligi and Falguni conducted games. This was followed by a tasty Onasadya. Needless to say fellowship had preceded it.

16TH SEPTEMBER 2006:

We inducted one more member to our club - Rtn Vivek Kartha. Vivek works as are Credit Manger of ICICI bank Limited. His Ann Asha and Ant Gayatri were also present. Rtn. PP. Hari Krishnan P.K. inducted Vivek. His Classification is Manager - Credits.



27TH SEPTEMBER 2006:

As the part of the formation of an Interact club, RCI enlightened the students of Don Bosco School, Vaduthala on the advantages of forming an Interact club at their school and also explained to them what rotary and RCI is. The function was held at the School Auditorium, which was attended by around 100 students and Rotarians and anns.

The President Rtn Chandrashekheran welcomed the gathering. The chief guest was Fr. Devassy Chirakel, Principal, Don Bosco School. The AG, Rtn S R Nair, spoke about the activities of Rotary International. Rtn Madan M J director New Generations gave a brief on the activities of RCI and introduced the speaker. Rtn. P.P Manoj Kumar, Regional Chairman for Interact, Dist 3200, then spoke on "What is Interact ?"



COLOURZZZ...

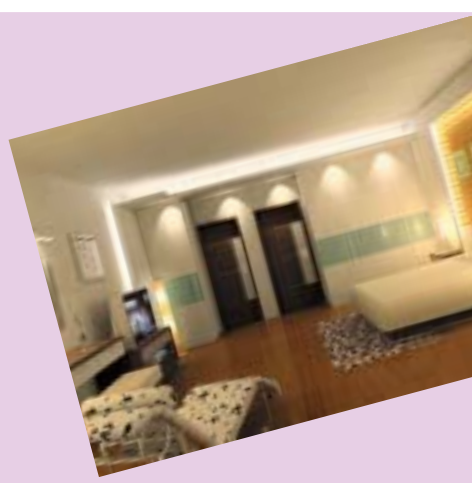
COLOURING SOMETHING CLOSE TO YOUR HEART- YOUR HOME

Sounds exciting for all but at the same time all will have a question running in their mind how to color and which color.

Just an attempt to help you paint it red and blue- could be black and white.

Existing Colors

Your house is your canvas, but it is not blank. Some colors are already established. Look around and you will see loads of them. What color is your roof? Will doors and railings hold their existing colors? New paint does not need to match existing colors, but at least it should harmonize. It may seem comical to paint your canvas based on the pattern of a pillow case or a flower vase but this approach does make sense. The color of your furnishings will guide you in the selection of your interior paint colors, and your interior paint colors will influence the colors you use outside. Once again, your goal is to harmonize.



Accents

Depending on the size and complexity of your canvas, you may be choosing two, three or many colors. In addition to the color you select for doors and windows, you'll want to select accent colors for trim and details such as grills, mouldings, columns and so on. This has to be done carefully because too many colors will confuse your canvas and too few will make it look two dimensional.

Darks and Lights

Light colors will make your house seem larger and dark will make your house seem smaller, but will draw more attention to details. Darker shades are best for accenting recesses, while lighter tones will highlight details which project from the wall surface.

Harmony and Contrast

Contrasting colors will draw attention to details, but extreme contrasts will clash. To be safe, consider staying within a single color family. For some accents, try using a darker or lighter shade instead of a different color.

Durability

The more intense a color, the more likely it is to fade. After a few years, vivid blues and deep reds will seem more subdued. Dark colors also pose more maintenance problems. Dark colors absorb heat and suffer more moisture problems than lighter shades. And because dark paint fades, it's difficult to touch up.

Sheen

You thought you only had to pick colors? Sorry! In addition, you'll also need to decide on the sheen of your paint — glossy, semi-gloss or flat. The glossier the surface, the more likely it is to show imperfections, brush strokes and touch up marks. On the other hand, glossy surfaces are easier to clean.

How am I supposed to condense this into a page when the scope is for the same explained over a 100 page book. Just keep HARMONIZE in mind and the rest will follow. There is another secret of the trade **GO BACK TO NATURE....**

Contributed by Rtn.(Ann) Falguni.
She is an architect by profession

THE EDZZZ...



I always take feedbacks from my friends, gurus, colleagues, seniors in both personal and official life to live a positive life.

When I asked for feedbacks on the three issues of Rocoint, I received many. I understood that there are some positive and negative points which I am trying to digest. I am implying them in this issue as well as the ones that will follow. This time I am focusing on more contents than just photos, and I hope you will appreciate this.

Last month was an eventful month, and it is highlighted by the first meeting for the formation of Interact. Also we had our Onam get together and other meetings as usual.

Rtn (Ann) Falguni is out there with flying colors, oops..she is flying but bothered us with colors. Thanks Falu for the wonderful piece of words on colors @ home.

In the month of October, we will celebrate Diwali, and I wish each one of you a happy and colorful Diwali.

With loving colors..

cinu



INTERACT CLUBZZZ...



INTERACT is a service and social club for young people ages 14-18. Each club is sponsored by a Rotary club, which guides the Interactors in developing local and international service projects.

Interact derives its name from the words "international" and "action," reflecting the nature of an organization that exists in 110 countries and promotes active service at home and abroad. With almost 200,000 members and more than 8,600 clubs worldwide, Interact provides a powerful force of youthful enthusiasm and energetic service.

Interact clubs are self-governing and self-supporting, offering many opportunities for members to develop valuable leadership and teamwork skills.

Each club carries out local service projects that benefit its community or school, such as fundraisers for a variety of causes, blood drives, benefit concerts, and visits to nursing homes, orphanages, and homeless shelters.

Interactors also develop international service projects that expand their understanding of the world and promote goodwill.

In addition to the rewards gained from helping others through service, Interactors have the opportunity to

- Begin preparing for their future by speaking at a Rotary club meeting, shadowing a Rotarian to learn more about a specific profession, and attending career fairs sponsored by Rotary clubs
- Broaden their horizons by getting to know the variety of people they serve — the elderly, children with disabilities, the homeless, and many others throughout the community
- Develop a strong work ethic and sense of individual responsibility by organizing projects to improve the environment, eradicate polio, promote drug awareness, and address other community problems
- Learn more about other cultures by communicating and working with Interactors abroad

Interact is a great way to meet people and make new friends. Interactors organize dances, sporting events, and other activities as a way to raise funds and have fun at the same time. Working together on car washes, food drives, or clean-up campaigns, club members get to know each other better and build many lasting friendships.

At Interact conferences for clubs in a specific area, members have a chance to expand their network of Interact friendships and share ideas for projects and other club activities.

Interact also offers a chance to make friends across borders and oceans. Through service projects with Interact clubs in other countries, Interactors learn about different cultures, promote goodwill between nations, and sometimes even travel abroad to work with their international service partners.



COBRA STRIKEZZZ...

The #1 "Pambu" of the Jungle (arguably), guards the treasure of the Jungle Kingdom for another one more year. In its never ending quest for "Nagamanickyam" this snake collects all glittering stones and even makes a living out of it. This reptile is known for its split tongue and its striking abilities in the field.



Here is a member RCI couldn't do without. A late comer ('has to close shop before coming for the meeting year'), a straight talker (with a language which is truly suburban), a jeweller (not a goldsmith, though), a cricketer (latest addition is an English willow – very expensive but useless to play), a bit flashy (combination of all those dark glasses combined with shirts bought from Twinkle - a place people shop only for child wear) and above all, the purse keeper of the club (into glorious second year!). How can RCI be without Ravi Aravind – the man from Thammanam?

Born into Karollil family some thirty seven years ago as the second son of three progenies of Shri Aravinthaksha Menon & Seetha Devi, Ravi studied in St. Josephs School Trikkakara and SRV School, Ernakulam. Father being in business, Ravi started attending shop from the tender age of 10 and naturally the DNA of business evolved very well within. While the studies were OK, for this Bachelor of Economics from St. Albert University(?), it was sports, particularly Cricket, Shuttle and Football that really caught the attention. It is matter of conjecture that only after the Ravi's arrival to RCI that the club started winning all those Rotary cricket tournaments.

Before settling finally into the dad's business, Ravi tried his hand in the distribution of Plastics. Where is gold and Where is plastic? It did not take Ravi long to realize that old is gold and therefore he gave his plastic business a go. Fully settled in the saddle at Aravind Jewellery, our man is into higher things and thinks that diamonds are forever. Today Ravi is hardcore business man with an uncanny ability of 'eye for money'.

Married to Preethy the Beypore beauty, Ravi the proud father of Gopika (5th standard) and Jagan (1st standard - both at Bhavan's Adarsh Vidyalaya, Kakanad), will soon be moving into his new dream home at Thammanam.

The folklore has it that it is very difficult to 'out' Ravi in a cricket game. He is a sticky player, for he starts to settle down soon, never to be moved out. Our Nagamanickyam fame Ravi Aravind is here to stay, with his Jewellery, his diamonds, his Preethy, his children, his ever expanding clientele and of course, with his RCI stardom.



THE WISHEZZZ...

BIRTHDAYS

04	Balakrishnan A	
17	Manav	s/o Rajeev Nair
18	Abraham George	
18	Kevin Krishna	s/o Harikrishnan PK
18	Jagannath	s/o Ravi K
22	Miriam	w/o Prakash Balakrishnan
26	Fathima	w/o Abdul Salam
28	Ivy	w/o Manoj P Joseph

ANNIVERSARIES

2	Sanjay Bhat & Lilan
21	Cinu P Thomas & Lincy

OCTOBER