

## RCC @ Maravanthuruth Chartered..

Our RCC at Maravanthuruth got the charter and on December 29, 2007, the Charter was presented to the RCC officials in a function held at the PHC premises at Maravanthuruth. Vaikom MLA K. Ajith inaugurated the function. MLA, in his inaugural address hailed the community service projects of voluntary organisations like Rotary, benefiting rural areas. Maravanthuruth Grama Panchayat President Selvaraj presented the Charter to Mr. Sivan, President of RCC. RCI President Aby affixed the lapel pins on Mr. Sivan (RCC President), Mr. Kunjukunju (Secretary) and, Mrs. Leela (Treasurer).



Dr. K P Shivaji, (Liaison Officer, Brain & Spine Centre), Mr. Rameshan, (Member, District Panchayat), KG Chandran, Ajitha, Tapasya Purushothaman (members, Grama Panchayat) and RCI Community Services Director, Rtn. Dr. Sudheer, felicitated.

Vijayan, Secretary, Grama Panchayat welcomed the guests and RCI Secretary Rtn. Pradeep Kumar proposed the vote of thanks.

There was also a medical camp organized on the same day, at the same premises.

## Prez' Voice..

Dear RCI family members,

Let me wish you all a very happy, pleasant and prosperous new year, 2008.

Let Almighty give you the strength and courage;

To fulfill another set of New Year Resolutions;  
To forget the sorrows and failures of the past ;  
To hope for a better tomorrow.

**RCC at Maravanthuruth** is chartered now and we had the Charter handing over ceremony in December. This is a very important milestone in RCI's journey in Community Service Projects. We will channelise our community service activities through this RCC.

We completed the installation of water tank, motor and associated plumbing works at Govt. U P School, Edappally in December.



## Bhavana 2008 on January 12

Bhavana 2008, the annual art festival for special children, will be conducted on January 12, 2008 at the Ernakulam District Co-operative Bank Hall at Kakkanad. This is the fifth year RCI is conducting Bhavana and DLF is supporting the event this year.



Registrations are underway and nearly 500 participants from twenty five schools in and around Cochin, have already registered. Competitions are being held in Painting, Drawing, Song (Solo & Group), Dance (Solo & Group), Fancy Dress and Mimicry. RCIans are all out with preparations for this mega event.



We welcome all the Rotary District Officials, Sister Clubs and other friends and well wishers to join us on this day to cheer all the participants and get inspired by the efforts these special children have put in.



**Rtn. MPHF  
L. Narayanaswamy**  
Dist. Governor



**Rtn. W. J. Wilkinson**  
RI President

We would like to thank Rtn. Abdul Salam for donating the motor for the school.

January, as always, is an action packed month for RCI. We have our **Super Six cricket** tournament on 6<sup>th</sup>. All preparations have been taken care of under the leadership of the project Chairman Rtn. Mathew. Preparations for **Bhavana**, which is scheduled for 12<sup>th</sup>, is also underway under the Chairmanship of Rtn. Prashanth. **Artificial Limb Camp** will be held from 20<sup>th</sup> to 27<sup>th</sup> and we expect to have about 35 beneficiaries. Rtn. Dr. Sudheer is meticulously planning for this. Let us all join together and make sure we have a very eventful and successful January.

Looking forward for a wonderful second half of this Rotary year.

YIR

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### Flag Exchange with RC Nea Smyrni, Athens



Community Services Director, Rtn. Dr. Sudheer was in Athens for a medical conference last month. He visited Rotary Club of Nea Smyrni, Dist. 2470 and exchanged flags with them. They meet every Tuesday at Hotel Athens Atrium in Athens. They have 21 members, most of them in their 40's. It is interesting to know that except for two members who are on leave, all others attend the meetings unfailingly. Their current project is 'destitute homes'.

### Events in January..

- Super Six Cricket
- Bhavana Art Festival for special children
- Artificial Limb camp

## Medical Camp @ Maravanthuruthu..



We conducted an eye and cleft lip correction camp at Maravanthuruthu on December 29. The camp was inaugurated by the local MLA, Mr. K. Ajith. The camp was conducted along with the Charter presentation ceremony of our RCC at the same place. A team of five doctors, including Dr. Lilan, from Amritha Institute of Medical Science examined nearly three hundred and twenty patients. Fifty needy patients were referred to AIMS for free surgery. Twenty surgeries have already taken place. This is the third medical camp conducted by RCI at Maravanthuruthu.



### Board Meeting

On December 15, we had a board meeting at Rtn. Falguni's residence. The discussion was on the fund raising and conduct of Bhavana and Super Six.

### Community Services

We installed the Pump and Water Tank at the Govt UP School at Edappally, as committed during the GOV.

## Speaker Meetings..

### Managing Stress in Family Life

Rtn. Dr. Prakash Chandran



Our AG, **Rtn. Dr. Prakash Chandran** who is an acclaimed Psychologist, delivered a talk on **Managing Stress in Family Life**, during our weekly meeting on 12, December.

Stress has become an integral element of our lives, especially the modern life style. Getting stuck in a traffic block on the way to office can trigger stress which might trouble you and spoil the whole day. Stress has got three stages, Event, Perception and

Reaction. The event is inevitable, we have no control over it, but how we choose to perceive the event decides our reaction. The reaction may not be immediate but in a later less relevant occasion, which complicates the whole issue. Always try to approach a stress event with a positive attitude.

We cannot imagine our lives without TV and Mobile Phones, but these contribute seriously towards stress in family life - he said. From his vast experience in handling cases, he felt that by being hooked on to these gadgets, we are minimizing the scope and time for communication and sharing between partners, which would be the root cause for all marital problems. Show your affection to the kids; a hug or a word of endearment can reduce their stress and consolidate the trust and faith they have in you. However, there is also a positive aspect to stress; it pushes us towards action.

A few things to keep in mind to handle stress effectively:

Communicate openly with your spouse/ people around you, Practise sharing and caring, Exercise daily, Do find time for Prayer/Meditation, Learn to enjoy reading, books can be your best friend, Introspection, at the end of the day take some time to be with your self, and analyse the events of the day, Be happy/ positive attitude.

### Humour in Medicine (Rtn. Dr. Sujit Vasudevan)

Our third talk in the month was by **Rtn. Dr. Sujit Vasudevan**, on Dec 19. He is a well known physician and an eminent speaker in the Rotary circles who is known for his sense of humour.

Apparently, his topic was 'Humour in Medicine'.

Dr. Sujit shared with us a few humorous incidents, witnessed by him and his fellow doctors, which tickled the funny bone of RCIans as well. Most of them were related to the incorrect usage of English and the all-knowing-Malayali's penchant for self diagnosis.



He said, mostly patients come with a diagnosis leaving the doctor wondering what the doctor is supposed to do. Many a times, they use the wrong words to explain the symptoms or body parts and leave the doctor utterly baffled and amused. Some patients also coin new usages and phrases, one of which we have adapted into the RCI lexicon also, to describe our 'slightly bar attached' rotarians.

**Enter the Chinese Dragon** (Rtn. Charter President SR Nair)



On 5, December, **Rtn. SR Nair**, delivered a picturesque speech on his recent visit to Beijing( China). He started by urging all the fellow members to awaken to the bite of travel bug; traveling, he says, can teach you things which you normally learn in ten fifteen years.

He shared a few of his observations about the city of Beijing and Chinese people in general. Beijing is so polluted, the visibility even on a bright afternoon is poor. There is so much of construction happening, everything is prefabricated and placed, things happen with a faster pace. It is a clean and safe city, with

virtually nil night life, the discipline imposed by the authorities shows in every walk of their lives.

They have luxury cars as Taxis, and it was very interesting to see the driver seat barricaded in a steel cage to the discomfort of the driver, but to ensure safety of the passengers. Also, if you have a complaint against the taxi driver, you are advised not to pay. Beijing, though known as cycle city, now devoid of cycles, still retains the cycle lane and cycle warden. It's a shopping paradise for clothes, especially silk, leather and travel accessories. The sales girls are so dedicated, they will try all '18 adavukal' to make you buy; giving you plenty of room for bargaining.

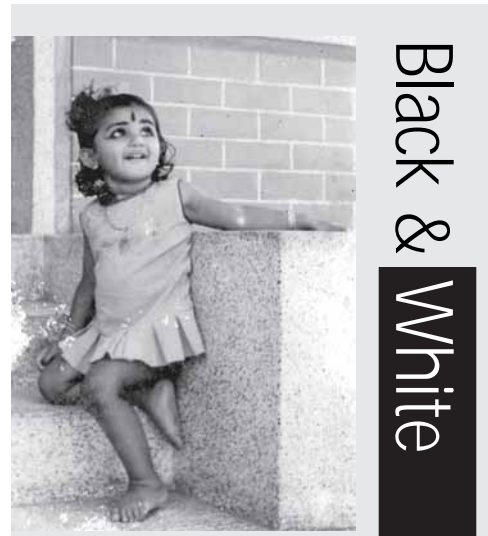
People resort to their traditional medicines and generally consume steamed food, leading a healthy life style. They are highly fashionable, their morals are equally high. They devise their own standards of quality, in manufacturing goods; you get quality goods for low prices.

Their zodiac signs are animal oriented, the number of animals on a roof, indicates the level of power of the person residing there. There is high corruption, but contrary to popular belief, it doesn't slow down the progress.

Chinese think and build big. It is reflected in all the structures they have built, Great Wall of China, Tiananmen Square etc. China is a perfect example to what infrastructure can do to progress. Their habit of planning well and timely execution is taking them places; they are already all-set for the 2008 Olympics, setting an example for all developed countries.



They are poised to outpace India, soon. English and Software are going to be our only competitive advantage, Chinese have proved their supremacy in everything else.



**Black & White**

No clues this time; even if I give you the answer, you would still hesitate! Who has this beautiful child grown up to become?

Answer to B&W December: Madan

*Birthdays*

- 01 Reshmi W/o Prashanth
- 02 Pradeep Kumar P
- 03 Thomas s/o Siby
- 06 Ligi W/o Abraham George
- 06 Suhial s/o Abdul Salam
- 08 Chandra Sekharan P V
- 14 Madan M Jerome
- 15 Reji Raman
- 16 Shaju David
- 19 Binu W/o Harikrishnan
- 22 Aditya s/o SR Nair & Shaleena
- 23 Saji K Thomas
- 28 Mathew George



*Celebrations (January)*

*Anniversaries*

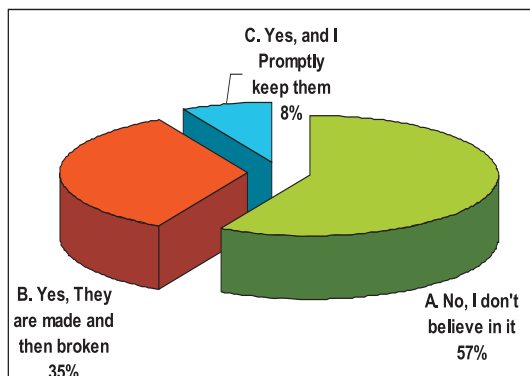
- 22 Ravi K & Preethi
- 26 Benny Varghese & Meria



**RCI Votes! Opinion Poll# 7**

**Super Six on Jan 6**

Our annual fund raising event, Super Six, the six-a-side Cricket Tournament will be held on January 6, at Thevara SH College Grounds. This is the first cricket tournament of the year and six teams have confirmed their participation. Last year's trophy was won by RCI.



**Do you make New Year Resolutions?**

- A. No, I don't believe in it
- B. Yes, They are made and then broken
- C. Yes, and I promptly keep them



"The tradition of the New Year's Resolutions goes all the way back to 153 BC.

The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back. Thus he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new. The Romans began a tradition of exchanging gifts on New Year's Eve by giving one another branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god Janus became more common New Year's gifts



It's time to ring in the new year! That means making resolutions you probably won't keep. Everyone starts out the new year with big goals, but few make it to the end to see them realized.. These are the top 10 New Year's resolutions .

- 1) Get a (better) job.
- 2) Get into shape.
- 3) Spend less or pay down debt.
- 4) Give up a habit (smoking, drinking, etc.)
- 5) Get a(n) (better) education.
- 6) Find a mate.
- 7) Take a trip.
- 8) Be more organized.
- 9) Find a hobby.
- 10) Buy a house or move.



" Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to."  
Bill Vaughn



"Cheers to a new year and another chance for us to get it right."  
Oprah Winfrey

"The proper behavior all through the holiday season is to be drunk. This drunkenness culminates on New Year's Eve, when you get so drunk you kiss the person you're married to."  
P.J.O'Rourke



"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves."  
Bill Vaughn

"It wouldn't be New Year's if I didn't have regrets."  
William Thomas

"I'm a little bit older, a little bit wiser, a little bit rounder, but still none the wiser."  
Robert Paul



"Good resolutions are simply checks that men draw on a bank where they have no account."  
Oscar Wilde

