



## ◆ Presidential Communique



## L ife... E njoy the freedom...

Dear friends,

August 15, Our independence Day, is very much significant to us. This is the time we recall the great sacrifices of our freedom fighters whose undying love for India secured us our freedom. We specially remember Mahatma Gandhi and all our national leaders who dreamt of a free and united modern India.

They worked together with one single goal to free the nation from slavery. They made their dreams real. But, today are we keeping that precious "freedom" in its true spirit?.

Here Rotary becoming a platform, lets strive to achieve :

- Freedom from Hunger
- Freedom from Illiteracy
- Freedom from Inequalities
- Freedom from Corruption
- Freedom from Polio and Child Mortality
- Freedom from every form of Disease that Threatens Mankind
- Freedom from War and Terrorism
- Freedom from Exploitation of poor
- Freedom from Pollution and Environmental Exploitation.

Rotary shares this dream. It gives us the opportunity to work together to "make our dreams real" Every Rotarian must share the responsibility and move ahead towards achieving our goals.

"JAI HIND"!

Affectionately yours in Rotary  
President Rtn.PHF.M.A. Sebastian

# DREAM LIFE SAVE LIVES

- Speech on Membership Extension by Rtn.PHF.Brig.Dr.Sasikumar.
- Rotary Information Quiz Competition for annets.
- Speech on Waste Management by Dr.Robin Abraham & Adv.T S. Rajan.
- Community Service Awards to Dr.Robin Abraham & Adv. T S Rajan.
- Joint Meeting with Rotary Clubs of Cochin Beach Side, Cochin South & Cochin West.
- Speech on " The Right to Information Act " by Mr.P N Vijayakumaran- member, The Kerala State Information Commission
- Speech on " The Role of Ombudsman " by Hon'ble Justice (Rtd) M R Hariharan Nair.
- Participated in Presidents & Secretaries Meeting.
- Participated in the District Seminar on " Membership Development at Hotel Cochin Durbar, Nedumbassery.
- Club Participated in Neuro Care Seminar conducted by Rotary Club of Tripunithura.
- Vocational Excellence award to Sr.Dr. Catherine Paulose.



## Happy Independence Day

### Message from the Rotary International President

Dear fellow Rotarians,  
This year, we have set ourselves an ambitious goal: to Make Dreams Real for the world's children by reducing child mortality. I believe we can achieve this goal, if we focus our efforts and work together. But I also know that at the end of this year, there will be a great deal left for us to do to bring health and hope to all of the world's children.

If we are to reduce child mortality, in this Rotary year and for many years to come, we need to have Rotarians to do it. Every project we do in water, health and hunger, and literacy helps create a better world. Every project helps change the world, a little bit at a time.

And every project needs caring and capable Rotarians.  
Each new Rotarian we bring into our clubs helps to Make Dreams Real .That is why, this year, I am asking Rotarians everywhere to meet bold membership goals: first, to increase membership by 10 percent and, second, to create two new clubs per district.

Like the goal of reducing child mortality, these are ambitious goals that we can achieve if we set our minds to them. If we look for new Rotarians only among our friends and family, we may not be able to find enough qualified new members. But if we reach out to community leaders who are of a different profession, or a different generation, we will find many potential Rotarians.

It is natural to want to invite people into our clubs who are like ourselves, but that limits the diversity and talent of each club. We must welcome younger members to our clubs, or we will have not only lost an important source of energy and expertise but also failed in our duty to our organization to train the next generation of club presidents, district governors, and senior RI leaders.

Remember: Membership is the responsibility of each of us. Every one of us has an obligation to keep Rotary strong, active, and growing. If we hope to Make Dreams Real for the world's children in a meaningful and lasting way, we must ensure a new generation of Rotarians to continue our work.

Dong Kurn (D.K.) Lee  
President, Rotary International  
Courtesy: eFlash\_Rotary

# Life Watch

Fortnightly bulletin

Rotary Club of  
Cochin Downtown

Vol 10. Issue 3 Aug-15, 2008

## MEMBERSHIP EXTENSION MONTH



# Make Dreams Real

## Working with the youth

RI.Dist.3201

### Hon'ble Justice (Rtd) M. R. Hariharan Nair. Ombudsman



Aug- 8: Speech on " The Role of Ombudsman " by Hon'ble Justice (Rtd) M R Hariharan Nair; which was jointly conducted by Cochin Beach side, Cochin South , Cochin West & Cochin Downtown.

### Mr.P N Vijayakumaran- Member, The Kerala State Information Commission



Aug- 8: Speech on " The Right to Information Act " by Mr.P N Vijayakumaran- Member- The Kerala State Information Council which was very informative.



# Life Watch



A Helping Hand - Food and Provision for Swanthanam Orphanage at Kaloor



Dear President Sebastian,

This morning I received "Life Watch", your fortnightly club bulletin. It made pleasant reading. While you continue to provide comprehensive reporting of club activities, the quality of paper and print is now excellent. It is important to raise the bar a bit higher each year. You have done just that.

The efforts of your bulletin editor is praiseworthy. Congratulations

.Best regards

Jayasankar

A G Rtn.PHF R Jayasankar



Seven Steps to Success  
From Success one Step at a Time  
by John C. Maxwell

## Editorial



Greetings!

As I sat to organize my thoughts to write the editorial of the next issue, I was reminded of the responsibility which lay ahead. We are only at the very initial phase of the Rotary year. To match with the work our club has done in the past, we should all sincerely and happily work in order to achieve the same or to do better, which will give us true happiness.

In my view true happiness is found not in personal pursuit of selfish pleasure and satisfaction, but in finding God and giving His Love to others and bringing them happiness. Do that, and then happiness will pursue, overtake and overwhelm you personally, without you even seeking it for yourself.

So friends, if you'll agree with me, let's put this into practice for the cause we all have united under the banner of Rotary.

May God bless you all.

Rtn. Major Donor J. Paul Raj  
Editor

## EVENTS AT A GLANCE

Next Fortnight | Aug 16-31

- Aug 19(Tue) : VHSS Kadamakkudy,
- Aug 20 (Wed) : 2nd Board Meeting
- Aug 22(Fri) : Closed Weekly Meeting  
Discussion on Onam Celebrations
- Aug 24(Sun) : Ayurveda Hospital Adoption.
- Aug 29 (Fri) : Combined meeting at Hotel International at 7.30 pm.  
[Talk on "changes in the Universe" by Dr.Namboori-Director International school of photonics.]
- Aug 31(Sun) : Dist. Seminar on Rotary Foundation , VT 3



Harold: I'm not going back to that school again.  
 Mother: Why not?  
 Harold: It's our maths teacher. On Wednesday she said five and five make ten. Yesterday she said seven and three make ten. And today she said six and four make ten. I'm not going back until she makes up her mind!

Success is not a destination thing- it's a daily thing. The only

- 1 **Make a commitment to grow daily.** Success doesn't come from acquiring, achieving or advancing. It comes only as a result of growing. If you make it your goal to grow a little each day, it won't be long before you begin to see positive results in your life. Strive for continual improvement.
- 2 **Don't wait for inspiration.** Basketball great Jerry West said, "You can't get much done in life if you only work on the days when you feel good." People who go far do so because they motivate themselves and give life their best, regardless of how they feel.
- 3 **To be successful, persevere.** It may be tough, but stick with it.
- 4 **Be willing to sacrifice pleasure for opportunity.** For everything life, you pay a price. You choose whether you will pay it on the front end or the back end. If you pay first, then you will enjoy greater rewards in the end-and those rewards taste sweeter.
- 5 **Dream big.** It doesn't pay to dream small. We don't have a clue as to what people's limits are. All the tests, stopwatches and finish lines in the world can't measure human potential. When people are pursuing their dreams, they'll go far beyond what seem to be their limitations. The potential that exists within us is limitless. When you think of limits, you create them.
- 6 **Plan your priorities.** One thing that all successful people have in common is that they have mastered the ability to manage their time. Henry Kaiser, founder of Kaiser Aluminium, says, "Every minute spent in planning will save you two in execution." You never regain lost time, so make the most of every moment.
- 7 **Give up to go up.** Nothing of value comes without sacrifice. Life is filled with critical moments when you will have the opportunity to trade on thing you value for another. Keep you r eyes open for such moments-and always be sure to trade up, not down.



# Life Watch



Rotary Quiz conducted by the First Lady Rtnne.Annie Sebastian for the annets



Bulletin Release by GGR. Rtn.PHF.R Madhav Chandran



Interact Club of Cochin Downtown at Model Technical Higher Secondary School, Kaloor  
[GGR. Rtn.PHF.Madhav Chandran, District Secretary Rtn.R.Venugopalan Menon President Rtn.PHF.Ar.M A Sebastian, Ast. Governor Rtn.PHF.R Jayasankar & District Co-ordinator Rtn.Essa Gaffar.



Speech on Waste Management by Dr.Robin Abraham & Adv.T S Rajan



Aug 15 : Independence Day Celebration with the Interactors at Model Tech.School at Kaloor.



Aug 15 : A Gentle Lullaby by Rts.Sreevidya for the deprived little one at Santhwanam Orphanage , Kaloor

**Downtown**

**ONAM CELEBRATIONS**

For the Rotarians & Family of Cochin Region

21st Sep 2008  
At  
**RAMAVARMA CLUB ERNAKULAM**

- \* Competitions
- \* Cultural Programs
- \* Fellowship
- \* Onam Sadya

Attractive prizes for the best participating Club

*Please block your date!!...*

Anticipating your wholehearted participation...



Aug 15 : Personality Development Workshop for the interactors by Psychologist RtiAnne Annie Sebastian..



Aug 15 : Recognizing the dedicated services of the Kadamakudy Mobile Clinic at Lourdes conference hall



Aug 15 : Vocational Excellence Award Presented to Rev.Sr.Dr.Catherine Paulose



Aug 15: Major Donor J Paul Raj giving speech at the Independence day celebration at Santhibhavan School Edakochi.



Aug 8: Joint Meeting With Rotary Clubs Of Cochin Beach Side, Cochin South , Cochin West & Cochin Downtown



# Life Watch



Abhinav Bindra gave India its first gold medal at the Beijing Olympics when he won the 10 metres air rifle event on Monday morning. The 25-year-old Indian shooting ace, who qualified in fourth place for the final, finished with an overall score of (596+104.5) 700.5 in a thrilling finale which went right down to the last shot.

Bindra's historic feat makes him India's first individual gold medallist, bettering the silver medal feat of double trap shooter Rajyavardhan Singh Rathore in Athens 2004.

**Congratulate Abhinav Bindra!**



The Independence Day of India, which is celebrated religiously throughout the Country on the 15th of August every year, holds tremendous ground in the list of national days, since it reminds every Indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years. It was on the fateful morning of 15th August 1947 that India was declared independent from British colonialism, and the reins of control were handed over to the leaders of the Country. India's gaining of independence was a tryst with destiny, as the struggle for freedom was a long and tiresome one, witnessing the sacrifices of many freedom fighters, who laid down their lives on the line.



Aug 03 - Friendship day

## A Friend that's away there

I f I could catch a rainbow  
I would do it for you.  
A nd share it with you it's beauty on the days  
you're feeling blue  
I f I could build a mountain  
Y ou could call your very own  
A place to find serenity  
A place to be alone...  
I f I could take your troubles  
I would toss them in the sea  
B ut all these things I 'm finding are  
impossible for me  
I cannot build a mountain  
or catch a rainbow fair  
B ut let me be what I know best  
A friend that always there.



- On the night of August 8, 2008, the sound of heavy footsteps thundered across the "Bird's Nest" as colossal burning "footprints" marched in the sky along Beijing's central axis all the way through the Olympic Green to the National Stadium. As the last "footprint" lit up the sky above the National Stadium, spectators all over the world began a virtual tour of Chinese culture.

More than 20,000 performers from all parts of China including Hong Kong, Macao and Chinese Taipei, regaled audience members with martial arts performances and artistic story telling through song and dance. On the ever-changing backdrop and accompanied by amazingly complex displays of fireworks, the Beijing 2008 Olympic Games was launched, literally, with a bang.

Olympics 2008

## Many Happy Returns ...!!

### Birth Days

- Aug 18 : Zac-Benny Zachariah
- Aug 19 : Sunitha Vijay Cherian  
Sindhu Unnikrishnan
- Aug 20 : Anand Seetharaman
- Aug 24 : Gopika Padmaraj
- Aug 25 : Rohit Jacob



Aug 16-31

## Congratulations!

### Wedding Anniversaries

- Aug 18 : Salil Gupta & Smitha,  
V.T. Thomas & Ann,  
Prince George & Chandini
- Aug 21 : Dr. Sasikumar & Beena
- Aug 23 : Bastin Jaison Luiz & Mary,  
Dr. Sunil K. Mathai & Aji



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