



◆ Presidential Communique



*Life...is good if we love un-conditionally.
When love grows within you, beauty grows.
For love is the beauty of the soul.*

Dear friends,

In Rotary we all work for Peace through Understanding, and to build a better Understanding through our Service. As Rotarians we truly believe that Peace is possible .

Mother Teresa, was once asked "What is the secret of your success ? Is it hard work, dedication, ability or discipline ? " She smiled and said "It is hard to say, but one thing I know, I love to serve , I love to give and if you give yourself, life will give you back something to cherish. You can make a difference in this world."

Every project in Rotary has a twofold purpose ; Meeting its practical objective and building goodwill and friendship.

Where ever we were, be it at Global Polio Eradication, Tobacco Free Initiative, POORAM 3201 District Conference, or hosting visiting Rotarians on friendship exchange from Sweden , our objectives were the same .

Hence, let us continue to work in harmony for better World Understanding and Peace.

Affectionately Yours,

Rtn.Ar.M.A. Sebastian
President

RTO Mr.Jayaprasad handing over a Water Purifier sponsored by the Club to Mrs.Selina, Principal Model Govt. Tech HSS Kaloor.



**DREAM LIFE
SAVE LIVES**

Life Watch

Fortnightly bulletin

Rotary Club of

Cochin Downtown

Vol 10. Issue 15 Feb 01-15, 2009

World understanding month



Highlights

- ▶ **Pulse Polio Immunisation Programme**
- ▶ **Interact Charter Presentation**
- ▶ **Road Safety Awareness Programme**
- ▶ **'Pooram 3201' District Conference at Trichur**
- ▶ **Launch of Tobacco free Initiative - Kochi & Quit Smoking Web Page organised by Rotary Club Of Cochin Downtown & Cochin Thoracic Society**
- ▶ **Speaker Meeting - Talk on 'The Politics of Indo- US Nuclear Deal by AG Rtn R Jayashankar**
- ▶ **Valentines Day Celebrations**



Polio eradication is within our grasp. But if we don't eradicate the disease now, the risk of crippling and deadly polio outbreaks will continue to threaten the world's children.

Working with the youth

R.I. Dist. 3201



Interact Charter Presentation

Interact Charter Presentation was held at the Govt Model Tech HSS at Kaloor on 03 Feb 09 .The meeting commenced at 12.15 pm by an invocation song by the Students. Principal, Mrs.Selina welcomed the gathering.

President Rtn.M.A.Sebastian presided over the meeting and presented the Charter to the Interact President, Mr.Adin and the Principal Mrs Selina .



Director for New Generation Rtn.Abey Varkey gave a Rotary Information Talk on The Four Way Test and presented a Four way Test Plaque to the school.He also distributed Identity cards to the interactors.

Road Safety Awareness Programme



A Road Safety Awareness Lecture was delivered by Mr.Jayaprasad, RTO Ernakulam at Govt Model Tech HSS Kaloor on 03 Feb 09 . Road safety leaflets which was jointly sponsored by Rotary Club of Cochin Downtown and S. T. Reddiar and Sons were circulated to the Interactors

Mr.Jayaprasad also handed over a Water Purifier to the School which was sponsored by the club .



Friends,

"February is "World Understanding Month" in the Rotary World.

The month also includes the anniversary of the first meeting of Rotary held on February 23, 1905, now designated World Understanding and Peace Day.

World Understanding Month is a chance for every club to pause, plan and promote the Fourth Avenue of Service--Rotary's continued quest for goodwill, peace and understanding among people of the world.

Understanding each other starts with one's own family, Rotary Club and district, and extends out in wider and wider circles..

If we make efforts to understand people in our own country and other countries, the world will definitely be a better, more peaceful place to live in !!!

God bless you

Rtn. Major Donor . Paul Raj
Editor

Launch of TOBACCO FREE INITIATIVE- KOCHI and Quit Smoking Web Page

TOBACCO FREE INITIATIVE - KOCHI & QUIT SMOKING WEB PAGE was launched at a Public meeting conducted at the Durbar Hall Grounds, Ernakulam on 08 Feb 09 at 6 pm . This was jointly organized by Cochin Thoracic Society and Rotary Club of Cochin Downtown.The Meeting was inaugurated by Chief Guest, Dr.M.Beena, District Collector, Ernakulam. Rtn. Dr. Ramesh Nair ,President, CochinThoracic Society presided over the meeting. Film Star Sri.Capt.Raju administered the Quit Smoking Pledge to the audience and also launched the Quit Smoking Web Page.

Rtn.Ar.M.A.Sebastian President, Rotary Club of Cochin Downtown, Dr Raveendran Nair, Secretary, APCCM Trivandrum, Dr Abraham Paul, President IMA ,Kochi, Dr Jacob Baby,Secretary,Cochin Thoracic Society,and Ms Sini, Secretary, NSS, Co-operative Medical College,Kochi were the other dignitaries present on the dias.

The public showed up at the venue in large numbers to take part in the Campaign .The Downtown Family rendered its wholehearted support to make the Campaign a grand success.The evening ended with the performance of a few skits & a live Orchestra for the public.

Feb 8.



News & Events

Pulse Polio Immunization Programme

The Second National Pulse Polio Immunization Program was very effectively conducted by our club on 01 Feb 09. The various booths allotted to the club had most of our Rotarians and Rtnnes as volunteers. A club level inauguration was held at a booth near St.Martins Church, Palarivattom, by our President Rtn.M.A.Sebastian. Placards and banners were displayed and food packets were distributed to all the booths.



POORAM 3201 District conference

District Conference Eve on 6 Feb 09 was held at Das Continental, Trichur, which was attended by Club Secretary Rtn.Vivek Krishna Govind, GGR Rtn. R. Madhav Chandran, Pres Elect Rtn Benny Zachariah, Rtnne. Sujata and Rtnne. Lucy Zachariah.

'POORAM 3201', the First District Conference of the Newly formed District 3201, was held on 07 & 08 Feb 09 at LULU Convention Centre, Trichur. The Conference was well organized and it was a grand success.

Club Members took active part in the Conference. We had twenty two members, including the Annets of Cochin Downtown participating at the Conference..The family strength of Cochin Downtown was very evident and well appreciated. Our Rotarians and Rtnnes did a great job as comperes for the conference.(Thanks to



GGR Rtn.Madhav Chandran, Rtnne. Sujata, Rtn.Benny Zachariah and Rtnne.Lucy Zachariah)

Valentines Eve Celebration and Speaker Meeting.

The Speaker Meeting on 13 Feb 09 was presided over by President Rtn.Ar.M.A.Sebastian at Wytefort Hotel. We had our AG Rtn. MPH. R. Jayasankar deliver a talk on "The Politics of INDO-US Nuclear Deal". The Talk was well appreciated by Rotarians and Rtnnes. He also motivated all the members to contribute generously to The Rotary Foundation.

Being Valentines Day Eve, we had a few romantic heroes (sorry!! Members) share their love story with us. Rtn. PP A.T. Thomas gave us his views on the exact meaning of the word 'Valentine'. Rtn.Dr.Sunil Mathai spoke in connection with the Valentines Day and created hilarious moments for every one. Club Secretary Rtn. Vivek Govind was reminded of one of his best Valentines Day he ever celebrated with Durga.

Rtn Ramesh Nair thanked the President and all the members for the support rendered for the Launch of Tobacco free Initiative Kochi. The meeting ended after the announcements and vote of thanks by Rtn Major Donor Paulraj.



Events for the next fortnight

Feb 15-28

- Feb 18: Board Meeting
Dinner Meeting to honour the visiting Family Exchange Team Couple from Sweden.
- Feb 20: Closed Meeting

- Feb 22 : 20x20 Cricket Tournament organized by Rotary Club Cochin at Palace Oval Ground, Tripunithura.
- Feb 27 : Speaker Meeting- Talk on Family Health by Rtn. PHF. Dr. Brig(Retd.) M Sasikumar

Life Watch

Realization

By
Ajay Nair
Annet of Rtn. Dr. Ramesh Nair

Sometimes, we lose ourselves
in fear and despair
in routine and constancy
in hopefulness and tragedy
in solitude and soliloquy
and we thank god for chocolate ice cream.

Fortunately, when there isn't any chocolate
we can still find solace
in a chirpy voice at the end of the phone
or a smile on your IM
in a kind and loving gesture.... or an offer of comfort
or subtle encouragement to push you over the hill

and realize how beautiful it is
to savor the sandwich you made just perfect
to feel the sunshine when you thought it would rain
to be privy to soft spoken secrets
to laugh from your heart when you least expect it
to dance to music you hear in your head

and to be alive in a life
that quite simply, is a fairy tale
if you see the magic in it.



Cartoon by :
Sam (Std 3)
Annet of Rtn. MA Sebastian

Many Happy Returns!!!

Feb 16 : Adv.R. Padmaraj

Feb 19 : Smitha Krishnan

Feb 26 : Dr. Sasikumar

Marymol Saju

Birth Days

Feb. 15-28


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