



Presidential Communique



Life...should have a destination!

If we choose life itself as our destination, then the way is "SERVICE ABOVE SELF". Rotary gives us "Life" in its abundance.

Through the various programmes, Rotary always proclaims the glory of Mankind. Our mentality towards life formulates on our hopes and dreams. Let us start doing good always from our own homes. Without enriching ourselves daily, we may lose track. So keep filling your hearts with true Love so that we can serve mankind.

Wish you all the very best

Yours in Rotary

Rtn. PHF. Ar. M. A. Sebastian

President



Wiz Kids



CONGRATULATIONS OBAMA, SEBAMA and SUBAMA

Amet. SAM AUGUSTIN SEBASTIAN

Life Watch

Fortnightly bulletin

Rotary Club of

Cochin Downtown

Vol 10. Issue 8 Oct 31, 2008

Vocational service month

[DREAM LIFE SAVE LIVES]



Highlights

- **Multi Speciality Medical camps at Govt. Model Tech. HSS, Kaloor**
- **Activities at Proficiency - Finishing School**
- **AG's Review meeting with the President and Secretary**
- **Visit to a HIV positive organization by President Rtn.PHF.Ar. M.A. Sebastian**
- **Cake Mixing Ceremony and family get-together at Lotus 8 Hotel, Nedumbassery**
- **Board Meeting**
- **Weekly Meeting**



Working with the youth

R.I. Dist. 3201



Make Dreams Real

Rotary News



The Polio Hall of Fame monument honors pioneers in the battle to eradicate polio. [Photo courtesy of Roosevelt Warm Springs Institute for Rehabilitation.]

The Polio Hall of Fame was established by the Georgia Department of Labor's Roosevelt Warm Springs Institute for Rehabilitation. Seventeen pioneering heroes in the early battle against polio were inducted into the hall, including former U.S. President Franklin D. Roosevelt and vaccine inventors Jonas Salk and Albert Sabin.

To commemorate its 50th anniversary, the Polio Hall of Fame will induct as members the four spearheading partners of the Global Polio Eradication Initiative: Rotary International, the World Health Organization, the Centers for Disease Control and Prevention, and UNICEF.

The induction ceremony will take place on 14 November 08

Rotary Foundation Trustee John Germ, who chairs Rotary's US\$100 Million Challenge Committee, will represent Rotary International.

"It promises to be a great day and a great way to recognize what the four global partners are doing," says Greg Schmieg, executive director of the institute. "The fact that polio was pretty much eradicated in this country 50 years ago doesn't change the fact that it is still an ongoing problem in many parts of the world, and what Rotary and the others have done and continue to do remains a tremendous example that deserves to be honored."

★★★★



Editorial

Greetings,

Welcome to yet another inspiring edition of the fortnightly bulletin of our club.

After so many years of hard work, Rotary along with its partners are on the brink to eradicate this dreaded disease called Polio. We are honoured to be part of such a great organization. The club activities are moving ahead in full throttle, be it Proficiency Finishing School, Medical Camps, Family meet, so on and so forth. I guess the photos in the bulletin speak volumes and is quite convincing.

Working on the bulletin has become so challenging and inspiring as I believe it reflects the taste and perspective of life. Our endeavour will be to put our best foot forward always.

"If there is any kindness I can show, or any good thing I can do to any fellow human being, let me do it now, and not defer or neglect it, as I shall not pass this way again".

[William Penn]

God Bless You

Rtn. Major Donor J. Paul Raj

Editor



By Dr KM Ramesh Nair
Consultant Pulmonologist
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"SMOKING"

How to Quit Smoking?

Being aware of the horrifying consequences of smoking is incentive enough to STOP. But yet the number of lapsed quitters are large. Mark Twain said for all of them " Giving up smoking is so easy. I have done it so many times."



To quit smoking is easy, but staying a quitter for life long is perhaps not. The decision to QUIT- is a countdown to a healthy life.

The youth are the target group who are vulnerable to high pressure advertisement in Visual and Print Media involving matinee idols who they try to emulate. To help one quit, the youth must resolve to refuse to join campaigns where tobacco products are promoted or when tobacco companies are sponsoring the sports event etc.



Quitting: The most important step in quitting is to take a firm decision mentally to stop smoking and resist all temptations. You should have a strong will power and realize that when you quit you come out much stronger and more fresh.

You should either stop suddenly (Cold Turkey method) or taper off gradually depending on your personality.

Remember the Five 'A's of quitting :

- Ask** - about smoking.
- Advise** - to stop smoking,
- Assess**- Willingness to quit .
- Assist** - To help to quit.
- Arrange** - for follow up.



- Set a QUIT date- 2 to 3 weeks ahead and involve your spouse and children to help you decide and honor the commitment .
- Avoid all the activities connected to the practice of 'smoking'.
- Make sure you have no Cigarettes, Lighters or Ashtray at your house or work place.

• Avoid usual favorite chair which reminds you of your smoking habit, use a different room than the usual and stay in Nonsmoking areas as much as you can.

• Change the way you think about smoking. Focus on quitting smoking one day at a time.

It is becoming easier to stop, as health evidence mounts and peer pressure swings from regarding smoking as a macho adult habit to viewing smoker as a pariah, whose intent on doing harm to himself or herself and to the unfortunate people around.

For those who persevere, the rewards are great and come quick.

Concluding issue: Counseling, Drug therapy

EVENTS For the Next Fortnight

Nov 1 -15

Nov.2 : Proficiency Finishing School - Talk on Motivation, Cement & Firefighting

Nov. 7: AG's visit and family meeting

Nov. 9: » District Pulse Polio Seminar at Angamaly
» Bada Masti 2008-Multi regional fellowship meet at Silver Storm, Athirappally

Nov. 9: Proficiency Finishing School- Talk on Plumbing, Noise Pollution & ENT care

Nov. 12: Green School Project Launch by AG Rtn.PHF.R Jayasankar for Model Tech. Higher Sec. School, Kaloor at Town Hall- Ernakulam

Nov. 14: Weekly Meeting

Multi Speciality Medical Camps

Multi Speciality Medical Camps were held at Govt Model Tech HSS, Kaloor on 17th & 24th Oct 08. The Medical fraternity of our club, Dr Sasikumar, Dr K M Ramesh Nair, Dr Sunil Mathai, Dr. Mathews P George, Dr Nandini Nair & Dr. Saju Raju took active part and contributed immensely towards the camp. Dr Roy & his team from Vasan Eye Care Hospital, Kochi and Nursing Staff of Lourde Hospital, Ernakulam extended their kind and valuable service too. The services pertaining to the following specialities like Cardiology, Pulmonology, Gastroenterology, Dermatology, Dental, ENT & Eye were provided extensively. More than 600 students benefitted from the two Camps.



Proficiency Finishing School

The course for the constructions workers commenced on 19th Oct 08 with the introductory session by our President Rtn. PHF. Ar. M. A. Sebastian.

Rtn. PHF. Dr. Sunil Mathai a renowned gastroenterologist from the Medical Trust Hospital and the President Elect of Cochin Downtown was one of the eminent speakers for the day. He Spoke on "Occupational Hazards" and "First Aid at the Work Site". He emphasized the importance of having a First Aid box at any of the work sites. Dr. Sunil Mathai vividly explained the cautious methods to be taken while rushing an injured person to the hospital. The participants were spell bound by his inspiring and useful talk and the PowerPoint presentation.

Rtn. PHF. Er. Anil Joseph an eminent Structural Engineer and an active member of Cochin Downtown spoke extensively on "What causes Earth Quakes and Measures to be Taken while Constructing high-rise Buildings to make them Earth Quake Resistant". His talk

along with the Multimedia Presentation on various disasters that occurred due to earthquakes across the country was very informative to the audience.

An Ice Breaking session was conducted by Ar. John Kuruvilla to create a rapport among the participants. On 26th Oct 08, the construction workers were given a talk on Health Awareness in Diabetic Patients by Dr Jim Philip, a renowned Endocrinologist from Ernakulam Medical Centre, Kochi. Rtn. PHF. Ar. Binesh Sukumar spoke extensively on Plan Reading & How to read Plans which proved to be very informative for the workers. To boost up the morale of the workers, the session came to an end with a talk on Self Confidence by our First Lady Rtnne Annie Sebastian.



**Christmas season
has begun!!!!**

Oct. 18 :

It was fun time again for the Downtowners and Don't miss the TEAM SPIRIT!!!!

Cake Mixing ceremony held at Lotus 8, Nedumbassery, Kochi on 18th Oct.

(Thanks to our PP Rtn Major Donor John George)



Life Watch

The Downtown Family



Our
Past President

Rtn. PHF.
Thomas Joseph

2001-2002

Thomas Joseph was born at Erumely, a place famous for its communal harmony, to Mr. Joseph of Manjankal, a family of planters and Chinnama of Vazhuthanappally family, Kuravilgad as their fifth child.

Did his schooling at St. Thomas School, Erumely. As a teenager he proudly walked the grounds of S.B. College, Changanacherry where he got to explore himself a lot and had a colorful life. After his pre-degree, he joined for B.sc Chemistry, but halfway down the lane, it dawned upon him that science was not his cup of tea. So after graduation, despite his parent's initial protests, he somehow managed to get himself enrolled into a course which was little heard of those days.

It was when he cleared C.A, did he put his parent's worries to rest.

After a short stint at a Private Co, it didn't take him long to realize that his calling was different. As a person who always wanted to be his own boss, he decided to practice independently starting his own firm back in 1984, and named it, Thomas Joseph & Associates. He is happily wedded to Molykutty of Kakkattu family of Bharananganam, a graduate from St. Treasa's College, Ernakulam. They are blessed with three children; Ann a C.A student with her father, Merin pursuing Engineering at Chennai, and Joseph an eleventh std student at Montfort, Yercaud..

★★★★



Oct 5 : It was a wedding held in the true Army Style. The Bride, BrideGroom and the guests were accorded a grand welcome with the Army Band, beautifully playing its tune.



Mathews [s/o Rtn.PHF.Dr. (Col.)
Mathews P George and Rtnne Sheela
Mathews] and Mishelle

Many Happy Returns ...!! Birth Days



Nov 1 : Smitha Krishnan
Nov 2 : Giri Menon
Nov 13 : Prasanna Ramesh

Wedding Anniversaries



Nov 5 : Cmde. John Abraham & Mini John
Nov 11 : A T Thomas & Annamma
Antony Thomas & Cicy Antony

Nov 1-15


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