



◆ Presidential Communique



Life..let's give and keep on giving...

Dear friends,

There is a purpose in every one's life and we need to be aware of it. It is not important how long we live, but how well we live.

I think the purpose of life, is to serve, and love. Whatever activities we do, should be useful to the community in which we live.

"We make a living by what we get ,but we make a life by what we give!"

On Thiruvonam we stepped into the court-yards of " Karunalayam" an old age home at Thrikkakara to provide them with Onasadya and to share some happy moments with them.

The very next day, we had been to Karikkattu thuruth, an island in Kadamakkudy Panchayat to celebrate Onam with our RCC (Rotary Community Corps) and to promote the sports and cultural talents of the youth.

Now it's time for the whole Downtown family to come together and share our joy and happiness during our Club Onam Celebrations.

Affectionately yours in Rotary

Rtn PHF Ar.M.A. Sebastian,
President

Mr.Sugunan S.I. Of Police, Central Police Station Ernakulam receives recognition.



[DREAM LIFE
SAVE LIVES]

- "Onasallapam" by GGR.Rtn.PHF R.Madhav Chandran, Rtn.PHF.Dr.Mohan Nair and Secretary Rtn.PHF.Vivek K Govind.
- Rotary Information Talk on New Generation by Rtn.PHF.Dr.Ramesh Nair.
- Onam Celebration at Karunalayam old age home, Thrikkakara
- Sports and Cultural Talents Promotion - A Joint Project with RCC.
- Onam Celebration with RCC Karikkattuthuruthu.
- Participated in the President and Secretary Meeting.
- Bulletin released by PP Major Donor John George
- Club Onam preparations by Rotarians ,Anns and Annets.
- Weekly Meeting
- Mr.Sugunan S.I. Of Police, Central Police Station Ernakulam receives recognition.



Onam at Karunalayam Old Age Home, Thrikkakara



Sports and Cultural Talents Promotion - A Joint Project with RCC.

Life Watch

Fortnightly bulletin

Rotary Club of
Cochin Downtown

Vol 10. Issue 5 Sep-15, 2008

NEW GENERATION MONTH

Working with the youth

RI. Dist. 3201

PROFICIENCE FINISHING SCHOOL

Vocational Training Programme for Construction Workers

Inauguration on 28th Sep 2008 at 4.30 pm

At
E S S S Hall
House of Providence
Providence Road
Ernakulam





Greetings,
 Writing has not been my passion at all .But now, every fortnight I look forward to pen down a few of my thoughts for the bulletin as the Editor (Thanks to the club). The last fortnight saw most of us celebrating **Onam** in all its splendor and not to forget Teachers Day . A teacher's highest reward is feeling the true appreciation and gratitude of his or her current or former students .If you feel that a particular teacher is or has been crucial in your personal growth, don't be shy to let them know. You'll feel well and you'll make that person the best possible gift, because teaching is their life. **Happy Teacher's Day**.
 We all face difficulties on a daily basis, sometimes even handicaps. It's been said that our attitude in facing these challenges is what determines our altitude. We need to refuse to be put off by failures, and use them instead to fuel our biggest successes..
 God Bless You

Rtn. Major Donor J. Paul Raj
 Editor



"SMOKING"

By Dr KM Ramesh Nair
 Consultant Pulmonologist 9847024501,0484-2112030.

Dear friends,

Of all the evils which befriended mankind thus far, 'Smoking' is one of the worst.



The Global Tobacco epidemic is predicted to prematurely claim the lives of some 250 million children and adolescents, and a third of them are going to be from developing countries. Research suggest that a particular Gene called CHRNA5 Nicotine receptor gene is found in smokers which gets them hooked on to smoking even after a single puff. .And take care, these same people are more likely to develop lung cancer than other smokers.

Let us go through the various aspects of this 'dangerous' habit and measures to curb this menace, and also ways to QUIT this 'difficult to quit' lifestyle.

Some facts about Tobacco and smoking:

1. Tobacco-used by native Americans and brought to India-400 years ago.
2. Tobacco smoke contains nearly 4500 chemicals of which a large chunk are disease producing and many are Carcinogenic i.e. they produce Cancer in the users eg.Benzpyrene, Pyrene,Dibenzacridine, Naphthylamine, Cadmium, Urethane, Toulene, Cyanhydric acid, Ammonia, Acetone, Carbon monoxide, Vinyl Chloride and DDT to name a few.
3. There are nearly one billion smokers in the world.
4. Worldwide Mortality-5 million/year. India-9,00,000/year-one death every eight seconds!
5. Indian studies by 2010-10 million people will die/year of Tobacco related deaths. In 2025-35million/year.
6. Half the world's children breathe air polluted by tobacco smoke
7. Each day-4000 youth, 12-17 yrs of age smoke their first cigarette & 1200children and adolescents become daily smokers.
8. Nicotine addiction is as bad as Cocaine and Heroin addiction.
9. 96 billion dollars-one year's medical expenses, and 97 billion dollars total loss of Productivity.
10. **Hard facts:**
 - i) One Cigarette contains 1 mg of Nicotine and 5mg of Nicotine taken at a time is fatal.
 - ii) One Cigarette smoked reduces 11 (ELEVEN) minutes of life.
 - iii) Smokers live 15years less than their nonsmoking counterparts
 - iv) A child aged 5 yrs would have smoked equivalent to 102 packets of Cigarettes if parents are smokers.
 - v) Passive smoking is much more dangerous . Spouses of smokers have 91% more risk of Lung Cancer.



Coming Issues: Effects of smoking on Health, Passive smoking And how do we avoid them.

EVENTS For the Next Fortnight

Sep 15 -30

Sep 17 (Wed) : Board meeting.
 Sep 19(Fri) : Club Onam Celebration
 Sep 21(Sun) : District Leadership Seminar at Hotel Renaissance Palarivattom

Sep 24(Wed) : Board Meeting
 Sep 26(Fri) : Weekly Meeting - Closed
 Sep 28(Sun) : Rotary District Walkathon, Inauguration of Proficiency-Vocational Training Programme

Life Watch

Rotaract - are we missing something ?

The perfect platform for grooming future Rotarians



Rtn PP MPH James Kalassery (Cochin Midtown) is currently District Rotaract Committee Chairman (DRCC), District Co-Ordinator, Internet Resources (DCIR) and District WebMaster (DWM), D3201 and a Past District Rotaract Representative (1977-78) of then District 320.

Rotaract is ideally positioned between Interact and Rotary, open to youth in their late teens and pre-thirties (18-30 years to be precise).

Members of Rotaract clubs are a privileged group, who, as part of this dynamic movement, gets unlimited opportunities for self-development. As Rotaractors, many doors are open to them, which would otherwise be closed. Being part of Rotaract (which is a part of Rotary) gives them access to great leaders in the community in which they live, especially when they take the lead to develop responsible citizens. The more they give to Rotaract in various ways, the more Rotaract will fine tune them into more responsible individuals.

Apart from the regular leadership training programs for the members and the youth in their community, they also organize community service projects. The Rotaractors with their abundant energy, drive, enthusiasm and self-motivation, excel in doing projects that sometimes humble even the Rotary clubs. These opportunities give them the confidence and experience to handle real-life situations with considerable maturity and ease, later in life.

Further, as Rotaractors, they imbibe the principles of Rotary at a much younger age than most new Rotarians, which will later become their greatest asset. The aptly worded motto "Service above Self", around which all our programs revolve, leaves an indelible impression in their young minds.

All these place Rotaractors in an enviable position. At the end of their Rotaract term, they are already budding leaders in professions and communities. By then, Rotaract would have geared them to become good Rotarians and naturally ideal members Rotary is looking for.

They are also naturally inclined to join Rotary than any other organisation. Rotaract is, therefore, no doubt, the perfect platform for grooming future Rotarians.

Yet, according to RI Rotaract Committee's PreConvention 2008 Report by 2007-08 Chair Irene Lewitt, there are only 7,300+ clubs in the world (525 districts, 162 countries) with a membership of 1,70,000. Only 480 new clubs were chartered in 2007-08. Even if we go by the simple calculation of percentage of youth in this world, we should have had at least five times more Rotaractors !

The report further states that more than 50% of these Rotaract clubs are confined to five countries - India (1762), Brazil (646), USA (533), Philippines (478) and Italy (397). While 69% of Rotary clubs in India have sponsored one or more Rotaract clubs, Brazil is at 27%, USA at 7%, Philippines at 60% and Italy at 52%. Compared to India's national average of 69%, in our District 3201, it is abysmally low at 22% (yes, 22%) ! Needless to say, there is much space for Rotaract to grow in our own district, in the above countries, and in many other countries as well.

Realising the importance of this steady stream of membership, the top leaders of Rotary and the RI Rotaract Committee have taken several steps to augment the growth of Rotaract. The committee has proposed that Rotaract clubs should be invited by their sponsoring club for District Governor's Official Visit.

It has also proposed that Rotaract information of the district should be included in the Club and District Administration file of the DGEs at the International Assembly. Two other encouraging proposals are that the topic of Rotaract Alumni be included in Membership Training Seminars and DGE training sessions on membership, and to encourage DGEs to include Rotaract in their PETS program.

Even though RI Board decisions have recommended funding attendance and training of DRRs at PETS, many districts do not diligently follow them.

Many districts and Rotary clubs in the world, including ours, have not yet realised that Rotaract is a never ending source for good and future Rotarians. Unfortunately, most consider this as an additional and unnecessary burden to the club. One of the reasons adduced by Rotary clubs for not coming forward to sponsor Rotaract clubs is that youth in their community is not responding to Rotaract, since they have many other things to do. This has been the case since time immemorial and yet, we find many are joining Rotaract when Rotaract is presented to them attractively.

Like we now have to convince the Rotary clubs that there is really something in Rotaract for them, Rotary clubs also will have to convince the youth in their community that Rotaract has something for every one of them. Many Rotarians, especially those without a Rotaract background, find it extremely difficult to convince their youth about Rotaract, since they themselves never had the opportunity to be a Rotaractor.

Therefore, this year, when we celebrate Rotaract's 40th anniversary, past Rotaractors in Rotary should come forward and assist their leadership to create programs and projects to attract the youth in their community to become part of Rotaract, which is now included in the Youth and Young Adults program of Rotary.

We can realise RIP DK Lee's theme "Make Dreams Real", if we just implement DG Baby Joseph's emphasis on "Working with the Youth" and spread the word about Rotaract fast enough among young people by positioning and branding it appropriately, for example through youth-friendly media like the Internet, to identify those youngsters who look forward to joining Rotaract, an organization that could help mould them into resourceful individuals and Rotarians of the future.



ONASALLAPAM



By
GGR.Rtn.PHF R.Madhav Chandran



By
Rtn.PHF Vivek Govind



By
Rtn.PHF Dr.Mohan Nair



Rotary Information Talk on New Generation
by Rtn.PHF Dr. Ramesh Nair.



Weekly Meeting



Bulletin released by
PP Major Donor John George



Speaker, renowned scientist
Dr.V.P.N.Namboori receiving a memento
from DGN Rtn.G.Viswanathan.

Life Watch

The Downtown Family



John George alias Benoy was born in Singapore to Mr. E J George and Mrs. Saramma as their second child and first son. His father hails from Eraviperoor in Tiruvalla belonging to Sangaramangalam family. He was in British Navy in Singapore. His mother Saramma was a pre-school teacher who taught in Fort Cochin.

His schooling was done in St. John De Britto Anglo Indian Boys High School. He passed out from Sacred Heart College Thevara to secure an admission to Mar Athanasius College of Engineering, Kothamangalam. This is where he did his graduation in the Mechanical Stream.

After passing out in 1981 he had a short stint at work with two companies in one and a half years. Thereafter he decided he had enough of working and plunged into business with the five thousand rupees he borrowed from mom.

Our Past President Major Donor Rtn. PHF. John George

He says "This is the only money borrowed, which was not repaid". His die hard optimism in the face of all trails and tribulations has seen him throughout.

Married to Prameela a Post Graduate in English Literature. He has two children, Sandya & Anand. Sandya is a graduate in Civil Engineering ready to take a job at Infosys while Anand is striving to be a Civil Engineer at St. Gits College of Engineering and Science, Pathamuttom.



Why God Made Teachers By Kevin William Huff

When God created teachers,
He gave us special friends
To help us understand His world
And truly comprehend
The beauty and the wonder
Of everything we see,
And become a better person
With each discovery.

When God created teachers,
He gave us special guides
To show us ways in which to grow
So we can all decide
How to live and how to do
What's right instead of wrong,
To lead us so that we can lead
And learn how to be strong.

Why God created teachers,
In His wisdom and His grace,
Was to help us learn to make our world
A better, wiser place.

Sep 5 : Teachers' Day

Many Happy Returns ...!! Birth Days

Sep 17 : Sujatha Madhav Chandran
Sep 18 : Dr. Benny Paul
Sep 19 : Anil Nair
Sep 22 : Durga Vivek Krishna
Preeja Binesh



Sep 23 : Sandhya John George
Sep 26 : Lakshmi Seetharaman
Sep 28 : Ann Viju Mathew
Beena Sasikumar
Sep 30 : Rohit Thomas

Sep 15-30



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