



Royalweeks



ROTARY CLUB OF ALLEPPEY DISTRICT 3211
CHARTERED AS 7339TH CLUB ON 25.07.1949

We meet on Wednesdays at 7.00pm
at Revi Karunakaran Rotary Hall, Alleppey

Vol : 67 | Issue 3457 Since 1 August 1949 | No. 23 (2015-16)



The effect of negative thoughts and emotions in our body – a thought

Human beings experience an array of emotions, anything from happiness, to sadness to extreme joy and depression. Each of these emotions creates a different feeling in our body. Our body releases different chemicals when we experience these various emotions and each of these chemicals works to create a different environment within the body.

Is there a duality in our world? To a degree, yes. We spend a lot of time defining and judging what is considered positive and negative. The brain is a very powerful tool and as we define what something is or should be we begin to have that result play in our world. For example, when you are driving when someone cuts in front of you, you get angry and start feeling negative and in a bad mood. But some of us can get over this and move on with their day as though nothing has happened. Things are innately positive and negative.

If we start thinking about it for a moment we might realise that there are in fact no positive or negative experiences other than what we define as such. Therefore our very perception of an experience or a situation has the ultimate power as to how we

feel when it is happening and how our bodies will be affected. We can always work to move beyond our definitions of each situation and move into a state of mind/ awareness /consciousness where we simply accept each experience for what it is and use it as a learning curve.

“If someone wishes for good health, one must first ask oneself if he ready to do away with the reasons for this illness. Only then it is possible to help him.” - Hippocrates.

The connection between our mind and body is very powerful and though it cannot be seen visually. The effects your mind can have on your physical body are profound. We can have an overall positive mental attitude and deal directly with our internal challenges and create a healthy lifestyle or we can

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair

A bird sitting on a tree is never afraid of the branch breaking because her trust is not on the branch but on its own wings. Always believe in yourself.

People will hate you, rate you, shake you and break you. But how strong you stand is what makes you.

Creative activity could be described as a type of learning process where teacher and pupil are located in the same individual.

The essential part of creativity is not being afraid to fail.



be negative, have self destructive thoughts and not deal with the issues and create an unhealthy lifestyle.

Our emotions and experiences are essentially energy and they can be stored in the cellular memory of our bodies. For example, have you experienced in your life that left an emotional mark or pain in your body? Almost as if you can still feel something that May have happened to you? It is because in that area of your body you still hold energy released from that experience that is remaining in that area. When you feel pain, tightness or stiffness in certain areas it is often related to something you are feeling within yourself. Initially, it may not seem that way as we are usually out of touch with ourselves in this hi tech fast paced world. When one experience chronic pain in the back, neck or shoulders and if it was not due to bad posture while sitting or sleeping, exercise or any other physical unorthodox movement then chances are that the pain is caused by the unconscious thought pattern and emotions, which if addressed might loosen up and the pain might go away. When you are sick or are feeling rigid and pain, our body is asking us to observe ourselves and find peace once again with ourselves and the environment. It is a learning and growing process which we need not judge nor fear.

Can you imagine the harm you are doing to your body when you stay within negative emotions or unprocessed emotional experience throughout the body? The accumulated toxins from verbal expressions of anger, hatred, jealousy, suspicion, etc over one hour can be lethal to one self. Remember you have the power in you to get through anything life throws at you. Instead of labelling with perceptions the concepts of negative and positive as it relates to each experience you have in your life, try to see things from a bigger picture stand point. We need to ask ourselves how this can help me to see or learn something. Can I use this to shift my perception? Clear some emotions within oneself. Whatever it may be, instead of simply reacting, slow things down and observe. You will find you have the tools to process emotions quickly when you see them for what they are and explore when they came up. If you believe you will get sick all the time, believe you have pain because it is out of your control you will continue to have it all in an uncontrollable manner. Our body movement is reflective of our inner self. To feel your feet when they strike the ground and to know which way you need to turn your foot in order to align your body and work toward being pain free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body are connected. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

Remember what the mind believes, conceives, it will achieve.

Rtn. PHF S Sasidharan

RI President's Message - December 2015

RI News

When the Canadian army liberated the Netherlands in 1945, they found the country on the brink of starvation. Seeing the suffering of so many, and especially moved by the faces of the children, four Canadian privates stationed near Apeldoorn that year decided to make that Christmas special for as many Dutch children as they could.

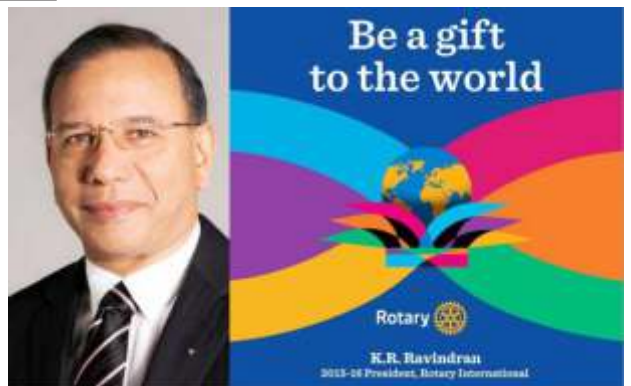
Together, they made the rounds among their fellow soldiers, collecting chocolate bars and chewing gum, candy and comic books. In their spare moments, they built toy trucks out of wood and wire, sawed scrap lumber for building blocks; one, risking the military police, sold his cigarette ration on the black market, using the money to buy rag dolls. Each thought longingly of his own family at home; each channeled his energies instead toward the children whose Christmas they knew they could brighten.

By 1 December, four sacks of gifts lay ready; the soldiers eagerly looked forward to the 25th. But two days later, they learned the date they were to depart for Canada: 6 December, long before Christmas. With mixed emotions, the soldiers decided that the best plan simply would be to take their sacks over to the local orphanage and leave them there to await Christmas.

The night before they were to leave the Netherlands, the four set off for the orphanage, one of them in a makeshift white beard and red cap. On their way, they were surprised to hear church bells ringing and see houses lit brightly, with Christmas still some weeks away. As they approached the orphanage, boots crunching in the snow, they saw through the windows that the children, two dozen girls and boys, were gathered at their evening meal. Only a few months after the war's end, food was still scarce; the meal was small, and the children's faces pale and thin.

"Santa Claus" raised the knocker on the door and knocked three times, hard. As if by magic, the chatter of young voices inside fell silent; a priest opened the door. His polite expression gave way to one of shock, as the children behind him erupted into cheers, rushing forward and swarming the private who had dressed for Christmas three weeks early – but exactly on time. For in the Netherlands, Sinterklaas comes on St. Nicholas Eve: 5 December.

For an hour, joyful chaos reigned as packages were opened and exclaimed over, sweets were tasted, dolls caressed. The last wooden truck, the last bar of chocolate, went into the hands of a little boy who had been waiting patiently all the while. After thanking the men, he turned to the priest and said something to him in Dutch, his face alight with happiness.



The priest smiled and nodded. "What did he say?" one of the soldiers asked.

The priest looked at them with eyes full of tears. "He said, 'We told you he would come.'"

By sending joy out into the world, we do not sacrifice it for ourselves – we only multiply it. As we enter this season of giving, let us multiply the gifts we have been given by sharing them with others. Through acts of caring, kindness, and generosity, in our clubs and through our Foundation, we become and remain a gift to the world.

K R Ravindran, President 2015 - 16

Club Business

Minutes of the meeting held on 2nd December 2015

The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. John Mathew invoked the blessing of Almighty.

In Presidential address Adv. Deepak requested all the members especially new members to participate in District Youth Icon seminar to be held on 13th of December at Camelot. He also informed about the District Governors visit to our club on 6th January 2016. He then called in suggestions from members for the DG visit.

Rtns. George Thomas, Gopinathan Nair, T Sivakumar, S Murugan, Vijayalakshmi Nair, and Kumaraswami Pillai brought out their suggestions. And some of them raised their concern over poor attendance for the last Dinner meeting. President assured necessary initiatives will be taken towards this end.

Jt. Secretary Rtn. Ajithkumar R N in vote of thanks thanked all the Rotarians who shared their views and suggestions, and also thanked Host for the day John V George. Then the meeting was adjourned by the President.

Rtn. Krishnan Venugopal

Tea Host for Regular Meeting on 09.12.2015, Rtn. Ashok Venugopal

Family Gallery

Why do tears taste salty?

Body fluids like sweat and tears are salty to taste and this has physiological, immunological and evolutionary significance. Tears are the secretion of lachrymal glands of eyes. These are classified into three types- basal, reflex and psychic. The salinity and chemical composition of tears vary from type to type and situation to situation. Basal tears are responsible for keeping the cornea moist. Reflex tears are produced during eye irritation. Psychic tears are produced during weeping. Tears contain greater quantities of water along with other organic and inorganic components like mucin, lipids etc. The salinity of tears is attributed to the presence of salts of sodium and potassium. The salinity of the tears along with the presence of enzymes is responsible for their anti-microbial activity. Basal tears have a salt content similar to blood plasma. This salinity disturbs the osmotic balance of the bacteria and keeps the cornea in a healthy microbial free environment. The mineral content in the tears also nourishes the tissues associated with the eyes.

Drugs?
Don't just say
No. Say No,
thank you.

Drug use can cause you to lose your ability to remember things, to think clearly and to study properly. Drug use gives you the impression that you are more alert and aware, but under the influence of drugs you are actually less aware, and less alert.

Drug use can also cause people to act in strange unpredictable ways. A person can undergo a complete personality change when under the

influence of drugs. Since drug residues can remain in the body for were taken, the effect on the mind can last a your mind! Avoid drugs.

Drug use can make you ill and an overdose diseases you can catch as a result of using drugs AIDS. Since drugs also use up your body's more prone to diseases. Many drug users suffer Why be a loser? Stay healthy!

SAY
NO
TO
DRUGS

many years after they long time. Don't lose

can kill. Drugs are poisons after all. The list of is very long and includes Hepatitis C, HIV and supply of vitamins and minerals, you become from malnutrition as a result of their habit.



Three month calender of events



January, 10, 2016

FIRE (Family Involved Rotary Entertainment)
Camelot Convention Centre Alappuzha

February 06,07, 2016

District Conference
Winsdor Castle Convention Centre, Kottayam

June 19, 2016

Awards Night
Trivandrum Club, Trivandrum

For Private Circulation only.

Printed by Koral Graphics, Alappuzha

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Krishnan Venugopal

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S Sasidharan

The four Way Test

of the things we think, say or do

- ☀ Is it the truth?
- ☀ Is it fair to all concerned?
- ☀ Will it build Goodwill and better friends?
- ☀ Will it be beneficial to all concerned?

Family Gallery

Creative Advertising Campaigns



Monica Lewinsky released the following statement on Hilary Clinton's run for President:

"I will not vote for Hilary Clinton. The last Clinton presidency left a bad taste in my mouth. As we get closer to the 2016 election year, citizens must remember that they cannot even trust Hilary Clinton to create American jobs. The last time she had a meaningful job, she outsourced it to me and I simply blew it".



Happy Birthday

John Mathew	06.12.2015
Zarina Jacob Philipose	06.12.2015
Ashok Venugopal	06.12.2015
Thankamony Antony	07.12.2015
Deva Nandhan (Madhu Son)	09.12.2015

Wedding Anniversary

Adv Deepak	09.12.2015
Anu Mary Antony	10.12.2015
Vivek Venugopal	11.12.2015
Abraham Joseph Thayyil	12.12.2015
George Samuel	14.12.2015
Kavitha Radhakrishnan	16.12.2015

Contributions, suggestions can be sent to the editor: alleppeyrotaryclub@gmail.com

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