

Team 2015-2016

President
Rtn. Adv. V Deepak
+919447409969

Vice President
Rtn. Kumara Swami Pillai
+919447409933

President Elect
Rtn. George Thomas
+919995892780

Secretary
Rtn. Krishnan Venugopal
+919895031513

Sergeant-At-Arms
Committee Chairs

Club Administration
Rtn. T Sivakumar
+919605095477

Rotary Foundation
Rtn. Adv. B Sivadas
+919846052454

Membership
Rtn. Adv. R Unnikrishnan
+919387040400

Club Trainer
Rtn. S Subramaniya Iyer
+919846033500

Public Relation
Rtn. Adv. Vidhu M Unnithan
+919847120062

Club Advisor
Rtn. Mohammed Shafeeq
+919447044393

Strategic Planning Committee

Club Service
Rtn. H Nagaraj
+919847300003

Youth Service
Rtn. R Rajeev
+919846007267

Vocational Service
Rtn. Biju Sathyan
+919387833223

Family of Rotary
Rtn. Sajan B Nair
+919847043515

Community Service
Rtn. Tomi Eapen
+919447799689

District Project
Rtn. Vijayalakshmi Nair
+919447755055

International Service

Club Messenger - Prasannan +919526827345



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 friendship?
☺ Will it be beneficial to all concerned?

Family Gallery



Mahalakshmi. B
D/o. Biju Sathyan



Devann Madhavan
S/o. V. Deepak

Man: Is there any way for long life?
Dr: Get married.
Man: Will it help?
Dr: No, but then the thought of long life will never come!
Why do couples hold hands during their wedding? It's a formality just like two boxers shaking hands before the fight begins!

Wife: Darling today is our anniversary, what should we do?
Husband: Let us stand in silence for 2 minutes.

Happy Birthday		Wedding Anniversary	
Mahalakshmi Biju Sathyan	28.12.2015	Dr. E.K. Antony	28.12.2015
Aju Jacob Mathew	04.01.2016	V.J. Alexander	28.12.2015
Anupama Prakash Ponnu	06.01.2016	Geroge Mathew	02.01.2016
Mathew Aju Jacob	06.01.2016	George Zacharia George	03.01.2016

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

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 3460 Since 1 August 1949 | No. 26 (2015-16)

Be a gift to the world



How to rebuild your life and make it amazing – A New year Resolution

The year that went by had a lot of events both good and bad. But we all survived and lived to see another day. New year is the occasion to bless your loved ones and show your gratitude towards them. This is the best time to show how much you miss them, how much you want them in good health, prosperity and wellbeing.

“Our real blessings often appear to us in the shape of pains, losses and disappointments; but let us have patience and we soon shall see them in their proper figures.” ~ Joseph Addison

What if one day you woke up and decided that you were tired of feeling tired and that you had enough of everything? Enough of stress and anxiety, enough of anger and resentment, enough of struggle, lack, pain and poverty, enough of tears, heartbreaks, self destructive thoughts, behaviours and relationships and enough of all that is negative and toxic? What if you decided that you wanted to change yourself and your life but didn't know where exactly to start, what then?

This New Year make this your resolution and by the end of the year you will be see a changed you.

Appreciate everything life sends your way, whether good or bad and know that “Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

The power of imagination is incredible. Often we see athletes achieving unbelievable results and wonder how they did it. They made the choice to create their destinies and visualized their achievements before they ultimately succeeded.



There are many things you can do to begin rebuilding your life and make it amazing.

1. Make a commitment to yourself Prepare a chart with the following or similar type of objective or statement of purpose. In other words make a commitment.

To spend so much time improving myself and my life that I have no time for worry, judgement, criticism, whining and complaining;

To forgive, release and let go of my attachment to any past struggles and allow every challenge life sends my way to make me better not bitter.

Starting now, I make a commitment to let go of what's behind me and start appreciating what's in front of me;

To let go of all the pointless drama, all the toxic relationships,

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair

JOHNS UMBRELLA ALLEPPEY	THE KARAN GROUP OF COMPANIES Alleppey	duroflex ALLEPPEY	JCT HOUSEBOATS	Hotel SISIR Palace North side of Boat Jetty, Near Mini-Chal Station, Alappuzha, Kerala India Pin: 694102/204304 E-mail: sisorpalace@gmail.com www.sisorpalace.com
AVT PREMIUM TEA The Strongest..Consistently	Sevenseas TRADING COMPANY	VANI PRINTERS Alleppey	ARV AUTO LAND HOTEL CHITHIRA Alleppey	കൊച്ചു കൊച്ചു കുറുപ്പാലം കൊച്ചു കൊച്ചു റിസോർട്ട് ഫി: 226004, 838260046
PARAMOUNT COIR MILLS Alleppey	GOODMORNING Agencies Enterprices Alleppey	THARAVAD Resorts & House Boats Alleppey	www.cocohouseboatskerala.com COCO Beautiful Backwater Cruises 98473 250 26	Ayiroor Motors Authorized 100% Car service centre New Kerala Highway, Alappuzha - I Phone: 0477-3241238, 9849112340

thoughts and behaviours that are present in my life and to constantly shift my focus from the bad on to the good; To make room in my heart for love, happiness, peace and tranquillity and to create my life from a place of infinite choices and possibilities – the present moment, and no longer from a place of limitations – the past.

I commit to staying true to myself at all times and to never betray myself just so I can please other people.

I commit myself to give up on toxic thought, behaviours and relationships but never on myself and my dreams.

Starting now and starting today, I will begin rebuilding my life and to make it ridiculously amazing.

Once you truly commit to rebuilding your life and making it ridiculously amazing, nothing and no one will be able to stand in your way.

2. Forgive, let go of past hurts and resentments

Fill your heart with love. Forgive, release and let go. Not necessary because those who mistreated you deserve it, but because you do. Let forgiveness liberate you from your past. Allow it to take away all the resentment you kept in heart for all this time and allow yourself to fill in that empty space with love, inner peace and compassion.

If others mistreated you in the past it doesn't mean you have to continue their work. Look how beautiful Mark Twain talks about this: "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."

Release and let go of all the negativity from your life. Start small and trust that as you work on letting go of all the extra baggage that is weighting you down, you will begin to feel lighter and you will gain a lot more clarity over your life. You will feel happier and more at peace with yourself and the world around you.

3. Embrace with grace all that you face

Shift your focus from the bad on to the good, from the pain on to the gain, from resentment on to the forgiveness, gratitude and appreciation. Learn to embrace with grace all that you face.

4. Visualize your achievements and create your destiny

Ask yourself the question "If there were no limits to what I can do, be and have how my life would look like?"

Let your imagination run wild. Dare to dream big. Don't settle for less than you are worth.

The richer your imagination, the more beautiful your life will be.

See in your mind the life you would love to live, the person you would love to become and the relationships you would want to have. Live your life from the end and act as if all of the things you need and desire are already present in your life. Feel the feelings that come from having all those wonderful things happen to you and allow those feelings to be with you at all times.

5. Dreams will not work unless you do

Act upon your heart's desire. Do the things you need to do in order to get where you want to get. Read the books you need to read, contact the people you need to contact, build the skills you need to build.

Find a mentor. Dare to ask questions. Do whatever it takes to move yourself closer to making your dreams come true.

Trust that with every step you take, your life situation will improve and you will become happier than you already are.

6. Take one step at a time

Because of the many years of past conditioning and the intense training you have in holding on to toxic thoughts, behaviours and unhealthy relationships, giving up on all that is toxic in your life will not be easy and it will not happen overnight. Chances are that you won't see major improvements in your life immediately, and that is fine. Be patient and gentle with yourself while working on rebuilding your life and remember to enjoy the journey.

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it." ~ Greg Anderson

Take one step at a time and keep in mind that a journey of 1000 miles begins with a single step.

7. Develop a deep trust in life

You have to have faith. You have to have trust... Trust in yourself, trust in the people you interact with and trust in life.

8. Give yourself permission to "fail"

Give yourself permission to "fail" and make "mistakes".

In every "mistake" there is a lesson to learn, lesson that will be very beneficial to you as you continue walking on your life's chosen path.

9. Be good to yourself

Love yourself and be good to your self because if you do, the world around you will start mirroring your behaviour. Take good care of your mind, body, heart and soul. Exercise, drink plenty of water, and eat healthy and delicious food.

Nurture good thoughts. Act in compassionate and loving ways, towards yourself and the world around you. Spend time alone, spending at least 5 to 10 minutes per day in silence would make you feel refreshed, rejuvenated and renewed.

Go outside. Spend some time in nature. Look at the plants, the sky, the stars, the moon and the trees. Celebrate the miracle of life.

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." ~ Albert Einstein

F.O.M.O – Fear of missing out

Family Gallery

This is the era of social media. This means continuous uninterrupted access to information and events occurring all over the world via news websites, YouTube and most importantly social media sites like Facebook and Twitter. There is a constant need to keep ourselves updated on everything everybody we know is doing and most importantly, the need to "keep pace" with everyone. This is a modern psychological phenomenon known as the Fear of Missing Out abbreviated as FOMO. It is a pervasive anxiety that sounds like this "something exciting or interesting might be happening somewhere, and I need to be a part of it i.e. I don't want to miss out on it." I wanted to discuss this today.

Our day to day lives are never nearly as they "ought" to be. A friend/acquaintance posts to Facebook pictures and statuses regarding an exotic trip he is taking right now. Another person you know updates us on a new job or promotion he has achieved. Someone else just shook hands with a celebrity or a well known person. Another person just got engaged. That kid you studied with in fourth grade just bought a fancy automobile. Someone you knew in your college class just posted pictures of his recent trip around Europe where it seems he went to all the fanciest restaurants. The list is endless but I hope you got an idea. You would notice all these posts and then probably thinking "my life is so dull and colorless" This line of thinking ebbs away at your peace of mind and your ability to engage yourself in the tasks at hand in your own life. Ever felt a certain envy that you would never admit to yourself? This is an experience of almost all frequent social media users.

But are their lives better than ours?

People only promote the best side of their lives on social media. After all, who is interested in someone who's always posting depressing updates and who seems to be doing nothing interesting in their lives? The truth is that their lives are more or less similarly eventful as ours. In fact we do not even know the reality of their lives i.e. the cost of maintaining their publicly promoted lifestyles. Those lifestyles definitely come at a price and this price could be financial, emotional, health etc. We really have no idea what is going on behind the scenes. All the time when they are not doing that "cool" thing, they are probably paying the price.

The problem here is that suddenly we are so enthralled by things that we would not really consider a priority in our lives under normal circumstances. We start to feel our own lives as inadequate and seek to validate ourselves through Likes on Facebook, the absence of which often crushes our self-image. We find ourselves structuring our day to day lives around Likes on Facebook, and other social media validation to such a stage where our real lives are unreal and our virtual lives are real. For example, instead of spending quality time when we meet a friend, we are so focused on getting that selfie with the background in view, and posting to our profiles and checking every two minutes whether or not someone has liked or commented on it.

The best advice I have found regarding how to deal with this phenomenon is that every time you come across something that induces FOMO, ask yourself these questions:

❑ Is this something I actually wished I was doing?

❑ Does this depict the reality accurately?

(You more or less know if something is hyped up, and not the complete unedited truth)

❑ Is this feasible for me right now?

❑ Am I using social media wisely and productively?

(More often than not, your answer to this question will be No. You are probably overusing social media)

Ashwin Sasidharan Nair

New Year is around the corner and all of us are in a festive mood. We may indulge in some extra niceties during this time. It is better to be prepared and take care of self during this time. Hence I thought Self Care cause and effect tips will be mighty useful...

1. Symptom: Cold and humid feet.

Cause: Glass is being held at incorrect angle (You are pouring the Drink on your feet).

Cure: Manoeuvre glass until open end is facing upward...

2. Symptom: The wall facing you is full of lights.

Cause: You're lying on the floor.

Cure: Position your body at a 90-degree angle to the floor.

3. Symptom: The floor looks blurry.

Cause: looking through an empty glass.

Cure: Quickly refill your glass!

4. Symptom: The floor is moving.

Cause: You're being dragged away.

Cure: At least ask where they're taking you!

5. Symptom: You hear echoes every time someone speaks.

Cause: You have your glass on your ear and trying to drink from it

cure: Stop making a fool of yourself!

6. Symptom: Your dad and all your folks are looking funny.

Cause: You're in the wrong house.

Cure: Ask if they can point you to your house.

7. Symptom: The room is shaking a lot, everyone is dressed in white and the music is very repetitive.

Cause: You're in an ambulance.

Cure: Don't move. Let the professionals do their job

Issued in Public Interest

For Private Circulation only.

Designed, conceived, compiled and edited by S Sasidharan. Contributions, suggestions can be sent to the editor: alleppeyrotaryclub@gmail.com

Disclaimer: Views expressed by contributors are not necessarily those of the editor. Every effort is made that the bulletin content is accurate. Information published is in good faith and no liability can be accepted for any loss or inconvenience arising from errors and omissions. Advertisements are accepted at face value and no liability can be accepted for the action of the advertiser.

Printed by Koral Graphics, Alappuzha

Member Column

Humor - Essence of life!!

Humor is the ability to perceive, enjoy, or express what is amusing or comical. It is the source of laughter and the catalyst of smiles. Humor is the spark that lights our eyes as well as brings out tears. Life becomes dull when you don't have sense of humor in life. Humor is an ingredient in the recipe of life which adds taste to the dish of life. It is a drug which enlivens our gloomy life.

Have you ever imagined a person without sense of humor and amusement in life? Many a times we have heard of people say, "You have a good sense of humor." Sense of Humor is a characteristic of a person to ignite laughter in others. Instead of getting angry when something goes wrong, a humorous person automatically try to look for the humor in the situation. It eases tension and keeps things in a humorous perspective, and can energize people when a task or situation has become tedious. In our busy life, we have become so serious that we seem to have lost our Sense of Humor.

There's no laughter and enjoyment without humor in life. It can make wonderful moments of life, memorable and enjoyable. Humor has been the source of entertainment in all our lives in various forms. Humor has brought fame and fortune to those who have mastered its power especially in movies, plays, songs, television shows and radio. A good humor is a universal remedy to reduce stress and anxiety in any unpleasant or unhappy situations in our life.

Even though we all like to laugh at humorous incidents, different people may find humor in different things. Charlie Chaplin, the King of Humor was an English comic actor in the early 1900's who worked hard to bring smiles on people's face through his silent comic films which is still enjoyed by the children of 21st century. Laurel & Hardy were a comedy double act during the early classical Hollywood era of American Cinema in 1920s. And our most favorite cartoon characters Tom & Jerry which was created by William Hanna & Joseph Barbera in 1940s. The rivalry between the cat and the mouse duo evokes hilarity in everyone's mind.

Humor can be used like a sniper's gun, picking people off when they least expect it. When we use humor to hurt, we abuse the fundamental essence of this wonderful gift. We must teach our children the difference between what is funny and what is abusive. A joke is never humorous if it is at the expense of another. Some people use humor to hide from their real emotions. Using humor to help get through the complicated times is a lot different than using humor to hide from them. Humor should be a prerequisite to handle any sort of real life situations smoothly. It helps keep us sane; keep us from taking ourselves too seriously. It calms our apprehensions and put life's imperfections into perspective. Humor is the diversion we need to get us through the trials and tribulations of our lives. It is the ability to laugh at ourselves and only to laugh with others. I think one of the most attractive qualities in a person is having a sense of humor to manipulate any tricky situations tactfully and graciously.

If someone can make you laugh, you've got a lot out of the way especially in a most awkward or difficult moment in life. We all need to possess or bring out childish sense Of humor, to make people around us joyful and happy. Let this holiday season be filled with humorous moments to remember and cherish with your friends and loved ones.

Rtn. Indu Dutt

Club Business

Minutes of the meeting held on 23rd December 2015

The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. Sajan B Nair invoked the blessing of Almighty.

In Presidential address Rtn. Adv. Deepak informed the house that he along with 6 other Rotarians attended Zonal Cabinet Meeting of Zone 20. He mentioned that the projects initiated by our club are worthwhile projects compared to projects taken up by other clubs; he thanked all members for that. A medical assistance worth Rs. 2000/- for a needy person was handed over.

Jt. Secretary Rtn. Ajithkumar RN read out anniversaries for the week and in vote of thanks thanked all Rotarians for attending meeting, he also thanked Mr. Joseph Francis for attending the meeting. He extended a special thanks to Host for the day Rtn. George Thayyil, and then the meeting was adjourned by the President.

Rtn. Krishnan Venugopal



Tea Host for Regular Meeting on 30.12.2015, Rtn. Fancis V J

X'mas New Year Dinner Host Team on 02.01.2016, Rtns. Moncy Varghese, Antony Malayil, Adv. Babu Joseph, Cherian, Cijo Alex, George Zachria George, John Mathew, Tomy Pulikattil, Aju Mathew Jacob and John V George

'10. Give up living your life to other peoples expectations

Way too many people are living a life that is not theirs to live. They live their lives according to what others think is best for them, they live their lives according to what their parents think is best for them, to what their friends, etc. They ignore their inner voice, that inner calling. They are so busy with pleasing everybody, with living up to other people's expectations, that they lose control over their lives. They forget what makes them happy, what they want, what they need....and eventually they forget about themselves.

Never get your sense of worth from outside yourself. Your worth comes from inside yourself and not from forces outside yourself – people, events, material possessions. Do not ever let other people tell you how much you are worth, decide for yourself.

You have one life – this one right now – you must live it, own it, and especially do not let other people's opinions distract you from your path.

11. Discipline your mind to stay in the NOW

Learn to be present and engaged in the present moment. Be happy with what you have, what you know and who you are right now. Don't allow your mind to trick you into thinking that you won't be happy until you get where you want to get. Appreciate what is in front of you. If you learn how to be present and engaged in the NOW, you will live a very happy and content life and no matter how many challenges life will send your way, you will become a better not bitter person.

"As soon as you honour the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease.

12. Surround yourself with loving and supportive people

Surround yourself with positive, cheerful, supportive and loving people. People who can lift you up when you are feeling down; people who will turn on the light for you when you are in the dark; people who can see you for what you truly are and who you can truly become. Take the advice of Mark Twain and "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

You need positive and loving friends who will support you in your new way of life...Commit yourself to making the best of everything life sends your way. Be soft and flexible. Go with the flow of life and no longer against it.

Enjoy the ride and no matter what happens to you and no matter how many challenges and difficult people life might send your way, know that they are all there to help you grow and evolve into the beautiful being you so much want and deserve to be.

You only have one life to live. Make it a memorable one. Give up on all the toxicity present in your life but never on yourself and your dreams.

I take this opportunity to wish all of you and your families a very happy, healthy, prosperous, amazing, wonderful 2016.

Rtn. PHF S Sasidharan

Message from President

My dear fellow Rotarians,

As we approach the New Year it is with great pleasure I inform you all that the past six months of this Rotary year has been very fruitful and fulfilling. We were able to complete several worthwhile projects and initiatives. In addition our regular ongoing programmes were also successfully completed.

May I offer my best wishes for Christmas and the New Year to all the Rotarians and their family.

Christmas provides an opportunity for us all to pause, reflect, and celebrate the things that we rightly cherish. It is a time when we, as citizens, as families, fellowship and as communities turn our minds to what is really important – family, friendship, neighbourliness and homecoming. During this festive season we have an opportunity to renew our appreciation of these gifts; gifts which we hope will sustain us through the coming year.

Once again Sindhu and I thank all fellow Rotarians and their families for their support and encouragement and extend our best wishes for a healthy, happy, prosperous and a wonderful year ahead.

Yours in Rotary

V Deepak

Three month calender of events

December, 30, 2015	January, 10, 2016	February 06,07, 2016
Our club elections closed meeting at Revi Karunakaran Rotary Hall, Alleppey	FIRE (Family Involved Rotary Entertainment) Camelot Convention Centre Alappuzha	District Conference Winsdor Castle Convention Centre Kottayam
January, 02, 2016	January, 20, 2016	June 19, 2016
Christmas and New Year dinner meeting at Revi Karunakaran Rotary Hall, Alleppey	District Governor's visit to the club at Revi Karunakaran Rotary Hall, Alleppey	Awards Night Trivandrum Club, Trivandrum



December 2015

Dear fellow Rotarians,

I am pleased to welcome you to the 2015-16 Rotary Club of Alleppey Christmas and New Year dinner meeting. This is a wonderful opportunity for Rotarians and friends of Rotary to come together for fellowship and inspiration at this special time of year.

I have been a Rotarian since 1974, and every event including club weekly meetings, reminds me of Rotary's uniqueness. It is not a common occurrence to see such a wide variety of people, from diverse backgrounds and industries join in harmony and fellowship to pursue something greater than their own interests. In Rotary, however, this is the norm.

My home country of Sri Lanka is no stranger to war, poverty, and strife. But since 1929, when the first Rotary club was chartered in Sri Lanka, Rotary has brought peace, health, and hope to my country. When polio raged through South Asia, Rotarians from all around the world gave their time and resources to lead National Immunization Days, with the result that Sri Lanka has been polio-free since 1994. When a terrible tsunami struck in 2004, Rotarians were some of the first people to respond. Today, Rotarians in my country promote education among our children and peace between groups that have been enemies.

These are our stories — Rotary's stories. They are not just our history, but our future as well. I hope that during this event, you have opportunities to share Rotary stories with one another. Rotary has been a gift to each of us, and I am confident that your drive and passion for Rotary service will enable you to *Be a Gift to the World* for the remainder of this Rotary year and beyond.

Sincerely,

K.R. Ravindran
2015-16 President, Rotary International



ONE ROTARY CENTER 1560 SHERMAN AVENUE EVANSTON, ILLINOIS 60201-3698 USA • T +1-847-866-3000 F +1-847-328-8554 • WWW.ROTARY.ORG

Message from Rotary Good Will Ambassador, Benefactor and Arch Klumph Society Member

"Dear Rotarian Brothers & Sisters,

New Year brings a fresh new beginning to everyone hopefully gifting each one with days filled up to the brim with success, health and happiness. New Year also is a special occasion to wish whom we care for with the best of life's most precious treasures.

Hope the coming New Year would be a blend of achievements for all of you. Pray the glow of happiness, health, Prosperity and Peace brighten your days in the year ahead.

Yours in Rotary

Betty Karan

K.R. Ravindran
President, 2015-16

T +1-847-866-3235
F +1-847-866-3390
KR.Ravindran@rotary.org



Rotary District 3211



16 December 2015

To

Rtn. Adv V. Deepak, President
Rotary Club of Alleppey,

The festive season offers us special opportunity to extend our personal greetings to the near and dear ones. And so, I felt it is the appropriate instance to Wish You and Your Family a **Very Merry Christmas and a Wonderful New Year**. It is people like you, who made Rotary such a fabulous organization, and I find each day a rewarding experience.

Neena also joins me to wish you all, the blessings of X'MAS; and Happiness through the coming New Year.

Yours in Rotary,

Rtn. C.Luke

District Governor



Rotary District Secretariat, 1D,Chirakadavil – Melford Park, Puthenangady,Near
Kurishupally,Kottayam 686001 PH:9544993211,04812581613
Email:dgluke1516@gmail.com



Message from Our evergreen Professor emeritus and man of action Assistant Governor Zone 20

Jesus Christ was perhaps history's most radical humanist liberationist who was sent to the cross and suffered crucifixion for the salvation of suffering humanity. For him, humanity was one and consequent of his suffering, the whole world was free. We are all our brother's keeper and must sacrifice all that we possess for the sake of elimination of human deprivation and subjection. In this supremely divine dimension every humanist is a follower of Jesus, I am emphatically a Christian. His great message is meant for all mankind. So I do believe that Christmas is not confined to Christians alone. It embraces the rejoicing of all creations. Only in this sense Jesus Christ, the liberator of the sufferings of the world, will fulfill himself. I bow before you Jesus. Let us strive to wipe every tear from every eye. Let us abandon violence and try to love every one, even our enemies. That is heaven of peace, I believe.

Now, after enjoying a merry Christmas, we are ready to step in to a prosperous new year. Even as a fresh new year dawns, and the radiant morning sun brings with it new hope....

Even as we stand on the threshold of a new wondrous chapter in life, perhaps, this is the moment when you pause, and look over your shoulder at the trail you have left behind, this is when you ask yourself, has life taught you the lessons, have you felt pain and risen above it, do you understand, that to love is to share, to treasure the smallest experience that comes our way, such that the very act of living is a celebration.

And that the very fact that you have been gifted another day means that you can undo whatever it is that you regret doing today, that you can begin again. For life is essentially about hope ! So let us hope for the best and here are my sincere wishes to all my friends in Rotary for a wonderful 2016.

PROF. S.GOPINATHAN NAIR, AG, ZONE 20.

Morale booster

Dear Sashidharan,

Thank you for sending Royal weeks regularly to me. I do enjoy reading the bulletins while I am in station. I find the bulletins very informative as well as humorous. Congratulations to you.

Betty Karan