



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

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Stop Letting People Do the following to you

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results. Socializing and making new friends is a part of life. In fact, it is an important part of living a long, healthy and happy life. However, it is important to be cautious with the people we let into our lives, and how we allow them to treat us.

How we allow people to treat us says a lot more about us than them and this goes for new friends as well as old, and acquaintances as well as family. If someone treats us badly, they obviously have some issues going on in their lives. But if we allow them to treat us badly, then we are saying we aren't valuable enough.

It is time to start standing up for the person you are and stop letting people do things to you that affect you in a negative way.

STOP LETTING PEOPLE DO THESE THINGS TO YOU . . .

ALWAYS COMPLAIN

When someone is complaining they are stuck in a "woe is me" mentality and cannot contribute to your relationship in a positive way. Allow them to vent but make

sure they are taking action to move beyond the complaint.

GIVE BACKHANDED COMPLIMENTS

You know the kind, the kind that sound like they should be a compliment but do not make you feel like you were just complimented? Stop them and ask for real, genuine compliments when deserved.

BE TOO NEEDY

If they run to you for help with their simplest tasks, they are robbing you of time. It might seem like it is a good thing to be needed but there must be a balance.

DEMAND ALL YOUR TIME

It may seem cute at first to have someone want to spend every waking moment with you, but the demand for your time should subside after the "honeymoon" phase. If it does not, you may have bigger problems on your hands.

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair

Meaning of life

When a person is born, he has breath but no name and when he dies he has name but no breath. The gap between breath and name is life. So make the best use of this time in between and make the difference which will be cherished by all between that breath and name.

•••••
Work for a cause, not for
applause...

•••••
Live life to express, not to
impress....



DISAPPROVE OF YOUR OTHER FRIENDS

If they are finding things wrong with your other friends in the hopes you will give them up, you will never be able to grow your social support network. Their disapproval is not your problem.

ASK YOU TO CHOOSE THEM OVER YOUR FAMILY

They are seeking validation when they ask you to choose them over your family. Someone who truly cares about you should know how important your family is and the bonds you have shared over a lifetime.

EXPECT YOU TO DO ALL THE COMPROMISING

A relationship is all about compromising but when you are the only person comprising there is bound to be trouble.

PICK FIGHTS

Most people do not like to live in a constant state of arguing, and those that do are doing so as a form of control. You deserve better than to subject yourself to constant bickering and negativity.

MAKE YOU LESS THAN A PRIORITY

When everything and everyone else takes priority over you, then you need to stand up for yourself.

HAVE NO FAITH IN YOU

Relationships are built on trust. Without trust, there is no relationship.

AVOID SHARING THEIR FEELINGS

It is impossible to grow a relationship without becoming a bit vulnerable and opening up and sharing how you feel. Be concerned if your partner is not emotionally available to you.

CONSTANTLY BRING UP THE PAST

There is no good that comes from constantly bringing up past mistakes. You will just end up resenting the person in the end.

KEEP TRACK OF YOUR EVERY MOVE

Just because someone wants to know everything about you does not mean they should. They should respect you enough to allow you to live your life and be okay with the fact that you have a life outside your relationship.

BE UNKIND TO YOU AND OTHERS

You deserve to be around people that have the ability to be kind. It's as simple as that.

HAVE UNUSUALLY HIGH EXPECTATIONS

It is one thing to have high expectations for yourself but to impose those expectations on others is not acceptable. If you feel like you cannot measure up then, the relationship is not serving you.

ALWAYS FIND FAULT WITH YOUR ACTIONS

If you feel like you cannot do anything right, then chances are you never will. Truly supportive relationships do not place blame.

BE OVEREAGER TO PLEASE

When someone is overeager to please, they are seeking validation from an outside source. That person is not emotionally stable enough to be in relationship with you.

DISCOUNT YOUR DREAMS.

You must surround yourself with people who believe in your dreams, or you will have a hard time achieving them.

BLAME YOU FOR WHAT GOES WRONG IN THEIR LIFE

Accepting responsibility for what happens in your life is an important part of being in a thriving relationship. Do not allow someone else to shift the blame onto you.

MAKE YOU FEEL ASHAMED OR EMBARRASSED

If someone embarrasses you or makes you feel ashamed of something, they are more focused on covering up their part than supporting you through it.

MANIPULATE YOU

When someone uses emotion or other "carrots" to get you to do something you do not feel good about doing, they are using your love to manipulate you.

BE LAZY

If you are the one that does all the work, then it is not a real partnership is it?

"REWRITE HISTORY" TO MAKE YOU LOOK BAD

They selectively remember events to make them look good, and you look bad. Make sure and correct their version of history and move on.

USE VEILED THREATS

No good can come from a threat, even when done nicely. Partners do not threaten, they discuss and compromise.

NOT FORGIVE

If they are holding onto past actions and refuse to let them go, they are in essence letting go of the relationship instead.

Bottom line: trust your inner voice. If something does not feel quite right, then it probably is not, and it's time to stick up for you.

Rtn. PHF S Sasidharan

Minutes of the meeting held on 03rd February 2016

The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. Dr. Abraham Thayyil invoked the blessing of Almighty.

In Presidential address Rtn. Adv. Deepak informed that Vocational Service Awards function is scheduled on 27th February, awardees have been identified and follow up is done. The most tentatively Sri. Rishiraj Singh IPS will be Chief Guest. He also read out resolution taken on 8th Board meeting "The board of director's of RC of Alleppey met on 1st Feb 2016 and unanimously resolved to present Rtn.PAG Vijayalakshmi Nair as the candidate to Dist. Governor's election at the earliest" general body passed the resolution with thunderous applaud. He also requested for more registrations towards District Conference "AARRAATTU" on Feb 6th & 7th, already 23 members registered.

Rtn. Abraham Thayyil said club is proud about Rtn. D Vijayalakshmi's candidature and opined that club as a whole should put in maximum effort in achieving this goal. He also congratulated President and board for the decision taken.

Rtn. Sajan B Nair said it's a happy news teacher is a serious leader; the task ahead is very daunting. First task is to get over Nomination Committee, and wished All the Very Best!

Rtn. S Murugan Congratulated teacher on taking up the challenge, she is confident enough in facing hurdles. The club should support her in whichever way possible, especially senior members should extend maximum support.

Rtn. George Thomas Congratulation and All the Very Best! He also suggested senior members should advice and organize action plan towards the election. We should showcase our unity by travelling along with Rtn. D Vijayalakshmi.

Rtn. P O Thomas said it is very important to get acceptability of senior members from other Rotary Clubs; we should also focus on getting support of other Rotary Clubs for challenge if situation arises.

Rtn. Muhammad Shafeeq opined that we have to be united in this campaign and declare his full support.

Rtn. George Samuel said Teacher is 100% eligible candidate for the post and wished All the Very Best!

President Adv. V Deepak mentioned that the members who spoke earlier were explaining about all the pros and cons of DG election there are hurdles which we will overcome. It's been 40 years since we had a DG candidate from our club though we have 10 to 15 members in our club who are eligible for the post. The strategies towards election are changing rapidly over last couple of years and from candidate to candidate. If it's Rtn. D Vijayalakshmi her presence in district is a well known fact and meticulous manner in which she carried the event FIRE to success is well known in District. Teacher should never back out.

Rtn. D Vijayalakshmi thanked members for giving nominating her name, and also mentioned that it was Rtn. Sajan Nair who first suggested her name. She requested whole hearted support from all the members.

Secretary Rtn. Krishnan Venugopal read out anniversaries for the coming week, he also expressed his happiness in teacher nominated for the post. He thanked all the senior members for sharing the various pros and cons we have to come across towards election and for the uncompromising support extended. Also thanked Host. Rtn. Rajeev for hosting the day. Then the meeting was adjourned by the President.

Rtn. Krishnan Venugopal

Tea Host for Regular Meeting on 10/02/2016, Rtn. Sajan B Nair

Family Gallery

Importance of a second opinion

Joe had suffered from really bad headaches for the last 20 years.

He eventually decides to go and see a Doctor. The Doctor said, 'Joe, the good news is I can cure your headaches. The bad news is that it will require castration You have a very rare condition, which causes your testicles to press on your spine and the pressure creates one hell of a headache.

The only way to relieve the pressure is to remove the testicles.'

Joe was shocked and depressed. He wondered if he had anything to live for.

He had no choice but to go under the knife. The surgery cost him Rs. 150000..

When he left the hospital, he was without a headache for the

first time in 20 years, but he felt like he was missing an important part of himself.

As he walked down the street, he realized that he felt like a different person. He could make a new beginning and live a new life.

He saw a Men's clothing store and thought, 'That's what I need... A new Suit.'

He entered the shop and told the salesman, 'I'd like a new Suit.'

The elderly Tailor eyed him briefly and said, 'Let's see... size 44 long.

Joe laughed, 'That's right, how did you know?'

'Been in the business over 30 years!' the tailor said.

Joe tried on the suit it fitted perfectly.

As Joe admired himself in the mirror, the salesman asked, 'How about a new shirt?'

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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

Joe thought for a moment and then said, 'Sure.'
The salesman eyed Joe and said, 'Let's see, 34 sleeves and 16-1/2 neck.'
Joe was surprised, 'That's right, how did you know?'
'Been in the business for over 30 years.'
Joe tried the shirt and it fitted perfectly.
Joe walked comfortably around the shop and the salesman asked, 'How about some new Underwear?'
Joe thought for a moment and said,

'Sure.'
The salesman said, 'Let's see. Size 36.'
Joe laughed, 'Ah ha! I got you! I've worn a size 34 since I was 18 years old..'
The salesman shook his head, 'You can't wear a size 34. A size 34 would press your Testicles up against the base of your spine and give you one hell of a Headache.'
New suit – Rs.20000
New shirt – Rs.2000
New underwear – Rs.350
Second Opinion-PRICELESS

Always take second opinion before going under the Surgeon's knife.

A Married Man's Honest Confession



"I always read my wife's horoscope to see what kind of day I am going to have."



Calender of event: June 19, 2016 Awards Night, Trivandrum Club, Trivandrum



Happy Birthday

Adv. Murugan	08.02.2016
Priya (George Mathew Daughter)	08.02.2016
Liz (George Thayyil Daughter)	09.02.2016
Biju Sathyan	09.02.2016
Shreya (Nagarajan Daughter)	10.02.2016

Wedding Anniversary

Jacob Neroth	19.02.2016
Prabha Krishnan	11.02.2016
Lizzy Thomas	11.02.2016
Varsha Madhu Mohan	17.02.2016
Gia John Thayyil	20.02.2016
Anika Vinod Balaji	24.02.2016

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

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