



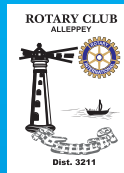
Royalweeks



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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Weekend – make it interesting, special and filled with fun

Sunday – Jio, jee bhar ke!

My Sunday schedule was probably more packed up than any weekdays of the Tata's or the Birla's. The most important as well as enjoyable one was clutching onto my pillow till 7 am, which had to be followed by the cannot-afford-to-miss episodes of Mahabharata, Tom and Jerry, Bournvita Quiz Contest, etc. The Famous Five, the Hardy Boys, or the Secret Seven kept me occupied the entire afternoon followed by local gilli/dunda and cricket tournaments with my friends. In the evenings, a few not-so-gentle reminders from my mom used to successfully convince me to work on the piled-up week long home works. By the time I crept onto my bed at night, I often felt proud to have spent at least one day of the week with some constructive work!!

But now, I guess, things have changed. Kids hate to do the things we did. They spend more time with the keyboards than nothing else and even in some cases I have found kids beginning their day from midnight. Do not laugh but it is true. Come-on when everything is changing, the children of this generation can be this much adventurous?

Everybody loves Sunday. From school going children to adults in the professional world, everyone eagerly awaits for this one special day for the entire week. It is the day you get break from your boring, tiring and monotonous schedule. No need to wake up early or rush through the morning rituals to reach your work place on time. Sunday is when you finally get the time to do what you like, go where you want and meet up with friends and family. This is the day you get as a reward after working tirelessly through the entire week and it is natural you want to make the most of this day.

Hence, just imagine how much the grown-ups must have gone tech savvy in their own way.

In this fast-tracked life, apart from the National holidays, the

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair

Weekend clears away the rust accumulated during the whole week.

Sunday, for me, is all about being home with the family with no plans.

A weekend well spent brings a week of content.

SUNDAY: Take it slow and give your soul a chance to catch up with your body.

What a lovely way to start a week.

There are no uninteresting things, only uninterested people. *GK Chesterton*



other factor, which relieves million minds across the nation, is “Sunday”. B. R. Chopra and Ramanand Sagar are no more enough to satiate our frenzy on the weekends. With the sudden outburst of the Baristas, Multiplexes, and numerous roadside joints, the options now available to the Indian youth are many.

Let us see what difference can a Sunday bring in our lives now and what more can we do to make ourselves happy and charged up for the forthcoming week.

Are we doing enough? · Or could we have enjoyed more?

Let us take a closer look and analyse how we can enjoy our weekends and Sunday's better.

Here are some ways to make your weekends special.

Pursuing long-lost dreams:

Ever wished to play the guitar? Or the violin? Did the high-flying jet ever inspire you to become a pilot? Ever dreamt of becoming the most knowledgeable person in your group?

If you say “yes”, then do not get discouraged if you have not realized your dreams yet. Age is no bar friends, we just need to start. You don't need to become an A. R. Rahman, just play the instrument to relax yourself. If it is late for you to become a pilot, at least learn all the tricks of the trade, which can make you fly. At least try to pursue your wishes.

Touch that deep vein in your heart and gift yourself this long-due joy.

Short trips: We are not talking of extravagant holiday trips here. Neither are we trying to refer a group picnic involving your neighbours- This trip would be solely for you and your family and can be just anywhere close by. A bit of planning to choose the location and some more bit of effort is deciding on the paraphernalia to carry – that's all you need to do. A car might be considered as a nice-to-have option, but surely not a necessity.

If you are successful in making such trips even for 2 weekends in a month, you'll have visited 24 new places in a year. Most importantly it will add new glory and satisfaction in your personal life as well. You will come closer to your family with the help of such short outings.

Reconnect with the child in you: A very efficient way to de stress and re energise yourself over the weekend is by spending quality time with your children. If you are not apparent then visit your nephews and nieces or play with kids in the neighbourhood. Reconnect with that child in you and re live those good old care free days when everyday was relaxing and fun as Sunday.

Meditation: Like your body, your mind needs rest too and one of the best ways to attain peace of mind is meditation. This is an age old way to refresh your mind and help your power of concentration which in turn will increase your productivity and efficiency. Meditation also helps in fighting stress and depression and has other health benefits.

Know your neighbour: When was the last time you went to next door person for a chat or called them over for tea or dinner. Now that you finally have time think about it in these lines and socialise with your neighbours.

Wardrobe make over: Even if you are not really a kind of person who likes to stay up to date with fashion trends, it is okay to give your wardrobe a make over once in a while. This can be expensive but really enjoyable on a weekend.

Clean up: You must be wondering what can be fun about wasting your weekend on cleaning the house? Well, sometimes clearing out the mess and arranging things in an organised manner can actually make you feel better. This will not only make your weekend worthwhile, it will also make you feel good for days to come.

Binge watching: If you want to use your day off to relax and enjoy but you are feeling too lazy to go out, binge watching is the right thing for you. Though un- healthy, once in a while, grab something to eat and drink, switch on your television or laptop and you are good to go.

Indulge in social work: One of the best ways to make your holiday interesting is doing something which will not only make you feel good but also bring a smile on someone else's face. Do some volunteer work to make the most of your Sunday. Bring out the original Rotary spirit in you and take time out to help the less fortunate and bring peace and tranquillity to your mind.

Family and Fun: Make up for all the anniversaries, birthday parties and other family functions you have missed owing to your busy schedule. Organise a fun get-together, invite people. This requires additional effort but it is definitely worth the hard work.

Meet your buddies: Remember the good old college days when you got to meet your friends every day. Professional world changed all this. Weekend is the time when you finally get to catch up with them. Join and think of something new to do every now and then. Good friends and great plan is all that you require for a perfect evening.

I time: Sometimes it is important to take a break from your busy schedule and spend some quality time with yourself. It is okay to pamper yourself once in a while. Love yourself since you deserve it. It is also an energiser and a morale booster and helps you set up for the busy week ahead.

Finally, all good things come to an end. Sleep, de-stress, socialise. There is so much we would like to do on a Sunday, it passes out too quickly and soon we find ourselves with the Monday morning blues. Do not fret weekend will be soon knocking at your door again.

Rtn. PHF S Sasidharan

Rotary International releases US\$8.1 million to end polio in Nigeria

As Nigeria marks six months without a new case of polio, Rotary has announced \$8.1 million in grants to help the country in its final push to eradicate the disease within its borders. The funds will be used by the World Health Organization (WHO) and UNICEF to support polio immunization campaigns, research and surveillance in the country.

Nigeria, the last polio-endemic country in Africa, reported the highest number of polio cases in the world as recently as 2012. However, the country showed remarkable progress in 2014, when it reduced its polio case count by nearly 90% over the previous year. The funding commitment from Rotary (<http://www.rotary.org>) comes at a critical time, as the country has a prime opportunity to take advantage of these gains and end the disease for good.

“Nigeria has made incredible progress against polio this past year and I'm proud to see our country reduced cases by nearly 90% in 2014,” said Funke Akindele, Nollywood actress and Rotary polio ambassador. “With funds from Rotary, the continued support of Rotarians in Nigeria and around the world, I believe there will be a day when no child in Nigeria will be at risk of this disease.” “Nigeria has managed an incredible feat,” said Dr. Tunji Funsho, Rotary's National PolioPlus Chair for Nigeria. “Our country has gone six months without a new case of the disease. However, now we must be more vigilant than ever, as our progress is fragile.” Commitment from all levels of the Nigerian government to ending the paralyzing disease has proved crucial to the country's recent progress. Experts urge political leaders to maintain this focus, even amidst Nigeria's upcoming national elections next month.

Recent polio outbreaks the Horn of Africa and Central Africa stemmed from poliovirus that originated in Nigeria. These outbreaks appear to have been effectively stopped in 2014; however, the continued presence of the virus in Nigeria puts countries in Africa at-risk for renewed outbreaks. In addition to the \$8.1 million in funds for Nigeria, Rotary has committed \$18.5 million to be divided amongst an additional seven countries in Africa. The grants include \$1.6 million, Cameroon; \$2.5 million, Chad; \$3.3 million, Democratic Republic of Congo; \$1.1 million, Ethiopia; \$250,000, Kenya; \$2.8 million, Niger; and \$7 million, Somalia. Outside of Africa, Rotary also announced grants of \$1.1 million for Pakistan and \$6.7 million for Afghanistan. Together with Nigeria, Pakistan and Afghanistan are the two other countries in the world where polio has never been stopped. Rotary provides grant funding to polio eradication initiative partners UNICEF and the World Health Organization, which work with governments and others in polio-affected countries to plan and carry out immunization activities. Mass polio immunizations must continue until global eradication is achieved.

To date, Rotary has contributed more than \$1.3 billion to fight polio. Through 2018, the Bill & Melinda Gates Foundation will match two-to-one every dollar Rotary commits to polio eradication (up to \$35 million a year). In 2014, there were only 350 confirmed polio cases in the world, down from about 350,000 a year when the initiative launched in 1988.



Club Business

Minutes of the meeting held on 23rd March 2016

The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. P O Thomas invoked the blessing of Almighty. In Presidential address Rtn. Adv. Deepak informed about the annual Family Picnic for the year on April 30 – May 1st, the venue has been finalized as Carmelia Heaven, Vandanmedu. The charges will be 7500 for couples and 3500 for stag; the trip is scheduled to start by 7.30 am April 30th. He also thanked Rtms. D Vijayalakshmi and Nagaraj for organising the picnic. He also requested members to attend District Governor visit at RC Marari on 28th of this month.

IPP Rtn. P O Thomas informed about the Rotary International Convention at Seoul, Korea from 28th May – 1st June, and those members who wish to attend should carry an authorization letter from president.

Secretary Rtn. Krishnan Venugopal read out anniversaries for the coming week, and thanked Rotarians for attending the meeting. Finally thanked Rtn. Dr. Parameswaran Nair host for the day.

Then the meeting was adjourned by the President.

Rtn. Krishnan Venugopal

Host for Regular meeting on 30/03/2016 Rtn. Sibi George

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

Team 2015-2016

President
Rtn. Adv. V Deepak
+919447409969

Secretary
Rtn. Krishnan Venugopal
+919895031513

Vice President
Rtn. Kumara Swami Pillai
+919447409933

Treasurer
Rtn. Vidhu Kumar
+919447791106

President Elect
Rtn. George Thomas
+919995892780

Joint Secretary
Rtn. R N Ajithkumar
+919895084153

Immediate Past President
Rtn. P O Thomas (Exe. Sec.)
+919447243616

Bulletin Editor
Rtn. S Sasidharan
+919400667765

Sergeant-At-Arms Rtn. Boney Mani Thomas +919747172000

Committee Chairs

Club Administration
Rtn. T Sivakumar
+919605095477

Rotary Foundation
Rtn. Adv. B Sivasad
+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

Service Project
Rtn. Prakash Ponnu
+919447027027

General Coordinator
Rtn. Vinod K Balaji
+919349400037

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
Rtn. George Z George
+919495330544

Literacy Mission Convenor
Rtn. Raju .J. Chandy
+919846821818

General Convener Rtn. Adv. K N V. Panicker +919446195166

Club Messenger - Prasanna +919526827349



Krishnan Venugopal



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 friendship?
- ☀ Will it be beneficial to all concerned?

Family Gallery

BETTER DAYS
ARE COMING.
THEY ARE
CALLED:
SATURDAY
AND
SUNDAY.
HAPPINESS IS



...realizing it's only Saturday
when you thought it was Sunday.

My saturday
was going
pretty
well
until i
realized
it was sunday.



In an investment seminar a man saw a beautiful lady and falls in love instantly. He proposes to her. But being a financial planning expert she asks about his background. The man replied...well I am an ordinary person today, but in a few months after my ailing father dies I would inherit his riches worth crores. The lady was impressed and they exchanged their business cards etc. And within a month the lady walks into his house as his step mother... Man was shocked.

Moral: Investments are subject to market risks

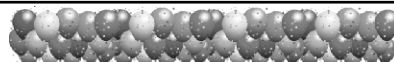
"If you don't love your job .. Take a home loan". U will start loving it...

Take another loan, you will start loving your boss as well

Get married .. You will start loving your office as well

A controversial & debatable ...question

Today if Ravan took your wife away would you still consider him evil



Happy Birthday

A.R. Vijayakumar	22.03.2016
Mohammed Sali	23.03.2016
Arun Varghese Kurisnikal Son	23.03.2016
Aswathy Venugopala Panicker Daughter	24.03.2016
Seema Unnikrishnan	24.03.2016

Vidhu Kumar	24.03.2016
Moncy Varghese	24.03.2016
Alex Cijo Alex Son	24.03.2016
T.S. Sujith	25.03.2016
Johnu George George Thomas Son	26.03.2016
Tijo George George Thomas Son	29.03.2016
Deepa Biju	30.03.2016

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

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Hotel SISIR Palace
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