



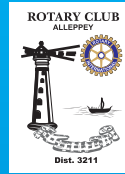
Royalweeks



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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Dark Chocolate: Good reasons to indulge in moderation

Chocolate is a typically sweet, usually light brown, food made out of cocoa seeds, roasted and ground often flavoured. It is usually made in the form of a liquid paste or in blocks or used as a flavouring agent in other foods. It has become one of the most popular food types and flavours in the world. Gifts of chocolates moulded into different shapes have become traditional during festivals, holidays. It is also used in hot and cold beverages.

I am sure all of us would have been told during our growing days as well as now that a regular intake of this delicious, irresistible food is bad for you. Good news for all the chocolate eaters is that the dark chocolate has been listed as a super food. Dark chocolate is very nutritious and contains a decent amount of soluble fiber and is loaded with minerals. In fact, current research suggests that cocoa used in making chocolates can protect you from heart disease, reduces blood cholesterol and may even prevent the formation of blood clots. Dark chocolate can positively affect your health. Great words to throw at people who nag you when you eat them.

The main ingredient in chocolates is the cocoa bean, is a rich source of antioxidant flavonoids that help reduce free radical mediated oxidative stress, which is implicated in many disease conditions such as cardiac disease, diabetes mellitus and cancer. The emphasis

is on dark chocolates because the normal milk chocolates contain cocoa, sugar, milk solids and emulsifiers. Dark chocolates contain all this except milk solids. Dark chocolates contain a higher proportion of antioxidant flavonoids than milk chocolates. Since the dark chocolates is a store house of these flavonoids and other compounds and significant amount of minerals that have varied effects. All of this offers certain health benefits.

High Blood pressure:

Flavonoids have been shown to stimulate the production of nitric oxide, a compound that dilates blood vessels and maintains a healthy blood pressure. This directly benefits the elderly in whom the nitric acid synthesis is low.

Cardio vascular benefits:

Like low dose aspirin, flavonoids in cocoa can restrict the formation of blood clots and promote healthy blood flow. The magnesium in cocoa is a cardio protective mineral.

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair

Relations which have to be managed are never true and if relations are true they are never required to be managed.

The pages of yesterday cannot be revised, but the pages of tomorrow are blank and you hold the pen. Write and make it an inspiring story.

Weak people believe in revenge. Strong people believe in forgiving. Intelligent people believe in ignoring.

Enjoy every moment in your life. Today's beautiful moments are tomorrows beautiful memories.



Regular intake of foods that contain cocoa is associated with a lower risk of fatality due to cardiac and blood vessel abnormalities.

Lipid modifying effects: Short term consumption significantly reduces blood cholesterol, but this depends on the dose. Short term studies have shown that dark chocolates can also lower LDL (bad) cholesterol levels and increase HDL(good) cholesterol levels. They also inhibit the oxidation of LDL cholesterol, an event that contributes to the formation of atherosclerotic plaques.

Protecting Nerve Tissue: Cocoa flavonoids have the potential to protect neurons against damage by neuro toxins, suppresses neuro-inflammation and promote memory, learning and cognitive function. Consumption of dark chocolates causes improvements in mood and cognitive performance during a sustained mental effort. These effects are possibly derived by a more efficient flow of blood to the brain and the retina of the eye. A compound in cocoa has the potential to relieve depression and improve mood.

Benefits for Diabetics: Flavonoids and proanthocyanidins are known to attenuate the spikes in glucose levels after eating, reducing fasting glucose levels, increase insulin secretion and insulin sensitivity. These are derived partly by the ability of flavonoids to inhibit carbohydrate digestion and glucose absorption.

Protects the skin against the sun: The bioactive compounds in dark chocolate may be great for your skin and reduce sunburn. The flavonoids can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

It can help lose weight: A small square of good chocolate melted in the tongue 20 minutes before a meal triggers the hormones in the brain that say "I am full", cutting the amount of food you subsequently consume. Similarly, finishing a meal with the same small trigger could reduce subsequent snacking.

Other effects: Bioactive compounds in cocoa also have an anti-proliferative, anti-mutagenic and chemo-protective effect. This lends support to the fact that cocoa may help to protect against cancer. The compounds also have anti-cariogenic effect. This means that they may also protect against dental decay.

There is considerable goodness in Cocoa that can provide good health benefits. But this does not mean that you should go out and consume lots of chocolate every day. It is still loaded with calories and easy to over eat and over indulge in. Be aware that a lot of chocolates available in the market are below standard. You need to choose quality stuff i.e. organic dark chocolates with 70% or higher cocoa content. Dark chocolates often contain some sugar, but the amounts are usually small and darker the chocolate, the less sugar it contain. Because of its awesome taste, please restrict your intake to minimal levels say 20 grams a day. Cocoa powder in milk or in desserts is the best way to consume but of course watch the additional sugar content. The consumption of dark chocolate is an easier way to consume cocoa. Here I need to warn all of you that chocolate, dark or white, are high in energy. Over indulgence may therefore promote weight gain and even elevate blood pressure. As the saying goes everything in limited moderation is good for you.

Rtn. PHF S Sasidharan

Club Business

Minutes of the meeting held on 18th May 2016

Meeting started with Sergeant-at-Arms leading the Ceremonial Procession then Sergeant - At – Arms adorned President with Collar. The meeting was called to order by the President Rtn. Adv. V Deepak.

Rtn. K Cherian invoked the blessing of Almighty. Rtn. Muhammed Shafeeq welcomed the gathering. In Presidential address Adv. Deepak said that initially when taking up the post of President Ship of Rotary Club of Alleppey in July 2015 he had lot of apprehension but with support of Rotarians from club he could do justice to post. Now on last Family dinner meeting for year he felt he has done projects in all major facets and all continuing projects were done like previous years.

Rtn. Raju Chandy introduced the chief guest DGND Rtn. MPH. E K Luke with a brief and precise profile, and also introduced his better half Mrs. Sally Luke.

In Key note address Rtn. E K Luke expressed his happiness of being chief guest of a Rotary Club older than him; he traveled on memory lane recollecting his previous visits to the Rotary Club of Alleppey and associations with Rotarians in the club. He mentioned that Rotary Club of Alleppey's contribution to District as well as Rotary is very significant and he expects wholehearted support from Rotary Club of Alleppey while his term of Governorship.

President then presented a memento to Chief Guest as token of appreciation. The club joined together in wishing Bon Voyage to AG. Rtn. Prof. Gopinathan Nair and PAG. Rtn. D Vijayalakshmi who are going to Seoul, South Korea to attend Rotary International Convention on May 28th, president adorned them with "Ponnada".

Felicitations were given by AG. Rtn. Prof. Gopinathan Nair, GGR Rtn. Adv. S Murugan, Inner Wheel President Mrs. Radha Ponnambalam and Rtn. Dr. Prashanth Jacob, President RC of Alleppey East.

Secretary Rtn. Krishnan Venugopal in vote of thanks extended a sincere thanks to DGND Rtn. MPH. E K Luke, AG. Rtn. Prof. Gopinathan Nair, GGR Rtn. Adv. S Murugan, Inner Wheel President Mrs. Radha Ponnambalam and Rtn. Dr. Prashanth Jacob, President RC of Alleppey East. He also thanked all Rotary family members and Invited Guests for attending meeting. He extended a special thanks to MC Rtn. Subramaniya Iyer. He extended sincere thanks to hosts Rtns. Abdul Rahim, George L Mathew, Jacob Neroth, Muhammed Shafeeq, Tomi Eapen, Jacob Philipose, Muhammed Sali, W D Nelson, Raju Chandy, P O Thomas and Varghese Kurisinkal. After National Anthem meeting was adjourned by the President.

Rtn. Krishnan Venugopal

Host for Regular Meeting on 25/05/2016 - Rtn. Moncy Varghese

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



●●●
Did you know?

Family Gallery

What is the meaning of 'back to the salt mines'?

When someone says that he or she has to get back to the salt mines, what they mean is that they have to get back to work. People sometimes humorously refer their place of work as salt mines. The expression suggests that you do not really enjoy the job, find it quite monotonous and yet have to keep the job because there is no escape from it. So the next time you can say – I had a great weekend and tomorrow it is back to the salt mines. Or if you have work and others are enjoying you can say –you guys enjoy and have fun. It is back to the salt mines for me.

Do you know the difference between haggle and bargain?

When you 'bargain' or 'haggle' over the price of something with someone, you would like the individual to sell the product to you at a lower or reasonable price. Of the two the word 'haggle' has a negative connotation. It suggests that you are being rather petty and are arguing with the individual in a loud manner. 'Bargaining' on the other hand suggests that it is more of a negotiation than an argument. One can bargain without raising one's voice.

I do not like the way my mother haggles with vegetable vendor. Or the Price is rather steep. Are you willing to bargain?

Value of Quality time

Most of us are busy in our own ways and are scrambling from one point to another, mostly preoccupied, running against time, that we forget the most important people in our life – our immediate family. They really crave for your attention and time and we just do not give it to them. They still wait patiently in the hope that you will give them the deserved time and attention. I thought I will explain it in a more interactive way. If we do not take a cue and spend quality time with our immediate family it will not be long before we face such scenarios in our life.

A conversation between son and father:

SON: "Daddy, may I ask you a question?"

DAD: "Yeah sure, what is it?"

SON: "Daddy, how much do you make an hour?"

DAD: "That's none of your business. Why do you ask such a thing?"

SON: "I just want to know. Please tell me, how much do you make an hour?"

DAD: "If you must know, I make Rs.1000 an hour."

SON: "Oh! (With his head down)."

SON: "Daddy, may I please borrow Rs.500?"

The father was furious.

DAD: "If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish.

I work hard every day for such this childish behaviour."

The little boy quietly went to his room and shut the door.

The man sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money?

After about an hour or so, the man had calmed down, and started to think:

Maybe there was something he really needed to buy with that Rs.500 and he really didn't ask for money very often. The man went to the door of the little boy's room and opened the door.

DAD: "Are you asleep, son?"

SON: "No daddy, I'm awake".

DAD: "I've been thinking, maybe I was too hard on you earlier. It's been a long day and I took out my aggravation on you. Here's the Rs.500 you asked for."

The little boy sat straight up, smiling.

SON: "Oh, thank you daddy!"

Then, reaching under his pillow he pulled out some crumpled up bills. The man saw that the boy already had money, started to get angry again. The little boy slowly counted out his money, and then looked up at his father.

DAD: "Why do you want more money if you already have some?"

SON: "Because I didn't have enough, but now I do.

"Daddy, I have Rs.1000 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you."

The father was ashamed and devastated. He put his arms around his little son, and he begged for his forgiveness.

It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. Do remember to share that Rs.1000 worth of your time with someone you love? If we die tomorrow, the organisation that we are working for could easily replace us in a matter of days. But the family and friends we leave behind will feel the loss for the rest of their lives. And come to think of it, we pour ourselves more into work than to our family.

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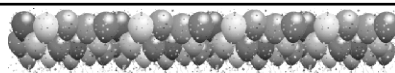
The four Way Test

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

**Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say that
Today was a good day
Now read from bottom to top.**



Happy Birthday

Deepa George	25.05.2016
Sindhu Murugan	28.05.2016
Beth (S/o. Dr. Antony)	28.05.2016
Jeevan (S/o. Sajan Nair)	29.05.2016
Preetha Vidhukumar	30.05.2016

Wedding Anniversary

Parameswaran	24.05.2016
Kumaraswami Pillai	24.05.2016
Tomy Pulikatil	26.05.2016
Anu (S/o. Jacob Neroth)	30.05.2016
Dr. Arun Babu	31.05.2016
Sabil Raj	31.05.2016
Unnikrishnan	31.05.2016

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