



Rotary 



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Official Bulletin of Rotary Club of Alleppey (Chartered on 25th July 1949)



President
Rtn. PHF K. Cherian



RI President
Rtn. Mark Daniel Maloney



Dist. Governor
Rtn. Shirish Kesavan



Issue No.15 (2019-20) Dated 5th October 2019



From Editor's desk

October is Economic and Community Development Month.

Rotary supports investments in people to create measurable and enduring economic improvement in their lives and communities. The Rotary Foundation enables Rotarians to invest in people by creating sustainable, measurable and long term economic improvements in their communities and livelihoods by :

1. Building the capacity of entrepreneurs, community leaders, local organizations, and community networks to support economic development in impoverished communities;
2. Developing opportunities for productive work;
3. Reducing poverty in under-served communities;
4. Supporting studies for career-minded professionals related to economic and community development.

I am of the strong view that this is an area of focus which lies close to the motto of Rotary and hence should be given at most importance. We should go an extra mile by extending the activities beyond the designated month. The Rotary Foundation envisages clubs in investing on people belonging to the economically backward classes of the society. The idea is to develop micro-enterprises which can sustain a large section of people. It is a coincidence that we are celebrating the 150th birth anniversary of our father of nation Mahatma Gandhi. Gandhiji has always believed that the soul of India lies in the villages and exhorted for the development of villages. Gram Swaraj was his slogan. Whatever little work the Rotarians do in this month by implementing projects aiming at "Economic and Community Development Month" will be tribute to the Mahatma Gandhi. Let us all strive hard to play our part through our illustrious club.



Secretary
Rtn. PHF John Kurian



Asst. Governor
Rtn. PHF V. Deepak



Bulletin Editor
Rtn. PHF M. Kumaraswamy Pillai



Jai Rotary

Rtn PHF M Kumaraswamy Pillai

We meet on Wednesdays at 7.30 pm at Revi Karunakaran Rotary Hall, Alleppey

Economic and Community Development Month

October month is dedicated to Economic and Community Development, which is in tune with one of the main objectives of Rotary, Service to Community. All clubs are striving hard to organise community development projects. One of the main projects under Community Development, which we have taken up this year, is Rotary Alfa Kids Learning Centre. We have got full time professionals like Speech and language pathologist, Pediatric Physiotherapist and Occupational Therapist, Behavioral therapist and Special Educator. The services of these professionals are available at very subsidized rates at our Centre. We have our commitment to identify and sponsor eligible children from poor families and support them for their treatment. Several children affected with Cerebral Palsy, Autism, Learning and Speech disabilities are availing the services at present. However we have to see to it that the full potential of the centre is exploited and the benefit is passed on to the deserving section of the society. The message of availability of these services are to be given wide publicity among the public and also among other Rotary Clubs.

I request our members to at least visit the centre during working hours and motivate the staff and give support and suggestions. Let us all work together for do our part for development of a better community.

We have also to plan some project for the economic development of the people around us so that we will be able to provide some gainful employment opportunities to the poor.

Yours in Rotary,

Rtn. K. Cherian

Minutes of the Regular meeting of the club dated 2nd October 2019

Regular meeting of the club for the week started at 7.45PM with the invocation of Blessings of God Almighty by Rtn. John Mathew. President in his address expressed concern over the thin attendance in regular meetings. President informed that under REACH programme we propose to distribute Bio-bins to BPL families in our adopted ward. A meeting of a new residents association of adopted ward is being convened at our Club Hall on 11th October. President congratulated treasurer Rtn. George Thomas, who has come prepared with the up-to-date accounts till September 30th. Rtn. M. Kumaraswamy opined that presenting the accounts without placing in Board is not proper. Membership development seminar IGNITE is on 6th October at Contour Resorts, Changanacherry and we have to give maximum registration to the seminar. President requested Rtn. Tomi Eapen to speak on the occasion of Gandhi Jayathi. Rtn. Tomi Eapen made a beautiful presentation, in which he shared reminiscence of his visit to Rajghat, Memorial of Mahatma Gandhi, in his youthful days. Rtn. AG V. Deepak requested maximum participation in the Membership development Seminar to be held on 6th October. Rtn. Varghese Kurisinkal wanted details of the letter submitted by Vice President who has submitted his resignation. Rtn. Antony Malayil clarified that in last week minutes it is wrongly mentioned about president's statement of his support for transfer of points for making Club 100%.

The secretary proposed vote of thanks with a special mention of thanks to Rtn. John Mathew, host of the meeting.

Rtn. John Kurian, Secretary

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 ?

RI NEWS

RI President visits Argentina

RI President Rtn Mark Maloney being received by the President of Argentina, Mauricio Macri, as President of Rotary International, and Gay the First Lady of Rotary, on October 4, along with: Celia Cruz de Giay, Past Vice-President of Rotary and Co-Convener of the Rotary Institute-Buenos Aires; her husband, Luis Vincente Giay, a Past President of Rotary International; Mario Cesar de

Camargo, RI Director and Co-Convener of the Institute; and Ricardo Pedace, current Rotary Governor, and his wife, Susana. Comments focused on the 100 year anniversary on the Rotary Club of Buenos Aires, the first Rotary Club in Argentina.



Surprising Uses of Honey

The health benefits of honey are bountiful. From providing us with a fantastic source of energy to supporting a strong immune system to promoting better blood sugar control - its benefits are incredible. But while it may be an essential ingredient to add to your diet, there are a number of other surprising uses for honey too. So, if you're looking for more ways to use honey, here are a few things you can do outside the kitchen!

SHOPPING CART



1. Use it to beautify your hair.

For beautiful hair, as well as the perfect remedy to control frizziness, just add 1 teaspoon of honey to a quart of warm water and dilute. After shampooing, soak your hair in the mixture (especially the ends), let it sit for a couple of minutes and rinse off. The result? A glossy finish!

2. Use it to give yourself a facial.

Honey is a natural ingredient that can be used to keep your skin moist. It also contains antimicrobial properties, allowing your skin to stay fresh and cleansed. Mix a dollop of honey with two tablespoons of warm water and massage it into the skin, rubbing it up and out.

3. Use it to remove parasites.

If after having come home from a vacation you've discovered that you have parasites, mix up a good blend of honey, water and vinegar - the perfect remedy to being parasite free

4. Use it to clean cuts and scrapes.

One of the reasons that pure honey has no expiration date is due to its antimicrobial properties, making it an excellent natural antiseptic. Just slather a bit on scrapes, minor cuts or basic burns, lightly covering the wound.

2019-2020

- President** - Rtn. PHF K. Cherian
- Vice President** - Rtn. PHF T. S. Ajithkumar
- President Elect** - Rtn. MPHF Krishnan Venugopal
- Imm PP** - Rtn. MPHF Antony M Malayil
- Secretary** - Rtn. PHF John Kurian
- Jt. Secretary** - Rtn. PHF Ambu Vaidhyan
- Treasurer** - Rtn. MPHF George Thomas
- Bulletin Editor** - Rtn. PHF M.Kumaraswamy Pillai
- COMMITTEE CHAIRS**
- Club Administration** - Rtn. MPHF Raju Chandy
- Rotary Foundation** - Rtn. PHF Venugopala Panicker
- Membership** - Rtn. MPHF Murugan. S
- Public Relation** - Rtn. PHF Jose Abraham
- Service Project** - Rtn. PHF T. Sivakumar
- Club Advisor** - Rtn. MPHF Prof. Gopinathan Nair
- Club Trainer** - Rtn. PHF Subramaniya Iyer
- General Co-ordinator** - Rtn. MPHF Vijayalakshmi Nair
- Executive Secretary** - Rtn. MPHF P.O. Thomas
- International Service** - Rtn. MPHF R. Krishnan
- Serjeant at Arms** - Rtn. PHF Tom Joseph
- STARTEGIC PLANNING COMMITTEE**
- Club Service** - Rtn. MPHF Jacob Neroth
- Community Service** - Rtn. PHF Biju Sathyan
- Vocational Service** - Rtn. PHF MPHf Sajan Nair
- Family of Rotary** - Rtn. PHF Rosie John
- Youth Service** - Rtn. PHF Tomy Pulikkattil
- Literacy Mission Convenor** - Rtn. PHF Siby George
- General Convenor** - Rtn. PHF Vidhu Unnithan
- Club IT Officer** - Rtn. PHF Dijo Antony Cherian
- Club Recreation** - Rtn. PHF A. Balakrishnan
- Club Projects** - Rtn. PHF John Mathew
- District Project-REACH** - Rtn. PHF Thomaskutty Joseph
- FIRE** - Rtn. PHF T.S. Sujith
- LN 4 Hand - Cont.. Project** - Rtn. PHF R.N. Ajithkumar
- District Project - WinS** - Rtn. PHF Shyam Kurup
- District Project - REAP** - Rtn. MPHf NAM Kunju
- District Project - RISS** - Rtn. PHF V.J. Francis
- Asst. Governor** - Rtn. PHF V. Deepak
- Club Historian** - Rtn. MPHf Tomi Eapen

HAPPY BIRTHDAY dear Rotarians ANNES & ANNETS October

- 4 Rtn'e Rajalakshmi Balakrishnan
- 7 Mehza, D/o Rtn. NAM Kunju
- 12. Vijayalakshmi, D/o Rtn. Balakrishnan



5. Use it to relieve anxiety.

In India, honey has long been used to quell nervousness. So, to alleviate symptoms of anxiety, try blending it with a calming herbal tea before bed. For added benefits, try chamomile, fennel or lavender. Meanwhile, to start your morning off on a calm note, add honey to oatmeal - oats are another fantastic, natural remedy to reduce stress.

6. Use it to soothe cracked lips.

Making your own lip balm is easy. All it requires is some almond oil, beeswax and honey. Combine the ingredients together and apply a tad on your chapped lips

7. Use it to promote better sleep.

If you don't have much trouble falling asleep, but tend to wake up in the middle of the night, it could be completely natural, or it could be due to stress hormones causing your adrenaline and cortisol levels to vary. A bit of salted honey, however, ought to do the trick. Combining both sweet and salty ought to help reset these hormones and get you back to sleep. You only need a small amount, so just a teaspoon should suffice.

8. Use it to soothe a hangover.

If after a good night out you wake up with a throbbing headache, instead of popping an aspirin, spread some honey on your toast, or just add a teaspoon to your tea. This remedy works because honey is full of fructose, which speeds up the metabolism of alcohol.

9. Use it to help root plants.

Honey can promote growth in plants and will also help prevent disease from affecting root cuttings. Simply mix one part raw honey with three parts boiling water. Let it cool, then dip the plant cutting into the mixture

Engagements



Next Meeting : @ 7.30 pm on 9.10.19
Host. : Rtn Lukose Mathew Malayil

Designed, conceived, compiled and edited by Rtn. M. Kumaraswamy Pillai. Contributions, Suggestions can be sent to the editor: mkpillai53@gmail.com

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