



Rotary 



e-royalweeks

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



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Change of guard for Royal Petals



Secretary
Rtn. PHF John Kurian



Asst. Governor
Rtn. PHF V. Deepak



Bulletin Editor
Rtn. PHF M. Kumaraswamy Pillai

From Editor's desk

Eve was created by God (Yahweh) by taking her from the rib of Adam to be Adam's companion. Ardhanareeswara concept in Hindu mythology represents the synthesis of masculine and feminine energies of the universe and illustrates how Shakti, the female principle of God, is inseparable from (or the same as, according to some interpretations) Shiva, the male principle of God. The union of these principles is exalted as the root and womb of all creation.

In Rotary also the role of Anns is well defined and they are inevitable in the functioning of any rotary club. They provide necessary impetus for the club to move ahead. The participation in all projects by the Anns, especially in service projects, makes the projects more meaningful and complete. We have witnessed the invaluable contributions made by the Anns and Annets during the flood relief and rehabilitation days in the previous year.

Royal Petals (yet another brain child of Tomi), an association of Rotary annes of the Rotary Club of Alleppey, is an year old baby. But it has matured beyond its age. Rty Ann Anu, the Charter Chairperson has toiled hard during the previous year to bring up the fledgling RP along with her three children. She was ably supported by Ann Jainy Moncy who has travelled the extra mile by taking classes on Nutrition for the women and children at Kayalpuram. Of course they had the benevolent support and guidance Rtn Vijayalakshmi Nair to kindle the spirit of a re-union of the nightingales of RC, Alleppey. The resurrection of the annes under the banner of Royal Petals gave a new life to the family meetings in the previous year and the installation ceremony this year. Congrats Rty Ann Anu for the good work done. The changing over of the Chairperson from Anu to Shylamma was also done at the installation ceremony under the shadows of the rotary leaders. All the very best to Ann Shylamma, the First Lady to carry on the good work of Anu and Jainy last year.

A new column "Shopping Cart" is included in this issue. As the name indicates it is a space for non-rotary information, but of course of interest to the readers of RW. Contributions from Anns and Annets under the column are most welcome. Enjoy reading!



Jai Rotary!

Rtn PHF M. Kumaraswamy Pillai

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

President Column

Hon. Justice Kemal Pasha inaugurates Saphthathi Celebrations of our Club on 25 th July. We can be proud to be a member of a Club which has a heredity which dates back from the year 1949. A Club which was led by the cream community of the flourishing town of Alappuzha right from the inception in forties, a Club which has contributed its services to the Community for the last seven decades, a club which has contributed the first AKS member from our Rotary District. The uninterrupted publication of Royalweeks is another outstanding achievement of the Club. Aply our bulletin editor Rtn. Kumaraswamy Pillai is coming out with a Saphthathi Special bulletin. All Best Wishes. Club Historian Rtn. Tomi Eapen, has meticulously collected and recorded our past events in his historybook. It is really a matter of happiness that Rtn. Tomi Eapen is publishing Club History on our Charter Anniversary date. The untiring efforts and the pains taken for compiling the history deserves appreciation.

For every celebration, we have to make an indelible mark so that the event is remembered by the posterity. We are inaugurating our project ROTARY ALFA KIDS LEARNING DEVELOPMENT CENTRE in association with Alfa Charitable Trust on 27 th July. District Collector Dr. Adeela Abdulla will be inaugurating the Centre and also a Free Medical camp for the differently abled children. The activities in connection with making Civil Station Ward a Zero Waste Ward has already started. A Clean Plus Committee consisting of the residents of the ward was convened and also we had conducted an Awareness Programme to NSS volunteers of Muhammedans Girls Higher Secondary School. A lot of activities are there in the agenda. Only by support and co operation of my fellow Rotarians the tasks can be accomplished. Let us work together to make this an eventful Rotary year.

Yours in Rotary,
Rtn. K. Cherian.

Minutes of the Regular Meeting Dated 17 th July 2019

The regular meeting of the Club started at 7.40 PM with the invocation of Blessings of God Almighty by Rtn. Ambu Vaidhyan. President informed that arrangements for conducting Saphthathi Celebrations of the Club are in full swing. Hon. Justice Kemal Pasha was invited as the Chief Guest of the function and he has accepted our invitation. He will be inaugurating the Saphthathi Celebrations of the Club on 25 th July. Our Saphthathi Project Rotary Alfa Kids Learning Development Centre will be inaugurated by District Collector Dr. Adeela Abdulla on 27 th July 10.30 AM at our Club Hall. We are conducting a Medical Camp for children affected with Autism, Cerebral Palsy, Speech problems, Learning Disability etc. The Medical camp will also be inaugurated by the District Collector. We had convened a Press Meet in connection with the Saphthathi Celebrations, Medical Camp and inauguration of Kids Development Centre. In connection with the Ward Adoption Programme, we had conducted an awareness programme to the NSS volunteers of Muhammedans Girls Higher Secondary School on 16 th July. Rtn. C. Jayakumar took the classes. Rtn. Vijayalakshmi Nair and Secretary Rtn. John Kurian attended the programme along with the President. President informed that Rotary Club of Alleppey Coir City and Marari Clubs have requested our permission to conduct their weekly meetings at our premises and discussions are in progress regarding the matter. President told that the front building of the Club is in a very bad condition and requires painting and plastering. Arrangements are being made to do the work so that the building has a facelift on the Saphthathi day. President informed that Rotarians Kumaraswamy Pillai, Vijayalakshmi Nair, John Kurian etc actively contributed in the weeks events and expressed gratitude to them. He explained that if any services by members are not acknowledged, the same may please be excused. President also requested maximum participation for the District Seminar REACH which will be conducted at Hotel Samudra, Kovalam on 21 st Sunday.

Rtns. Abdul Rahim, Prof. Gopinathan Nair and Tomi Eapen actively participated in the deliberations. The host of the meeting was Rtn. Dijo Antony Cherian. Secretary Rtn. John Kurian proposed vote of thanks. The meeting disbursed at 8.45 PM.

Rtn. John Kurian, Secretary



Shri Naufel, Municipal Councillor addressing the planning committee meeting on REACH



Rtn C Jaya Kumar, Technical Advisor, REACH conducting awareness class on REACH project at Muhemmdens Girls Higher Secondary School

REACH PROJECT KICK STARTED

Rotary Empowered Action for Cleanliness and Hygiene (REACH) is the district project aiming at maintaining our neighbourhood clean and hygiene. Under this initiative the Rotary Club of Alleppey will join the Alleppey Municipal Council to make interventions and drive in a zero wastage concept in the Civil Station Ward where the Rotary properties are located. The activities were kick-started by forming a "clean plus committee" at the meeting of public representatives, political parties, resident associations, ADS and ward councillor. Prez Cherian presided over the meeting and the district Technical Advisor of REACH Rtn C Jayakumar briefly explained the project. Rtn Vijayalakshmi Nair and the ward councillor Noufel spoke. The meeting was also attended by Rtn George Thomas, Rtn Thomaskutty Joseph and Rtn Kumaraswamy Pillai.

SHOPPING CART



9 Effective Kidney Stone Prevention Tips

Our kidneys are probably the most sensitive organs we have since they are often the first to take the hit for our bad decisions, be it a drink or two, or our addiction to everything that's too sweet or too salty. One of the most common, and simultaneously most painful kidney condition are kidney stones, small (but not small enough) crystals that form as the result of many chemical processes that happen in our body. Suffering from kidney stones is no joke: the excruciating pain accompanying kidney stones has been often described as "worse than childbirth" by women. Luckily, kidney stones are preventable, even if you've had them before. With just a few simple lifestyle changes you can protect yourself from this debilitating disease. The following 9 dietary and lifestyle tips will help you prevent kidney stones.

- 1. Be Wary of Foods Containing Oxalates :** The group of chemicals called oxalates occur naturally in both plant and animal-derived foods, and many extremely healthy foods, such as whole grains, berries, and leafy greens contain a lot of oxalates. And while on their own these compounds don't cause any harm (the human body even produces oxalates on its own), they can bind with calcium in the kidneys, forming crystals - kidney stones. In fact, it has been estimated that about 67% of kidney stones are actually derived from calcium oxalate. Still, doctors don't normally recommend avoiding oxalates completely, and instead, they recommend consuming enough calcium so that the two compounds bind in the gut before they reach the kidneys. Still, if you're at risk of developing kidney stones, it's best if you watch your oxalate intake.
- 2. Eat Plenty of Citrus Fruits :** Citrus fruits contain plenty of citric acid which was proven to prevent kidney stones. In fact, a deficiency of citric acid in the body was found in 60% of kidney stone patients, so eat plenty of citrus fruit or drink unsweetened orange, lemon or lime juice to keep your kidneys healthy.
- 3. Reduce Alcohol and Coffee Intake :** Both alcohol and caffeine can dehydrate your body, which is especially dangerous for people prone to kidney stones, kidney infections and UTIs. Keep in mind that many sodas, teas, and other beverages, and not only coffee, contain a lot of caffeine. The overall consumption of caffeinated drinks should be limited to a maximum of 4 daily servings.
- 4. Stay Hydrated:** The single most effective and also most overlooked way of preventing kidney stones is simple: all you have to do is drink enough fluids. More fluid intake means more diluted urine, which, in turn, prevents sand and tiny crystals in the urine from clumping together and forming kidney stones. But how much fluid intake is enough? If you're healthy and don't have a history of kidney or urinary problems, you should aim towards 8 glasses of fluids a day, enough to pass on 2 liters of urine. If, however, your immune system is compromised or you have suffered from urinary problems before, you should drink at least 12 glasses of fluids daily.
- 5. Consume Less Salt :** We should all follow a low sodium diet anyway, knowing what it can do to our cardiovascular health, but a diet high in salt can also trigger kidney stones. When you eat too much salt, it increases the amount of calcium in your urine, which, in turn, creates kidney stones. Your daily limit of sodium should be 2.300 mg (about 1 teaspoon of table salt), even if you've never had kidney stones before. This is the heart-safe daily intake limit as well.
- 6. Avoid Sugary Drinks :** Sweetened drinks, such as sodas, juices, and flavored waters, especially those that high-fructose corn syrup can wreak havoc on your digestive system, teeth, and endocrine health, increasing inflammation and even being a contributing factor to diabetes. Apart from that, these drinks increase your risk of developing kidney stones, so it's best to avoid them altogether.
- 7. Limit the Amount of Animal Products in Your Diet :** Apart from often being high in salt, animal-derived products also increase the level of uric acid and lower the levels of citrate in the body. Why is that important? Uric acid is one of the main contributors to kidney stone formation, whereas citrate prevents the formation of kidney stones. So, by eating too much red meat, hard cheeses, seafood, poultry, and eggs, you're both weakening your body's defense against kidney stones and increasing the risks of their formation. Clearly, all these foods are a primary source of protein for the majority of people, so cutting them out of our diet would be impossible. Instead, limit your consumption of these foods, especially of meat, to a portion no bigger than a pack of cards.
- 8. Make Sure You Eat Enough Calcium-Rich Foods :** While it's true that calcium oxalate kidney stones are the most common ones, doctors point out that these calcium-based stones can often form because we have not enough calcium in our diet. Both men and women over the age of 50 should get 1.000 mg of calcium a day, accompanying it with 800-1.000 IUs of vitamin D for better calcium absorption. Still, don't rush to the drugstore for a calcium supplement, as scientists point out that calcium supplements are not beneficial for our kidneys, with some studies even linking these supplements to kidney stones. Instead, get your daily norm of calcium from your diet. Above you can see a picture with common calcium-rich foods.
- 9. Keep a Close Eye on Your Supplements :** While it has been found that vitamin B6 and fish oil supplements are beneficial for preventing kidney stones, others, such as calcium and vitamin C supplements may be harmful to our kidneys. We discussed the effect of calcium in the section above. As for vitamin C, it has been found that supplementation of this vitamin can make you more likely to develop kidney stones, especially if you're male. The scientists suggest that this is because a vitamin C supplement may be converted into oxalate in the body, so it's best to get your vitamin C from your diet.

Tit-bits

Why were wives of male members affectionately called "Rotary Anns"?

This designation was never one of disparagement, but rather grew out of an interesting historical occasion. The year was 1914 when San Francisco Rotarians boarded a special train to attend the Rotary Convention being held in Houston. In those days few wives attended Rotary events, and until the train stopped in Los Angeles, the only woman aboard was the wife of Rotarian Brunner.

As the train picked up additional convention-bound delegates, Mrs. Ann Brunner was introduced as the Rotarian's Ann. This title soon became "Rotary Ann". Since the clubs of the west were inviting the Rotarians to hold their next convention in San Francisco, a number of songs and stunts were organized which would be performed in Houston. One of the Rotarians wrote a "RotaryAnn" chant. On the train's arrival at the Houston depot, a delegation greeted the West Coast Rotarians. One of the greeters was Guy Gundaker of Philadelphia, whose wife was also named Ann.

During the rousing demonstration, someone started the Rotary Ann chant. The two petite ladies, Ann Brunner and Ann Gundaker, were hoisted to the men's shoulders and parade about the hall. The group loved the title given to the two women named Ann. Immediately the same term of endearment was used for all of the wives in attendance and the name "Rotary Ann" was here to stay.

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 ?

2019-2020

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- President Elect** - Rtn. MPHF Krishnan Venugopal
- Imm PP** - Rtn. MPHF Antony M Malayil
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- Jt. Secretary** - Rtn. PHF Ambu Vaidhyan
- Treasurer** - Rtn. MPHF George Thomas
- Bulletin Editor** - Rtn. PHF M.Kumaraswamy Pillai

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- Membership** - Rtn. MPHF Murugan. S
- Public Relation** - Rtn. PHF Jose Abraham
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- Asst. Governor** - Rtn. PHF V. Deepak
- Club Historian** - Rtn. MPHf Tomi Eapen

HAPPY BIRTHDAY dear Rotarians ANNES & ANNETS

16/7 Amrutha Ramalekshmy, D/o Rtn. Deepak V
23/7 Tobu, s/o Rtn. Tomy Pulikkattil.



Hearty Congrats Rohit



Rohit M Subramoniam (S/o Rtn Murugan and Ann Sindhu) has authored a book on International Commercial Arbitration, a form of complex dispute resolution. It involves the intermingling of International law and domestic legal instruments. The book is a systematic and comprehensive work on this subject. All the legal aspects have been discussed with deep insight. All judgements of the various High Courts and the Supreme Court of India have been dealt within. It is imperative to note that the book has incorporated jurisprudence and judgements of the U.S.A, U.K, Singapore, Malaysia and various other countries. The

reviews by eminent legal luminaries will speaks volumes on the good work done by Rohit and team.

Team RC Alleppey is proud of you Rohit!



Hearty Congrats Vivek

Vivek Jacob - Son of PP MPHf Rtn. Jacob Neroth and Rty Ann Rose Mary Jacob after his schooling at Layola College. Chennai and Rajagiri, Kalamassery, did his MSc in International Business at WFI- Ingolstadt School of Management in Germany recently.

On his return from Germany he has joined as Business Executive in his family business; JR House, Group consisting of three companies engaged in the Manufacturing, Exporting, Domestic marketing of floor coverings, Plantations and Investors in Stock market.

He is a memembr of Alleppey United Club and Ramavarma District Club. He is the grandson of Late Rtn. Chacko Varghese Neroth who was a member of the Rotary Club of Alleppey for more than 50 years.

Engagements



SAPTHATHY CELEBRATIONS at 7.30 pm on 25.07.19
Host team: Rtn T Sivakumar, Rtn N A M Kunju
Rtn V Deepak, Rtn S Murugan, Rtn John Mathew
Rtn Joseph Francis, Rtn Subramonia Iyer,
Rtn Aju Jacob Mathew

Seminar on REACH on 21st July 2019 at ,Hotel Samudra, Kovalam

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