



Rotary 



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



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Vol No.1 / Issue No. 8/ Dated 17th August 2019



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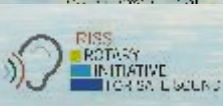


Bulletin Editor
Rtn. PHF M. Kumaraswamy Pillai

From Editor's desk

We are the first generation to feel the effect of climate change and the last generation who can do something about it- Barack Obama

It was a visionary statement by former US President in the United Nations. I don't know how many people have properly conceived the message. I am sure back in Kerala none of us has seriously pondered on it. For us this is one of the subjects for late evening debate in TV channels. When you come out of the studios, we forget it in the quest of another subject for the next debate. During the times of distress we are reminded of Prof. Madhav Gadgil and his reports of Ecologically Sensitive Areas (ESA) and make declarations that the developments will be made without prejudice to the ecology. But after everything subsided, the administration will start action for legalising illegal encroachments and so on. It is not that there is dearth of rules. We have enough and more. But often we bypass them on many considerations. It is gratifying to see that Prez Cherian has started relief activities by providing essential items and dress materials to the flood affected people in relief camps. Without any call from the Prez, our members started contributing financially for the flood relief works. One of our young Rotarians stand out. On hearing the news of land slides and flooding in the Malappuram and Wayanad districts, he started at the small hours of 9th August, for Nilambur, a place worst affected due to the calamity, in a traveller along with his 7 friends who are the members of Flood Volunteers Family without wasting a minute. All of them were empty handed at the start of the journey. What they had was a raft and rope for the rescue work. But they kept sending WhatsApp messages to their friends and known groups en-route. People started filling the traveller with food and dress materials. By the time they reached Nalambur, the traveller was fully loaded. They were the first people to reach places like Pothikallu, Bhoondanam, Kavala Para, Karulayil. About 60 families were stranded in an island and access to the place was breached due to the collapse of the bridge. By the time the NDRF rescue team reached the site Syam and team had already done the preparatory work for rescue. After finishing there work there they started for the next site. It was amazing act by Rtn Shyam Kurup and his team. A big salute to them. My appeal to the Prez and members is that we should support Shyam whatever way possible to continue his good work.



Jai Rotary

Rtn PHF M Kumaraswamy Pillai

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

No words to express my sincere gratitude to all my fellow Rotarians. I had attended the meeting of NGOs in Alappuzha convened by Radio Neythal, just to see if any small help can be done by us in the flood situation. Rtn. Kumaraswamy Pillai and his son had already made a contribution direct to the Club's account, by then. Rtn. Vijayalakshmi Nair who was with me attending the meeting declared about her contribution and when the message of her contribution appeared in the whatsapp group, many of you voluntarily offered support. Rtn. B. Sivadas, Rtn. Shan TP, Rtn. NAM Kunju, Rtn. Thomas Joseph, Rtn. R. Sreenivasan, Rtn. Sajan Nair, Rtn. T. Sivakumar and Rtn. Antony Malayil. Rtn. Krishnan also contributed with a special support to our Rtn. Shyam Kurup. Procuring the cloths etc took some time as there was shortage for the same. We were able to give 8 bundles of material to the collectors relief collection centre through Radio Neythal. This included sanitary napkins and undergarments which were lying with us. We gave lungies, Amron kits and bedsheets to Rtn. Shaym also, who had taken it directly to the relief camps in Wynad. Teacher had visited few camps in Alappuzha and we supplied bedsheets and nighties to the camp at SDV Girls School.

District Governor has requested to sponsor few shelter kits worth Rs.6000/- to be send to other Rotary Districts affected with flood, as a reciprocal gesture of their last year's support to our district. Of course we will have to sponsor at least one shelter kit.

Many of our Rotarians were also actively involved in relief operations under other banners or associations in which they are members. When the news of sufferings of fellow beings came out, we Rotarians proved that we are always therein the forefront to share and support.

This is true Rotary.

Report on Independence day breakfast meeting dated 15th August

Independence day breakfast meeting of the Club started at 9 AM with the invocation of Blessings of God Almighty by Rtn. A. Balakrishnan. One minute silence was observed as a tribute to the departed souls in the natural calamity of Wynad land slide. Earlier at 8.30 AM the president hoisted the national flag in front of the Club hall. Rotarians along with the Chief Guest Prof. Ramaraja Varma of SD College, witnessed the flag hoisting. The meeting started after the breakfast, hosted by Rtn. Arjuna Reddiar and Rtn. A. Balakrishnan. President in his address thanked the contributors who assisted in relief operations of the Club. Rtn. Prof. Gopinathan Nair welcomed the gathering and introduced the chief guest Prof. Ramaraja Varma. The Chief guest in his address mentioned about the diversity and solidarity of our beloved nation. Rtn. V. Deepak, AG felicitated. Secretary proposed vote of thanks with a special mention to the hosts of the meeting.

John Kurian

Secretary

The Detrimental Effects of Alcohol and Nicotine on Sleep

**SHOPPING
CART**



Drinking an alcoholic beverage or consuming nicotine in any form 4 hours before sleep was associated with fragmentary sleep, with nicotine having a severe effect on people reported suffering from insomnia, and was associated with a loss of about 40 minutes' worth of sleep. And it's not necessarily cigarettes that keep you awake, either. The problems with nicotine arise when the body begins hankering for a fix while you're still asleep, leading you to wake up earlier than you intended to. Meanwhile, alcohol could cause permanent damage to our circadian sleep cycle through altering genes related to our biological clock, also causing chronic inflammation and liver disease, as demonstrated in a 2015 paper. Foods and drinks that affect our sleep cycle And while caffeine definitely gets a bad rap as an inducer of sleep deprivation, the researchers could find no connection between consumption of caffeinated drinks, such as coffee and tea and poor sleep quality. This challenges many of the assumptions we have about caffeine consumption, but for the time being, it's safe to say that so long as you don't overdo it, a cup of coffee shouldn't actually keep you from getting a good shut-eye. For a good night's sleep, you would be best advised to set the cigarettes aside, and maybe settle for a hot cup of tea for a nightcap and keep the pinot noir for the occasional dinner

1. Independence Day celebrations @ Rotary-Alpha Paediatric Learning Centre
2. and 3 Flood relief activities by RC Alleppey
4. Release of Awards Manual of RID 3211



Independence Day Celebrations at RC Alleppey



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 ?

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HAPPY BIRTHDAY dear Rotarians ANNES & ANNETS August

- 12 Rtn. Jacob Neroth
- 13 Rtn. Mohammed Shafeeq,
- 15 Annet Tinu, S/o Rtn. Tomy Pulikkattil



Rtn Shyam Kurup and his friends in Flood Volunteers Family are at rescue work @ Nilambur



Engagements



Meeting on 21-08-2019 stands postponed to 7.30 pm on 22nd August 2019 as Bakrid Celebrations and Family Dinner Meeting
 Host team: Rtn. Abdul Rahim , Rtn. Muhammed Shafeeq
 Rtn. Raju Chandy, Rtn. R Sreenivasan
 Rtn. Tomi Pulikkattil , Rtn. Sabil Raj, Rtn. Vinod Kumar

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

Design and Printing at Koral Graphics Phone: 9349415901,

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