



WEEKLY CLUB BULLETIN

SWARNPATH

ROTARY CLUB OF SONEPAT

PANKAJ SETH
President

ASHISH GHOSH
District Governor

JOHN KENNY
RI President

SUMEET ALAKH
Secretary



The Future of Rotary is in your Hands

www.rotarysonapat.org


Rotary Club of Sonapat
RI District. 3010  Chartered 22.03.1957

Meeting Every Friday at 8.30 pm.
Palki Banquet, Delhi Road, Sonapat

2009-10

For Private Circulation Only



CLUB ID 15396

President : Rtn. Pankaj Seth

R.I. President : Rtn. John Kenny

Dist. Governor : Rtn. Ashish Ghosh

Secretary : Rtn. Sumeet Alakh

Bulletin No. **14**/09-10

28th Sept., 2009

NEXT MEETING CLUB ASSEMBLY - 2

The next meeting of the Club will be held as per the following programme:

Day:	Friday
Date:	2nd October, 2009
Time:	8.30 P.M.
Venue:	PALKI BANQUETS
Program:	CLUB ASSEMBLY

MEETING WILL BE FOLLOWED BY DINNER

CLUB ASSEMBLY: As most of you are aware, Club Assembly provides us an opportunity to evaluate the functioning of the Club. All types of suggestions regarding timings, programmes, Community service projects and anything related to Club can be made and discussed in this meeting. That is why it is also known as CLOSED-DOOR MEETING, wherein **only Rotarians** can participate. Families and Guests are discouraged in this meeting.

Perhaps for the first time in the 53 years history of our Club, there will be women presence in our Club Assembly. We specially request all the five newly inducted women Rotarians to please do attend this club assembly. The history-makers are :

- Rtn. Reema Seth
- Rtn. Neeru Bhagat
- Rtn. Babita Kaushik
- Rtn. Kavita Solanki
- Rtn. Vandana Jain

It is suggested in programmes of Rotary that there should be at least one Club Assembly during each quarter. Hence, it will be our 2nd Club Assembly of the year. We request all the members to come prepared with your valuable suggestions to further improve the functioning of the Club.



PRESIDENTS COLUMN

One day, a visitor came in his new Volkswagen car to my office for consultation. On entering my office he took out a latest mobile and started talking. After finishing the meeting, he asked for my mobile. I gave my cell to him. Making his face he said, "It is very old model and gave me a long lecture on technology". At the end he took my picture. After few days he came for follow up. He was very happy with the consultation that I gave him. I asked about my photograph, which he took that day. He said "I deleted as it was not necessary". I quietly took out one print from my computer, the photograph of his carpet problem lacking adhesion, which I took during first visit (? without his knowledge).

I asked him, "Who used technology better? Not that I cannot afford the latest mobile but for me the camera in my computer is more important. I am aware of latest technology and models." The gentleman was ashamed.

Friends! Human nature is to grab & possess everything, even rubbish. Buy & use unnecessary things as it's in fashion or to impress others is foolishness. Live with minimum personal requirements is an art & not simplicity. To society, who gives is more valuable than who use more. The value of the paper depends on what is written and how much is written and not on the size and quality of paper.

I tribute Mahatma Gandhi who taught us "Avoiding the first undesirable temptation saves us from many sins later."

Rtn PANKAJ SETH

LAST MEETING

RAMLEELA & DUSSHERA CELEBRATIONS

The last meeting of the Club was held on Sunday, the 27th September, 2009. It was held to highlight the teachings of holy 'RAMAYNA' and few episodes of this grand religious book of Hindus were played live by professional artists. Everyone present enjoyed and annets particularly were made aware of our great values. The Chairman of this meeting was PP Rtn. R.K. Sardana, who made all arrangements for this meeting and also conducted the meeting in an orderly manner.

The highlight of this programme was a number of thrilling dance performances by annets, who were suitably rewarded with pries given away by our Senior Rtn. PP R.P. Mukhija ji.

After the stage performances, a symbolic effigy of 'RAVANA' was consigned to flames, to mark the WIN of GOOD over the EVIL. The meeting ended with a satisfactory note and was followed by DINNER.

GLIMPSES – Last Meeting



The Four – Way Test Still Ticking After 77 years

The importance of doing the right thing in the right way is nothing new to Rotarians. The Four-Way Test is all about Ethics. This Ethical litmus test was officially adopted by R.I. in 1943, although it was conceived in 1932 by Herbert J. Taylor, Chicago executive and past R.I. President. The year 2009 marks the 77th birthday of The Four – Way Test and it keeps on ticking.

The Four Way Test means business. Its Rotary's gold standard of ethics, builds friendships, attracts customers, imparts Value Education to one and all, and helps club members sleep well at night. Rotarian Charles R. Walgreen, a member of Rotary Club of Chicago (Rotary – One!), started using The Four-Way Test, since 1947, as the Business Philosophy of his chain of Walgreen Drug Stores in United States. Walgreen often referred to The Four – Way Test as “The Prescription for Living”.

Since Herbert J. Taylor penned these golden ethics 77 years ago, it has been translated into more than 100 languages and become synonymous with high ethical standards.

Rotary Club of Sonapat during its past years recognizes professionals who have adopted The Four –Way Test, Philosophy in their business, Vocation or profession.

Get the Word Out :

Let us continue to tell the world that you share the values of the 4-Way Test by hanging up a plaque, handing out cards, putting stickers, painting in schools or wearing a T-Shirt that displays its principles.

The 4-Way Test of the things we think, say or do:

- 1. Is it the TRUTH?**
- 2. Is it FAIR to all concerned?**
- 3. Will it build Good will and Better Friendship?**
- 4. Will it be BENEFICIAL to all concerned?**

KNOW : THALASSEMIA

What Are Thalassemias?

Thalassemias (thal-a-SE-me-ahs) are inherited blood disorders. "Inherited" means they're passed on from parents to children through genes.

Thalassemias cause the body to make fewer healthy red blood cells and less haemoglobin (HEE-muh-glow-bin) than normal. Haemoglobin is an iron-rich protein in red blood cells. It carries oxygen to all parts of the body. It also carries carbon dioxide (a waste gas) from the body to the lungs, where it's exhaled.

People who have thalassemias can have mild or severe anaemia (uh-NEE-me-uh). This condition is caused by a lower than normal number of red blood cells or not enough haemoglobin in the red blood cells.

What Causes Thalassemias?

Your body makes three types of blood cells: red blood cells, white blood cells, and platelets (PLATE-lets). Red blood cells contain haemoglobin, an iron-rich protein that carries oxygen from your lungs to all parts of your body. Haemoglobin also carries carbon dioxide (a waste gas) from your body to your lungs to be exhaled.

Haemoglobin has two kinds of protein chains: alpha globin and beta globin. If your body doesn't make enough of these protein chains, red blood cells don't form properly and can't carry enough oxygen. Your body won't work well if your red blood cells don't make enough healthy haemoglobin.

Genes control how the body makes haemoglobin protein chains. When these genes are missing or altered, thalassemias occur.

Thalassemias are inherited disorders. That is, they're passed on from parents to their children through genes. People who get abnormal haemoglobin genes from one parent but normal genes from the other are called carriers. Carriers often have no signs of illness other than mild anemia. However, they can pass the abnormal genes on to their children.

People with moderate to severe forms of thalassemia have inherited abnormal genes from both parents.

What Are the Signs and Symptoms of Thalassemias?

Signs and symptoms of thalassemias are due to lack of oxygen in the bloodstream. This occurs because the body doesn't make enough healthy red blood cells and haemoglobin. The severity of symptoms depends on the severity of the disorder.

No Symptoms

Alpha thalassemia silent carriers generally have no signs or symptoms of the disorder. This is because the lack of alpha globin protein is so small that haemoglobin works normally.

Mild Anemia

People who have alpha or beta thalassemia trait can have mild anemia. However, many people with this type of thalassemia have no signs or symptoms.

Mild anemia can make you feel tired. It's often mistaken for iron-deficiency anemia.

Mild to Moderate Anemia and Other Signs and Symptoms

People with beta thalassemia intermedia have mild to moderate anemia. They also may have other health problems, such as:

- Slowed growth and delayed puberty. Anemia can slow down a child's growth and development.
- Bone problems. Thalassemia may make bone marrow (the spongy material inside bones that makes blood cells) expand. This causes wider bones than normal. Bones also may be brittle and break easily.

- An enlarged spleen. The spleen is an organ that helps your body fight infection and remove unwanted material. When a person has a thalassemia, the spleen has to work very hard. As a result, the spleen becomes larger than normal. This makes anemia worse. If the spleen becomes too large, it must be removed.

Severe Anaemia and Other Signs and Symptoms

People with haemoglobin H disease or beta thalassemia major (also called Cooley's anaemia) have severe thalassemia. Signs and symptoms occur within the first 2 years of life. They may include severe anaemia and other serious health problems, such as:

- Pale and listless appearance
- Poor appetite
- Dark urine
- Slowed growth and delayed puberty
- Jaundice (a yellowish color of the skin or whites of the eyes)
- Enlarged spleen, liver, and heart
- Bone problems (especially bones in the face)

Complications of Thalassemias

Better treatments now allow people who have moderate and severe thalassemias to live much longer. As a result, these people must cope with complications of the disorder that occur over time.

Heart and Liver Disease

Regular blood transfusions are a standard treatment for thalassemias. As a result, iron can build up in the blood. This can damage organs and tissues, especially the heart and liver.

Heart disease caused by iron overload is the main cause of death in people who have thalassemias. Heart disease includes heart failure, arrhythmias (irregular heartbeats), and heart attack.

Infection

Among people who have thalassemias, infections are a key cause of illness and the second most common cause of death. People who have had their spleens removed are at even higher risk, because they no longer have this infection-fighting organ.

Osteoporosis

Many people who have thalassemias have bone problems, including osteoporosis (OS-te-o-po-RO-sis). This is a condition in which bones are weak and brittle and break easily.

HOME TIPS

Ants in the house?

Squeeze a little lemon juice in the cracks where ants enter the house. The bitterness keeps them from coming back

Dog Fights

If two dogs get in a fight, try separating them by grabbing the aggressor, not the victim, by the tail, and lift its hind legs off the ground. That way he'll be unable to bite you and will lose traction, which usually makes a dog panic, and stop fighting.

Indoor Seed Starting Tips

Place a small oscillating fan next to developing seedlings for a few hours each day. You don't want to create a hurricane; just enough to cause the seedlings to gently sway in the breeze. This will strengthen the stalk of the seedlings, keeping the plant more compact and less leggy!

Maybe. (A Chinese story, kind of a Taoistic story about a philosophic farmer.)

One day, the farmer's horse ran away, and all the neighbours gathered in the evening and said 'that's too bad.'

He said 'maybe.'

Next day, the horse came back and brought with it seven wild horses. 'Wow!' they said, 'Aren't you lucky!'

He said 'maybe.'

The next day, his son grappled with one of these wild horses and tried to break it in, and he got thrown and broke his leg. And all the neighbours said 'oh, that's too bad that your son broke his leg.'

He said, 'maybe.' The next day, the conscription officers came around, gathering young men for the army, and they rejected his son because he had a broken leg. And the visitors all came around and said 'isn't that great! Your son got out.'

He said, 'maybe.'

Lesson: you never really know in which direction progress lies. Life unfolds not always as we expect it to.

WHAT SMELLS?

She took her car to her mechanic.

She told him "Every time I take any of my friends out in my car, after a while there is this terrible smell!! It never happens when I am driving alone"??

This intrigued the mechanic, so he said,

"OK, lets go for a spin and see what the problem is." Off they went. She drove down a one-way street in the wrong direction at 70 MPH, swerving, hitting the curb on both sides of the street, narrowly missed three pedestrians in Pedestrian crossings, ran several red lights, and just missed a Policeman on street traffic duty. Then, they returned to the shop, and she said, "There it is now...there's that terrible smell. Can you smell it?"

"Smell it? Lady, I'm sitting' in it!



TWO STATUES

In a city park stood two statues, one female and the other male. These two statues faced each other for many years.

Early one morning, an angel appeared before the statues and said, "Since the two of you have been exemplary statues and have brought enjoyment to many people, I am giving you your greatest wish. I hereby give you the gift of life. You have 30 minutes to do whatever you desire."

And with that command, the statues came to life, smiled at each other, ran toward some nearby woods and dove behind a couple of bushes.

The angel smiled to himself as he listened to the two statues giggling, bushes rustling and twigs snapping. After 15 minutes, the two statues emerged from the bushes, satisfied and smiling. Puzzled, the angel looked at his watch and asked the statues, "You still have 15 minutes. Would you like to continue?"

The male statue looked at the female and asked, "Do you want to do it again?"

Smiling, the female statue said, "Sure. But this time you hold the pigeon down and I'll crap on its head."

Greetings



SWARNPATH wishes the following a HAPPY BIRTHDAY	
Rtn. J.C. Bhagat	1 st Oct
Rtn. Rajiv Kathpalia	2 nd Oct
Rtn. Sanuj Chhabra	2 nd Oct
Rtn. Shive Sehgal	6 th Oct
Rty'ne Sandhya Bhagat	3 rd Oct
Rty'ne Ruby Mehra	5 th Oct
Annet Shreya D/o Rtn. Rajiv Garg	5 th Oct
Annet Amit S/o Rtn. Gobind Singla	8 th Oct
Annet Vani D/o Rtn.T.C. Gandhi	8 th Oct

SWARNPATH extends Best Wishes for happy wedded life.	
Rty'ne Shweta & Rtn. Vishal Batra	8 th Oct
Rty'ne Renu & Rtn. Sandeep Girdhar	8 th Oct

RTN RAJEEV GARG
WEBMASTER

PP RTN. VIJAY MEHTA
EDITOR
