



WEEKLY CLUB BULLETIN

# SWARNPATH

ROTARY CLUB OF SONEPAT

**RISHI CHOPRA**  
President

**ASIT MITTAL**  
District Governor

**KALYAN BANERJEE**  
RI President

**GAUTAM SACHDEVA**  
Secretary

**VIKRAM CHAUDHARY**  
Bulletin Editor

## "SYMPHONY"

### A LIVE BAND PERFORMANCE BY "SCREAMS OF COFFIN"



(for Private Circulation Only)



**Rotary Club of Sonapat**

RI District. 3010 Chartered 22.03.1957

[www.rotarysonapat.org](http://www.rotarysonapat.org)

Meeting Every **FRIDAY** at 8:30 p.m.  
Palki Banquet, Delhi Road, Sonapat

## 2011-12

For Private Circulation only



# SWARAN PATH

Weekly Bulletin



R.I. Dist. 3010

(For Private Circulation Only)



Rotary Club of Sonapat

RI District. 3010 Chartered 22.03.1957

Club I.D. : 15396

## ROTARY CLUB OF SONIPAT

Rtn. Rishi Chopra  
*President*

Rtn. Kalyan Banerjee  
*R.I. President*

Rtn. Asit Mittal  
*District Governor*

Rtn. Gautam Sachdeva  
*Secretary*

Rtn. Vikram Chaudhary  
*Bulletin Editor*

**Bulletin No. 02 /2011-12**

**Dated: 4<sup>th</sup> July, 2011**

### Thought of the Week:

**“Every person is important. It doesn’t matter whether you play the violin, the cello, or the drums, you’re still part of the orchestra”.**

NEXT

**“SYMPHONY”  
A LIVE BAND PERFORMANCE BY  
“SCREAMZ OF COFFIN”**

**(A Musical Ensemble We Already Know From 2009-10)**



Day:	Friday
Date:	<b>8th July, 2011</b>
Time:	8.30pm - 9.00pm : Fellowship 9.00pm - Meeting
Venue:	The meeting will be followed by Dinner Aditya Gardens, Murthal Road, Sonipat
Meet Chairman	<b>PP Rtn. Kuldeep Solanki</b>

### **NEXT MEETING:**

#### **(A LIVE BAND PERFORMANCE BY "SCREAMZ OF COFFIN")**

Most of us have already seen them, heard them and enjoyed greatly in 2009-10. This band comprises of some ex-students of BM Engg Institute Sonipat. They have already performed on many platforms in India and won many laurels for themselves including -

MUMBAI - Charity Show at Mumbai 'Prayas'  
KATHMANDU - Live Performance a Kathmandu  
NSIT Delhi - Performed with 'JAL BAND' of Pakistan  
AMITY - Youth's Playing at Amity, NOIDA  
PILANI - Metal Rock nite at BITS Pilani  
DELHI - Youth Nexus 08, Delhi by Hindustan Times  
MUMBAI - St. Xaviers  
DELHI - Central Park, Connaught Place, Delhi  
MUMBAI - At IIT Mumbai

They were on a high note as they have also performed with A.R.Rehman SADHNA SARGAM, MAHALAKSHMI, HARI HARAN.

This group formed the band - Screamz of Coffin.

This band was in News when it performed at NSIT Delhi and won First Prize and was honoured to perform with JAL Band of PAKISTAN.

**COME, LET'S HEAR THEM AGAIN ON FRIDAY 8TH JULY AND ENJOY THEIR TALENT**

## **LAST MEETING:**

It was the first meeting of the Rotary year 2011-12 held as the **first club assembly** on the first day of the month i.e. 1<sup>st</sup> July, 2011.

The meeting started with National Anthem followed by a brief welcome by President Rishi Chopra. He unfolded in brief his plans for the year ahead. **He spoke so well that a Past President couldn't resist commenting that Rishi looked very well prepared & confident** that it seemed as if a Governor was addressing a district conference.

All the five directors of respective avenues of service spelt out their team plans for the year ahead.

Then followed the open house discussion wherein many club issues were deliberated upon in a very cordial atmosphere. Almost everybody participated in the discussions. **An increase of 10% in the club dues was approved by the house unanimously.**

Suggestions were given by members for bringing in more transparency in the functioning of the club especially in financial matters and also bringing in punctuality in the meetings. All the members present in the club assembly supported these issues and also promised to come to the meetings on time.

**IPP Jagdeep singh** was praised by one and all for the excellent performance and the District honors earned by him in the year gone by.

The meeting was followed by Dinner.

## **OBITUARY**

**Mr. Bhupinder Bahl**, the **younger brother of Rtn. S.K.Bahl** who was living in Germany, breathed his last a few days ago. He was suffering from throat cancer.

We pray for the peace to the departed soul and courage to the family to bear this irreparable loss.

# Invitation

**POONAM & MOHINDER MALIK**  
INVITE YOU TO JOIN THEM AND THE FAMILY  
FOR A FUN FILLED EVENING OF

**MEHENDI -\*-MUSIC -\*- DINNER**

TO CELEBRATE THE FORTHCOMING  
WEDDING OF THEIR DAUGHTER

MANIKA  
(GRAND DAUGHTER OF LATE SMT °  
SH.SOBHRAJ MALIK)

**WITH**

DEEPANSHU  
(LOVING SON OF SMT. TRIPTA & SH.BAHAI



**ON THURSDAY, 7<sup>TH</sup> JULY, 2011 AT**

**MEENAKSHI GARDEN  
BAWA TARANA ROAD, SONEPAT**

**FROM: 8.00PM ONWARDS**

**R'anne Poonam & Rtn. Mohinder Malik**

have requested that all the members should join them at the above program.  
Individual invitation cards have also been sent to all the members.

This couplet has been contributed by PDG. Rtn. S.P.Sacdeva

**"KUCCH NA KEH KAR BHI LOG BAHUT KUCHH KEH DIYA KARTE  
HAIN**

**KHAMOSHI BHI MERI IK TARZEY GUFTGU HAI DOSTO !"**

## FIRST DISTRICT INTERCITY 2011-12



# SHUBH AARAMBH



ROTARY INTERNATIONAL DISTRICT 3010

R.I. President  
Kalyan Banerjee

District Governor  
Asit Mittal

District Governor Elect  
Ramesh Aggarwal

District Governor Nominee  
Vinod Bansal

District Trainer  
Dr. Sushil Khurana

Meets  
PP S. Hari Haran

Meets  
PP Shant Jain

My Dear Fellow Rotarians,

Date 30th June'2011

Rotary Greetings !!!

I am really grateful to you for extending your whole hearted support in making the various training programmes of Rotary District 3010, a great success.

The wheel of Rotary is moving fast & soon on 1st July, the new team of the office bearers will take over the responsibilities. We the Rotarians of R.I. District - 3010 are the blessed lot, because this year Rotary International president Kalyan Banerjee & Binota ji have acceded to our request to be with us on Saturday, 9th July'2011, at New Delhi.

Thought you must have listened to RIP Kalyan Banerjee many times but this will be the first opportunity to listen and interact with him as the Rotary International President who is a pillar of confidence, commitment, courage and compassion.

We are enclosing herewith the registration Form, you are requested to please fill it and send it back immediately for making better arrangements for you.

With Rotary regards

ASIT MITTAL  
DG-(2011-2012)  
DISTRICT - 3010

### Secretariate Office

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The Rotarians interested in attending this intercity may please send their Registration (Rs. 1950.00 for Single & Rs. 3800.00 for a couple) to the President /Secretary).

### **Annets' Page:**



### **The Touchstone**

When the great library of Alexandria burned, the story goes, one book was saved. But it was not a valuable book; and so a poor man, who could read a little, bought it for a few coppers. The book wasn't very interesting, but between its pages there was something very interesting indeed. It was a thin strip of vellum on which was written the secret of the "Touchstone"! The touchstone was a small pebble that could turn any common metal into pure gold. The writing explained that it was lying among thousands and thousands of other pebbles that looked exactly like it. But the secret was this: The real stone would feel warm, while ordinary pebbles are cold. So the man sold his few belongings, bought some simple supplies, camped on the seashore, and began testing pebbles.

He knew that if he picked up ordinary pebbles and threw them down again because they were cold, he might pick up the same pebble hundreds of times. So, when he felt one that was cold, he threw it into the sea. He spent a whole day doing this but none of them was the touchstone. Yet he went on and on this way. Pick up a pebble. Cold - throw it into the sea. Pick up another. Throw it into the sea.

The days stretched into weeks and the weeks into months. One day, however, about mid after noon, he picked up a pebble and it was warm. He threw it into the sea before he realized what he had done. He had formed such a strong habit of throwing each pebble into the sea that when the one he wanted came along, he still threw it away.

So it is with opportunity. Unless we are vigilant, it's easy to fail to recognize an opportunity when it is in hand and it's just as easy to throw it away.

- Author Unknown

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## **THAT EXPLAINS IT!**

### **WHY DO WE NEED SALT?**

Salt, also known as table salt, or rock salt, is a mineral that is composed primarily of sodium chloride. It is essential for animal life in small quantities, but is harmful to animals and plants in excess. Salt is one of the oldest, most ubiquitous food seasonings and salting is an important method of food preservation. The taste of salt (saltiness) is one of the basic human tastes. Salt for human consumption is produced in different forms: unrefined salt (such as sea salt), refined salt (table salt), and iodized salt. It is a crystalline solid, white, pale pink or light gray in color, normally obtained from sea water or rock deposits. Edible rock salts may be slightly grayish in color because of mineral content.

Chloride and sodium ions, the two major components of salt, are needed by all known living creatures in small quantities. Salt is involved in regulating the water content (fluid balance) of the body. The sodium ion itself is used for electrical signaling in the nervous system. However, too much salt increases the risk of health problems, including high blood pressure. Therefore health authorities have recommended limitations of dietary sodium. Based on the requirements of a human body, an average adult requires an intake of 4.2g salt per day. The minimum requirement is 1.5g. The government recommends an intake of 6g salt per day for an adult and less for children. At the moment the average adult intake is 10-12g. Pro-salt campaigners argue that any healthy body will process just the right amount of salt it needs and the kidneys will dispose of any surplus.

**Changes we should know about for the new Rotary year.**

**A new Rotary year has already begun, and with it several programs aimed at supporting and strengthening clubs and districts. In addition, a fresh slate of leaders has taken over at the club, district, and international level.**

**Rtn. Kalyan Banerjee, of the Rotary Club of Vapi, Gujarat, India, has become Rotary's 101st president, and the third from India, on 1 July.**

**Rtn. William B. Boyd, of the Rotary Club of Pakuranga, Auckland, New Zealand, takes over as Rotary Foundation trustee chair.**

**John Hewko has become Rotary International's 12th general secretary on 1 July. He has said his priorities include improving Rotarians' connections with the Secretariat and increasing awareness about what the Secretariat can offer.**

**Other changes include:**

- **Four pilot programs have begun 1 July, designed to improve recruitment and retention, allow for flexibility in club operations and structure, and give clubs an opportunity to explore new and innovative ways to promote member diversity -- all goals of the RI Strategic Plan. For each of three pilot programs – corporate member, associate member, and innovative and flexible Rotary club -- 200 clubs have been selected to participate, and about 125 will take part in a satellite club pilot program.**
- **The Change maker Award will accompany the Presidential Citation during the 2011-12 Rotary year. The award will encourage Rotarians to focus on change and will recognize clubs that make an extraordinary impact through their work in the Avenues of Service.**
- **The World Community Service and Rotary Volunteers programs have been phased out as of 30 June, replaced by a new model designed to expand the resources available to clubs for connecting and partnering with one another. The RI Board approved a shift to a resource and support model for RI programs to reinforce the priorities and goals of the RI Strategic Plan.**
- **Efforts to enhance Rotary's public image will be undertaken by 49 Rotary public image coordinators (RPICs) working in partnership with their zone's RI director, regional Rotary Foundation coordinator, Rotary coordinator, and district governors. RPICs, who are selected by the RI president or Rotary Foundation trustee chair, have professional expertise in public relations, journalism, or communications and will help support the RI Strategic Plan by conveying effective public relations practices to district leaders.**

- *The Rotarian* magazine launches its digital edition with the July issue. Subscribers can now choose to receive either the print or digital edition, or both. This would be a good time to buy a subscription for your Interact or Rotaract club, to inspire them with Rotary's breadth.
- Rotary clubs' annual per capita dues to Rotary International have increased to US\$51 in 2011-12. The 2010 Council on Legislation also set dues at \$52 for 2012-13 and \$53 for 2013-14.

The RI Board of Directors will seat nine new directors 1 July, along with RI President-elect Sakuji Tanaka, of the Rotary Club of Yashio, Saitama, Japan. The new directors for 2011-13 are: José Antonio F. Antiório, of the Rotary Club of Osasco, São Paulo, Brazil; Kenneth R. Boyd, of the Rotary Club of Kerman, California, USA; Yash Pal Das, of the Rotary Club of Ambala, Haryana, India; Elizabeth S. Demaray, of the Rotary Club of Sault Ste. Marie, Michigan, USA; Allan O. Jagger, of the Rotary Club of Elland, West Yorkshire, England; Paul Knyff, of the Rotary Club of Weesp (Vechtstreek-Noord), The Netherlands; Shekhar Mehta, of the Rotary Club of Calcutta-Mahanagar, West Bengal, India; Juin Park, of the Rotary Club of Suncheon, Jeonranam, Korea; and Kenneth M. Schuppert Jr., of the Rotary Club of Decatur, Alabama, USA.

### **THE MAN WHO WILLED HIMSELF TO DIE:**

There was a man who worked for the railroad. One day as he went into the freezer compartment to do his routine work, the door accidentally closed and he found himself trapped in the compartment.

He shouted for help but no one heard him since it was past midnight. He tried to break down the door but he could not. As he lay in the freezer compartment, he began to feel colder, and colder. Then he began to feel weaker, and weaker, and he wrote on the wall of the

compartment, “I am feeling colder, and colder; and I am getting weaker, and weaker. I am dying, and this may be my last words”.

In the morning when the other workers opened up the compartment they found him dead. The sad twist to the above story is that the freezing apparatus in the compartment had broken down a few days earlier.

The poor worker did not know about the damaged freezing apparatus and in his mind the freezing apparatus was working perfectly. He felt cold, got weaker and literally willed himself to die.

## **SUCCESS PRINCIPLES**

Our sub-conscious mind can be cheated. The sub-conscious mind can only accept and act on information passed to it by the conscious mind. It has no capacity to reject or decline any instructions or Information passed to it by the conscious mind. In the case of the poor worker, he consciously thought that he was getting colder, weaker and dying and the sub-conscious mind accepted the above instructions and affected his physical body. That was how he willed Himself to die.

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## **Greetings**



**SWARNPATH wishes the following a very HAPPY BIRTHDAY**

**Rotarians’/Rty’nes Birthday:**

1. Rtn.Ashish Jain	11 <sup>th</sup> July
2. Rtn. Shweta Wadhwa	11 <sup>th</sup> July
3. Rtn. Virendra Arora	15 <sup>th</sup> July
4. Rtn. Narender Chandna	15 <sup>th</sup> July
5. Rtn. Rajneesh Bhagat	15 <sup>th</sup> July

## **HUMOR**

*(This joke is dedicated to Rtn. Sanjiv Sareen)*

**Bachelor: I don't want to marry because, I am afraid of ALL women.**

**Married man: Get married soon, then you will be afraid of only one women...**

**And start loving the REST....**

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**Income Tax Officer Hans Raha Tha.**

**Clerk: Kya Hua?**

**Officer: Malika Sehrawat Ki File Hai.**

**Clerk: Toe?**

**Officer: Kapde Pehenti Nahi Aur Laundry Bill 11 lakh Bataya Hai !!!**