



WEEKLY CLUB BULLETIN

SWARNPATH

ROTARY CLUB OF SONEPAT

PANKAJ SETH
President

ASHISH GHOSH
District Governor

JOHN KENNY
RI President

SUMEET ALAKH
Secretary



॥ परम् एकाग्रता: ॥

Ultimate Focus on Services



Rotary Club of Sonapat

RI District. 3010



Chartered 22.03.1957

www.rotarysonapat.org

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. 29/09-10

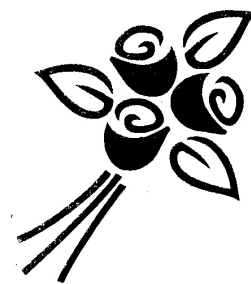
20th January, 2010

NEXT MEETING

Felicitations of DGN (2012-13) Rtn. Ramesh Aggarwal

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

Day & Date:	Sunday, the 24th January, 2010
Time:	8.30 P.M.
Venue	Palki Banquet, Delhi Road, Sonapat
AGENDA:	FELICITATION OF DGN (2012-13) RTN. RAMESH AGGARWAL
Meet Chairman	PP RTN. YOGESH BHAGAT



MEETING WILL BE FOLLOWED BY DINNER.

All members are requested to attend the above meeting and felicitate the Incoming Leader of R.I. District 3010.

LAST MEETING

1. Rtn. Pankaj Seth	2. Rtn. Sumeet Alakh	3. Rtn. Tribhuvan Kaushik
4. Rtn. Surinder Dahiya	5. Rtn. Kuldeep Solanki	6. Rtn. Yogesh Bhagat
7. Rtn. T.C. Gandhi	8. Rtn. Parmod Bhagat	9. Rtn. Sanjay Wadhawan
10. Rtn. Gautam Sachdeva	11. Rtn. Ajay Chhabra	12. Rtn. Jagdeep Singh
13. Rtn. Naresh Ahuja	14. Rtn. Anil Chugh	15. Rtn. Vijay Mehta
16. Rtn. Surinder Bahl	17. Rtn. Sanjay Suri	18. Rtn. Ish Kumar
19. Rtn. Amit Dahiya	20. Rtn. Reema Seth	21. Rtn. R.P. Mukhija
22. Rtn. Sanjay Sharma	23. Rtn. Sunil Narang	24. Rtn. Ajay Relan
25. PDG Rtn. S.P. Sachdeva	26. PEN Rtn. Rishi Chopra	

The above 26 Rotarians of our Club were the part of one of the largest contingents, who attended the R.I. Dist. 3010 Conference titled 'PARAM EKAGRATA' held at Ashoka Hotel, New Delhi from 8th January, 2010 to 10th January, 2010.

Rtn. President Pankaj Seth, Rtn. Reema Seth and PP Rtn. Tribhuvan Kaushik attended the Reception Committee Dinner in honour of RIP Representative PDG Clive Addis Jones and his spouse Lynne Jones on 8th January, 2010. The huge gathering was entertained by famous band 'Aryans' at this pre-Conference Dinner.

The Conference was inaugurated and blessed by **His Holiness Nirankari Baba Hardev Singh ji.** A very lively Panel discussion was held on 'Good Governance' and the panelists were Shri Abhishek Sanghvi, Shri Ravi Shankar Parsad and Sh.Guru. This was followed by another Panel discussion on 'Commonwealth Games' which had Sh.Rakesh Mehta, Chief Secretary of Govt. of NCT of Delhi and two other officials related with the Games. A very informative presentation was made by Rtn. Pawan Munjal from Hero Honda Group on Global Warming.

An address by each of the Governor Nominee Candidate was made before the Cocktails and Dinner, which had thrilling performance by Ms. Vandana Vadera and her troupe. A few photographs of our Rotarians dancing with the celebrity are in our custody, which may be released in our following bulletins in case.....

On 10th of January, it was mainly the Election of DGN 2012-13, which had attention of most of the Rotarians/Delegates, GSE teams from Distt. 7010 (Canada) and GSE Team leading India were also presented before the audience.

In the evening at about 6.00 P.M., the much awaited Election results were declared **and Rtn. Ramesh Aggarwal from Rotary Club of Delhi Ashoka was declared DGN for the year 2012-13.**

The Conference was thoroughly enjoyed by all the participants from our Club who were very actively looked after by PP Rtn. Surinder Dahiya, who was Chairman for this Conference Meeting. **PP Rtn. Dahiya deserves all the appreciation and our sincere thanks for taking one of the largest contingents to this Conference and taking care of each one of them.**

POLIO RAVIVAR: Our Club observed Polio Ravivar on January 10 Sunday. Members gathered at the residence of Rtn. Ved Chaudhary at 9.30 A.M. and attended various Booths of the City to ensure each & every child is given the drops. **Rtn. Ajay Chaudhary** also participated actively for the cause with **Chairperson Rtn.Ved Chaudhary.**

Thank You Rotarians - for the cause.

LOHRI CELEBRATION :Last Meeting

Lohri, the festival of Peace and Prosperity was celebrated on 13th January, 2010. Lohri is essentially a festival meant for propitiating the Sun god. It is believed that this festival comes at the Sankranti time when Punjab heralds the New Year and gives an auspicious start to the New Year. It is also believed that Holika and Lohri were sisters. While the former vanished in the Holika fire, Lohri still survived and lives on. Therefore, Lohri is deemed good for all good beginnings.

One could sense the spirit of festivity in the air as soon as one entered the lush green garden of 'LEGEND', very aptly decorated. As usual, meeting started with National Anthem and soon our President Rtn. Pankaj Seth handed over the meeting to the **Meet Chairman President-Elect Rtn. Jagdeep Singh and Rty'ne Gursharan Kaur**. The meeting was very confidently handled by our incoming President Rtn. Jagdeep Singh. Both knew their job very well and got the crowd warmed up with the Lohri Bonfire. It was enjoyed more also because of that being the coldest day till then. A prayer was made to Agni, the god of Fire, and Prasad distributed. Everybody enjoyed the Moongfali, Rewari, Popcorns and Gachak.

The meeting was followed by singing of Lohri song '**Sundre Mundre-a**' for which **Rtn. Ajay Chhabra won the prize**. To keep the momentum going in this traditional meeting, P.E.Rtn. Jagdeep Singh had the novel idea of few surprises for which gifts were also given to Rotarians and Rty'nes. This was highly appreciated, as most of them were totally involved and attracted towards the surprised games and prizes.

In the meantime, Tambola tickets were distributed and the Chairman couple made the round of tambola played by our Club **tambola expert** and Vice President Rtn. Rajiv Garg in his own inimitable style, giving it a very festive touch of Lohri. Where each lines on the ticket were called, Moongfali, Rewari, Gachak respectively and the full house was called De Mai Lohri. Well, this was something very different and appreciated by everybody.

ANTAKSHARI between Rotarians and Rty'nes was also a big hit. Almost everybody participated with full enthusiasm.

PP Rtn. Surinder Bahl entertained everybody in his own inimitable style.

After that, traditional **Punjabi songs** were sung by **melody queen** of our Club **Rty'ne Manju Kathpalia** who also bagged the prize for the same.

Melodious song was also sung by our Meet Chairman **Rty'ne Gursharan Kaur**.

Rtn. Ajay Chhabra's foot tapping Punjabi folk made all the members surrendered to the beats of traditional music.

Our **Annet Aman Chaudhary** also sung brilliantly and gathered '**VOW**' - Praise from all the members and it seemed our Annet is all set to become a professional singer -

WE ARE PROUD OF YOU!

The festive event was marked by a warm harmony as well as fun and frolic. Then the meeting was adjourned by our President Rtn. Pankaj Seth and was followed by sumptuous dinner.



We are sincerely thankful to President-Elect Rtn. Jagdeep Singh and Rty'ne Gursharan Kaur for making the festive occasion a great success.

Three Cheers – Well Done!

GLIMPSES



PRESIDENT'S COLUMN

Weathering the Storms

Dear Rotarians, Many years ago, I heard a story that was both amusing and amazing regarding a tornado. The person sharing the story was also the person involved in the event. She resided in an area in America where tornados are a fairly common occurrence. One day, while standing on her porch, she saw a tornado coming directly at her property. She stood on the porch and yelled at the tornado to go away and not come onto her property. To her amazement, the storm made an abrupt right turn and moved completely away without disturbing a leaf on her trees.

The storms of nature and the storms in our lives are inevitable. We expect that there will be elements of nature over which we have no control. If we are prepared for elements presenting themselves in our daily lives and our lifetimes (some of which we may control), we can weather the storms.

Some of our personal storms are preventable because we create them through our thoughts and actions. Some of them occur in the absence of our input or control. For those that are preventable, it is important that we assess how and to what extent we create these events. Often we can minimize the damage of the storms or in many cases eliminate the storms altogether. But how do we do so?

- Get a reading on how stormy or calm your life might be.
- Determine what conditions are causing the adversities.
- Get a barometric reading on where the storms of your life most frequently occur.
- Create an evacuation plan outlining how you will protect yourself from creating storms by eliminating self-defeating thinking and acts.
- Create an alert plan that will warn you then the conditions are right for the creation of your own personal storm.
- Evacuate the thinking that leads to self-created storms.
- Strive to create calmer conditions in your life.
- Enjoy the sunshine and good conditions in your life.

Dear Rotarians/Rotaryannes, Annets and Friends Let's try to weather the storms in our life by being prepared and by preventing those that are under our control.

Have a sunny and calm week!

Rtn. PANKAJ SETH

POOL GROUPS For the Year 2009-10

Rajat Doda (PL)	Sardana Raj Kr (PL)	Chugh Anil (PL)
Batra Ashish	Bhagat Parmod	Kaushik Tribhuvan
Garg Rishi	Ahuja Naresh	Chhabra Ajay
Batra Vishal	Jain Basant	Chopra Rishi
Kataria Ajay	Chandna Narender	Sachdeva Gautam
Kumar Ish	Malik Manish	Singh Jagroop
Chhabra Sanuj	Malik Mohinder	Singh Jagdeep
Dewan Lalit	Malik Sanjay	Sharma Sanjay
Devgan Naresh	Dembla Raj Kumar	Gandhi Tara Chand
Sachdeva S.P.	Antil Ajit Singh	Dua Vipin

Luthra Gaurav (PL)	Alakh Sumeet (PL)	Mehra Amit (PL)
Bali Sanjeev	Garg Rajeev	Arora Virender
Grover Vipin	Girdhar Sandeep	Arya Ashish
Sehgal Shive	Jain Ashish	Gupta Ravinder
Bhagat Rajneesh	Jain Atul	Bhagat J.C.
Wadhawan B.M.	Bhagat Yogesh	Chaudhary Ajay
Wadhawan Sanjay	Solanki Kuldeep	Taneja G. L.
Suri Sanjay	Seth Pankaj	Relan Ajay
Sarin Sanjiv	Kapur Hetesh	Mehra Namit
Lal K.Dr.		Dahiya Amit

Rai Dr. Rakesh (PL)
Kathpalia Rajiv
Dembla I.D.
Narang Sunil
Jabbal C.S.
Fatehpuria Ramesh
Mukhija R.P.
Srivastava Dr. D.K.
Sehgal Raja

Please note that The above mentioned Pool Groups will be led by the **Pool Leaders (PL)** as depicted by **Bold names** on the Top of the group followed by the Pool Members.

RI THEME 2010-11 UNVEILED



BUILDING COMMUNITIES - BRIDGING CONTINENTS

What is Rotary? What does a Rotary club do? These questions are often asked of Rotarians by prospective members and other interested people, and they are difficult to answer effectively in a few short minutes.

Although our primary motto Service Above Self highlights our altruistic nature, it fails to answer the two questions. Therefore, I decided to search for a briefly stated theme that would fulfil two objectives:

The first is to explain the purpose of Rotary to non-Rotarians and the second to confirm and validate the importance of our principles to Rotarians. In my search for the right words, I reviewed the four Avenues of Service and noted that Club Service and Vocational Service both help us to enjoy life and to be good citizens. Community Service and Vocational Service combine to make our local communities better places for us to live and work. And International Service permits us to partner with clubs in other countries and on different continents to make the world a better place to live with an improved opportunity for world understanding, goodwill, and peace. It is important to remember that Rotary is a "spirit of service" as well as an organization of Rotary clubs, and we need to share our core values of service, fellowship, diversity, integrity, and leadership with other people and organizations. I considered many words and phrases to capture the essence of Rotary, and the words I finally selected to describe Rotary's current mission and to highlight our achievements are what we do best: Building Communities - Bridging Continents.

I hope you agree that these four words aptly reflect who we are, and what we do, as Rotarians. We are a unique and a premier organization – certainly one of the best in the world. We build the spirit and resources of our local communities in an important way, and we are the best in the world at linking people of goodwill around the globe and then gaining their cooperation and support to make the world a much better place to live and work. In the words of Ed Cadman, "Rotary is unity without uniformity."

We are indeed fortunate to be Rotarians! I applied the same philosophy in developing the Presidential Citation for 2010-11. I consider each of the four Avenues of Service to be equally important, and we have created a new citation program in the form of a questionnaire to help clubs test their effectiveness in all four avenues. We also have produced a higher-level "Presidential Citation with Distinction" to challenge those clubs that routinely earn the annual presidential citations.

We hope the new questionnaire will be a helpful tool to both the clubs and the district governors as we seek to lengthen our stride and improve our levels of fellowship and service, as we move forward into the second century of service for Rotary International, which started with the first convention of Rotary clubs in 1910.

Ray Klingensmith

President, Rotary International, 2010-11.

Health & Fitness

AFTER YEARS OF TELLING PEOPLE **CHEMOTHERAPY** IS THE ONLY WAY TO TRY ('TRY', BEING THE KEY WORD) TO ELIMINATE CANCER, *JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU* THERE IS AN ALTERNATIVE WAY

Cancer Update from Johns Hopkins:

1. *Every person has *cancer cells* in the body*. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
- 3.*When the person's immune system* is strong the cancer cells will be destroyed and prevented from multiplying and forming tumours.
4. When a person has cancer it indicates the person has *multiple nutritional deficiencies*. These could be due to genetic, *environmental, food and lifestyle factors*.
5. To overcome the multiple nutritional deficiencies, *changing diet* and including supplements will strengthen the immune system.
6. Chemotherapy *involves poisoning* the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells *also* burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumour size. However prolonged use of chemotherapy and radiation do not result in more tumour destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery *can also* cause cancer cells to spread to other sites. *
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply*.

CANCER CELLS FEED ON:

- a) *Sugar* is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like Nutra Sweet*, Equal, Spoonful, etc are made with *Aspartame* and it is harmful*. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.
- b. *Milk *causes the body to produce mucus, especially in the gastro-intestinal tract. *Cancer feeds on mucus*. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.
- c. Cancer cells thrive in an acid environment. *A meat-based diet is acidic*and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
- d. A diet made of *80%* fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an *alkaline environment*. About 20% can be from cooked food including

beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. *Enzymes are destroyed* at temperatures of 104 degrees F (40 degrees C).

e. Avoid *coffee, tea, and chocolate*, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. *Meat protein* is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic build up.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. *Some supplements* build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells. *Other supplements* like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the *mind, body, and spirit*. A proactive and positive spirit will help the cancer warrior be a survivor. *Anger, un-forgiveness and bitterness* put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. *Exercising daily*, and *deep breathing* help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers *in micro*.

2. No water bottles *in freezer*.

3. No plastic wrap *in microwave*.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer.* *Dioxins* are highly poisonous* to the cells of our bodies.

Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Cast le Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that *plastic wrap, such as Saran*, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

This is an article that should be sent to anyone important in your life.

Happy New Year

January is Rotary Awareness month on Rotary Calendar

THIS ISSUE IS DEVOTED TO ROTARY AWARENESS

Here are the views of P.R.I.P. Jonathan Majiyagbe (2003-04)

Rotarians, have a proud history, marked by achievement and growth. In fact, so deep is our history and so much have we grown that while most of us can name major Rotary milestones and understand the basic workings of our organization, far fewer know the complete story of the many programs and opportunities Rotary offers.

Fortunately, January is Rotary Awareness Month, a perfect time to refresh your knowledge of Rotary International and The Rotary Foundation.

As Rotarians, we have access to a network of more than 1.2 million service-minded colleagues and a variety of well-established programs designed to foster fellowship and ethical behaviour, promote world peace and understanding, and provide humanitarian service. With so many activities and options available, the task of learning about everything might seem daunting. Rotary awareness isn't only about our organization's history. It's about our future. If Rotary clubs want to attract new members, seasoned Rotarians must be prepared to share their knowledge. Prospective members will want to know all about the opportunities for service and the resources available to them if they join a Rotary club. And whenever we welcome a new member, there are traditions to pass along and a rich heritage to share. As Past RI President Richard L. Evans once said: "A man may have a great truth, he may produce a great product, ... he may make a great discovery, but if he dies and no one benefits, it's because he did not share." Its time we learn more about Rotary. When we truly understand Rotary's history and tradition of service, we're better prepared to welcome new members and serve our communities a shade better.

BLOCK YOUR DATE 20 FEBRUARY 2010

The Rotary Foundation Ball will be held on Saturday, February 20th at Hotel Leela Kempinski, Ambience Mall, Gurgaon. The star performers at the event will be famous Bollywood playback singer Krishna, item performer Sanobar Kabir and Seema Motwani of Indian laughter Fame.

The event will be an evening of fellowship, lively entertainment, cocktails and dinner, and at the same time we will demonstrate our wholehearted support to the programs of The Rotary Foundation.

Greetings

SWARNPATH wishes the following a HAPPY BIRTHDAY	
Rty'ne Charu W/o Rtn. Ajay Kataria	24 th Jan.
Rty'ne Rashmi W/o Rtn. Sanuj Chhabra	26 th Jan.
Rty'ne Sangeeta W/o Rtn. Ravinder Gupta	28 th Jan.
Annet Somay D/o Rtn. Vishal Batra	23 rd Jan.
Annet Nishit S/o Rtn. Nami Mehra	27 th Jan.

SWARNPATH extends Best Wishes for happy wedded life.	
Rty'ne Nirmal & Rtn. C.S. Jabbal	24 th Jan.
Rty'ne Arti & Rtn. Amit Dahiya	26 th Jan.
Rty'ne Sangeeta & Rtn. Sanjeev Bali	26 th Jan.
Rty'ne Mahima & Rtn. Anil Chugh	27 th Jan.

Laughter –The Best Medicine

***HAPPY COUPLE**

Once upon a time a couple celebrated their 25th marriage anniversary. They had become famous in the city for not having a single conflict in their period of 25 years. Local newspaper editors had gathered at the occasion to find out the secret.

Editor: "Sir. It's unbelievable. How did you make this possible?" Husband recalling his old honeymoon days said: "We had our honeymoon after marriage. We selected the horse riding; we both started the ride on different horses. My horse was pretty okay but the horse on which my wife was riding seemed to be a crazy one.

On the way ahead, that horse jumped suddenly, making my wife topple over. Recovering her position from the ground, she patted the horse's back and said, "This is your first time". She again climbed the horse and continued with the ride. After a while, it happened again. This time she again kept calm and said, "This is your second time" and continued. When the horse dropped her third time, she silently took out the revolver from the purse and shot the horse dead!!

I shouted at my wife: "What did you do you psycho. You killed the poor animal. Are you crazy?". She gave a silent look and said: "This is your first time!".

Husband: "That's it. I understood her, I accepted her as it is, and hence we are happy ever after."

One of the Secrets to become Happy is:

"ACCEPT THE PERSON AS IT IS "

MATTHAMATICS



In looking for people to hire, you look for three qualities: integrity, intelligence, and energy. And if they don't have the first, the other two will kill you.

-Warren Buffet