



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



President : Rtn. Pankaj Seth

R.I. President : Rtn. John Kenny

Dist. Governor : Rtn. Ashish Ghosh

Secretary : Rtn. Sumeet Alakh

BulletinNo.42/09-10


21st April, 2010

NEXT MEETING

GEETON BHARI SHAAAAM

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

Day:	Saturday
Date:	24 th April, 2010
Time:	8.30 P.M.
Venue:	LEGEND GARDEN, Delhi Road, Sonapat
Program:	GEETON BHARI SHAAAAM
Meet Chairman:	PP Rtn. (Dr.) Rakesh Rai
(Meeting will be followed by POOL DINNER)	
NOTE: Security Guards will be there on Duty).	



Music is soothing for everyone. Studies have shown that it even de-stresses the brain. It (music) is enjoyed by everyone irrespective of the age. Everyone also happens to be a singer, some sing only inside, some are bathroom singers, some sing when they are alone. BUT the brave who sing publicly will show their might and talent on this “happening” evening. Our club has many talented singers and all such singers are requested to contact Meeting Chairman - PP Rtn. (Dr.) Rakesh Rai and confirm their participation in advance to enable him to have a planned programme.

Meeting Chairman PP Rtn. (Dr.) Rakesh Rai himself is a good singer and has been organizing such events for our Club for the last many years. We can expect a very entertaining, enjoyable and soothing evening.

The only request to members is to come in large numbers as such programmes are enjoyed MORE when the attendance is MORE.


It will be a Pool Dinner meeting and the **Pool Leader Rtn. RAJAT DODA** has assured us that the arrangements of this meeting will be befitting for the occasion. The following are the Pool members for our next meeting.

• Rtn. RAJAT DODA, Pool Leader	
Pool Members:	
• Rtn. Vishal Batra	• Rtn. Ashish Batra
• Rtn. Rishi Garg	• Rtn. Ajay Kataria
• Rtn. Ish Kumar	• Rtn. Sanuj Chhabra
• Rtn. Lalit Dewan	• Rtn. Naresh Devgun
• PDG Rtn. S.P. Sachdeva	

NEXT TO NEXT MEETING

POLIO RAVIVAAR

Our Club will be observing POLIO RAVIVAR on 25th April, 2010, as per programme given below:

Day & Date:	Sunday, the 25th April, 2010	
Time:	9.30 A.M.	
Venue	Allotted Polio Booths	
Meet Chairman:	Rtn. Ved Chaudhary	

All the members are requested to assemble at the residence of Rtn. Ved Chaudhary at the given time to proceed further to the Polio Booths.

STUDIO SETS FOR ANNETS at Next Meeting

Annets participating for **ANNETS' NITE** and have not submitted their photographs can get themselves **snapped at 'STUDIO' courtesy Prabhat Studio** during the **meeting- GEETON BHARI SHAM' on 24th April, 2010 at Legend Garden, Sonapat.**

DO NOT MISS THE LAST OPPORTUNITY.

LAST MEETING

BLOOD DRIVE – BLOOD DONATION CAMP-4

As per our District Theme Param Ekagrata - Ultimate focus on Services, on 17th April, 2010, Saturday, our Club focussed on one of its main drive of Services Blood Drive-Blood Donation Camp-4, held at L.T. Foods Ltd., Bahalgarh, Sonapat.

- **Joint M.D., Mr.Surinder Arora, Executive V.P. Mr. Vijay Malik, V.P. (H.R.) Mr.Dipole Dhole, President Operations Mr.Vikram Patil and team of L.T. Overseas staff** came forward to donate their blood resulting in collection of about **76 units of Blood**.
- Our Club Rtn. Meet Chairman, **Rtn. Namit Mehra, Club Vice President Rtn.Rajeev Garg, Rtn. Virender Arora & Rtn. Ravinder Gupta** also donated blood.
- Our Club Rotarians, **Rtn. Sumeet Alakh, Rtn.Amit Mehra, Rtn.Ajay Chaudhary, PP Rtn.Surinder Dahiya, PP Rtn. Parmod Bhagat, PP Rtn. Dr. Rakesh Rai, IPP Rtn. Tara Chand Gandhi, PE Rtn. Jagdeep Singh, Rtn. Ajay Chhabra** showed their Active Presence in the Camp.



- We thank the Rotary Blood Bank team from Delhi and their doctors for showing full cooperation to the Camp.
- We also take the opportunity to thank the Management of L.T. Foods Ltd., specially Mr.Surinder Arora and our Meet Chairman Rtn. Namit Mehra and his colleague Mr. Sanjay for motivating their team members to participate in the Camp voluntarily and showing great hospitality to our club members and the Doctors team from Rotary Blood Bank.
- **Token of Appreciation** was presented from our Club side to Joint M.D. Mr.Surinder Arora, Executive V.P. Mr.Vijay Malik, V.P. (HR) Mr.Dipole Dhole and President Operations Mr. Vikram Patil **by President Rtn. Pankaj Seth and Club Secretary, Mr. Sumeet Alakh.**

- **With this camp, our Club has surpassed the given target by our District of donating 420 units to Rotary Blood Bank. Till date, our Club has donated 453 units to the Bank – the highest ever.**

Glimpses- BLOOD DONATION CAMP-4



PRESIDENT'S COLUMN

Art of COPING WITH 'DIFFICULT PEOPLE'

In the past 9 & half months of my Presidentship, I have learned lot of things and one of the most important aspects of life is the 'ART OF COPING WITH DIFFICULT PEOPLE'. They are out there, they may be your colleagues, your close friends, relatives, business partner, anyone. Infact your own children, parent, wife- you may not admit it, but at some time or the other, myself can be difficult person to others.

The First solution to the problem is recognizing the problem. Most difficult people do not realize that they are DIFFICULT. They do not realize that they are Demanding too much from other people. They think their Attitude is normal. Avoiding Difficult people does not solve the problem. These people are everywhere especially when you are more successful, you get – the more Difficult people you have to meet.

This Art of COPING WITH DIFFICULT PEOPLE is considered an Essential Skill to Becoming and staying successful. The key is not to stay out of it but to LEARN to sail smoothly through thick and thin. Once you Master this, Difficult people will start liking you. Difficult people become difficult. Each person has different stress tolerance. When people reach state of high confusion and are overwhelmed – they become Difficult & unconsciously project their frustration on you. In dealing with them the best way is to stay OBJECTIVE. Everyone is living in their own dream, their vision of reality. We have to understand that whatever they say about us is only a projection from that state of unawareness. It is advisable not to take things personally. Thus not to base our Own Values from Someone else's point of view – retain your Uniqueness. Once you really allow yourself the freedom to see them upset about something which has nothing to do with you – you are relaxed. Difficult people are difficult because they project their Inner pain on others and that those other people happen to be at the Wrong Place at the Wrong Time. Thus, it is Wise no to take things personally and remain free of being stuck in their view and thus learn the Art of how to COPE WITH DIFFICULT PEOPLE.

Rtn Pankaj Seth

Rotary Anns – History behind the name

In many Rotary clubs throughout the world, **wives of male members are 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 Bru Brunnier. As the train picked up additional convention-bound delegates, Mrs. Ann Brunnier 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 "**Rotary Ann**" 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 Brunnier and Ann Gundaker, were hoisted to the men's shoulders and paraded 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. Guy Gundaker became president of Rotary International in 1923 and Bru Brunnier was elected president in 1952.

Thus, each of the two original Rotary Anns became the "**first lady of Rotary International.**"

Ages when different parts of the body start to lose their battle with time.

• BRAIN *Starts ageing at 20*

As we get older, the number of nerve cells - or neurons - in the brain decrease. We start with around 100 billion, but in our 20s this number starts to decline. By 40, we could be losing up to 10,000 per day, affecting memory, co-ordination and brain function.

In fact, while the neurons are important, it's actually the deterioration of the gaps between the brain cells that has the biggest impact, says Dr Wojtek Rakowicz, a consultant neurologist at Imperial College Healthcare NHS Trust in London .

We all assume Grey hair and wrinkles are the first signs of aging, but some parts of your body are worn out long before you look old.

These tiny gaps between the end of one brain nerve cell and another are called synapses. Their job is to ensure the flow of information from one cell to another, and as we age we make fewer.

● **GUT *Starts aging at 55***

A healthy gut has a good balance between harmful and 'friendly' bacteria. But levels of friendly bacteria in the gut drop significantly after 55, particularly in the large intestine, says Tom MacDonald, professor of immunology at Barts And The London medical school. As a result, we suffer from poor digestion and an increased risk of gut disease.

Constipation is more likely as we age, as the flow of digestive juices from the stomach, liver, pancreas and small intestine slows down.

● **BLADDER *Starts ageing at 65***

Loss of bladder control is more likely when you hit 65. The bladder starts to contract suddenly, even when it's not full.

Women are more vulnerable to bladder problems as, after the menopause, declining estrogen levels make tissues in the urethra - the tube through which urine passes - thinner and weaker, reducing bladder support. Bladder capacity in an older adult generally is about half that of a younger person - about two cups in a 30-year-old and one cup in a 70-year-old.

This causes more frequent trips to the loo, particularly as poor muscle tone means the bladder may not fully empty. This in turn can lead to urinary tract infections.

● **LUNGS *Start ageing at 20***

Lung capacity slowly starts to decrease from the age of 20. By the age of 40, some people are already experiencing breathlessness. This is partly because the muscles and the rib cage which control breathing stiffen up. It's then harder to work the lungs and also means some air remains in the lungs after breathing out - causing breathlessness.

Aged 30, the average man can inhale two pints of air in one breath. By 70, it's down to one.

● **VOICE *Starts ageing at 65***

Our voices become quieter and hoarser with age. The soft tissues in the voice box (larynx) weaken, affecting the pitch, loudness and quality of the voice. A woman's voice may become huskier and lower in pitch, whereas a man's might become thinner and higher.

● **EYES *start ageing at 40***

Glasses are the norm for many over - 40s as failing eyesight kicks in - usually long-sightedness, affecting our ability to see objects up close.

As we age, the eye's ability to focus deteriorates because the eyes' muscles become weaker, says Andrew Lotery, professor of ophthalmology at the University of Southampton .

● **HEART Starts ageing at 40**

The heart pumps blood less effectively around the body as we get older. This is because blood vessels become less elastic, while arteries can harden or become blocked because of fatty deposits forming on the coronary arteries - caused by eating too much saturated fat.

The blood supply to the heart is then reduced, resulting in painful angina. Men over 45 and women over 55 are at greater risk of a heart attack.

A recent study by Lloyds Pharmacy found the average person in the UK has a 'heart age' five years older than their chronological age, probably due to obesity and lack of exercise.

● **LIVER Starts ageing at 70**

This is the only organ in the body which seems to defy the aging process. 'Its cells have an extraordinary capacity to regenerate,' explain David Lloyd, a consultant liver surgeon at Leicester Royal Infirmary.

He says he can remove half a liver during surgery and it will grow to the size of a complete liver within three months.

If a donor doesn't drink, use drug or suffer from infection, then it is possible to transplant a 70-year-old liver into a 20-year-old.

GET WELL SOON:

Respected Mother of PP Rtn. Yogesh Bhagat is not keeping well and is likely to be operated at Medicity Gurgaon. We wish her a speedy recovery.

HEALTH TIPS

SMELLY FEET:

Soak feet in strong tea for 20 minutes every day until the smell disappears. To prepare your footbath, brew two tea bags in 2 1/2 cups of water for 15 minutes and pour the tea into a basin containing two liters of cool water.

SUNBURN: Mix 2 tsp. tomato juice and 1/4 cup buttermilk. Apply to affected area. Rinse after 1/2 hour.

HOUSEHOLD TIPS

Citrus Fruit Juice: To get the most juice out of fresh lemons, limes and oranges, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing. Another method is to microwave fruit on high for 30 seconds, let stand a couple of minutes before cutting and squeezing them.

Milk: Rinse the pan with cold water before scalding milk to prevent sticking.

Laughter –The Best Medicine

Wifes Always Speak Truth

John & Jessica were on their way home from the bar one night and John got pulled over by the police. The officer told John that he was stopped because his tail light was burned out. John said, "I'm very sorry officer, I didn't realize it was out, I'll get it fixed right away."

Just then, Jessica said, "I knew this would happen when I told you two days ago to get that light fixed."

So the officer asked for John's license and after looking at it said, "Sir your license has expired."

And again John apologized and mentioned that he didn't realize that it had expired and would take care of it first thing in the morning.

Jessica said, "I told you a week ago that the state sent you a letter telling you that your license had expired."

Well by this time, John is a bit upset with his wife contradicting him in front of the officer, and he said in a rather loud voice, "Jessica, will you shut up!"

The officer then leaned over toward Jessica and asked. "Does your husband always talk to you like that?"

Jessica replied, "only when he's drunk."

Greetings

SWARNPATH wishes the following a HAPPY BIRTHDAY	
Rty'ne Archana W/o Rtn. Dr. K. Lal	21 st April
Rty'ne Gauri W/o Rtn. Rishi Garg	23 rd April



SWARNPATH extends Best Wishes for a happy wedded life	
Rty'ne Laj & Rtn. G.L. Taneja	25 th April
Rty'ne Gauri & Rtn. Rishi Garg	26 th April
Rty'ne Shilpa & Rtn. Manish Malik	26 th April

**Webmaster
Rtn. Rajeev Garg**

**Editor:
PP Rtn. Vijay Mehta**
