



WEEKLY CLUB BULLETIN

SWARNPATH

ROTARY CLUB OF SONEPAT

PANKAJ SETH
President

ASHISH GHOSH
District Governor

JOHN KENNY
RI President

SUMEET ALAKH
Secretary



॥ परम् एकाग्रताः ॥

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. 45/09-10

12th May, 2010

NEXT MEETING

DISTRICT ASSEMBLY 'PRASHIKSHAN'

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

Day:	Saturday	
Date:	15 TH May, 2010	
Time:	2.00 P.M.	
Venue:	Hotel Raddison MBD, NOIDA	
Assembly Point:	DOOR STEPS, Sector 14 Market	
	Time: 2.00 P.M	
Detailed Program:	2.00 - 3.30 PM	Fellowship & Registration
	3.30 - 5.30 PM	INAUGURAL SESSION
	5.30 - 5.45 PM	Tea Break
	5.45 - 7.45 PM	GROUP DISCUSSION
	7.45 - 8.30 PM	CONCLUDING SESSION
	8.30 PM onwards	Entertainment, Drinks & Dinner
Registration charges:	Rs. 1,400/- per head before 13 th May	
	Rs. 1,500/- On the spot	

**For early Registration & any other query, kindly contact
President-Elect Rtn. Jagdeep Singh and Secretary-Elect Rtn. Ajay Chhabra**

LAST MEETING

COMMON HEALTH GAMES

To have a feeling of the Commonwealth Games (to be held in October, 2010 at New Delhi), Common Health Games were organized on Saturday, the 8th May, 10 at lush-green lawns of Legend Gardens, Sonapat. Rtn. Sanjay Suri, Chairman of this well-thought of and innovating meeting, did a splendid job ably assisted by Rty'ne Charu Suri and their loving daughter Annet Pritha Suri. The purpose of this game was appropriately served as the games were meant for a family get-together and most of the games were having involvement of whole family.

The planning as well execution of the meeting was cent per cent PERFECT which has become a synonym with SURIs. There were games for everybody including Annets, Rty'nes and Rotarians. The members were completely involved in the proceedings, which lasted for about more than an hour and a half.

Another highlight of the meeting was a sumptuous, delicious, mouth-watering snacks and dinner hosted by a team of enthusiastic Rotarians led by their Pool-Leader PP **RTN. RAJ KUMAR SARDANA**. As the name of the leader denotes (RAJ KUMAR), it was a princely dinner having all the characteristics of the lavish meal. **The hospitality of PP Rtn. Sardana** was un-matched and he along with all **his pool members deserves our special thanks** and appreciation for arranging and hosting such a nice dinner.

We express our sincere thanks to **Rtn. Sanjay Suri and Rty'ne Charu Suri** (in spite of her denials, we know was behind the novel ideas displayed in the meeting particularly a different TAMBOLA), who made this meeting a lively one, with the help of **Annet Pritha**.

GLIMPSES – LAST MEETING





HISTORY OF Women in Rotary:

Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only. In 1978 the Rotary Club of Duarte, California, invited three women to become members. The RI board withdrew the charter of that club for violation of the RI Constitution. The club brought suit against RI claiming a violation of a state civil rights law which prevents discrimination of any form in business establishments or public accommodations. The appeals court and the California Supreme Court supported the Duarte position that Rotary could not remove the club's charter merely for inducting women into the club. The United States Supreme Court upheld the California court indicating that Rotary clubs do have a "business purpose" and are in some ways public-type organizations. This action in 1987 allowed women to become Rotarians in any jurisdiction having similar "public accommodation" statutes. The RI constitutional change was made at the 1989 Council on Legislation, with a vote to eliminate the "male only" provision for all of Rotary.

PRESIDENT'S COLUMN

Celebrate the Good

Dear Rotarians, Are you tired of the conflict in your life and in your workplace? While conflict may be a "normal" part of our lives, it can be tiring. Conflict can happen anywhere and occurs among even the most "spiritual" of people with challenging results. What is a person to do???? The answer may lie in the following story.

The head of a cloistered monastery became very frustrated with the bickering and conflict among the monks who were in his charge. He felt helpless in finding a solution to this ongoing problem. One day, he was brilliantly inspired with the right and perfect solution. Knowing that behaviors can change if there is a compelling reason to do so, he called all of the monks together.

He said, "I am so pleased to share this wonderfully exciting news with you today. I have learned that one among you is a divinely chosen and blessed being who is one of God's specially selected ministers. We are so fortunate to have this person among us. I know that each of you shares this excitement with me." With no further word, he turned and left the monks alone.

The monks sat for a moment and looked around at each other. The puzzlement and then the wonder in their eyes were evident as they looked to each other for some sign of the "blessed one." There was outer silence, but each monk experienced similar inner dialog. "I wonder who it is? Who among us seems most likely to be God's special being? I wonder if I have insulted the blessed one?..." On and on went the inner dialog.

The bickering among the monks seem to cease almost immediately as they did their best not to insult or antagonize the one who was held in special esteem by God. Since there was no indication of who the special monk was, all of the monks treated each other with respect, courtesy, and great fondness.

Weeks went by. The excitement and curiosity abated and the monks settled down into their usual routine. However, the habit of bickering had been replaced with the habit of respect, courtesy, and a willingness to explore solutions to their problems. There was peace in the monastery.

Dear Rotarians, This wonderful story reflects what actually takes place every day in the workplace. What if we treated our co-workers as though they are "divinely special beings" with our motive not being one of fear, but simply wanting peace in the workplace more than we want anything else?

When we begin to look at others with compassionate eyes, speak words of kindness, and think of others with a desire to understand them, we will begin to change. And, interestingly enough so will they. What goes around, comes around.

"Just for this moment, this day, this week, lets look for the goodness in others, as I look for and celebrate the goodness in myself."

Celebrate a great week!

Rtn Pankaj Seth



Our Club is going to create another landmark in its glorious history by adding the following Rotarians to the group of PAUL HARRIS FELLOWS by 15th May, 2010-. This will be the first Group of Rotarians for this year who have committed for the cause.

1. PP Rtn. R.P. Mukhija	2. Rtn. Sumeet Alakh
3. PP Rtn. Surinder Dahiya	4. Rtn. Surinder Bahl
5. PP Rtn. Parmod Bhagat	6. Rtn. PP Vijay Mehta
7. Rtn. Ved Chaudhary	8. Rtn. Vandana Jain
9. PP Rtn. Sanjeev Sarin	10. Rtn. Ravinder Gupta
11. PP Rtn. Raj Kr. Sardana	12. Pres.Rtn. Pankaj Seth
13. Rtn. Dr. Sanjay Malik	14. Rtn. Shive Sehgal
15. Rtn. Amit Mehra	16. Rtn. Namit Mehra
17. PP Rtn. Tilak Gandhi	18. Rtn. Sanjeev Bali
19. Rtn. Ish Kumar	20. Rtn. Sanjay Wadhawan
21. PP Rtn. Dr. Rakesh Rai	22. Rtn. Gautam Sachdeva
23. Rtn. Amit Dahiya	24. Rtn. Ajay Kataria
25. Rtn. Ashish Arya	26. Rty'ne Sonia Arya
27. Rtn. Sanjay Sharma	28. Rtn. Sanjeev Batra
29. Rtn. Sandeep Girdhar	30. Rtn. Vipin Dua
31. PP Rtn. Kuldeep Solanki	

We thank the above Rotarians & Rty'nes for their commitment for the cause of POLIO. We also request our Club members who are not Paul Harris Fellows to come forward and donate for the cause and be the part of the above GROUP and be proud to be a PHF.

Boost Your Child's Self-Esteem

Self esteem is quite simply, loving, respecting and having faith in oneself. To develop a healthy self esteem is extremely important as it helps kids not only in their day to day behavior but also in becoming a confident and matured adult.

A lack of self esteem results in many behavioral problems, difficulty in learning and performing and a lot of emotional problems due to lack of confidence. A healthy amount of self esteem on the contrary gives your child the ability to accept his mistake and learn from them and be open to criticism.

You as a parent can do the following to enhance his self esteem.

- First of all, make him feel important. Do not ignore what he is saying and value his opinions even though you might not agree with them.
- Keep telling him that you love not just him but also the way he is. That is, not just because he is your child but because of the way he is as a person.
- When you want to correct him, try and correct his behavior. Tell him that the thing that he did was wrong, instead of telling him that he was wrong.
- Try and understand that it is not possible for your child to behave correctly all the time.
- Children like grown ups experience a lot of emotions but they do not know how to handle them. Due to this, they might be behaving in an unusual manner. Your being understanding during these mood swings and providing them with love and support will help them maintain their confidence.
- Make your approach positive. While teaching them anything, use positive language.
- If your child is taking time in following something, instead of saying that he's not getting it right, say that he has almost got it. Instead of saying that he is wrong, say that he is almost right.
- If your child comes home to tell you that he is not good at something his classmate is at and you feel that this is making him feel low, let him know that it is understandable to feel this way however it is not necessary that he has to be good at everything.
- Tell him that nobody is perfect and point out something that he might be really good at.
- Do not show too high expectations from your child as he will keep measuring his performance according to how much he has met your expectations.
- Also do not show that you expect too less of him as that might make him feel that you do not think he can perform better.

Another important lesson that you need to give to your child which will help him have a good self esteem is to accept his mistakes and learn from them. Everybody makes mistakes, it is only human to do so. What is important is to not get disheartened by them but to learn from them and move ahead.

A child with high self esteem becomes a better learner and a more confident and secured person. Since he respects himself, his values, morals and the way he is, he is able to respect and accept others better too.

USEFUL HOUSEHOLD TIPS

1. **Ant Repellant:** To keep ants out of the house, find where the ants are entering the house and sprinkle a "barrier" of cinnamon or any type of ground pepper to block their way. The spices are too hot for the ants to cross. Cucumber peels have the same effect.
2. **Chopping Onions :** Hate how your eyes water? Tear off a section of a slice of bread (use the Bread heel, don't eat it) and place it between your lips, allowing it to protrude from your mouth while cutting.

HEALTH TIPS

ASTHMA:

- Mix 1 tsp. honey with 1/2 tsp. cinnamon and take it at night before going to bed.
- Avoid taking aspirin, as this may invoke an asthma attack.

BAD BREATH:

- Boil some cinnamon bark in a cup of water. Store it in a clean bottle in your bathroom. Use it as a mouthwash frequently.
- Parsley leaves are rich in chlorophyll, nature's own deodorizer. Chew some leaves regularly and your breath will remain fresh.
- You can chew some cardamom seeds to sweeten your breath.

Greetings



SWARNPATH wishes the following a HAPPY BIRTHDAY	
Rty'ne Ritu W/o Rtn. Sunil Arora	14 th May
Rty'ne Sharda W/o Rtn. Surinder Bahl	14 th May
Rty'ne Kanchan W/o IPP Rtn. T.C. Gandhi	19 th May
Annet Sarthak S/o Rtn. Sanuj Chhabra	15 th May
Annet Neha D/o Rtn. Surinder Bahl	19 th May
Annet Sugandha D/o Rtn. Ved Chaudhary	20 th May



SWARNPATH extends Best Wishes for a happy wedded life	
Rty'ne Sonia & Rtn. Ashish Arya	17 th May

Laughter –The Best Medicine

At the end of the school year a kindergarten teacher was receiving gifts from her class. The florist's son handed her a gift. She shook it and said, "I bet I know what it is; Flowers."
"That's right!" the boy said, "but, how did you know?"
"Oh, just a wild guess," the teacher replied.

The next student was the candy shop owner's daughter. The teacher held her gift, shook it and said, "I bet I can guess what it is; A box of sweets."

"That's right said the little girl, but how did you know?"

"Oh, I've been around for many years," said the teacher proudly.

The next gift was from the son of the liquor store owner. The teacher held he package, but it was leaking so she grabbed a drop off the leaking contents with her finger and put it on her tongue for a taste test.

"Is it wine?" the teacher asked.

"NOPE," the boy replied, with some excitement.

The teacher repeated the process, tasting a larger drop of the leaking package. "Is it champagne?" she asked.

"NO MAM," he replied, with even more excitement!

The teacher with all her knowledge finally took one more big taste before admitting, "I give up. What is it?"

With a giant grin the boy replied, "SURPRISE, It's a puppy!"

- **WEAR YOUR ROTARY LAPEL PIN DAILY - BE PROUD TO BE A ROTARIAN**

Webmaster

Rtn. RAJEEV GARG

Editor:

PP Rtn. Vijay Mehta
