



MID TOWNER



BULLETIN OF THE ROTARY CLUB OF MADRAS MIDTOWN

www.rotary-madrasmidtown.org

Chartered 20-08-72

Vol. : 37

Issue No. : 24

Date : 16.06.09 to 30.06.09

At Our Club

PETS 2009



Our President-Elect Rtn Jaishankar Unnithan spoke to us on June 15th 2009, on his never-to-be-forgotten experiences at the President Elect Training Seminar held recently in exotic Pattaya, Thailand.

“ARE YOU READY TO GET EMPOWERED?” was the theme behind the PETS -09. It was conducted at the Jomtiem Palm and Beach Resorts, Pattaya, between the 11th and 14th April 2009. Inaugurated by Rtn Bhichai Rattakul Past RI President, prominent speakers were RI Director Ravindran, DG Subu, PDG Alagappan, Dr Sivakumar, DG Pradeep Malhotra of Dist 3340, Pattaya, Thailand and PDG Kasemchai of RI Dist 3350. District Trainer PDG JB Kamdar, Dist Counsellor PDG R Ramakrishnan and PDG Benjamin Cherian were the main pillars behind the training.

PETS was a great programme and a memorable one too. Kudos to the organizing team headed by Rtn Krishna Sai the PETS leader, in meticulously organizing the entire programme. Considering the fact that the programme was held at Pattaya, Thailand and the fact that 95 Rotarians, 20 Anns, 40 District officials and Special invitees attended, it was incredible that all the sessions went off without a flaw. It also



- ✍ Reducing your speed to 55 mph from 65 mph may increase your fuel efficiency by as much as 15 percent.
- ✍ Cut it to 55 from 70, and you could get a 23 percent improvement.
- ✍ Increase your fuel efficiency on the road. Inflate your tyres and drive at a leisurely pace.
- ✍ Slamming on the brakes and accelerating too quickly can reduce fuel efficiency up to 33 percent.
- ✍ Replace clogged air filters. A clogged air filter can cut a vehicle’s fuel efficiency by 10 percent.
- ✍ Get a tune-up. Routine maintenance can up fuel efficiency by 4 percent, while fixing more serious problems can improve efficiency up to 40 percent.
- ✍ Get to know the country through the window of a train!
- ✍ **Bisphenol A (BPA)** has been associated with health risks including, diabetes, heart disease and obesity, is found in the blood of 92 percent of all Americans over the age of five through canned foods. Purchase foods packaged in Tetra Paks and aseptic cartons.
- ✍ Avoid packaged foods altogether and stick to fresh fruits and vegetables and homemade dishes.

National Geographic.com

Rotary Information

“If hours of leisure are to exceed in number hours of labor, why should education center entirely upon teaching the boy how to work? It is essential that the boys of tomorrow learn how to employ their leisure time. What will business success avail a boy if he lacks the capacity to enjoy the fruits of his labor? Life is more than business. Culture is more than technology.”

The development of National and State parks to lure youth away from the neurotic influences of city life into the beautiful out-of-doors seems to be one of the most promising indications of the times. Let us cultivate a love of the outdoors in the hearts of our boys; it will pay rich dividends.”

-Paul Harris in ‘The Rotarian’

Upcoming Projects

For the Sake of Honour Award to Shri Adoor Gopalakrishnan on July 13th at Hotel Green Park, Vadapalani.

Installation of Interact Club of Chinmaya Vidyalaya, Virugambakkam on July 15th.

Installation of Inner Wheel Club of Madras Midtown on July 20th at Hotel Taj Connemara.

- Silver Beach Singaram Pillai Vidyalaya celebrated its 5th Annual Day on June 20th 2009. The first of its kind, it is a special school for the hearing impaired, within a regular school. The children are not taught by sign language, but with specialised techniques, utilise from infancy, whatever residual hearing they possess. Managed by RC Silver Beach, the building and infrastructures were provided by them on land donated by the Group and aided by the TN Govt.
- RC of Chennai Chepauk Centennial held a grand function in the presence of DG Subu, when they handed over furniture to Hindu Higher Secondary School, Triplicane.

Legends who Made Dreams Real

24-year-old Ilavazhagi, the world carrom champion is from Vyasarpadi, Chennai who has been winning global plaudits, but is virtually unknown.



Despite her many achievements like the *Asia Cup*, *SAARC Cup*, the *World Cup*, her maiden women's title at Cannes and the National title in Chennai, Ilavazhagi, has not been able to capture media attention. In an age when old sports have been edged to the backburner by the hype over money spinners like tennis and cricket, this girl is soldiering to keep alive the legacy of a game that binds thousands of Indians across cities and villages.

Her father Irudhayraj, an auto driver and mother Selvi, are proud that their eldest daughter has made it to the international stage, but doubt her future, because Ilavazhagi has been struggling to find a job the whole of last year even as she continued to play carrom.

Rotary around the world

- ✦ A team of Rotarians from Korea and one from Greece became the first from their respective countries to volunteer during a National Immunization Day (NID), which occurred 1-2 March.

In Meerut, the 18-member multidistrict Korean team walked house to house to help ensure that every child was immunized. The campaign targets all children under age five in the country.

Team leaders said that *Make Dreams Real*, was the motivation behind volunteering for the event.

- ✦ A recent wild poliovirus outbreak in southern Sudan has spread into parts of Ethiopia, Kenya, and Uganda.

In response, Rotary is providing a total of US\$500,000 in emergency grants to UNICEF and the World Health Organization for immediate immunization efforts in the Horn of Africa.

- ✦ At the Birmingham convention, members of the Rotary Club of Windsor St. George, Berkshire, England, are selling stickers for £5 (about US\$8) each. As each sticker is removed from a large panel, a little square of the *Make Dreams Real* logo is revealed. The money goes towards *polio eradication*.

...At our Club

revealed the potential of the team under the Governor Elect Rtn.W.Anand.

PETS was very useful to me as it helped me prepare for my term as President of RCM Midtown and empowered me in totality with Goal setting, Roles and Responsibilities, Club administration, Service Projects, Rotary Foundation & Membership development. It was an excellent opportunity to build strong working relationships with our District Governor Elect, District Team and Fellow Presidents.

It was packed with lots of activities, including Bowling and fitness sessions in the morning to great Fellowships in the Evening. A sightseeing tour of Pattaya was also organised.

DGE Anand now has a fully motivated and action-packed Ready-To-Go Team for 09-10!"

Birmingham Convention



After four days of celebrating Rotary's spirit of international fellowship and service, Rotarians from all over the world bid adieu to the 100th RI Convention in Birmingham, England, on 24 June.

Know These Midtowners

Know These Annets

Keerthana Unnithan

– *President Elect*

Keerthana is the daughter of Rtn Jaishankar and Ann Gayathri. A student of the Annanagar Branch of Chinmaya Vidyalaya, her hobbies include reading, swimming, playing the key-board and tennis. She is a member of the school's kho-kho team and has represented them in many inter-school matches.

Being a skilled orator and armed with good leadership qualities, her ambition in life is to go to a Business school and follow in her father's footsteps. She dreams of creating a business empire with focus on women empowerment.



K.R. Manoj Kumar

– *Treasurer*

This "tall, dark and handsome" Treasurer of the Annets Club is the quiet and unassuming son of Rtn Radhakrishnan and Ann Malliga.

He finished his Matriculation from SBOA, Annanagar and graduated in Bio-Technology from the Jeppiar Engineering College, Anna University, Chennai. He now works as a Manager for M/s Pharmarule in Chennai - a company that acts as Marketing Co-ordinators for Active Pharmaceutical Ingredients.

An avid gymmer and movie buff, he enjoys a good game of cricket, occasional go-karting and loves to meet new people.

Farewell Fellowship for the year gone by!



June 27th 2009 saw the culmination of a successful Rotary year, with all the Rotarians, Anns and Annets coming together in a joyful spirit of bon homie, partying and merry making. The fellowship which was hosted by Rtns Asher, Sudhakar, KB Sridhar and Jaishankar, was held at the Madras Race Club. The festivities which saw about sixty five members, started at 6.30pm and continued well into the evening.

Rtn President KB Sridhar expressed his gratitude to his fellow members by graciously presenting mementoes to the office-bearers of his team, in recognition of their efforts for the Rotary year 2008-09. Rtn Shetty felicitated the out-going President and congratulated his team for a very successful completion of the year. He then warmly welcomed the new team with words of encouragement and motivation. The presence of all the newly inducted members in full force with their families, was a gratifying sight.

With a fantastic up-beat mood created by DJ Hussain belting out popular numbers, it was such a pleasure to see so many Anns, Annets and Rotarians take to the dance floor, dancing away their inhibitions.

– *Ann Gayathri Unnithan*

Annettes Corner

Ashrita signs off as President

The year ahead has indeed flown by. I remember the surprise of being elected and wondering what being an Annet's Club President meant and if I would do it any justice. Then the year began in a whizz of activity and suddenly it's all over, for me.

The experience has indeed enriched me and I cherish the moments spent with my fellow annets as well as those special young achievers. As you all know, YAR was the pet project and through it we met many Board exam toppers, Car Racing champs, and a Cricket champ, a Global ambassador for climate change and even BIG Dheena. Our interaction with all them

left us both humbled and inspired. I looked forward to these meetings and honestly there's another thing I gained – self-confidence. I was a nervous public speaker to start with and slowly saw myself blossom and feel comfortable at the podium. My last meeting saw me speak extempore – a personal landmark for me!

I am not just being politically correct when I say I could not have got through the year without K.B. Uncle – he made life so easy and organized for me. I was jumping hoops and would have found the year very hard if not for his support and encouragement.

My fellow annets – Thank you for being wonderful and supportive!

**Rotary Club of Madras Midtown
Board 2008 – 2009**

President

Rtn. K.B. Sridhar

Immediate Past President

Rtn. V. Lalit Mardia

President Elect 2009 – 2010

Rtn. Jaishankar Unnithan

Secretary

Rtn. P.S. Praveen

Joint Secretary

Rtn. V. Sasikumar

Treasurer

Rtn. S. Mahadevan

Advisor – Programmes

PDG Rtn. Dr. C.S. Ramachandran

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Rtn. N.M. Ilangumaran

Director – Community service, Health

Rtn. H. Radhakrishnan

*Director – Community service, Develop-
ment*

Rtn. S.R. Kishore

Director – Youth service

Rtn. Geeta Menon

Director – International service

Rtn. G. Sudhakar

*Chairman – Service projects
and Rotary information*

Rtn. R. Ramachandran

Chairman – The Rotary Foundation

Rtn. J.H. Asher

Chairman – Public relations

Rtn. M. Keshav

Chairman – Polio Plus

Rtn. C.D. Jagadisan

Chairman – Programmes

Rtn. M.K. Muthuvelu

*Chairman – Fellowship & family
participation*

Rtn. B.K. Shenoy

Chairman – Environmental Services

Rtn. D.S. Balachandra Babu

Chairman – Interact and Rotaract

Rtn. Baboolal P. Rathore

Chairman – Fund raising

Rtn. Jaishankar Unnithan

Chairman – Bulletin

Ann Uma Keshav

Sergeant at arms

Rtn. KB Narasimha Prasad

Sergeant at arms

Rtn. R. Ramachandran

*For contributions, brickbats or bouquets, please
mail us at ukesh.bulletin@gmail.com*

Secretary's Announcements

Joint meeting with RC Nanganallur

RCM Midtown and RC Nanganallur will have a joint meeting on July 5th at Nanganallur, at 8AM. A visit to the divine Lord Anjaneyar Temple too is planned.

Installation of President Jaishankar Unnithan

The new board under the leadership of Rtn. Jaishankar Unnithan will be installed on July 13th at Hotel Green Park.

It is with great regret that we announce the sad demise of our Immediate Past Treasurer Rtn S Mahadevan. The condolence meeting will be held on 06.07.09 at Hotel Taj Connemara.

Spread the message

“God begins to smile through His tears, and the sun shines through. God says that is exactly why I created them, for goodness,” Tutu said. “You and I are created for goodness. You are helping wipe the tears from God’s eyes.”

- Archbishop Emeritus Desmond Tutu, a Nobel Peace Prize recipient from South Africa.



Birthdays

Ann Ulagammai W/o Rtn Arumugam	- June 16th
Annets Lakshmi & Bhargavi A/o Rtn Narayanan (CA)	- June 19th
Annet M Shankar A/o Rtn S Mahadevan	- June 20th
Annet Chittaranjan A/o Rtn Balachandra Babu	- June 22nd
Ann Kalpana W/o Rtn MK Muthuvelu	- June 23rd
Mr. Mohandas Menon H/o Rtn Geeta Menon	- June 24th
Ann Priya Mohan W/o Rtn Sanjeev Mohan	- June 24th
Annet S Arun A/o Rtn Shanmugam	- June 26th
Rtn Javeed Ghatala	- June 28th
Ann Vijayalakshmi W/o Rtn P Saravanan	- June 28th
Annet Ashwini A/o Rtn MS Arun	- June 29th
Annet Akash A/o Rtn P Saravanan	- June 29th

Wedding Anniversaries

Rtn & Rtn G Anand & Nirmala	- June 17th
Rtn & Rtn Muthuvelu & Kalpana	- June 21st
Rtn & Rtn Afzal & Sayeeda	- June 22nd
Rtn & Rtn TK Gopakumar & Usha	- June 22nd
Rtn & Rtn Mahaveer Bhandari & Lalitha	- June 22nd
Rtn & Rtn Lalit Mardia & Prasan	- June 28th

Please Reach Out... Spread a smile 

Midtown's Rotary Cancer and Research Foundation provides assistance to poor and deserving cancer patients by providing a matching sum upto Rs.10,000/- a Rotary Year, thus extending the help provided by a Rotary club.

We solicit the support of service-minded persons in this noble endeavour to fight Cancer. For details please contact Rtn Kailashmull Dugar at 2811 5761 / 5228.



Please join us in this crusade of service. To contribute, contact the club President at Sridhar@indiss.co.in. For project details visit www.rotary-madrasmidtown.org

This issue is sponsored by :

**The Annets Club of
Madras Midtown**