



BANYAN TREE



ROTARY CLUB OF ADYAR
Inaugurated on 19.02.1985
Chartered on 12.06.1985
Club No.22785



ISSUE 7 - JANUARY 2013

PEACE TEAM 2012 - 2013

President
Rtn. S.Siva

Secretary
Rtn. Kannan Arumugam

Treasurer
Rtn. S.Sarangarajan

Immediate Past President
Rtn. PHF. N.S.Venkatakrishnan

President Elect
Rtn. Jayaram Krishnan

President Nominee
Rtn. S.Sarangarajan

Director-Club Service
Rtn. M.N.Seshiah

Director-Community Service
Rtn. N.R.Jayaraman

Director-Vocational Service
Rtn. Mahadevan

Director-New Generation
Rtn. Boopathiraja

Director-Rotary Foundation
Rtn. PHF. N.P.Subash

Director-Public Relations
Rtn. K.Ravi Shankar

Director-Membership Development
Rtn. S.Sivakumar

Trainer
Rtn. PHF. R.Thiagarajan

Sergeant at Arms
Rtn. PHF. R.Vittal Rajan

Sergeant at Arms
Rtn. M.Suresh

Advisor
PDG.Rtn.PHF.Dr.R.Shyam Sundar

Programs
Rtn. PHF. R.Gopalakrishnan

Fellowship
Rtn. PHF. K.Narasimha Iyengar

Fund Raising
Rtn. Jayaram Krishnan

Polio Plus
Rtn. R.Narayanan

Attendance
Rtn. PHF. R.Archana

Rotaract
Rtn. Arun

Interact
Rtn. N.R. Jayaraman

Bulletin Editor
Rtn. Dr. Issa Fathima Jasmine. M

Email for communication to editor
fathimajasmine@gmail.com



>>> President's Message



Rtn. Siva
President

Greetings!

January is Rotary Awareness Month, so share Rotary in person! If you're an active member and have friends, family members or colleagues who would be a great addition to Rotary, consider referring them for membership. All you need to do is ASK!

Membership and PR are working in tandem. The more we enhance the public image of Rotary through our club and district PR initiatives, the greater the opportunity to attract new members in to Rotary.

As Rotarians, you know that through Rotary, you can have an impact beyond what you could ever hope to have as individuals. One person, no matter how great the talents and resources, is limited. Working alone, there is only so much that can be done. But when we work together, when we pool our resources with those of 1.2 million other Rotarians around the world – and with the resources of our Rotary Foundation – we can make a difference that will be remembered for generations. It is up to all of us.”

Rotary; our network, our projects, our commitments to a better world, a world in peace, a world without hunger, a world without avoidable deceases, a literate world with clean water and sanitation to all. A world without Polio.

If this is to happen it is because of the members in the clubs. And if the members of the clubs live up to our standards, deliver on our promises and care for the world outside the club, as much as they should care for every member of the club, there will be Rotary awareness that will make a difference.

Rotary Awareness is up to each one of us. We can make it happen if we want.

It's time to focus on our public image. Raising awareness of Rotary is an important part of the RI Strategic Plan: The more Rotary is known for its good work, the more good work Rotary will be able to do.

We wish BON VOYAGE to DGE.Rtn.A.P.Kanna & Raghavi for attending the Rotary International Assembly at San Diego, USA.

Thanks again for the role each of you play to make our club such a wonderful organization. I look forward to the next six months!

Thanks

Rtn Siva



**BANYAN
TREE**



>>> Speech on Psychology

4th Dec.

- **Ms. Lavanya Rajesh Kumar** is a registered Psychologist with around 15 years of experience in counseling, training, consulting and assessment. She holds multiple qualifications in psychology, management and behavioral intervention methodologies.
- She spoke on **Understanding our brain and its capacity to grow.**



BANYAN
TREE



>>> Operation Warmth

8th Dec.

- Our “**Operation Warmth**” project went off very well on Saturday. Our thanks to Rtn. Murli Chabria for the wonderful conception of this unique project and sponsoring the blankets. We also thank Rtn. Subash for sponsoring coffee at Cafe coffee day. It was truly a meaningful experience to go around in the night giving a blanket to the needy.
- We had 26 Volunteers took part and 130 blankets were distributed. Thanks to each and every one who made this memorable.



BANYAN
TREE



>>> Operation Warmth

8th Dec.



BANYAN
TREE



>>> Speaker Meeting

11th Dec.

- The only girl from India to hold the title of **'The World's Toughest Motorcycle Rider'** and the only girl among the Best Bikers in India, braving the World's highest motor able pass, ride the entire length and breadth of India on the motorbike. The first girl to race against men and won many titles. I think this would best describe the lady biker **Ms. Chitra**. Chitra enumerated her experiences and the risk she endeavors while biking.



>>> Happy Village Promotion

12th Dec.

- 12-12-12 : A novel **PEACE VENTURE**, promoting **Happy Village Concept** - RI District 3230's major PR exercise at Express Avenue Mall.



BANYAN
TREE



>>> Fellowship

15th Dec.

- The fellowship theme was **RETRO**. And true to the theme, all Rotarians went back to the past in their style of dressing. It was wonderfully hosted by **Rtn. Thiagu and the committee of hosts;**

Rtn. Gomathi,

Rtn. Jayaram Krishnan,

Rtn. Kannan Arumugam,

Rtn. Krishnaswamy,

Rtn. Muthukumar,

Rtn. Major Raja

Rtn. Ravishankar,

Rtn. Vidyadharan



BANYAN
TREE



- AGM meeting went on successfully and it is very difficult to believe that the first half of the rotary year is already over. Rotary wheel is spinning in a good speed.

Congratulations for the new team 2013-14 under the leadership of Rtn.Jayaramkrishnan.

1. Secretary: Rtn Jayaraman
2. Treasurer: Rtn Arun Kumar

Directors:

1. Club Services: Rtn Archana
2. Community Services: Rtn Rajendran
3. Vocational Service: Rtn Ananth
4. International Service/Foundation: Rtn Krishnan
5. New generation: Rtn Boopathiraja
6. Public relations: Rtn Ramesh
7. Membership development: Rtn Kulamani

President Elect - Rtn.Jayaseelan

President Nominee - Rtn.Narayanan

Joint Secretary - Rtn.Subash





ANNETTE'S
CORNER

Annette Abirami can see Nature at its best through her camera. Thanks to her for sending us these wonderful shots.



BANYAN
TREE



>>> Program Details

JANUARY 2013

Date	Day	Speaker	Topic	Time	Place
1st	Tuesday	NO MEETING	NEW YEAR - HOLIDAY		
8th	Tuesday	Dr.Veerappan	Dermatoglyphic Multiple Intelligence Assessment	6:30pm	Hotel Savera
15th	Tuesday	NO MEETING	Outstation Fellowship to Kashmir		
22nd	Tuesday	Will be announced	Speaker meeting	6:30pm	Hotel Savera
29th	Tuesday	Joint Meeting with RC of Madras South	GSE Team	6:30pm	Hotel Savera



BANYAN
TREE



Happy Birth Day



2-Jan	Rtn. Boopalan		
3-Jan	Rtn. Rajashekar		
4-Jan	Rtn. Narasimha Iyenger		
8-Jan	Rasika	Daughter	Rtn. Ramesh.R
9-Jan	Rtn. Jaishankar		
9-Jan	Rtn. Seshiah		
10-Jan	Rtn. Sarangarajan		
10-Jan	Rtn. Srinivasan		
10-Jan	Sugirtha Jayaseelan	Spouse	Rtn. Jayaseelan
13-Jan	Abirami	Daughter	Rtn. Ravi Shankar
14-Jan	Dr.Sashi Syyamsundar	Spouse	Rtn. Shyam Sundar
20-Jan	Amrita	Daughter	Rtn. Sengottuvel
24-Jan	Rtn. Sundarrajan		



BANYAN
TREE





*Editor's
Corner*

An economics teacher at a local school made a statement that he had never failed a single student before, but had recently failed an entire class. That class had insisted that Gillard / Brown socialism worked and that no one would be poor and no one would be rich, a great equalizer. The teacher then said, "OK, we will have an experiment in this class on the Gillard / Brown plan". All grades will be averaged and everyone will receive the same grade so no one will fail and no one will receive an A.... (Substituting grades for Rupees -something closer to home and more readily understood by all). After the first test, the grades were averaged and everyone got a B.

The students who studied hard were upset and the students who studied little were happy. As the second test rolled around, the students who studied little had studied even less and the ones who studied hard decided they wanted a free ride too, so they studied little. The second test average was a D! No one was happy.

When the 3rd test rolled around, the average was an F. As the tests proceeded, the scores never increased as bickering, blame and name-calling all resulted in hard feelings and no one would study for the benefit of anyone else.

To their great surprise, ALL FAILED and the teacher told them that socialism would also ultimately fail because when the reward is great, the effort to succeed is great, but when government takes all the reward away, and gives to those who do nothing, no-one will try Or want to succeed.

It could NOT be any simpler than that.



REMEMBER, THERE IS A TEST COMING UP.--->> THE NEXT ELECTION.

These are possibly the 5 best sentences you'll ever read and all applicable to this experiment:

1. You cannot legislate the poor into prosperity by legislating the wealthy out of prosperity.
2. What one person receives without working for, another person must work for without receiving.
3. The government cannot give to anybody anything that the government does not first take from somebody else.
4. You cannot multiply wealth by dividing it!
5. When half of the people get the idea that they do not have to work because the other half is going to take care of them, and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that is the beginning of the end of any nation.

Can you think of a reason for not sharing this? Neither could I.

*Editor's
Corner*



BANYAN
TREE



This chart is awesome! Every Family can use it

*Editor's
Corner*

Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer
Figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	Kills bacteria
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer
Grapes	Saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow
Green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy



**BANYAN
TREE**



*Editor's
Corner*

Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	Aids digestion
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	Prevents constipation
Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration
Peaches	Prevents constipation	Combats cancer	Helps stops strokes	Aids digestion
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts
Prunes	Slows aging process	Prevents constipation	Boosts memory	Lowers cholesterol
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer
Strawberries	Combats cancer	Protects your heart	Boosts memory	Calms stress
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart
Walnuts	Lowers cholesterol	Combats cancer	Boosts memory	Lifts mood
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes
Wheat germ	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes
Wheat bran	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems



As the New Year Dawns.....
May it be the beginning of the greater joy and beautiful moments...
For you to cherish each day and all through the year....

HAPPY 2013



*Editor's
Corner*

