



Banyan Tree

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Rtn. Seshiah .M.N

Dear Rotarians

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It gives me immense satisfaction that our plan is going as per schedule, largely due to the cooperation and contribution from the entire RCA family.

February had its own quota of activities and the same was

enjoyed by one and all. Two good speakers Dr Ajay Chandrasekhar on the subject "Holy War" and Mr Dawn Williams on Animal welfare - Human responsibility. The second one was truly amazing. The speaker introduced us to different dimensions of the suffering of Animals in the hands of human. It was so touching that our Rtn Sridhar N spontaneously came forward to sponsor two tyres for the animal ambulance costing Rs 15000. Thank you Rtn Sridhar N.

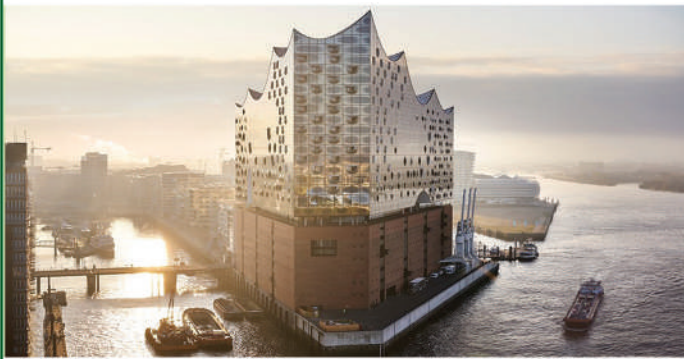
We conducted a holistic eye and dental screening camp at Rotary Fourrts medical center. 95 patients were screened and 15 were recommended for cataract and 7 were operated upon free of cost at MN Eye Hospital. I sincerely thank Rtn. Dr. Nishanth and Rtn. Dr. Prem Alex Lawrence for their wonderful support.

Our two Rotaract Clubs have made us proud. MNM Jain Engineering college held their annual feature SANGAMAM a platform for the underprivileged from corporation and govt schools to exhibit their talents. Patrician Arts and Science College conducted a Marathon to raise awareness of Cancer. Both the projects were partially funded by RCA. I thank all those Rotarians who came forward to donate to this cause.

The team of hosts led by Rtn. Thiagu and Rtn. Iyengar conducted an excellent fellowship on the 14th of Feb, with Valentines Day being the theme. It was very creatively organised and the ones who attended enjoyed the evening.

Rtn. Pres. M.N. Seshiah

RI Convention



What is an RI Convention?

Rotary International organizes a "Rotary International Convention" every year. The goal of the conference is to bring together members of the Rotary International family from around the world and give them a platform to exchange ideas and come together in friendship. The conference takes place in a different country every year. In 2019 Rotary Germany has the unique opportunity to host the Convention in Hamburg!

Why attend the 2019 Convention in Hamburg?

Attending an RI Convention is a highlight for the members of the Rotary International family. Rotarians, Rotaractors, Interactors, Rotexers and Inner Wheelers come together in a welcoming atmosphere to exchange ideas, inspire each other and start the new Rotarian year with fresh ideas. This is a one-in-a-lifetime opportunity! By the way: the last time a Convention took place in Germany was in Munich in 1987.

At the Hamburg Convention you can expect a diverse and exciting program. During the Convention there will be many large events with interesting speakers, along with smaller Breakout Sessions that allow for active discussions amongst the attendees. You can end each day with a variety of evening activities that we have planned for you. Visit the House of Friendship as well, where the world of Rotary comes together to exchange ideas.

When & where ?

June 1-5, 2019
Hamburger Messe
Messeplatz 1
20357 Hamburg



Valentine Fellowship



RCA celebrated Valentines Day in style, at our fellowship on 14th Feb, on the lawns of the Madras Boat Club. The trees were lit up in red and festooned with heart shaped balloons. Thanks to Rtn. Sundarajan, we all got instant prints of photos taken at the special themed cut outs. Iyengar, Meera & Chitra conducted games for couples and gave away prizes to the best couples. The heart shaped red velvet cake was simply awesome! Special thanks to Suraj for the DJ music. Despite being a weekday, there was overwhelming response from members, who enjoyed the Valentines Day Party.

Annettes Project



Donated notebooks worth Rs.2,000/- to the children at St. Josph school. Thanks to Rtn. Gopal & Muthulakshmi for sponsoring the books



Dr Ajay Sr.Consultant, MMC spoke on "Holy War"

Have you registered for Dist Conference?



Registration charges for all 3 days of conference Rs.1,000/- for Rotarians, Anns and Rs.500/- for Annettes. Fellowship & Food courts on paid basis

Regular meetings



Mr Dawn Williams was our guest speaker on 19th Feb, topic was Animal welfare - Human responsibility. His presentation made a great impact on the audience. It was painful to know of the atrocities man inflicts on the poor animals. Blue Cross is doing a lot to elevate this suffering.

Announcement! Joint Project of RC Adyar, IWC Adyar & RCA Annettes Club

The Blue Cross animal ambulance is in need of new tyres. All three clubs of the Adyar family have decided to donate one tyre each and Rtn. N. Sridhar spontaneously came forward to donate the balance two tyres, to form a full set!



IF YOU LOVE ANIMALS...
VOLUNTEER

ANIMAL RESCUE EMAIL ID:
rescue@bluecrossofindia.org

Blue Cross of India

Velacherry Road, Guindy, Chennai

Phone: 91 44 22354959

Email bluecrossofindia@gmail.com

PROGRAMME

Date	Meeting Details	Venue
05.03.19	Classification Talk	Hotel Savera
19.03.19	Gov's Official Visit	Hotel Savera

BIRTHDAYS

6th Mar	Ann Chitra Thiagarajan.
6th Mar	Ann Prasanna Devi.
7th Mar	Rtn.Ramesh.
8th Mar	Rtn.Gomathy.
8th Mar	Annette Arvind S/o Rtn.Thiagarajan.
8th Mar	Rtn.Easwaramurthi.
11th Mar	Annette Soundarya D/o Rtn.Thiagu.
11th Mar	Ann Chitra Kannan Arumugam.
12th Mar	Rtn.Kannan Arumugam.
16th Mar	Annet Barghavi D/o Rtn.Vidyadharan
19th Mar	Annette Anagha S/o Rtn.Padmalatha.
23rd Mar	Rtn.Jayaraman.
23rd Mar	Annette Gayathri D/o Rtn.Veeramani.
23rd Mar	Annet Preethy D/o Rtn.Gopalakrishnan.
26th Mar	Rtn.Padmalatha Suresh.
27th Mar	Annette Anirudh S/o Rtn.Srinivasan.

WEDDING ANNIVERSARY

5th Mar	Rtn.Vidyadharan & Ann Samanthaka Mani.
11th Mar	Rtn.Kulamani & Ann Sharadha.
12th Mar	Rtn.Shivakumar & Ann Latha.
20th Mar	Rtn.Siva & Ann Maheshwari.
31st Mar	Rtn.Venkatakrisnan & Ann Latha.





Diabetes and Oral Health

Gum disease and diabetes have a two-way relationship. People with diabetes are more likely to face serious oral health problems on one hand, and on the other Gum disease can also influence blood sugar control and worsen diabetes management.

Symptoms

The most common oral complication is that of diabetic periodontitis and early teeth loss. Uncontrolled Diabetes can cause Xerostomia, that is reduced saliva in the mouth. Saliva is responsible for cleansing the oral cavity in preventing disease causing organisms, but when this is reduced, it causes a lot of changes in the Periodontium like swollen gums, bleeding, Dental Caries, Pulpal disease, Abscess formation, burning mouth, fungal infections, tooth mobility, tooth loss.

Preventive measures

It is mandatory to have Blood sugar levels controlled before attempting any invasive dental procedures.

Maintain Oral Hygiene by brushing twice a day, using Dental Floss & Mouth Wash.

Visit a Dentist twice a year for Oral Health Status review and management. While at the Dentist's make sure that you do mention your Diabetic History.

Rtn.Dr.Prem Alex Lawrence

MDS.,DICOI, Senior Periodontist and Oral Implantologist,
Gold Dental Hospitals.



Explore the world

Sevenmally Tea Estate



Established in 1900, Sevenmally Tea Estate, is a like a paradise on earth, in Munnar. It is located at an elevation of 4800 ft to the south-west of the Kannan Devan Hills. The estate name is attributed to the Hindu God, 'Shiva' and 'mally' denoting a hill, which in the course of time became Sevenmally Estate.

Inakadate Rice Field Art



The rice paddy art, in Japan, uses various colored rice plants as paint on a rice-field canvas. The massive pictures are elaborately designed to make them look their best when seen from the observation platform. Every year, over 100,000 visitors from Japan and abroad come to see the fields, including the Emperor and Empress of Japan in 2014.

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