



# Banyan Tree

May 2019  
Issue No. 11

## President

Rtn. Seshiah .M.N

## Dear Rotarians



I feel elated to communicate to you all through BANYAN especially because the hard copy is enabling the entire family to read the same and my communication will reach the entire family.

The month started with a bang the District Conference PRERANA. This was held from the 5th April to 7th April at the Chennai Trade Center. Yours truly was in the subcommittee of Fellowship and hence spent the entire 3 days in the conference. I was also a part of the skit etc. It was a great pleasure for me to see our PP Rtn S V Veerramani moderate a topic on industries and business. I thank all those Rotarians, Anns and Annettes who registered for the conference.

On the 9th of April 2019 Dr Harikrishnan spoke on Ayurveda Myths and Facts under the topic Nalamariya Aval. He presented a well prepared paper on the same and all members enjoyed though due to paucity of time he could not get into finer details.

During the last board meeting a new thought was germinated as to why not make the subscription into one single Annual Bill. A EGM was called for the 23rd of April 2019 by giving due notice to discuss this as well as to discuss the operation of the Trust. The majority felt that the existing system of raising two half yearly bills was better and hence the club has decided to continue the same. Regarding the Trust the General Body recommended that we abide by the Trust Deed with respect to the rotation of Trustees. It was also recommended that the Trustees meet once immediately and thereafter every quarter.

Rtn. Pres. M.N. Seshiah

## Immediate Past President

Rtn. Boopathiraja M E

## President Elect (2019-20)

Rtn. Senthil Nathan R

## President Nominee (2020-21)

Rtn. Karunakaran T

## Secretary

Rtn. Senthil Nathan R

## Treasurer

Rtn. Siva S

## Sergeant at Arms

Rtn. Narasimha Iyengar

Rtn. Suresh M

## Advisors

## Club Trainer

Rtn. Jayaseelan J

## Club Advisor

Rtn. Gopalakrishnan R

## Past District Governor

Rtn. Dr.R.Shyam Sundar

## Holger Knaack selected as RIP 2020-21



Holger Knaack, a member of the Rotary Club of Herzogtum Lauenburg-Mölln, Germany, has been selected to serve as president of Rotary International in 2020-21.

This decision follows the resignation last month of President-nominee Sushil Gupta due to health reasons.

To build a stronger membership, Knaack says Rotary must focus on increasing the number of female members and transitioning Rotaractors into Rotarians.

Knaack believes that the People of Action campaign offers new public awareness possibilities for Rotary. "This campaign conveys our global image while still respecting differences in regions and cultures," he says.

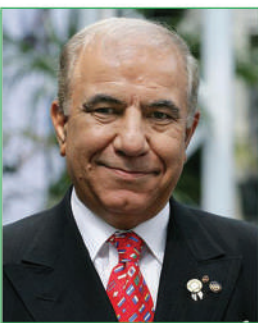
A Rotary member since 1992, Knaack has served Rotary as treasurer, director, moderator, member and chair of several committees, representative for the Council on Legislation, zone coordinator, training leader, and district governor.

He is an endowment/major gifts adviser and co-chair of the Host Organization Committee for the 2019 Rotary International Convention in Hamburg.

Knaack is the CEO of Knaack KG, a real estate company. He was previously a partner and general manager of Knaack Enterprises, a 125-year-old family business.

He is a founding member of the Civic Foundation of the City of Ratzeburg and served as president of the Golf-Club Gut Grambek. Knaack is also the founder and chair of the Karl Adam Foundation.

Knaack and his wife, Susanne, are Major Donors to The Rotary Foundation and members of the Bequest Society.



## Rotary Foundation Trustee Örsçelik Balkan dies

Rotary Foundation Trustee Örsçelik Balkan, a member of the Rotary Club of Istanbul-Karaköy, Turkey, died unexpectedly on 6th of March.

## Annette's Club of Adyar - Project



The Annette's club of the Rotary Club of Adyar donated bottle sterilizers, baby clothes and feeding bottles to the Children hospital, Egmore on 8th May 2019. All of these things were sponsored by Cherian Trust and given to the Annettes' club of Adyar for distribution to appropriate beneficiaries. The bottle sterilizers will be used by the hospital while the clothes and feeding bottles will reach needy mothers through two unique schemes initiated by Dr. Arasar, Director of IOG - "Anbu Suvar" is a cupboard in which donated items are kept, and needy mothers can pick up whatever they require for free, during a fixed time. The other scheme is "Anbu Ther" where these items will be sent around the ward and the mothers can pick up what they need. Those who have such items, which they no longer have use for, can donate the same over here, with the knowledge that it will be put to good use.

## Regular meetings



Dr.M.Harikrishnan, senior Ayurveda consultant at Sri Rajashyamala Vaidyashala was the Guest speaker at our meeting on Tuesday, 9th April'19. He consults at the center run by Rtn.Venkatakrishnan, at Besant nagar.

# The Council on Legislation 2019

117 Enactments were discussed, passed, rejected or withdrawn, at this year's Council on Legislation.

On Day One, the first 17 enactments were voted down. Number 18 was the first one to be adopted, it was from RC Madras Temple City, RID 3232, on the need

to celebrate and appreciate diversity rather than just have it on the statute books. Simply said - "Each Club shall endeavor to build a well balanced membership that celebrates diversity"

There were some enactments which passed which were only minor tinkering with the Constitution or Standard Rotary Club Constitution - tidying up or minor changes to deadlines, documents etc.

The Board sought and were given permission to change the name of the ROTARIAN magazine if they wished, they want it to reflect a readership beyond just Rotarians.

An Enactment allowing the Board to terminate a Club if it's membership falls below 6 (at the request of the DG) was adopted - it is not compulsory to remove these Clubs, it can be done if desired.

Dues will be increased by \$1 per year, for three years commencing 2020/21.

The proposal from RC Madras, RID 3232 - recognising the danger of 'vote clubs', sought to ensure that only clubs on the rolls as on July 1 of the preceding year could vote, was accepted.

Finally an Enactment allowing Rotaract Clubs to be members of Rotary International was eventually passed by a 74% majority. There is no attempt here to make Rotaractors Rotarians, but moves Rotaract from being a project of Rotary, to being a partner organization.

## Sugavanam Goshala

**A place to protect cows.**

**Donate a cow and cow feed**

Office No.26, TNHB Complex, 1180,

Luz Church Road, Mylapore

Chennai 600004

Phone: 91762-44989, 2498-4149

## PROGRAMME

Date	Meeting Details	Venue
14.05.19	Speaker Meeting	Hotel Savera
28.05.19	Speaker Meeting	Hotel Savera

## BIRTHDAYS

- 1st May Rtn.Karunakaran.
- 4th May Rtn.Sengottuvel.
- 4th May Annette Rakshitha D/o Rtn.Boopathiraja.
- 5th May Ann Suraj Menon Archana.
- 6th May Ann Lakshmi Jayaraman.
- 7th May Annette Varsha D/o Rtn.Gomathy.
- 13th May Ann Pandiarajan Latha.
- 14th May Rtn.Krishnan.
- 14th May Annette Sandeep S/o Rtn.Dr.Shyam
- 15th May Ann Geetha Rajasekar.
- 16th May Rtn.Vijay Prabhu.
- 19th May Annette Abhinav S/o Rtn.Padmalatha S
- 20th May Annette Vivek S/o Rtn.Kannan A
- 20th May Ann Meera Suresh

## WEDDING ANNIVERSARY

- 5th May Rtn.Rajasekar & Ann Geetha.
- 11th May Rtn.Narashimha & Ann Prabha.
- 20th May Rtn.Jayaseelan & Ann Sugritha.
- 22nd May Rtn.Rajesh & Ann Vanmathy





Millions of people take painkillers every day to treat common aches and pains. Painkillers improve quality of life by providing pain relief. But at times, the price paid may be one's health. Even though these tablets can be bought over the counter without prescription, one has to think twice before taking them.

The common pain killers are Paracetamol, Aspirin, Ibuprofen and other Non-steroidal anti inflammatory drugs (NSAID). Aspirin and Ibuprofen seem like safe options. But, taken long term can cause serious side effects like ulcer and bleeding. Kidney and liver damage are possible too. Some of the NSAIDs have been linked to increasing blood pressure and increased risk of heart diseases.

Even Acetaminophen (paracetamol), which is often viewed as the safest pain drug because it does not cause gastrointestinal side effects, comes with a caution about high doses possibly causing liver failure.

Many COX-2 inhibitors like Rofecoxib and Valdecoxib have been withdrawn from market due to increased risk of heart attack.

**Avoid pain killers as much as possible for simple aches.**

**Restrict pills to the number of days prescribed.**

**If pain persists, seek medical help.**

**Do not use the pain killers prescribed for others.**

Rtn. Dr. Rajesh Doraisamy,  
Managing Director,  
Pristine Pharma(India) P Limited



## Explore the world

### Siachen Glaciers



Siachen Glacier is one of the World's longest mountain glaciers, lying in the Karakoram range, near India-Pakistan border. Siachen is strategically very important post for Indian army. The soldiers are always ready to devote their lives for the protection. of the country, serving the nation at the highest battleground in the world.

### Perito Moreno Glaciers



The Perito Moreno Glacier is located in the Los Glaciers National Park in southwest Santa Cruz Province, Argentina. It is the third largest reserve of fresh water on the planet. Los Glaciers was declared a UNESCO world heritage site in 1981. The Peritio Moreno formation is an "advancing glacier" whose ice is continually expanding outward and is approx 18,000 years old.



BE THE INSPIRATION

### Directors

#### Club Service

Rtn. Prem Alex Lawrence

#### Community Health

Rtn. Ragavan N

#### Community Service

Rtn. Sivakumar S

#### Vocational Service

Rtn. Archana R

#### International Service

Rtn. Kannan Arumugam

#### Foundation

Rtn. Subash N P

#### New Generations

Rtn. Venugopal C V

#### Public Image

Rtn. Ramesh R

#### Membership

Rtn. Vijayprabhu

#### Chairman

#### Fellowship

Rtn. Sathish T

#### Polio Plus

Rtn. Suresh M

#### Rotaract and Interact

Rtn. Karunakaran T

#### Literacy

Rtn. Jayaraman N R

#### Programs

Rtn. Thiagarajan R

#### Bulletin Editor

Ann. Chitra Thiagarajan