



Banyan Tree

President

Rtn. Seshiah .M.N

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

Dear Rotarians

The festive season has commenced and I am sure all of you will be in a joyous mood. October was an eventful month. The Election for the District Governor 2021-22 was conducted between the 3rd October and 18th October. We had our Awards function on the 23rd October and we all enjoyed the Fellowship on the 27th of this month. Rotarians were briefed about the activities till date in the closed door meeting.

I congratulate DG Rtn Babu Peram for conducting the Election of the District Governor 2021-22 in a smooth way. The results were declared on the 18th by RI and PP Rtn J Sridhar of RC Madras Industrial City was declared elected.

The Awards function is an important event in the Rotary Calendar and this was done in a fitting manner. I wish to place on record my sincere thanks to Rtn Archana, PP Rtn.Gopalakrishnan.R, PP Rtn Latha Rajan, Rtn Ramesh, Ann Radha Ramesh for their contribution towards the success of the event. It was well attended and the chief guest DG Rtn Babu came, albeit a little late, as he was busy with the World Polio Day, which was being celebrated the very next day. My sincere thanks to all the recipients, who were the Heroes of the evening.

The Dandiya night fellowship was a well organised one with professional dancers not only dancing for us but also teaching us to dance. The hosts had done a marvelous job and everyone enjoyed the evening. The attendance was not good despite very good efforts from the hosts and this has become a plaguing issue . I invite suggestions from all of us about how to address the issue of attendance for the regular meetings and fellowships.

Most of the projects have been planned and the same will be notified to you in course of time. The other important activities to be addressed by us is (a) Increase the Membership, (b) Contribution to the Foundation (c) most important Fund Raising. I request all Rotarians and Anns' to kindly focus on the three requirements mentioned here, as they are the need of the hour. I take this opportunity to wish you and your family a very Happy and Prosperous Deepavali.

- Rtn. Pres.M.N.Seshiah

RCA Awards



The RCA Awards Ceremony was a grand event held on 23rd Oct'18 at the Alumni Club. Our DG Babu was the Chief guest and Mr. Sujith Kumar, HR Head INFOSYS was the Guest of Honor. Mr. Deepak Dinkar, TV Anchor & Actor and Mrs. Mahalakshmi Ashwin, Founder and Trustee, Tapas Academy, were given Vocational Excellence Awards. Dr. Issa Fathima Jasmine, ex-member of our club, was awarded the Social Responsibility Award for spearheading social causes. Nawabzada Mohammed Asif Ali was given the Responsible Citizen Award for his contribution to the society. Mr. Kali Veerapathiran received the Young Achiever Award for relentless pursuit of his passion - Dance. All awardees gave their acceptance speeches with pride and gratitude to have received an award from Rotary. Mr. Sujith spoke of his Rotary connect right from being an interactor at school then being in Rotract at college and finally becoming the DRR. He spoke of Maatram Foundation through which he is helping underprivileged students get higher education free of cost. DG Babu gave his remarks on the significance of the awards from Rotary. Pres Elect Senthil proposed the vote of thanks.



Annettes' Club - Projects



Third Annettes' club project for this year was on 6th Oct, at Annai Fathima Home for Children and Aged people. Here they donated Rice bag curtesy PP Boopathiraja and adult diapers curtesy Rtn. Sivakumar and sleeping mats curtesy Pres Sesh. The annettes also spent time with the inmates of the home.

The next project was on 14th Oct, when they met the Catman of Chennai and donated cat food for te large numbr of cats that he cares for on a daily basis. Eleven kids participated in the cat feeding project. This turned out to be a great experience for many of the annettes, who have not had the oppurtunity to care for a pet in their homes.

Participation in such projects have enthused members to bring their kids for future projects.

Nov Fellowship

It was a Dandiya Gharba evening of fellowship and dancing at the Madras Gymkhana Club on Saturday the 27th Oct'18. The hosts has arranged for four professional dancers to dance for us. As the energy levels rose, the Anns and Annettes also joined in. All dancers were given dandya sticks and taught some basic steps.

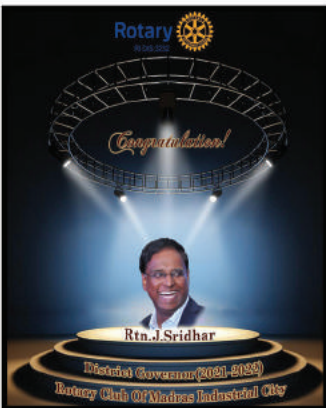




Mega public image program on 24th Oct'18, World Polio day, by displaying huge banners on walls, fixing stickers on cars, bikes and autos at main traffic signals and activities in Malls. Beach activities - sand sculpture with huge rally of Rotaractors, along with two ministers.



Congrats to our **PP Sathish**, on his recent job promotion and on getting fellowship of IPA. He was a volunteer at the Rotary Institute and got a photo opp with **RI Pres. Barry Rasin**. Pres Barry flagged off a cycle rally for Peace on Roads, which was organised by RCM Mid-town & District Rotaract Council.



The Nominating Committee for President of Rotary International selected **Rtn.Sushil Kumar Gupta**, of the Rotary Club of Delhi Mid-west, as RI President-Nominee. He will be elected at the 2019 Rotary International Convention in Hamburg to become RI President on 1st July 2020.

Congradulations to **Rtn.PP. J. Sridhar** of RCM Industrial City, has been elected as DGND for year 2021-22.

PROGRAMME

Date	Meeting Details	Venue
13.11.18	Speaker meeting	Hotel Savera
20.11.18	Speaker meeting	Hotel Savera
24.11.18	Fellowship Dinner	

BIRTHDAYS

2nd Nov	Annette Sumana D/o Rtn.Suresh
5th Nov	Annette Priyadharshini D/o Rtn.Boopal
8th Nov	Rtn.Sridhar
9th Nov	Ann Vidya Sundarajan
9th Nov	Ann Latha Venkatakrisnan
9th Nov	Annette Sashritha D/o Rtn.Boopathiraja
16th Nov	Annetee Amrithavarshini D/o Rtn.Ragavan
18th Nov	Ann Sripriya Vittal Rajan
26th Nov	Ann Radha Ramesh
26th Nov	Rtn.Chandrasekar Pandyan
27th Nov	Ann Prabha Narashima Iyengar
29th Nov	Ann Radha Veeramani

WEDDING ANNIVERSARY

13th Nov	Rtn.Subash & Ann Valarmathi
17th Nov	Rtn.Chandrasekar Pandyan & Ann Sundaravalli
22nd Nov	Rtn. Prem Alex Lawrence & Ann Amali



The Health Insurance Specialist



What are kidney stones?

Kidney stones are solidified minerals in the kidneys or the urinary tract.

How do the stones form?

Kidney stones form when urine becomes concentrated and the minerals crystalize forming a solid mass.

Causes for kidney stones?

Dehydration, Consumption high protein, high salt and oxalate rich diet (potato chips, peanuts, chocolate, beets, spinach), obesity, certain drugs like topiramate (used to treat headache), urinary infections, rarely caused by genetic predisposition.

Types of kidney stones?

Calcium oxalate or calcium phosphate stones are common. Uric acid stones in people with gout or obesity. Struvite seen mostly in women with urinary tract infections (UTIs).

Signs of kidney stones

Colicky abdominal pain, blood in the urine, vomiting, nausea, chills, fever, frequent need to urinate, sometimes passage of stones in urine

Treatment

Most of the stones pass away naturally by adequate hydration, analgesics can be used for pain relief, Lithotripsy (which uses sound waves to break stones) or surgical removal by cystoscopy is usually reserved for patient with large sized stones

How to prevent stones

Always keeping hydrated by drinking plenty of water, reducing salt and excess protein consumption in food, avoiding sedentary lifestyles.

Dr.T.Balasubramaniyan MD DM FRCP

Chief Nephrologist, Billoth Hospital



Explore the world

Motisons Tower



The Motisons Towers is a Jewellery showroom in Jaipur. The shape of the building has been derived from "lotus". Each petal of the lotus flower is created with colored glass and spring out of the building. LED veins are stuck to the glass surface and are controlled by a central computer to achieve various "crackling effects".

Palais des congrès de Montréal



One of the most remarkable visual aspects of the Palais des congrès de Montréal is its striking multi-coloured glass façade comprising 332 coloured glass panels and 58 transparent glass panels. During the daytime these panels emulate a beautiful kaleidoscope, while nighttime makes for a scene right out of a blue impressionist painting.



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

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