



# TexcityTimes

A Bulletin of Rotary Club of Coimbatore Texcity Dist. 3201

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The **FUTURE** Belongs  
to Those Who Extend  
Their Hands To Uplift  
**THE CURRENT  
GENERATION.**

**JOYN**  
Join to **Change**



## RI PRESIDENT MESSAGE



**John F. Germhas**  
RI President

*In the summer of 1917, only a few months after the United States entered the first world war, Rotary held its eighth annual convention in Atlanta. Although many Rotarians at the time thought the convention should be canceled, the Board of Directors ultimately agreed with Paul Harris that it should continue as planned. In the midst of such uncertainty and fear, Harris penned, as part of his convention greeting, some of the most-quoted words in Rotary:*

*Individual effort when well directed can accomplish much, but the greatest good must necessarily come from the combined efforts of many men. Individual effort may be turned to individual needs but combined effort should be dedicated to the service of mankind. The power of combined effort knows no limitation.*

*Fittingly, it was at this convention that then-President Arch C. Klumph proposed a Rotary endowment fund "for the purpose of doing good in the world." The power of combined effort was joined by a new power: that of combined resources. It was a combination that has proved unstoppable and*

*has been behind so much of Rotary's work for the last 100 years. Today, it is difficult to imagine Rotary without its Foundation. It was the Foundation that turned Rotary from an organization of local clubs into an international force for good with the power to change the world.*

*In this Rotary year, we are marking the centennial of our Rotary Foundation in the city where it all began: Atlanta. Our 108th Rotary International Convention promises to be one of the most exciting yet, with inspiring speakers, great entertainment, and a wide array of breakout sessions to help you move your Rotary service forward. And of course, we'll be celebrating the Foundation's centennial in style.*

*Whether you're a regular convention goer, haven't been to one in a few years, or haven't yet attended your first, the 2017 convention will be the one you won't want to miss. Atlanta is a great destination in its own right, with great food, friendly people, and many local attractions to enjoy. But the real reason to come to the convention is always the convention itself, and the people, ideas, inspiration, and friendship you'll find there. To learn more, and save money on registration, visit [www.riconvention.org](http://www.riconvention.org). See you in Atlanta!*

## PRESIDENT MESSAGE



**Rtn. Brijesh K.P**  
President

*Dear Texticians,*

*The month of August was a very interesting and exciting month buzzing with a lot activities. The month kicked off with the second session of the training on soft skills, health and hygiene for the girls of PSGG Kanya Gurukulam. The major event was the initiation of ROTO SWIM, a swimming competition which would be conducted every year on the 15th of August. We had an overwhelming response for the same and the support by our rotarians is commendable. A very special thanks to Rtn. Peter Arokaiam and Ann. Sangeetha Peter for their continues support for making this event a grand success. As the president of Rotary Texcity, I had the privilege to hoist our national flag in our adopted school at Onampalayam as part of the independence day celebrations which will remain dear to my heart. We had very interesting speakers for our weekly meetings and had a lovely family get together hosted by our rotarians.*

*When I see the involvement and enthusiasm of our texticians, be it a project or a family get together, I am always impressed, always excited and always inspired. It's the New Generations month and every generation sees the world in a unique way, and every individual has a unique point of view, and this diversity is our strength. In Rotary, we try to take the long view in our service. We aspire to serve in ways that will make a lasting difference, that will continue to have an impact after our participation ends. Our younger generations, in my experience, share this sentiment, and apply it globally, by focusing on environmental issues in new and innovative ways. To young people today, these concerns are front and center. Their perspective is a valuable contribution to the world of Rotary service, and it is one that we should all encourage and support. Just as they are learning from us, so should we be learning from them. The young people who are serving in Rotaract and Interact, and participating in Youth Exchange and RYLA today, are the Rotarians of tomorrow. When we support them, we are supporting the future of our entire organization. We are helping to train the men and women who will be the club presidents, district governors, RI directors, and RI presidents of tomorrow.*



## EDITOR'S MUSINGS....



**Ann. Amritha S Lund**  
Editor

Each of us has our own "comfort zone". Being in one's comfort zone implies familiarity, safety, and security. But experiencing a little stress and anxiety now and then is a good thing, too. If we stay wrapped up in our little cocoon, keeping warm and cozy, we may be missing out on quite a lot - maybe no new experiences, no challenges, and no risks. And looking at the bigger picture of life, if

we can't step out of our comfort zone we may experience difficulty making change and growing.

What we fear the most about challenging ourselves is that we may fail and get hurt in the process. But the truth is that most of us have the ability to rise to the occasion, overcome hurdles and obstacles, and actually succeed in accomplishing something new and challenging.

Our 'real life' is out there waiting for us. Our real life exists beyond the bubble of our own personal thoughts, feelings, and beliefs. Our real life is the sum of ALL of our experiences, not just the one's we're comfortable with.

Challenging ourselves pushes us to dip into and utilizes our personal store of untapped knowledge and resources. We have no idea what we're made of unless and until we venture outside our own familiar world.

Taking risks, regardless of their outcome, are growth experiences. Even if we make mistakes or don't get it right the first time there's always these experiences we've had

to tap into for the future. There really is no such thing as "fail" if we got something out of the experience. And just so you know, "FAIL" is "First Attempt In Learning".

Lets not settle for the mediocre just to avoid stepping out of our comfort zone; it's too big a price to pay. Our challenges and risk experiences are cumulative. Every time we try something new, allow ourselves to be open to whatever experience arises, we are learning, and expanding our repertoire of life skills and self-knowledge. As we do this you are also expanding the size of our comfort zone.

Leaving our comfort zone ultimately helps us to deal with change - and making change in a much better way. Life transitions are all about changes. Each time you step into transition you move to another level. Inevitably, these life transitions transform us.

It may seem overwhelming and daunting to step into the unknown. But instead of thinking of the "big picture", it may be easier to break down what you want or need to accomplish by making small changes. Small changes accumulate and each change builds upon the last one. Soon enough you have a series of small changes leading up to the big picture.

Try to make small changes that take you out of the every day and familiar, yet are not too emotionally challenging. We are all such creatures of habit. Change your daily work routine. Try something new - food, music, activities you've never done. Undertake a creative project of any kind where your thinking is channeled in a whole new way. Add newness to your life. Be open to experiences.

We have within ourselves the ability to make big changes. Stepping out of our 'comfort zone' is indeed a life skill!

|| *If we stay wrapped up in our little cocoon, keeping warm and cozy, we may be missing out* ||

# LET'S JOIN AND NJOY THE CHANGE IN OUR LIVES

## ROTARY OUTSIDE ROTARY

# ROTARY AND HOW IT HAS CHANGED MY LIFE.



PDG. Rtn. Dr. Ajay

Man has been a social being since the very beginning and is interdependent on one another for his existence. An organization like ROTARY upholds this fact and imparts this truth in its MOTTO and actions. For more than a hundred years we have shown the world the need for caring and sharing and serving our less fortunate brothers and sisters .

I was invited to Rotary Cochin Central and was inducted in 1994. I should confess that

though I had gone through the orientation program I was in it only for the friendship. Over the years the activities being done started kindling the dormant nature in me and that gradually started influencing my daily activities and actions in all aspects of my life. I started seeing life differently in every aspect. I learnt to take it day by day. I was influenced a great deal by the 4= WAY TEST and started trying to follow it in my daily routine. I got to know many people and started understanding that all are born equal but it is the circumstances which are the factors which influence one's life.

In my profession I started seeing my patients as my own brothers and sisters and I became more compassionate, caring, spending more time in understanding their problems and trying my best to help them in their times of turmoil. I got to know that the past is dead and gone and there is no use in dwelling on it, the future is nearly unknown and there is no need to keep on building castles in the air for what ever is to happen has to be dealt then. I therefore resolved and decided to enjoy life in its present tense and friends believe me it has been much better since then. Compassion is their in everyone but Rotary makes you see others who need your compassion and in my journey I

have met and interacted with many of them and become better by these experiences.

Rotary has influenced my thinking and made me realize that one life is not enough to solve every problem in the world but what little you do will go a long way in making a change in the world. Team work is the key and which organisation has this potential other than ROTARY ? So I started being a team man and giving respect to each and every human being and behold I started getting many more friends. This was indeed wonderful.

I gave a little of my time, energy and of course a little money to the society and that gave me inner peace and contentment which in turn has motivated me to do a bit more. My family too have been influenced by rotary culture, the family interactions, the great bonds of friendship and mutual help and we can never forget the prayers and good wishes send by the Rotary family at a time when our life was at a stand still and had reached the last ebb. Thousands of my friends still inquire into my grandsons health and I am indebted to all my rotary family for being with us in the times of our needs.

During my career the organisation has helped me fine tuning my leadership skills, influenced and changed my confidence in dealing with adversities, helped me in keeping calm and collected in solving i and addressing issues and above all taught me to step into others shoes before you make any comment or criticism. Time management, Inter Personal management, Team management, Training Management, Listening Skills, Developing Opportunities and Art of planning are others areas which Rotary has made a great difference to me.

Friends, I was a novice before Rotary imbibed fresh blood in me and changed me but I know that " THE WOODS ARE LOVELY DARK AND DEEP AND HAVE PROMISES TO KEEP, AND MILES TO GO BEFORE I SLEEP, AND MILES TO GO BEFORE I SLEEP.

Brothers and Sisters, Be the change in the world and together let us continue to SERVE HUMANITY.

## LIFE SKILLS

From the moment children are born they are on a journey to independence. But to live independently without us, we need to teach them essential life skills. They cannot learn life skills out of a book or at school. These are things they learn from their parents and from other important adults and role models in their lives.

To be ready for school involves mastering certain life skills so that they can happily and confidently manage being at school without you. Sending a child to school without life skills is like driving a brand new car without an engine. Life skills involve a number of very practical things.

We need to help our children learn how to be resourceful – can they solve every day little problems? Do they know how to protect themselves from danger? Are they resilient – can they bounce back from adversity, when things go wrong? Does your child have the ability to keep trying? Are they fundamentally honest and do they respect others?

Good life skills are the basis for getting along with others, fitting in to society, and having the confidence to believe "I can."

## DEVELOPING LIFE SKILLS IS VERY IMPORTANT FOR CHILDREN



## FAMEX 2016



**Rtn. Kamal Kumar**

Me and Preetha were extremely fortunate to be a part of the FAMEX 2016 tour organised by our District to District 7680 in the US during May 2016.

The tour was structured in a way that we reached Charlotte in North Carolina and were hosted by a family for 4 nights and then we move on to Ashville a couple of hours drive away from Charlotte for the District 7680 Conference over the weekend.

Our great hosts were Rtn Todd and Kimberly and they delighted us by the way they took care of us. They are a lovely couple, blessed with 3 sons who are in their

teens. They are an awesome family.

The days at Charlotte was spent attending the meetings of 5 Rotary Clubs and we had spoken about the activities of our RC Texcity. We exchanged flags and had a lot of interactions. It needs mention that one club was the birthplace of Rotaract and another was a hundred years old.

We soaked in the beautiful sights of Charlotte too these days. Joane Brown of Charlotte Mecklenburg South Club was a charming and friendly lady who took us around a lot. She and her husband Jim Brown hosted a dinner for us, visiting Rotarians and family at her residence.

Another memorable evening was a dinner hosted by Rtn Ash Minor and his lovely wife Ali at his stately home. The food was excellent and the setting-perfect.

Weekend was at Ashville and the first night we were all decked up in Indian attire and the atmosphere was mesmerising. The District Conference was remarkably different from our Conferences in size, scale and the way it is conducted.

The crowd was only around 300 and the discipline and punctuality exhibited by the Rotary Family was indeed worth emulating. Imagine a dias of a District Conference with just the Speaker and the Podium!!!

It was an enchanting trip and worth it in every way. The inherent benefit of trips such as these are the memories you make, the friendship you cultivate, and the cultural flavors of a distant land you get to savor and it should never be missed, should you be presented with an opportunity.

One thing I learned from this travel as in the many international travels I have made in life, is that humans are the same everywhere with all the love, fear, courage, concern, security and insecurity, happiness and sorrow, and every human in the planet wants to live in peace and harmony and fade away irrespective of their physical attributes.

|| *We exchanged flags and had a lot of interactions. It needs mention that one club was the birthplace of Rotaract and another was a hundred years old.* ||

**NEW GENERATION RULES  
AROUND ADAPTABILITY,  
TRANSPARENCY AND  
DIRECTIONAL THINKING.  
FORTUNATELY, THE RESULT  
OF ADVANCEMENT IS  
SIMPLICITY.**





# WEEKLY SPEAKER MEETING





# WEEKLY MEETING



# ANN'S IN ACTION





# INDEPENDENCE DAY CELEBRATION



@ ONAPALAYAM  
ADOPTED SCHOOL



# ROTOSWIM 2016



@ LIFE SPRING



# ROTRACT & INTERACT INSTALLATION



# Rtn. MANI @ KAMPALA





# ANNS CONTRIBUTION



# BIAS ROTARTACT



# EXCHANGE





# ANNET'S GET TOGETHER



# FAMILY GET TOGETHER





# LITERACY TRAINING



# ANN'S CONTRIBUTION @ ORPHANAGE



# JOIN

Join to Change

## COMFORT ZONE.. READ, UNDERSTAND & GET MOTIVATED

Once there was a king who received a gift of two magnificent falcons from Arabia. He gave the precious birds to his head falconer to get them trained. Months passed and one day the head falconer informed the king that though one of the falcons was flying majestically, soaring high in the sky, the other bird had not moved from its branch since the day it had arrived. The king summoned healers and sorcerers from all the land to tend to the falcon, but no one could make the bird fly. He presented the task to the member of his court, but the next day, the king saw through the palace window that the bird had still not moved from its branch. Having tried everything else, the king thought to himself "May be I need someone more familiar with the countryside to understand the nature of this problem". So he cried out to his court, "Go and get a farmer". In the morning the king was thrilled to see the falcon soaring high above the palace gardens. He said to his court, "Bring me the

doer of this miracle". The court quickly located the farmer, who came and stood before the king. The king asked him, "How did you make the falcon fly?" With his head bowed, the farmer said to the king, "It was very easy, your highness, simply cut the branch where the bird was sitting."

We are all made to fly and realize our incredible potential as human beings. But at times we sit on our branches, clinging to the things that are familiar to us. The possibilities are endless, but for most of us, they remain undiscovered. We confine to the familiar 'comfort zones', 'bad past', 'uncertain future', so most part of our lives are mediocre instead of being exciting, thrilling and fulfilling...

So let us learn to destroy the branches of laziness, past or fear we cling to and free ourselves to the glory of flight...!!

|| *We confine to the familiar 'comfort zones', 'bad past', 'uncertain future', so most part of our lives are mediocre instead of being exciting, thrilling and fulfilling* ||



10 - 14 June 2017  
ATLANTA, GEORGIA, USA

**JOYN**  
US IN ATLANTA

