

TEXCITY

Rotary



ROTARY:
MAKING A
DIFFERENCE



TIMES

A Bulletin of Rotary Club of Coimbatore Texcity Dist. 3201

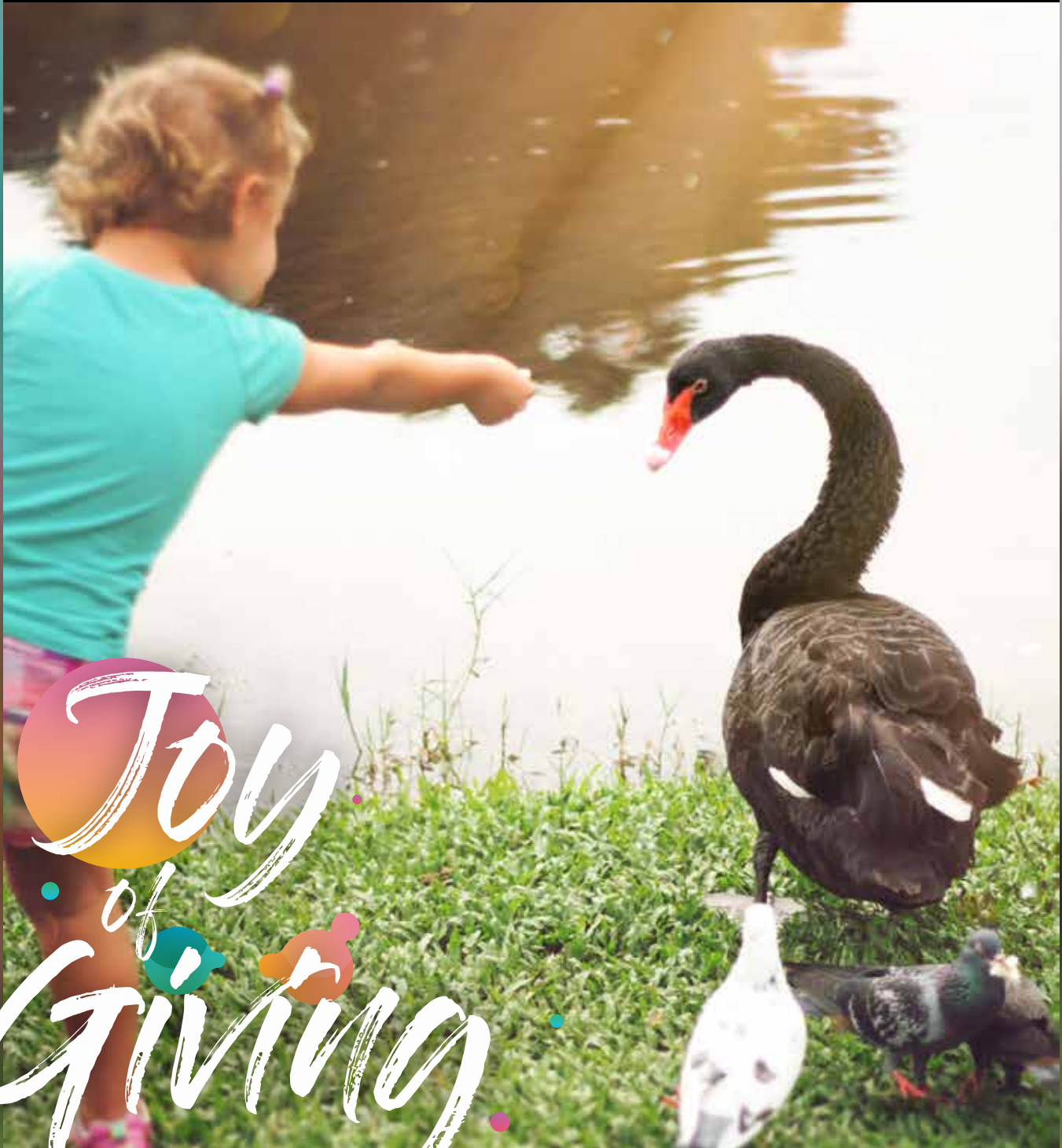
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Dist. Gov. : Rtn. Vinod K Kutty

President : Rtn. Mahaveer Bothra

Secretary: Rtn. Narendra Kumar

Editor: Ann. Alka R. Nichani



Joy
of
Giving

Photo Credit : Ritu Nichani Mittal

THE PRESIDENT SPEAKS



The Jain community like other communities throughout the world celebrates many social and religious functions annually. The superb Jain festival popularly known as 'Paryushan Parva' organized every year in the auspicious month 'Bhadrapad' of the Hindu calendar extends from the fifth day to twelfth day of the bright fortnight. The festival ordains the Jains to observe the ten universal supreme virtues in daily practical life.

The ten virtues are:

1. Forbearance, Forgiveness
2. Modesty, Humility
3. Straightforwardness, Candour
4. Contentment
5. Truthfulness
6. Self-restraint, Control of Senses
7. Austerity, Penance
8. Renunciation
9. Nonattachment
10. Celibacy, Chastity.

It means the purification of your soul. From 16th of August to the end of the month, I was not available to discharge my duties as Texcity President, because of this. This process gives me immense internal strength and peace. It's basically a process of giving up, giving up certain things, albeit for a short time.

Sacrifice is being willing to give up something good for something better.

Life is full of boundless possibilities, but in order to transform a possibility into a reality we have to choose -- sacrificing the many in order to attain the one. As Rotarians, we need to understand this and in the context of the Rotary club, we need to sacrifice time and money spent on some other activity for coming together and doing some meaningful service. I am sure all of you are up to the challenge and I shall see more and more participation from you, because together we have pledged to make a difference.

Live and Let Live

FROM THE EDITOR'S DESK...



Giving is not just about making a donation. It's about making a difference.

We are living, we are taking...all the time. We are recipients of gifts from Nature and the Force all through our lives, and we are privileged receivers at that. Yes, we have come together under the umbrella of Rotary to "Make a Difference" to the less privileged and that is a step in the right direction. This issue of Texcity Times highlights "Giving".

The beauty of an organisation such as ours is that it brings together people who can give in a multitude of ways. While someone prefers giving financially, another gives their time; yet another, their professional expertise or some, of themselves by being consistent blood donors. Just as five fingers have their different strengths and come together to form a powerful fist when needed, members give power to their club.

There are numerous stories on Magic Moments in Rotary. You can read some in this issue and countless ones online. They usually have the underlying theme of Giving which makes magic happen. Read the story of Emine who gives of herself even though she has not received well. Read about Gabriel Kenji who chose to make a difference instead of watching some bad people take lives of young people around the world. These are inspirational for us and remind us that we can always give more.

Starting this month, we will feature some of our more recent additions to Texcity so you can get to know them better. Rtn. Dr. Senthil Raju and family are featured in this issue. If you'd like to contribute to Texcity Times or give some feedback, please contact me here: alkanichani@gmail.com.

Rotary stories

AUGUST ROUND UP

AUG 2nd

Past President Rtn Ramesh Nichani donned the role of speaker at the first meeting of the month held at Hotel Radisson Blu. His topic was "An Introduction to Stand-up comedy". With funny clips interspersed by his researched talk, it was an interesting and funny evening for the Rotarians and Anns who attended.

AUG 6th

Keerthana Pandian, winner of bronze medal in the under 18 girls category in the IBSF Snooker Championship held in China was felicitated by Texcity and Lifespring 360 Degree Fitness. She is currently ranked World no. 3 in her category and will play her next tournament in October at St. Petersburg, Russia. She was presented a cheque of Rs. 50,000.



AUG 9th

Dr. Chidannada Murthy spoke about 'Hydrotherapy' - Better health without medicines. He highlighted the use of water and its properties as therapy for pain management and other diseases.



AUG 15th

Independence day was celebrated at our adopted school in Onnapalayam Village. President Rtn. Mahaveer hoisted the flag; Rtn. Nagaraj gave an inspiring speech and promised to donate computers to the school and depute his office staff during weekends to teach the students as well as teachers the basics of computers.



AUG 16th

A.G. Rtn. R S Maruti conducted the Club Assembly prior to the Governors Official Visit due to happen in October.

AUG 30th

Rtn. Rajashekhar and Rtn. Murugan conducted the Club Officers Training for the Officers of Texcity. This initiative of going from club to club by the District officers is commendable.



It's not how much we give but how much love we put into giving."

- Mother Teresa



ANNS CLUB IN ACTION

Anns Project



We conducted a well-attended Healthy Baby contest at PSG Health Centre in Vedapatti during World Breastfeeding Week. At the event, the speakers spoke about the importance of breastfeeding, about personal hygiene and enriched nourishment for the mother. We sponsored prizes and gifts to all the 35 participants and provided the snacks too.

Anns get together

On the 4th of August, our gracious host Mrs. Usha Padmanabhan's house was awash with turquoise color. Our lovely Anns in turquoise were a sight to behold. Ann Sindhu Brijesh was crowned Ann of the Month. We celebrated Rakshabandhan by having a Rakhi making competition. It was a very special day, as we celebrated Varalakshmi Puja with piety and Friendship day with gusto.



Donation

We contributed Rs. 3000 towards surgery of poor lady at Anurag Hospital. It was gratifying to know that the patient was doing well after the surgery by Rtn. Dr. John Thanakumar.

Report by Ann's President Padmini.



The meaning of Life is to find your Gift. The purpose of Life is to give it away"

-Pablo Picasso

ANNETS CLUB ACTIVITIES

› On 11th August, at the Coimbatore Peace Festival held at the Sarojini Nataraj Auditorium, Kikani Matric School, Coimbatore, our Annet Ms. Rithu Karthikeyan was felicitated with a young achiever award. Annets President Kripaa briefed the 300-strong gathering about Texcity Annets club and its services. 3 Rotarians, 2 Anns and 2 Annets from Texcity attended.

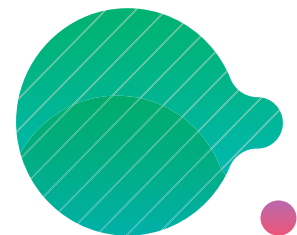


› On 12th August, Annets President Kripaa contributed US\$ 50 (approx. Rs 3,500) towards Dancescape a dance school run by a cancer struck ballet dancer for marginalised children in the US.

› 14th August being Organ Donation Day, Annets President decided to pledge her organs online. She spoke to her family to motivate them to do the same.



› On 15th August, The Annets Club handed over an Aqua Guard water filter system at the Independence Day celebrations at Muttathvayal tribal school for the use of the students, sweets and snacks were also provided to them. The children put up a cultural show for the guests from Rotary.



As we work to create light for others, we naturally light our own way.”

- Mary Anne

WHO will be R.I. President in place of Sam Owori in 2018-19?



Barry Rassin, of the Rotary Club of East Nassau, New Providence, Bahamas, is the selection of the Nominating Committee for President of Rotary International for 2018-19. He will be declared the president-elect on 1 September if no challenging candidates have been suggested.

As president, Rassin aims to strengthen our public image and our use of digital tools to maximize Rotary's reach.

Rassin earned an MBA in health and hospital administration from the University of Florida and is the first fellow of the American College of Healthcare Executives in the Bahamas. He recently retired after 37 years as president of Doctors Hospital Health System, where he continues to serve as an adviser. A Rotarian since 1980, Rassin has served Rotary as director and is vice chair of The Rotary Foundation Board of Trustees. He was an RI training leader and the aide to 2015-16 RI President K.R. Ravindran.

Rassin's nomination follows Sam F. Owori's death in July, just two weeks into his term as Rotary International president-elect.

WHAT is Rotary's counter to the Blue Whale game?

Horrified by stories about an online suicide game called Blue Whale, Interactor Gabriel Kenji of Brazil decided to create a game to counter the dangerous online trend, and hopefully, save lives.

The Blue Whale Challenge is a chilling suicide game allegedly run by a social media group. The game preys on vulnerable adolescents and teenagers, who are instructed to complete a set of challenges over a 50-day period. The tasks begin harmlessly but become increasingly more dangerous, including self-punishing, and end with the teenager being urged to take their own life.

Kenji devised a social media game that he named White Whale to help boost self-esteem, self-worth, and peaceful interactions among young people. Challenges include forgiving yourself for mistakes, exercising daily, discovering new facts about people in your life, participating in volunteer activities, and posting positive messages on social media.



Interact Club of Pinhais, Parana, Brazil

White Whale is a way for teenagers, who may be vulnerable to the suicide game, to engage in positive activities and feel valued, says Kenji. He chose the name White Whale because he says the color white signifies peace, purity, and clarity.

"We want to show young people that they can make small changes to change the direction of their lives," says Kenji, who will enter college this year to study dentistry. "There is another path for teenagers to take that is far removed from an action like taking their own lives."

Fellow Interactors and local Rotaract club members are helping to spread the word about White Whale by passing out brochures and information at bus and train stops, busy intersections, and to friends and family. They also helped Kenji create some of the game's challenges. "I'm so grateful that my club and others people in the Rotary family are taking a small idea and making it big," he says.

Kenji says he's already seen tangible results from the game among his own friends. "I've had friends tell me that the game is giving them the courage to reconcile broken friendships. It's great to see. I hope this is just a start."

***This is truly a case of
"BE the change you wish to see"***

WHERE did the Peace Tree come from?

(By Hiroko Seki, Rotary Club of Tokyo Yoneyama Yuai)

On 12 June, during the Rotary International Convention in Atlanta, we planted a Ginkgo nursery tree at The Carter Center, founded by former U.S. President Jimmy Carter, a recipient of the Nobel Peace Prize. The tree is a descendant of one that survived the atomic bomb in Hiroshima.

When I saw this young tree for the first time, I was blown away by its vigor and beauty. The sapling was cultivated from its mother tree by Green Legacy Hiroshima Initiative led by UNITAR Hiroshima, and cared for, for nearly six years before it was brought to Atlanta for the ceremony. Then Rotary President John F. Germ, Past President Sakuji Tanaka, and the CEO of the Carter Center attended. A certificate was presented to Past District Governor Jiro Kawatsuma from Hiroshima. Visitors can now see the tree in a beautiful garden at the Center.

More and more Rotarians are joining our initiative. In 2016, a sapling taken from a tree that survived the atomic bomb in Hiroshima was planted at Storrier Stearns Japanese Garden, Pasadena, California, USA. Our goal is not only to plant trees but also seeds of peace in people's minds around the world. It is most important to tell our stories through these trees, so that people understand the importance of peace and nurture the trees as a symbol of life and hope.

I encourage you to visit one of these trees if you are in their area and reflect upon their message of peace.

WHEN was Rotary involved in making a Guinness World record with the National flag of India?



District 3230 and News 7 Tamil at the YMCA Grounds Nandanam in Chennai, India, on 7 December 2014.

WHY did Emine write with her toes?

(By Şafak Alpay, RI director-elect and a member of the Rotary Club of Istanbul-Sisli, Turkey)

At an ambitious literacy campaign started in our region using the Concentrated Language Encounter (CLE) method, my club Sisli participated with great enthusiasm, running a course for women in one of Istanbul's slum neighborhoods.

On graduation day, one young woman who was among those to receive their certificates captured everyone's attention. She had both her lower arms missing, and as her certificate was placed under her armpit, Emine timidly asked her instructor to get the sheet of paper she kept in her pocket. It was a thank-you letter written to the person who taught her to read and write.

We wondered how she could write and asked her who had helped her, "I wrote it myself," she protested, "give me a pencil and a piece of paper, and I'll show you how." To our amazement, she wrote down the first sentence of her letter using a pencil she clutched between her toes. As we tried hard to hold back the tears and overcome our astonishment, her classmates were cheering and applauding. A Rotary moment is when the magic happens.

If you're curious, the sequel to this story went like this: The Istanbul Rotary Club fitted Emine with state-of-the-art prosthetic arms, which operated by receiving and interpreting signals from her brain. She started to wear a watch, something she had longed for all her life. She continued to work hard on her literacy skills, and finally become a CLE teacher herself.

The Rotarian published Emine's story in 2006, and she was invited by 2006-07 RI President Bill Boyd to the Convention. Her address made many more Rotary moments for members in the audience.



LET'S GET TO KNOW.... RTN DR. SENTHIL RAJU



I am a medical doctor specialised in Pain Medicine - my passion. My clinical expertise is in multidisciplinary management of cancer and non-cancer pain, and my areas of interest are pelvic pain, nerve-related pain, cancer pain and headaches. Following my return to India, I was a Consultant in Pain Medicine at Apollo Speciality Hospital - Madurai and Trichy, and Sri Ramakrishna Hospital, Coimbatore. I am now the Director for Atlas Pain Care - a private, multi-disciplinary pain management centre and one of its kind in Tamil Nadu – that provides all expertise related to managing pain under one roof.

I did my basic medical training and anaesthesia residency at Annamalai University, following which I practiced at Mount Hope Hospital, Trinidad and Tobago and later joined Queen Elizabeth Hospital, Bridgetown, Barbados. I was a faculty, thereafter, at the University of West Indies in Anaesthesia and Pain Medicine for a period of six years. I completed my Fellowship in Chronic Pain from the Toronto Western Hospital, Mount Sinai Hospital, Toronto General Hospital & Sick Kids Hospital at the University of Toronto, Canada.

I love my profession and am a member of many national and international professional societies. Friends and family enjoy my company and know me as a fun-loving person partial to a game or two of cricket and volleyball.

My wife Deepa is a medical doctor and a specialist in ENT. She is currently the administrator of our centre – Atlas Pain Care, Coimbatore. She essays different roles - that of a mother, a wife, a friend, a counsellor and a doctor. She is my source of strength, guiding me to reach my goals, in helping me stay focussed and in aiding me achieve my dreams.

My son Sriram is in standard VIII at SSVM. He comes across as a matured, caring and responsible child, and needless to say I feel fortunate to have him for my son. He loves basketball and enjoys spending time with his friends and cousins.

My daughter Sritulasi is 9 yrs. She is the most cheerful, loving and expressive one in the family. She loves to sing and cook, is a great sister and daughter, and our treasure.