

RIVERSIDE RIPPLES



Carl Wilhelm Stenhammer
R. I. President

Divyang Parikh
President

Amit Adhiya
Bulletin Editor

Ashis Roy
Dist. Governor

Mihir Shukla
Secretary

Anand Acharya
Co-Editor

SERVICE Above Self ROTARY SURAT RIVERSIDE

*We meet every Tuesday at 8:30 p.m. at Dr. Bhacca Rotary Hall, Jeevanbharti School.
All our meets are dinner meets.*

Vol - Feb06/01/22

Cover Story



THE HOLISTIC HEALTH AWARENESS MEET

Friends, how do you interpret the word HEALTH? For most of us, good health is just the mere absence of disease. And that's how we all have perceived the term given the fast pace of life that we all are subjected to. But not according to Sri Sri Ravishankar - the founder of one of the fastest growing community - The Art Of Living. According to Guruji, as he's fondly reckoned among followers, **Health is the dynamic expression of juvenile life.** And to throw more light upon one of our country's gift to mankind and the most ancient medical science - AYURVEDA, last Tuesday our club invited Sri Preetiben Patel, one of the faculty member at Sri Sri Ayurveda, courtesy Rtn. Rajesh Patel.

She very aptly described the various types of body constitution that humans are classified into. She also explained the characteristics of each category namely *Vatta, Pitta and Kapha*. While a pamphlet given to all the members in the hall carried guidelines as to what type of

diet would benefit persons having each of these metabolism, she reiterated the general laws of avoiding Junk, Spicy, Oily, Cold or Fermented food in order to stay healthy.

Preetiben also highlighted the effectiveness of Ayurveda as compared to other pharmaceutical drugs. The break-up of the terminology AYUR = *Aayushya (Life)* and VEDA = *Science* explains how this herbal medication being the Science of Life is gaining popularity in the western countries. Even our customary rituals and the food habits related to festivals are based on this ancient science.

A very interactive session followed this insightful presentation. Worries from the not-so-full house on the patents for Ayurveda being registered by western countries echoed conviction. Preetiben requested everyone to try Ayurvedic medication next time when they feel the need of a doctor. Rtn. Amish Malji voiced everyone's feelings in his Vote of Thanks before we sang the National Anthem and dispersed.

FOOD FOR THOUGHT

THINK OUT OF THE BOX

You are driving along in your car on a wild, stormy night, when you pass by a bus stop, and you see three people waiting for the bus:

- 1. An old lady who looks as if she is about to die.*
- 2. An old friend who once saved your life.*
- 3. The perfect partner you have been dreaming about.*

Which one would you choose to offer a ride to, knowing that there could only be one passenger in your car?

Think before you continue reading...

Answer on last page...

REMINDER CALL

Friends,

Our club President and Treasurer would humbly like to remind those members who have not paid their fees for the second term, to do so immediately.

We are in the third quarter of our R.I. Year 2005-06 and any club would find difficulty in functioning if it has quite a no. of outstanding fees reflecting in its books of account.

So pls extend your support by submitting your cheques with Rtn. Jugal Shinglot or Rtn. Divyang Parikh at the earliest.

FEBRUARY - WORLD UNDERSTANDING MONTH

Every day, at every part of the world, we see conflicts, anarchy and terrorism. When asked who is responsible for all these disconcert in the world, the answer is Man.

For a better world, it is the man who has to change, because he is the key. But unfortunately he changes his colours very frequently. He tries to tread on somebody's toes and in the process refuses to understand his fellow human beings. This game of exploitation for personal needs and glory destroys the world.

The question is, how to come out of this depressive attitude. In this connection I would like to share a story with you. A small boy went to a hill, stood against the valley and shouted, "I hate you". Back came the echo, "I hate you, I hate you..." The boy got scared, went home and told his mother about what happened. Mother understood it and told the boy, "Go back and stand at the same point and shout, "I love you". As the boy did it, back came the echo "I love you, I love you..." The boy was delighted. The lesson - You reap what you sow. So let us sow the seeds of peace, happiness and goodwill, for our future generation to reap a better tomorrow.

BOARD AGREES TO CHARTER PROVISIONAL CHINA CLUBS

The RI Board of Directors voted at its November 2005 meeting to charter the Beijing and Shanghai provisional Rotary clubs, paving the way for a growing Rotary presence in China.

Acting on the Board's request to appoint a special representative to China, RI President Carl Wilhelm Stenhammar selected Christopher Bo Bramsen, a member of the Rotary Club of København. "Bramsen is well-qualified for the position," says Stenhammar. "He served as Consul General of Denmark in Shanghai 1994-95, and in 1995-2001, he was the ambassador of Denmark to China, Mongolia, and North Korea."

During a three-year term, Bramsen will pursue official registration of Rotary clubs with the Chinese government, provide guidance to clubs and assist neighboring RI District 3450 with training club leaders, and help the Secretariat coordinate service projects. In 2001, the Board granted Beijing and Shanghai Rotarians provisional club status and permission to participate in The Rotary Foundation's Humanitarian Grants Program.

In other decisions affecting clubs and districts, the Board regrouped all Rotary clubs in Kosovo within District 2480, effective 15 February 2006. The district includes Bulgaria, part of Greece, the Former Yugoslav Republic of Macedonia, and Serbia and Montenegro. The Board also approved the creation of District 2220 in western Russia in 2006-07, raising the total number of Rotary districts to 530.

For more information on Rotary's extension in other countries, visit the Newsroom page on www.rotary.org.

NEWS FROM THE DISTRICT ARENA

Dear friends,

Rotary Surat Riverside is earning accolades time and again. Our very own Rtn. Jugal Shinglot had been elected as a stand-by to the Nominating Committee for the selection of the District Governor for the Rotary Year 2008-09

Rtn. Surendra Parmar was selected for the post of DGN of R.I. Dist 3060 for 2008-09. He will succeed Rtn. Ashok Panjwani - the DGN for 2007-08. He hails from the Rotary club of Sarigam. Rtn. Surendra Parmar happens to be a homeopath doctor by profession.

UNCONDITIONAL ACCEPTANCE

Breakfast at McDonald's

Please read until the end. This is a good story and is true, please read it all the way through until the end! (After the story, there are some very interesting facts!):

I am a mother of three (ages 14, 12, 3) and have recently completed my college degree. The last class I had to take was Sociology. The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with. Her last project of the term was called "Smile."

The class was asked to go out and smile at three people and document their reactions. I am a very friendly person and always smile at everyone and say hello anyway, so, I thought this would be a piece of cake, literally.

Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's one crisp March morning. It was just our way of sharing special playtime with our son.

We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did. I did not move an inch... an overwhelming feeling of panic welled up inside of me as I turned to see why they had moved. As I turned around I smelled a horrible "dirty body" smell, and there standing behind me were two poor homeless men. As I looked down at the short gentleman, close to me, he was "smiling". His beautiful sky blue eyes were full of God's Light as he searched for acceptance. He said, "Good day" as he counted the few coins he had been clutching. The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally challenged and the blue-eyed gentleman was his salvation.

I held my tears as I stood there with them. The young lady at the counter asked him what they wanted.

He said, "Coffee is all Miss" because that was all they could afford. (If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm).

Then I really felt it - the compulsion was so great I almost reached out and embraced the little man with the blue eyes. That is when I noticed all eyes in the restaurant were set on me, judging my every action.

I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray. I then walked around the corner to the table that the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman's cold hand.

He looked up at me, with tears in his eyes, and said, "Thank you." I leaned over, began to pat his hand and said, "I did not do this for you. God is here working through me to give you hope." I started to cry as I walked away to join my husband and son. When I sat down my husband smiled at me and said, "That is why God gave you to me, Honey, to give me hope."

We held hands for a moment and at that time, we knew that only because of the Grace that we had been given were we able to give. We are not church goers, but we are believers. That day showed me the pure Light of God's sweet love.

I returned to college, on the last evening of class, with this story in hand. I turned in "my project" and the instructor read it. Then she looked up at me and said, "Can I share this?"

I slowly nodded as she got the attention of the class. She began to read and that is when I knew that we as human beings and being part of God share this need to heal people and to be healed. In my own way I had touched the people at McDonald's, my husband, son, instructor, and every soul that shared the classroom on the last night I spent as a college student.

I graduated with one of the biggest lessons I would ever learn: UNCONDITIONAL ACCEPTANCE. Much love and compassion is sent to each and every person who may read this and learn how to LOVE PEOPLE AND USE THINGS - NOT LOVE THINGS AND USE PEOPLE.

An Angel wrote: Many people will walk in and out of your life, but only true friends will leave footprints in your heart.

To handle yourself, use your head.

To handle others, use your heart.

God Gives every bird it's food, but He does not throw it into its nest.

Well friends, the marriage season is in full form after Vasant Panchmi with everybody being invited to a marriage function every other day. Your editor recently received one such invitation to an interesting wedding which I'd like to share with you.



|| Shree Khaa Naa Ya Namaha ||



Mrs. and Mr. Sambhar Chatni request the pleasure of the company of

MRS. & MR. IDLI

On the occasion of the Marriage of their grandson,

SADA DOSA

(Son of Mrs. & Mr. Masala Dosa)

With

PANI PURI

(Daughter of Mrs. & Mr. Bhel Puri)

on 7th February 2006, at 8:30 p.m. At Dahi Wada Hall, Samosa Building, Cham Cham Road, Opposite Papad Theatre, Haldiram, Surat Rasgulla 395 007.

Res. : "Nariyal ka Chatni", Paneer Rd. Chola Battura Avenue, Surat Dhokla 395 007.

Tel. : 91-261-256182489

E-mail : loosemotions@toi...

NO GIFTS PLEASE, ONLY PRESENTS

-Contributed by Annet Dhvani Jariwala

This is a moral/ethical dilemma that was once actually used as part of a job application.

You could pick up the old lady, because she is going to die, and thus you should save her first;

Or you could take the old friend because he once saved your life, and this would be the perfect chance to pay him back;

However, you may never be able to find your perfect mate again.

The candidate who was hired (out of 200 applicants) had no trouble coming up with his answer. He simply answered: "I would give the car keys to my Old friend and let him take the lady to the hospital. I would stay behind and wait for the bus with the partner of my dreams."

Sometimes, we gain more if we are able to give up our stubborn thought limitations. Never forget to "Think Outside of the Box."



OBITUARY



Isn't it a ridiculous satire by the Maker of this Universe that on one hand He gives us an opportunity to rejoice when Rtn. Kuldeep and Ann Niyati get blessed with a baby, and on the other hand, He picks up somebody else's dear ones for their Heavenly Abode.

Our new member Rtn. Dimpesh Savla has lost his mother-in-law a few days back. Riverside Ripples extends its condolences to the bereft family. We pray that may God rest the departed soul in peace.



FORTHCOMING ATTRACTIONS



FELLOWSHIP

Our club will have a surprise element in this coming meeting.

We gather at our regular venue on the regular weekday, at the regular time to enjoy a long awaited fellowship. But Prez. Divyang has got something up his sleeve which will be revealed in the meeting. So please don't fail to make it this time.

Date : 7th February, Tuesday

Time : 8:30 p.m.

Venue : Dr. Bhacca Rotary Hall, Jeevabharti School

FISHPOND

The agenda for the Valentine Day's meet is FISHPOND. All members are requested to write, on plain papers, something or anything (a word, a quote, a sentence, or a small paragraph in not more than 50 words) about as many members / anns / annets as you want to. You can be as innovative and as witty as you want BUT your opinions should fit the only criteria of decency.

You are requested to drop your submissions for reviewing in a sealed envelope by this Saturday at the office of either Rtn. Divyang, Rtn. Siddharth, Rtn. Jugal or Rtn. Amit. (Anonymity guaranteed)