

Rotary Surat Riverside

Club No. 31734 Charter Date : 26/06/1996 R. I. Dist. 3060



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Friends, I apologize on the infrequent publishing of Riverside Ripples. Having been surrounded by work loads and illness like dengue to myself and my better half, I was unable to keep in touch with you. I shall now on try to land on your desks / screens more often than before. Apart from the meetings covered in this issue, we had a board meeting on the 28th of September and a fellowship on the 3rd of October.

YOGA AND STRESS MANAGEMENT

The tormenting floods of August left the whole town in a sprawling web of disaster. With most of the affected people getting down to estimating business and personal losses, the fortunate section of the society got down to relief work. But apart from the apparent physical-monetary losses, the oblivious damage caused by the catastrophic tragedy was stressed minds and tensed beings. Our president Rajesh quickly reacted to this and arranged for a speaker meet on Yoga and Stress Management to help people come out of the trauma.



RSR members & IYE students all attentive

The meeting started off on a **Sunday** morning on the **17th September** in the luscious farm house of Rtn. Samar Jhaveri at Dumas. Rotarians who were deeply interested made sure they were on time for this meeting. Mr DharmendraSinh Atodaria - an engineer turned health expert since past 20 years kindly consented to conduct the meeting. He is an ex- health club consultant with Holiday Inn. Besides giving yoga lectures to interested groups, he is giving yoga lessons at Veer Narmad University. He has personal mastery over *Pranayams, Asanas* and meditation.

We started our meeting with the Morning Prayer recited by Dharmendra Sir himself in Sanskrit followed by our Rotarians who crooned after him. After that we started with a few 'Asanas' like *Tadasana, Ardachakrasana, Hastapadasana, Ushthrasana, Yogmudra* and finally *Shavasana* which the Rotarians loved the most as it meant relaxing and lying down doing nothing. We also had the pleasure of the company of two RSR sponsored IYE students Caydine Crane (RC Revelstake, Dist 5060, USA/Canada) and Ronnie (Dist 7170, Oneonta, Brazil).

All members were not only deeply involved but thoroughly caught up with all the postures very easily. Each one felt so relaxed that their faces gleamed with tranquility. After a session of around 40 minutes, Mr. Dharmendra quickly took up the S.M.E.T program which means Stress Management of executive training. He taught us how to overcome stress which is more often than not created by us either from our personal lives or businesses. He deftly explained how these *Asanas* can help in rejuvenating us and relaxing our stress muscles. Our Rotarians were quite convinced and decided to follow this 15 min program once in a day. Thus we concluded our meeting with a impinge of the stress management modules learnt from Mr. Dharmendra and decided to knit it up in our daily schedule

Already delectable after listening to him and his lively examples everybody gormandized the scrumptious breakfast. All members thanked the charming host couple of the day Komal and Samar Jhaveri.

Cover Story



SCHOOL KIT DISTRIBUTION

The aftermath of floods brought with it nothing but losses to the poor and needy students of municipal schools. Our club (though initially staggered to get back to its feet with most of the members being affected) finally got its act together. A project was conceived and planned to distribute school bags, compass boxes, water bags to such flood affected students.

R.S.R and the other neighbouring Rotary clubs of Surat joined hand in hand to make this project a successful one. Among the over 2000 kits distributed, R.S.R individually distributed 247 kits to students from grade one to grade



seven of School no-21 at Rudarpura which was a municipal school.

Looking at those delighted faces of the kids was nothing more than a heavenly feeling. The teachers of the school too felt so good at the site that they came up with a few other necessities which the school required R.S R members promised the school teachers all that they could help and are now carrying on with the follow up of the same.



HEARTY CONGRATULATIONS TO R.S R A BRILLIANT JOB DONE!!!

SPEAKER MEET - CHILD PSYCHOLOGY

Once again it was Tuesday evening, and our regular Bhacca hall was once again flooded on the 10th October with many more Rotarians than normal . All the keen Rotarians wanted to educate and apprise themselves on Child Pyschology Our speaker for the day was none other than Rtn Vitrag Shah.

Rtn Vitrag started right from the stage when a woman conceives and starts getting the feeling of becoming a mother soon. He expatiated the three stages or rather the three trimesters which she has to pass through until she reaches the finale. Then he came to stage when the child takes birth and the development which follows at each and every month. He categorized them into 4 stages:

1. 0-3 months
2. 3-6 months
3. 6-9 months
4. 9-12 months

Each and every behaviour pattern was eloquently explained. He also explained us how each child is expected to behave at a particular month - his activities, his reactions and how to improve on his dexterity. He told us how to overcome and react at the child's temper tantrums. The child initially develops touch ability progressing to recognition of its own self. This quickly morphs into self ego which needs to be tackled very deftly.

In the end he also explained how important it was for child to have another sibling and how would it affect his overall growth. He threw light on important factors like sibling rivalry.

Then was the round of queries. Our Rotarians had many questions running on their mind and Rtn Vitrag made sure he gave a quick and easy solution to resolve them.

We thank Rtn Vitrag Shah for being with us and sharing his vast knowledge on child psychology. He deserves a galore of plaudits from all the Rotarians present ...thank u once again.

R.I. PRESIDENT'S OCTOBER MESSAGE

Dear fellow Rotarians,

A few years ago, John W. Dean III, White House counsel under U.S. President Richard M. Nixon, addressed the District 5670 (Kansas, USA) Conference. The subject of his talk was "Watergate, War, and The Four-Way Test." He concluded his remarks with this declaration:

" I am going to tell you without fear of contradiction that had those of us in the Nixon White House who were involved in Watergate stopped to apply The Four-Way Test, even if only occasionally, there would have been no Watergate. In short, The Four-Way Test works. ... It will work for any issue, if only we are willing to use it."

The Four-Way Test is one of the hallmarks of Rotary. Since it was developed by Herbert J. Taylor in 1932, it has never ceased to be relevant. Its four brief questions are not based on culture or religion; instead, they are a simple checklist for ethical behavior. They transcend national borders and generations.

As Rotarians, we should have The Four-Way Test in the back of our minds — if not the front — in every decision we make, all day long. As we go through our lives at work, at home, and in our communities, we must be conscious of our responsibilities as Rotarians: to speak the truth, to be fair, to build goodwill and better friendships, and to always try to do the best we can for everyone we encounter.

We must also make it known that we will not compromise our ethical standards. Hanging The Four-Way Test on the wall for all to see sends a clear message: Rotarians are people of integrity who care.

The Four-Way Test compresses ethical decisions down to something that can be hung on a small wall plaque. But Past RI President Richard Evans made it even simpler with one phrase: Is it right? In his essay on the topic, he said: "A large part of all the proposals that are made in the world could easily be eliminated from further discussion simply by asking this one question: 'Is it right?' If it is, we may well consider them further. We may then reasonably ask whether or not it is convenient, whether or not it is profitable, whether or not we want to do it. But if it isn't right, we are wasting our time in asking any other question, because if it isn't right, it isn't worth it, no matter what else there may be in it for anyone.'

As Rotarians, I hope we all take this advice to heart and Lead the Way in doing only what is right.

Courtesy: eFlash_Rotary

DISTRICT SPORTS MEET

The District Sports Event for the R.Y. 2006-07 is planned to be held on 9th Saturday and 10th Sunday, December, 2006 at Surat. The inauguration of this event is planned to be done by the worthy hands of our D.G. Bipin Vadhar. The following sports are arranged to be played:

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|---|-----------------|-------------|
| (a) Badminton | (b) Bridge | (c) Carom |
| (d) Chess | (e) Cricket | (f) Snooker |
| (g) Table Tennis | (h) Volley Ball | |
| (i) Swimming Competition (above & below 40 years) | | |

Registration Charges :-

Club registration : Rs. 250/-

Participant Rotarians & others : Rs. 180/-

Host : Rotary Club of Surat West, Surat

Date : 09th & 10th December, 2006, at

Venue : Surat Tennis club, Surat

ROTARY YOUTH LEADERSHIP AWARDS

International RYLA 2006-07 is to be held from the 3rd to the 6th of November 2006. Rotary club of Nasik Airport is hosting the workshop for GenNext in the Orchid International School, Trimbakeshwar, Nasik.

Those interested in taking part are requested to submit their applications to either President Rtn. Rajesh Patel or Sec. Rtn. Kuldeep Desai or chairman of Youth Services PP Rtn. Siddharth Shah at the earliest.

DESTRICK INTERCITY MEET

Among other forthcoming district events is the Intercity Meet.

This is going to be held on 17th October Tuesday at Baroda. Rotary club of Baroda is hosting this prestigious event.

Members desirous of attending the meet must register with either President Rtn. Rajesh Patel or Secretary Rtn. Kuldeep Desai or Rtn. Mihir Shukla at the earliest.



LAUGHTER THE BEST MEDICINE



SECRET OF HAPPINESS IN MARRIAGE

A couple was celebrating their golden wedding anniversary. Their domestic tranquillity had long been the talk of the town.

"What a peaceful & loving couple". A local newspaper reporter was inquiring as to the secret of their long and happy marriage.

"Well, it dates back to our honeymoon," explained the man. "We visited the Grand Canyon and took a trip down to the bottom on the canyon by pack mule.

We hadn't gone too far when my wife's mule stumbled. My wife quietly said, 'That's once.'

"We proceeded a little further and the mule stumbled again. Once more my wife quietly said, 'That's twice.'

"We hadn't gone a half-mile when the mule stumbled the third time. My wife quietly removed a revolver from her purse and shot the mule dead.

"I started an angry protest over her treatment of the mule, when she looked at me, and quietly said, 'That's once'."

"And we lived happily ever after".

DOMINANCE

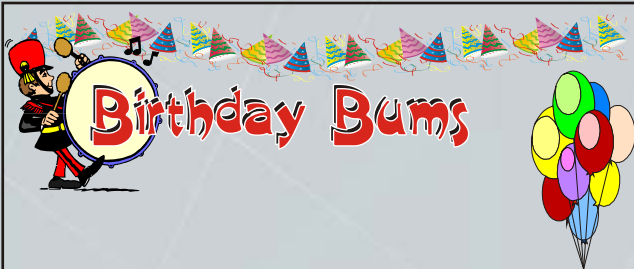
Everybody on earth dies and goes to heaven.

God comes and says, "I want the men to make two lines. One line for the men that dominated their women on earth and the other line for the men that were dominated by their women. Also, I want all the women to go with St. Peter."

With that said and done, the next time God looked, the women are gone and there are two lines. The line of the men that were dominated by their women was 100 miles long, and in the line of men that dominated their women, there was only one man.

God got mad and said, "You men should be ashamed of yourselves. I created, you in my image and you were all whipped by your mates. Look at the only, one of my sons that stood up and made me proud. Learn from him! Tell them my son, how did you manage to be the only one in this line?"

And the man replied, "I don't know, my wife told me to stand here" !!!!!



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|----------------------------|-------------|
| 11-10 Raju Mehta | 93776 26400 |
| 14-10 Ann Mita Mahadevwala | 2226697 |
| 18-10 Ann Vaishali Chauhan | 2242251 |
| 19-10 Phiroze Madan | 98252 64678 |
| 20-10 Ann Deepa Shroff | 3951430 |

Riverside Ripples wishes to extend its gratitude for the whole hearted support extended by Ann Ulka Malji in not only apprising the editor with minutiae but also covering almost all meetings with balanced write-ups. Had it not been for her, our mouthpiece would not have got the necessary push to restart before Diwali.

Deputing the co-editor in these trying times, she has all the ingredients of becoming a successful editor in the coming years.



FORTHCOMING ATTRACTIONS



To celebrate the just concluded *Navratri* and the coming *Diwali*, we gather at last year's venue, the "Paradise on Earth" for a Garba cum Crackers meet.. Everybody is expected to pour in large numbers traditionally dressed.

Date : 14th October, Saturday
 Time : 8:30 pm onwards
 Venue : Tapovan Farm

Drive 800 mts ahead of GAIL complex (after getting down Magdalla bridge) and when you see the board of "Astha Green Village", take the 1.7 km rough road on the right till you reach the Tapovan Farm.

October is Vocational Awards Month when we identify and recognize leading personalities from different vocations for their notable contribution and achievements.

Our next meeting is a joint meeting with RC Udhna to award a few such personalities. Please note the change in time and venue.

Date : 17th October, Tuesday
Time : 8:00 p.m.
Venue : K.B.Marfatia Hall, Vanita Vishram