



SUNRISE TIMES

Monthly bulletin of Rotary Club of Secunderabad Sunrise
(For Private Circulation Only)

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Club.No: 57064 R.I Dist. 3150

Chartered in Dec 2001

From Editors desk

William B Boyd RI President
P.Sambasiva Rao Dist.Governor
Rajesh Pamnani President
Samir Gupta Secretary

It is once again the time of the year when changes occur. For living things the monsoon rains usher in new life and hope, for students the new academic year bring new friends, teachers and new challenges and of course for the Rotarians it means a change of leadership where the baton is passed to a new team.

I take this opportunity to congratulate Rtn. Vermaji and Rtn. Rathiji on behalf of myself and the entire club for an excellent year. I am sure amongst the triumphs there might also have been some disappointments but if I look in retrospect, I find the year marked by some outstanding/committed/dedicated and commendable work done especially in the areas of Service and Fellowship. This is also reflected by the Awards and Recognitions received at the District Awards Nite. This year has probably seen our club get more recognitions /awards than any previous year.

I also take this opportunity to thank the new team for making me the Editor of Sunrise Times and also Wish Rajesh, Sameer and their team the best. I am sure with the support of all the members they will keep up the tempo of activities and make the Sun-Rise even higher.

Secunderabad Sunrise is onto the 6th Installation and about 5 1/2 years in existence. Some people have pointed out that we can no longer call our club young. Yes, I do concede that we are no longer a new/baby club but our club is definitely young and probably would remain young in spirit forever. It is high time our club identifies and executes a major, long term and sustainable service project. I thought it appropriate at this time to get the views of our Charter President Narender Gauri on the past/present/future of our club.

Bringing out a club bulletin every month is a daunting task, but with the active and enthusiastic support of Madhu Suresh and Shravan Malani it should prove be a much easier task. I would also like to acknowledge the dedication and hard work put in at odd hours by Mr. Kishore of R & D Engineers, who is helping with the composing/artwork/printing of the bulletin.

And last but not least I earnestly request all the members specifically the board members to contribute/share articles/information and to use this bulletin as an effective communicaton tool. I also request every member to share the bulletin with their family member and friends. Infact it would be a great idea to gift a subscription to relatives, friends and prospective members. Please get in touch if you would like to do that.

STOP PRESS

Awards and Recognition

Our club has received the following recognitions and awards at the District Award Nite held on 30th June 2006 at FAPCCI Hall, Lakdi-ka-pul.

Awards

- ➔ Outstanding District Award in the avenue of Club Service(Fellowship).
- ➔ Outstanding Assitant Governor of the District - Rtn. Vaman Rao.



Recognitions

- ➔ Hosting of Interact District Conference jointly with RC Jubilee Hills.
- ➔ International Fellowship (IFCR)



Certificate/Citations

- ➔ Presidential Citation (for doing activities in all avenues of service and showing a growth of atleast 1 member)
- ➔ Active Participation in Polio Plus

The Charter Secretary Madhu meets the Charter President Narender for a *tete-a-tete*

Madhu : Define RCSS in one sentence?

Narender : RCSS is A SMART club.

Self
Motivated people
Aiding
Rotary Movement
Transcending all barriers



Madhu : Your experience as a Charter President of Sunrise Club in the year 2001-2002?

Narender : Amazing! It was actually a great experience to build the club from scratch, frame up systems and get going on the club affairs. It was surely time consuming but I knew the worth... all this of-course would not be a reality without the guidance of our GSR Rtn. Suresh, Rtn D. N. Gauri and many others.

Madhu : Views/suggestions on improving membership and attendance?

Narender : Involving / Introducing the Rotary to a new member should happen either at a fellowship or at an important Rotary event. Existing Rotary members must bring in their prospective member (friends / associates) not just once but over a couple of times. There is High probability that repeated interactions of the Prospect with club member and our activities will induce him to enquire how he could become a member of the club. Such Self motivated prospects will definitely get involved into the routine activity of the club which in the long run helps strengthen the club and also retention. For enhancing attendance the agenda of any meeting should be circulated / intimated much in advance to members and the responsibilities should also be given to them so that their involvement is assured.

Madhu : How has the fact of being a Rotarian influenced you personally and professionally?

Narender : I have NO time! Call me later! I am very busy and I can't take it up !!!!! are a few statements which are very commonly used by people in our day to day affairs.

Rotary however is a group of self-motivated people who are achievers and stalwarts in their own fields. Meeting such people repeatedly would rub on you a lot of positive traits like discipline and time management to name a few.

Rotary is an amazing platform to share experiences and learning, be it personal or professional.

Madhu : How do you see the future of this Club?

Narender : Very soon we will be a strong 50 - 60 member club. With involvement of each member, envisaging a "one project per member per year" situation is not difficult. We will be able to achieve a mind boggling result and surely great satisfaction.

We shall continue to retain the status of being a 100% Paul Harris Fellow Club. The true success lies in continuing this status and I am sure the club will do so.

Madhu : What prompted you to join Rotary?

Narender : Like most people, the first few years after my education, I was busy building my career. My father being an active Rotarian would also organize programs at our Ashram where I would get involved wherein the urge to grow on fellowship and involvement on social service got invoked.

Madhu : On the programs undertaken by the Club?

Narender : On taking up a community service projects which could be slight stretch on resources and then working towards making both ends meet is a true example of exuberance, and the never say die attitude

"Dandia" as a classical example of our fundraiser, achieved its objective owing to Involvement of each member and the zest that each one worked for it with. In its own way the program did help in strengthening the bond of this young family - RCSS.

Madhu : Role of your family

Narender : Contribution to society is as important as much as one would expect to get from the society. Unconditional support and involvement from my family has been a great factor for enabling me to contribute on whatever I have been able to so far.

Madhu : Any incident in real life that has brought about a change in your attitude to or taught you something beautiful?

Narender : The importance of "Dedication, Sincerity, Benevolence"its taken more than just one incident to learn these amazing attributes that my role model – my Dad has brought about in a phased and steady manner in my life.

From the humble beginning as a trader to a well renowned Businessman the path that my Father tread was not easy. Yet with all the dedication and sincerity he continued to believe in his dreams and make it come to life! Not only is he a great business man, he is also a role model for all those who think beyond just business ... who think that they ought to give back to society more than what they get... who think that business is not complete without " Social Responsibility".The vast number of service projects that he has contributed to and the foundation of the Ashram for the underprivileged are manifestations of his humane nature.

I still continue to learn from him

Madhu : Parting Shot.

Narender : Success in life is not a measure of wealth status or fortune.... the true essence of living is achieved when " One other Person has smiled because you have lived"

"If you give a man a fish, he can have a meal.. If you teach him to fish, he can eat for the rest of his life".

Best of Luck

By Professor Richard Wise man, University of Hertfordshire

Why do some people get all the luck while others never get the breaks they deserve? A psychologist says he has discovered the answer.

Ten years ago, I set out to examine luck. I wanted to know why some people are always in the right place at the right time, while others consistently experience ill fortune. I placed advertisements in national newspapers asking for people who felt consistently lucky or unlucky to contact me.

Hundreds of extraordinary men and women volunteered for my research and, over the years, I have interviewed them, monitored their lives and had them take part in experiments.

The results reveal that although these people have almost no insight into the causes of their luck, their thoughts and behavior are responsible for much of their good and bad fortune. Take the case of seemingly chance opportunities. Lucky people consistently encounter such opportunities, whereas unlucky people do not.

I carried out a simple experiment to discover whether this was due to differences in their ability to spot such opportunities. I gave both lucky and unlucky people a newspaper, and asked them to look through it and tell me how many photographs were inside. I had secretly placed a large message halfway through the newspaper saying: "Tell the experimenter you have seen this and win 250." This message took up half of the page and was written in type that was more than two inches high. It was staring everyone straight in the face, but the unlucky people tended to miss it and the lucky people tended to spot it. Unlucky people are generally more tense than lucky people, and this anxiety disrupts their ability to notice the unexpected.

As a result, they miss opportunities because they are too focused on looking for something else. They go to parties intent on finding their perfect partner and so miss opportunities to make good friends. They look through newspapers determined to find certain types of job advertisements and miss other types of jobs.

Lucky people are more relaxed and open, and therefore see what is there rather than just what they are looking for. My research eventually revealed that lucky people generate good fortune via four principles. They are skilled at creating and noticing chance opportunities, make lucky decisions by listening to their intuition, create self-fulfilling prophecies via positive expectations, and adopt a resilient attitude that transforms bad luck into good.

Towards the end of the work, I wondered whether these principles could be used to create good luck. I asked a group of volunteers to spend a month carrying out exercises designed to help them think and behave like a lucky person.

Dramatic results These exercises helped them spot chance opportunities, listen to their intuition, expect to be lucky, and be more resilient to bad luck. One month later, the volunteers returned and described what had happened. The results were dramatic: 80% of people were now happier, more satisfied with their lives and, perhaps most important of all, luckier.

The lucky people had become even luckier and the unlucky had become lucky. Finally, I had found the elusive "luck factor" Here are

Professor Wise man's four top tips for becoming lucky.

- 1) Listen to your gut instincts - they are normally right.
- 2) Be open to new experiences and breaking your normal routine.
- 3) Spend a few moments each day remembering things that went well.
- 4) Visualize yourself being lucky before an important meeting or telephone call. Luck is very often a self-fulfilling prophecy.

Have a Lucky day

Farewell

Rtn. Verma was pleasantly surprised by the warm farewell he received from the members.



July Calender

2nd July (Sunday) 6th Installation nite
Chief Guest - Dr. K S Ratnakar
(Chairman - Global Medical Education & Research Centre)
Venue : Hotel Central Court - Lakdi ka Pul
Time : Dinner meet at 6:30 PM

8th July (Saturday) Business Meet
Agenda - Role & Responsibilities of the Club Directors and Club Committee Heads
Venue : Taj Tristar
Time : Breakfast meet at 8:30 AM

16th July (Sunday) Vocational Visit to Candy Factory
Sampre Nutritions Limited, Medchal

22nd July (Saturday) Speaker Meet
Speaker - Rtn T V Balan
(Experienced organizer of RYLA)
Venue : Taj Tristar
Time : Breakfast meet at 8:30 AM

23rd July (Sunday) Cricket Match
Inter Club Cricket Match with RC Ameerpet

30th July (Sunday) Cricket Match.

Birthdays

02nd July - Vijay Rathi
05th July - Anil Goyal
06th July - Anuj (S/o Shyam Gupta)
10th July - Kirthi (D/o Vaman Rao)
12th July - Anusha (D/o Chandrasekhar)
17th July - Pawan Tibrewala
17th July - Shyam Gupta
21st July - Nikita (D/o Vijay Rathi)
27th July - Usha (W/o Shyam Gupta)
31st July - Kunjan (D/o Monica Gossain)

Anniversaries

01st July - Ashu and Narender Gauri
05th July - Kanchan and Sanjay Dolwani
25th July - Devika and Ravindranath

A program was a television show
An application was .. for employment
Windows were.. something u hated to clean
A cursor used profanity
A keyboard was a piano
Memory was.. something u lost with age
A CD was a bank account
If u unzipped in public u went to jail
Compress was something u did to garbage
A hard drive was a long trip on the road
Log on was adding wood to fire
A backup happened to your toilet
A mouse pad was where a mouse lived
Cut.. u did with scissors
Paste.. u did with glue
A web was a spiders home
And a virus was the flu!!

Times surely have changed

Socrates Triple Filter Test for Freindship

In ancient Greece, Socrates was reputed to hold knowledge in the highest esteem. One day an acquaintance met the great philosopher and said,

"Socrates, do you know what I just heard about your friend?"

"Hold on a minute," Socrates replied. "Before telling me anything I'd like you to pass a little test. It's called the Triple Filter Test."

"Triple filter?"

"That's right," Socrates continued. "Before you talk to me about my friend, it might be a good idea to take a moment and filter what you're going to say. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is absolutely true??"

"No," the man said, "I actually just heard about it and..."

"All right," said Socrates. "So you don't really know if it's true or not. Now let's try the second filter ,the filter of Goodness. Is what you are about to tell me about my friend something good?"

"No, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about him, but you're not certain it's true. You may still pass the test though, because there's one filter left: the filter of Usefulness. Is what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

This is why Socrates was a great philosopher and held in such high esteem.

(It also explains why he never found out his best friend was having an affair with his wife)!!!

Smile



The Four-Way Test

Of the things we think, say or do :

- Is it the TRUTH ?
- Is it FAIR to all concerned ?
- Will it build GOODWILL and BETTER FRIENDSHIPS ?
- Will it be BENEFICIAL to all concerned ?

With Best Compliments from



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