



Lend a Hand

THE SUNRISE TIMES

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RYLA 04-05

The Rotary Club of Bangalore North hosted an All India RYLA at the Bharat Scouts and Guides Campus at Doddaballapur, near Bangalore between the 23rd and 27th of April,2004.

This camp was attended by 304 children out of which 187 were boys and the balance girls in the age group of 13-18 years. Besides physical activities like,Aerobicsand games, the five day camp took all the children present through outdoor classroom sessions on various topics like public speaking, leadership development, time management, building self-esteem/career planning, team building, communication skills, creative thinking, human relations and such other subjects. The camp also exposed the children to craft classes which including painting. Talent evenings everyday, other entertainment programmes and camp fires were part of the RYLA.

The host club made excellent arrangement for local transport, stay at the camp including medical attention wherever required, catering and other related activities to make,the stay of all the participants memorable. Rotarians of the Rotary club of Bangalore North, their Annsand well wishers spared no effort to make the camp a very successful one for the participants.

Five children from our club participated in this five day camp and returned with this unique experIence.

MATCHING GRANT PROJECT

The on going project of providing equipment to the Mother and Child Department (ofthe Durgabai Deshmukh Hospital, Andhra Mahila Sabha, Vidyanagar is fast nearing completion and the entire equipment will be installed and commissioned before the end of the May,04.

SWAYAMKRUSHI BUS PROJECT

Our club alongwith our partner club The Rotary Club of Glenwood Springs, USA, completed this matching grant project by handingover a 25 seater bus to M/s Swayamkrushi, Trimulgherry, Secunderabad, an institution doing remarkable work with the Mentally Challenged at a simple and solemn function on April,7th, 2004. Our club was fortunate to have the guidance of PDG A.V.Achar on this project from the beginning to the end.

We wish to also record our deep appreciation for the encouragement and guidance of District Governor, Rtn. J.A.S.Giri and for being the guest of honour at the function. We wish to also record our deep appreciation and gratitude to Rtn. Susheel Gupta, Director, RI.International for gracing the function at very short notice as a Chief guest and for doing us the honour of formally handing over the bus to the Director of the institution. We also wish to thank members of the District Cabinet, Presidents of other clubs and Rotarians for their presence and for responding our invitation at very short notice.

MEANING OF LIFE

Standing for what you believe in, regardless of the odds against you, and the pressure that tears at your resistance, ... means courage.

Keeping a smile on your face, when inside you feel like dying, for the sake of supporting others,...means strength.

Stopping at nothing, and doing what's in your heart, you know is right,means determination

Doing more than is expected, to make another's life a little more bearable, without uttering a single complaint, means compassion.

Helping a friend in need, no matter the time or effort, to the best of your ability,...means loyalty.

Giving more than you have and expecting nothing but nothing in return....means selflessness

Holding your head high, and being the best you know you can be, when life seems to fall apart at your feet, facing each difficulty with the confidence, that time will bring you better tomorrow's, and never giving up, means confidence.

To the question of your life, you are the only answer. To the problems of your life, you are the only solution.

DECISIONS- TURN YOUR LIFE AROUND

One of the best places to start to turn your life around is by doing whatever appears on your mental "I should" list. Indecision is the thief of opportunity. Every life form seems to strive to its maximum except human beings. How tall will a tree grow? As tall as it possibly can. Human beings, on the other hand, have been given the dignity of choice. You can choose to be all or you can choose to be less. Why not stretch up to the full measure of the challenge and see what all you can do? You cannot change your destination overnight, but you can change your direction overnight. Decision making can sometimes seem like inner Civil war. I used to say, "I sure hope things will change." Then I learned that the only way things are going to change for me is when I change. Don't say, "If I could, I would." Say, "If I can, I will." It doesn't matter which side of the fence you get off on sometimes. What matters most is getting off! You cannot make progress without making decisions. We generally change ourselves for one of two reasons: inspiration or desperation. If you don't like how things are, change it ! You're not a tree.

WISE WORDS

1. Always keep your words soft and sweet, just in case you have to eat them.
2. Always read stuff that will make you look good if you die in the middle of it.
3. Drive carefully. It's not only cars that can be recalled by their maker.
4. If you can't be kind, at least have the decency to be vague.
5. If you lend someone \$20, and never see that person again, it was probably
6. It may be that your sole purpose in life is simply to serve as a warning to others.
7. Never buy a car you can't push.
8. Never put both feet in your mouth at the same time, because then you don't have a leg to stand on.
9. The early worm gets eaten by the bird, so sleep late.
10. When everything is coming your way, you're in the wrong lane.
11. Birthdays are good for you; the more you have, the longer you live.
12. Ever notice that the people who are late are often much jollier than the people who have to wait for them?
13. If ignorance is bliss, why aren't more people happy?
14. You may be only one person in the world, but you may also be the world to one person.
15. Some mistakes are too much fun to make only once.
16. Don't cry because it's over. Smile because it happened.

Miles Stones May,2003

Birthdays

Ann Mamta Jhanwar -21st

Wedding Anniversaries

Business Meeting -8th
Speaker Meeting -15th
Speaker Meeting -22
Fellowship Gettogether -29th

THE FOUR WAY TEST

OF THE THINGS WE THINK, SAY OR DO

- 1.Is it the TRUTH ?
- 2.Is it FAIR to all concerned ?
- 3.Will it build GOODWILL and BETTER FRIENDSHIP ?
- 4.Will it be beneficial to all

RELIGIOUS REFLECTIONS

I asked for strength and God gave me

Difficulties to make me strong.

I asked for **wisdom** and God gave me

Problems to solve.

I asked for **Prosperity** and God gave me **Strength** to work.

I asked for **Confidence** and God gave me **Danger** to overcome.

I asked for Love and God gave me **Troubled People** to help.

I asked for favours and God gave me **Opportunities**
I received nothing I wanted and everything I needed.

My prayers have been answered.

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BOOK POST

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