



A 100% Paul Harris Fellow Club

THE SUNRISE TIMES

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Glenn Estess
RI President 04-05

Sr.J. Ranga Rao
Dist. Governor

Lokesh Jain
President

B.S. Ravindarnath
Secretary

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International
News**

**Focus On
Interact
and Rotaract**

**Sunrise
News
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Rotarian
Couple**

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Spare a Thought

- The fact that no one understands you doesn't make you an artist.
 - A little more patience, a little more charity for all, a little more devotion, a little more love; with less bowing down to the past, and a silent ignoring of pretended authority; brave looking forward to the future with more faith in our fellows, and the race will be ripe for a great burst of light and life....
 - Faith is an oasis in the heart which will never be reached by the caravan of thinking...
- Our Club meets every Saturday at Taj Tristar over Breakfast at 8:30 am.

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?”



Book Post
To

This Edition is sponsored By
Rtn. Vijay Rathi
Energy Devices

Bulletin Editors
Rtn.Asha Pai/ Rtn. Shravan Malani
2-4-41, M.G. Road, Sec'bad -500 003
Tel :55337388/89.

Rotary's HIV/AIDS efforts showcased at International Conference

Several participants showcased Rotary's involvement with HIV/AIDS initiatives spanning more than a decade at the 15th International AIDS Conference in Bangkok, Thailand, on 11-16 July.



At least four presentations featured Rotary-related projects, including a support network that was set up in Africa for children orphaned by or at risk from AIDS and a program that recruited grandparents and senior citizens in Asia through Rotary and Probus clubs to care for AIDS patients or others affected by the virus.

Praphan Hutasingh, Rotary International's representative to the United Nations Economic and Social Commission for Asia and the Pacific (ESCAP), distributed fact sheets on Rotary's efforts to prevent AIDS and encouraged other organizations to partner with clubs and districts to sponsor AIDS-related projects at the grassroots level.

Projects listed in the fact sheets include:

An annual rock festival and a dance co-sponsored by Rotary clubs in France to inform young people about AIDS-related issues and raise funds to benefit AIDS organizations.

In Delhi, India, a terminal care facility for AIDS patients at a city hospital established by local Rotarians with support from U.S. Rotary clubs, as well as an AIDS education program for young adults, an AIDS workshop for teachers, and a walkathon with educational banners sponsored by various clubs.

In the United States, a newsletter on AIDS awareness and prevention published by a Florida Rotary club; an AIDS educational forum for parents conducted by California Interactors; an old house renovation by Illinois Rotarians to serve as a temporary home for people with AIDS; a panel hosted each year by a Rotary district in Georgia to enable HIV-infected young adults to share their experience of living with AIDS with teens at area high schools.

AIDS education integrated into the literacy campaign of the Rotary Club of N'Djamena, Chad, with the support of Belgian and French Rotary clubs.

A delivery service of donated food to 134 poor families with AIDS in Santos, Sao Paulo, Brazil, sponsored by local Rotary clubs and districts and Thailand Rotarians.

A three-year program to create small business loans for women infected with HIV in Rakai, Uganda, developed by local and U.S. Rotary clubs.

A broad-based AIDS educational campaign aimed at educators and the public, using videos, posters, printed materials and lectures, initiated by a Rotary club in Manila, the Philippines. The club also assists HIV-infected individuals.

Every sunset with its overwhelming beauty, tells you to calm down after a long day, think back on it and rest peacefully thru' the night.

Every sunrise, with its indomitable strength, tells you today you are stronger and wiser from yesterday's experience,

To do the undone and to rectify the wrongly done.....

There be no place for regrets in life because there is a brand new sunrise everyday.

So calm down and have a wonderful day!!!

Compiled by Rtn. PP Narender Gauri

U.S. Rotarians help Afghan city end 20-year isolation

Rotarians have been closely involved with development efforts in Afghanistan for the past 20 years, at first mostly through polio eradication efforts and more recently by bringing humanitarian aid to hundreds of thousands of Afghans who fled the war against the Taliban in 2001 and helping to resettle refugees returning to the country.

Through their efforts, the Afghan city of Jalalabad and the U.S. city of San Diego, California, have become sister cities. The process culminated on 28 June when the San Diego City Council approved a resolution recognizing the sister city relationship with citizens of Jalalabad.

Jalalabad, one of Afghanistan's largest cities, is the capital of Nangarhar Province, and is situated near the Khyber Pass. The population of Nangarhar is three million; Jalalabad proper has several hundred thousand residents. "It's important for people from different cultures, and from different parts of the world, to meet and understand each other. Linking San Diego and Jalalabad offers opportunities at this critical time in history. Our sister city program is intended to promote peace and prosperity through interaction and understanding between cultures," says San Diego Mayor Dick. Murphy. "This new relationship with Jalalabad offers us an excellent opportunity to pursue those worthy goals."

James Ritchie, a San Diego County resident and friend of Jalalabad Mayor Abdul Razzaq Arsalai, initiated the idea of a sister city pairing. They approached Murphy, who wrote a letter of invitation to the Jalalabad Mayor. Arsalai responded enthusiastically. Committees in both cities formed in fall 2003 to develop the program. Following the unanimous recommendation of San Diego's International Affairs Committee, the matter came to the San Diego City Council for final approval on 28 June.

Know Your Rotarian Couple

Your name: Ajit Gandhi

How are you called: Ajit by Shilpa and pappa by my sons.

Anns name: Shilpa Gandhi

How do you call her: Shilpa

Something about your wife: She's hot... (tempered).

What upsets her and how do you make her happy:

She says she gets upset when I get upset with her (kind of mutual!). I am still figuring out a common ground where both of us can be happy at the same time (looks pretty remote?)
Suggestions solicited.

Your best moment in life

Ajit : The best moment in my life has not yet happened or I have a very short memory.

Shilpa : Our holiday in Goa.

When did you first meet Shilpa and what were her reactions:

At the marriage of a relative and she thought I looked smart (why else would she marry me?).

Place of Honeymoon: on the bed in a hotel in Ooty.

Your favorite pastime

Ajit : devoting time to my hobbies.

Shilpa : watching movies.

How do you spend time with your family?

Play games with my kids.

How will you spend one lakh in a day:

Ajit : Give it to my wife to spend because I don't know how to spend and I never seem to give enough to her to spend.

Shilpa : Shopping.

What have you learned from Rotary:

To successfully head a bunch of people you need to discover and address their wants, needs, desires, wishes, aspirations, expectations.....even when they might be conflicting with your own.

New day dawns for 175 cataract patients in Ethiopia

It was the dawn of a new day, literally, for each of the 175 Ethiopians who benefited from an avoidable blindness mission by an international team of Rotarians and medical volunteers. Getachew Hirpo of the Rotary Club of Lancaster Sunrise, Pennsylvania, USA, was the driving force behind the project. Born in Ethiopia, he has firsthand knowledge of the agony and frustration that comes with lack of access to medical care.



These Ethiopian Children are afflicted with trachoma, a disease that Rotary is working to eliminate

Thus, three years ago, when he met Dr. Albert Alley, an ophthalmologist and Lebanon, Pennsylvania, Rotarian, at the District 7390 conference, he saw an outstanding opportunity to do something about the plight of sight-impaired Ethiopians. More than 900,000 of the country's 65 million people are blind and an additional 3 to 4 million are at risk of losing their sight. Eighty percent of Ethiopia's blind could have been spared that fate if they had had access to treatment.

"Not to be able to see yourself, your children or relatives, and the world is a tragedy hard to imagine," says Hirpo, who is also the chairman of his club's foundation. "I would like every Rotarian to know that with our time and money, we can bring joy and light in the lives of many people. I speak as someone who grew up seeing people suffering because they are too poor to afford many of the things we take for granted in the developed world."

After securing the support of World Blindness Outreach, a nonprofit organization founded by Dr. Alley, Hirpo persuaded his club to consider sponsoring a medical mission to Ethiopia. Through fund raisers and a Matching Grant contribution from The Rotary Foundation, the project received US\$24,000 for the purchase of medical supplies and lens implants. In addition to operating on cataract patients, the mission was designed to transfer medical technology and know-how. Dr. Fayaz Khan, from the Lions Eye Sight Hospital in Nairobi, Kenya, traveled specifically to teach his Ethiopian counterparts the cutting-edge technique of sutureless surgery. Applying this procedure, a surgeon makes smaller incisions and cuts down on surgery and healing time, enabling more patients to receive treatment.

Polio film to play on U.S. television and internationally

Mosammat Khatun, a young mother in Dhaka, Bangladesh, worries about the future of her daughter, who was struck by polio before receiving the last dose of oral vaccine that would have completed her immunization series.

"Before Dolly was four-and-half months old, her life was fine. Then her leg became lame," says Khatun, barely holding back her tears with dignified restraint. "Since I got this problem, I have anxiety for her all the time [wondering] if she will be all right or not."

In 2000, the tragedy that befell Dolly set back the rigorous process of certifying Bangladesh polio-free by at least three years, causing much anguish among residents who were preparing to celebrate a hard-won national victory in public health.

Khatun's and Dolly's story is part of a global polio epic told compellingly in "The Last Child: The Global Race to End Polio," a documentary sponsored by CARE, the U.S.-based nonprofit organization. The most powerful moments in the film include haunting images of children and adults horribly and permanently disfigured by polio.

The movie traverses eight countries on four continents to capture the determination, challenges, heroism, hopes, reverses, and successes encountered in the campaign to eradicate polio worldwide. Shot over three years, "The Last Child" was completed after political and opinion leaders in Kano, Nigeria, announced a ban on polio immunization in 2003, sparking an outbreak that quickly spread across several previously polio-free African countries. Spliced with footage of health workers and volunteers overcoming great odds to reach the last child, an A-list of commentators and experts from the polio eradication initiative, including Rotary senior leaders, discusses the implications that failure or success of the world's largest private-public health undertaking will have on other health concerns



A child receives the polio vaccine during immunization campaign in moradabad, India

Whether on foot or on rickshaws helping to deliver oral polio vaccine to children in hard-to-access locations, including war

zones, Rotarians come across as real heroes and trailblazers in this documentary. The film debuted in India in June and will begin airing on PBS stations in the U.S. in October. It will eventually be distributed in various international TV markets.

Hope is the companion of power and the mother of success, for those of us who hope strongest have within us the gift of miracles.

-Sydney Bremer

The month gone by....

This was the first month of the new team, that took charge in July, and all the members are already feeling the efficiency and positive ness of the team. A lot has changed. Our club, as a whole, is now sporting a very professional outlook. We have seen punctual ness, good attendance and a lot of new members.

Our first meeting for the month of July took place on the 10th of July 2004, at Hotel Basera, Secunderabad. It was a pleasant change of venue and the members were welcomed to a nice breakfast spread. It was a speaker meeting and the speaker was Mr. Venkataramana. It was an excellent interactive session on Customer Relationship Management and all of our members participated in good numbers. The questioned were handled well by the speaker and at the end of it everyone was satisfied with the quality of the meeting.

Our club has now made it a point to recognize member milestones by giving small gifts from the club in celebration of the occasion. A fine of Rs.50 has also been introduced to members if they forget to wear the Rotary pin. I hope all members take this in the right spirit and make it a point to come on time so that the meeting is finished as per schedule.



Our members interacting with Mr. Danger

Our next meet!ng scheduled for 17th July 2004, was a fellowship meeting with a speaker Mr. Bernard Danger. The meeting was organized by Rtn. Pawan Tibrewala and Rtn. Shyam Gupta. The 17th July also happened to be both the members birthdays and the celebration was in style.

The meeting started as a normal meeting, and after the introduction of Mr. Bernard Danger the floor was handed over to him. The subject of his talk was "Protocols and Etiquettes" and a lot of thrust was made on emotional intelligence. He gave many practical examples on how we manage ourselves and react to others emotions. He stressed on the importance of positive ness and how to incorporate it in our daily lives. It was a very jovial and intense talk.



Both our birthday members jointly cut cakes after the talk was over and this was followed by games. There were two games organized by the members and all the all members too part in them. The meeting was followed by dinner and all in all it was a fantastic fun filled evening.



Members actively involved in the wonderful games

Our next meeting was a speaker meeting on the 24th of July. It was a brainstorming session on Organizing Events for Fund Raising.



Rtn. Vaman greeting Mr. Kalpesh Shah

The session was conducted by Mr. Kalpesh Shah. He gave a lot of interesting ideas and programs that can be worked on during the Centennial Year.

The last meeting of July was held on 31st July at Taj Tristar:-It was a speaker meeting conducted by Mr. Chandrashekhar on Brand Building in Today's Business Paradigm. It was an informative talk blended with a lot of statistical data. A lot of light was thrown on the changing scenario of Indian Business practices and how brand building was becoming a very important subject. The speaker meeting was followed by a small business meeting where the agenda for the coming month was chalked out.

The moment your are in	TENSION
You will loose your	ATTENTION
Then you are in total	CONFUSION
And you will feel	IRRITATION
Then you will spoil personal	RELATION
Ultimately you won't get	CO -OPERATION
You will make a	COMPLICATION
Then BP may also rise,	CAUTION
And you may have to take	MEDICATION
Instead under stand the	SITUATION
And try to think about the	SOLUTION
Problem will be solved by	DISCUSSION
It will work out better in your	PROFESSION
Don't think it is my free	SUGGESTION
It is only for your	PREVENTION
If you understand my	INTENSION
You will never come again to	TENSION

Compiled by Rtn. Shekhar

Wisdom for Successful Living

Give what you can without expecting much in return; Praise as much as you can criticize as little as possible; Forgive others for their mistakes; forget the good you have done to others; Be fearless; but not make yourself fearful to others; Talk less; listen more often; Think of your duties more & your rights less; Count your blessings, not problems; Be lovable without seeking to be loved; Acquire expertise without behaving like an expert;

compiled by Rtn. President Lokesh Jain

Intreact and Rotaract Clubs

Interact is Rotary International's service club for young people ages 14-18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but Interact clubs are self-governing

and self-supporting Club membership varies greatly. Clubs can be singlegender or mixed ,as well as large and small. The membership base can be drawn from the student body of a single school or from two or more schools from the same community .



Each year, Interact clubs complete at least two community service projects, one of which furthers international understanding and goodwill. Through projects, Interactors develop a network of friendships with local and overseas clubs. And, in the process, Interactors develop leadership skills and learn the value of hard work.

As one of the most significant and fastest-growing programs of Rotary service, with more than 8,600 Interact clubs in some 110 countries and geographical areas, Interact has become a worldwide phenomenon.

Interactors also often spearhead the formation of Rotaract clubs and participate in Rotary Youth Leadership Awards (RYLA). Interactors also often go on to become Youth Exchange students or Ambassadorial Scholars. The program gives young people an opportunity to participate in fun, meaningful service projects while developing leadership skills and meeting new friends.

Through service activities, Interactors learn the importance of:
Developing leadership skills and personal integrity;
Demonstrating helpfulness and respect for others; and
Advancing international understanding and goodwill.

Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30. Rotaract clubs are usually community-based or university based and are sponsored by a local Rotary club making them true "partners in service" and key members of the Rotary family.

Through the Rotaract program, young adults not only augment their knowledge and skills, but they also address the physical and social needs of their communities while promoting international understanding and peace through a framework of friendship and service.

All Rotaract efforts begin at the local grassroots level and all Rotaract clubs have access to the many resources of Rotary International and The Rotary Foundation

As one of the most significant and fastest growing programs of Rotary service, with more than 7,500 Rotaract clubs in some 155 countries, Rotaract has become a worldwide phenomenon. Rotaractors also often spearhead the formation of Interact clubs and participate in Rotary Youth Leadership Awards. Rotaractors also can go on to become Ambassadorial Scholars or Group Study Exchange team members. The program is part of a global effort to bring peace and international understanding to the world.



With Rotaract you can:

Develop professional and leadership skills; Serve your community and promote goodwill; Gain an understanding of the needs, problems, and opportunities in your community and worldwide.

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.

-Albert Einstein

Team 04-05

Rtn. Lokesh Jain

President

Rtn. B.S. Ravindranth

Secretary

Rtn. S.K. Verma

President elect

Rtn. Subhas Dhandhanian

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Rtn. N. Chandrashekhar

Rtn. Dr. Kailash Gupta

Rtn. Kr.R.P. Sarathy

Rtn. Sandeep jhawar

Rtn. Monica Gossain

Rtn. Ranjeet Chowdhary

Directors

Rtn. Jeetender agarwal

Seargent-at-Arms

Rtn. Vaman Rao

Centennial Celebration Chairman

Programs for August			
Wednesday	4th Aug 8:30 am	Andhra Mahila Sabha	Handing over of Hospital Equipment to Mother & Child Department
Saturday	14th Aug 8:30 am	Hotel Taj Tristar	Speaker Meeting Talk by Mr. Sriram Raju on Solar Energy - Economics & Environmental benefits
Sunday	22nd Aug 9:00 pm	Vocational Visit	Vocational tour to visit Ikkat Weaving (TYE & DYE) at Koyyalagudem village
Saturday	28th Aug 8:30 am	Hotel Taj Tristar	Speaker meeting on BODY BEAUTIFUL by Smt. R. Lakshmi

Sunrise Wishes	
Birthdays	Anniversaries
1 st Rtn. PP Narender Gauri 1 st Rtn. Anil Kumar Gowra 7 th Rtn. Shilpa Gandhi 8 th Rtn. Subhas Dhandania 15 th Rtn. Pres. Lokesh Jain 15 th Ann. Seema Jain 18 th Rtn. PP Vaman Rao 20 th Rtn. Sec. B.S. Ravindranath	22nd Rtn. PP Vaman Rao 23rd Rtn. Anil Kumar Gowra " ..

Changing Faces of Wives



Hi- Tech World

Contributed by Rtn. Sarathy



"My name was David, but that sounded old fashioned. So I shortened it to DVD"



"Dear Andy: How have you been ?
Your mother and I are fine. We miss you.
Please sign off your computer and come
downstairs for something to eat. Love, Dad."