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Monthly Bulletin of Rotary Club of Secunderabad Sunrise

Club No. 57064 R.I. Dist. 3150
Chartered in Dec 2001

SUNRISE TIMES

Volume : V Month / Year : 12/2007	Issue No. 6	Wilfrid J. Wilkinson RI President	Dr. Vijendra Dist. Governor	B.S. Ravindranath President	K.A. Ramayya Secretary	www.rcss.in
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CLUB ASSEMBLY ON 01.12.2007



Club assembly held on 01.12.2007 and discussed issues relating to EREY, Subscriptions, IO L camps, National Essay Competition, District Rotary foundation seminar.

REPORT ON SPEAKER MEETING ON 8-12-2007



Mr.Sudhir Kulkarni spoke on networking industry in general and on Quest-net in particular. He elaborated the advantages associated with the business viz. of

profit sharing, Passive income, nomination facility, financial freedom Etc. Rotarians present were highly appreciative of the content.

Multi District Rotary Sports Meet At Vijayawada 15th & 16th Dec 07



The IFCR (Cricket) team of our DIST 3150 was invited by our neighbouring Rotarians (Dist 3020) to their Multi District Sports Meet to participate in a Triangular Cricket event organised between Dist 3020, Dist 3150 and Dist 3190 (from Bangalore) on 15th and 16th December 2007 at Indira Priyadarshini Stadium, Vijayawada.



SPEAKER MEETING ON 22-12-2007



Mr.Samba Siva Rao, IPDG and his associate Mr.Satish spoke on "Investment in Shares". Mr.Satish gave a broad view of investment in shares by Indian citizens .He concluded that participation by retail investors is going to increase substantially as far as

investment in shares is concerned. The interaction by Rotarians was very lively with the request for one more extensive session in future. Speakers were presented with mementos.



Fellowship at Leonin Resorts on 30-12-2007



The fellowship was hosted by Rtn.Narender, Rtn.Ravindranath and Rtn.Surender on 30.12.2007 at Leonin resorts located near Shamirpet. Number of games were organised for families and the participation by Rotarians was maximum. Further food and snacks served were very tasty and was appreciated by one & all. Rotarians utilised the facilities of games and enjoyed the time. Rtn.Chirs from Australia joined the fellowship along with 8 members of his family making the same more interesting.



Not your average joe

Can a cup (or two) of coffee a day keep the doctor away?

Health pariah or misunderstood elixir? Coffee has a mixed reputation. It's considered mildly addictive by some and was once thought to increase the risk for ailments ranging from cardiovascular problems to cancer. But coffee has recently been the subject of numerous headlines touting its health benefits. So should you imbibe with gusto or abstain Opt for decaf or go for the real McCoy? Here's some help in filtering through the current research, much of which comes to positive conclusions about coffee consumption.

The antioxidant effect

Every day, people around the world drink more than 1.3 billion cups of coffee, helping to make caffeine the most commonly consumed stimulant on the planet. In the United States, "for the average person, 71 percent of the caffeine in their diet comes from coffee," says Joe Vinson, a professor of chemistry at the University of Scranton in Pennsylvania. And with coffee topping the list of antioxidant sources in the North American diet, the benefits of a cup or two may be wide ranging.

Recent research has cleared coffee of contributing to



rheumatoid arthritis and pancreatic, colon, and rectal cancer; in fact, regular consumption of decaffeinated coffee has actually been associated with a lower incidence of rectal cancer. Moderate doses of caffeine and caffeinated coffee, meanwhile, may protect against Parkinson's disease. And both regular and decaf have been associated with a lower risk of gout among men.

When it comes to heart health, fears about routinely drinking coffee may not be warranted. A 2006 study by Harvard researchers found no evidence that long-term coffee consumption among 84,000 women and 44,000 men increased the risk of coronary heart disease. Another group, who analyzed data from the Iowa Women's Health Study, found that one to three cups daily may protect against heart and inflammatory conditions among postmenopausal women.

Women were also the winners in a French study published in Neurology in August. Researchers found that women age 65 and older who drank more than three cups of caffeinated coffee or tea per day had a smaller

Not your average...

decline in their mental acuity over four years than those who drank less than one cup per day. No effect was found among the men in the study.

But some of the biggest news is the finding that coffee consumption may help prevent type 2 diabetes. Among men and women who down several cups daily, studies published in the American Journal of Epidemiology and the International Journal of Obesity found a reduced risk of this disease.

Regular or decaf?

Researchers do caution that coffee is not a panacea, that more studies need to be done, and that people should drink coffee in moderation, if at all. And Vinson notes that caffeine is a stimulant that can have negative as well as positive effects.

“It makes you more alert, short-term memory is improved, the ability to work or to strenuously exercise improves. This is all from the caffeine” he says. “However, by itself. Caffeine will quickly affect your heart because it raises your blood pressure, short-term”.

Caffeine itself is a source of antioxidants, but opting for decaf doesn't mean forgoing all the benefits of regular coffee. “Italian researchers in a 2003 journal of Nutrition article showed that removal of caffeine / Tom espresso coffee reduced total antioxidant capacity values by about 25 or 30 percent, likely because of the antioxidant capacity of caffeine;” says Michael Murphy, professor of nutrition at the University of Illinois at Urbana-Champaign and a member of the Rotary Club of Urbana, Ill., USA. “However, decaffeinated espresso still had a total antioxidant capacity much greater than any other beverage they tested;” including fruit juices, tea, and soft drinks.

As with everything, of course, moderation is key. Although coffee can play a part in a healthful diet, it can't single-handedly take on diabetics or forgetfulness. “From a nutritional perspective;” Murphy stresses, “it is more important that one's overall diet, both food and beverages, be varied and balanced or meet an individual's nutrient requirements than it is that this diet include or avoid any particular food or beverage”

CALENDAR FOR JANUARY 2008

- 5th - District fellowship, Hosted by Rotary Club of Secunderabad Cantonment at VORA Institute, Tirumalgi
- 6th - Polio Camp at PHC, Addagutta.
- 12th - Speaker meet at Taj Tristar
- 19th - Speaker meeting along with GSR Team.
- 20th - Recon hoped ...
- 27th - Medical camp at Godhumakunta, Near Keesaragutta.



BIRTHDAYS

- 2 Jan - Tanvi Pamnani (Spouse), Rtn. Rajesh Pamnani
- 3 Jan - M.Rahul , M. Chandra Shekhar
- 3 Jan - Sweta, D/o. Rtn. Sanjay Dolwani
- 4 Jan - KH Malini, D/o. Rtn. K. A. Ramayya
- 6 Jan - Rtn. Monica Gossain
- 7 Jan - Rohan Pamnani, Rtn. Rajesh Pamnani
- 11 Jan - Preeti Mohan (spouse), Rtn Vikrant Mohan
- 15 Jan - S.vignesh, Rtn. Madhu Suresh
- 16 Jan - Rtn. Rahul Manchanda
- 17 Jan - S.B.Swetha, D/o. Rtn. S.B. Uday Kumar
- 17 Jan - G.Nagini (Spouse), Rtn. Srinivas Gumidelli
- 21 Jan - Ridhi Sharma, D/o. Rtn. Manish Sharma
- 22 Jan - Shilpa, D/o. Rtn. K.R.P. Sarathy
- 23 Jan - Jiten, Rtn Sanjay Dolwani
- 26 Jan - Rtn. Shri Kant Rathi
- 28 Jan - Aishwarya Sharma, Rtn. Manish Sharma
- 30 Jan - Rtn. Dr. Kailash Gupta

WEDDING ANNIVERSARY

- 16 Jan - Rtn. Mudit Kumar
- 17 Jan - Rtn. Vishal Srivastav