



ROTARY SHARES

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A 100% Paul Harris Fellow Club

SUNRISE TIMES

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Wilfrid J. Wilkinson
RI President

Dr. Vijendra
Dist. Governor

B.S. Ravindranath
President

K.A. Ramayya
Secretary

www.rcss.in

REPORT ON MEDICAL CAMP



Medical camp was conducted on 20.10.2007 at Community Hall West Marredpally park complex from 7.00AM to 11.00 AM. The camp was inaugurated by Mr.N.V.S.Reddy, IRS and he appreciated the services of Rotary club of Secunderabad Sunrise for their devoted service to the community at large. Four doctors have attended the camp. Two doctors have checked

the BP of 114 patients, Sugar levels were checked for 95 patients and Bone density was measured for 117 patients. M/s. Roche participated in medical camp for measurement of sugar levels. Dr. Sharma participated in the camp for measurement of Bone density. Dr. Srinivas Rao and Dr. Kiran Kumar checked up the BP of patients and advised the patients for further medication etc in required



cases. On the whole more than 150 people attended the medical camp and got benefited making the camp a grand success.

Many Rotarians from the Club have participated with great enthusiasm in the camp and made it a grand success.

K.A.RAMAYYA,
Secretary, RCSS.



REPORT ON SPEAKER MEETING

Speaker meeting was organised at Belsons Taj Mini Hall on 06.10.2007. Mr. Ram Reddy, Chairman RRJ Business Empowerment Pvt Ltd, spoke on "Attitudinal Intelligence". He dealt upon the need to overcome Anger, jealousy etc to increase the levels of attitudinal intelligence to achieve success in life and to improve health. Further he established how good food can be a cure for all



diseases and will avoid medication and hospitalisation. The session was very lively with active interaction from many Rotarians. A memento was presented to the speaker. Mr. S.K. Sharma, CEO RRJ Business Empowerment has graced the occasion.

Ms. Carolyn F. Herman, Rotary ambassadorial scholar 2007-2008 narrated her mission in life and experiences with India.



Rotarians Shine on Cricket Field



Dist 3150 gave a wonderful display of sportsmanship which will go a long way in bridging and building Fellowship at all levels including at International level. The following Cricketing Rotarians represented RI Dist 3150. Rtns.KRP Sarathy(Captain) / Narender Gowri/ Vaman Rao/ Shravan Malani/ Sreedhar Raju/Anil Goyal/ Manish Shrama/ Vishal Srivastav/ Sandeep Jhawan/ Ashwin Shetty/ P.George (all from RC SUNRISE) Rtns.Agam Rao/ Karthick Godavarthy (from RC HYD NORTH) Rtns JS Patel/ Venu Gopal/ (from RC Ameerpet) Rtn.Mukesh Agarwal (from RC Centennial) Rtn. Krishna Sagar Rao (PP HYD NORTH) who also accompanied the team, was a great source of inspiration with his wonderful PR work. KRP SARATHY has been unanimously inducted in to the World Executive Board of IFCR and also has been entrusted the responsibility of being the IFCR co-ordinator for the Rotary Dists of our entire state of Andra Pradesh.

District Rotary Foundation Seminar at Hyderabad

The District Rotary Foundation Seminar will be held at Hyderabad on 14th December 2007 under the dynamic leadership of IPDG Sam being hosted by RC Jubilee Hills. The Venue and Programme details will follow shortly. Rotary Foundation Trustee Chairman Bob Scott will be the Chief Guest. Galaxy of international leaders will grace the seminar. RI Director Ashok Mahajan, Trustee Ravindran and RRIFC KV Chary will also be present.

Our TRF Goals

1. 100% Clubs 100% members contribution.
2. Annual giving goal of \$ 1.5 lakh to TRF.
3. Special Recognitions to
 - a. Major Donors / Benefactors
 - b. Paul Harris Society Members contributing

\$ 1000 per year every year.

- c. PHF members contributing \$ 1000 one time.
- d. Highest contributing club in the District with per capita \$ 100 and above.
- e. A club with \$ 100 per capita with each member contributing something. (Every Club).
- f. A club with each member contributing \$ 100 or above (100% of Rotary Foundation sustaining member club)
- g. A club with 100% member contribution with each member contributing \$ 10 and above.

All the Rotarians are requested to contribute their might in fulfilling their TRF goals and get recognised by TRF Trustee Chair apart from attending the TRF Seminar in large number.

Powerful Points

HOW TO JAZZ UP YOUR PRESENTATIONS

When Suzanne “Sam” Martinnez returned from a service trip to Guatemala, the first thing on her mind was how the other 43 Rotarians in her group could best share their experiences with their clubs and communities. They all had good stories.

Martinez, of the Rotary Club of Wauconda, Ill., USA, Decided to create a Microsoft Power Point presentation (a computerized slide show) and give copies to her fellow travelers. The slides displayed pictures of Rotarians painting houses, attending a club meeting and visiting an orphanage and a home for at-risk girls. While the images flashed by during her presentation, the volunteers were on-hand to talk about how they helped villagers whose homes were destroyed by Hurricane Stan.

As Martinez discovered, computer programs are handy tools that can enhance speeches and help publicize Rotarians' service work. Chances are, you'll need to give a talk at some point as a Rotarian, whether it's to fellow club members interested in your profession or to community groups raising money to build a playground. A computerized slideshow can help because you can display pictures and key words. Here are some tips on jazzing up and sharing your presentation.

Choose your presentation software

1) Select your program. We'll focus on PowerPoint because it's so widely used, but many of these tips apply to other presentation software, such as Apple's Keynote, Corel Presentations and Impress, part of the free open office.org suite that works with multiple operating systems, including Windows, Mac, and Linux.

2) If your computer is less than a year old, you may be using PowerPoint 2007. Take advantage of its new features, including a context sensitive toolbar called the ribbon, which changes the available commands based on the items you've currently selected, and document themes, which allow you to change colors, styles, and fonts while maintaining a consistent look. Plus, a live preview allows you to see the effects of these changes before you incorporate them. But don't forget: If you share your presentation with people who have an older version of PowerPoint, you'll need to save it in a format their program can open. If the recipients don't have PowerPoint at all, they can download a free viewer from Microsoft Office Online.

Simplify your slideshow

1) Get rid of those bullet points. Place only one headline and one image on each slide, says Cliff Arkinson, author of *Beyond Bullet Points*. According to his book,

research shows that “learning can be hindered when you add interesting but irrelevant words, pictures sounds, and music to a presentation.

2) Get training. Look for the free tips available on many Web sites, including Microsoft Office Online. You can also subscribe to training video sites like Lynda.com. For a fee, the instructors will walk you through every aspect of PowerPoint 2003 and 2007 at a pace that even a beginner can follow, and you'll get access to materials on other products.

3) Download visuals. Sites that offer graphics and photos include Corbis, Getty Images, Hemera, Microsoft Office online, and SXC.

Share your presentation

1) Burn your presentation onto a CD. That's what Martinez did. Once she distributed copies to the other Rotarians on her trip, they could give presentations in their won communities. Just click File and Package for CD. A free PowerPoint viewer is automatically included on the CD you produce.

2) If a CD isn't practical or a file is too large to e-mail, try uploading it to a site like MediaFire, MediaMax, or Megaupload. Then, instead of sending the actual file, just e-mail a link to the presentation, which recipients can download.

3) Put the presentation onto a DVD. Just save the slide as JPEG files, then use Windows Movie Maker 2007 or a similar program, such as Adobe's Premiere Elements. Drag your photos, music, and movies onto the movie editor's timeline to set their order and playing length, then burn everything onto a DVD.

4) Turn the slideshow into a video file. Once you convert the presentation to an AVI, MPEG-4, WMV, or other popular format, you can upload it to a video - sharing site like Google Video or You Tube. Windows Movie Maker is a good tool for this task.

5) Post the presentation on a personal Website by saving a copy in Flash or PDF format. Flash Paper, Which you can download from www.adobe.com, saves in both formats, and WildPresenter, from www.wildform.com, saves in Flash.

6) Save your presentation as an old fashioned HTML file. An HTML presentation can be opened in any browser, so it's a helpful option if you're not sure whether your audience has a Flash or PDF plug-in installed. Choose Web Page Under Save As.

7) Compress the presentation using the built-in tools in newer versions of PowerPoint or third-party software like PPT minimizer. You may be able to shrink a megabytes file down as little as 1 megabyte.

NEWS FROM CLUB ASSEMBLY MEET ON 27.10.2007



Secretary RCSS made the announcements as follows :
i) Fellowship will be held on 03.11.2007 at Srila Heights. ii) Secretary appealed for clearing the subscription dues. The lists of the members were circulated. iii) Appreciation letter received from Z P H S Yadagiripalli was read out. Communication received from Calcutta regarding essay competition was readout. Mr.G.Srinivas was nominated to organise essay competition in schools.

Secretary requested the members interested to register themselves for RI conversion being held from 15th June to 18th June'2008. Later items included in the agenda viz. Erey, Fund Raiser, IOL Camps, Utilisation On Balance Money From Poland, Review Of Wcs Projects, Painting, Medical Camps, Pr Project, Rcsc To Act As Facilitator, IT Exemption were discussed.



REPORT ON SPEAKER MEETING

We had DGN Rtn. C. Suresh as our guest speaker on 13.10.2007 to talk about Magic of Rotary. He was very vivid in his talk to say that the spirit of Rotary can perform any task which can not be achieved by an individual. He spoke about the Rotary Internationally emphasizing on four way test, various avenues of service viz, club, community, pulse polio, international and GSE. He has given total data on the number of clubs and members across the world right from its inception ever since 1905. His talk left the audience spell bound with his fluent language, knowledge and the data on Rotary.

CALENDAR FOR NOVEMBER 2007

- 03rd - Fellowship hosted by Rtn. Shraavan, Rtn. Amarnath and Rtn. Shyam Gupta
- 10th - Speaker Meeting, Speaker: Mrs. Karuna Gopal of Futuristic cities
- 18th - Medical Camp at Yadagiripalli, ZP High School
- 24th - Speaker Meeting, Speaker : Dr. Bhavani Prasad.

BIRTHDAYS

- 1 Nov Indira Sharma W/o. Rtn. Manish Sharma
- 3 Nov Rtn. Jitender Aggarwal
- 5 Nov Sandhya W/o. Rtn. K.R.P. Sarathy
- 10 Nov Eshika Agarwal Rtn. Jitender Aggarwal
- 10 Nov Rtn. T. Rakesh Reddy
- 11 Nov Dr. Mridula Verma W/o. Rtn. Suresh Kumar Verma
- 17 Nov Monica Aggarwal W/o. Rtn. Jitender Aggarwal
- 18 Nov Megha Rtn. P. Vaman Rao
- 22 Nov Ashu Gauri W/o. Rtn. Narender Gauri
- 26 Nov Lavanya Rtn. K. A. Ramayya

WEDDING ANNIVERSARY

- 4 Nov Rtn. Srinivas Gumidelli
- 23 Nov Rtn Samir Gupta

The Third National Essay Competition For STUDENTS of Class VIII to XII

Rotary Year 2007 - 2008

Topic : Importance of Rotary's 4-Way Test for One's Success and Happiness

Eligibility Criteria

- Students of Classes VIII to XII
- Length 1000 to 1200 words
- One entry per student
- Previous years winners not eligible

School Level : The school must select top 3 essays and submit the following to the Rotary Club :

- 3 copies of winning essays in English (translated, if not in English).
- 3 copies of the consent from duly filled and attested by the student and the school.
- 3 photographs of each winner.

Note : The school must arrange a reading of the brief history of the 4-Way Test for all participants.

Rotary Club Level : The Rotary Club must submit 3 copies each of the top 24 essays along with consent forms and photographs to the NATIONAL COORDINATOR AND AWARDS ADMINISTRATOR.

AWARDS

District Level

Up to 5 winners from each Rotary International district will receive a cash prize of Rs. 1000/- each and a certificate.

National Level

Up to 28 winners will be awarded a cash prize of Rs. 2000/- each and a certificate.

Disbursement of Awards

The Awards Administrator will send cheques / drafts in the names of the winners to the respective Rotary District Governor / Rotary Club President. He / She in turn will hand them over to the respective winners at an appropriate forum.