



THE SUNRISE TIMES

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Glenn Estess Sr.
RI President 04-05

J. Ranga Rao
Dist. Governor

Lokesh Jain
President

B.S. Ravindranath
Secretary

**Rotary
International
News**

Know Your
**Rotarian
Couple**

**Sunrise
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**Infotainment
Programs and
Announcements**

Rotary Club of Secunderabad Sunrise is
now a 100% Paul Harris Fellow Club

WISH YOU
A
HAPPY
NEW YEAR
2005

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
**The Rotary Club of
Secunderabad Sunrise**

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UK and Ireland clubs raise £5 million in tsunami relief funds

Rotary clubs in Great Britain and Ireland are continuing to respond in a big way to appeals for donations to help survivors of last month's devastating tsunami in South Asia.

The tally from a coordinated fundraising effort on 8 January brings the total contributions from the Rotary International in Britain and Ireland (RIBI) area to £5 million (US\$9.3 million).



Members of the Rotary Club of East Kilbride, Scotland, collect donations at a local shopping center.

The public response of these countries has been incredible, and millions of pounds have been raised, thanks to the generosity of the public and of Rotarians and their families and friends in giving time to collect that money. Perhaps more importantly, RIBI has already sent a great deal of tangible aid to the disaster area, providing essential shelter and clean water. The need, however, remains immense, and Rotary clubs are now planning to meet immediate, medium, and longer-term needs.

Soon after the disaster struck, RIBI Rotarians quickly raised more than £1 million (US\$1.9 million). More than 20,000 survivors have so far benefited from the Britain and Ireland response, according to an RIBI press release. RIBI clubs and districts are now planning to support longer-term projects initiated with their counterparts in the affected countries.

Dalai Lama headlines centennial event of India club

A centennial event of the Rotary Club of Bangalore Midtown, Karnataka, India, that was more than one year in the making came to fruition when the Dalai Lama visited from his headquarters in Dharamsala, Himachal Pradesh. The internationally revered Buddhist monk, Tibetan leader, and Nobel Peace Prize laureate delivered an inspiring keynote address on the theme of compassion and universal brotherhood and sisterhood to club members.

He praised Rotary's service to the needy, saying that he has met Rotarians from different parts of India in the course of his travels and spiritual activities.



His Holiness the Dalai Lama delivering the centennial address.

The Dalai Lama said that acts of service should arise out of compassion, not ego, and that compassion worthy of the name must translate into action. He also said that world peace depends on a sense of universal brotherhood and sisterhood and collective responsibility for the well-being of individuals, society, and nature.

In an address welcoming the Dalai Lama, District 3190 Governor S.R. Yogananda said that the host Rotarians were fortunate to have the Tibetan leader in their midst. He pointed out similarities between the ideals that inspire Rotarians and Buddhists to help the needy.

Bangalore Midtown club president Kiran Boaj, who introduced the Dalai Lama, later said: "Rotarians were absolutely thrilled with the event. It was a rare opportunity, a once-in-a-lifetime type of an event.

Helping HIV-positive mothers help themselves

South Africa has the world's highest number – an estimated 5.3 million – of people living with HIV/AIDS, and more than 600 people there die every day from AIDS-related illnesses. Yet all too often, those living with HIV are stigmatized by their communities and face rejection by partners and family members who fear “catching” the dreaded disease.



M2M2B participants with founder Mitchell Besser (center).

It is against this backdrop that pregnant women learn they are HIV-positive. At a time when they need the love

and support of their families and communities more than ever, they are instead left to join the silent, lonely ranks of the HIV-positive. Many women are afraid to tell anyone their HIV status. Others don't realize they are entitled to antiretroviral drugs to prevent transmission of the virus to their babies.

The foundation of M2M2B is that HIV-positive mothers who have been through the program are employed as mentors to other pregnant women infected with the virus. They educate expectant mothers on health and nutrition, and on how to reduce the chances of transmitting the virus to their babies. They also become friends and confidantes.

"I believe mothers are South Africa's single most important resource," says Mitchell Besser, an obstetrician who founded the first M2M2B program at Cape Town's Groote Schuur Hospital in 2001. The program, which receives extensive support from the Rotary Club of Waterfront, South Africa, is designed specifically to be run by women, for women.

Attendance

The Rotary Club of Secunderabad Sunrise congratulates the following members for maintaining 80% and above attendance for the October – December Quarter.

1. President Rtn. Lokesh Jain - 100%
2. PP Rtn. Narender Gauri - 91%
3. Rtn. K.R.P. Sarathy - 91%
4. PP Ajit Gandhi - 85%
5. Rtn. Subhash Dhandania - 85%
6. Sec. Rtn. B. Ravindranath - 85%
7. Rtn. Sameer Gupta - 83%
8. PP Rtn. Vaman Rao - 80%
9. Rtn. Shyam - 80%

We hope the above will continue their attendance and contributions to our club.

President's Column

The last quarter was an excellent quarter for our Club, and this I say because our Club has now become an 100% PAUL HARRIS FELLOW CLUB.

To kick off the Rotary Centennial Year Celebrations our Club hosted an Inter-Club Antakshri Competition, a program that was initiated by us and made our club proud. The program was acclaimed as a high quality event by other city clubs.

Our Club had a lot of fellowship programs like vocational cum fellowship trip to Vizag, Cricket Match with the Rotary Club of Ameerpet, Well attended Speaker Meets, good fellowship evenings, Polio - Plus Camps, etc. All in all it was a good and fun-filled quarter for our Club.

I thank each and every member of Sunrise from the bottom of my heart, for contributing towards The Rotary Foundation and making our Club an 100% Paul Harris Fellow Club and I hope we will continue to be 100% PHF CLUB in the future.

Inter-Club Antakshri competition of Rotary clubs of Twin cities at Hotel Nakshtra, was really entertaining and held in a different style. I thank our PP Rtn. Vaman Rao for sponsoring the prizes for the event. We look forward to other Clubs in the city to take up such Inter-Club fellowship programs.

Vizag was a first overnight outing for our young club, and this has strengthened the fellowship in our Club and I thank our PP Rtn Narender Gauri for the top class arrangements. The stay at the Taj and vocational visit to the Vizag Steel Plant is still remembered by everyone.

Kudos to our team, and especially to Cpt. Rtn. Sarathy and Rtn. Shravan Malani for inspiring the team to win the Cricket Match against Rotary club of Ameerpet.

Our Club came forward in a Community Project and donated 15 fans worth RS 9000/- to a school in Koyallagudem village for their 15 class rooms. Club thanks PP Rtn. Vaman Rao, Rtn. Sandeep Jhawar, Rtn. Srinivas G., Rtn. Chandrashekar, Rtn. Lokesh Jain for the donation.



PP Rtn. Vaman Rao handing over the fans donated by our Club, to the Principal of Koyallagudem School.

I Thank PP Rtn. Ajit Gandhi & Rtn. Subas Dhandaneni for a wonderful Diwali Fellowship and Dinner. It was a well organized evening. I also thank Rtn. Mudit, Rtn. Rahul, Rtn. Rakesh for the good fellowship dinner for the month of December. I appreciate the efforts of Rtn Sarathy for initiating the process of setting up an Interact Club.

Next quarter highlights will be our Fund Raising Program, completion of our Service Projects and of course the Centennial Celebrations.

Compiled by Pres. Lokesh Jain

Thumping Win For Sunrise In Cricket

Our club, with its newfound enthusiasm in cricket, is growing into a fighting unit on the field. Our team, after tasting couple of narrow defeats last season, are determined to do well this season and the boys sweated it out for four to five grueling sessions of practice during the week-ends under the watchful eyes of the team captain Rtn. KRP Sarathy and his enthusiastic vice captain Rtn. Shravan Malani.

The result of hard work was there for everybody to see when our team scored a resounding 8 wkt victory over District Sports Meet Cricket Champions, Rotary Club of Ameerpet, in a keenly fought game played at IICT grounds, Secunderabad on 12th December 2004.



Capt. Sarathy tossing the coin

Put into bat, the Ameerpet team scored 176 runs in their allotted 25 overs. Rtn. Satish was the pick of the bowlers for Sunrise with his speed and stamina. He took 2 wkts for 35 runs. Rtn. Vaman also bowled well at a crucial stage and finished with 2 wkts for 38 runs. Rtn. Shravan and Rtn. Sarathy also chipped in with two wkts each. Rtn. Sameer excelled behind the stumps.

For Ameerpet Rtn. Karun top scored with 41 runs and Rtn. Kishore batted well pitching in with 21 runs.

Sunrise replied spiritedly with a good opening partnership between Rtn. Sameer and Rtn. Vaman. Rtn. Sameer was the dominating partner scoring 27 runs. After the fall of two quick wickets Cpt. Sarathy and Rtn. Shravan got together and played some exhilarating cricket, entertaining the Sunrise supporters with a glorious century partnership and both remained unbeaten to steer our team for a thumping 8 wkt victory.

Rtn. Sarathy played a captain's knock by scoring a splendid 78 and his deputy Rtn. Shravan was an ideal foil for him scoring 48 brilliant runs.

With this resounding win the team has realized its potential and is determined to do well in couple of more games likely to be played against fellow Rotary Clubs during the month of January 2005. We look forward to the active participation of Rotary Families during these fellowship cricket games.

Did You Know?

If you gave each human on earth an equal portion of dry land, (including the uninhabitable areas) everyone would get roughly 100sqft.

Just twenty seconds worth of fuel remained when Apollo 11's lunar module landed on the moon.

The 'You are here' arrow on a map is called the IDEO locator.

There are more than 100 chemicals in a cup of coffee.

There are only four words in the English language which end in '-dous' :

tremendous, horrendous, stupendous, and hazardous.

The number of cars on the planet is increasing three times faster than the population growth.

At - 40 degrees Centigrade a person loses about 14.4 calories per hour by breathing.

Contributed by PP Rtn. Ajit Gandhi

Month Gone By...

Winter finally set in on Hyderabad and the cool winter climate made December a very sporty month. The month of December also saw a remarkable increase in attendance in meetings and also active participation of members in Club Activities. This month also witnessed the Tsunami tragedy that engulfed the entire South-East Asia and parts of South-India. Our Club pays the condolences to all those who suffered by this disaster, which was probably the biggest the world has seen.



Rtn. Rahul calling out the numbers for Tambola

The month started with a Speaker Meeting on the 4th of December. It was a talk by Mr. V. Kiran (Heamango Management Concepts) on Secrets of Success. It was a very interesting and interactive talk. Mr. Kiran started by defining what success is and then went on to elaborate with practical examples. The talk was followed by a Q&A session and lot of our members actively participated.



Cricket Practice was held on the 5th of December at the MCH Grounds opposite the Shenoy Nursing Home. The session was well attended by all cricket lovers from our Club. The team practiced hard for the match that was to be played the following Sunday.



Rotary Club of Ameerpet were the District Cricket Champs for 2003-2004 and our Club took them on at the IICT Cricket Grounds on the 12th of December. Our team fought like Hounds and pulled off a magnificent victory by crushing the Ameerpet Club by 8 wks. Batting first the Rotary Club of Ameerpet scored 177 in their allotted 25 overs. Our team knocked off the total in 22 overs with Capt. Sarathy scoring an unbeaten 78 along with his deputy Rtn. Shravan who was also unbeaten on 48. The match was played in good spirits and all players from Ameerpet also cheered the victorious team. The match was followed by a good lunch which was also well attended by Anns and Annetts.



Child Scientist Master Praveen Kumar addressing our Club

The next meeting was held on 18th December and was a talk by Child Genius Master Praveen Kumar. It was a very interesting talk on Missiles and Geo-Physics.

The last meeting of the month was the Official DG's visit to our Club on the 25th of December. The visit, unfortunately had to be postponed as the DG, Rtn. Jasti Ranga Rao had to rush back

to his native because of the Tsunami Disaster which had happened on the same day morning.

This did not deter our Club meeting and members actively participated in the fellowship dinner and games hosted by Rtn. Rahul Manchanda, Rtn. Rakesh Reddy and Rtn. Mudit Kumar at Hotel Asrani, Secunderabad



Rtn. Rahul calling out the numbers for Tambola

The evening was an enjoyable one and everyone actively participated in the Tambola and other surprise games that were played. The meeting also had two important guests from Koyyalagudem, where our Club has contributed 15 fans for the classrooms in a school. The Principal himself had come down along with the Sarpanch and accepted the donation on behalf of the school. We thank all the members who had come forward and donated for this noble cause.



Rtn. Rajesh handing over a prize to Rtn. Sameer

It was a fun-filled December month and we look forward to the coming New Year of 2005 in anticipation and hope for more participation, fellowship and bonding between our members. I wish all the readers a Very Happy New Year.

Missing

The boss of a big company needed to call one of his employees about an urgent problem with one of the main computers. He dialled the employee's home phone number and was greeted with a child's whispered, "Hello?"

Feeling put out at the inconvenience of having to talk to a youngster the boss asked, "Is your Daddy home?" "Yes", whispered the small voice. "May I talk with him?" the man asked. To the surprise of the boss, the small voice whispered, "No." Wanting to talk with an adult, the boss asked, "Is your Mommy there?" "Yes", came the answer. "May I talk with her?" Again the small voice whispered, "No."

Knowing that it was not likely that a young child would be left home alone the boss decided he would just leave a message with the person who should be there watching over the child. "Is there any one there besides you?" the boss asked the child.

"Yes" whispered the child, "a policeman." Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?" "No, he's busy," whispered the child. "Busy doing what?" asked the boss. "Talking to Daddy and Mommy and the Fireman", came the whispered answer.

Growing concerned and even worried as he heard what sounded like a helicopter through the ear piece on the phone the boss asked, "What is that noise?" A hello-copper answered the whispering voice. "What is going on there?" asked the boss, now alarmed.

In an awed whispering voice the child answered, "The search team just landed the hello-copper." Alarmed, concerned, and more than just a little frustrated the boss asked, "What are they searching for?" Still whispering, the young voice replied along with a muffled giggle. "Me!"

Contributed by Rtn. KRP Sanyth

Know Your Rotarian Couple

Your name : Ravindranath B.S.

How are you called? Ravi by members, friends, Ravindranath by business associates and thakur by our President.

Spouse's name : Devika

How do you call her? Devika

Kids names : Abhijna & Manojna

What upsets her and how do you make her happy?

She gets upsets with my silence and I continue this silence to solve for herself / myself and break the ice with an outing.

Your best moment in life?

Ravi : My marriage with her at Tirupati

Devika : When Abhijna called me "mummy"

When did you first meet Devika and what were her reactions?

I met her for marriage proposal at her uncles' place and she was bit frightened (Oh! Do not compare now).

Place of Honeymoon?

Amsterdam.

Your favorite pastime

Ravi : I hardly had it for the last 22 years.

Devika : Talking to sisters and mother.

How do you spend time with your family?

Watching them play, taking them out and to Rotary functions.

How will you spend one lakh in a day?

If it comes free, I will give to my employees and their families.

What have you learned from Rotary?

- 1. It's peoples movement to perform a chosen task together, with ease and expertise which cannot be done by an individual or a commercial organisation.*
- 2. A sense of Rotarian feeling beyond caste and creed around the world.*
- 3. An opportunity to meet different walks and talks of people.*
- 4. An excellent exposure for family to come across various cultures and traditions.*

As told to us by Rtn. Ravindranath

Programs for January '05				Team 04-05
DAY	DATE & TIME	VENUE	VENUE	
Saturday	8 th Jan 8:30 am	Hotel Taj Tristar	Speaker Meeting Talk by Mr. Kalyan Choudhary on Automobiles	Rtn Lokesh Jain <i>President</i>
Sunday	9 th Jan 8:30 am	Uppal International Cricket Stadium	Cricket Match With Rotary Club of Sec'bad	Rtn. B.S. Ravindranath <i>Secretary</i>
Saturday	15 th Jan 8:30 am	Hotel Taj Tristar	Business Meet Planning for Fund Raising Program	Rtn. Rajesh Pamnani <i>Vice President</i>
Tuesday	18 th Jan 6:30 pm	Hotel Ramada Manohar	Interclub Rotary Quiz Competition	Rtn. S.K. Verma <i>President Elect</i>
Saturday	29 th Jan 8:30 pm	Hotel Taj Tristar	Business Meet Planning for Fund Raising Program	Rtn. Subhas Dhandhanis <i>Treasurer</i>
Sunrise Wishes				Rtn. G. Srinivas
Birthdays		Anniversaries		Rtn. M. Chandrashekar
6 th Rtn. Monica Gossain		2 nd Ann. Tanvi Pamnani		Rtn. Dr. Kailash Gupta
6 th Rtn. Srikanth Rathi		16 th Rtn. Mudit Kumar		Rtn. K.R.P. Sarathy
11 th Ann. Praeti Mohan				Rtn. Sandeep Jhavar
14 th Rtn. K. Pallavi Rao				Rtn. Monica Gossain
17 th Ann. G. Nagini				Rtn. Ranjeet Chowdhary <i>Directors</i>
19 th Rtn. Asha Pai				Rtn. Jeetender Agarwal <i>Sergeant-at-Arms</i>
30 th Rtn. Dr. Kailash Gupta				Rtn. Vaman Rao <i>Centennial Celebration Chairman</i>

Order RI president's centennial birthday message on DVD/VHS

RI President Glenn Estess has prepared a video birthday message for clubs and districts to use in conjunction with their upcoming centennial celebrations. This message is available gratis, upon request, in either DVD or VHS format. Each Rotary district and Rotary club may order one unit. (Limit one per Rotary club/district.)

Order your copy of President Estess' birthday message by contacting Cynthia Palmer-Kenzer at birthdaygreetings@rotaryintl.org

Be sure all requests include the following:

- club name and district number (for club copies)
- district number (for district copies)
- mailing address
- format in which you would like to receive the message (DVDs are available in the PAL and NTSC formats; VHS comes in PAL, NTSC, and SECAM formats.)
- Language version you would like to receive: English, Spanish, Portuguese, French, Japanese, or Korean.