



Shivalik Talisman

Weekly Bulletin of Rotary Chandigarh Shivalik

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Club website : www.rotaryshivalik.org



RI Distt 3080

RI President
Rtn Ian H. S. Riseley
2017-18

ISSUE 4 - July 2017

Let Us All Meet, Greet and Beat the Problems

Distt. Governor
Rtn T. K. Ruby
M.: 9876922444

Asstt. Governor
Rtn PP Rtn Rakesh Mittal
M.: 9417397917

Club President
Rtn Manjit K. Hundal
M.: 9815861919

Club Secretary
Rtn J. C. Sharma
M : 9815468131

Charter President
Late Rtn Col H S Sandhu

Meeting No 1162

A FRIEND FOREVER

Dear Col B Jain

*RCS knows thou art gone to the home thy rest,
Then why should our souls be so sad?
We know thou art gone where the weary are blessed,
And the RCS looks up, and is glad
We know thou has drank the wine of love that flows,
In a land where they do not forget,
That sheds over memory only repose,
And takes from it only happiness*

All RCS Members know that it is the body of Col Jain that has gone, but his soul will live with us forever and he will continue to be a good Rotarian guiding us always with his beautiful smile.

All of us are going to miss his gentle talk, ever willing to dance gracefully, ever willing to help and the surety that he will be there every Tuesday

physically present. RCS is not going to mourn but celebrate his death with the thought :
*The death change comes,
Death is another life. We bow our heads
At going out, we think, and enter straight
Another golden chamber of the King's,
Larger than this, we leave, and lovelier,
And then in shadowy glimpses, disconnect,
The story, flower like, closes thus its leaves,
The will of God is all in all he makes,
Destroys, remakes, for His own pleasure
And we know whom He loves, die young at heart peacefully and smilingly.*

Col Jain we will see you every Tuesday in Spirit. You will always remain in our hearts.



President Manjit



The first official meeting of Rotary Chandigarh Shivalik after Rtn Manjit K Hundal having been installed as President was held on 18th July 2017, at Sip n Dine.



It began on a sad note due to the death of RI President Elect Rtn Sam Owore who died on 14th July 2017, while he was in operation theatre. His blood pressure dropped to a level which could not be restored. One minute silence was held with prayers for the peace for the departed soul.

President Manjit gave a brief

account of the installation, showing her gratitude to all the Rotarians and their spouses for being present on the most important day and also to those who were at home may be wishing good luck and praying for the Team 2017-18.

She gave a brief report on the projects executed on 15th July 2017, Tree plantation by the Interactors of St Stephen's School, Chandigarh. On 16th July 2017 Adult Education at Baltana, Zirakpur, was started.

Four (Three boys and one girl), upcoming Volleyball National Players of Volleyball Association of Chandigarh were handed over cycles so that they can commute from their home to the stadium. First one to get the cycle was Sonia, BA Part-I student, daughter of a Dhobi. She is an excellent volleyball player. Second one was tall well built boy Mohammad Shahid, plus two

student and father is a fruit hawker, third was also a tall handsome boy, son of a peon and Volleyball Association has lot of hope on him. The fourth person was Vinod Kumar class 10 student; his mother is a domestic worker. It was wonderful to see the smile on the faces of these children, which is difficult to describe. RCS feels that one should spend more on students who have talent than spend on luxuries.

Rtn PP Ashok Laroia introduced Dr Bir Singh Yadav in an innovative way by speaking in Hinglish admiring him for achieving so many degrees which



ended with Doctorate Degree in Physical Education.

Dr Yadav told about the different techniques of playing volleyball. He removed the myth that only tall people can play volleyball. He said that short people are also needed

for quick reflexes and Sonia a short statured girl was an asset to the team. He also told that average height of Chinese's volleyball players was second highest after Australia. He also made the audience aware of the rules and method of playing the game which has changed over the years and how one player gives sign to the other players about who to strike the volley and who to defend.

President Manjit informed the house that 61 EWS students will be leaving for Delhi on 21st Jul 2017 at 5 in the morning to see Parliament House, Lok Sabha etc. Packed breakfast will be

handed over to them before they leave. It is Rtn Rajesh Chadha's project.

PP Rtn Ashok Laroia has sponsored one girl's education studying in BA Final year in Govt College Panchkula. One year's fee of Rs 5096/- has already been paid. He has also volunteered to pay the fee for any number of girls, as he is a firm believer that girls should get education.

One more girl studying in class 6, of Little Flower School, Panchkula has been sponsored by our PP Rtn Shyam Rawal. The quarterly fee is Rs 1650/- .

The President ended with a thought 'Try to understand people before trusting them because we are living in such a world where artificial lemon flavour is used for welcome drink and real lemon is used in finger bowl'.

IPP Dr V D Singh was handed over certificate of Best President of



Zone Two, President's Citation, and Best Spouse Mrs Monika Singh. He was also given the Paul Harris Certificate of Sudeep, his son who has joined RCS Paul Harris family. The complete family has made RCS proud.

Congratulations. The RCS Family congratulated Dr V D Singh and Monika Singh for winning number of awards in the Rotary District and on becoming Grandfather. They have been blessed with grandson. Rtn Brig JC Sharma gave vote of thanks appreciating the talk saying that it was very impressive and eye opener in some places.



Plantation of Trees by Interactors of St Stephen's School on 15 July 2017

150 trees were planted by the 50 Interactors of St Stephen's School, at Mauli Jagran in a public park which was totally devoid of trees. Municipal Counsellor Mr Anil Dubey, SDO Angrez Singh and Horticulture officials were also present . It has been planned that Interactors along with teachers will visit the park every fortnight with the aim to ensure that trees grow healthy. The Interactors along with the locals planned and planted the trees so that the future generations can enjoy the fruits and the medicinal properties of these plants. All present were explained the importance of growing more trees and their effect on the environment. Each One, Plant One and See it Grow was the Theme of the day and all promised to look after the plants and enjoy their company as one enjoys the company of friends.



ADULT LITERACY

The adult literacy drive commenced on 16 Jul at Kainda's Kids Kingdom School and was attended by 45 ladies and 2 gents. Mrs Jagjit Kaur, Principal of the school sang a Bhajan " Jo Maange Thakur se..."



IPP Dr V D Singh explained the importance of 'Smile', irrespective of the situation. Smile spreads happiness. PP Rtn A K Bedi explained the

importance of education in one's life and how if you educate a housewife you educate a family. Mrs Neerja Sharma and President Rtn Manjit Kaur gave the details of the curriculum that would be followed in the classes. It will include reading, writing, operating bank account and a visit to civil hospital and how to get the right doctor for the ailment which you or your relatives may be suffering from. Pencils were distributed by Dr VD Singh and the meeting ended with songs. (AL1-AL4)



Dental Awareness



The second dental awareness talk was held on 16th July at Kainda's Kids Kingdom School for EWS children. Rtn Dr Kuldeep Singh explained the correct method of brushing one's teeth and how to ensure dental hygiene. He also distributed tooth paste and brush to each one of the 55 children. President Rtn Manjit and Dr VD Singh explained the correct method of washing hands and how one can prevent many diseases by doing so. Rtn Brig J C Sharma and Neerja Sharma distributed sweets.

Cancer Awareness Talk

RCS with the help of Sahayata Welfare Charitable Society organised a talk at Khel Shala, Attawa Chowk. 30 ladies and 10 girls who attended the programme were made aware of the causes, detection and prevention of cancer. Dr (Mrs) S Sharma told the ladies about the personal hygiene required so that one can prevent occurrence of cancer. She also said that if cancer is detected in the early stages it can be cured.

Dr (Mrs) S Sharma informed that if one detects a lump (Rasoli) in

any part of the body which is not painful and grows big, needs to be investigated at the earliest for cancer and it can be cured in the early stage of its occurrence.

Mrs Neena Singh demonstrated to the ladies the way to self check for lump. The common risk factor for cancer were told which are ageing, tobacco, sun exposure, chemical sprays on vegetables, certain hormones including family history, alcohol, poor diet, lack of physical activity and being overweight. One should avoid eating too much of oily food and maida. All type of food can be taken but in a limited quantity only. One should develop a habit of eating healthy food and do proper physical exercise



WE PRAY FOR



1. Rtn Meenakshi Gupta who is in USA and is on bed rest due to back problem

2. PP Rtn Harshvir Singh not well but is improving slowly and steadily

our Gratitude

1. Dr Kuldeep Singh for sponsoring toothpaste and tooth brushes.
2. Dr V D Singh for distributing pencils to Adult Education ladies.
3. Mrs Seema Gupta for helping in Adult Education.
4. Mrs Jagjit Kaur for providing the premises of her school and voluntarily supervising Adult Education.

Birthdays and Marriage Anniversaries

- 23 July : PP Rtn Sneha Popli
30 July : Rtn Dharinder Tyal
31 July : Rtn Neerja Sharma

UP COMING EVENTS



29 July: Teej Celebrations

01 Aug: Talk by

Ms Deeptha on 'Art of Story Telling'



*HERE'S A PRAYER I HEARD MY MOM SAY... 'LORD, WHY DID WE INVITE THESE PEOPLE TO DINNER?'