



**ROTARY
SERVING
HUMANITY**

(RI Theme, 2016-17)

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**FORTNIGHTLY BULLETIN OF THE ROTARY CLUB OF GAUHATI SOUTH
Rotary International District-3240, India**

**R.I. President
Rtn. John F. Germ**

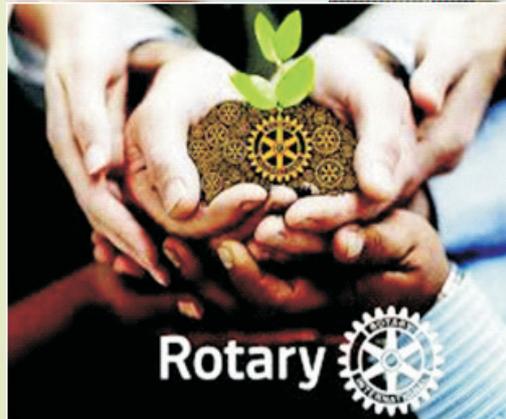
**Dist. Governor
Rtn. Dr. Rintu Guha Niyogi**

**President
Rtn. Bhupendra Nath Das**

**Secretary
Rtn. Arman Ahmed**

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Editor's Column

After all that unbearable hot and humid summer months, here comes the cool glorious season of flowers and festivals, the Autumn. Everybody feels happy in this blooming season with an air of festivity, herald Navaratri, Durga puja and Dussera. All these festivals are celebrated as a tribute to the primeval source of power. Goddess Durga represents the embodiment of Shakti the infinite power, the primordial cosmic energy. These celebrations are all mass community festivals, irrespective of caste, race, religion, rich or poor, people from diverse culture and faith. However, what matters most is the spirit of sharing, empathy and compassion. Rotary believes that understanding and goodwill are essential for community development. All the festivals imbibe in us the feeling of fellowship and strike a balance achieved through the principles based on love and compassion. The aura of divinity brings in positive energy. The spirituality makes us conscious about Rotary's Four-Way-Test, as we ask ourselves, is it the truth? Is it fair to all concerned? Will it build good will and better friendship? Will it be beneficial to all concerned?



That is how Rotary identify and understand the key issues and makes comprehensive project plans and approach in the projects for the purpose of doing good to the people around. It is very appropriate, that to call the Rotarians as community champions, both locally and globally. Rotarians have been deeply involved in serving their communities since the establishment of the first Rotary club in Chicago USA more than a century ago. Community service with economic development of the community is an opportunity for every Rotarian to exemplify "Service Above Self". It is a part of Rotary ethos for Rotarians and their clubs to improve the quality of life for those who live in the community and to serve the public interest. Every event, initiative or project that we Rotarians undertake is rooted in the notion of community. This is because we believe that society works better when communities work together. Community service projects give Rotarians the opportunity to be involved in their community and improve their satisfaction in their membership of Rotary. Development of communities lead to the enhancement of economic growth of the people.

Our Club, that is Rotary Club of Gauhati South carry out a vast range of projects aimed at improving and building community spirit. The list of local projects and initiatives is endless. Like in the field of literacy happy school and teacher's support primarily, tree plantation, How to face an interview, Animal welfare camps, Conducting Health Check up Camps, etc, etc. Each Rotary club individually tailors the projects according to the specific needs of the community. When natural disasters strike anywhere in the world Rotarians are usually the first people to take action.

Stay blessed Rotarians, having the opportunity to serve our communities and in turn broaden our perspective of the world.

Rtn. Giti Bujarbarua

PRESIDENTIAL MESSAGE

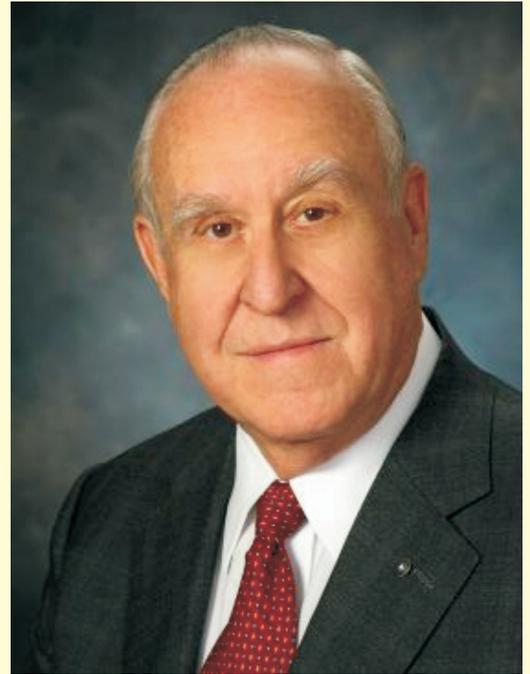
OCTOBER 2016

In 1979, James Bomar Jr., the president of Rotary at the time, traveled to the Philippines as part of Rotary's earliest work to immunize children against polio. After he had put drops of vaccine into one baby's mouth, he felt a child's hand tugging on his trouser leg to get his attention. Bomar looked down and saw the baby's brother looking up at him, saying earnestly, "Thank you, thank you, Rotary."

Before Rotary took on the task of polio eradication, 350,000 people – nearly all of them children – were paralyzed by polio every year. That child in the Philippines knew exactly what polio was and understood exactly what Rotary had just done for his baby brother. Today, 31 years after the launch of PolioPlus, the children of the Philippines – and of nearly every other country in the world – are growing up without that knowledge, and that fear, of polio. Instead of 1,000 new cases of polio every day, we are averaging less than one per week. But as the fear of polio wanes, so does awareness of the disease. Now more than ever, it is vitally important to keep that awareness high and to push polio eradication to the top of the public agenda and our governments' priorities. We need to make sure the world knows that our work to eradicate polio isn't over yet, but that Rotary is in it to end it.

On 24 October, Rotary will mark World Polio Day to help raise the awareness and the funding we need to reach full eradication. I ask all of you to take part by holding an event in your club, in your community, or online. Ideas and materials are available for download in all Rotary languages at endpolio.org/worldpolioday, and you can register your event with Rotary at the same link. You can also join me and tens of thousands of your fellow Rotarians for a live-streamed global status update at 6 p.m. Eastern time at the U.S. Centers for Disease Control and Prevention in Atlanta. I'll be there along with CDC Director Tom Frieden, other experts, and inspirational presenters, sharing an inside look at the science, partnerships, and human stories of polio eradication.

It is an incredibly exciting time to be a Rotarian. We are gathering momentum for the final race to the finish: to the end of PolioPlus and the beginning of a polio-free world. It is truly a once-in-a-lifetime chance to End Polio Now, through Rotary Serving Humanity.



JOHN F. GERM
PRESIDENT 2016-17

Did you know

- Lemons contain more sugar than strawberries
- A lobsters blood is colorless but when exposed to oxygen it turns blue
- The flag for Libya is unlike any other being a solid green color
- There is no such thing as a naturally blue food
- Apples are more effective at waking you up in the morning than coffee
- Rice is the staple food for 50% of the worlds population
- There is no butter in buttermilk
- Almonds are members of the peach family
- An egg contains every vitamin except vitamin C
- Americans eat 35,000 tons of pasta a year
- More people die from falling coconuts then from shark attacks
- Carrots contain 0% fat
- That in developed countries 27% of food is thrown away
- A banana contains 75% water
- Cucumbers are 96% water.
- Every day 7% of the US eats at McDonalds

MINUTES OF WEEKLY MEETING NO.1919 DATED 23rd Sep 2016

The 1919th meeting of the Rotary Club of Gauhati South was held on Friday the 23rd Sep 16 at the regular venue of the Club. The President Rtn. Bhupendra Nath Das called the meeting to order at 7.00 pm.

This was followed by National Anthem and the president introduced the guests.

The President announced the Birthday of Rtn. (Dr) Anil Mahanta and birthday card was also handed over to him.

Rtn. Renu Goswami spoke about implementation of the Happy school project. Rtn. Goswami

Announced that the happy school project will be Inaugurated at Joytinagar Govt LP school on 24th Sep .at 11 pm, members are requested to attend in the meeting.

Rtn Prasanta Goswami talked about raising of corpus fund at RCGS.

Rotary quiz for the month of September was declared by quiz master Rt. P D Choudhury.

Rtn. Bijoy Ketan Baruah introduced the Guest speaker Dr. Monoranjan Bazbaruah. He spoke about impact on upcoming US general election.

Vote of thanks was offered by Rtn Tarun Chandra Bordoloi and the fellowship given by Rtn. Chandan Rajkhowa.

Secretary in his report stated that there were 31 rotarians, 10 annes and, 03 guests.

The TRF collection was Rs.410/-

The president adjourned the meeting at 8.05 PM.

MINUTES OF WEEKLY MEETING NO.1920 DATED 30th Sep 2016

The 1920 meeting of the Rotary Club of Gauhati South was held on Friday the 30th Sep 16 at the regular venue of the Club. The President Rtn. Bhupendra Nath Das called the meeting to order at 7.00 pm.

This was followed by the National Anthem and the president introduced the guests.

The President announced the Birthday of Rtn. (Dr) Bibeka Nanda Saikia and Rtn Swapanjoyti

Sharma, birthday card handed over to Rtn. Dr. Bibekananda Saikia.

Rtn. Renu Goswami spoke about successful completion of Happy school project at Joytinagar

Govt ME School. Rtn. Goswami has also declared that under T-E-A-C-H programme the first happy school project of our club was undertaken in Joytinagar Govt Primery school .

Rt. Minoti Barthakur talked about her recent visit to Delhi and Dharamsala .She attended few Cancer awareness programme.

Rtn Prasanta Goswami announced the new tariff of fellowship and rent of hall for WM which

Has been fixed in the meeting with management of the Hotel authority.

Rtn. Prasanta Goswami also informed about illness of Rtn. Binod Mohan Goswami Rtn. B.M Goswami was admitted in GNRC hospital due to his stroke .The house one minute prayed for his recovery.

Thought of the day was delivered by Rotary let Tasmin Ahmed.

Guest speaker Dr. Biswanath Sharma introduced by Rtn. Minoti Barthakur. He spoke about ear problems and deafness .

Vote of thanks was offered by Rt. Manjushree Barua fellowship offered by Rtn. Satinder Anand

Secretary in his report stated that there were 24 rotarians, 07 annes and ,03 guests.

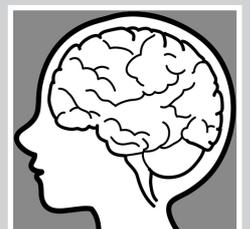
The TRF collection was Rs.400/-

The president adjourned the meeting at 8.00 PM.

POWER THOUGHT

"You cannot score a goal when you are sitting on the bench. To do so, you have to dress up and enter the game."?

- Israelmore Ayivor



Rtn Minoti Barthakur throws a knockout punch for cancer in Rotary Club of Dharamshala, Himachal Pradesh

Rtn Minoti Barthakur is a totally dedicated and truly inspiring person, winner of Rotary International's highest honour, "Service Above Self Award." She has an incredibly strong will power and resilience and an immensely courageous lady. We are so proud of her.



I have the pleasure to inform my Rtn Friends, that I was invited by Rtn President Dr Rajkumar and Director Rtn Rakesh Sharma of Rotary Club of Dharamshala, Himachal Pradesh, to deliver a talk on "Can We Prevent Cancer?". Accordingly I traveled long distance to Dharamshala, Himachal Pradesh and delivered the lecture on the subject on 24/09/2016. The lecture was followed by a question answer session. All Rotarians, some Non Resident Indians and general public, who were present for the occasion enjoyed the program and highly appreciated it.

Yours sincerely

Rtn Minoti Barthakur



Victoria Police Leaders Mentoring Program

The Victoria Police Leaders Mentoring Program is now in its seventh year, and 130 police ranking from Assistant Commissioner down to Senior Sergeant have participated. The program was originated by Rotary Club of Central Melbourne Sunrise, and several of the larger D9800 clubs have participated along with clubs from four other Victorian districts. To date mentorees have been partnered with one senior business mentor and one Rotary mentor.

Following a review this year by the steering committee made up of VicPol, business community representatives and Rotary, mentorees from next July will be partnered with a single mentor. For the senior police ranks the mentors will be senior business executives whose guidance will be around strategic issues, whilst for Inspectors and Senior Sergeants Rotary will provide the mentors and the primary focus will be around community engagement, a high priority for VicPol.

VicPol is strongly supportive of these changes as they work to integrate the program better into their management development processes and align it with their strategic priorities.

The new Program design has some other advantages;

- It is more time efficient for police members to work with a single mentor
- Many Rotary mentors also have strong backgrounds in business and can cover both roles
- Senior Sergeants (who typically runs a suburban police station) and Inspectors value Rotary's input: community policing and engagement is one of their biggest challenges. Many of these officers are recent appointments. They run the equivalent of a small-medium service and business unit, involving complex challenges.
- The primary mentoring focus for senior officers, that is Assistant Commissioners, Commanders and Superintendents, will clearly be at a strategic level where business executive guidance is critical
- From a Rotary perspective there is a clearer sense of what VicPol is looking for and an opportunity to raise our profile in community service.

In addition, the steering committee has decided to open up the selection process to all D9800 Rotarians. Nomination forms will soon be forwarded to all D9800 Rotarians. Nominations will be matched against selection criteria based on Rotary and business experience, and community involvement by the applicant and their club. The process for recruiting business mentors will not change.

Community Service

Community Service covers exciting projects and activities that individual Clubs undertake to improve life in their communities through Rotary's third Avenue of Service. Projects are as varied as the Clubs that carry them out, but all address the needs of their own community.

Clubs have the central role in the determination, funding and execution of Community Service programs and projects. Effective Community Service projects:

- Are relevant to the community
- Anchor a Club to its community
- Identify and understand the key issues
- Involve other organisations and stakeholders for best outcomes
- Provide opportunities for promotion of Rotary and membership recruitment.

The Community Avenue of Service for District 9800 offers a range of District Endorsed and District Managed Programs, each led by an experienced program representative who are willing to assist Clubs.

International Service

International Service encompasses efforts to expand Rotary's humanitarian reach around the world and to promote world understanding and peace. It includes everything from contributing to PolioPlus to helping Rotary Youth Exchange students adjust to their host countries.



Village Women and Children project

The Rotary Club of Kew's soap-makers' training program, established in 2005, is a successful grass-roots micro-economic initiative. It has provided village women with the ability to feed and clothe their children (in a country where infant mortality and malnutrition are amongst the highest in the world), and has also bolstered their self esteem and dignity.

New Generations Service

New Generations Service recognises the positive change implemented by youth and young adults through leadership development activities, service projects, and exchange programs.

Rotary Youth Leadership Awards (RYLA) - Leadership Training, Confidence, Realise your potential!

The Rotary Youth Leadership Awards (RYLA) is a week long residential program conducted annually and is aimed at encouraging and developing leadership, personal development and social skills.

Rotarians are improving lives in communities around the world every day through thousands of service projects.



colour run for Breast cancer

A breast cancer awareness campaign by university students and local community

Project location

Zimbabwe

Project category

Community

Disease prevention and treatment

ANIMAL SHELTERS OPENING AND MAMA CONTRIBUTION

Project location : **Turkey**

Project category : **Community
Economic and community
development**



Solar Energy for Special Children

A joint partnership with Rotary Club of Osaka East and Hospicio de San Jose to provide solar energy

Project location : *Philippines*

Project category : **Community
Development**



Images of our Weekly Meeting No. 1916 Dated 23rd September, 2016



Images of our Weekly Meeting No. 1916 Dated 30th September, 2016



Dr. Biswanath Sarma making his presentation
ENT Specialist



Food brings the whole family together with love and laughter

Spread it with love

Chocolate Carrot Cake

It's an indulgence. But you need it once in a while when the family is in a celebratory mood. And they are not always calorie-laden and sinful. There are ways to make them healthy. Add some anti-oxidant rich carrots and multi-grain atta to up its health quotient.

PREP TIME: 15 minutes,
TOTAL TIME: 45 minutes,
SERVES: 12

1¾ c multi-grain flour
1½ tsp baking powder
½ tsp baking soda
¼ tsp salt
2 eggs
½ c sugar
½ c low-fat yoghurt
½ c canola oil
1 tsp vanilla extract
1½ c grated carrots

3 c semi-sweet chocolate chips divided into two

1. Preheat the oven to 180°C. Coat an 11" x 8" baking pan with some cooking spray.
2. Combine the flour, baking powder, baking soda, and salt in a large bowl.
3. Whisk the eggs, sugar, yoghurt, oil, and vanilla extract in a medium bowl. Whisk in the carrot and 1½ cups of the chips. Stir into the flour mixture just until blended. Spread into the prepared pan and bake for 30 minutes or until lightly browned and a wooden toothpick inserted in the centre comes out clean.
4. Remove from the oven and sprinkle the remaining 1½ cups chips over the cake. Spread with a small spatula as they melt to form an icing, placing back into the warm oven, if needed, for about 1 minute.

NUTRITION (per serving) 361 Kcal, 5 g pro, 47g carb, 4 g fibre, 17g fat, 175 mg sodium, 5 g sugar.

Multi-grain Pancakes

They can be made in a jiffy and make a super healthy breakfast especially if made with multi-grain flour. Serve it with, honey, maple syrup or chocolate sauce. Your kids will love it. You could also make savoury pancakes if older members want to avoid the sweet variant. PREP TIME: 5 minutes, TOTAL TIME: 40 minutes. SERVES: 2

¾ c multi-grain flour
¼ c rolled oats
1½ tsp baking powder
½ tsp baking soda
1¾ c buttermilk
2 large eggs
1 large egg white
2 tbsp brown sugar

1. Whisk together flour, oats, baking powder, baking soda, and ¼ tsp salt in large bowl until well combined.
2. In another bowl, whisk together buttermilk, eggs, egg white, and sugar. Stir into dry ingredients until just combined. Let stand 15 minutes.



3. Heat cast-iron skillet coated with cooking spray over medium heat.
4. For each pancake, drop ¼ cup batter onto hot surface and cook until bubbles form on top and underside is golden, about 2 minutes.
5. Flip and cook until underside is golden, 1 to 2 minutes longer. Serve with honey or hot chocolate sauce.
6. If you want to save it for later use, store in an airtight container and refrigerate.

NUTRITION (per serving) 65.2 Kcal, 3.2 g pro, 10.9 g carb, 0.9 g fibre, 1.1 g fat, 0.4 g sat fat, 154.5 mg sodium, 3.1 g sugar



Multi-grain Pancake

Editor : Rtn. Giti Bujarbarua

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