



The Mid Towner

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Bulletin of the Rotary Club of Chandigarh Midtown

**R.I. President
WILLIAM (BILL) BOYD**

**District Governor
DHIAN CHAND**

**President
DR. V.J.S. VOHRA**

**Secretary
R.K. LUTHER**

**Editor
ASHISH AHUJA**

Programme



Please do attend

FRIDAY - NOVEMBER 24, 2006 Volume : XXXI No. 21; November 22, 2006

Role of Spouses in Rotary

Hon'ble Speaker : R'ann Lovy Peter

Venue : Hotel President, Sector 26, Chandigarh

Time : 6.30 P.M.

599 DELEGATES ATTEND ROTARY ZONE INSTITUTE AT CHANDIGARH

District Governors past, present and future, 599 of them including their spouses, drawn from Zone 5 and 6A comprising of India, Nepal, Sri Lanka and Pakistan and Bangladesh assembled in Chandigarh for a 3 - day reunion, November 17 through 19, 2006. 3080 played host to an Institute for the first time.

Institute is designed to educate Rotary District leaders on the changes in RI policies and inspire them for the future through group discussions, presentations and motivational addresses by RI's top leadership as well as external speakers.



RI President Bill Boyd & Ann Lorna lighting the lamp with Ann Usha Saboo

The inaugural ceremony on 17th evening at Shivalik School, Mohali got off to a flying start with an unconventional lighting of the lamp ceremony conceived by PRIP Raja Saboo and meticulously executed by DGE Shaju Peter. National flags of India,

Bangladesh, Canada, Malaysia, Nepal, New Zealand, South Africa, Thailand, U.K. and USA presented in a spectacular LASER show signified the presence of delegates and guests of these nationalities. Other highlights of the inaugural ceremony were an entertainment feature by Parikarma, New Delhi and the keynote address by RI President William B. Boyd.

The inaugural dinner in the lawns of Shivalik Public School was a sit-down affair with governors of a particular batch seated together. Mr. Harshad Mehta, a businessman from Mumbai, made a donation of U.S. Dollar one million to the

Rotary Foundation which was thankfully received by Foundation Trustee Ron D. Burton. President Bill released the Institute Souvenir, an anthology of inspirational stories and writings put together by Shaju who remarked "I feel like a mother who has delivered her first baby!"

Volunteers from 3080 dressed in a wheat coloured jacket and black trousers were visible everywhere you went the ball rooms of Hotel Taj, Shivalik Public School, Hotel Shivalik View and Hotel Mount View where the delegates stayed and the shuttle buses between the various venues, taking care of the comforts of our guests.

His Excellency General (Retd.) S.F. Rodrigues Governor of Punjab and Administrator U.T., Chandigarh enjoined the Rotarians to participate in policy formulations at the highest level and complimented them for their integrity and reputation of credibility built over the years.

RI Director Noraseth Pathmanand made a highly analytical presentation on a Five-Year Financial Forecast of Rotary International. Past RI Director P.C. Thomas led an interactive discussion on Council on Legislation. PRID Kalyan Banerjee made a plea to rededicate ourselves to the cause of a Polio free India while TRF Trustee K R Ravindran from Sri Lanka dwelt on the essential elements that will strengthen Rotary in the future.

Break out sessions in the afternoon discussed the thrust areas of water management, literacy, health and hunger concerns and family of Rotary besides presidential citations. The Gala dinner in phase 3 of rock garden charmed the delegates with its dramatic ambience. A special feature was an hour with children from the slums who were treated to magic and puppet shows and dinner, each child under the loving care of a Rotarian for 60 minutes.

Homage to the departed by PDG Surender Seth struck an

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emotional chord in everyone who was present on 19th morning. The presentation on peace and conflict resolution through the lense of Satyagraha by His Excellency Francis Moloi, South African High Commissioner for India drew a standing ovation.

His Excellency Sudarshan Agarwal Governor of Uttaranchal who spoke on ethics lamented the lack of ethics in public life and inspired Rotarians to uphold ethical values in every sphere of our activities.

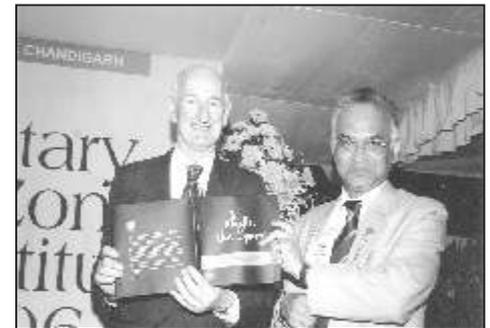
Others who spoke on the occasion included Mr. T.K.A. Nair, Principal Secretary to the Prime Minister of India on community's expectations from Rotary and Foundation Trustee Robert Scott on the global polio update.

While the men toiled with the academics in the ball rooms of Hotel Taj, the spouses went sight seeing, shopping, learning the fine art of fruit cutting from Ms Chayanit Prampate from Thailand and enjoying the fashion parade by NIFT models who set the ramp on fire at Kala Gram.

29 DGEs attended the Governors Elect Training Seminar at Taj November 16 through 17 at the end of which each one was given a graduation certificate by Bill Boyd. Shaju's certificate was received by Lovy for he was nowhere to be seen! By the time he was summoned back by Raja from the press where the daily bulletin was being printed, the ceremony was over. President Bill and R.I. Director Noraseth Pathmanand had to reenact the scene for photographic evidence that Shaju had completed his two-day training!



DGE Shaju & Ann Lovy receiving Graduation Certificate from RI President Bill Boyd & Ann Lorna. On extreme left are RI Director Noraseth Pathmanand & Ann Chotima



RI President Bill Boyd releasing Shaju's book 'Kindle The Spark' at the inaugural dinner at Shivalik Public School, Mohali on November 17

The other meetings were training of the District Governor Nominees and the COL delegates who would be attending the next Council in Chicago where 3080 will be represented by PDG Major Som Dutt.

It was a spectacular show put up by 3080 which won the hearts and minds of every delegate who attended.

Goa is getting ready for the 2007 Institute.

PP Dr. Balram Gupta 'Nayay Rattan'

Aggarwal Foundation, Phagwara bestowed upon Dr. Balram Gupta the Award of 'Nayay Rattan' on November 12, 2006 in recognition of his contributions in the field of law both as an academic and professional lawyer for the last 37 years. The citation acknowledges that Balram is the only Professor of Law to be designated as Senior Advocate in North India. It also acknowledges his rich contributions in the growth of legal literature. It records: "Judicious, Stately, Magnanimous, Learned and Awe-inspiring, are only some of the adjectives that help define the persona named, Prof. (Dr.) Balram Gupta".

In his acceptance speech, Balram focused on the role of lawyers as Social Engineers. He shared with the audience that Paul Harris, the founder of Rotary was a lawyer and a social engineer.

Snoring Sleep Apnea

For the club meeting on 17th November, 2006 Rtn. Dr. Nitin Mathur, a renowned ENT Practitioner, was the Speaker, to awake us on the matter relating to all of us. We all sleep & snore as well. Snoring is caused by turbulence inside the airway during inspiration. The turbulence is caused by a partial blockage that may be located anywhere from the tip of the nose to the vocal chords. The restriction may occur only during sleep, or it may persist all the time and be worse when we are asleep. This is because our muscle tone is reduced during sleep and there may be insufficient muscle tone to prevent the airway tissue vibrating. During waking hours muscle tone keeps the airway in good shape; that's why we don't snore when awake. The noisy sounds of snoring occur when there is an obstruction to the free flow of air through the passages at the back of the mouth and nose. This area is the collapsible part of the airway where the tongue and upper throat meet the soft palate and uvula. Snoring occurs when these structures strike each other and vibrate during breathing.

People who snore may suffer from:

- Poor muscle tone in the tongue and throat. When muscles are too relaxed, either from alcohol or drugs that cause sleepiness, the tongue falls backwards into the airway or the throat muscles draw in from the sides into the airway. This can also happen during deep sleep.
- Excessive bulkiness of throat tissue. Children with large tonsils and adenoids often snore. Overweight people have bulky neck tissue, too. Cysts or tumors can also cause bulk, but they are rare.
- Long soft palate and/or uvula. A long palate narrows the opening from the nose into the throat. As it dangles, it acts as a noisy flutter valve during relaxed breathing. A long uvula makes matters even worse.
- Obstructed nasal airways. A stuffy or blocked nose requires extra effort to pull air through it. This creates an exaggerated vacuum in the throat, and pulls together the floppy tissues of the throat, and snoring results. So, snoring often occurs only during the hay fever season or with a cold or sinus infection.



Dr Nitin Mathur attracting the attention of President Dr. V.J.S. Vohra & Secy. R.K. Luther



Dr. Jawahar Luthra gives vote of thanks and the memento to Dr. Nitin Mathur



Wedding Anniversary Couple Rtn P.K. Verma and R'ann Neena



Rtn. Maj Gen A.S. Kahlon receives Punctuality Award from Dr. Nitin Mathur

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- Also, deformities of the nose or nasal septum, such as a deviated septum (a deformity of the wall that separates one nostril from the other) can cause such an obstruction.

Most people snore to some degree. Generally speaking it is quite normal. If snoring gets to the point where it becomes extremely loud and bothersome to others, then this degree of snoring is not considered normal. Some people are simply born with the characteristics that lend themselves to be snorers. These characteristics are body structure and the anatomy of the mouth and surrounding structures. Outside factors such as medications and alcohol can also make snoring worse.

Obstructive Sleep Apnea (OSA) is a condition where the airway becomes covered, usually by the tongue, due to abnormal muscle relaxation of the tongue and surrounding muscles in the throat area. With the airway covered, a person does not breathe. Since no breathing is taking place, one's oxygen level in their body drops and their heart rate increases. This lowered oxygen level is dangerous because it can cause a stroke or heart attack. The higher heart rate is dangerous because it can aggravate high blood pressure. In an attempt to breathe, a person either awakens or partially awakens gasping for breath. Since an individual is always awakening to catch their breath, they never get the deep restful sleep needed by the body. This is the reason for the excessive daytime sleepiness.

Sleep apnea has been linked to heart disease, strokes, high

blood pressure, personality changes, impotence, depression, etc. The main symptom is excessive daytime sleepiness. Statistics show that many traffic accidents are due to driver fatigue. So, not only can we hurt ourselves, we can also inadvertently injure others.

Dr. Nitin Mathur had given an interesting & knowledgeable 'Snoring Session'. In the interactive discussion Nitin had to face good amount of queries, surprisingly from ladies only! The only gentleman who came forward was Rtn. Dr. Jawahar Luthra, having no queries, he offered vote of thanks for the wonderful power point presentation by Dr. Nitin.

- President Dr. V.J.S. Vohra

Watch out

The club meeting of 1st December is being postponed to 2nd December (Sat.). All Rotarians, R'anns & their families are requested to join the Plaza Carnival, Sector 17, near the Fountain, to commemorate the World Disabled Day. See next bulletin for details.

District Golf Tournament: On 10th December our club is hosting Golf Tournament at the Golf Club, Chandigarh. The registration charges for Golfer (single) : Rs 350/- Golfer (couple) : Rs 450/- Non-golfer (single) : Rs 300/- Non-golfer (couple) : Rs 400/-

Clubs desirous of participating may please send the list of players indicating their golf handicap to PP Harish Sethi, District Chairman Golf # 1180, Sector 21-B, Chandigarh-160022 by 27th November or e-mail details at hcsethi@hotmail.com. Mobile: 94172-50422

BIRTHDAY GREETINGS :

Rtn. Sanjay Singhal
PP Rtn. Subhash Bindra



Nov. 27
Nov. 28

WEDDING ANNIVERSARY :

R'ann Gulshan & Rtn. Surjit Kumar
R'ann Sulochana & PP B.L. Ramsisaria



Nov. 24
Nov. 28

Rtn. Ritu & Mr. Vikas Singal

Nov. 30



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Rtn. Maj. Gen. A.S. Kahlon



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