



THE MID TOWNER

BULLETIN OF THE ROTARY CLUB OF CHANDIGARH MIDTOWN : R.I. DISTT. 3080

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PROGRAMME

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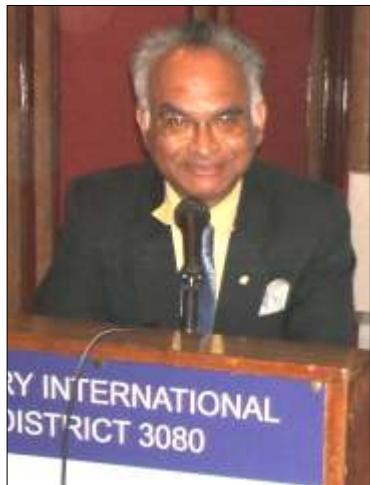
Presentation by the GSE Team
From R.I. District 6820

Friday, February 27, 2009

Time: 6.30 PM

Venue: Hotel President, Sector 26, Chandigarh

Our World--Not As It Is, But What It Could Be



The Rotary Foundation of Rotary International is the bulwark of the good that Rotarians do in the world, to pursue their Dreams to Reality. On many an occasion, Clubs may not necessarily always have funds. It is at this point that The Rotary Foundation plays a crucial part. This is exactly what IPDG Shaju Peter spoke about in an impressive and powerful audio visual presentation

The Annual Program Fund Program is more popular. In lieu of donations made by Rotarians to this Fund, recognitions like The Paul Harris Fellows, Multiple Paul Harris Fellows & Major Donors of various levels are bestowed. The donations to this Fund follow a 3 -year cycle. In the year following the receipt of donations, planning and allocations are made. The next year the beneficiaries are selected and the amount spent. The allocations are simply 50-50. 50% of the total donations received from any particular Administrative District are returned to the District under the District Designated Fund for utilization under District Simplified Grants (restricted to 20% of the allocation), Matching Grants, Ambassadorial Scholarships, Additional Group Study Exchange Programs and Rotary Peace Scholarships at designated seven Centers of Excellence. The balance 50% is utilized for Matching Grants, Volunteer Service Grants (now restricted following the global meltdown – an effort to save

last Friday at the regular meeting of our Club.

Introduced by none other than PP Manmohan Singh Kahlon in an inimitable humorous style, "Moni" referred to Shaju as the future "Ed Futa". None disagreed.

Beginning his presentation, Shaju presented slides of a WCS Matching Grant Project recently concluded by our Club, to impress that funds for projects not ordinarily available with Clubs, was only possible because of donations that Rotarians make to the Rotary Foundation. The purpose of such funding, said Shaju, was "the achievement of world understanding and peace through local, national, and international humanitarian, educational and cultural programs", which is the mission of the Foundation.

Donations to The Rotary Foundation are broadly categorized into two – The Annual Program Fund and the Permanent Fund.



IPDG Shaju also inducted our New Member, Pawan Taneja & Kanika



Happy Anniversary-PP J.L. Mahajan & Ann Mira



Rtn. Om Parkash - Dot on Time



PP Indrajeet Sengupta thanks IPDG Shaju

the assets of the Foundation), Group Study Exchange, and Health, Hunger and Humanity Grants, popularly called 3-H Grants. Effectively, the Clubs who donate become the beneficiaries of their donations, blasting the widely held myth that such donations do not benefit Donor Clubs or members.

The corpus of donations to the Permanent Fund by way Endowments, Bequests and Life Income agreements are never utilized. Only the interest from investments made is utilized for specific Programs. The effort is to conserve and allow the Fund to grow for the ever-growing need of this world. Endowments accepted are for more than US\$ 25000, where the benefactor can specify the utilization of the interest. Donations & pledge to donate US\$ 1000 every year throughout his life time, makes a person a member of the Paul Harris Society. Similarly donations of more the US\$

250, 000 makes the donor eligible to be a member of the Arch Klumph Society. Both are great honors.

However, the most ambitious and widest reaching effort of the Foundation has been its only corporate program of Poilo Plus. Shaju did dwell on some of recent developments, including the massive donations made by the Bill & Melinda Gates Foundation and the Challenge to Rotarians, but this in itself is an extremely large topic to handle here in restricted space.

It is extremely difficult to formally thank a role model, for the learning process from such individuals are continuous, said PP Indrajeet Sengupta, while proposing a formal vote-of-thanks. Shaju's ability to translate difficult axioms to understandable propositions was his forte. This is what made him stand out, said Indrajeet, while presenting him with a memento on behalf of the Club.

Coverage of Our Artificial Limbs Project in the Rotary News, Feb. 2009 Issue

RC CHANDIGARH MIDTOWN

RI District 3080, jointly with RC Wollaton Park, RI District 1220, England, distributed artificial limbs and assistive devices for the physically challenged poor persons in the district. They can now be mobile with dignity.





PP Rtn. T.S. Anand
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Doctor's Advice (but heed it with caution !)

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it....don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body / fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is : No Pain...Good!

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO...cocoa beans - another vegetable! It's the best feel-good food around.

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey, 'Round' is a shape too!

Well, I hope this has cleared up any misconceptions you may have had about food and diets. And remember, "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - chardonnay in one hand, chocolate in the other, body thoroughly used up, totally worn out and screaming - 'WOO HOO, What a Ride'!

- Contributed by Rtn. Arjan Singh.

PHF Medallion ... Advance News

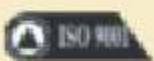
Starting in July 2009, the PHF Medallion will be a cost item. The 2009-2010 Club Leadership should consider either funding members' medallions or make it a written policy for the qualifying member to fund one's own purchase. The cost is not known at this time but it may be considered nominal in relation to the good accomplished by the contributed \$1,000.

TRF-Direct is now being offered to support the Polio Plus Fund. TRF-Direct is the Foundation's electronic fund transfer program, which may be done either through bank account or credit card. Donors may choose the amount and recurring contribution timeline (monthly, quarterly or annually). It allows donors to automate their giving and easily reconcile your bank or credit card statement. TRF-direct provides an easy way for donors to participate in Rotary's \$200 Million Challenge.

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PP Rtn. Kesho R. Gupta



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Another D.I.R. Micro-credit Beneficiary



The NGO, Developing Indigenous Resources (D.I.R.) has helped our Club identify another micro-credit beneficiary, Rinku, who has been extended a micro-loan of Rs. 20,000/- for setting up a shop on the main road of Janata Colony, Naya Gaon.

The shop will have two portions – in one half, Rinku would set up a saloon while the other half would be used for setting up a fast food outlet.

Gates Donates Autographed Hat to TRF

A winning bid of \$17,600 was received for the hat that Bill Gates wore and autographed at Rotary's 2009 International Assembly recently. The Gates' signed baseball hat was sold on e-Bay through auction that ended on February 12, 2009 with proceeds going to help support the Rotary's US\$200 million challenge for polio eradication. Gates also wore the hat in India while he was immunizing children against polio.

Birthday Greetings
PP. Rtn. Col. A.J.S. Gill



Punctuality Draw
Won by Rtn. Om Parkash



Well Done, Aditi !
Aditi, grand-daughter of PP B.L. Ramsisaria, has won the First Prize in the "On-the-Spot Painting Competition" in her age category at the recently concluded Rose Festival.

A big round of applause for you, Aditi, and wishing you the very best in life!

Know your New Fellow Rotarian



Name : TANEJA PAWAN KUMAR
Clf. : Administration-General Insurance
Address (O) : Iffco-Tokio General Insurance Company Ltd.
Plot No. 2, B&C, Madhya Marg, Sector 28-A,
Chandigarh-160 002
(R) : Flat 304, Block B, 3rd Floor, Rail Vihar,
Mansa Devi Complex, Sector 4,
Panchkula-134 109
Phone (O) : 2640760, 2640764, 5003152 (D)
(R) : 2559304
Mobile : 98727 00900
Fax No. : 0172-2658745
E-mail : ptaneja@itgi.co.in
D.o.B. : 23.11.1973
Wedding : December 12
Spouse : Kanika
Vocation : Human Resources
D.o.B. : January 21

Wedding Anniversary Greetings
R'ann Savita & Rtn. B.M. Gulati
R'ann Amarjit & Rtn. H.S. Bajaj
R'ann Rekha & Rtn. Lalit K. Azad
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