

The Lighthouse

Bulletin of the Rotary Club of Madras - India



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Rtn. S. Gunashekar

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Rtn. Nandita Krishnan

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Rtn. George B. Cherian

Secretary:
Rtn. Dr. Arulmozhi Varman

Assistant Secretary:
Rtn. Sathiaran Ram

District: 3230 | Inaugurated: 10-05-1929 | Chartered: 19-07-1929 | Charter No.: 3186 | Club No.: 15860

No.: 30/2010-11 (4 Pages) ₹1/- JANUARY 25 2011

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From the President's Desk



World sans borders!

Rotary's Group Study Exchange Programme

Group Study Exchange, sponsored by The Rotary Foundation, is a unique cultural & vocational exchange opportunity for men & women in the age group of 25 – 40. For four to six weeks, a team of four Members (not being Rotarians), and a Rotarian Team Leader, visit another Rotary District to experience the host country's culture and institutions, as also observe how their respective vocations are practiced abroad.

The GSE provides an opportunity for team members to establish lasting friendships with the hosts through home stays spread over 4 to 6 weeks. During October 2000, I had the privilege of leading a team of four young persons from Chennai to Rotary Club of East Fresno, Central California, District 5230, USA.

From bungee jumping, visit to Yosemite National Park, a relaxed tour of the Bay Area and gambling at Table Mountain (a casino), will forever be etched in my memory. The warm hospitality showered on us will be hard to reciprocate. Our itinerary was meticulously planned and Rotarians from East Fresno Club assigned to be with us each day. Fresno is known as the "Raisin Capital of the World"! Obviously, we were taken to a raisin farm and to vineyards for tasting wine.

Many of our Members have been to different parts of the world, leading GSE Teams on behalf of District 3230. I am certain that they have many stories to tell us and of the friendships they built during their unique journey. The Rotary Foundation's Ambassadorial Scholarships have changed many lives, including that of Ms. Gwendolyn Matthews, who was our Ambassadorial Scholar 60 years ago.

I am delighted that two GSE Teams are currently visiting us from District 5220, California and District 1220, Nottingham, UK. Rotary Club of Madras is glad to host the two teams from 30th January 2011 to 3rd February 2011. We look forward to Bridging Continents through this unique opportunity called GSE!!

Cheers and have a great week ahead!

Mission Pink – A Crusade against Cancer

The Speaker **Dr. Selvi Radhakrishna**, Breast Oncoplastic Surgeon addressed the Club on what we can do to reduce the chances of Breast Cancer and methods for early detection.

Smoking, dietary influences, pollution and some viral infections are common triggers for cancerous growth. As for as breast cancer, prolonged oestrogen influence is a common cause. Other factors include early menarche, late menopause, late child birth, no breast feeding, obesity and family history.



Breast cancer is the most common form of cancer in women in India. The ratio is about 1 in 28 in India whereas in the West it is 1 in 9. Most fatalities (about 50%) can be attributed to late detection. Mammograms help diagnose breast cancer.

Doctor said that chances of early detection can be enhanced by:

1. Self examination (know thyself)
2. Periodic Mammograms – a soft tissue x-ray of the breast

Even though there is no absolute prevention, certain diet patterns are known to reduce the risk of breast cancer. These include diets rich in fresh fruits, vegetables, fish, high fibre diet, less fatty diet, antioxidants, soya etc. Regular exercise reduces cancer risk by 30%.

Doctor said that they may approach

Rotary sometime in the future to fulfil their dreams.

Mrs. Radhika Santhanakrishnan, Founder-Penn Nalam, a philanthropic medical service organization, addressed the Club on the various activities of her organization. She said that Cancer is rated as second of all diseases that challenge human life. The number exceeds 7 lakh people in India. More than half of them succumb due to insufficient & inappropriate treatment or delayed diagnosis. Breast and cervical cancer



if diagnosed early can be completely cured.

Penn Nalam was born in 2009 to create awareness amongst women, especially in the middle & lower socio-economic strata of society. Penn Nalam today has complete diagnostic facilities and treatment centre for cancer.

Penn Nalam & Chennai Breast Centre work together for treating cancer as well as bringing awareness about cancer in underprivileged women and provide early detection training to health care providers.

JANUARY
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A matter of minutes

Sgt-at-Arms PP. V. K. Chandrakumar collared the President S.Gunashekar, who called the meeting of the Rotary Club of Madras to order, followed by a silent invocation. The minutes of the 18th Jan'11 meeting was duly confirmed.

President welcomed Ms. Radhika Sanathankrishnan, Founder of Penn Nalam and Guest Speaker Selvi Radhakrishnan.

Rtn.Sandhya Sridhar welcomed the visiting Rotarians. President handed over mementos to the Bridging Presidents Rtn. Dr. Ranjani Arumugam, RCM Temple City and Rtn. Mahesh Reddy, RC of Royapettah who had come on invitation. President welcomed the IWC President Sanyuktha Gill, First Lady Padmavathy and Anns who were present in large numbers to listen to the guest speaker.

President extended birthday and anniversary wishes to Rotarians who were celebrating this week and the cake was cut amidst applause. He thanked the donors for their sunshine contribution.

Golf Club - The Royal and Ancient Golf Club at Saint Andrews. He has also been nominated as an Advisory Member, representing the Asia Pacific Golf Confederation to the R & A's Rules of Golf Committee.



Rtn. V. Ramasubramaniam, Chair, Polio Plus reported on the Polio Program which went off well and thanked Rotarians who attended the program. He encouraged more Rotarians to participate on the second Polio Plus Program on 27th Feb'11. President Guna appreciated Dr. Ramasubramaniam for the wonderful work carried out.



PP.V.K.Chandrakumar informed members about the Republic day Celebrations at Selaiyur and requested members to participate.

Rtn.M.S.Nagarajan, Chair GSE Team informed that we will be hosting 2 GSE teams – one from California USA & the another from Nottingham, UK. He said we are the only Club hosting the entire 10 visiting members and thanked the team of hosts - Rtns. President Guna, PP. Paul Jacob, Sanjay Tulyan, Gowri Shanker, P.B.Prasad, Ashok Banerjee, Sesha Sai and Prasanna Shenoy. He thanked Rtn. Usha Umaphathi and Bharath Mohindra who have accepted to invite all the Guests for their home wedding.

President said that our Rtn. Ishwar Achanta has been awarded the Vocational Excellence Award by RCM T Nagar. Subsequent to that he has been admitted as full member of the World's Oldest

President requested the support of members for PDG. J.B. Kamdar to contest the decision of the nominating committee for the post on the RI Council on Legislation 2013.

Secretary Dr. Arulmozhi Varman announced that the next weekly meeting will be on 1st Feb'11 at the same venue.

Rtn.S.N.Srikanth introduced the Speakers Selvi Radhakrishna, Breast Oncoplastic Surgeon and Mrs. Radhika Santhanakrishnan, Founder Penn Nalam. Our Rtn. Vijaya Bharathi has offered to assist ladies in Rotary & IWC members to undergo periodic examinations. President presented mementos and a copy of 'A Timeless Legacy' to the Speakers.

Rtn. Jayshree Sridhar proposed the vote of thanks.

The meeting was then declared closed.



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Club activities roundup

Republic Day at Rotary Nagar



At the stroke of 8.00 a.m, our National Flag was ceremoniously unfurled by Rtn. Ravi Shanker followed by a spirited singing of our National Anthem.

During the meeting that followed at our Community Hall, more than sixty children with the

brightest faces you will ever see were warmly greeted by the Apex of RCM, Pres Guna, Pres Elect Nandhita, Director Krishnan and Veterans CNR and Hiren Shah. Our plans and promises to facilitate our community children to acquire uncompromised knowledge and associated skills were well received by the children with enthusiasm.

The highlight of the morning was a 'Street Play' designed, developed and well enacted by our children carrying the message of importance of education, especially the girls. Prizes were distributed to the successful boys and girls who participated in the various competitions held earlier. We all owe a very big 'thanks' to Mr. Morarji Desai whose spirited enthusiasm continues to help our Cause in service to this community. Words of appreciation are definitely due to all the Rotarians who 'braved' the barricades set up in connection with the Parade 'next door'.

~ Rtn. PP. Christopher Devapragasam

Selaiyur celebrates



The Sixty first Anniversary of our Republic was ceremoniously celebrated by our Boys at Selaiyur. The Tri Color was unfurled by Pres Elect Nandita followed by a salute and a pledge by the boys to the Nation and its citizens. The Drill and the disciplined turnout displayed by our children

could easily match the March at Janpath.

Our very special guests were a team of talented Interactors from Dr Alagappa School at Purasaiwakkam who had come well prepared to interact and entertain our boys. The semi-formal meeting was highlighted by an inspirational address by Nandita and a promising overview by Chairman VKCK of the 'Good things to come' in terms of facilities and opportunities for advancement. The boys were particularly happy and excited to hear their long term friend and Patron Kamal Chadda whose pioneering efforts had paved way for the commissioning and successful conduct of our Vocational Training programs both in Air Conditioning and Electrical Maintenance.

The Interactors provided our boys with a variety of programs of an effective mix of entertainment and education. All our dedicated staffs both at Selaiyur and Gummidipoondi were present and ensured that all aspects of the celebrations were enjoyable and meaningful. A special lunch was served to mark the Day's significance as well as to honor our special guests from Dr. Alagappa School.

~ Rtn. PP. Christopher Devepragasam

Snippets from the past

◆ RTN. RITA CHAUDHURI

All the World is a Stage

The Club Play is an eagerly awaited event. Rotarians don the makeup and take on roles with panache. Recent productions include two short plays: The Arrangement and The Wedding adapted from Neil Simon. Still talked about is a play on Attendance staged by our beloved Late Rtn. M.K. Raju and team.

INTERACT NEWS

Blood Donation Camp



Our Interact Club organized a blood donation camp on Sunday 23/01/2011 in the school premises with the aid of Voluntary Health Services (VHS). The camp was organized with a view to collect blood for the poor and destitute and spread the message on the importance of voluntary blood donation. The camp lasted for four hours between 9:30 am and 1:30 pm, during which 157 donors visited it. 128 units of blood were collected. Rotarians – Rtn. Gunashekar (President of RCM), Rtn. Subramaniam, Rtn. Christopher and Rtn. Srilatha visited the camp.

~ Rtn. Anirudh C, Secretary, Interact Club of Sri Sankara Senior Secondary School

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Know your Rotarian



Rtn. Nalini Radhakrishnan

Q YOUR EDUCATIONAL BACKGROUND?

A I am an Interior Designer.

Q HOW DID YOU GET INTO YOUR PROFESSION? WHAT DREW YOU TO THE FIELD? WHAT DID YOU DREAM OF BECOMING – HAS YOUR DREAM BEEN FULFILLED OR HAVE YOU CHANGED TRACK?

A I have always wanted to be an entrepreneur. After moving to India, my dream was to have my own designer label and hence 'Anilav' was born! But I guess events was really my calling - a few years into Anilav, I realised that Chennai did not have a good event management company - and here we are 15 years later still strong at Media Mix. I may have changed track from what I initially thought was my dream but I'll definitely say that I am happier. Every day at work is different and exciting and this is where I eventually wanted to be!

Q SOMETHING ABOUT YOUR FAMILY AND YOU?

A Radha has been a major force behind me at home and at the work front, he is my advisor on all matters (ha ha). Lavanya and Anish, my children, have done me proud in so many ways, Lavanya was a National Oarswoman and Anish was a National Gold winner in Rapid Fire Shooting. But what makes me happiest is the fact that both my kids are involved in my business. It's amazing to be a part of their professional lives as well and watch them become business people!

Q WHAT INSPIRES YOU AND WHAT TOUCHES YOU THE MOST?

A Simplicity and achievement.

Q WHAT MAKES YOU TICK?

A Any sport, golf (my recent passion), snooker, bowling and shooting are a few...

Q THE REAL YOU IN ONE SENTENCE...

A Jack of all trades, life is so much more fun that way!

Q WHO IS YOUR ROLE MODEL?

A I believe we are all our own role models.

Q THE ONE BIG SECRET ABOUT YOU NO ONE KNOWS.

A It's a secret!

~ Compiled by Rtn. Sandhya Sridhar

Club Corner

Tennis Fellowship Triumphs – RCM Honors

Our team participated in the RCM Industrial City President's Cup Tennis meet which was held last weekend at the SDAT stadium in Nungambakkam under the auspices of the International Tennis Fellowship of Rotarians. Three cheers to our enthusiastic team that virtually walked away with almost all the prizes that were available.

The Champs

- Over 60's single – Rtn. PP. Dr. Biswakumar
 - Under 100 doubles winner – Rtns. Arjun Ananth & Mukund Subramanaiam
 - Over 100 doubles winner – Rtn. Mukund Subramanaiam & Lakshmi Narasimhan
 - Over 45 singles runner up – Rtn. Mukund Subramanaiam
 - Under 45 singles winner – Rtn. Arjun Ananth
- Congratulations and kudos to the team on flying the flag high for RCM!

ROTARY QUOTE

"...There is so much pleasure in Rotary activities. The breakfast, luncheon, or dinner every week brings you in contact with your fellow members. Their diverse interests and knowledge stimulate your interest in your community...The planning for service projects both close by or across some distant horizon carries us out of our own self-interest into the wonderful world of service to others...[and the] pleasing paradox...that we grow in stature when we give of our time and talent to improve the quality of life for someone else. How strange that when we give dignity to someone else, we grow in dignity ourselves..." — Enjoy Rotary!, THE ROTARIAN, July 1989

Forth-coming events



Weekly meeting 1:00 pm Tue Feb 1, 2011 at the Taj Connemara. The two visiting GSE teams from California, USA and Nottingham, UK will address the Club

BirthDay

- Rtn. Shibu Isaac – 2nd Feb
- Rtn. Vijay Dugar – 3rd Feb
- Rtn. K.V. Shetty – 4th Feb

Wedding Anniversary

- Rtn. N. Ramji – 1st Feb
- Ann. Soundarya
- Rtn. S. Kapil Chitale - 2nd Feb
- Ann. Kashmira
- Rtn. Alok Bhargava – 6th Feb
- Ann. Seema
- Rtn. Sunil Kumar – 6th Feb
- Ann. Nira
- Rtn. C.R. Vaitheeswaran – 6th Feb
- Ann. Chandra
- Rtn. M. Balachandar – 7th Feb
- Ann. Kausalya
- Rtn. K.V. Srinivasan – 7th Feb
- Ann. Gomathi
- Rtn. P.B. Prasad – 7th Feb
- Ann. Saloni
- Club Secretary
- Sridharan – 3rd Feb
- Mrs. Suguna

Sunshine

- Rtn. Hemant Chordia – Rs. 1000
- Rtn. Mahinder Jain – Rs. 1000
- Rtn. Ishwar Achanta – Rs. 5000

EDITORIAL COMMITTEE

- Rtn. Sathiam Ram, Rtn. Rita Chaudhuri,
- Rtn. Mahita Suresh, Rtn. Sandhya Sridhar,
- Ann. Padmavathy Gunashekar,
- Ann. Soundarya Ramji, Ann. Tanuja Paul,
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With best compliments, printed at:

NPT Offset Press Pvt. Ltd., New No. 111, Avvai Shanmugam Salai, Chennai 600 014. Design: www.studiodescience.com

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