



# The Mid Towner

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## Bulletin of the Rotary Club of Chandigarh Midtown

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## Programme



Please do attend

FRIDAY - OCTOBER 06, 2006 Volume : XXXI No. 14; October 04, 2006

## MALE ANDROPAUSE - A common ageing problem in males

Guest Speaker : Dr. Anshumaan V. Kapoor, Urologist

Venue : Hotel President, Sector 26, Chandigarh

Time : 7.00 P.M.

## THE POWER OF SERVICE

I still don't know the meaning of the word VEDANTA. But that did not stop the audience - that's us of the Rotary Chandigarh Midtown, from sitting glued to our seats, some with mouth agape!

I learnt one thing though - that you don't give the answers until the questions are asked. Much like water does not quench your thirst unless you are thirsty & reach for it. That's my own analogy now, unlike the discussions with the knowledgeable young Swami, who was our guest speaker for the day.



That was Sri Lakshmi Narayanan from the Vedanta Academy at Malavli, near the beautiful hill town resort of Lonavla, who gave us this 30 minute discourse on the Power of Service. An engineer (in Electronics & Communication) by profession from Chennai, he is a senior disciple of the renowned Swami Parthasarthy, who heads the Academy. He mesmerized us with his thoughts & uncanny logic.

An eight minute CD presentation on the Academy preceded the interactive discussion on what constitutes service, what is meant by the word "to serve."

Back to a few thousand years ago, when someone asked that great warrior Karna, as to why, when he gave, he did so with his arms stretched, but the palms facing up? The reply - "so as to not belittle the one that receives, not let him feel inferior,

or helpless."

Wow! That's a tack diametrically opposite to what my grandma told me - Always give, never have your palms outstretched to ask.

But what's the scene today? Our giving smacks of arrogance. We feel smug in the fact that we can afford to give more than that other guy, or in some cases, a feeling of jealousy when we cannot afford as much. Of course, being rational human beings, we dismiss the other person's contribution with trite remarks. But we go ahead & hit the club or the bar to spend a dollop immediately afterwards, complaining of rising prices or unreasonable demands by the President or the Distt. Gov.!

But then we have always been like that! That king of yesteryear who asked for his town-folk to put in a cup of milk each in one big jar in the center of the marketplace and ended up with an urn full of plain water - stories such as this abound in almost every civilization.

Mahatma Gandhi put it straight - The customer is the reason for our being. We are not doing him a favour by serving him; it is he who is doing us a favour by giving us the opportunity to serve.

Even John F Kennedy settled it with his "Ask not what your country can do for you. Ask what you can do for your country."

I think it was President Clinton who, when asked what he feared most in life, answered "Life after being President!" Like any one of us - the fear of losing our position, our power, our riches, our privileges, topped the list of feared things in life. We love enacting the Godplayer & the fear of the game being snatched away controls most of our thoughts, most of the time!

But then, are we going to take these things with us?

All of us have a mind & then an intellect. The mind desires, has

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feelings, emotions, impulses, likes & dislikes but unless controlled by an intellect, can have us go haywire! Our intellect thinks, reasons, judges & lets us take a decision, and this is important.

Our mind says buy that Toyota, or that BMW. But what when we end up with one? Are we satisfied? No! We want more, destroying our peace of mind. And of those around us. Check out the incidence of hypertension, coronary heart disease & diabetes around you - the answer is for you to see! Desire cannot be satisfied.

The purpose of life is to have a life of purpose. The important thing is that the body acts, we do things but it is the mind which propels us. Don't you think this mind of ours needs to be trained & controlled to do the right things at the right time? When the mind is calm, the thoughts are sharp, clear & precise, thus ensuring success & productivity.

But how many of us THINK? Frankly, we hardly have time to think or reflect & ruminate - all our actions are knee-jerk reactions! Like our administrative abilities, we only react or respond to situations & cannot pre-empt or foresee a situation or a series of events. All our knowledge & training goes to naught, except maybe, amongst the Armed Forces, where SOPs (Standard Operating Procedures) are built in for almost all situations.

Back to giving or not giving, for whatever you have is really not yours - whether it is the earth or the heavens & the skies. Right, you might have some trinkets & a few coins, and a heap of mud & limestone converted into a mansion but it isn't yours for keeps. You are only its custodian, for your children - maybe they'll decide what to do with it!

Who wrote that ultimate treatise - The Upanishads? Or the Bible? Or the Koran? Find the author looking for that credit, find out who really is the provider of that oxygen that you breathe, the water that you drink, the food that sustains you? And wants the credit for it?

C'mon, get real gentlemen, cleanse yourselves, for it's  
Wisdom, not knowledge,  
Love, not attachment,  
Service, not labour.....that purifies!

When you pray to an image or a statuette of God, you are praying to a man made object, imagining God's presence within it. I'd like to think that all living beings are God's creations & is it difficult to imagine God's presence within it?

 - PP Pallav Mukherjee



"O main keya Ji mubaarakan !!!"  
R'ann Ranjana wishes Rtn. R.T.P.S. Tulsii on their anniversary



"Samay ki Paband"  
Rtn. Deepa Bhar wins Punctuality Draw

**SAY CHEERS !**

The regular club meeting of Friday, Oct. 6, 2006 will be followed by cocktails, hosted by Secy. "Dada" Rtn. R.K. Luther & "Dadi" Ann. Urmil Luther.

So let's join them in their celebrations & get ready to say C H E E R S.....!

## THE SOUTH AFRICAN SAFARI

(A first hand account by Dir. Rtn. Atul Grover of his recent trip)

I guess most people know where South Africa is located - after all it is in the name. SA is located on the southern tip of the African continent, bordered by northern neighbours Namibia, Botswana, Zimbabwe and Mozambique. It encompasses the independent mountain kingdoms of Lesotho and Swaziland.

It is flanked by the Atlantic Ocean on the west and the warm Indian Ocean on the east - giving the country its spectacular range of bio-diversity. When you combine the natural beauty of South Africa with the cultural diversity of its people, and the fact that the region is a haven for Africa's most splendid wildlife, then there are few doubts that you will agree that South Africa is the most beautiful place on earth.



The population of South Africa is one of the most complex and diverse in the world. Of the 45 million South Africans, nearly 31 million are Black, 5 million White, 3 million Coloured and one million Indian.

Racial strife between the white minority and the black majority has played a large part in the country's history and politics, culminating in apartheid, which was instituted in 1948 by the National Party, although segregation existed prior to that date. The laws that defined apartheid began to be repealed or abolished by the National Party in 1990 after a long and sometimes violent struggle (including economic sanctions from the international community) by the Black majority as well as many White, Coloured and Indian South Africans.

South Africa is often referred to as The Rainbow Nation - a term coined by Archbishop Desmond Tutu and later elaborated upon by then-President Nelson Mandela as a metaphor to describe the country's newly-developing multi-cultural diversity in the wake of segregationist apartheid ideology. There are 11 officially recognised languages, most of which are indigenous to South Africa. English is spoken everywhere you go. Other languages you can expect to hear are Xhosa, Zulu and Afrikaans.

South Africa will be the host nation for the 2010 FIFA World Cup. It will be the first time the tournament is held in Africa.

### NATURAL WONDER

The Blyde River Canyon is a 25km-long abyss & marks the spot where the ancient Gondwanaland super-continent tore apart millions of years ago to form Africa and Asia. The resulting chasm is the world's largest green canyon, while its 700 m cliffs making it the third largest canyon of any sort on the planet. Sub-tropical jungle, some of southern Africa's scariest rapids, and pristine hidden 'hanging valleys' are home to mountain reedbeek and dassies, hippo and crocodile in the Blyde dam, and impala, kudu, blue wildebeest, waterbuck and zebra on the low veld plain near the canyon's mouth. It is the awe-inspiring views from the canyon rim, however, that makes this one of Africa's natural wonders.



The Bourke's Luck Potholes, have been dubbed nature's wishing well. Here, over many millions of years, a complex of smooth cylindrical potholes and rock sculptures have been hollowed out by whirlpools at the confluence of the Blyde River ('river of joy') and the Treur River ('river of sorrow').

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## Compliments from DGN Rtn. Satish Saluja

Dr.V.J.S.Vohra

President, Rotary Club of Chandigarh Midtown

Thank you for your Bulletin Mid Towner dated 20th September, 2006.

Wonderful narration of The Inter-dist. Intercity at Ludhiana by PP Pallav Mukherjee and report by you on the Rotary & Blood Bank Society Resource Center.

Thanks and regards,

Satish Saluja

## Women Are Smarter Than Men

Due to inherit a fortune when his sickly, widower father died, Charles decided he needed a woman to enjoy it with. Going to a singles' bar, he spotted a woman whose beauty took his breath away.

"I'm just an ordinary man," he said, walking up to her, "but in just a week or two, my father will die and I'll inherit 20 million dollars." The woman went home with Charles, and the next day she became his stepmother!

### Words

A husband read an article to his wife about how many words

women use a day... 30,000 to a man's 15,000. The wife replied, "The reason has to be because we have to repeat everything to men. The husband then turned to his wife and asked, "What?"

Contributed by Rtn. J.S. Chopra

## FREE MEDICAL CAMP ON OCTOBER 08, 2006 (Prostate Cancer, Stones and Orthopedics disorders)

Rtn. Dr. (Col.) V.K. Kapoor (Chairman, Kidney & Urostone Center with Orthopedics and Physiotherapy Solutions), in collaboration with Rotary Club Chandigarh Midtown and Inner Wheel Club Chandigarh Midtown is organizing a free camp for diagnosis of Prostate Cancer, Stones and Orthopedics disorders on Sunday, October 8, 2006, from 9 am to 5 pm, at KUC & OPS, Sector 46-D, Opp. Traffic Lights 45-46, Chandigarh.

Highlights of the camp are :

- + Prior registration at 0172-2620811, 2620822 from 10am to 5 pm.
- + Free Consultations by qualified specialists and free investigations like uroflowmetry, USG and C-arm screening, Urine RE. Free Medication for 3 days will be issued.
- + Special investigations like PSA, X-ray and IVP and Blood test at subsidized rates.

### BIRTHDAY GREETINGS :

Rtn. Davinder Singh Thapar

Oct. 07



Rtn. Darshan Singh Kalsi

Oct. 11



Rtn. Jawahar Jain

Oct. 12

### DONATIONS FOR CLUB PROJECTS :

PP Rtn. Subhash Bindra

Rs. 1100.00



Rtn. R.T.P.S. Tulsi

Rs. 1100.00



### WEDDING ANNIVERSARY GREETINGS :

R'ann Inder Mohan & Rtn. K.S. Pahwa

Oct. 08

R'ann Sharda & Rtn. A.K. Sachdeva

Oct. 08

R'ann Surinder & Rtn. Dr. S.S. Bawa

Oct. 09

R'ann Sushma & Rtn. Mohinder Singh

Oct. 11

R'ann Neera & Rtn. Rajeev Gupta

Oct. 12

### PUNCTUALITY DRAW :

Won by Rtn. Mrs. Deepa Bhar.

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