

# THE MID TOWNER



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

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Club No. 15228

PROGRAMME

Vol. XXXIII No.50, June 10, 2009

## "Valedictory Function"

Please note the change  
in Venue of meeting

Friday, June 12, 2009

Time: 7.00. PM

Venue: Hotel Park Inn, SCO. 433-36, Sec. 35-C, Chandigarh

### The Importance of Weight Training



Our guest speaker in the last Friday's regular meeting is a fitness expert & the general manager of Ozone Fitness 'n' Spa, one of the leading gyms of the region. Introduced to the audience by Rtn. Munish Jauhar, Mr. Vikram Kapoor is an International Sports Science Association (ISSA) certified fitness expert and consultant and has been into fitness for the last eight years. He is also into lifestyle management and personal fitness training. Apart from top corporate honchos, sportsmen, and people with ailments, Vikram's trained Olympic champion Abhinav Bindra, and has also been writing on fitness for The Times of India and The Indian Express.

Vikram began his talk with the benefits that many of us derive from weight training. Since these are diverse and categorical, so he viewed them in two conveniently defined categories:

1. Wellness, self-esteem and mind-body fusion ; and

2. Remediation and alleviation of injury or chronic health conditions

The distinction is that the first category is about preventing disease, staying physically and mentally fit, longevity, building good body image, doing sport, socializing and having fun, and the second category is more about treating diseases such as diabetes, heart disease, cancer, metabolic syndrome and quite a few more chronic disease states for which weight training has shown benefit.

#### Weight Training for Wellness and Mind-Body Fusion

Preventive health and the maintenance of a healthy lifestyle and body image are the core concepts in this category.



Punctuality Draw Award for Secy. D.R. Aggarwal



Wedding Anniversary Celebrations



Memento for the Guest Speaker

### Bodybuilding, Shaping, Sculpting and Competing

Some people get such self esteem and confidence out of bodybuilding, shaping and toning, that many of the other benefits are almost secondary for them. It becomes a way of life and a satisfying one at that.

### Weight Management

Exercise of 30-60 minutes each day helps to keep weight in check, especially if combined with a healthy, energy-neutral diet. Weight training is an essential part of the mix, enhancing muscle strength, tone and bulk and contributing to an efficient metabolism.

### Strength and Balance

As you gain strength, joints and muscles work more efficiently together to increase your functionality all round including balance, flexibility, stamina and injury prevention.

### Weight Training for Chronic Health Conditions

If you're unfortunate enough to have a chronic disease, that is, a persistent, longer-term disease, weight training can probably help. In recent years progressive resistance training or PRT has been used in a wide range of disease settings in order to assist with day to day function or even to achieve more permanent improvement.

### Cardiovascular Disease

Weight training is increasingly approved in cardiac rehabilitation programs, usually to complement aerobic training. With appropriate supervision and programming it has been shown to be safe and effective in building strength and mobility and the capacity to complete a wider recovery training program.

### Depression

In one randomized trial, high-intensity progressive weight training was found to be more effective than low-intensity weight training or medical care for the treatment of older depressed patients. Additional studies of resistance training for depression have produced positive results, perhaps in relation to sleep and mood enhancement.

### Osteoporosis

Evaluation of the effects of exercise on bone quality suggest variable results according to age, hormonal status, nutrition and exercise type. Both aerobic and resistance training exercise can provide weight-bearing stimulus to bone, yet research indicates that resistance training may have a more profound site specific effect than aerobic exercise.

Vikram also said that the list of benefits of weight training was quite exhaustive & new applications of weight training for health conditions emerge regularly.

PP Rtn. T.S. Anand

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# Financial Update on Global Financial Markets & their Impact on Rotary

Excerpts from an article by Ed Futa, General Secretary of Rotary International, in Rotary International News, dated June 3:

Dear Rotarians:

I'm happy to report moderate improvement in Rotary's financial situation since my last letter on this subject on 2nd April. Both Rotary International and The Rotary Foundation saw positive investment results in March and April, marking the first consecutive two-month period of growth this fiscal year. Most of the year-to-date losses remain unrealized and should reverse as the markets recover.

Revenues from club dues remain slightly ahead of budget, and total contributions to the Foundation are comparable to last year. However, a dramatic shift in current fund contributions from the Annual Programs Fund to PolioPlus in response to Rotary's US\$200 Million Challenge has

reduced the Foundation's cash available to fund operations. As a result, we will soon be selling some investments to pay for the Foundation's operating expenses. As mentioned in my previous communication, the District Designated Fund remains secure at this time. Also, operating expenses for both RI and the Foundation remain favorably below budget in most areas, with these reductions projected to continue through the end of the fiscal year.

Our Foundation has thrived over the past few decades. The growth in our programs is due to your financial support. Every gift, no matter the amount, counts. Your generosity will make a difference in the 33,000 communities that Rotary serves.

Sincerely,

Ed Futa

Source : RI Website

## The Importance of Golf

An 80-year old man goes to the doctor for a check-up. The doctor is amazed at what good shape the guy is in and asks, "How do you stay in such great physical condition?"

"I'm a golfer," says the old guy, "and that's why I'm in such good shape. I'm up well before daylight and out golfing up and down the fairways."

"Well," says the doctor, "I'm sure that helps, but there's got to be more to it. How old was your Dad when he died?"

"Who said my dad's dead?"

The doctor is amazed. "You mean you're 80 years old and your dad's still alive. How old is he?"

"He's 103 years old," says the old golfer. "In fact he golfed with me this morning, and that's why he's still alive.....he's a golfer too!"

"Well," the doctor says, "that's great, but I'm sure there's more to it than that. How about your dad's dad? How old

was he when he died?"

"Who said my grandpa's dead?"

Stunned, the doctor asks, "You mean you're 80 years old and your grandfather is still living? Incredible! How old is he?"

"He's 128 years old," says the old golfer.

The doctor is getting frustrated at this point, "So, I guess he went golfing with you this morning too?"

"No, Grandpa couldn't go this morning because he's getting married today."

At this point the doctor is close to losing it, "Getting married! Why would a 128 year-old guy want to get married in the first place?"

"Who said he wanted to? The bride is pregnant, that's why!!!!!"

Contributed by Rtn. Santosh Khaitan

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## Donations for GMCH-32 Shelter Project

PP Rtn. Trilochan Singh Anand	Rs. 11,000.00
M/s Savikar Plyboards Ltd., Chandigarh	Rs. 10,000.00
M/s R.P.S. Hotels Pvt. Ltd. - Hotel Park Inn (Rtn. Rohit Gupta)	Rs. 5,100.00
PP Rtn. Harish C. Sethi	Rs. 3,100.00
Rtn. Amarjit Singh (Softgen India)	Rs. 2,100.00

## Micro-loan Beneficiary

Our latest Microloan beneficiary is Mr. Mangal Sen. A loan of Rs. 20,000/- has been sanctioned to him for purchasing a Bottle Cooler for his canteen which he runs at the RVTC, Parwanoo. His loan has been steered and guaranteed by PDG Yoginder Diwan.

## What Spurs Giving, Even in Challenging Times

According to professional fund-raiser Bill Eck, of the Rotary Club of Denver Southeast, Colorado, USA, Rotarians will give, even in tough economic times, if they recognize Rotary's value to them. A former District 5450 Foundation chair and Annual Giving chair, Eck recommends asking the following questions of Rotarians individually or, preferably, in an interactive group setting. Their responses, he says, will help them realize Rotary's full value, leading them to want to make a gift.

- What is important about Rotary to you personally?
- What impact has Rotary had on your life?
- What is your proudest accomplishment in Rotary & why?
- What is your most meaningful experience in Rotary and why?
- What is your role in furthering world understanding,

goodwill and peace?

- How does The Rotary Foundation of Rotary International strengthen Rotary and you?
- Why is making a difference to people in the world important to you?
- What is your part in ensuring The Rotary Foundation's impact?
- If you had \$1 million dollars to give to The Rotary Foundation's programs, what would you do with it and what does that do for you?

Eck says that "the power of taking Rotarians to the value they receive from Rotary will only strengthen their commitment, ownership, and gratitude" in giving to the Foundation, every year.

## Changes made to Paul Harris Recognition Items

Paul Harris Fellow medallions will no longer automatically be sent to fellows, as of 1 July.

Recipients who earn Paul Harris Fellow status by accumulating a recognition amount of US\$1,000 will receive a personalized certificate and lapel pin, along with an order

form with an option to purchase the medallion for \$15. Also starting in July, all Paul Harris Fellow certificates will include the End Polio Now logo until 30 June 2012, which is the duration of Rotary's \$200 Million Challenge.

Source : RI Website

### Birthday Greetings

PP Capt. Manmohan S. Kahlon



June 15

### Punctuality Draw

Won by Secy. Rtn. D.R. Aggarwal



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