View online: www.rotary3080.org
With me, illusions are bound to be shattered. I am here to shatter all illusions. Yes, it will irritate you, it will annoy you – that’s my way of functioning and working. I will sabotage you from your very roots! Unless you are totally destroyed as a mind, there is no hope for you.

-OSHO

Barry Rassin selected to be 2018-19 Rotary President

Barry Rassin, of the Rotary Club of East Nassau, New Providence, Bahamas is President of Rotary International for 2018-19. As President, Rassin aims to strengthen our public image and our use of digital tools to maximize Rotary’s reach.

“Those who know what good Rotary clubs do will want to be a part of it, and we must find new models for membership that allow all interested in our mission to participate,” he says. “With Rotary more in the public eye, we will attract more individuals who want to be part of and support a membership organization that accomplishes so much good around the world.”

Rassin earned an MBA in health and hospital administration from the University of Florida and is the first fellow of the American College of Healthcare Executives in the Bahamas. He recently retired after 37 years as president of Doctors Hospital Health System, where he continues to serve as an adviser. He is a lifetime member of the American Hospital Association and has served on several boards, including the Quality Council of the Bahamas, Health Education Council, and Employer’s Confederation.

A Rotarian since 1980, Rassin has served Rotary as director and is vice chair of The Rotary Foundation Board of Trustees. He was an RI training leader and the aide to 2015-16 RI President K.R. Ravindran. Rassin received Rotary’s highest honor, the Service Above Self Award, as well as other humanitarian awards for his work leading Rotary’s relief efforts in Haiti after the 2010 earthquake there. He and his wife, Esther, are Major Donors and Benefactors of The Rotary Foundation.

Mark Daniel Maloney selected to be 2019-20 Rotary President

Mark Daniel Maloney, of the Rotary Club of Decatur, Alabama, USA, is the selection of the Nominating Committee for President of Rotary International for 2019-20. "The clubs are where Rotary happens," says Maloney, an attorney. He aims to support and strengthen clubs at the community level, preserve Rotary’s culture as a service-oriented membership organization, and test new regional approaches for growth.

"With the eradication of polio, recognition for Rotary will be great and the opportunities will be many," he says. "We have the potential to become the global powerhouse for doing good."

Maloney is a principal in the law firm of Blackburn, Maloney, and Schuppert LLC, with a focus on taxation, estate planning, and agricultural law. He represents large farming operations in the Southeastern and Midwestern United States, and has chaired the American Bar Association’s Committee on Agriculture in the section of taxation. He is a member of the American Bar Association, Alabama State Bar Association, and the Alabama Law Institute.

He has been active in Decatur’s religious community, chairing his church’s finance council and a local Catholic school board. He has also served as president of the Community Foundation of Greater Decatur, chair of Morgan County Meals on Wheels, and director of the United Way of Morgan County and the Decatur-Morgan County Chamber of Commerce.

A Rotarian since 1980, Maloney has served as an RI director; Foundation trustee and vice chair; and aide to 2003-04 RI President Jonathan Majiyeje. He also has participated in the Council on Legislation as chair, vice chair, parliamentarian, and trainer. He was an adviser to the 2004 Osaka Convention Committee and chaired the 2014 Sydney Convention Committee.

Prior to serving as a district governor, Maloney led a Group Study Exchange to Nigeria. He also served as Future Vision Committee vice chair; regional Rotary Foundation coordinator; Foundation training Institute moderator; Foundation permanent fund national adviser; member of the Peace Centers Committee; and adviser to the Foundation’s Water, Sanitation, and Hygiene in Schools Target Challenge Committee.

Maloney’s wife, Gay, is an attorney in the same law firm, and a member and past president of the Rotary Club of Decatur Daybreak, Alabama, USA. Both Mark and Gay are Paul Harris Fellows, Major Donors, and Bequest Society members.
GOVERNORS MONTHLY LETTER

August is Membership and New Club Development Month

Profile Barry Rassin RIP 2018-19
Profile Mark Daniel Maloney RIP 2019-20
Message from District Governor
Message from RI President
Message from RI Director
Governor’s Official Visit
PRIP Gary Huang
Multi District Hosting
Clubs in Action
First Lady of the District

RI EXCHANGE RATE
From 1st September US$ 1 = Rs.64

For Private Circulation Only
Dear Fellow Rotarians,

When someone asks you, “What is Rotary?” what do you say? I think we’ve all had the experience of being asked that deceptively simple question and finding ourselves suddenly at a loss for words. Even the most articulate among us have a hard time capturing the essence of our organization in just a few sentences.

As an organization, Rotary has always had a difficult time conveying the scope of our work: not just what we do, but how we do it, and the value of what we contribute to the world.

As an accountant, I like numbers. They work in every language, and often they communicate complex information much more effectively than words. That is why, in this Rotary year, I am asking each club to provide Rotary headquarters with two numbers: the amount of money, both in cash and in kind, spent on humanitarian service; and the number of hours of work performed in Rotary’s name.

If we want these numbers to be useful, they have to be accurate. That means beginning now to accurately track the hours and the money that our clubs spend on their service.

The simplest way for clubs to provide this information at the end of the year will be by entering it every month on Rotary Club Central - a tool that has been completely rebuilt and relaunched to be significantly more useful, and user-friendly, than it has been in the past. If for some reason (for example, limited internet access) your club is not able to connect to Rotary Club Central, please be in touch with your district governor, who will ensure that your information can be submitted through other means.

I cannot emphasize strongly enough that the goal of this effort is not getting the largest and most impressive numbers. There is not going to be any competition, recognition, or public use whatsoever of the numbers reported by any individual club. The goal is accurate and reliable numbers that we can present confidently in our public image work, in our membership materials, and to our partners - numbers backed by specific data, on the club level, that answer not only the question, “What is Rotary?” but the question, “What does Rotary do?”

I strongly believe that with these numbers, we will be better able to demonstrate the value of Rotary: Making a Difference - which in turn will enable us to make more of a difference, for more people, in more ways, than ever.

Ian H.S. Riseley
R.I. President, 2017-18

Chockalingam Basker
Rotary International Director 2017-19

Let’s plan our growth

Dear Rotarians,

July was a busy month with so many events happening: new leaders taking over the mantle of leadership all over the Rotary world, Rotarians attending installation functions of their Rotary clubs, friendships being strengthened and new bonds between clubs and members being developed. For all of us Rotarians, August truly is a special month. It also signifies the start of a new period. This is the opportune time to re dedicate ourselves and resolve to work on our commitment of service to our communities. Friends, now it is the time to act. We have laid out for ourselves a detailed roadmap for the Rotary Year 2017-18.

Let me remind you of our main focus areas:

* Support and strengthen our clubs
* Focus on and increase humanitarian service
* Enhance Rotary’s public image and awareness

We need to foster innovation and flexibility at the club level. We must support and encourage our clubs to participate in a range of service activities. We must look for new classifications to promote membership diversity. At the same time, we must encourage members to participate more actively in their clubs activities. A bird in hand is worth two in the bush: pursuit of new memberships cannot be at the expense of existing members. “Retention” is key, not only in corporations but also in our clubs. Go the extra mile to ensure 100 per cent retention. We must identify potential leaders at the club level and involve them in our clubs’ weekly/fortnightly meetings and service projects, give them leadership roles and help them to develop into outstanding Rotary leaders of the future. Leadership is a bottom-up exercise. There is so much talent and potential for leadership in our clubs. Do a membership survey; look for worthy members, new classifications and start new clubs. Encourage and involve members in the implementation of strategic planning at club and district level.

Ensure every club learns to respect and adhere to its constitution and bylaws.

There is no such thing as overnight success. We need to have an open mind to constantly learn to adopt new approaches that will hone our skills in serving our communities. Learning is a never-ending process and it is only by adherence to this process we will be able to make positive contributions to our mission of fellowship and service.

Let me quote Bill Gates who at the RI Atlanta Convention called the Global Polio Eradication Initiative the “single most ambitious public health effort the world has ever undertaken”. While doing so he thanked Rotary for being the catalyst and a visionary partner in helping to end this paralysing infantile disease worldwide. “Rotary laid the foundation with its unyielding sense of purpose and its belief that anything is possible if you put your mind and body to it. It is this talent for generating new ideas, learning lessons, and adapting them to new circumstances that makes me optimistic we will get to zero.”

Friends, our target is to raise enough resources (volunteers as well as financial aid) to completely eradicate polio from the face of the earth. The best way to do this is to contribute more to The Rotary Foundation and strengthen/expand our membership base. On June 1, for the first time I addressed the Rotary webinar with the support of RISAO. As many of you know webinar is web-based seminar transmitted over the web using video conferencing software. A key feature of a webinar is its interactive elements: the ability to give, receive and discuss information in real-time. I received encouraging feedback and, going forward, I am eagerly looking forward to share and discuss with you (and also get your feedback) through webinars all aspects of the work we can do together in Rotary. For the benefit of those of you who may not have been able to access the webinar, here is the link for the recorded version:

Message

Dear Trendsetters,

Rotary Greetings

रोटरी ग्रीटिंग्स

If you think about making a difference in the community, I have always had a strong interest in children. I’m always interested in finding ways to make a meaningful change... It’s a divine; it’s not a one-day project but a love-affair for a lifetime. We make a permanent impact by helping a child to not an individual but to a set of people around.

I encourage all the clubs to take up projects related to children to make Permanent Impact. Set up of Computer Labs, Introducing Vocational Training setups or tie-ups, Giving a scholarship to deserving students and organizing motivational and career orientation workshops are few of my ideas in this field of Childcare to that you can expand your vision and resources.

I personally believe that to make a difference in someone’s life we don’t have to be mighty, brilliant, very rich, and perfect, we just have to be compassionate and caring.

It was satisfying to visit few projects of RC Yamunanagar on 11th August, where I have seen an effective combination of youth and senior Rotarians, under the leadership of President Raman Gupta and mentorship of PDG Satish Saluja Jee.

I felt during my official club visit that Rotary Club Roorkey Central is now all set to serve humanity after overcoming few teething problems. President Vandana is leading the club with all maturity. I was impressed to meet Rtn. Vijay dedicating his retired life towards humanity.

Bicycles distribution at Hamari Kaksha and Dhudhgarh village along with Rotary Chandigarh Shivalik and RC Himalayan, medical equipment donation to Government General Hospital Panchkula and Sanitary Napkin vending machines to women police station are the few projects I could visit where I have seen dynamic presidents - Rtn. Manjit Kaur, Rtn. Dr. Rita Kalra, Rtn. Anoop Aggarwal and Rtn. Deepak Gupta serving humanity with care and compassion.

My official visit to RC Jind Midtown changed my perception about small strength clubs. I have seen that the club is working very effectively and making a difference in the public image. President Suresh - Secretary Subhash are working with great enthusiasm along with PP Rtn. R.S. Sindwani.

Attending “India National Polio Plus” meeting at New Delhi on 21st - 22nd August was an eye-opener.

It was a great experience to spend time with two legends of the Rotary world - Past RI President Gary and TRF Trustee Past RI Director Sushil Gupta from 24th August to 27th August at Dehradun, Mussoorie, and Amritsar. It was a lifetime experience for me and Veeta to celebrate our wedding anniversary along with rotary friends at Rotary Club Mussoorie in presence of above rotary dignitaries, Rotarians of Mussoorie, Dehradun, Panipat, and Kurukshetra. My special thanks to PP Shalender Karanwal, Rtn. Ritu and DGN Jitendra Dhingra, Mrs. Savita - District Secretary Ajay Madan, Mrs. Madhu - Rtn. Naveen Gulati and Rtn. Rekha - Rtn. Ramesh for making our day very special.

It nice to meet all the members along with families at my official visit to Rotary Club Gangoth on 30th August. Although the club membership is less in numbers I found complete participation and high enthusiasm to serve humanity with a Difference.

Friends, Let us join hearts and hands to serve humanity to make a difference.

Unconditionally, yours-in-Service

Tarsem Kumar Ruby
GOVERNOR’S OFFICIAL VISIT

RC ROORKEE CENTRAL
Governor’s Official Visit on 11th August, 2017

RC JIND MIDTOWN
Governor’s Official Visit on 18th August, 2017

RC GANGOH
Governor’s Official Visit on 30th August, 2017
PROJECT VISIT

at Hamari Kaksha Project of Cycle Distribution on 12th August, 2017

INDIA NATIONAL POLIOPLUS MEETING

Polio Plus Meeting at New Delhi on 21st August, 2017

PRIP GARY HUANG

PRIP Gary Huang - Trustee PRID Sushil Gupta - AG Dr. S. Farooq on 24th Aug.
AN EVENING WITH PRIP GARY HUANG

WA Celebrated with PRIP Gary Huang - Trustee PRID Sushil Gupta
- AG Dr. S. Farooq and Rotarians of RC Mussoorie
- DGN Jitendra Dhingra, DS Ajay Madan, Rtn. Naveen Gulati and Rtn. Ramesh Bajaj

MULTI-DISTRICT HOSTING

With District 3070 - PRIP Gary Huang - Trustee PRID Sushil Gupta on 27th Aug.
The Little Bird that Stops a Fire

Their lives a monkey and a sparrow in the forest. The monkey by nature was mischievous. One day he started the fire in the forest - a huge woodlands was suddenly engulfed by a raging wild fire. Frightened, monkey fled his home and ran out of the forest. As he came to the edge of a stream he stopped to watch the fire. He was bemoaning the destruction of the forest.

There was nothing he could do about the fire, except the sparrow who was living on the tree in the forest. This particular sparrow decided it would do something. It swooped into the stream and picked up a few drops of water and went into the forest and put them on the fire. Then it went back to the stream and did it again, and it kept going back, again and again and again. The monkey watched in disbelief and tried to discouraged the sparrow with comments like, "Don't bother, it is too much, you are too little, your wings will burn, your beak is too tiny, it's only a drop, you can't put out this fire."

Then again monkey shouted out and challenged the sparrow in a mocking voice, "What do you think you are doing?" And the sparrow, without wasting time or losing a beat, looked back and said, "I am doing what I can, but when the history will be written your name will figure in the list of persons who are causing fire and mine name will be written as who is dousing fire.

As told by his excellency Acharya Devvart, Governor of Himachal Pradesh
CLUBS IN ACTION

RC AMBALA CITY
Handing over Water Cooler to Govt. Primary School Model Town A City on 15th August, 2017

RC CHANDIGARH CITY BEAUTIFUL
Independence Day Celebrated at Govt. Sr. Sec. School Village Kainbwala on 15th Aug., 2017

RC CHANDIGARH SHIVALIK
Smile Brought to Many : Water Cooler Donated to Nari Niketan, Sec. 26 on 10th August, 2017

RC CHANDIGARH SHIVALIK
Hum Bhi Chalen Aap Bhi Challo : Donation of Four Wheel Chairs on 7th August, 2017

RC DOON SHIVALIK HILLS
Given Pressure Cookers for the victims of cloud burst Koldwar in Dist 3100 on 15 Aug 2017

RC DOON VIKAS
Independence Day was celebrated with IWC at Govt. Primary School Rasulpur on 15th August, 2017

RC HIMALAYAN RANGES MANS DEVI
Literacy Project Cycle Distribution at Village Budhgarh on August, 2017

RC HIMALAYAN RANGES MANSADEVI
Tree Plantation - 200 Trees planted approx. on August, 2017

RC KARNAL MIDTOWN
Mega Van Mahotsav - Project was done on 8th August, 2017

RC KARNAL MIDTOWN
Independence Day Celebration & Tree Plantation on 15th August, 2017

RC KHARAR
30 Trees were planted in Shivjot Enclave Colony at Kharar on 14th August, 2017

RC KURUKSHETRA
Adopted Blind Ashram - Free Health Check up, Medical Tests & Free Treatment by
CLUBS IN ACTION

RC KURUKSHETRA
Homage to Freedom Fighters on Independence Day at Shahid Samarak,

RC LADWA
Tree Plantation Project at Govt. Middle School, Ban on 2nd August, 2017

RC LADWA
Distributed Stationery to 300 needy students of Govt Primary School on 5th August, 2017

RC MUSSOORIE
Distribution of Sweaters to 57 Students at Village Shatta School on 25th August, 2017

RC MUSSOORIE
Medical Aid Worth Rs. 40,000/- to 2 Needy Patients were given on 25th Aug. 2017

RC NAHAN SIRMOUR HILLS
Blood Donation Camp was organized on 19th August, 2017

RC NEW CHANDIGARH
Independence Day was celebrated on 15th August, 2017

RC PAONTA SAHIB
Distribution of Rain Coats to Safai Karamchari of MC by on 8th August, 2017

RC PAONTA SAHIB
Blood Donation Camp at Gyan Chand Goel Bhawan on 17th August, 2017

RC PANCHKULA
Stretcher Donated in Hospita, Sector 6 Panchkula on 16th August, 2017

RC PANCHKULA
Tree Plantation at Hospital on 16th August, 2017

RC PANIPAT SOUTH
Independence Day was celebrated at Apna Park No.2 on 15th August, 2017
CLUBS IN ACTION

RC PANIPAT SOUTH
Free OPD Camp was organized by on 17th August, 2017

RC PINJORE HILLS
Independence Day Celebration at Takshila Public School on 15th August, 2017

RC PINJORE HILLS
Tree Plantation on 9th August, 2017

RC PARWANOO
Organized a Free Physiotherapy Camp at Munical Hall Parwanoo on August, 2017

RC PARWANOO
Tree Plantation was done in different area Approx. 300 herbas planted on August, 2017

RC ROORKEE
Independence Day was celebrated and Fruits were distributed on 15th August, 2017

RC ROORKEE
Tree Plantation at Lepers Home on 15th August, 2017

RC RISHIKESH
Distribution of Food in Kotiwara to Flood Victims on 10th August, 2017

RC RISHIKESH
Blood Donation Camp was organized on 15th August, 2017

RC SAHARANPUR CENTRAL
Independence Day Celebrated at Primary School, Labor Colony on 15th August, 2017

RC SAHARANPUR CENTRAL
Free Eye Check-up Camp at All India Women Conference on 22nd August, 2017

RC SILVER CITY ZIRAKPUR
Installed A Water Filter in Juhars Nager Phase 6 Mohali on 21st August, 2017
CLUBS IN ACTION

RC SOLAN
Independence Day was celebrated at Old Age Home at Saproon on 15th August, 2017

RC SOLAN

RC SHIMLA
Wheel Chairs & Stretchers were donated to IGMC Hospital on 3rd August, 2017

RC YAMUNANAGAR
Distribution of Food Packets amongst Slum Children on August, 2017

RC YAMUNANAGAR
Tree Plantation on 11th August, 2017

RC YAMUNANAGAR
Tree Plantation on 11th August, 2017

DISTRICT APPOINTMENTS

REGIONAL COORDINATOR - ROTARY PUBLIC IMAGE

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REGIONAL COORDINATOR - ROTARY VOCATIONAL SERVICE

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Youth Service
The 5th Avenue of Service in Rotary
Rtn. Sundeep Singh Sawhney
District New Generations (Youth) Service Chair, RID 3080

District 3080 has a long tradition of outstanding service in the area of youth service with great support and forward thinking from District leaders. Youth Service programs include all our Rotary service programs for young people up to the age of 30. In our District, these include the RI Programs of Rotaract, Interact, RYE, and RYLA, along with a large number of other projects done at the club level.

We often hear that our youth is our future. This is certainly true and one of the reasons that we focus on literacy, leadership training, and expanding training in ethics for young people. These are the people who will be running our country and our world within the next 20 years.

Rotarians have always taken a sincere interest in helping to prepare the next generation—with programs and projects that help with health and education, and lead the way to world peace and understanding. Through our Rotary youth programs, we have the opportunity to not only provide service that is the cornerstone of our organization, but also to develop relationships and provide exposure to our wonderful organization and the ideals of “service above self” to the next generation.

To briefly review our District’s youth programs:

Rotaract is a Rotary sponsored club for ages 18 to 30. Rotaractors are involved in community and international service projects, as well as professional development and leadership training, and are good partners in service with their sponsoring Rotary clubs.

Interact is a Rotary sponsored club for ages 12 to 18, typically at a high school or middle school, although it is not limited to a single school.

Rotary Youth Exchange is the leading international student exchange program in the world. New Generations Exchange is another cultural exchange program for students beyond high school, for a shorter term exchange experience abroad.

RYLA, Rotary Youth Leadership Awards, in our District, is a premium leadership camp for high school juniors. Every club in our District is encouraged to send at least one high school junior from their local community to benefit from the “life changing experience” offered at RYLA.

Our Dynamic District Governor Rtn T K Ruby is quite hopeful to nurture the Youth in a positive way this rotary year 2017-18. If your club doesn’t have any Rotaract or Interacts this is the golden opportunity to create your work force for the year. The targets for youth service engagement is at least one new Rotaract and Interact club for all the 75 clubs of District 3080.

In order to facilitate the transition from Rotaract to Rotary, the RI Bylaws now permit Rotaractors who meet the qualifications for membership to join a Rotary club while remaining Rotaract members as per 2016 COL. Our Dynamic DG Rtn T K Ruby has a vision to bring as many Rotaractors to Rotary Fold as Dual members this rotary year.

There are many District resources available to help you and your club with respect to Youth Service, Please feel free to Contact undersigned for any assistance in moving forward.

Thanks & Regards,

Rtn. Sundeep Singh Sawhney
District New Generations (Youth) Service Chair
Rotary International Distt. 3080
MONTHLY ROTARY QUIZ AUGUST 2017

1. What are the types of membership?
2. Can you name the seven stages of selecting a new Member?
3. Where did the idea for the name of “Rotary” come from?
4. In 1915-16 the first non-English speaking Rotary Club was Chartered in what Country?
5. In 1945-46 Forty-nine active Rotarians gathered in San Francisco, USA to help a gathering of world leaders draft what?

* Winner’s name and photo will be printed in the next GML.

ANSWERS JULY QUIZ

Q.1. What is the Four Way Test and can you name of the person who gave it?

Q.2. Who are the first four founder member of ROTARY?
Ans. (1) Gustavus Loehr (2) Silvester Schiele (3) Hiram Shorey (4) Paul Percy Harris

Q.3. Who is the President of First Ever Rotary Club?
Ans. Silvester Schiele was the first ever President of Rotary Club - Rotary Club, Chicago.

Q.4. Who is the First Indian to Become President of Rotary International and which club did he belong to?
Ans. Nilesh C. Lahary was the first India, Rotary International President and belong to Rotary Club of Calcutta

Q.5. Which was the First Club Chartered in India and when was that?

We congratulate the winner of Rotary Quiz for July.

PP Rtn. Dr. Parvesh K. Sablok of RC Paonta Sahib
PP Rtn. Dr. Sudhir Chaudhary of RC Roorkee Midtown
Ms. Niharika Khosla D/o Rtn. Himanshoo Khosla RC Pinjore Hills
August is Membership and New Club Development Month. We are hearing from the Rotary Podiums, speakers after speakers saying that, ours is the oldest and largest service organization in the world. Yes we are the oldest but not the largest. In 2002 we were 1,243,431 and in June 2009 we lost 9,000 Rotarians and as on 1st August 2017 we have lost 30,000 members. Though we find global trend of membership loss, amongst service organization but that can never be a matter of consolation for us.

“New members are the life blood of Rotary. Tragically, nearly 80% of all Rotarians have never proposed a new member. I can’t imagine that Rotarians have no friends - but they just haven’t bothered to share Rotary with other”. - Said Clifford Dochtermann at the International Institute of California, 2008.

COL 2016 has relaxed in the concept of weekly meeting, still we find it hard to increase the membership. Various surveys has revealed that majority of resigning members are in their early year of membership. A Rotarian who imbibed the spirit of rotary and who knows the might, strength and nobleness, and internationality of rotary will never leave the club.

Some people join Rotary thinking that it is a high profile social club, but leave the club soon disillusioned. Inform them adequately and then induct them only if they are Rotarians at heart. Prevail upon members to join hands on service projects. New members should be nurtured and cared for by every member, lest his/her Rotary enthusiasm tapers off. Take them to other clubs, district assembly. New member education should be a must program in the clubs.

I am remembered of the words of PRID Donald Kwiat in his article in The Rotarian - “The key to Rotary’s future is to make a real Rotarian out of each club members” and “Make A Difference”.

Mohinder Paul Gupta

When a tree stops growing - it is ready to die. As long as it is extending its roots and branches-producting leaves, fruit, and flowers. It is a healthy growing tree, but when the growth stops its days are numbered, even if it may linger awhile in suspended animation.

A Rotary club is like that: it is moving ahead when it is growing. When the growing process ends, the knife and fork club begins.

Charls G. Tennent,
RI President (1957-58)
Build Healthy Happiness Habits

PP Rtn. Himanshu Khosla, RC Pinjore Hills

Psychologists say we have a happiness set point. This means that we have a basic level of happiness or unhappiness that we have been conditioned to expect in our life no matter how our external circumstances change. So if we want to become happier, to raise our happiness set point, we have to create habits of happiness: that is we need to consciously choose the path to move us in the general direction of greater happiness. Below are 8 points that will help increase your set level of happiness and build healthy happiness habits.

1) Gratitude: be grateful for every single circumstance of your life and let it be used for your growth. When we accept adversity and good fortune and look upon them in the same way the shift towards happiness is internal. Nothing and nobody can take that away from us. It is our reaction to what happens that causes us pain. When we accept that we don’t have to understand everything but to be at peace with what is, our happiness is internal, not dependant on external circumstances. So practice being in a state of gratitude. Start a gratitude or grace journal. Track every day all the things you have to be grateful for. You may start with small things and it may be difficult at first if you feel knee deep in problems. All the more reason to practice being grateful and the more you consciously become aware of the multitude of ways in which you are already blessed, the more your enthusiasm will grow. What you focus on increases. What you notice expands.

2) Follow your passion and find your life purpose. Don’t finish your life and ask what if my whole life has been wrong? Instead have the courage to lead your own life, not the life you think you should, according to society or parents or any other conditioning that takes you away from your true purpose. Find something that you love and move towards it. Head yourself in that direction even if you think you may not be able to get there. So if you want to be a painter but you have no time and need to keep working to provide for your family, you can still borrow books from the library on painting or you may be able to set aside just an hour a week to put colour on the page from home. Fall in love with the process not the end goal. Just knowing you are taking even the smallest steps to do more of what you enjoy will make a difference to your happiness. Happiness is made up many tiny little habits that in the end all amount to something. “Advance confidently in the direction of your own dreams and follow a life which you have imagined, you will meet with a success unexpected in common hours”. Thoreau. If you find that you are in a place of sadness or depression, know you only have to take tiny baby steps in the direction of what you might enjoy. Try taking one short walk or savouring small mouthfuls of delicious sustaining food. Just choose one thing that you could imagine you might enjoy and experiment with that. Then if it makes you feel a bit better, do more of that!

3) Spirituality. The greatest hunger we human beings have is the hunger for meaning. Once your life has meaning you realise you are not alone and you increase your levels of happiness and contentment. There is no place that God is not. There is a source from which all creation emanates and to which all returns. When we remember this, happiness seems to just show up and we find ourselves bubbling up with joy or our eyes filling with tears for no apparent reason other than we realise the miracle that is life. Let the divine grow in you. Commit to living a spiritual life. Become attuned to how spirit works in your world. Go outside and observe a blossom tree, listen to the birds, watch a sunset. Become aware of how much you already have and give your attention to that because what you pay attention to grows. Take your eyes off yourself and ask how may I serve? The only way to find a deep peace is to become comfortable with silence. It has been said that we are spiritual beings having a human experience. It is the spirit that gives life. We will find joy and love in allowing the spirit to have its proper place in our lives. This will orient us towards service and connection and the only true question for our lives becomes how well do we give and receive love. So decide what really matters. It is only the ego that leads us to the false programming of society: distinctions such as success/failure, paradigms of materialism, consumerism, achievement/outcomes and so forth.
Message

Dear Trendsetter Friends and Presidents,

It is almost a month and a half of the Rotary Year 2017 has passed. Congratulations to all the clubs of the district for the tremendous work of service done during this period and bringing about a positive reference in the society at large. Rotary gives us not only friendship and leadership skills but also opportunity to serve the community. Let us all keep moving ahead on the path of service with full dedication, zeal and compassion. This will be possible only if we take up the responsibilities as spouses.

Let us all lend our support to our spouses so that success stories of Rotary can motivate others to prove that Rotary ‘Making A Difference’ in community.

Veeta Sharma

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UPCOMING EVENTS

उत्थान - The Rise

Intercity  The Rotary Foundation
Rotary International District 3080

Kaptan Singh Solanki  
Chief Guest
His Excellency - The Governor of Haryana

At Panipat
on 5 November 2017  
Hosted by RC Panipat

Early bird registration till 15 October, 2017
Single : Rs.750/-  
Couple : Rs.1400/-  (With Kit)

After 15 October, 2017
Single : Rs.1100/-  
Couple : Rs.2100/-  (Without Kit)

Contact your club President/Secy. for Registration

उड़ान - The Flight

District Conference
Rotary International District 3080

District Conference
At Panchkula
on
17-18 February 2018