 

Bulletin of

ROTARY CLUB OF TRIVANDRUM NORTH

**President: Rtn Ashok P Menon Secretary Rtn PP Sivaramakrishnan**

**DECEMBER**- **DISEASE PREVENTION AND TREATMENT**

#  President’s message

Dear members

Christmas and New Year is a time for remembering, a time to share the goodness of your heart with others, and for expressing with words and gifts what someone means to you. It is a chance to **make wishes come true** and to give something from your heart. It is a chance to **give a message** that will **express love** and caring to the ones we care about the most. With these thoughts in mind I would like to give you what I think are the best wishes for this Christmas and New Year.

**Happiness**— May your life be filled with joy and happiness and may each new day bring you moments to cherish.

**Love**— On this joyous day, and throughout the new year, may your life be filled with an abundance of love.

**Fulfillment**–Merry Christmas and may you live a long and happy life filled with goodwill and friendship.

**Peace**— May this new year bring you peace and tranquillity, and as you walk your path may it bring you contentment.

**Prosperity**–On this joyous day, and throughout the coming year, may your life be filled with good luck and prosperity.

**Friendship**— I hope you know how much I value your friendship. I wish you a very merry Christmas and may we enjoy many more years together as friends.

**Joy of Giving**— May your heart be filled with the joy of giving, as it is the expression of the love in your heart and the kindness in your soul.

**Blessings**- May the light of love shine upon you, and may your life be filled with blessings in this Christmas season

**Kindness**- On this most blessed day, I wish you love for all your kindness, and I hope the new year will bring you many days of happiness

**R I Presidential message**



**K.R. Ravindran President 2015-16**

When the Canadian army liberated the Netherlands in 1945, they found the country on the brink of starvation. Seeing the suffering of so many, and especially moved by the faces of the children, four Canadian privates stationed near Apeldoorn that year decided to make that Christmas special for as many Dutch children as they could.

Together, they made the rounds among their fellow soldiers, collecting chocolate bars and chewing gum, candy and comic books. In their spare moments, they built toy trucks out of wood and wire, sawed scrap lumber for building blocks; one, risking the military police, sold his cigarette ration on the black market, using the money to buy rag dolls. Each thought longingly of his own family at home; each channeled his energies instead toward the children whose Christmas they knew they could brighten.

By 1 December, four sacks of gifts lay ready; the soldiers eagerly looked forward to the 25th. But two days later, they learned the date they were to depart for Canada: 6 December, long before Christmas. With mixed emotions, the soldiers decided that the best plan simply would be to take their sacks over to the local orphanage and leave them there to await Christmas.

The night before they were to leave the Netherlands, the four set off for the orphanage, one of them in a makeshift white beard and red cap. On their way, they were surprised to hear church bells ringing and see houses lit brightly, with Christmas still some weeks away. As they approached the orphanage, boots crunching in the snow, they saw through the windows that the children, two dozen girls and boys, were gathered at their evening meal. Only a few months after the war's end, food was still scarce; the meal was small, and the children's faces pale and thin.

"Santa Claus" raised the knocker on the door and knocked three times, hard. As if by magic, the chatter of young voices inside fell silent; a priest opened the door. His polite expression gave way to one of shock, as the children behind him erupted into cheers, rushing forward and swarming the private who had dressed for Christmas three weeks early – but exactly on time. For in the Netherlands, “Sinterklaas” comes on St. Nicholas Eve: 5 December.

For an hour, joyful chaos reigned as packages were opened and exclaimed over, sweets were tasted, dolls caressed. The last wooden truck, the last bar of chocolate, went into the hands of a little boy who had been waiting patiently all the while. After thanking the men, he turned to the priest and said something to him in Dutch, his face alight with happiness. The priest smiled and nodded. "What did he say?" one of the soldiers asked.

The priest looked at them with eyes full of tears. "He said, 'We told you he would come.'"

By sending joy out into the world, we do not sacrifice it for ourselves – we only multiply it. As we enter this season of giving, let us multiply the gifts we have been given by sharing them with others. Through acts of caring, kindness, and generosity, in our clubs and through our Foundation, we become and remain a gift to the world.

**DISEASE PREVENTION AND TREATMENT**

Rotary supports activities and training that reduce the cause and effect of disease

**Area of Focus Statement of Purpose and Goals**

TRF enables Rotarians to prevent disease and promote health by:

1. Improving the capacity of local health care professionals;

2. Promoting disease prevention programs, with the goal of limiting the spread of communicable diseases and reducing the incidences of and complications from non-communicable diseases;

3. Enhancing the health infrastructure of local communities;

4. Educating and mobilizing communities to help prevent the spread of major diseases;

5. Preventing physical disability resulting from disease or injury;

6. Supporting studies for career-minded professionals related to disease prevention and treatment

1. Prevention and Control of Communicable Diseases

a. Testing with counseling and referrals/admission to treatment;

b. Education on preventing transmission of disease and supplies that may assist with these prevention efforts;

c. Providing mobile technology equipment and vehicles to monitor and treat patients;

d. Equipment supported by the local health infrastructure that includes appropriate operational and maintenance plans;

e. Provision of prevention programs, such as vaccinations, male circumcision or pre-exposure prophylaxis;

f. Providing technical platform and training in its operation for the tracking and monitoring of disease diagnosis and treatment;

g. Treatment of communicable diseases that includes a component to prevent disease, improve training of health service professionals, or provide public health education to improve the long-term health of a community.

2. Mosquito-Borne Illnesses and Illnesses Transmitted by Other Vectors (Organisms That Transmit

Pathogens)

a. Providing bed nets and preventative medications;

b. Providing supplies that help with safe storage of standing water and training on interrupting the lifecycle of mosquitoes;

c. Developing drainage systems to prevent and control diseases;

d. Providing for removal of vectors other than mosquitoes





**HUMOR**

A man was sitting reading his papers when his wife hit him round the head with a frying pan.
'What was that for?' the man asked.
The wife replied 'That was for the piece of paper with the name Jenny on it that I found in your pants pocket'.
The man then said 'When I was at the races last week Jenny was the name of the horse I bet on'.
The wife apologized and went on with the housework.
Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious.
Upon re-gaining consciousness the man asked why she had hit again.
**Wife replied. 'Your horse phoned!**

A woman and a baby were in the doctor's examining room, waiting for the doctor to come in for the baby's first exam. The doctor arrived, and examined the baby, checked his weight, and being a little concerned, asked if the baby was breast-fed or bottle-fed. 'Breast-fed, 'she replied... '

Well, strip down to your waist,' the doctor ordered.
She did. He pinched her nipples, pressed, kneaded, and rubbed both breasts for a while in a very professional and detailed examination. Motioning to her to get dressed, the doctor said, 'No wonder this baby is underweight. You don't have any milk.'
I know,' she said, 'I'm his Grandma, But I'm glad I came



3rd December- Gita Dev, Ann of Rtn. Dr. M.S.R. Dev

13th December- Rtn. Ashok P Menon

15th December- Deepa Nair, Annet of Rtn. Mohanan Nair

18th December- Indira, Ann of Rtn. C. K. Mohan Kumar

23rd December- Vinay, Annet of Rtn. Adv. Prathap Pillai

25th December- Sudha Anand, Ann of Rtn. Dr. Anand

28th December- Rtn. Jacob K. George

29th December- Deepak, Annet of Rtn. V. Chandramohan



8th December- Rtn. Gopakumar and Ann Ramani Gopakumar

10th December- Rtn.K. N. G. Kaimal and Ann Girija Kaimal