Jyotsna John, the speaker on the Basics of Strength and Nutrition expounded on a simple and basic premise: The human body was built for movement, without which it deteriorates. As we grow older, our muscles degenerate and our metabolism slows down, so we need to strengthen them with the right exercise and diet plan. Yet the diet or the exercise plan we adopt must neither be quantum nor against our grain as it would be unsustainable. Both must be such that they become a habit; almost an involuntary action and a way of life.

Her presentation was conversational and chatty and not fettered by the constraints of a power point. She expounded on a few basic facts before dealing with most issues in a Q and A format.

The key facts she expounded upon were:

- We need strength training, as cardio such as walking or the treadmill work our heart and not the muscles. Yet we do not need to push or pull large weights. Using our own body weight or exercise bands is fine. The idea is to get stronger by the day. For every year you age after 30 you lose muscle; hence we must strength train.
- We need to eat our veggies as they are rich in protein, nutrients and minerals. Often our focus is largely on grains and we agonise over rice, wheat, millets when in fact they don’t provide the body much other than carbohydrate.
- Protein is lacking in most Indian diets and so we must ensure that our diet includes at least 0.5 gm protein per kilo of body weight.
- We must learn to relax and destress. Else our body gets low on energy and resolve and we crave junk food and tend to slip from any dietary or exercise regimen.
- We should throw out the weighing scale as a measure of our improvement as the body weight is 70% water. Fitting into a dress which has become small is a much better measure. “Lose inches rather than kgs.”
- Work a routine that makes sense to you and is in consonance with your body. Trying routines that you are not used to or doing too much is bound to fail.
- Make working out a habit, so that it becomes involuntary like brushing your teeth. She encouraged all to read The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg.
- Find your Why: The more compelling the reason for our wanting to start a diet or fitness regime, the greater the chances of our sticking to it as also the greater our chances of breaking an existing bad habit.
- Write down everything and plan.

She then handled many issues in the Q and A session with the following principle learnings:

- The easiest food category to cut out is carbohydrate rather than protein or fat. Carbohydrates provide glucose. The body has the ability to convert protein to glucose and fat to ketone.
- There are lots of fads against Oil and Milk, but no scientific basis. By themselves they cannot be evaluated; their consumption has to be evaluated as a part of the overall diet plan.
- Calorie count is the measure; consume fewer calories than you burn.
- Give yourself small rewards for achievements. Such rewards should ideally not be linked to food; else we tend to regress to poor eating.
- Don’t fight everything you do. Start small and give yourself time-ideally 4-5 weeks, else you will be giving up too easily. Try and remove the temptation. It is easier than saying no. Will power is overrated.

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- Find your Why: The more compelling the reason for our wanting to start a diet or fitness regime, the greater the chances of our sticking to it as also the greater our chances of breaking an existing bad habit.
- Write down everything and plan.
Sgt-at-arms Rtn Pratap Kumar collared President Dr Arulmozhi Varman, who called the 36th meeting of RCM to order, followed by a silent invocation.

The minutes of the DG’s meeting was duly confirmed.

President welcomed the Guest speaker Ms Jyotsna John, Strength & Conditioning Specialist, who will address us on ‘Strength training & Nutrition’.

President welcomed members, Probus Namasivayam, Lakshmi Natraj, spouses and guests introduced by members who have come for the meeting.

President extended birthday & wedding anniversary wishes to the respective Rotarians who celebrate that week and thanked for their sunshine.

Secretary Rtn Dr Chandrasekhar announced that the next weekly meeting is on the 21/3/17.

Speaker : Swetha Jaishankar

Topic : Joy of Eating Good Food

Rtn Prabha Srinivasan introduced the speaker Ms Jyotsna John, a Certified Strength & Conditioning Specialist by reading out her profile.

Speaker Jyotsna spoke on the basics of strength & nutrition and how to make fitness a habit, followed by an interactive session.

President presented a memento & our Clubs 80 year history book ‘A Timeless Legacy’ to Ms Jyotsna on behalf of RCM.

Rtn Deepak Chander touched upon his association with speaker who is the training instructor for him and said that many myths have been bursted today and thanked her for the valuable tips on how one can pursue fitness & diet.

The meeting was then adjourned.

Continuing its commitment to make Periyapuliyur Panchayat in Gummiddipundi Taluk, Tiruvallur District of Tamil Nadu Open Defecation Free, Rotary Club of Madras provided toilets to 175 homes in the 3 villages of Pettai, Mettu Kandigai and Paanchalai. These 175 toilets constructed during the Rotary Year 2016-17 are in addition to the 100 toilets constructed in Amarambedu village in Rotary Year 2014-15 and the 107 toilets constructed in Keemalur village in Rotary Year 2015-16.

Past Rotary International President Rtn.K.R.”Ravi” Ravindran inaugurated these 175 toilets on 3rd March 2017, in the presence of District 3230 Governor Rtn.Natarajan Nagoji, RCM President Rtn.Dr.Arulmozhi Varman and several RCMers. The inauguration of this wonderful project by a PRIP was a fitting tribute to the support extended by Rotary International through its Global Grant for this project.

IPP Rtn.Venkhatramani envisaged this mammoth task of constructing 175 toilets and 2 wells in Periyapuliyur. To ensure that his dream will become a reality, Rtn.Venkhat succeeded in convincing Rtn.Markand Desai to contribute a Term Gift of US $ 30,000 for this Water and Sanitation Project.

Recognising the noble intent of RCM, Rotary International sanctioned a Global Grant for this project.

Our PP Rtn.Ganesan extended his support to this project by undertaking the responsibility of constructing the 2 wells and 175 toilets, as per RF’s specifications and within the time as well as cost parameters. The Chairman of this project Rtn.Sundaresan Ravi, used his experience of having coordinated the
construction of 107 toilets at Keemalur, and guided the team of Ganesan Builders to move quickly on ground with the construction work. President Dr.Arul, Director Ravishankar and Rtn.Rajesh extended support with timely decisions, payments and trouble-shooting.

It is truly appreciable that in just 5 months, 2 wells each of 40 feet diameter and over 20 feet depth, as well as 175 toilets spread over 3 villages, were fully got ready and offered for inauguration by end February 2017. The villagers who benefited from this project, participated voluntarily and supported in its speedy execution.

RCM had also engaged the NGO Nalamdana to conduct extensive Awareness Creation in the 3 villages, so that right information was available to all villagers, on not only the dangers of open defecation, but also the benefits of using toilets and having good hygiene. The triggering of behavioural change was done at the very initial stage, before even construction work was started. School children of the 3 villages were sensitised and they became ambassadors of effective communication to their parents and elders in the villages. Handbills to each village, posters at all vantage locations, street plays on weekends, screening of video film on good hygiene habits, were all part of the communication strategy. This significantly helped change the mindset of the villagers and enabled them to eagerly look forward to using the toilets being provided for them by RCM.

Right from their arrival at the Boys Town on 3rd March by 8.30a.m., the PRIP as well as District Governor were continuously amazed at the quality of effort by the RCMers, at the Boys Town project, as well as the 2 wells and 175 toilets. Words of appreciation and gratitude from the villagers, and the infectious enthusiasm in welcoming the VIPs to their villages, clearly overwhelmed the guests. The traditional welcome at each village, with garlands, nadaswaram and fire crackers, lent an air of festivity and rustic charm to the proceedings.

After patiently inaugurating the toilets and wells at 3 locations, and inspecting the Boys Town premises, the PRIP had words of wisdom for the beneficiaries of this project. He said that RCM was like Mother Theresa who served society by meeting the most basic of human need. He stressed that the beneficiaries should also give back to the society in their own way. He advised the Boys of our Boys Town to make full use of the wonderful facilities provided to them by RCM and become leaders worth emulating in life.

The 3rd of March 2017 marked itself as a landmark day in the history of RCM through this noteworthy project, and it was gratifying when at the inauguration, every RCMer present there, dedicated themselves to contributing for many more such projects.
Business leader Samuel Owori will become first Ugandan to head Rotary International

EVANSTON, Ill., USA (5 October 2016) — Samuel “Sam” Owori of Kampala, Uganda was today confirmed president-nominee of Rotary International - a humanitarian service organization that unites leaders committed to improving lives and bringing positive, lasting change to communities around the world.

As a member of the Rotary Club Kampala, Uganda for 38 years, Owori says, “Rotary has become a way of life for me – with the intrinsic value and core belief in mutual responsibility and concern for one another as a cornerstone. I feel immense satisfaction knowing that through Rotary, I’ve helped someone live better.”

Samuel “Sam” Owori
During his one-year term as Rotary’s 108th president beginning on 1 July 2016, Owori will focus on building membership worldwide and increasing visibility for one another as a cornerstone. Owori says, “Rotary has become a way of life for me – with the intrinsic value and core belief in mutual responsibility and concern for one another as a cornerstone. I feel immense satisfaction knowing that through Rotary, I’ve helped someone live better.”

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Business leader Samuel Owori will become first Ugandan to head Rotary International

FUNDRAISING GOAL
Fundraising goal progress
- $199.1 million USD raised - $300 million USD goal

“Now is the time to enable our Foundation to serve humanity for centuries to come, by making sure it is financially strong and remains recognized internationally for its good work.”
- 2016-17 Trustee Chair Kalyan Banerjee

Celebrate the Foundation’s centennial by making a special contribution to help us reach our goal

To mark this historic year, we have set a goal of $300 million, including contributions to the Annual, Endowment, and PolioPlus funds. By making a special centennial gift beyond what you normally contribute, you are helping to launch our Foundation into its second century of service. And you’re empowering Rotary members to continue fighting disease, reducing poverty, providing clean water, promoting peace, and advancing economic development in communities all over the world.

Only contributions received between 1 July 2016 and 30 June 2017 will count toward the goal.

Sign in to My Rotary to see your club’s contributions during the centennial year.