

SOUTH WIND

Charter Granted 7 August 1961

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No. 2592
25th September 2015

Today's Topic:

"ADVENTURES AT SEA"

RTN Ola Holmgren

MEETINGS :
EVERY FRIDAY
AT NOON

VEENA SETHI: YOGA AS A LIFE STYLE & HEALTHY DIET

By RTN Roy Howard

Making a return visit, Veena Sethi endeavoured to instil in the minds of Rotary Bangkok South members the benefits of incorporating yoga plus a healthy diet in to one's lifestyle. A professional instructor, with a Bachelor's degree from Delhi and a Masters from the USA, Veena recounted



how as a child she was often sick, until she discovered the benefits of yoga and a healthy diet, with the result that she no longer requires any medications.

Calling for volunteers, Veena used visiting Rotarian Prescott Paulin from Decatur, Illinois, USA to demonstrate how to stretch the spine and hamstrings, which often result in lower back pain. She then enticed her uncle, PP Narinder to sit on the stage and demonstrate Pranayama breathing, a technique which to the uninitiated takes some getting used to! Pointing out that age was no barrier to taking up yoga, Veena showed the audience photos of her 90 plus year old relative in India who recently decided to adopt yoga as part of her daily life.

Moving on to diet, Veena described how the ideal diet consists of 80% alkaline foods (fruit & vegetables) and 20% acidic ingredients (meat, poultry, liquor, coffee, seafood, white bread, sugar, etc). She pointed out that the

majority of cancer sufferers have a pH which is too acidic. Other problems associated with high acidity are heart disease, obesity, allergies, fatigue and premature aging.

Questions from the audience revealed that some bottled waters may be too high in pH content, with the optimum level being 7.2% to 7.4% alkaline. On being asked her views on the increasing commercialisation of yoga teaching, Veena expressed a concern that many instructors may not be adequately well versed in the discipline. The final question related to alcohol as part of one's diet, to which the answer was entirely predictable.





IPP Mike with visiting Rotarian Kenichi Tomari from Tokushima, Japan



RTN Poul, his guest; Dr. Vajara Rujiwetpongstorn, P Narain and PDG Alex



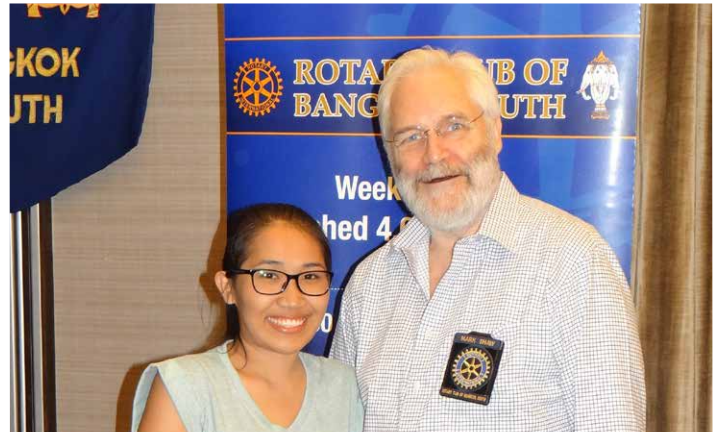
PP Don's lady, Danielle, RTN Adrian and PP Don



PP John asks "is this alkaline?"



Visiting Rotarian Prescott Paulin from Decatur, USA with P Narain



RTN Mark wins last week's Cosmos whisky

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ADOPT A BOX

By RTN Tim Cornwall

Our newest Fund Raising project involves the Collection Boxes now on display and available for adoption and nurturing by any and all Rotarians and their friends.

Each box has been carefully built, lovingly labeled and efficiently numbered and are now looking for good homes where they can be fed a constant diet of coins and notes.

To date, 15 have found good homes with another 85 still in waiting.

per month or even 2,000 Baht a year, that could help us to expand our fund raising by 800,000 Baht a year.

This is why we are pushing so hard at this time. We need the numbers and we need to raise money from people outside the club. It is easy, just ask, put it down somewhere and go back once in a while to collect the money and bring it in to us.

We, Fund Raising and Khun Khob will keep track of the money and let you know how things are going.

In all seriousness, we have a first batch of 100 collection boxes ready for distribution.

We need help getting them out into the public where they can begin to collect funds.

It would be great if every Rotarian could take one with them for their office, condominium or housing estate office, their favorite restaurant or pub. They are small, very attractive and should easily be recognized for what they are – a charity collection box. With this in mind, we hope to see a lot go out.

800,000 Baht a year with no tears

It is very much a numbers game. We have 104 Rotarians, if each person could help get four out into the public, that would be over 400 boxes. (We can make more very easily.) If every box were to bring in 200 Baht

Introductions please

We also need introductions to companies, stores, large chains would be ideal, Pizza Company, Oishi, MK, S&P, whatever, we have the boxes and we have the means to have money collected on a regular basis. All we need is your introduction, the rest can be done by others.

Last call

We, the Fund Raising Committee need to raise more money. With our very active Service and Foundation Committees filled with hard-working Rotarians, with our club known as the leader in raising and distributing funds, and with a growing need to help those most in need in our community, children and the handicapped, we need to get the boxes out and working for us... Be a gift to the world, be a gift to our club... help us, help others...

Khun Khob's Club Almanac #2592

25 September 2015

Happy Birthdays:

PP Chainarong Indharameesup September 25
 Patrick W. Gauvain September 25
 Frank Timmons September 29

Wedding Anniversary Greetings:

PP Nick Pisalyaput September 26
 Peter Upperton September 26

Attendance for 18th September 2015: 69%

Present 34, Make-up 17, Absent 23, Exemption 29, Total 103

Visiting for 18th September 2015

From Local

PP Ateep Maskati RC of Bangkok
 P Joe Goh RC of Bangkok
 Patcharatorn Wongchan RC of Bangkok
 Satpal Sachdev RC of Bangkok

From Abroad

Kenichi Tomari RC of Tokushima, Japan
 Prescott Paulin RC of Decatur IL, USA
 Yashuk Worah RC of Bombay Central, India

Invited Guests:

Chayaphol Leeraphanie
 Emil Sranovic
 Gus Guo
 Nalin Phupoksakul
 Selena Topham
 Songwut Man-in
 Supattra Man-in
 Taishiro Miyayauchi
 Van Tang
 Welta Topham

Introduced by:

Prescott Paulin
 Roy Howard
 Dr. Oldrich Capek
 Prescott Paulin
 Adrian Topham
 Prescott Paulin
 Prescott Paulin
 P Narain Suradejvibul
 PDG Alex Mavro
 Adrian Topham

Recent Makeups:

RC of Haarlem, 3rd September 2015: Joop van Delden
RC of Chiang Mai International, 11th September 2015: Doug Riach
RC of E-Club One, 11th September 2015: Tom Banker

Makeups:

TRF, 9th September 2015: HAC Andrew Macpherson, PP Don Lavoie, CP Geoff Carter, Jon Plate, PE Krin Charnmaytesakul, PP Krit Wongsangarunsri, Manu Mekdhanasarn, P Narain Suradejvibul, PP Ole Madsen, Dr. Pichai Kanivichaporn, Rod Vergara, Rui Belo, PP Vichai Tantratvivut, Yod Tantanunant

Admin, 10th September 2015 Alastair Timblick, PP Don Lavoie, Dana Caron, Stuart Lucani

CDWS, 10th September 2015: Dean Outerson, Frank Timmons, PP John Quarmbly, Marco Casanova

85th Anniversary RC Bangkok, 14th September 2015: PDG Alex Mavro, HAC Andrew MacPherson, PP Don Lavoie, Douglas Riach, Frank Timmons, Joop van Delden, PP Mark Butters, P Narain Suradejvibul

Service Projects, 14th September 2015: Adrian Topham, Arie Bloed, Dean Outerson, PP John Quarmbly, Lars Hansen, Mark Shaw, PP Michael Schulz, Rudy van der Hoeven, Stuart Lucani

Nominating, 18th September 2015: PDG Alex Mavro, HAC Andrew Macpherson, PP Don Lavoie, PP John Quarmbly, PE Krin Charnmaytesakul, PP Mark Butters, IPP Michael Doyle, PP Michael Schulz, P Narain Suradejvibul, PP Nart Liuchareon, PP Nick Pisalyaput

CLUB CALENDAR

Friday, 2nd October 2015 – Oktoberfest at Bei Otto German Restaurant – Soi 20 Sukhumvit Road, Traditional German meal, Imported Beer

Friday, 9th October 2015 – Dr Leroy Rebello “Stem Cell Research”

Friday, 16th October 2015 – 1st Club Assembly at 11.00 am.

Friday, 16th October 2015 – DG Chaivai Poonlapmongkol “DG’s Address”

Friday, 23rd October 2015 – “NO MEETING – Public Holiday, Chulalongkorn Day”

Thursday, 29th October – Inter-club Delegations to RC Bangkok, Grand Hyatt Erawan at 12.15 pm

Friday, 30th October 2015 – No Meeting: COINS on SILOM – Please mark your Diaries

Friday, 6th November 2015 – Tag Murphy – “Japan and the Shackles of the Past”

Friday, 13th November 2015 – PP Sirichai “The New RI Global Grants System”

Friday, 20th November 2015 – Dr Thitinan Pongsudhirak “Comparative Democratization in Southeast Asia”

Friday, 27th November 2015 – Anoop Sukumaran “Irregular Migration”

Friday, 4th December 2015 – Korn Chatikavanij, topic “TBC” – Delegations of other Bangkok Rotary Clubs to RCBS.

Friday, 4th December 2015 – RC Pathumwan Celebration Dinner, 32nd Anniversary, Montien Hotel from 18.00 pm

Friday, 11th December 2015 – Classification Interviews, “TBC”

Thursday, 17th December 2015 – RCBS Annual Xmas Party at PP Don Lavoie’s Residence from 18.00 pm – details “TBC”

Friday, 18th December 2015 – “TBC”

For more information about Bangkok South events contact: rotarybangkoksouth.org/calendar-of-events

The Crowne Plaza Bangkok Lumpini Park Hotel, 952 Rama IV Road, Bangkok 10500 Thailand
info@rotarybangkoksouth.org | 02632 9160 | www.rotarybangkoksouth.org

“SOUTH MOUTH”

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse.

“But why?” they asked, as they moved off.
 “Because” he said
 “I can’t stand chess nuts boasting in an open foyer.”