



VASCOWHEEL

The official magazine of Rotary Club of Vasco da gama, Goa, India, District 3170. 2010-11 Issue 37– 25th March2011

Rotarians have been finding a number of ways to help victims of the devastating earthquake and tsunami in Japan that killed thousands and left hundreds of thousands more homeless.

In response to the disasters, The Rotary Foundation established the Rotary Japan Disaster Recovery Fund , which will support long-term recovery projects in the affected areas. More than US\$500,000 has been donated since the fund opened on 11 March.

“It is encouraging to know that our overseas Rotary friends care about us,” says Yuzaburo Mogi, president of the Rotary Club of Tokyo. “I am confident that the people of Japan will overcome this great disaster, and we are hopeful that we can get over the various difficulties soon.”

District governors in Japan are running a fundraising campaign to send money to the governors in affected areas. Mogi says that Rotarians who wish to help Japan should contribute to the Foundation's recovery fund. (Rotarians and non-Rotarians can donate online)

The first Matching Grant project to receive support from the fund was approved a week after the disaster. Clubs in districts 3350 (Cambodia and Thailand) and 2820 (Japan) are using a total of \$65,650 to help provide food and drinking water for 15,000 people at an evacuation center in Ibaraki.



LITTLE THINGS MAKE A DIFFERENCE

Little things, they say, make a big difference. The wisdom of the ages proclaim that we should never ‘be – little ‘ objects, acts or people just because they look ‘minor‘ in our own little fallible eyes. Nuclear scientists are more conscious than most that the smallest things in existence are , in the sense the biggest. The energy released by splitting atoms is, of course , the strongest force ever produced. Scientists tell us that the tiny bits of matter they call elementary particles are the basic building blocks of the universe. Without them , nothing else could exist

Folk tales stress that the little must come before the big ; the oceans are made of the drops of water ; a single seed can create a forest ; coins saved yield a harvest of rupees. Again and again the Bible reminds us that we ignore details to our peril

The basic thrust of the ‘ excellence‘ and total quality ‘ movements so dear to the hearts of corporate managements these days is to inculcate a habit among everyone in a company of never taking the slightest thing for granted. The heroes of the quality movement preach that a concentration on little things is at the heart of the complete battle.

So anyone in business who wants to stay in business would be well – advised to exercise the greatest respect for detail.. But only details should not drown the image. However, it would be mistake to think that close attention to little things is a duty imposed upon us as a condition of material success.

For , little things are a rich source of pleasure; it is the subtle little touches that give style and delicacy to music and other are forms. In cooking , a little extra care and time for making a delicious dishes , in sports, handicrafts, or learning. And evening a letter attention to the finer point is behind the satisfaction that comes with doing something well. As one of professors of quality movement had said : Let us not merely pursue competence but pursue excellence.

But the finest benefit from attending to the little things lies in our relations with other people. It is the day – to - day practice of small attentions and considerations , ‘ mere trifles‘ as Lord Chesterfield called them that we best express the affection and appreciation we feel.

Among the many powers of little things , the power to make people happy must be the greatest of all.

Magneto Therapy

We all know that our Earth is a huge natural magnet and possesses a magnetic field with a North/South flow. Not many of us know, however, that this magnetic field affects the human body. Every cell in our body is an electro-magnetic unit having a magnetic field. When the body is in a healthy state, these cells vibrate with their own frequency.

But when a body is diseased, i.e., ill at ease, there comes a change in the magnetic activity of the cells with the result that there arises an imbalance between the various electro-magnetic forces acting inside our bodies. Magneto Therapy attacks the disease at its roots restoring the normal vibration of the cells setting the imbalance and coordination right.

One wonders what creates the imbalance. The external factors include electro-magnetic storms, cyclones, pollution and sudden changes in temperatures. Besides artificial radiation due to constant exposure to colour television, x-rays, leakage from atomic plants and nuclear weapons leakage from atomic plants and nuclear weapons testing, also lead to imbalance in cells.

The internal factors are more in your hands. This means consumption of junk food, addiction to alcohol, cigarettes, indiscriminate use of allopathic medicines over a long period of time, drugs, sedentary life-style with less emphasis on exercise, push-button life-style, inefficient excretory system, all play havoc in keeping our vibration out of time.

How do magnets act on our body? When magnets are kept in contact with a part of the body, the cells and organ of that part regain their natural vibratory frequency. The electromagnetic waves are capable of very deep and extensive penetration leading every cell concerned with that part of the body imparting strength to the cells. Old worn out cells are replaced with new ones. Our blood rejuvenates and invigorates every cell of our making our natural resistance to disease powerful.

That is the reason why magnetic water should be drunk by all to preserve our youthful appearance and increase immunity within.

Magneto Therapy

The miraculous healing power



- Improves digestion and sleep
- Reduces stress and retards ageing
- Cures common/uncommon ailments
- Safe under expert supervision, with no side effects
- Boosts energy levels and the body's natural immunity
- Non-addictive, non-toxic and serves as a preventive

Birthdays

Sanjana Lotlikar 18-Mar
Dinesh Heda 19-Mar
Sheldon Rodrigues 23-Mar
Bhavani Sundaram 25-Mar
P Gndrum Nadar 26-Mar
Marcelino Fernandes 28-Mar
Chaya Sarmalkar 29-Mar
Nishigandha Patil 29-Mar
Raj Bhandare 29-Mar
Madhav Kamat 30-Mar
Ryan Mendes 30-Mar
Diwakar Nagvekar 31-Mar



**WE MEET EVERY FRIDAY AT 7.15 PM AT
ROTARY COMMUNITY CENTRE, TILAK
MAIDAN COMPLEX, VASCO DA GAMA**

*This issue is a collaborative effort.
Please send news & articles to the Secretary*
Vist our website: www.rcvasco.org

Programme for the month:

25th March – Business meet
30th March - BOD