



Rotary Youth Exchange Student Rishikia Lekhadia shows her boundless interest in discovering America.

An opportunity of a lifetime

“There are two ways in which a person can become educated, one is by reading, the other is to travel.” - Gene Coscarelli, Michigan Rotarian

Rotary Youth Exchange stands as provides one of the primer international youth exchanges in the world. Among it's prime values is that a Rotary Club sends a student one end, and a Rotary Club receives and cares for the student on the other end. Most other programs seem to let the teenager stand out there in limbo.

Our club is fortunate this year to be hosting Rishikia Lekhadia. She is sponsored by the Rotary Club of Surat Roundtown, in Gujarat State, in western

India. While most Americans speak only one language, she is fluent in Girarati, Hindi and English.

For her first two months, Rishikia attended the Viera High School. Now, in Palm Bay, she is attending Palm Bay High School. She is consistently in the top three in her class.

At age sixteen, she has already formed an opinion of her future. Her plans are to study corporate law in the University of India.

When asked to write of herself, Rishikia expressed this: “I hope with this program to ... spread the richness of my culture far and wide. I am open to all new experiences as long as they come under proper code of conduct. I respect my parents and their word is like a rule

for me. My strong characteristic is that I can adapt myself to new ideas and surroundings easily. I look forward to seeing you soon! ”

Her hobbies include: chess - with tournaments at school and state levels - creative writing - meeting friends - and serving as class representative. She reads extensively, surfs the net, and participates in Rotary activities.

Today

RISHIKIA LEKHADIA

Rotary Youth Exchange Student



The Four-Way Test

The test, which has been translated into more than 100 languages, asks the following questions: Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



Dr. Sharad Vyas explains how to protect ourselves during the upcoming flu season.

Protecting yourself from the flu

Dr. Sharad Vyas last week spoke to the Club of several ways for protecting ourselves during the upcoming flu season that normally begins in November.

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing. (This is a major element highlighted in all official medical communications.)
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
3. *Gargle twice a day with warm salt water (use Listerine if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/nasal

cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation.. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't under estimate this simple, inexpensive and powerful preventative method.

4. *Boost your natural immunity with foods that are rich in Vitamin C. *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
5. *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.
6. Flu shots are effective, and have been designed for this strain of flu. Not only does the flu shot protect you, it protects the community, because there is one less carrier of the virus in the community. The more people who receive the flu shot, the less likely flu will become a danger to all others.



Calendar of Events

October 24 SATURDAY All Day
GARAGE SALE

November 12 THURSDAY 6:30 pm
NEW MEMBERSHIP EVENT

November 15 SUNDAY
ROTARY DAY AT THE MIAMI-TAMPA BAY FOOTBALL BASH
Tailgate at 10:30 am.
Game at 1:00 pm.

November 24 TUESDAY
HOLIDAY MEALS DELIVERY

December 10 THURSDAY
HOLIDAY PARTY

December 24 TUESDAY
HOLIDAY MEALS DELIVERY

January 30 SATURDAY
ROTARY ACTION PARK FUNDRAISER

March 27 SATURDAY
CHILI COOK-OFF

April 1-4 THURSDAY - SATURDAY
RYLA - ROTARY YOUTH LEADERSHIP AWARDS
PORT ST. LUCIE - HOLIDAY INN

April 17 SATURDAY
CASINO NIGHT

May 13 THURSDAY
STUDENT AWARDS BANQUET

June 24 THURSDAY
INSTALLATION BANQUET



Humanity in Motion
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