

# THE COCHIN ROTARIAN

BULLETIN OF THE ROTARY CLUB OF COCHIN

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## ENERGY EFFICIENT BUILDINGS

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### Next Meeting

#### **Charter Night**

*Chief Guest:*

**PRID Rtn. P.C. Thomas**

Wednesday, 27th August 2014

at 7:15 PM

at Vivanta by Taj

followed by

Fellowship and Dinner

The Guest Speaker for our meeting on 13th August 2014 was Mr. Paul Mathew son of Rtn. A.P. Mathew and Shanta Mathew, who was introduced by Rtn. Sebastian Zacharias. Mr. Paul Mathew is a Staff Scientist in the Commercial Building Systems group at Lawrence Berkely National Laboratory {LBNL}, where he conducts applied research and market transformation activities for energy efficient buildings. His current work is focused on energy analysis tools and techniques for commercial buildings. Prior to joining LBNL, he worked at Enron Energy Services and the Center for Building Performance at Carnegie Mellon University. He received a U.S. Presidential award for energy efficiency in 2007. He has a Bachelor's degree in Architecture, and a PhD in Building Performance and Diagnostics.

Globally buildings consume the maximum energy when compared to transportation and industry. He went on to say that buildings emit the largest amount of carbon dioxide. The present day buildings that are rated 'GREEN' dramatically reduce energy, carbon dioxide, water use and solid waste. In the Indian context for the next 20 to 30 years the vast majority of buildings are yet to be constructed. So he went on to say that we should make all our buildings as energy efficient as possible. Technology plays a vital role here. There are commercially available technologies to reduce your lighting, airconditioning and water use. He gave an example of windows which are eight times more energy efficient than normal windows. To get maximum savings on energy he says that we have to go in for SYSTEMS INTEGRATION where lighting, airconditioning, specially made windows and shades work collectively for optimum energy efficiency. A good design is the most important factor for optimum energy



efficiency. The main disadvantage is the high initial cost involved, the next one being inadequate skills to operate an energy efficient building, poor awareness among the general public and lack of energy data.

In the United Kingdom there is a grading system whereby you are graded for your energy usage. He also talked about Smart Meters, which display your electricity consumption on an hourly basis, so we are able to monitor our energy usage. There are applications you can get on your mobile phones which shows your energy consumption. We as individuals can reduce our energy consumption by using energy efficient products like star rated refrigerators, airconditioners, water heaters... When building your house ask your Architect to provide energy efficient data and an estimate of your power bills.

The speakers passion and knowledge of Energy efficient buildings was evident in the manner he fielded questions from the audience.

## INDEPENDENCE DAY CELEBRATION AT BALBHAVAN



On the 68th Independence Day Celebration the National flag hoisting ceremony and sweet distribution to the children of Balbhavan Bhavana School was organised. The National flag was hoisted by the President. Rtns. A.P. Mathew, K.P. Sathish, A.S. Narayanamoorthy, Gopinath, Raj Nayar, Susheel Aswani, C.A. Salim, Sebastian Zacharias, VAdm Suthan, Thomas Jacob, Inner Wheel President Jyoti Aswani, Arundathy Nayar, Santha Mathew and Shirani Thomas were present.

The children made short Independence Day speeches and sang patriotic songs.



## JOHN GERM SELECTED AS 2016-17 ROTARY PRESIDENT



John F. Germ, a member of the Rotary Club of Chattanooga, Tennessee, USA, and chair of the International PolioPlus Committee, is the selection of the Nominating Committee for President of RI in 2016-17. He will become the president-nominee on 1 October if there are no challenging candidates.

A Rotary member since 1976, Germ has served Rotary as vice president, director, Foundation trustee and vice chair, chair of Rotary's US\$200 Million Challenge, and RI president's aide. He is a recipient of Rotary's Service Above Self Award and The Rotary Foundation's Citation for Meritorious Service and Distinguished Service Award. He and his wife, Judy, are members of the Arch Klumph Society.

"Rotary will adapt to a rapidly changing world by embracing innovation within the guidelines of our tradition and values," says Germ. "By aggressively embracing new technologies, social media, and new opportunities, individuals and businesses will see that Rotary helps promote a good civic and public image while adding credibility to their people."

"I envision Rotary boldly and creatively engaging the success of polio eradication, membership and identity issues, strengthening clubs, work with youth – our future lifeblood, and the creation of critical, strategic partnerships," says Germ. "The 2016-17 Rotary year offers a tremendous opportunity for Rotary International and the Foundation partnership unified and thriving, on all levels, via the six areas of focus."

Germ says no one should ever have to ask, "What is Rotary?"

"We will enhance Rotary's public image by successfully and enthusiastically marketing who we are, what amazing things we are doing, and incredibly, have done locally and globally," says Germ.

With the global economy still unpredictable, Germ says Rotary must make participation affordable and "also be unfailingly diligent in efforts to ensure we spend every dollar effectively and efficiently."

# **ONE ON ONE** *with* **RTN. COL. JOHN MANAVALAN**



*[clockwise] - Rtn. Col. John Manavalan, Sanjana, Tina, Biju, Rahul, Tharian, Marina, Zara, Rtne. Lalitha.*

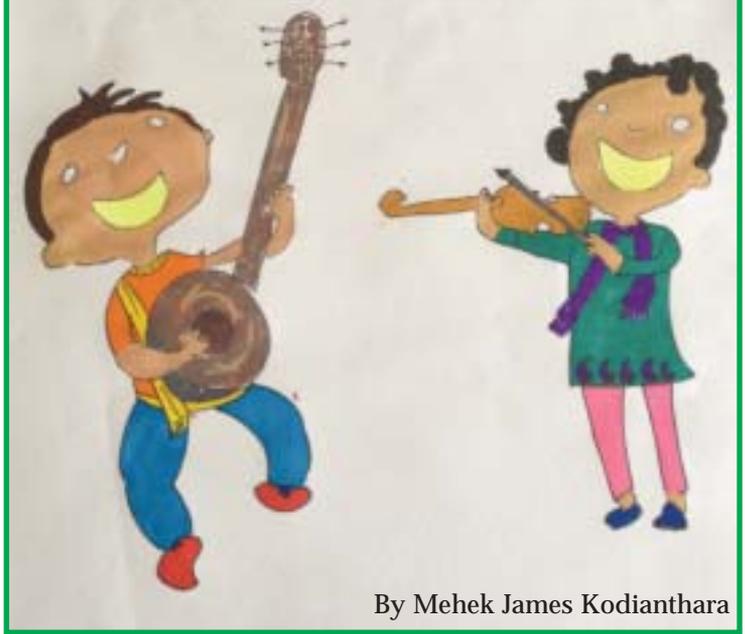
- |   |  |
|---|--|
| 1: Your inspiration in life...            | <b>My parents.</b>                                 |
| 2: Your happiest moment...                | <b>Difficult to pin point.</b>                     |
| 3: Your greatest regret...                | <b>No regrets.</b>                                 |
| 4: Your best holiday destination...       | <b>Gods own country-Kerala.</b>                    |
| 5: A cherished childhood memory...        | <b>Exploring my mother's village with cousins.</b> |
| 6: Marriage to you is...                  | <b>My lucky break.</b>                             |
| 7: A movie/cartoon character you adore... | <b>Bridge on the river Kwai.</b>                   |
| 8: An excuse you use...                   | <b>No excuses... always the truth.</b>             |
| 9: Your favourite time of the day...      | <b>Bed tea time with Lalitha.</b>                  |
| 10: Your mantra in life is...             | <b>Be fair to fellow beings.</b>                   |
| 11: A dish you relish...                  | <b>Pork with raw banana - a thrissur delicacy.</b> |
| 12: Rotary to you is...                   | <b>Making new friends.</b>                         |

# Congratulations

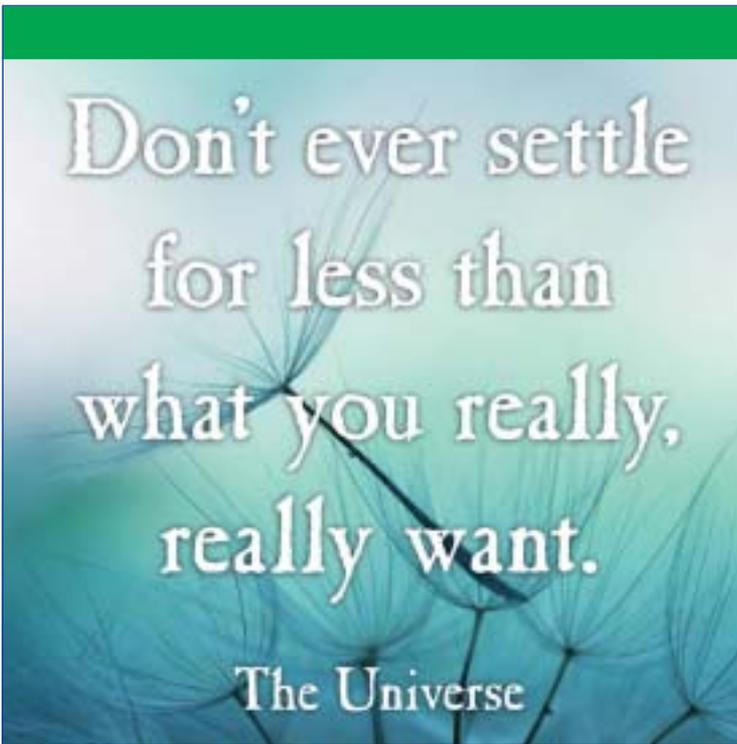


Our club finished runners up in the Asten Futsal tournament conducted by the Rotary Club of Cochin East. The team was led by Naveen Philip and the other members were Alex Babu, Prakash Aswani, Siddharth Dominic, Susheel Aswani.

## Children's Corner



By Mehek James Kodianthara



## HEALTH WATCH

### HEALTH BENEFITS OF BANANAS

- Eyes**
  - Maintenance of night vision
- Cardiovascular**
  - Prevention of hypertension
- Stomach**
  - Prevention of peptic ulcers
- Bone**
  - Protection from breakdown
- Intestinal**
  - Electrolyte replacement in diarrhea
  - Ease of constipation
- Kidneys**
  - Decreased risk of cancer

**Other benefits:**

- Restores healthy Blood Glucose level.
- Rich in Iron.
- Provides Energy.
- Soothes Ulcers.
- Increases Brain Power.

happy marriage anniversary

Rtn. VAdm R.P. Suthan & Rtn. Beena	20th August
Rtn. Bechu Kurian & Rtn. Meenu	22nd August
Rtn. Vasant Kumar & Rtn. Prabha	24th August
Rtn. Riaz Usman & Rtn. Shinu	24th August
Rtn. Algiers Khalid & Rtn. Zareena	25th August
Rtn. Sunder Rajagopal & Rtn. Girija	25th August

Rtn. V.N. Venugopal	20th August
Rtn. M.A. John	21st August
Rtn. Joseph Philip	25th August