



41 COMMUNIQUE

FEBRUARY 2016

www.41international.net



-POETRY-

The burden of love

A wafting mist forcing the
upright reed into
submission

A beehive undone by the
greed for honey

A curious wasp surprised by
the stickiness of the toad's
tongue

A clot in the heart that
enervates the brain

A sigh that segues into a
moan

A cumulus which obliterates
the crescent

A second that warps time
into a vacuum

The burden of love is
every day.

-Sanjiv Shah, 41 India



happy Valentines

41 Years of 41 INTERNATIONAL Ruby and Beyond

41 years ago an organization was born
An idea that has grown to infinity and
beyond

The start of a priceless friendship bond
Where Past Tablers worldwide belong

Landshut will be a celebration of forty
thousand threads of life that bind us

Be at Landshut when history happens.
-Sid, Secretary



Tabling in Hungary

About Round Table:

- Round Table Hungary was established in 1990 right after the collapse of the communist system in Central and Eastern Europe. As the existence of associations was prohibited in the communist system, the gathering and common activities of the youth, the charity programs carried out by associations was missing in Hungary for 50 years.
- The foundation of Round Table Hungary happened amid interesting circumstances in 1990. There was a huge country wide taxi drivers' blockade just on the same day, and arrival of international Tablers was managed with major difficulties. Tablers had to land in the neighbouring Austria and were transported to Budapest using small countryside roads. Finally, several hundreds of international Tablers arrived at Budapest and established 3 Hungarian tables among wonderful, ceremonial conditions. Several politicians and members of the media and of the scientific communities felt important to participate in the foundation.
- After the foundation of Table 1 and Table 2 of Budapest, and Table 3 of Eger, four more tables have been founded in the following years. However, by 2000 only the 3 firstly founded tables remained with not more than 50 members.
- Now, there are 3 existing and operational tables in Hungary: Table 1 Budapest, Table 2 Budapest and Table 3 Eger.

About Club 41:

- Club 41 Hungary was established in 2011. We believed that the most beautiful celebration of the 20th anniversary the Round Table motion would be the setting of Club 41.
- The foundation of Club 41 was carried out in Hotel Kempinski in the company of a large international group of Tablers.
- 3 Old Tables have been founded at the same time: Tables 1, 2 and 3. The members of these tables were originating from the Ex Tablers of Round Table 1, 2 and 3.
- The old Tablers founding Club 41 Hungary have been actually still around Round Table even before the foundation. They met regularly and they helped and sponsored the activities of young Tablers.
- Nowadays, there are 2 operational Club 41 tables in the country: Table 1 in Budapest and Table 3 in Eger. Table 2 has difficulties with active members, but often joins the Club 1 events.
- Club 41 Budapest gathers on a regular, but surely not as frequently as would be necessary. The Club 41 Tablers often receive international guests and organise evening events with them.
- There are 40 people on our list, but the number of old Tablers gathering by occasions in not more that 7-8 people in Budapest and 7-8 people in Eger.
- Club 41 Hungary is not a registered member of Club 41 International. AGM's are however visited in an observer status. It was a pleasure for us to visit the AGM in Chennai some years ago and we intend to visit the AGM in Landshut and the Half AGM in Bangalore this year.
- Full membership in Club 41 international is under discussion right now among Hungarian old Tablers as the visit of the Club 41 Board to Hungary gave a big push to us.



-KALMAN MOLNAR

PROUD TO BE A TABLER

41 President Makarios and 41 Vice-President Engelbert sent us on our way bidding us a safe trip, this was the Christmas packet convoy, over 30 lorries sent off from Hanau near Frankfurt taking 70000 Christmas packets for children in Romania, Ukraine and Moldavia.

We wanted to give away the presents personally to each and every child we could find, sometimes those walking down the streets. We were received by Children both young and old, some unfortunately handicapped. We have left 70000 happy and smiling children in these countries behind us offering 70000 warm embraces.



It was the 16 time that Tommy Führer and Peter Weiss had organised this event; this was my first but not last trip to Moldavia. This was Tabling at its very best and I can only recommend as many of us Tablers, old and young to take part.

You will come home and be proud that you are a Tabler.

YIT
Bob Parton



AGORA Club International bags the ING Solidarity award in Belgium. Their International Service Project (ISP) Eyes for the World has been rewarded with a prize of no less than 10000Euro. A well-deserved honour for Koen, President and soul of Eyes for the World! –**Veerle De Jonge**.



Health Watch

What is physical activity?

Physical activity is anything that gets your body moving. It can include anything from walking and gardening to recreational sport. Aim for at least 150 minutes of moderate activity every week. Ideally, you should try to do something every day, preferably in bouts of 10 minutes of activity or more.

One way of achieving 150 minutes of activity is to do 30 minutes on at least five days a week.

Examples of moderate-intensity aerobic activities include:

- walking fast
- water aerobics
- riding a bike on level ground or with few hills
- playing doubles tennis
- pushing a lawn mower

Daily chores such as shopping, cooking or housework don't count towards your 150 minutes, because the effort isn't hard enough to raise your heart rate, although they do help break up sedentary time.

In addition to your 150 minutes target, try to do some activities that work your muscles. This can include:

- weight training
- carrying heavy loads
- heavy gardening

As well as regular physical activity, try to reduce the amount of time you spend sitting down during the day. This means avoiding long periods of TV viewing, computer use, driving, and sitting to read, talk or listen to music.

Getting started

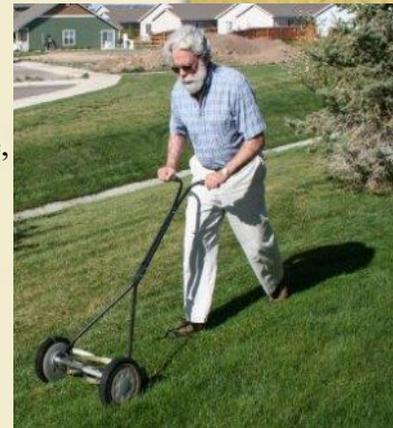
What you do will depend on your own circumstances, but as a guiding principle, it's a good idea to do activities that you enjoy.

If you're already active, you may find it useful to know that 75 minutes of vigorous activity over a week is as beneficial as 150 minutes of moderate activity.

Research shows that it's never too late to adopt and reap the health benefits from a more active lifestyle. For example, older adults who are active will reduce their risk of heart disease and stroke to a similar level as younger people who are active.

If you've been inactive for a while, you can build up your activity gradually to reach recommended levels. You'll still be improving your health in the process, and you'll reduce your risk of falls and other ailments.

"The biggest benefits come to those who start from scratch," says Dr. Cavill. "It's moving from a sedentary lifestyle to a moderately active one that makes the biggest difference to your health. The more you do, the greater the health benefits."



BUDA “BEST”

Budapest, a picture perfect city with beauty in abundance had lots in store for the 41 INTERNATIONAL team that stepped into Hungary

Although it was winter with 4 degree Celsius enveloping the city, we had immense warmth from the Tablers and 41ers that kept us comfortable and in high spirits. We were pleased to meet the President of Round Table I Budapest CSABA PERESZLENYI, I.R.O SLABOLIS TELL, President 41 Clubs of Hungary TAMAS HEDERICS, I.R.O KALMAN MOLNAR among many other Tablers and Ex-Tablers at the Restaurant Véndiák.

Earlier we were warmly greeted by **Viktor Takacs** and **Tamas** who took us on a walking tour of the city. It was sort of a Walk the Talk wherein we had exchanged information about 41 Clubs and Round Tables. **Tamas Hederics** welcomed the International Board members and members of Hungary Clubs. He presented a brief note on the status of Tabling in Hungary.

President Makarios gave an inspiring speech encouraging and inviting the Hungarians to extend their links to 41 INTERNATIONAL.

The 41 Clubs of Hungary, only 5 years old and just up on its feet, is ready to take steps towards progress and development.

The discussions that took place on Saturday with RTH Vice President Istvan Tamas, IRO Szabolcs Tell and 41 President Tamas opened up opportunities for better understanding and future planning. We sincerely hope that our meeting with the Hungarians will yield the desired results in the form of consolidation and extension.

- **SID, Secretary, 41 INTERNATIONAL**




HYM
41 International

NAGM
41 Clubs India

NAGM
Tangent India

14th-16th October 2016
Bangalore
(India)

High Pretour Chaparral

Oslo-Stocholm-WildWest
14-18 May

Monday
Visit to 1700's Swedish settlement park in Karlstad.
Tour of Örebro castle.
Evening, arrival and dinner in Stockholm

Tuesday
Full day in Stockholm.
Visits's and guided tour's.

Wednesday
Heading for Värnamo and the AGM.
2 planned stop on the way...

Saturday
Pickup from Oslo-Gardermoen
Dinner in the evening.

Sunday
Day in Oslo.
Oslo opera house, Vigeland park, Lunch at Akkerbrygge, Holmenkollen.
"Bordershopping" on our way to Sweden.
Dinner and stop for the night in Arvika.

Sunday
Heading for Oslo.
Arrival around 16:00

499.- Eur
Incl all meals, transport and entrances.
Limited spaces available

Sign up by contacting organizer's:
RTS IRO
Daniel Kristensen
iro@roundtable.se
OTS IRO
Pierre Lundqvist
iro@oldtablers.org



41 INTERNATIONAL AGM 2016



LANDSHUT, GERMANY
22. - 24. APRIL 2016

HYM India 2016- Programme

Date	Day	Time	Event	Early Bird (per Head) (till 15.06.2016)	Late Bird (per head) (till 30.09.2016)
14.10.2016	(Fri)	19:00 hrs	Informal Night		
15.10.2016	(Sat)	09:30 hrs	HYM	Rs 11400/-	Rs 14000/-
15.10.2016	(Sat)	19:00 hrs	Gala Dinner		
Additional Options					
13.10.2016	(Thu)	19:00hrs	Home Parties	Rs. 2000	Rs 2500
14.10.2016	(Fri)	13:30 hrs	NAGM India	Rs. 2200	Rs.2800
16.10.2016	(Sun)	09.00hrs	Farewell Breakfast	At Your Hotel	

For More Information visit www.hymindia.org

Email at hym@hymindia.org or Call/message at +91 9739912931

THIS IS HOW
TEQUILA
WORKS



★ CLUB 41 SUISSE ★

AGM



Winterthur

28. – 30. Oktober 2016



May the hinges of friendship never rust