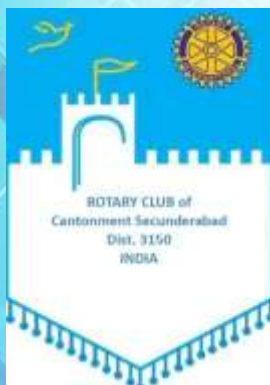


CANTONMENT TIMES



FIVE PRIORITIES FOR THE PRESIDENTIAL YEAR

- **MEMBERSHIP : EACH ONE GET ONE**
- **FLEXIBLE HYBRID CLUBS: CAUSE BASED HYBRID CLUBS, I.E. WATER, SANITATION ETCS, VIRTUAL MEETING.,**
- **EMPOWERING GIRLS: FUTURE GENERATION OF WOMEN LEADERS**
- **PRESIDENTIAL CONFERENCES: SEVEN ACROSS THE WORLD INCLUDING INDIA**
- **ROTARY DAYS OF SERVICE :SHOWCASE WORK -MAKE ROTARY TREND ON SOCIAL MEDIA**



SERVE TO CHANGE LIVES

PRESIDENT

I wish each one of you and your families a great Rotary New Year! Together, let us make it one of the best years of our lives, by making it a year to grow more and do more. Let this be a year of changemakers, and let us begin with our membership.

That is precisely why the Each One, Bring One initiative is so important. If each member introduces one person to Rotary, our membership can increase to 1.3 million by July 2022. So, let's just do it!

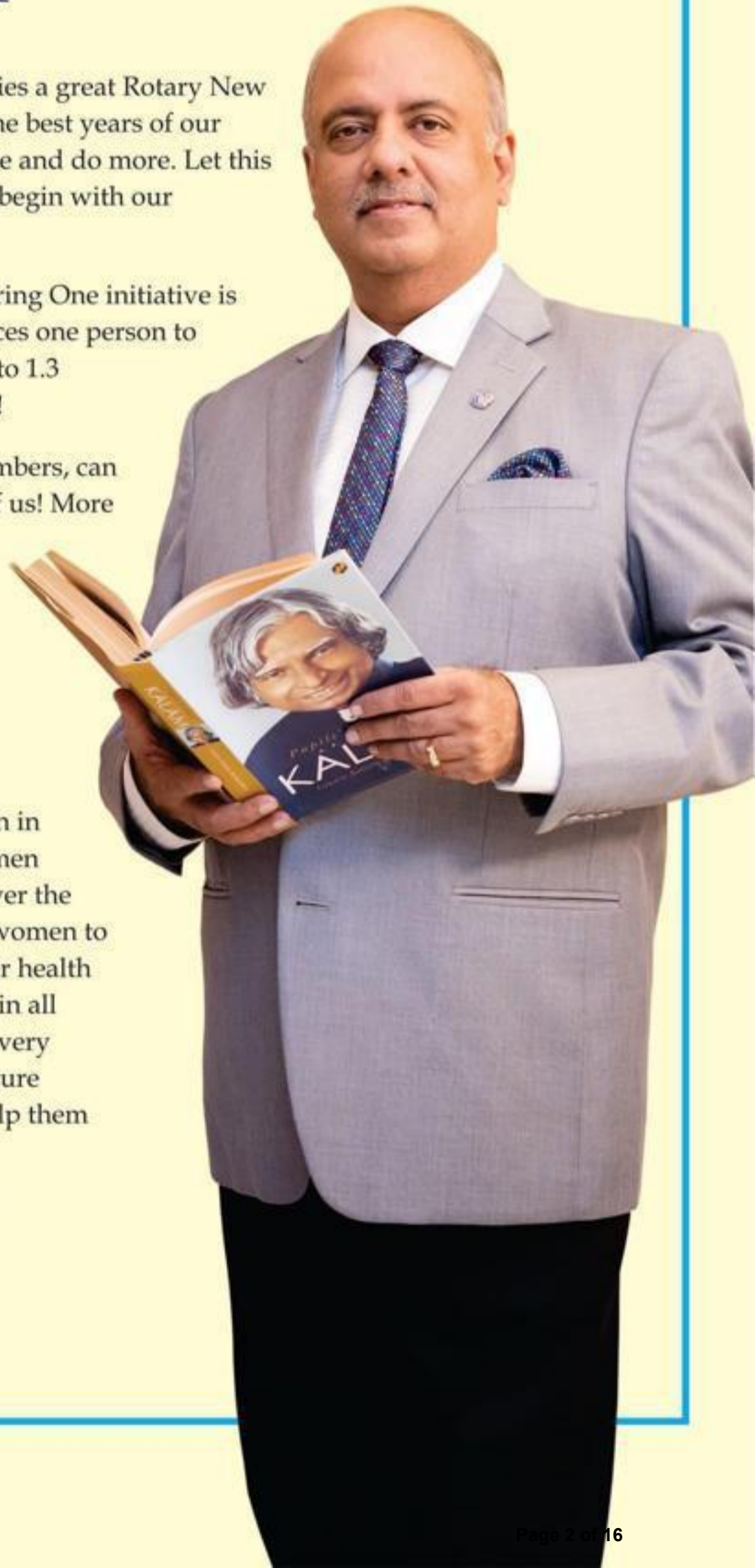
Imagine the change we, as Rotary members, can make when there are so many more of us! More people to care for others, more people to Serve to Change Lives, more members will enable us to embark on bigger and bolder service projects.

One element that we can incorporate into all of our service initiatives is empowering girls. Unfortunately, even in this day and age, girls and young women face disproportionate challenges all over the world. Empowering girls and young women to have greater access to education, better health care, more employment, and equality in all walks of life should be embedded in every Rotary project we launch. Girls are future leaders, so we must ensure that we help them change their future.

So friends let us serve to change lives.

Shekhar Mehta

Shekhar Mehta
President 2021-22



EXCERPTS FROM “SERVICE & PRESIDENTIAL INITIATIVES”

RIPE SHEKHAR MEHTA - 5TH FEB 2021



- *Service Above Self has been the North Star of my life*
- *Serve to Change Lives*
- *Caring for and serving others is the best way to live because it changes not only other people’s lives, but also our own*
- *Rotary kindled the spark within me to look beyond myself and embrace humanity*
- *Service became a way of life for me and I, like many others, adopted the guiding philosophy that ‘Service is the rent I pay for the space I occupy on this earth, and I want to be a good tenant of this earth’*
- *Rotary kindled the spark within me to look beyond myself and embrace humanity.*
- *Focus efforts on empowering girls and ensuring their access to education, resources, services, and opportunities so that future generations of women leaders will have the tools they need to succeed.*
- *Challenged Rotary to increase membership from around 1.2 million for the past two decades to 1.3 million by 1 July 2022.*
- *Each One, Bring One*



EXCERPTS FROM “SERVICE & PRESIDENTIAL INITIATIVES”

RIPE SHEKHAR MEHTA - 5TH FEB 2021

- *The world, my friends, is divided. In one part, there is plenty, and in the other, there is huge deficit, whether it is of water and sanitation facilities, whether there is deficit of food, or lack of housing, or lack of medical care, the list is endless. We Rotarians act to balance these resources as best we can.*
- *The outcomes and long-term effects of our work can be huge because of our sheer numbers, our geographic spread, our networking and leadership abilities.*
- *We are people of action*
- *Service is our core value; it is our DNA.*
- *Find a need and plan a solution*
- *Use the virtual world not only to plan projects but even to oversee projects.*
- *Adolescent girls have the right to a safe, educated, and healthy life. they have the potential to change the world –as tomorrow’s workers, mothers, entrepreneurs, and leaders.*
- *Telling our story is as important as doing the work itself is.*
- *“Rotarians love challenges.”*





THE PRESIDENT'S DESK

RTN RAJKAMAL BAJAJ
President - RCCS



My dear fellow Rotarians and Annes,

Greetings !

Inviting you to our first issue of the year 21-22.

We are now in our 22nd year. Still as Young and Dynamic as we were 21 years before. This description suits all of our members. In my view, the credit for our success over more than two decades, goes to each and every member of RCCS, both past and current and more than capable leadership teams we have had every year, year after year.

The Rotary year 2020-21, just gone by was a very challenging year. We were not able to meet physically, which we actually enjoy. We were forced to learn to adapt to the "New Normal", virtual meeting, which was not easy, but still we achieved a lot.

Being Rotarians, creativity comes naturally. Rotarians are capable of converting their dreams into actions and uncertainties into certainties. Therefore, let us put our hands together and applaud the work of the President and the teams for having done wonderful work during the last Rotary year 20-21.

The year 21-22 also is certainly not going to be a cake walk. The situation is still fluid and that demonical sword still hangs over our heads. This time however, the awareness is high and so is the understanding of our responsibilities and the options we have to meet them.

Therefore, there is nothing to stop us from looking forward to another eventful Rotary year 2021-22.

Let's together view this challenge as an opportunity. The opportunity to plan our work and work our plans, systematically and dynamically, as always. Let us focus our energies on qualitative aspects of the activities. Besides our RI and District identified activities, such as :-

- Membership growth
- Flexible/hybrid clubs
- Empowering girls
- Designated Rotary days of service
- Environment
- Rotary Foundation etc,

We must also work towards capitalising on our own club's signature projects, pool in our creativity to ensure taking these projects to much greater heights. All the Directors, Board members and Committees are working on their goals and are very confident of making 2021-22 yet another really memorable year.

We are confident of the traditionally high involvement of all our members and therefore, we are aiming for very high quality of activities /events. We want it all, we certainly want to do Service and have a high impact on Society, but we also want to have fun and fellowship while doing it.

I Invite you all, our RCCS family to come together to enjoy and celebrate Rotary. Looking forward to your contributions and valuable inputs to make our 'Cantonment Times' more exciting and enjoyable

With best wishes to all

Raj Kamal Bajaj

BRIEF PROFILE OF RTN SHEKHAR MEHTA, ROTARY INTERNATIONAL PRESIDENT, 2021-2022

Rtn Shekhar Mehta, an accountant, is chair of the Skyline Group, a real estate development company he founded. He is also a director of Operation Eyesight Universal (India), a Canada-based organization.

Mehta has been actively involved in disaster response and is a trustee of ShelterBox, UK.



After the 2004 Indian Ocean tsunami, he helped build nearly 500 homes for families affected by the disaster.

He pioneered a program that has performed more than 1,500 life-changing heart surgeries in South Asia. He is also the architect of the TEACH Program, which promotes literacy throughout India and has reached thousands of schools.

A Rotary member since 1984, Mehta has served Rotary as director, member or chair of several committees, zone coordinator, training leader, member of The Rotary Foundation Cadre of Technical Advisers, and district governor. He is also the chair of Rotary Foundation (India).

Mehta has received Rotary's Service Above Self Award and The Rotary Foundation's Citation for Meritorious Service and Distinguished Service Awards.

He and his wife, Rashi, are Major Donors and members of the Bequest Society.

BRIEF PROFILE OF RTN K PRABHAKAR

DISTRICT GOVERNOR (3150), RY 2021-2022

Hailing from Guntur, Rtn K. Prabhakar is a Chartered Accountant. He has settled in Hyderabad where he set up his practice as Partner in M/S Jawahar and Associates.

He has also completed the Information Systems Auditor Course (ICAI) and graduation in Law from Osmania University.

He joined the Rotary Club of Hyderabad Central (RCHC) in 1995 and was club President in 2001 and 2011.



Some of his impressive achievements are

- His first tenure as Club President in 2001 - “Best President” and unanimously elected ‘Chairman of Twin City Club Presidents’ Forum.
- Second tenure as Club President in 2011 - “Outstanding President”.
- Outstanding Rotarian award in 2013-14.
- Distinguished Rotarian award in 2019- 20.
- Four Avenues of Service Citation and Club Builder Award from RI.
- He was instrumental in processing and obtaining 7 high value matching grants for about Rs 2.40 crores.
- Convener/ Chairman for various district level seminars, events
- Assistant Governor, Governor Special Representative, Dt. Secretary, Dt. Treasurer, Dist Governor Nominating Committee Chairman, District Trainer and many other District assignments.
- Successfully led a Group Study Exchange team to RI District 5190 USA during the year 2012-13.
- Liaison Official to VIP movement during Rotary Institute in 2000
- Vice Chair of Registration Committee for “Namaste Hyderabad” Rotary Institute 2012 and Rotary South Asia Summit during 2013.
- He attended two international conventions, Singapore and Bangkok.
- Served as Right Worshipful Master of Lodge, Universal Peace, Hyderabad in the Masonic movement.
- He is a life member of Red Cross India and YMCA.

His son Prabhav Phalgun and daughter Lakshmi Sravya are both are married. He is a Paul Harris Society member and his entire family members are Paul Harris Fellow

His hobbies are making friendship, fellowship & travel. Motto of his life is the ideal of Rotary, which is SERVICE ABOVE SELF.



Welcoming the new Team-RCCS for the RY 2021-2022



A Big Thank you to Team-RCCS of the RY 2020-2021



Team-RCCS for the RY 2021-2022



RCCS BOARD - ROTARY YEAR - 2021 - 2022

S. No	Designation	Name
1	President	Rtn Raj Kamal Bajaj
2	Secretary	Rtn Lavanya Dyapa
3	Vice-President	Rtn Laxman Vuppala
4	President Elect (President RY 2022-23)	Rtn Ramani Rao
5	Immediate Past President	Rtn. Ramkrishna Vemuri
6	Treasurer	Rtn Subbaraj Gowra
7	Director Club Service & Membership Retention and Development.	Rtn Seetha Vuppala
8	Director - Vocational Service	Rtn Malathi Raaj
9	Director - Youth service	Rtn Ramakrishna Vemuri
10	Director - Community Service	Rtn Rajendra Kumar
11	Director -Rotary Foundation	Rtn Sudhir Mutyala
12	Club Trainer	Rtn Raaj Sreeram
13	Editor Cantonment Times + Publicity / Public Image	Rtn Pierre D'Silva
14	Sergeant -at Arms	Rtn Ashok Kumar T
A	Advisor	Rtn B Ramagopal
B	Advisor	Rtn Ahmed Ali
C	Advisor	Rtn Mohan Nishtala

RCCS - BRIEF GOALS FOR RY 2021-22

VOCATIONAL SERVICE

- Two Factory visits planned (depending on the covid situation).
- Organize skill development for children between the ages 13 and 18 yrs. In the areas of Carpentry, Electrician & Plumbing.
- Beautician training as part of the creative activities is planned

COMMUNITY SERVICE

- Parivartan Pahal - Our club has adopted the Mudfort slum, situated in Secunderabad.
In phase -1, This has been given a facelift with better sanitation, inner roads , and street lights etc.
In Phase - 2 , we hope to better the facilities and strive to work towards women empowerment, vocations for youth and education for the children with after school support.
- Our club has also adopted 5 government schools and we have provided them with amenities towards making them Happy Schools, We plan further increase our involvement in these Schools in this year.

YOUTH SERVICES

- Installation of four Rotaract clubs on 18th July 2021 i.e. Falcon, Utkarsh, Shenergy & eInfinity
- Installation of 5 Interact clubs are planned i.e. Sherwood School, St Michael's School, Pallavi Model School, Sasdu Vaswani School & CRPF School
- District RYLA is planned
- Two Telugu RYLA for Government Schools in two groups are planned
- Distribution of awards and Certificates are planned.
- Career Counselling is another important area on which RCCS focuses and we are known for conducting this activity even at the district level, We plan to substantially increase the efforts in this area this year .

ROTARY FOUNDATION

- The TRF Goal for RY 2021-22 will be as follows.
- Annual Funds \$5500 and GG Funds \$500 Total \$ 6000.
- We will be the Host Club for one GG project for installation RO plant in 5 villages with RC of Dublin AM, Ohio USA as International partner funding the GG Project.

PUBLIC RELATIONS

- Promotion on Social Media i.e. Facebook, You Tube, Instagram, Whatsapp & Twitter.
- Press releases for important Functions & Activities
- Live streaming on Social Media
- Creation of Collateral like Slides, Banners, Videos (RYLA, Slum Development)

RCCS PLANNER FOR THE ROTARY 2021-22



MONTH	PROGRAMMES
JULY 2021	INSTALLATION, CLUB ASSEMBLY, NEW MEMBER ORIENTATION , TREE PLANTATION , INSTALLATION OF NEW BOARD IN INTERACT SCHOOLS, SPEAKER MEET AND BOARD MEETING
AUGUST 2021	MEMBERSHIP AND NEW CLUB DEVELOPMENT SEEK FOR NEW MEMBERS, MEETS WITH ROTRACTORS, INDEPENDENCE DAY CELEBRATIONS AT ADOPTED SCHOOLS & MUDFORT SLUM, SPEAKER MEET & BOARD MEETING
SEPTEMBER 2021	BASIC EDUCATION & LITERACY CAREER COUNSELING, TEACHERS DAY CELEBRATION, INITIATE ADULT EDUCATION, E-LEARNING, SPEAKER MEET & BOARD MEETING
OCTOBER 2021	ECONOMIC AND COMMUNITY DEVELOPMENT ENTREPRENEURSHIP DEVELOPMENT MEET / WORKSHOP, DG VISIT, FUND RAISER PROGRAM, COMMUNITY PROJECT, DIWALI MILAN, CLUB ASSEMBLY, BOARD MEETING
NOVEMBER 2021	ROTARY FOUNDATION MONTH TRF SEMINAR , FUND RAISER PROGRAM, BAL PURASKAR AWARDS ON CHILDREN'S DAY.
DECEMBER 2021	DISEASE PREVENTION & TREATMENT ORGANIZE MEDICAL CAMPS, TALKS ON HEALTH AND HYGIENE IN ADOPTED SCHOOLS & SLUM, HOSTING TELUGU RYLA, SPEAKER MEET & BOARD MEETING
JANUARY 2022	VOCATIONAL SERVICE VOCATIONAL AWARDS, TWO FACTORY VISITS, SKILL DEVELOPMENT WORKSHOP, REPUBLIC DAY CELEBRATIONS, SPEAKER MEET AND BOARD MEETING
FEBRUARY 2022	WORLD UNDERSTANDING MONTH TALKS FOR BETTER RELATIONSHIPS UNDERSTANDING ,VALENTINE DAY FUN PROGRAM & BOARD MEET
MARCH 2022	WATER & SANITATION CREATING WATER CONSERVATION AWARENESS BY TALKS ,SONGS SKITS ETC, PROVIDING SANITATION TO THE NEEDY SCHOOLS, SPEAKER MEET WOMEN'S DAY & BOARD MEETING
APRIL 2022	MATERNAL & CHILD HEALTH TALKS TO BRING AWARENESS ON MALNUTRITION TO PREGNANT MOTHERS & CHILDREN, KIOSKS IN PUBLIC PLACES FOR BREAST FEEDING, SPEAKER MEET & BOARD MEETING
MAY 2022	NEW GENERATION INTERACTION WITH RETRACTORS' AND INTERACTORS, CHARTER NITE, SPEAKER MEET & BOARD MEET
JUNE 2022	ROTARY FELLOWSHIP MONTH FUN MEET, BUSINESS MEET AND JOINT BOARD MEETING

HUNGER GAMES by Rtn Raaj Shiriram

While we are all eager to take up activities to help the society and we debate on what projects will best help the needy and showcase our efforts, we often overlook what we can do at the micro level, which when implemented can make macro impact on our economy and the environment, apart from giving us the satisfaction of being part of a global effort to eradicate hunger.

The problem of FOOD WASTE:

We waste roughly 30% of our food: **1.** Of the food that goes to waste every year, much of it is perfectly edible and nutritious. Food is lost or wasted for a variety of reasons; **2.** Food Waste also has a staggering price tag, costing the economy dearly: **3.** Uneaten food also puts unneeded strain on the environment by wasting valuable resources like water and farmland. At a time when 30% of world's population are starving or undernourished **4.** Reducing food waste by just 15% could provide enough sustenance to feed the needy.



Little drops of water



Make a mighty Ocean

We all feel bad throwing food away, it's a waste of money and it's bad for the environment. Here's a five step guide to saving money and feeling better by becoming waste-free:

1. Don't buy or cook too much
2. Use up everything you buy
3. Make things last longer by storing well
4. Use up cooked leftovers
5. Recycle what can't be eaten.

Cooking Sustainably

What's the easiest way to make sure your food is sustainable sourced? Cook it yourself.

Cooking sustainably is a great way to reduce your impact on the environment, people and animals. Unlike dining out or buying prepared food – where there are many layers of sourcing, preparation and packaging that you can't control – cooking at home allows you to make sustainable choices at every step of the process, from shopping for the most sustainable ingredients to reducing food waste as you cook.

This could also snowball into a major movement if we get more people enlightened about the problem and how their actions can help the cause.

ANALOGY OF A CUP.. By R. K. Bajaj

I found this analogy interesting:

If you are holding a cup of coffee and someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Well because someone bumped into me, of course!"



Wrong answer!

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup, is what will spill out.

Therefore, when life comes along and shakes you up (which WILL happen), whatever is inside you will come out.



It's easy to fake it, until you get rattled. So we have to ask ourselves... "what's in my cup?"

When life gets tough, what spills over? Joy, gratefulness, peace and humility? Or anger, bitterness, harsh words and reactions?

YOU CHOOSE !!

Today let's work towards filling our cups with *gratitude, forgiveness, joy, words of affirmation for ourselves; and kindness, gentleness and love for others.*

Wishing you

MORE POSITIVITY IN YOUR CUP....

An article by *Health Line* describes Compassion Fatigue as,

Compassion fatigue is the emotional and physical burden created by caring for those in distress. It’s total emotional depletion. Those experiencing compassion fatigue tend to lose touch with their empathy. They feel overwhelmed and less connected to their work and their loved ones.

Compassion fatigue is primarily seen in doctors, nurses, therapists and caregivers, who face human suffering daily. However, due to the pandemic and the constant coverage of tragedy, instant news on patients’ sufferings and social media spreading real, painful stories, all of us are suddenly surrounded by human pain. And this can get overwhelming. While it is in no way comparable to what front-line workers face, it does have an effect on us and our mentality.

Kerry Schwanz, PhD at Coastal Carolina University said that compassion fatigue doesn’t just make it difficult to feel empathy for human pain, but can also result in burnout (too much work and not enough resources to do that work well) and secondary traumatic stress which trigger “empathy overload” leading to anxiety, intrusive thoughts, hyper-vigilance, numbness or feelings of having nothing left to give.

Amit Sood in his book, *The Mayo Clinic Guide To Stress-Free Living* aptly explains compassion fatigue being experienced by those who aren’t health workers. He says,

We are inundated with graphic images of the unimaginable suffering of millions. We can fathom the suffering of a few, but a million becomes a statistic that numbs us.

This Malady is an extremely old problem experienced during period of severe suffering and large number of deaths over fairly long periods like Wars, Pandemics, Famines & Droughts etc..

The objective behind highlighting these observations is not to educate on this syndrome, which would need a large number of column inches and different type of expertise, but simply to tag this condition create awareness.

As the fight against the Pandemic continues, many of the eager lay helpers who volunteered their time, effort and money, may find their enthusiasm lagging. Already the concern for the sufferers at the lower end of the pyramid has waned considerably. This may be critical if the third wave actually hits India.

Government, healthcare providers and voluntary organisations, like Rotary and others will need to be aware of this effect and look for ways and means to enthuse and re-energise the prospective donors / volunteers so that the level of effort is raised as much as possible.

HUMOUR IN ROTARY

.... by RTN MOHAN NISHTALA

GROWING OLD

Two elderly Rotarians from a club were relaxing on a beach cottage during a conference evening.

Whilst exchanging pleasantries one said to the other “Thank God attendance rules are relaxed. I find it extremely difficult with my body not cooperating. Full of body aches and pains!”

The other replied “ I am carefree now even though I am 86. I feel like a baby”

Why so?

“Oh! No hair! No teeth! And I just wet my pants “

Did you really?

I think! My caretaker knows better. But that does not deter me from attending meetings!!!



MEMBERSHIP

Two young Rotarians over a cup of coffee at Taj Hotel.

“You know I am mighty impressed by Rotary Meetings, I love the fellowship and of late I am very busy. I spend 99% of time networking on social media, Facebook, Twitter Instagram WhatsApp and what not. I attend all the charity activities of not only our club but also of other clubs in Twin Cities.

Club president says “Each One Get One” . I am on the brink of getting 99 like me.

Great ! That reminds me. Just out of curiosity what do you do in the balance 1% of your time?

“That’s the real problem. I keep wondering what should I do for my living ?”

Moral : Take care of yourself before taking care of others





YOU SAID IT

BY PUNE'S OWN LAXMAN



Cartoon Section