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QUTAB WHEEL

**THE YEAR OF THE FIRST LADY PRESIDENT OF
ROTARY INTERNATIONAL**

MONTHLY E-BULLETIN

ROTARY DELHI QUTAB

CHARTER DATE: 19 APRIL 1976

EDITOR: PP RTN ANIL MALHOTRA, PHF, MD

R.I PRESIDENT: RTN JENNIFER E JONES

DG: RTN ASHOK KANTOOR

PRESIDENT: RTN GS SALUJA

RI DISTRICT 3011

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RI PRESIDENT MESSAGE

Every month since I joined Rotary, I've looked forward to reading this magazine, especially the opening essay from our Rotary president. I'll admit that as much as I appreciate a digital copy; I still revel in the tactile sensation of sitting down and leafing through the glossy pages. They are a treasure trove of photos and memorable stories about our great organization — the one we all know and love. I have learned so much over the years about service projects and lives that each of you have transformed. As a communications professional, I have longed for the day that our stories were a regular part of mainstream media and that our flagship magazine might populate doctor's offices, coffee shops, or anywhere else people sit, wait, and browse. It's great that Rotary members are better informed about all we do, and wouldn't it be that much better if more people knew our stories.



All this was top of mind as I thought about our plans for promoting Rotary worldwide in the upcoming year. Over the next 12 months, we are going to shine a light on projects that put Rotary service on display to the world, and we are going to do it strategically. Nick and I will focus on some of the highest impact, sustainable, and scalable Rotary projects from our areas of focus in what we call the Imagine Impact Tour. We are inviting top-tier journalists, thought leaders, and influencers to use their channels to help us raise awareness by reaching people who want to serve but have not yet realized they can do it through Rotary. But there was another important issue to consider — our carbon footprint. I take seriously Rotary's emerging leadership position on environmental issues.

The example set by our members during the pandemic is fundamental to how we carve out our future. That means we will harness digital technology to tell these stories — we will be tweeting, posting, and "going live" to anyone who will listen. We must consider our environment, and part of that means not always traveling but continuing to connect in meaningful ways as we have for the past two years.

Of course, we are social people, and we still need to be together. We simply need to be more mindful of our decisions and think about how we get together just a little bit differently. For example, if we travel to visit a project, we will plan successive visits in neighboring areas. So, what are your stories and who can help tell them? I hope you might consider your own Imagine Impact efforts — your story might be something you can promote just as easily on social media or during a Zoom call.

Think about ways to showcase notable projects in your clubs and districts. We all feel the impact that Rotary service and values have on us. Now it's our opportunity to share that feeling with others.

ROTARY DELHI QUTAB

HAPPY NEW YEAR

RE-SET

RE-ALIGN

RE-START

RE-CLAIM

RE-IGNITE

_ The Pocket Journal
#Reset2021

Do you know that strange feeling you get when you're about to leave a place – somewhere you're not coming back to – and feel the need to just pause for a second to look back and take it all in? As if once you get in that cab, that plane, that train...you'll not only leave the place, but also the person that you are at that very moment in time. That's sort of how it feels to be leaving this year behind. As we get ready to step into a new decade, I feel the need to take a minute to look back and reflect. It's like the cab is waiting right in front of me, but I need to unpack before I get in. Sometimes it's necessary, just to learn to let go of things that no longer serve us, so that we can step into the new year lighter, fresher, and with renewed energy.

FRIDAY
16-12-2022

FLUORESCENT LIGHTS PROJECT

3:00 PM.

A very useful project was done at ESHANI GOVERNMENT SARVODYA VIDYALAY, G BLOCK, SAKET ,With winter fast approaching the mist covers the fields, and a requirement of five MAST lights was needed.

The RDQ President Rtn G.S Saluja handed over a cheque for the Mast lights to the Vice Principal Mr.Jha. The first Lady Raveen Saluja together with Neena Vasudeva, Kamlesh Minocha and Poonam Ajmani attended the project.

Classrooms and School play areas that are bright and well lighted, have proven to improve students' behaviour and will creat fewer feelings of anxiety and stress. This is true for all ages of students. Typically, fluorescent lights should be used in all places of learning.

Keeping this in mind, QUTAB rose to the occasion and jointly with INNER WHEEL CLUB OF GREATER KAILASH, carried out a project to help students of ESHANI GOVERNMENT SARVODYA VIDYALAY, G BLOCK, SAKET to study and play under bright lights.

A cheque of a suitable amount was presented to the school by the President, Rtn GS Saluja.



FRIDAY
10-12-2022

PROJECT NETRA PRARIKSHAN

10:00 A.M.

QUTAB organized a mega eye camp at our own SKILL DEVELOPMENT CENTRE on 10 December 2022.

PP Veena Malhotra contacted the very famous Dr Shroff's charity clinic to help the poorest of the poor for a complete eye checkup and to carry out CATARACT SURGERIES, FREE OF COST to the people who cannot afford the cost.

A cataract scatters and blocks the light as it passes through the lens, preventing a sharply defined image from reaching your retina. As a result, the vision becomes blurred. Cataracts generally develop in both eyes, but not always at the same rate. A large number of residents of the MADANGIR area took this huge opportunity to avail the facility which was organized by members of ROTARY DELHI QUTAB.

A total of 84 people were examined and 10 people needed the cataract removal. This is being done at the Dr Shroff's eye hospital.

Other minor ailments of the eye were detected, and patients advised accordingly.

President GS Saluja gifted a cheque of Rs5000/- towards the charity.

A large number of our Club members were present to help register, organize and explain the procedures to the public.

PP Rtn Mohinder did the registration. Some photographs of the event are pasted here.





ROTARY DELHI QUTAB



ROTARY DELHI QUTAB



ROTARY DELHI QUTAB

THURSDAY
22-12-2022

BOARD MEETING

7:00 PM

The Board Meeting of Our Club for the month of December 22 was held at N 113 , Panchsheel Park, South Delhi, Residence of the Club President Rtns GS Saluja and Raveen Saluja. The Members on their arrival at the Venue were treated to steaming hot Coffee and Tea. The Meeting Commenced at the anointed time of 7:00 PM . All the Board Members were present for the meeting. The President requested the Secretary to read the Minutes of the Previous Board Meeting which were dutifully done.

*The minutes were proposed to be passed by Rtn Sunil Sethi and Seconded by Rtn Sanjeev Nayyar *. The President requested the Club Trainer Rtn Anil Malhotra to brief the members about the oncoming Outstation Club Assembly. The Club Trainer thanked the President and informed all present that the Assembly will be held at Lemmon Tree Hotel, Sohna Road, Gurgaon on 28 and 29th JANUARY 23. The detailed schedule and Programme of the Assembly will be circulated to all members soon after approval from the President. He also submitted that He has managed to convince the management of the Hotel to give us a good package as the assembly is for a social cause and not business meeting. He was praised for this initiative by all the members.

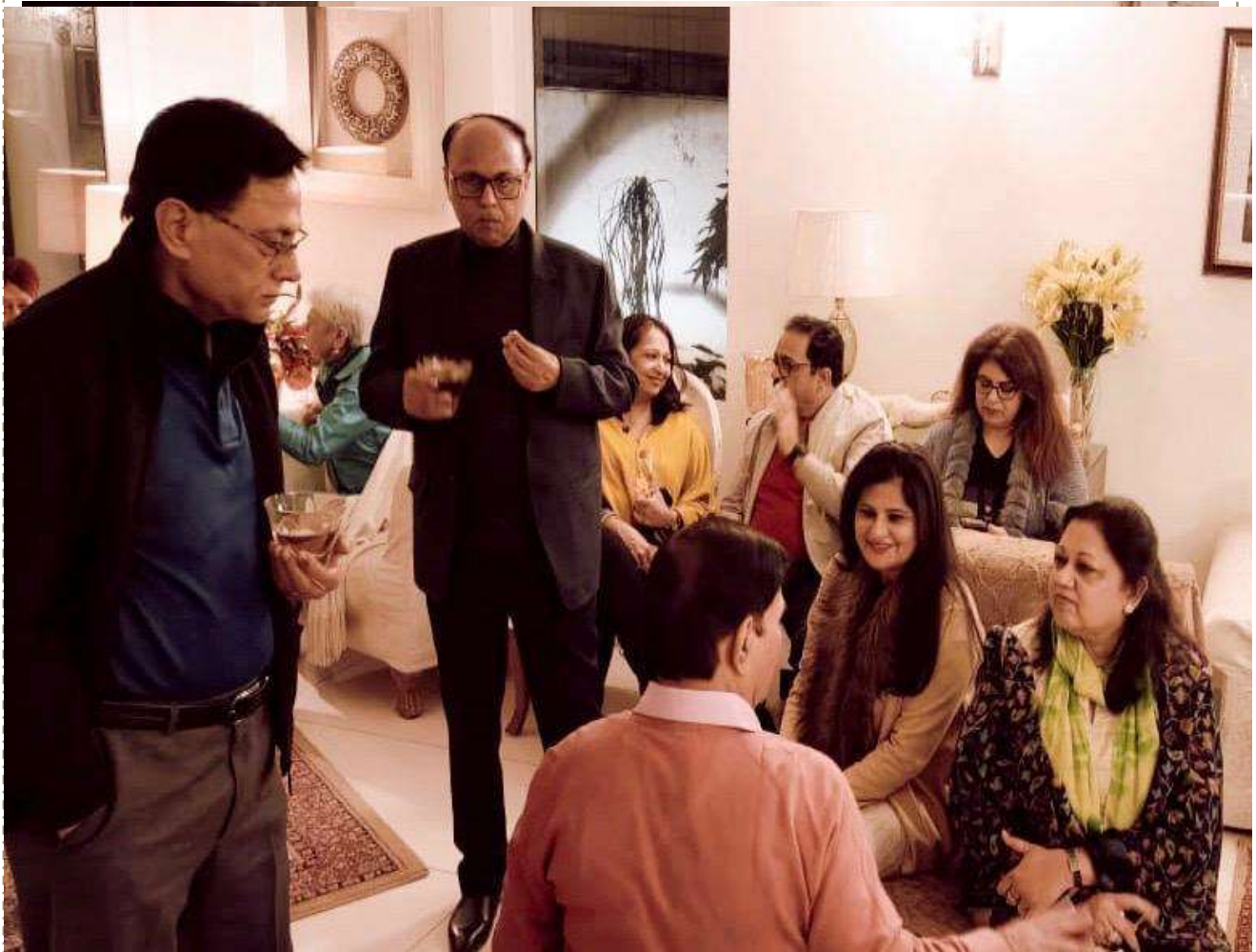
*The Director of Skill Development Centre, Rtn Veena Malhotra brought out the issue of Monthly Electricity Bill of the Centre * and felt that we need to streamline the bill with a proper Meter for the building. We are paying higher rate to the electricity department. After due deliberations it was concluded that some local influential person will be approached to render required help in resolving the issue.

The Participation of Our Members for/in District Events involving payments was discussed. After lot of deliberations, it was decided that the attending/participating members will pay half the amount and balance half would be paid by the Club. The Member Share will be paid in advance by the member to avoid any confusion later on.

It was also felt that We should attend the District Events more as that is the platform for positive fellowship and gainful activity. It is an opportunity to create long lasting business relationship as well. The First Half of the current Rotary Year is about to finish. January is the time for submitting SAR dues also. Deletion of Members names will also be undertaken. Members who are to pay the balance of Membership Subscription amount be requested to do the needful immediately. It was strongly viewed that we should make our Club a Full PHF Club as that surely is a responsible and respectable position. A full PHF Club attracts due attention from every Rotarian of Rotary Fraternity. Food For Thought. A suggestion was floated that we should increase the membership amount to Rs One Lakh so that we stop pestering members for donations for various Club activities involving money.

The Club Accounts were circulated to the Members for their perusal and comments. There being no other points the Meetings was adjourned by the President.

The Hosts were dutifully thanked for arranging the Board Meeting and fine Hospitality. Members enjoyed the drinks and special winter Dinner Dishes which were prepared under the watchful eyes of the Hostess.



ROTARY DELHI QUTAB



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**THURSDAY
22-DEC-2022**

SPEAKER'S MEET

11:00 AM

QUTAB got together for a physical speaker's meet on 22 December after almost 32 months due to the Covid pandemic.

The guest speaker was none other than our own Rtn Naveen Kapur. The meeting was held in the PANCHSHEELA CLUB, and all our members assembled well in time.

Rtn Naveen chose a very unique subject—

THE ADVENTURES OF A PERIPATETIC INTERNATIONAL TRAVELLER

Which means that the one who is not static or a permanent/long stay at a place. The traveler moves frequently for any purpose.

Naveen has travelled to more than 120 countries, mainly for business and which did not look for any particular item/goods, but for anything that the visiting country needed.

Out of all the experiences, Naveen chose five countries to narrate his experiences with these countries and which were in turmoil or in combat situations like IRAQ and ANGOLA.

LUCK FAVOURS THE BRAVE and Lady Luck was more than kind to him. Chance meetings with fellow travelers, accepting invitations from newly made friends and which led to profitable business.

He explained how even a CEO or MD of a multinational company also does ordinary work like sweeping the outside of the house using a broom.

Naveen then meets the President of a country who has been an ex-student of Delhi University and how he received personal, undivided attention from HIS HIGHNESS. Special invite to him to introduce him to the entire CABINET and every minister was requested to see what imports were required.

Naveen GOT THE JACKPOT and huge orders followed.

Naveen never looked back after this and continues to travel and has become a well-known "BUSINESS AMBASSADOR" for our country.

Naveen was officially introduced by Rtn Gen Ashok Vasudeva.

The VOTE OF THANKS was delivered by PP Rtn Anil Malhotra in his usual entertaining style.

R'anne Superna Kapur handled the projection of slides very professionally and also helped her husband Naveen during his travels and keeping the home front absolutely happy and well managed.

The meeting was followed by the Club Secretary's announcements. The President invited all members to dinner and adjourned the meeting.



ROTARY DELHI QUTAB



ROTARY DELHI QUTAB

FRIDAY
23-12-2022

CHRISTMAS CELEBRATIONS

7:00 PM

Christmas Festival was celebrated with the children of Our Skill Development Centre on 23 December.

Members had arrived at the given time. PP RTN Veena Malhotra, The Director Skill Development Centre had organized and rehearsed with the Children a small Programme to showcase the occasion.

The Children were dressed in typical Santa Clause Red Dress and Caps which further enhanced the festivity.

The event Commenced with a young girl narrating the importance of Christmas Day and why is the Day Celebrated.

Distribution of goodies to the Children and sharing Cakes is an essential part of Christmas.

Group Songs, Christmas Carols were sung in Hindi and English by the children duly assisted by the Director and Staff of the Centre.

For almost an hour, the Children kept all Members engrossed in the portrayals exhibited by them.

Sweets and Cakes were shared with the children by all present.

Children too were seen digging out goodies from their special bags and sharing with others.

They were all appreciated for putting up a fine show. The Director thanked everyone for making it to the Centre and motivating the children.

23-Dec, PP RTN Mahabir Hooda's Birthday. Mahabir Hooda & Alpana Hooda hosted a high tea for all the member's and staff, and also distributed refreshment and snack to all the students.



ROTARY DELHI QUTAB



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ROTARY DELHI QUTAB



ROTARY DELHI QUTAB

FRIDAY
16-12-2022

QUTAB USHERS IN 2023

3:00 PM.

The entire Qutab family got together at the Friends Club West to bid goodbye to 2022 and to welcome 2033 in its flamboyant style with smartly dressed members and families, fantastic music by a famous duo who sang their hearts out and kept us on the floor, dancing and singing along with them. The ladies took the lead and the gentlemen joined to tap their feet and show the “JOSH” and energies that they possess.

The hall was full, and the barman was the busiest person with continuous flow of the finest whiskeys, gin, vodka, single malt, rum and every other kind available. A very well-organized evening — thanks to our President Rtn GS Saluja, our First Lady Rtn Raveen and our Club Secretary Rtn Alpana Hooda. The photography was, as always, covered in the most professional way by our Club Treasurer Rtn Mahabir Hooda. The snacks and the choice of the menu were PAR EXCELLENCE.

QUTAB ROCKED AS ALWAYS.

It was past midnight when everyone wished each other to have a great 2023 with good health and happiness.

Team Qutab— you all are too good and everyone being likeminded, will see QUTAB break all records with our dedication and undivided attention towards SERVICE BEFORE SELF.





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THE BIZARRE ENGLISH LANGUAGE

An Ode of English Plurals

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.

If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine: she, shis and shim!

Let's face it, English is a crazy language.
There is no egg in eggplant nor ham in hamburger.
Neither apple nor pine in pineapple.
English muffins weren't invented in England.
We take English for granted, but if we explore its paradoxes,
We find that quicksand can work slowly, boxing rings are square,
And a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing,
Grocers don't groce and hammers don't ham?
Doesn't it seem crazy that you can make amends but not one amend.
If you have a bunch of odds and ends and
Get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught?
If a vegetarian eats vegetable, what does a humanitarian eat?

Sometimes I think all the folks who grew up speaking English
Should be committed to an asylum for the verbally insane.

In what other language do people recite at a play and play at a recital?
We ship by truck but send cargo by ship.
We have noses that run and feet that smell.
We park in a driveway and drive in a parkway.
And how can a slim chance and a fat chance be the same,
While a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language
In which your house can burn up as it burns down,
In which you fill in a form by filling it out, and
In which an alarm goes off by going on.
And in closing, if Father is Pop, how come Mother's not Mop?



THE FIRST WOMAN GYNAECOLOGIST

AGNODICE

In ancient Greece, women were forbidden to study medicine. B.C. Born in 300, Agnodice cut her hair and entered Alexandria medical school dressed as a man.

While walking the streets of Athens after completing her medical education, she heard the cries of a woman in labor. However, the woman, writhing with pain, did not want Agnodice to touch her because she thought he was a man.

Agnodice proved that she was a woman by removing her clothes without anyone seeing and gave birth.

This event spread among the women and all the women who were sick began to go to Agnodice. Envious, male doctors accused Agnodice, whom they thought was male, of seducing female patients.

Agnodice, who was brought before the court on this charge, was sentenced to death. So to save her life, she said she was a woman, not a man. This time, she was sentenced to death for studying medicine and practicing medicine as a woman.

All women revolted, especially the wives of the judges who had given the death penalty. Some said that if Agnodice was killed, they would go to their deaths with her. Unable to withstand the pressures of their wives and other women, the judges lifted Agnodice's sentence, and from now on, women were also allowed to practice medicine, provided they only looked after women.

Thus, Agnodice made her mark in history as the first female doctor and gynecologist.



HEALTH TIP'S

What keeps people young the longest?

My top 5. And I've celebrated the 20th anniversary of my 50th birthday.

1. Stay young.

Many people think, when young, that they don't need to worry about eating right, exercising, cutting out bad habits and staying in good physical shape. And for a while they're right, at least until they're not. It's far easier to get in shape when you're young and keep it than correct it later in life. And it will keep you young longer.

2. Think young.

Many people, as they age, think of themselves as old. Every birthday is a day of regret. They remind themselves of all they can't do. And they're right. Instead, forget about your age. Think instead about all you still want to do and accomplish. And all the blessings you have. And you'll find you start feeling as young as you think.

3. Talk young.

Along with thinking old many people start talking old. They talk about their aches and what they can't do. And honestly, they talk themselves into it. Rather, talk about all you still want to do and all you're enjoying doing. Focus on the gift of each new day. And you'll discover again the wonder of feeling young.

4. Relate young.

Many older people only have older friends who they commiserate with about being old. And pretty soon younger people don't really want to hang out with them because, well, it's depressing. Instead, keep engaged with younger people. Your children, grandchildren and younger friends. They'll keep you young.

5. Act young.

Too many older people get old before they are old. And soon they feel as old as they act and start a downward spiral. Instead, act like you did when young. Wake up expecting a great new day filled with new adventures. Then live out your day in wonder and joy. And you'll feel as young as you act.

Sure growing older is part of life that comes to us all. Becoming an elderly person is a part of life you can put off.

Growing older chronologically is a fact. Growing older in attitude is a choice.



LIFE'S CHOICE

I do not know who has done this research but its quite interesting

NOT A COINCIDENCE!

1. ADULT has 5 letters,
so does YOUTH.
2. PERMANENT has 9 letters,
so does TEMPORARY.
3. GOOD has 4 letters,
so does EVIL.
4. BLACK has 5 letters,
so does WHITE.
5. CHURCH has 6 letters,
so does MOSQUE, TEMPLE & MANDIR
6. BIBLE, GEETA has 5 letters,
so does QURAN.
7. LIFE has 4 letters,
so does DEAD.
8. HATE has 4 letters,
so does LOVE.
9. ENEMIES has 7 letters,
so does FRIENDS .
10. LYING has 5 letters,
so does TRUTH .
11. HURT has 4 letters,
so does HEAL .

12. NEGATIVE has 8 letters,
so does POSITIVE .

13. FAILURE has 7 letters,
so does SUCCESS .

14. BELOW has 5 letters,
so does ABOVE .

15. CRY has 3 letters,
so does JOY .

16. ANGRY has 5 letters,
so does HAPPY .

17. RIGHT has 5 letters,
so does WRONG .

18. RICH has 4 letters,
so does POOR .

19. FAIL has 4 letters,
so does PASS .

20. KNOWLEDGE has 9 letters,
so does IGNORANCE .

Are they all by coincidence?

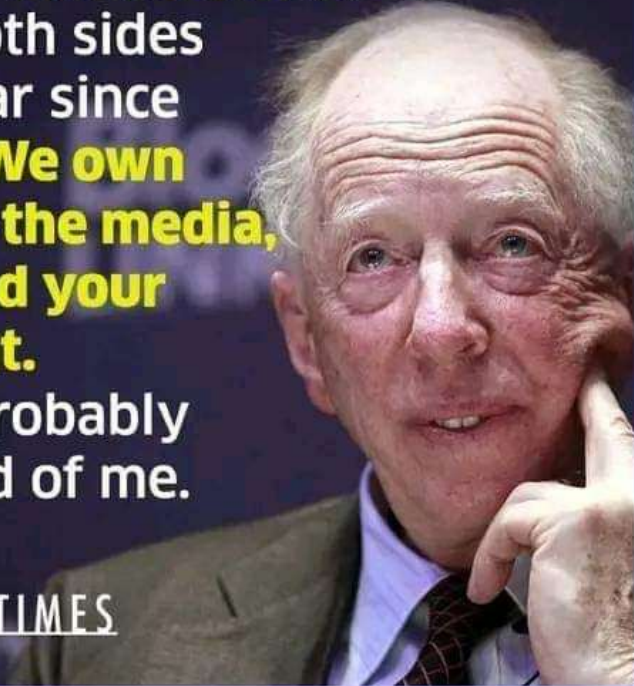
This means LIFE is like a double edged sword but the choice we make determines our future..



HAVE YOU HEARD OF HIM

My name is Jacob Rothschild.
My family is worth 500 trillion
dollars. **We own nearly every
central bank in the world.** We
financed both sides
of every war since
Napoleon. **We own
your news, the media,
your oil, and your
government.**
You have probably
never heard of me.

 WAKING TIMES





WE THE FORTUNATE PEOPLE

Dr. Wada in Japan advocates calling people over 70 years old as "fortunate people" rather than "elderly people". He summed up the secret of 70-year-olds becoming "lucky ones" into "42 sentences"

Seniors over the age of 70 do not need regular physical examinations because the "standard of health" varies from person to person. He also said: "Don't believe what doctors say." This is because doctors are in contact with "patients", so they do not understand what health is. At the same time, he also opposes the long-term use of multiple drugs by the elderly, and advocates "only take necessary drugs when necessary." In other words, "taking medicine to prevent something" makes little sense.

According to this point of view, the elderly do not need to take sleeping pills frequently. Loss of sleep time as you age is a natural phenomenon, and no one dies from insomnia. 24 hours a day, sleep whenever you want, wake up whenever you want, this is the privilege of the elderly.

In addition, the cholesterol level that the elderly are generally worried about, even if it is high to a certain extent, there is no need to worry. Because cholesterol is the raw material for the body to generate immune cells. The more immune cells, the lower the risk of cancer in older people. In addition, part of the male hormone is also composed of cholesterol. If the cholesterol level is too low, men's physical and mental health will be unsustainable.

Likewise, high blood pressure doesn't matter at all. More than 50 years ago, human malnutrition was widespread. So, when blood pressure reaches around 150, the blood vessels burst. But very few people are malnourished these days, so even blood pressure over 200 won't cause a blood vessel to burst.

Dr. Wada summed up the secret of 70-year-olds becoming "fortunate people" into "42 sentences", as follows:

1. Keep walking
2. Take a deep breath when you feel irritable
3. Exercise so that the body does not feel stiff
4. Drink more water when the air conditioner is on in summer
6. The more you chew, the more energetic your body and brain will be
7. Memory declines not because of age, but because of long-term non-use of the brain
8. No need to take a lot of medicine
9. No need to deliberately lower blood pressure and blood sugar levels
13. Only do what you love, not what you hate
15. No matter what, don't stay at home all the time
16. Eat whatever you want, the fat body is just right
17. Do everything meticulously
18. Don't deal with people you hate
20. Rather than fighting the disease to the end, it is better to live with it
21. "The car must have a way to the front of the mountain" is the magic spell to make the old man happy
24. You can't fall asleep and don't force it
25. Doing happy things is best for boosting brain activity
27. Find a "family doctor" early
28. Don't be overly patient or force yourself, there is nothing wrong with being a "bad old man"
31. Stop learning, and you will grow old
32. Don't be greedy for vanity, it's good to have everything you have now
33. Innocence is the privilege of the elderly
34. The more troublesome things are, the more interesting they are
36. Do what is good for others
37. Live leisurely today
38. Desire is the source of longevity
39. Live as an optimist
40. Cheerful people will be popular.
41. The rules of life are in your own hands
42. Accept everything calmly

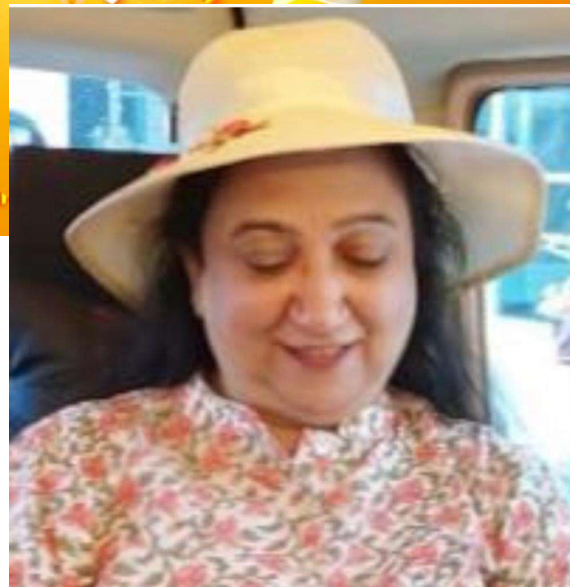


Happy Birthday

WARMEST, WISHES TO YOU ON
THIS VERY SPECIAL DAY OF
YOURS! YOU ARE A GREAT
INSPIRATION AND
ROLE MODEL TO QUTAB FAMILY.
HAPPY BIRTHDAY



01st January Birthday
R'anne Seema Kapoor



R'anne Girija Wadhwa
22 January Birthday



22 JANUARY
RTN GEN BS &
VEENA KATARIA



30 JANUARY
RTN SEEMA &
SK PAHWA



Events for the month of January

- ❖ Project for Physically abled children at Saksham On 04 January
- ❖ Speaker Meet- Details later
- ❖ Dental check camp on 30 January
- ❖ Outstation Club Assembly on 28 & 29 January

WISHING QUTAB A VERY
HAPPY NEW YEAR,
FULL OF NEW ENERGIES AND
NEW DREAMS, NEW GOALS
AND NEW JOURNEYS.

LET US MAKE THE MOST OF EVERYTHING
THAT COMES OUR WAY.

MAY YOU AND ALL YOUR NEAR AND DEAR
ONES HAVE S JOYOUS, WONDERFUL AND
A MEMORABLE YEAR AHEAD.

WE ARE NO GOOD WHEN WE STAND
ALONE BUT WHEN.

WE ARE UNITED, WE ARE UNSTOPPABLE