



# THE DREAM

NEWSLETTER OF ROTARY CLUB OF PANAJI MID-TOWN

VOLUME 25

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DECEMBER 2022

ROTARY INTERNATIONAL PRESIDENT  
Rtn. Jennifer E. Jones

DISTRICT GOVERNOR (Dist. 3170)  
Rtn. Venkatesh H. Deshpande

CLUB PRESIDENT  
Rtn. Siddha D. Sardesai



**Theme of the Month : DISEASE PREVENTION AND TREATMENT**

*One of the primary measures of disease prevention and that of disease treatment is the clinical preventive service such as immunization and vaccination. Rotary International has been in the forefront of eradicating Polio and also aids in prevention of various other diseases.*

Photo Credit: **Arya Bhandare**





# CLUB PRESIDENT

Rtn. Siddha D. Sardessai  
2022-2023

As we complete half our term into the Rotary year, I am happy that we have been able to bring all our families together. Post Covid, the biggest challenge was to bring everyone together under the Rotary umbrella. The cohesiveness and the camaraderie is the success that will build upon the remainder of the Rotary year and set the foundation for the next 25 years of our Club.

From INS Vikramaditya to Mopa airport to the new Zuari bridge, we visited them all. A new experience for our Midtowners' families. This month, the World Disability Day celebration at the Raj Bhavan was the highlight. Our beneficiaries who were given calipers, artificial limbs and an unique standing wheelchair were felicitated at the hand of the Hon. Governor of Goa, Shri P. S.

Sreedharan Pillai. A very sweet gesture of the Hon. Governor to accommodate us at the Raj Bhavan. But the best was when the Hon. Governor came down from the dais to felicitate our beneficiaries and also give chocolates to the little children. We truly are humbled by his gesture.

Sudharta is our flagship project and has been recognized all over the District and at the International level also. Dr Deep Bhandare has been instrumental in the success of this project. A project that changes lives of so many disabled children who not only can walk and do their normal work, but even go on to play football. One of our beneficiaries, Ayesha is a goalkeeper.

This reminds me of the promo video that I had made in 2014 where we

portrayed a story of a young disabled boy who then goes up to be a footballer after successful surgeries through Sudharta. I remember at that time, one person came up to me and said that it is impossible that a disabled child having faulty legs can go on to become a footballer. Doctor had expressed that this is very much possible and today Ayesha is a living example of the success of this project.

Now, we have half a year to complete all our goals that were envisaged for the Silver Jubilee year and I am sure we will go full throttle to accomplish what we have set out to.

## BOARD OF DIRECTORS 2022-2023

President  
Siddha Sardessai

President elect  
Rajiv Shirodkar

Vice President & Nominee  
Dattatray Kamat

Immediate Past President  
Sunil Mone

Secretary  
Sachin Bhandare

Joint Secretary  
Kedar Kenkre

Treasurer  
Ajit Dalvi

Sergeant-at-arms  
Nazareth Vas

Silver Jubilee Celebrations Chairman  
Manoj Caculo

Silver Jubilee Project Chairman  
Milind Shankhwalkar

Historian  
Vinaykumar Pai Raikar

Director Club Service  
Manohar Kamat

Director Community Service  
Yatin Parekh

Director Vocational Service  
Ashok Menon

Director Youth Service  
Shivan Desai

Director International Service  
Tanmay Kholkar

Chairman Fellowship  
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Chairman Polio Plus  
Rajesh Dessai

Club Trainer  
Manu Anand

Bulletin Editor  
Mahesh Patil

Club Administration (CLP - Chairman)  
Sandeep Mukherjee

Membership Development (CLP - Chairman)  
Gauresh Nayak

TRF (CLP - Chairman)  
Dhruv Madan

Literacy (CLP - Chairman)  
Gaurish Kamat

Public Relations (CLP - Chairman)  
Vasant Agshikar

*Rotary Club of Panaji Mid-Town is committed to actively raising the quality of life for the under-privileged since 1998 through its various community service projects. This Rotary year 2022-23 is our Silver Jubilee Year. The Club has 5 flagship projects:*

**SAKSHARTA** - This is our education grants project. Rotary Scholars from professional colleges are recommended by their respective colleges and selected on the basis of merit by our committee and are supported upto their graduation.



**SUDHARTA** - This is our disability corrective surgery project where we admit patients with various forms of disability ranging from limb lengthening to congenital absence of tibia. Each patient undergoes numerous surgical operations to correct their physical defect and lead a normal life.

**SAHAYATA** - This is our Home Care Nursing School project in association with Matruhaya. This is a 100% charity school. At Sahayata, youth are given free education & training, gainfully employed and raised to respected level in community. Your loved one can now get trained nursing care in the comfort of your home.



**SWACHHATA** - This is our Wash in Schools (WInS) project where we construct health and sanitation facilities to the students in schools. Toilet blocks and Washing units are being developed in schools that don't have these facilities.

**SANJEEVANI** - During this pandemic, we created a bank of 26 Oxygen Concentrators that are being lent to needy patients (even non-covid) for supporting them with handy oxygen. And now, we are increasing our scope by including wheelchairs, fowler beds, and other requisites to further the project and rechristen it as Sanjeevani.



### THE FOUR-WAY TEST of the things we think, say or do

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL & BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

### WE CAN BE CONTACTED ON:

#### We meet:

Every Tuesday at 7:00 pm  
Terminal Banquets,  
4th floor, Caculo Mall,  
St. Inez, Panaji, Goa

- ☎ 737-88-51217    🌐 www.rcpmt.org    ✉ RCPanajiMT@gmail.com  
📍 D-1, Dwarka, Nandanvan Complex, Tonca, Caranzalem, Goa. 403 002  
📘 RCPanajiMT    📷 RCPanajiMT    🐦 RCPanajiMT

Club No: 51217 | R.I District: 3170 | Founded on: 14-04-1998 | Chartered on: 20-05-1998 | Charter Presented on: 02-08-1998



# CLUB SECRETARY

Rtn. Sachin Bhandare  
2022-2023

"Help others achieve their dreams and you will achieve yours" – Les Brown. Under our flagship project "Sudharta" Dr. Deep Bhandare and his team has done tremendous work and this time was no difference. A follow-up with our earlier beneficiaries, the team took up the challenge to re-align their deformities developed over the years by offering them new calipers and an artificial limb, as a gift to them in club's silver jubilee year and then to get them felicitated at the hands of Governor of Goa Shri P. S Shreedharan

Pillai for achieving high in life by overcoming the difficulties.

Last month of the year, it was a time to meet and enjoy the season. Christmas is a time to be around friends and family. It's a time to reflect on the memories you've made during the year. Our Christmas nite had an overwhelming response with children enjoying games along with the rest and music made the gathering tap their toes.

As we embark in the New Year, loads of plans to be completed, many things on the verge of being commissioned and a

lot many challenges to take it. Looking back, we tried our best in some unique projects, events and fellowships. We have plans to do much more in this silver jubilee year for all. I am sure you would be an important part in making them grand.



## Annual General Body Meeting | 6 December 2022

25th Weekly Meeting was a Club assembly and held at Terminal Banquet hall on 6th December at Terminal Banquets. Discussions and decisions taken up in the BOD meeting held of the month November were informed to the members. Projects and events planned for the month of December were intimated. Team standings along with STAR of the MONTH were announced for the month of November. President elect, Rtn. Rajiv Shirodkar announced the Board of Directors for the Rotary year 2023-24.



## Guest speaker - Sameeuddin Shaikh | 13 December 2022

Mr. Sameeuddin Shaikh was the Guest speaker for our weekly meeting no. 25, held at The Terminal Banquet Hall on 13th December. He is Asst. Manager with Imagine Panaji Smart City Development Ltd. Mr. Sameeuddin briefed the gathering about the works being carried with regards to the Smart City project. It was a very informative talk on which areas like sanitation, health, security, beautification etc are the current works being planned. Members present though were concerned over the pace and the planning of the work but were optimistic about the project being handled by Young Goan professionals to make Panaji a SMART CITY.

## Guest Speaker - Arch Rahul Shankhwalker | 20 December 2022

26th weekly meeting was conducted at The Terminal Banquet Hall with Guest Speaker Architect Rahul Shankhwalker spoke on "What designing has taught me". Speaker spoke his heart out to present different aspects while designing spaces and using surrounding nature, light and even the culture. In his address to the gathering, Rahul drove through his journey to get this far. Rahul put forth how limitations can be turned out to make advantages to bring excellence in designs varying client to client. Members present quizzed the speaker about the current trends post covid in Goa and how is India prepared to take on World in the league of themed or unique resort ideas.



## Christmas Nite | 27 December 2022

Rotary club of Panaji Mid-Town celebrated the festival season of Christmas with a fellowship of its members along with Anns. and annets. The mood was all set Dj playing party numbers to make the crowd tap their toes. Wonderful arrangement made by Ann Khushi and Ann Manisha built an electrifying atmosphere. Games like couple cat walk to passing the parcel, only confirmed that the senior members played with the same enthusiasm as the spirit among the younger ones. Some of the attendees put up an energetic dance performance and were applauded with prizes. Crowd was lively to sing the birthday song during the monthly cake cutting ceremony for the members Anns. and annets.

### Board Meeting:

6th board meeting was held at O'Camotim on 29th December to review the months activities carried for the month of December and to decide on the plans for the month of January.



## World Disability Day | 02 December 2022

The World Disability Day is observed on the 3rd December every year. This was first proclaimed in 1992 by the United Nations General Assembly. It aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. The theme this year is "Transformative solutions for inclusive development: the role of

innovation in fuelling an accessible and equitable world".

On the occasion of The World Disability Day, we organised a grand event in the old Durbar Hall, Raj Bhavan, Dona Paula. Hon Governor of Goa Shri P S Shreedharan Pillai was the Chief Guest. We felicitated the following beneficiaries of our flagship project Sudharta.

- **Sharanappa**  
*(he has received a new set of calipers)*
- **Shabana**  
*(she has received a new set of calipers)*
- **Manelina**  
*(she has received a new set of calipers)*

- **Pandurang**  
*(he has been fitted with artificial limbs for both legs)*
- **Varun Mandrekar**  
*(he receives a standing wheelchair)*
- **Reema**  
*(she is an achiever - an Advocate now)*
- **Ayesha**  
*(she is an achiever - Footballer, a goal keeper)*
- **Mangesh**  
*(he is an achiever- proficient in Archery & Swimming)*

In his speech, the Governor applauded that Rotary is largest human serving organization in the world and is doing yeoman service





by helping sick, disabled section of society. Service to humanity is service to God. Strong will coupled with the support of society can tide over any severe disease. RC Panaji Mid-Town have undertaken such tasks without having any selfish motive. Where there is a will there is a way, he opined. The Governor also said that the Raj Bhavan had extended help to many people who suffering from cancer, diabetes and

kidney patients in the State. Efforts of the doctors involved in the project were applauded for their selfless service.

First Lady, Smt Rita Pillai was also present on the occasion. Rtn. Dr Deep Bhandare presented a brief on project Sudharta and gave a brief on the beneficiaries. Rtn. Manoj Caculo proposed the Vote of Thanks and Rtn. Milind Shankwalker compered the event.

We would like to add here that we remain committed to seeking ways to improve inclusivity on all grounds. We see you. We feel you. We appreciate you. You are not alone. We will continue doing this work and live paths to remove and prevent barriers of accessibility and inclusivity for all. This day is a great opportunity for us all, to learn and act towards making our world more inclusive for everyone.



# SUDHARTHA

Disability Corrective Surgery Project



## Sudharta - Calipers to Disabled Patients | 02 December 2022

A set of calipers was given to 3 of our beneficiaries

- 1) Sharanappa
- 2) Shabana
- 3) Manelina

These patients have been our Sudharta beneficiaries and had to get a new set of calipers. An orthotics or caliper is used to repair, support, immobilize a body part in order to help patients suffering from locomotor disability restore weight bearing capabilities to the affected legs and permit the patient to steer while risk of falls and additional fractures. These calipers help our beneficiaries to do their daily chores and also aid them to live a near-normal life.





## Sudharta - Artificial Limbs | 02 December 2022

Pandurang had multiple congenital defects. Such cases are less than 300 cases worldwide. He had been under treatment through Sudharta project. But due to the pandemic, he did not come for follow ups and eventually turned up after two years with severe deformities. He was unable to walk. Amputation and

Prosthesis was the only solution. A prosthesis is a device designed to replace a missing part of the body or to make a part of the body work better. Pandurang was given artificial limbs for both his legs. Today, he is able to stand and walk like any other.







## Sudharta - Standing Wheelchair | 02 December 2022

An unique Standing Wheelchair was handed over to Varun Mandrekar. A young boy of 24 years met with an accident. With multiple injuries, he underwent multiple surgeries, but he has lost sensation (paralysed) below waist.

We donated a manual wheelchair with an inbuilt feature that allows the user to independently rise to a standing position. While it functions

like a regular wheelchair in facilitating mobility, it further allows users to raise themselves into the standing position with the muscle power of the arms. When the Standing Wheelchair is optimally adjusted, the effort required to operate the standing mechanism is only about the same as the effort required to propel the wheelchair.

In addition to typical safety features

such as straps and guards, additional locking mechanisms are incorporated in Arise to prevent accidental activation and to ensure the stability of the user when standing.



**Sanjeevani - Walker for patient after ortho surgery | 31 December 2022**

2 plain walkers were supplied to the Goa Medical College to be donated to 2 non affording patients who have undergone surgery on their legs. The doctors at the medical college recommended as the walkers would help these people in mobility within the house during the period of recovery after the successful surgery. The walkers are foldable, light weight and easy to travel with.



## Clothes to orphanage and old age home | 30 December 2022

"OLD CLOTHES STILL CAN WARM MANY PEOPLE FOR THE SEASON"  
What other way could motivate the members to donate their used clothes to the children from orphanage Matruchhaya and to the elderly from the state of Gujarat.

Members volunteered during the Christmas Nite to get their bundle of clothes at the venue to multiply clubs effort in this noble cause. The material before being delivered was segregated in sizes and gender. Packed separately in boxes and

named so as to reach the needy correctly. The boxes were then delivered to Rugnashray-Matruchhaya at Bambolim.





# BOARD OF DIRECTORS 2023-24

President	: <b>Rajiv Shirodkar</b>
President elect	: <b>Dattatray Kamat</b>
Vice President & Nominee	: <b>Gauresh Nayak</b>
Immediate Past President	: <b>Siddha Sardessai</b>
Secretary	: <b>Kedar Kenkre</b>
Joint Secretary	: <b>Gaurish Kamat</b>
Treasurer	: <b>Milind Shankhwalkar</b>
Sergeant at arms	: <b>Bhupesh Shah</b>
Director Club Service	: <b>Yatin Parekh</b>
Director Community Service	: <b>Sanjiv Desai</b>
Director Vocational Service	: <b>Manu Anand</b>
Director Youth Service	: <b>Tanmay Kholkar</b>
Director International Service	: <b>Kiran Shirsat</b>
Director Special Projects	: <b>Sachin Bhandare</b>
Club Trainer	: <b>Charles Bonifacio</b>
Bulletin Editor	: <b>Sandeep Nadkarni</b>
Chairman Fellowship	: <b>Manohar Kamat</b>
Chairman Polio Plus	: <b>Ganesh Eshwar</b>
CLP Club Administration	: <b>Mahesh Patil</b>
CLP Membership Development	: <b>Vinaykumar Pai Raikar</b>
CLP TRF	: <b>Manoj Caculo</b>
CLP Literacy	: <b>Shivan Desai</b>
CLP Public Relations	: <b>Sunil Mone</b>





## Study tour to the New Zuari Bridge | 03 December 2022

It was an opportunity of a life time offered to the members and families to visit and get up close to yet another engineering marvel in the state to be inaugurated soon. A bridge project consisting of 13+ kms is a cable stayed structure with 6-8 lanes will be an important and much awaited linkage between

North and South Goa and to ease out traffic woes. The members were delighted to feel the massive structure up close. With Anns. clad in colourful saree made sure the opportunity is not lost to pose while the rest clicking selfies along side of the gigantic structure. A presentation at the start of the

visit enlightened the members gathered complexities and technicalities of the bridge.





# Christmas

PARTY



## MISCELLANEOUS:

### Release of Club's Monthly Bulletin "THE DREAM"

The Club's monthly bulletin "THE DREAM" was released at the hands of Arch Rahul Shankwalker in presence of Bulletin Editor Rtn. Mahesh Patil on 20th December 2022.



### All Goa Rotary 6 a side outdoor turf football floodlit Tournament

Rotary club of Panaji hosted All Goa Rotary 6 a side football tournament at Don Bosco school ground. Totally 16 clubs from Goa participated in the tournament. Rtn. Yatin Parekh, Rtn. Sanjiv Desai, Rtn. Tushar Sawkar, Rtn. Rajesh Desai, Rtn. Gajanan Karkare participated in the tournament. It was a pleasure of participation though 1 player short the players put their 100+% to make sure the sportsman spirit was never low.



### Monthly ration supplies to National Association for the Blind (NAB)

The Club has initiated to supply continuous rations to the National Association for the Blind (NAB) of a value of Rs. 5,000/- per month. Members have come forward to donate the same, and this month Rtn. Nazareth Vas donated for the rations.



### Monthly ration supplies to Keshav Seva Sadhana, Bethoda

The Club has initiated to supply continuous rations to Keshav Seva Sadhana, Bethoda of a value of Rs. 10,000/- per month. Friend of Rotary- Adv Nitin Sardessai has committed to donate Rs. 5,000/- per month for a period of one year. Our Club members have committed to match the contribution so that the amount doubles up. This month, along with the contribution from Adv Nitin, Rtn. R Ashok donated for the Rations.





# Makki Ki Roti with Sarson Ka Saag

(A classic Punjabi lip smacking meal) available only in winters

A mix of palak, sarson, pressure cooked and prepared in host of spices makes this a healthy winter treat

## Ingredients

Sarson Saag - 400 grams  
Spinach - 100 grams  
Onion 2 medium size (fine chopped)  
Green chilly - 2  
Ginger paste - 1 inch piece  
Garlic- 4 to 5 cloves  
Mustard oil - 2 to 3 tbsp  
Maize flour - 2 to 3 tbsp  
Cumin seeds - 1/2 tsp  
Asafoetida - 1 pinch  
Coriander powder - 1 tsp  
Red chilly powder - 1/4 tsp  
Salt - Less than 1 tsp or as per taste

## Suggestions:

For 3 to 4 members  
Time - 75 minutes

## Preparation

Clean the sarson saag, remove stalk and separate the leaves from it. Wash the leaves thoroughly with water, drain out the excess water and chop the leaves finely.

Likewise wash the spinach, remove stalk and separate the leaves from it and wash with water. Drain out the excess water and chop the leaves finely.

Add sarson leaves and spinach leaves in a pressure cooker, followed by 1 1/2 cup water and salt. Close the pressure cooker with a lid and cook until 3-4 whistles. Turn off the flame and let the steam escape on its own. Open the lid of pressure cooker and squeeze out saag and keep saag water aside. Mash the saag in the

cooker until coarsely ground and add little makki atta and stir. Add back saag water and little fresh water if required and boil over slow fire.

For tadka ,add onion ,garlic, green chilly and ginger, place them in mixture jar and make a fine paste.

Now heat 2 tbsp desi ghee in a pan. When the ghee is hot, add cumin seeds. After they crackle, add asafoetida ,then add chopped onions . Sauté for a while till onions turn golden brown. Then add ginger garlic paste .Later add coriander powder, garam masala and red chilly powder. When the masala is cooked well, add blended /mashed saag into it. Cook on low flame for 10 to 12 minutes. Do stir the saag after every 1 to 2 minutes. Saag is now ready to serve.

## How to make Makki Ki Roti

Take maize flour in a vessel and add water into it in small portions to knead a stiff and tight dough. Now pinch some amount of dough and knead it well for 2 to 3 minutes until smooth and soft. Preheat a tawa.

Make rotis on polythene wrap as it is more convenient. For this, grease a

polythene sheet with some ghee and place a dough ball over it. Cover the dough ball with the polythene sheet and flatten the dough ball with your palms or with help of a rolling pin. Now very gently separate the roti from a polythene sheet and place it on tawa. Roast until it gets brown spots on both sides and serve after applying some ghee.

Makki roti and sarson ka saag is ready.



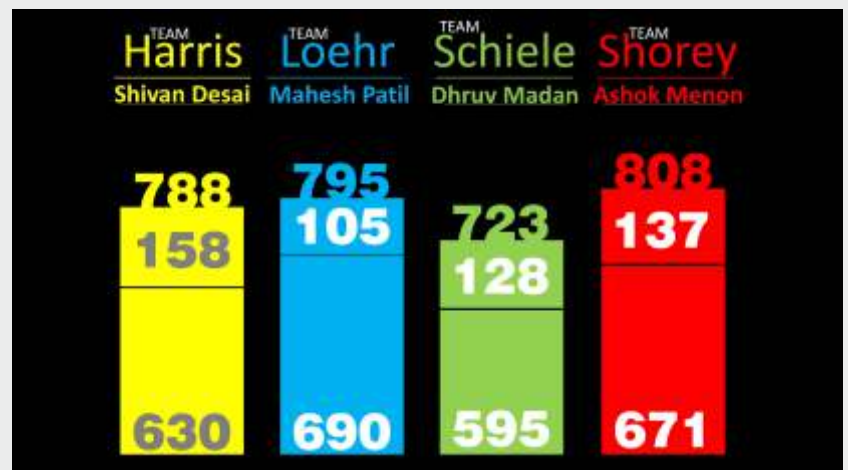
**Ann Candie Anand**

## Team

This month saw Team Harris rise up the table to compete with the leading teams by lowering the margins between the first two. With a slender lead, this month saw team-Shorey again take the top spot. We expect fierce show of strength now on for the coveted top spot. The team culture has been promoting team spirit and a sense of belonging to the club and to infuse the members with the spirit of camaraderie, cohesion and competitiveness.

Harris	Loehr	Schiele	Shorey
<b>Shivan Desai</b>	<b>Mahesh Patil</b>	<b>Dhruv Madan</b>	<b>Ashok Menon</b>
Ameet Suctancar	Anand Patan	Ajit Dahi	Ben Saldanha
Dinar Tarcar	Ashish Verlekar	Buddha Mangulkar	Bhargav Desai
DW Kamat	Bhupesh Shah	Jahangir Taleyarkhan	Deep Bhandare
Ganesh Ishwar	Charles Bonifacio	Jee Manjarambas	Gavind Tiwari
Gaurish Kamat	Gajanan Karkare	Madhura Nemkar	Jacob John
Haroon Ebrahim	Gaurish Nayak	Martin Naik	Jagmohan Chhabra
Ilyas Naroo	Grishh Raghva	Manoj Cacake	Manohar Kamat
Kedar Dhume	Kedar Konkre	N. Sriam	MG Chandrabhekar
Keshav Kamat	Mahesh Adwalpalkar	Namita Tripathi	Nilesh Desai
Kiran Shirsat	Manu Anand	Nararath Vae	Prasad Koni
Milind Shankhwalkar	Prakash Kapadia	Nilesh Lawande	Rajesh Dessai
Rahim Virani	Sangra Desai	Nithin Sant	Rajiv Chandan
Rajiv Shirolkar	Shekhar Sardesai	Nitin Aadi	RD Bhide
Sumit Sethia	Suraj Kudchadkar	R. Ashok	Sandeep Nadkarni
Tanmay Kholkar	Vijay Hede	Sandeep Mukherjee	Sangam Kulkarni
Vasant Agshikar	Vinaykumar Raihar	Sandeep Vorenkar	Santosh Shetty
Yogesh Nadkarni	Vinendra Mehta	Santosh Moha	Tushar Sawkar
		Vinaykumar	Yatin Parekh

## The scores for the month of December



## Star of the Month



**Rtn. Dr. Deep Bhandare**

Star of the Month Month is awarded to a member who participates and contributes to the Club in a big way. A new diamond studded pin is given to the member who is declared a Star of the Month. This is creating a good buzz & members are keen to stand out & be counted. Rtn. Dr. Deep Bhandare was declared Star of the month for December.

# BULLETIN EDITOR

Rtn. Mahesh Patil  
2022-2023



**A**s the year ends and yet another year unfolds giving us hope to Disease prevention and treatment which is the rotary theme for this month.

Covid has changed our perspectives of taking things for granted. Every life is precious and we have lost a lot of near and dear ones to this fatal disease. The essence of life, our BREATH was at stake. It struck us so bad that we became experiments but fought to survive. People started going back to our Indian way of life of drinking concoctions made of medicinal herbs .

Disease hits you and deprives you of the power of reasoning where the family spends all their savings trying to fight it. Can we just let go? No. We are humans and will fight till the end. Sometimes losing out on our financial resources and energy drain. The best way is to

prevent from the disease. Easier said than done. A very good example was COVID which became a Pandemic.

Rotary has helped many who have come to them for financial help. We have helped them getting good medical facility. The grants collected by the ROTARY FOUNDATION is used for these good causes. There are Rotarians who sponsor such needy who have nothing more to look forward to.

To prevent a disease one needs to keep our surroundings clean. We need good sanitation and drinking water. Rotary has been there in a big way. Whether it is in schools or public spaces, we have tried making a difference. Beach cleaning has been a regular agenda in our yearly projects. The amount of debris collected in the form of broken glass, plastic is unthinkable. But this has to have a follow up plan. Until and

unless our surroundings are maintained well we will never be able to PREVENT. Each of us as individuals should take it on themselves to do their bit to society. Like the sea which throws back the garbage you fling into it, the disease too will come to hit you.

We recently had the purple fest where we got to see so many differently abled who were contributing their bit to society. Every differently abled was trying to fight to be SOMEONE in the crowd. Helping another as they moved in life. A great lesson for us who have our limbs and sense organs to appreciate the survival of these individuals, who have a smile on their faces inspite of life's hindrances.

On that that note I take your leave until next time





**TUFF**  
**BIT**  
HIGH QUALITY BITUMEN

