



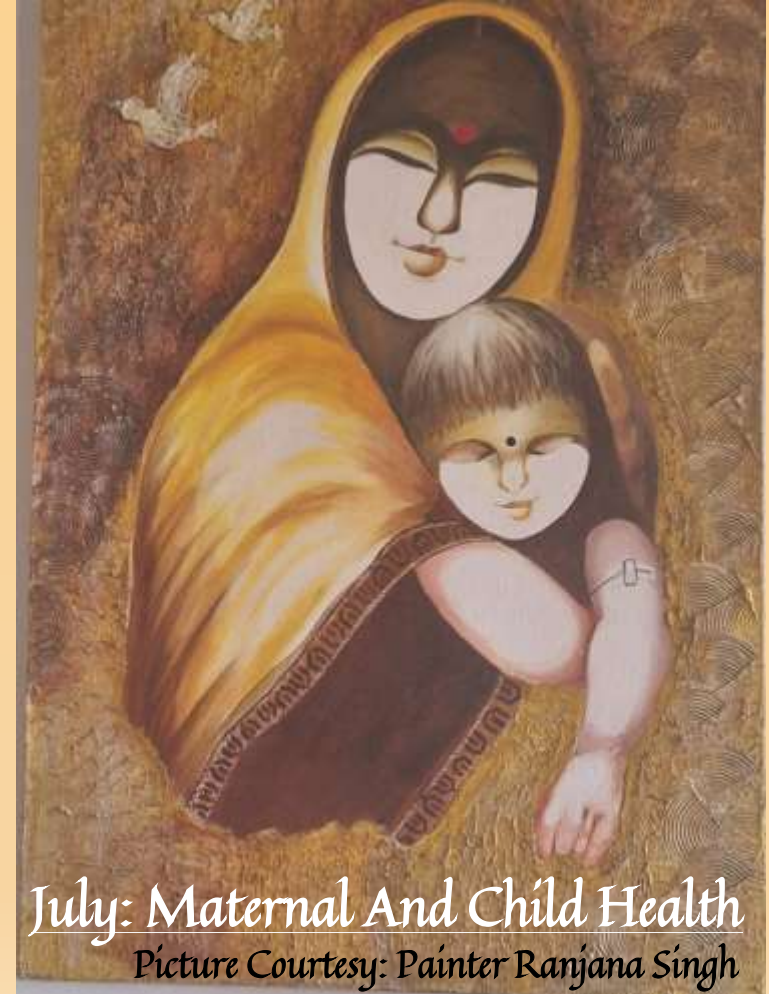
Rotary
Club of Bombay Powai
District 3141



POWAI TARANG JULY 2024

Welcome To The Vibrant Year

Inaugural edition released during the Installation Ceremony
of President Rtn. Dr. Susan Tripathi and her BoD
On Fri, 5th July, 24 at Hotel Meluha, The Fern





PRESIDENT *Speaks*



My Dear RCBP Family,

Rotary Greetings! A grand welcome to you and all family members to the Rotary Vibrant year.

Rotary Club of Bombay Powai is soaring high and has excelled extremely well in the Incredible year under the leadership of IPP Dr. Kamalini, we congratulate her and thank her for giving her best to the club for truly an Incredible year. It will be our endeavor to keep RCBP flag high this year too.

Rotary was formed in 1905, more than 119 years back with the objective of Fellowship & Community Services. As a new President, I feel an immense sense of pride that I am the latest in the chain furthering these great thoughts and initiatives which have got institutionalized over 36,000 clubs and 1.4 million Rotarians over 119 years.



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Rotarians invoke respect and are expected to follow high level of ethics in personal life and business and be good citizens. We as a family are very moved and committed to this way of life and thus gelled with Rotary from day one when we became members a decade back. I feel when one joins Rotary, he/she resonates these values of good citizenship.

Next.. Our Vibrant Governor Chetan Desai is known for having successfully driven large community service projects over his Rotary journey. He has given us certain directions for twelve new initiatives that cover all the focus areas of Rotary. Few of these are: Baghbaan and Disability to Ability, Anganwadis, Sanskriti - promoting art, culture, heritage, promoting Life skills for adolescents under LEARN to make more equipped youth and Samavesh (previously national integration) and lot more.

This year RCBP has already started it's roll with 1) L&T Realty and Larsen & Toubro Public Charitable Trust's Medical Project that we will work on through the year. 2) We are planning projects to improve lives for underprivileged Blind Communities and also Paraplegic Children.



3) Schools is our long-term focus. We will work towards Upgrading ZP schools/ Weaker Schools in Powai area with Infra Improvements, WASH, Solar Power & Computer Labs. 4) Our Annapoorna program will support 04 Old Age Homes and 04 Children Homes through the year with the voluntary support of members. 5) Our Vibrant Knowledge Quest - The Inter school Quiz Competition is becoming "larger than life" and is adopted as a District Event this year. We plan to cover 100 schools, 300 children, over 7 days in the months of July-Aug.

To end, I want to thank Dipanwita Dutt who has done a wonderful job with Powai Tarang for many years. Our Nalini Raghavan is a great writer and a Rotary Brand Ambassador as PR Director in her previous roles. I thank Nalini & her team for this wonderful opening issue of Powai Tarang released on our Installation day.

As we embark our journey into the new Rotary year, let us **Promote Our Year's Theme Vibrant by "Coming Together and Working with Renewed Energy, Positivity, Service & Smile"**. We have been called to make a **difference...** Let us live the Theme Vibrant and enjoy Rotary.

Yours in Service,
Rtn. Dr. Susan Tripathi
Vibrant President



KNOW YOUR PRESIDENT



Dr. Susan Tripathi is an entrepreneur, managing Hashtasy, a digital marketing & creative company. By training, she is a senior HR Industry Professional who grew through the ranks to manage the Human Resources activity for over a decade at InfracsoftTech, a global banking software company. Susan setup HR activities for the company in India, ME and UK. Later, in her consulting role for few years, Susan stayed focused as a Learning & Development Professional.

By Education, Susan is a PhD in HR from Welingkar Institute of Management Studies and an MBA (HR) from the prestigious Narsee Moonji Management School, Mumbai. She is a certified Yoga Facilitator from The Yoga Institute, Santacruz, Mumbai. She completed a yearlong Professional Program in Digital Marketing from ISB Executive Education Hyderabad.

She is the Past President (2008-09) of HR Infotech Association, a platform for HR professionals of IT & ITES Industry and has been an office bearer for three years. She was also the election officer for three consecutive years of the body.





KNOW YOUR PRESIDENT

Susan joined Rotary in RCB Powai in 2018 and prior to that has been a trained Rotarian Spouse working alongside her active Rotarian husband Hanuman Tripathi, in the club since 2013 and later in his district roles. Susan takes pride in undertaking many projects that have positively impacted the underprivileged children and women in urban & rural areas that RCBP serves. Besides, she has been the leader for many years for RCB Powai's pride program Voice of Powai and Club's Suhani Shaam, both music-based activities.



Susan has worked as the Co-Chair and Zonal Chair in TEACH RILM Avenue in Miracle year, Smart year and Dream year; in Street Children Avenue in Vision year; in Rotal Avenue - in Alpha year and in Women Empowerment Avenue in Incredible year. Susan is digitally skilled and believes in implementing systems & processes for running Rotary Clubs, that will help in compliance and transparency.



KNOW YOUR PRESIDENT

Susan believes in work-life balance. She is deeply into Yoga, Long walks and Leisure Travel. Loves gardening and enjoys occasional specialized cooking & baking. Susan is a regular Singer and learning to play the keyboard. She is a certified Yoga Practitioner and a certified Pranic Healer.



Susan is married to Rtn Hanuman Tripathi, a reputed IT Industry Entrepreneur and now involved with setting up a Fintech Industry fund. The couple is blessed with 10-year-old Aryaman, who is brought up in a positive Rotary environment, he studies in IGSC format in Nahar International School. Tripathi family is deeply religious and works for humanitarian causes. They love travelling and exploring new destinations.

Her favourite quote is: *Be the Change you want to See*



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MESSAGE FROM RI PRESIDENT



*Stephanie Urchick,
RI President 2024-25*

There's magic as people unite to create sustainable change. Those actions have global, community, and personal impact. We've seen progress toward this vision since its adoption. We must continue to support our vision with strategies and goals reflecting what we've learned over the past few years.

Together, in 2024-2025, let's add 100,000 more members to our organization. Together, let's help each other become more adept at digital innovation.

Together, let's finally eradicate polio.

Together, let's extend continuity with our participants on programs that have proven results, including empowering girls, world leader meetings, and public-facing events. Success breeds success, and while members must embrace transformation in order to grow, building on accomplishments is a great motivator.

Our power is our people.



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MESSAGE FROM VIBRANT DISTRICT GOVERNOR RID3141



Dear Vibrant President and Club Members,

As your District Governor, I'm thrilled to embark on this Rotary year together, fueled by the inspiring theme - The Magic of Rotary. This theme isn't just a slogan; it's a call to action to ignite the magic within each of us and create a lasting impact on our communities.

My vision for this year is to build on this magic and make our clubs truly Vibrant. Vibrant clubs are those where members are engaged, enthusiastic, and empowered to make a difference.

Rotary District 3141 boasts a rich tapestry of service projects - from Vibrant Anganwadis nurturing young minds to Breast Cancer Detection empowering women. We champion CSR initiatives, sustainable tribal welfare, and transform lives through "disability to ability" programs. We care for the elderly with compassion, and bring hope with paediatric heart surgeries and eye surgeries.



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MESSAGE FROM VIBRANT DISTRICT GOVERNOR RID3141

Let's not forget the importance of mental well-being mental health initiatives are crucial. Neonatal projects, water projects, railway projects, and the fight against anaemia and thalassemia - each project holds the potential to transform lives. Samavesh, our national integration project in Kashmir, reminds us of our duty to integrate Kashmiri people with main stream of India.

The magic lies in YOU! Your participation and dedication breathe life into these projects. I urge you to embrace these opportunities - attend club meetings, participate in service projects, and share your ideas. Together, we can weave a vibrant tapestry of service that leaves a lasting impact. Let's ignite the magic, build vibrant clubs, and create vibrant communities!

With Rotarian Spirit,
Chetan Desai



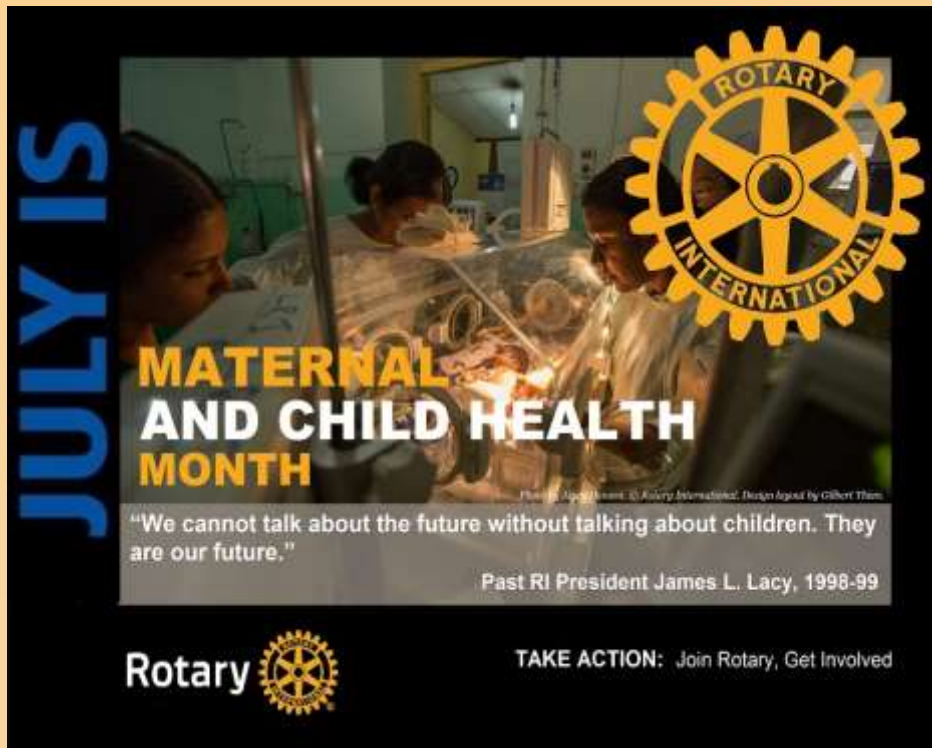


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RI SPECIAL OBSERVANCE THEME

– Past President, Rtn. Sunita Sainani



Maternal health encompasses the well-being of women throughout pregnancy, childbirth, and the postnatal phase. Unfortunately, in 2020, approximately 287,000 women lost their lives due to complications related to pregnancy and childbirth. This staggering figure underscores the urgent need for action. A significant portion of these deaths could have been prevented with timely intervention by skilled healthcare professionals within supportive environments.

Recent estimates from United Nations agencies reveal a sobering reality: a woman loses her life due to pregnancy or childbirth every two minutes globally. The Trends in Maternal Mortality report highlights troubling trends, showing either an increase or stagnation in maternal deaths across nearly all regions worldwide.

Alarmingly, nearly 95% of maternal deaths occurred in low and lower-middle-income countries, where access to quality healthcare remains a challenge. While recent data indicates some improvement, the persistently high maternal mortality rates demand sustained attention and action.



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Premature births pose a significant concern, with India recording the highest number globally. Efforts to improve neonatal care have shown promise but require sustained investment and attention.

Rotary's commitment to supporting maternal and child health initiatives, including medical check-ups, nutritional support, and access to essential screenings and treatments, is commendable. Collaborative efforts between Rotary, healthcare providers, and communities are vital in ensuring the well-being of mothers and newborns.

1) The initiative includes conducting Retinopathy of Prematurity (ROP) screening tests at BMC hospitals and Neonatal Intensive Care Unit (NICU) centres to detect vision problems in premature infants, with provision for necessary treatment if indicated.

2) As part of our efforts, we aim to extend support to Milk Banks, recognizing breast milk as the optimal nutrition for infants, thereby promoting optimal growth and development.





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3) *Additionally, we propose to sponsor screening tests for infants, facilitating early detection of potential illnesses, enabling timely intervention for effective treatment outcomes.*

4) *Our initiative also encompasses providing hearing screening tests for infants, ensuring timely identification of any auditory impairments and facilitating appropriate treatment where necessary.*

5) *Further, we intend to implement a comprehensive program for pregnant women, incorporating Yoga and meditation sessions alongside regular medical check-ups and the distribution of essential nutrient supplements, fostering maternal well-being and optimal foetal development.*

6) *Rotary endeavours to collaborate with Nursing Homes and Neonatal Care facilities to facilitate comprehensive medical check-ups and screenings for neonates, ensuring early detection and intervention for any health concerns.*

In conclusion, comprehensive maternal and newborn healthcare services are essential for safeguarding the health and well-being of women and children worldwide. By prioritizing access to quality care and addressing underlying systemic challenges, we can strive towards healthier outcomes for mothers and their newborns.



DISTRICT FOCUS AREA VIBRANT ANGANWADI

- Director (District Focus Areas) Rtn. Kalpana Jaishankar

On 1st July, 2024, as part of the District Vibrant Anganwadi team, we visited anganwadis in Jawhar district where interventions have already begun in real earnest as part of DG Chetan Desai's thrust area focus.

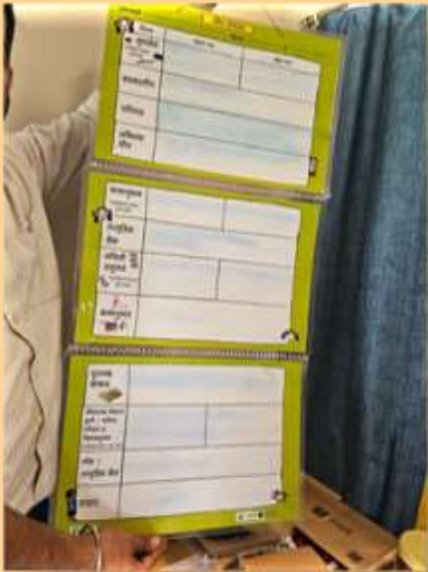
We visited the first anganwadi at Sadakpada. A brightly painted anganwadi seemed to be invitingly smiling at us as we made our way in. There were around 12 tiny tots in the age group of 3 to 5 engaged in free playtime, which is how they begin their sessions. of the small ones.



This very soon progressed into a session where the teacher shared the schedule of the day, invited children to talk the date and day of the week, and recited poems for them in which some of them also participated. Here seemed to be a teacher who seemed to know what she was doing. When quizzed we came to know that she has been a teacher for the last 18 years but has got trained for the first time (she has attended only one module out of the six planned by Quest and supported by Rotary District 3141) in January of 2024. After the training, with the help of teaching aids provided, she is able to hold the attention of the small ones.



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We were witness to how happy the children were as we saw their smiling faces and they were able to interact with us very well.

A quick note here would be appropriate to explain what anganwadis are set up for - they have 6 duties to perform which are providing immunization, supplementary nutrition, health check-up, referral services, pre-school non-formal education, nutrition, and health education. Vibrant Anganwadi is an intervention aimed at strengthening pre-school non formal education as part of early childhood education. Anganwadis are accessible within one km of where the children reside and on an average each unit has around 20 kids with one teacher and two helpers.

Our next stop was at Ganesh nagar, an aganwadi, which is once again a model anganwadi where interventions have started. Here we saw theatre being used as part of early years education program. The children were enthralled by the act as the trained performers from Quest played animal characters of cows, goats, a frog, a fly and an owl. Our final visit was to the Quest center where Neelesh, the founder, and Preeti from Quest, shared with us the genesis of these interventions.. Quest has been carrying out these interventions in anganwadis for the past 4 years, and impact studies are also available showcasing the positive effect of these interventions on the children. The intervention for each unit (anganwadi) costs Rs. 1.22 lakhs



Vibrant Year District Governor, Chetan Desai is committed to covering 438 anganwadis through this intervention identified as a big focus area and is very aptly called the Vibrant Anganwadi Program, which will be implemented by Quest as our NGO partner. This is one of the 12 special focus areas identified in the Vibrant Year. Vibrant Anganwadi Interventions have already started in 38 centers. Our Vibrant President, Dr. Susan Tripathi is also committed to participating in the Vibrant Anganwadi project as it is a worthy cause to pursue falling in the Rotary Avenue of providing Basic Education.





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FROM OUR CSR PARTNERS - ATOS PRAYAS FOUNDATION *-Savita Govilkar*

We are thrilled to unveil Atos Prayas Foundations' Corporate Social Responsibility (CSR) initiative, which focused on enhancing infrastructure and digital facilities at Ravikiran Vidyalaya in Powai and two ZP Schools in Murbad, thereby contributing to the advancement of education and overall learning environments for over 1500 students.

Efforts encompassed several impactful measures:

New Classroom Construction: Erected brand-new classrooms to accommodate the increasing student population.

Painting and Tiling: Refreshed existing classrooms and common areas, creating an appealing ambiance.

Washroom Upgrades: Renovated washrooms to ensure student hygiene, sanitation, and privacy.

Classroom Refurbishment: Revamped existing classrooms with modern furniture and equipment to enhance the learning experience.

Construction of New Toilets: Installed new toilet facilities to provide clean and adequate sanitation for all students.

Water Storage Tank & Water Filters: Provided water storage tanks and filters ensures a continuous supply of clean and safe water, promoting health and wellness.

Digital Classroom Equipment: Set up digital classrooms to integrate technology into learning environments, enhancing teaching methodologies and student engagement.

MS-Office and Graphics Course: A certificate course was conducted for students between 7th to 9th Grades in MS-Office and Graphics. Seventy Seven students completed the course successfully and were delighted to receive the certificates.



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ROTRARY IN ACTION- AN AUSPICIOUS BEGINNING



It was a big providence that the first day of the Rotary year came on a Monday and we had the most auspicious beginning with the blessings received from revered Guruji Swamy Advayanandaji, Head of Chinmaya Mission.



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ROTRARY IN ACTION- VISIT TO HOME FOR THE AGED



July 1, 2024-Visit to Home for the Aged, Mahakali - This project Kuch Meethay Pal - Apno Kay Sangh was led by PE Anju and supported extremely well by 14 people. After Preident's welcome address, there was tambola organized. Many prizes were given which were sponsored by Vidya and Tripathi family. Post this everyone sang, led by R Vanamali and few of us danced too. The full day meal for the residents of the home was sponsored by Madgavkar and Tripathi family.



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ROTRARY IN ACTION- First Medical Camp held



26th June 24 - The first medical of the RCBP Vibrant year was organized at Sree Ayyappa Temple, Powai. General Health checkup that included checking of Blood Haemoglobin levels and blood sugar levels were done. Vision screening for vision correction including Cataract detection for surgery referrals was done. Rotarians Yogi, Naval, Susan and Meenakshi attended the camp.



ROTRARY IN ACTION- Second Medical Camp held



29th June 24 - The second medical camp of RCBP Vibrant year was conducted in the interiors of Aarey, Goregaon East on the 29th June, 24. General Health check up, blood parameters like Haemoglobin and Sugar levels were checked. Vision screening with Cataract detection and cataract surgery referrals was done. The camp was attend by President Dr. Susan Tripathi, Rotarian Jasbir Singh and Cdr. Koti.



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ROTRARY IN ACTION- DISTRICT BLOOD DONATION DRIVE



July 1, 2024- District Blood Donation drive - District had organized Mumbai wide Blood donation drive at 18 railway stations in Mumbai. In afternoon, President Susan and PE Anju went to Thane railway station to join in the District Blood Donation drive. RCBP was co-host with RCB Mulund Valley.



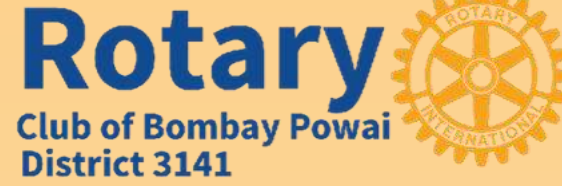
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ROTARY IN ACTION- DISTRICT VIBRANT VACHAK



July 1, 2024 - District Vibrant Vachak - There were 76 Libraries donated at various Home for the Aged and it was inaugurated at Amboli by the hands of DG Chetan Desai. Clubs identified Homes and the libraries were provided by Ratnanidhi Charitable Trust. Savita is the Avenue Chair for this project. Adult diapers were donated by RCBP, which were arranged by Sudha Ajit from a diaper company. Vivek, Sudha and Savita joined the inauguration.



ROTARY IN ACTION- DISTRICT VIBRANT ANAND



July 1, 2024 - District Vibrant Anand - Bhagbaan & Disability to Ability Avenue organized this event for elders and special children & elders at Bal Gandharva Rang Mandir, Bandra. We were silver co-hosts for this event. Vivek, Savita, Vidya and Sudha Ajit joined this event



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ROTARY IN ACTION - DISTRICT VIBRANT L.E.A.R.N



Jun 10 & 11, 2024- District Vibrant LEARN - The first edition of the Life Skills Education for Adolescents through drama conducted by Dr Swaroop Rawal at Juhu Gymkhana was kicked off by DG Chetan Desai. Vidya and Nalini joined this event.



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SANSKRITI- Art, Culture, Heritage – Krutee Ranpara with Davina Bali

One of the District Focus Areas of the Vibrant Year is Sanskriti - going back to our roots. Davina Bali who is married into a Kashmiri Sikh family shares a traditional recipe from Kashmir.

The history of modern Kashmiri cuisine can be traced back to the fifteenth century invasion of India by Timur, and the migration of 1700 skilled woodcarvers, weavers, architects, calligraphers and cooks from Samarkand to the valley of Kashmir. Kashmiris are heavy meat eaters. The highlight of Kashmiri cuisine is the formal banquet called "wazawan" that includes a spread of over 36 courses cooked all night long by a team of chefs called 'wazas' under the supervision of a 'Vasta-waza' or master chef, descendants of the cooks from Samarkand. The food is characterized by thick gravies using liberal quantities of yoghurt, spices and dried fruits, and is usually cooked in ghee or mustard oil. Saffron is used extensively to flavour the pulaos and sweets. The popular dishes include the yakni, tabaq naat made of fried ribs, dum-aloo, Rogan josh made with mutton, gushtaba, a meatball curry and haleem made from meat and pounded wheat.

Kashmiri Gushtaba Recipe: The recipe can be divided into three steps: preparing the meatballs, cooking the meatballs and preparing the gravy.

Ingredients:

For the meatballs:

- 500 grams minced mutton
- 100 grams mutton fat OR 1 egg
- 1 small piece of ginger OR dry ginger powder
- 2 green cardamoms finely crushed
- Salt to taste
- For cooking the meatballs:
- 1-2 bay leaves
- 1 inch cinnamon stick
- 2-3 cloves
- 2 cups water
- $\frac{1}{2}$ teaspoon salt

Method:

1. Ensure that the mutton is very finely minced. For this, you can either use a stone pestle or even a mixer grinder works fine. Add the minced mutton to the grinder/ food processor and grind it for about 2 minutes. Then add the salt, ginger, crushed cardamom and either mutton fat or egg and grind it for about 2 more minutes.



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2. Now, take the finely minced mutton and transfer it to a bowl and keep it aside.
3. Take a large vessel and add 2 cups of water to it and heat it on a medium flame. Add salt and all the whole spices (bay leaf, cinnamon, cloves) to it. Let the water boil.
4. As the water is boiling, take the mutton paste and start making medium-sized balls out of it. Use a little water to wet your hands for making the meatballs.
5. After you have shaped all the meatballs, add them to the boiling water. Cook these balls in the water for a good amount of time or till they become a little tender. It should take about 10 to 15 minutes for the meatballs to cook well.
6. While the meatballs are cooking, heat sufficient oil in a kadhai. Now, add the finely chopped onions to the oil. Cook these onions till they become slightly brown. Let the onions cool down.
7. Meanwhile, take the 1.5 cups curd and whisk it very well. Use a little water if needed. Add a little salt to it while whisking. Now, add only the green and black cardamom seeds to the curd. Also add dry ginger powder and fennel powder and mix well. Keep it aside.
8. Grind the cooled cooked onions in a mixer grinder and make a very fine paste of it.
9. To make the gushtaba, take a heavy bottomed pan or vessel. Now, add the prepared curd to this and cook it very well until it starts boiling, stirring it continuously.
10. Now, add the onion paste to the curd and mix well. Also add the two tablespoons ghee to it and keep cooking it.
11. When the curry appears to be well cooked, add the meatballs to it. You can also add the water that the meatballs were boiled in to adjust the consistency. This is not just to adjust the consistency but it will also add a good taste to the curry.
12. Let everything cook well for a while till it starts to boil.
13. Voila, you are done! Your Kashmiri Gushtaba is ready to serve.
14. Optionally, you can garnish it with some fresh or dried mint leaves.
15. Serve the hot gushtaba with some steamed rice or naan/ some other bread. Indulge and enjoy!





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Kong Phirin | Kashmiri Suji Kesar Phirni

While the traditional Phirni in North India is made with ground rice, in Kashmir it is made with Suji, Rava or Semolina flavoured with Saffron. Kong Phirin is a creamy and light dessert that is a great way to finish off a heavy meal. The key to getting a rich and creamy texture is to set it in the traditional clay container because clay absorbs any excess moisture, and gives a thick and creamy Kong Phirin.

Ingredients

- 1 Litre Milk (Full-fat milk preferred)
- 6 tbsp Semolina, Suji, Rava (About 50 gms)
- 6 tbsp Sugar (About 100 gms)
- 1/2 tsp Cardamom Powder
- 20-30 Strands Saffron
- 2 tbsp Slivered Almonds (for garnish)

Instructions: Bring the milk to a boil. Lower the heat. Add the semolina while stirring constantly. Cook on medium flame while stirring constantly till the milk thickens a bit. Add the saffron and continue to cook till you get a thick pudding consistency. Add sugar and cardamom powder. Mix well and turn off the heat. Transfer to earthen bowls. Garnish with slivered almonds.

Let the Kong Phirin cool and set. If you prefer it cold, refrigerate the Kong Phirin. If you want to use steel or glass bowls to set the Kong Phirin, use more semolina (about 1 tbsp extra) and cook the mix a while longer till you have a dropping consistency.





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KNOW YOUR ROTARY FAMILY - Rudra Parashar - Music Enthusiast



In contemporary society, classical music is gradually becoming a relic of the past, surrounded by mystique and misconceptions. Delving into its depths can seem daunting to many music enthusiasts.

Amidst all this, Rudra Parashar an 8-year-old music enthusiast began his musical journey and has been passionately learning piano and Indian classical music for 2 years now. He began learning piano before singing, which gave him a solid musical foundation and made it easier for him to learn the nuances of each note. We used traditional methods, incorporating ear training exercises with songs, and it took around 5-6 months for him to fully immerse in a musical mindset and grasp the basics. His remarkable ability to grasp and retain information helped him advance more quickly than expected. While many children today show little interest in Indian classical music, his consistent effort and practice led him to develop a deep appreciation for Raag Sangeet, offering him a distinct perspective on music.

Immerse yourself in the soulful essence of Raag Bhimpalasi, a serene afternoon raga from the Kafi Thaata, known for its evocative use of Komal Ga (Gandhar) and Ni (Nishad). This raga creates a tranquil, meditative atmosphere, evoking deep emotions and peace. Let Bhimpalasi guide you on a serene musical journey, whether you're a seasoned listener or new to Indian classical music -new to Indian classical music - <https://youtu.be/Io216oOc4ys?feature=shared>.



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SUSH'S PARAPROSDOKIAN SURPRISE

–Sushmita Chandra

Paraproisdokian is a figure of speech wherein a sentence or phrase takes an unexpected twist, leading to a surprising—and often humorous—ending. Its origin is Greek para, meaning “beyond,” and proisdokia, meaning “expectation.”

I am surprised that I like work . It fascinates me. I can sit and look at it for hours. As I did at this paraproisdokian, it was part of an assignment and it didn't just move me, it transported me..

I wanted you, my fellow Rotarian friends to send me your favourite paraproisdokians. You sent your favourite paraproisdokians and here are the best just as we promised .

Anyways will leave you with some parting wisdom to not criticize my work. I don't criticize anyone and if I do I try to walk a mile in their shoes. That way when I criticize them I am a mile away and I have their shoes. To those who sent in your choice- remember that you are unique- just like everyone else!



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SUSH'S PARAPROSDOKIAN SURPRISE

To argue with him is a
cake walk!
-Ruchi Agarwal

WINNER
Love is in the Air...
hence AQI is increasing!
- Zill Savla

A stitch in time saves a
marriage!
- R Vanamali

As I was passing a roadside bookshop, my eyes fell on perhaps the only copy of Dale Carnegie's book, " How to win friends and Influence People" I was about to buy it, when another woman butted in and insisted she had opted to buy it before me! I knew she was wrong, but I realized that she perhaps deserved the book more than me!
-Cmdr Ramnath



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ROTARY TRIVIA



Rotary Club Esperanza Station, Antarctica

When travelling near the South Pole consider dropping in one of the two Rotary Clubs in Antarctica. The 20 member Rotary Club of base Antarctica Esperanza was chartered in November 2005, and the 9-member Rotary Club of base Marambio - Antarctica was chartered in May 1997. Both are Spanish speaking clubs that meet Wednesday evenings. Members live all year under the harsh climate prevailing in the area to provide support for various missions and international scientific collaboration with other Argentine Antarctic bases and also for bases of other countries.



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International Service	: Kishore Degwekar
Dist. Special Focus Areas	: Kalpana Jaishankar
Governance & Compliance	: Ashok Singh
Citation & Awards	: Vivek Govilkar

Club ID 27861

Charter date: 11/03/1991

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IPP	: Dr Kamalini Pathak
President Elect	: Anju Ahluwalia
Club Secretary	: Yogesh Gupta
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Vice President	: Mani Mamallan
Sargent At Arms	: Ashok Nandy
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Club Trainer	: Ameeta Vohra

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Medical Camps	: Punit Jain
Scholarships	: Adarsh Sakhuja
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RCC	: Vivek Bhide
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Club Advisors

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Together We Will... Together We Can...

**Coming Together and Working with
Renewed Energy, Positivity,
Service & Smile**

