



EDITORIALLY YOURS



We had a fairly good delegation from RC Alleppey to attend the Membership Development Seminar held at Haripad to which I was also a part of. It was one of the well-attended seminars too. The Membership Development Seminar is one among the statutory seminars to be attended by the rotarians. It is also told that all the recently inducted members should invariably attend the seminar. Unfortunately, the sessions handled mostly deal with the issues of retention and the difficulties in luring new members. I was wondering what will be running through the minds of those new rotarians attending the seminar. Perhaps if some of them think that “Have I joined the right organisation?”, no one can blame them. Left to me the problems in attracting new members and retaining the existing members shall be dealt with in the PETS/DTTS etc. Nevertheless we had good speakers who did full justice to the subject. Our team from Alleppey attended the sessions keenly and I am thankful to Kitchappa who readily obliged and took notes on the sessions for

reporting in the Royalweeks. Our new members Dr Sethu and Princy who attended the seminar might have taken note of this and will definitely try to emulate in their rotary life.

Rtn Tomi Eapen and spouse Sheela are all set to celebrate their 50th Wedding anniversary on 29th August. As part of the celebrations Tomi will be hosting a sumptuous dinner to all of us on our meeting day i.e. 28.08.24. The wonderful couple has dedicated their life to Rotary and Innerwheel for the past 50 years. Tomi’s contributions to the Rotary Club of Alleppey, for that matter, are unique. Out of the past 75 years of existence of the club, Tomi has served as the Editor of Royalweeks for 14 years. A rare feat indeed. Wish both Tomi and Sheela many more years of togetherness and contented life.

Jai Rotary!

Rtn PAG MPHF M Kumaraswamy Pillai

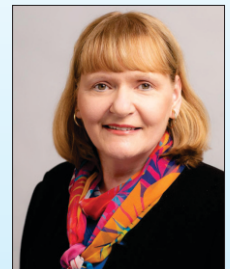
Tomi & Sheela @50



Rtn Tomi Eapen and Rty Ann Sheela Tomi Eapen celebrate 50th anniversary of their marriage on 29th August 2024. I was wondering whether Rotary came to the life of Tomi first or Sheela? I found that even though Tomi joined Rotary only in 1976, two years after his marriage, he embraced rotaryism way back in 1970 when he joined the Rotaract Club of Alleppey as its charter member. But Tomi was able to strike a balance for the past 50 years. His passion and commitment to Rotary is unique that he try to attend the Rotary meetings even braving his ill health. The history of Royalweeks is entwined with the Rotary career of Tomi. He only christened the weekly

bulletin of RC Alleppey as 'Royalweeks' in eighties. Tomi also took the mantle of editorship of Royalweeks for 14 years in different spells. Royalweeks pays rich tributes to its godfather, mentor and curator on his golden jubilee marriage anniversary.

Happy anniversary dear Tomi & Sheela.



STEPHANIE A. URCHICK
RI President



Rtn. AKSM SUDHI JABBAR
Dist. Governor



Rtn. ANTONY MALAYIL
Asst. Governor



Rtn. JOHN KURIAN
President



Rtn. SUJITH T.S
Secretary



Minutes of the Regular Meeting held on 21st August 2024

The meeting was called to order by the president Rtn. John Kurian at 7:30 pm. Rtn. John Mathew invoked the blessings of God Almighty. In his presidential address, Rtn John Kurian informed that he attended the inauguration of the project 'GIFT OF WATER: KUTTANADU WATER PROJECT' and also attended the charter day meetings at Kanjirapally and Cherthala clubs. He also informed that the club decided to honor our member Rtn. Arjun Reddiar , on his birthday, at his residence. Then he requested that maximum members to register for the Dist. Membership Development Seminar which would be held on 25th August 2024 at Sabari Convention Center, Haripad. After which he informed all the members that nine ceiling fans were

required to be donated for the three houses of Platinum Jubilee Villa Project, of which one he himself would sponsor. Rtn Raju Chandy offered to step down from the Chairmanship Platinum Jubilee Committee as he has been in the office for one year. The general body rejected his proposal and wanted him to continue as Chairman till the completion of the housing project. Rtn. T. Sivakumar, Rtn. Venugopala Panicker, Rtn. Kumaraswmy Pillai and Rtn. Vijayalakshmi Nair also spoke. Rtn Sujith, Secretary thanked all participants with a special thanks to the host of the day Rtn. John Mathew. Then the meeting was adjourned by the president at 8:30 pm for dinner and fellowship.

Rtn. Sujith T S,
Secretary

Sangkoo Yen RI President for 2026-27



Sangkoo Yen, a member of Rotary Club of Sae Hanyang, Seol, Korea has been selected to be President of Rotary International for thw year 2026-27. Yun holds degrees from Syracuse Universtiy and an honorary doctorate from The Universtiy of Edinburgh.

He is the founder and CEO of Dongsuh Corp. and President of Youngan Corp., with significant involvement in civic organizations and cultural heritage preservation.

A Rotary member since 1987, Yun has held numerous roles including director, Trustee, and RI Learning Facilitator. He co-chaired the Keep Mongolia Green Project for eight years and served on several RI committees.

Yun received The Rotary Foundation's Distinguished Service Award and honors from Queen Elizabeth II and the presidents of Mongolia and Korea.

Arjuna Reddiar Felicitated



Rtn Arjun Reddiar was felicitated at his residence on his birthday on 23rd July 2024. He was confined to his home for a few years due to ill health. President Kurian in a bid to renew our friendship with those who are absenting themselves for long time, from meetings due to health issues, proposes to visit them in their houses and felicitate them on special days. Visit to Arjun's house was as part of the new Presidential initiative. Rtn Balakrishnan, son of Rtn Arjun, in our WhatsApp group has thanked every one for our visit to their home and wishing his dad on his birthday. He said his dad really enjoyed and was exited .. The visit really meant a lot to him which can't be expressed through words ..He also thanked all and also those who couldn't visit but wished him through messages and calls.

Royalweeks wishes Rtn Arjuna Reddiar many more years of happy, healthy and contended life.



PLATINUM JUBILEE FUND SWELLS THOUGH marginally

Rtn Kumaraswamy Pillai handing over cheque for ₹ 15,000, on behalf of his son Mr Krishnakumar towards contribution to the Platinum Jubilee Rotary villa project to the President Rtn John Kurian. Platinum Jubilee Committee Chairman, Rtn Raju Chandy and Secretary Rtn Sujith are also seen in the picture.

Glimpses of 3909th Meeting





Exercise boosts energy.

Google search says, "Exercising regularly, is the single important thing you can do for your health. In the short term, it helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers".

I am a diabetic for over 37 years, partly hereditary and I live on regular check-up, strict diet, tabs, insulin and exercise. I was an ardent player since my early childhood., started with ball badminton, mastered in Basketball in college days., became college captain, represented Tvm District and Indore University. After college life, turned to Shuttle badminton and continued to play regularly till I reached seventy. Diabetic Neuropathy beset me and holding the racket became stiff. Then switched over to brisk walking in the morning at the beach pave way. But as the construction of the 'Elevated Highway' and the stray dog menace impeded 'walking'. I then converted my open terrace to a closed Exercise Arena with roof and coir floor., and equipped with accessories like electric Vibrator, yoga bed, Boldfit Foam Roller, Resistance Band, Acupuncture Slippers, Sandfilled Pvc Roller, Hanging rope etc. After eight hours sleep, I get up at 7am. I get ready to the terrace after the morning ablutions at 7.15 am.

The exercises continues for about forty five minutes. First fifteen minutes on the vibrator to stimulate the calf muscles. It is heard that calf muscle is "Second Heart of

the body". Its then walking time from the entrance to north end, then to east and diagonally back to south, It read 100 steps, ie 200 feet. Usually I walk 10 rounds, means 2000 ft which is equal to .6 km. I then lie on the yoga bed for yoga tips. Also use Foam roller to roll from foot to knee behind. Cycling with two legs and cradle swing with the back as fulcrum are good and worth doing.

Stamping on the acupuncture chapals and deep breathing and sand filled bar are also used to keep me total fit. Hand stretching forward and backward with Resistance band gives strength to your hands. Its 8 am now

So goes the tale of my fitness gimmicks.

Tail Piece: After having done all these, I badly need a walking stick to walk properly and fearlessly. That's the idiosyncrasy.....

Rtn Tomi Eapen .

(Next week: Rtn Tom F Joseph)

REPORT ON SauHRDam- A SEMINAR WITH A DIFFERENCE

Rtn Major Donor R Krishnan



This time RC Alleppey had a fairly good delegation to the Membership Development Seminar held on 25th August at Haripad. The participants were enthralled by young Annets with a welcome dance. Rtn Dr.Johny Gabriel, District Membership Chair welcomed the gathering. DG AKSM Sudhi Jabbar said that Membership Development is not just an increase in number, but we need to add more Rotarians. He said good members, who will imbibe the qualities of Rotarians should be inducted. Rotarians should be given pre-induction training, make them aware of their obligations/responsibilities. DG added that good public image will bring more members. DG said that this year he aims at 100% retention.

PDG Suresh Mathew, District Learning Facilitator exhorted clubs to Formulate plans to strengthen Rotary. Think what best you can offer to the incoming members. What is the value you can add to the new member? PDG K.Srinivasan said that success of this seminar will depend upon whether you are able to enhance the membership by net 10% as on 30th June 2025. Clubs are talking of induction, but lots are leaving. So, double the target. For the last 10 years, membership growth is negative. He said each one bring one, should be there to achieve the target. PDG Sasikumar cautioned that there is only 41 net increase last year. When new members are inducted, old are leaving. Chief guest Shri. T.P.Srinivasan IFS, Former Indian Ambassador in his inaugural address, appreciated Rotary for its discipline and decorum in conducting the meetings. Rotary instills in you the kind of service the needs today. This Seminar is sort of salesmanship. Trying to figure out new membership potential. He added that around 800 wars fought

since system came in place – Right now about 10 wars being fought out. UN has not been able to do anything because of veto-power. Last 25 years, we are struggling to create an order. No country is happy now. India is working harder to ensure that in the new order, India has a prominent place. Rotarians can understand foreign policy and put up ideas/suggestions. PDG Sheikh Salim, PDG from 3212 During the year 1993 we achieved an all time high membership. But in 2000 started losing members Public image in Rotary came after 2000. The Rotary district lagging behind in the number lady rotarians. We have agreed to disagree if we want to connect. PDG Asha Venugopal observed that Only 8.3% women Rotarians in Kerala. More lady Rotarians especially couple to be inducted. Rtn Neel Ramaseshan, Chairman, IFCR India said that he joined Rotary to play cricket. He wanted clubs to promote fellowships in various avenues including cricket. The session by Rtn Lenny Da Costa, DGN was the icing on the cake. His vision statement "Club experience matters the most especially if you want to attract and retain members" speaks volumes on the topic. The panel discussion that followed with well designed questions from PDG Suresh Mathew Nilamel and apt answers from the panelists. DGN Krishnan G Nair's quip was beautiful.

To sum up, the organisers under the leadership of Dr Johny Gabriel was able to do full justice to their job by providing a memorable seminar.



Our President Rtn John Kurian is in the spotlight this week for his exemplary performance as President during the Platinum Jubilee year. The glittering installation and star studded Charter anniversary will speak volumes of the coordination skills of Kurian. He is one who never shirked any responsibility entrusted to him.

During the year 2021-22, when the club found it difficult to find a suitable person as Secretary, Kurian without any reluctance volunteered to become the Secretary for the second time in three years.

Kurian gave full support to then President Varghese Kurisinkal and he was instrumental in the tie-up with Joy Alukkas, Alappuzha for executing a few charity projects like financial aid

to a cancer patient, construction of house for a poor family and distribution of dialys kits to kidney patients. These entire projects worth about 5 lakhs brought good Public Image to the club during the Covid-19 times. Befittingly, Rtn John Kurian was felicitated by Joy Alukkas group on the "Karshaka Dinam" on 17th August 24.

NEXT MEETING

@ 7.30 pm on 28.08.24
HOST: Rtn. Tomi Eapen



- 3 Rtn. John Kurian
- 12 Rtn. Jacob Neroth MPHF
- 13 Rtn. Mohammed Shafeeq
- 19 Rtn. Tomi Eapen
- 23 Rtn. Arjuna Reddiar. P

AUGUST



- 7 Rtn. Raju Chandy
- 10 Rtn. Dr.Mohammed Aslam
- 22 Rtn. Princy Sebastian & Mr. Sebastian
- 25 Rtn. Unnikrishnan. R. Adv.
- 26 Rtn. Dijo Antony Cherian
- 29 Rtn. Tomi Eapen
- 30 Rtn. Sujith T.S.
- 31 Rtn. N.A.M.Kunju
- 31 Rtn. Sivasdas. B

vismay



Your Trusted Shop

GOODMORNING ENTERPRISES

C. C. N. B. Road, Alappuzha M:9645906114



Classic Regency

Railway Station Ward, Beach, Alappuzha – 688012

Phone: +91 9073 60 60 60, +91 477 299 00 66, +91 477 22 52 555
Email: reservation@classicregency.com, website: www.classicregency.com

Please follow us on



നീലിമ

ആലപ്പുഴ

John's

Umbrellas

Ayiroor Motors

Service, Spare, Body Repaire



Aryad South VCNB Road canal Ward,
Alappuzha North, Alappuzha, kerala - 688007
Ph: 0477 - 2241230, +91 98461 12340

THE KARAN GROUP

OF COMPANIES

ALLEPPEY

Lake Palace

a luxury backwater resort



Available at:

palathra
FASHION JEWELLERS

Mullakkal, Alappuzha - 688 011 Mob: 8891333387
www.palathraalpy.com