



## EDITORIALLY YOURS

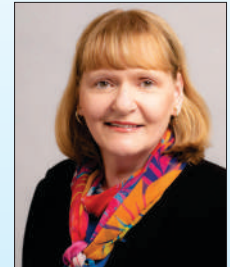


The recently concluded Rotary District 3211 Seminar on the Rotary Foundation was unique in its selection of speakers, particularly the Guest of honour Ravishankar Dakoju. He had hit headlines a few years ago for his massive donation of Rs100 crores (USD14.7 Million) to the Rotary Foundation. Normally we used to advise Rotarians to donate at least 10% of their income to charity through TRF. But in the case of Ravishankar, he donates more than 90% of his income to the Foundation. That makes his contribution to TRF second best after the Melinda Gates Foundation. I had occasion to hear the speech of Rtn Ravishankar in a Rotary function a couple of years back and I was quite impressed with his innocent words where he deposed that he has the full support of his family in contributing to the Foundation. Rtn Ravishankar Dakoju is a philanthropist and real estate investor. During 2018-19 he was the president of Rotary Bangalore Orchards and currently he is a member of the Rotary Club of Bangalore. He is married to Paola Ravishankar. They have two daughters, Ektaa and Samta. Ravishankar has focused his philanthropic work on areas like community development, education, health, sanitation, orphans, senior citizens, tree plantation, animal welfare, lake rejuvenation, and support to physically challenged. He has worked on numerous projects in the North Eastern States like Manipur and Mizoram. Through the Paola Dakoju Ravishankar Foundation, he has completed the construction of a water storage tank with 77,500L capacity at Ijorong, Inpue District, Manipur. The Foundation has also built the Lyzon Friendship School in Khomunnom Village, Churachandpur District, Manipur, for 350 students.

In the month of November, designated for the Rotary Foundation, I salute the great philanthropist who made the Rotary India proud by donating the second highest individual contribution to the Rotary Foundation.

Jai Rotary!

Rtn PAG MPHF M Kumaraswamy Pillai



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

## Rotary International Board Elects 2025-29 Rotary Foundation Trustees

The Rotary International Bylaws provide that Rotary Foundation trustees are nominated by the president-elect and elected by the Board in the year before the trustees are to take office. At the October Rotary International Board of Directors meeting, the Board elected the following Rotarians to serve as Rotary Foundation Trustees beginning 1 July 2025 to serve terms of four years each:



Vicki Puliz  
the Rotary Club of Sparks,  
Nevada, USA



Stephanie Urchick  
the Rotary Club of McMurray,  
Pennsylvania, USA



Katsuhiko Tatsuno  
the Rotary Club of Tokyo-West, Japan





## RC ALLEPPEY IN TEAM TINA (2025-26)



Rtn Major Donor R Krishnan  
District Secretary General



Rtn Raju Chandy  
District Training Team Co-Chair



Rtn Sajan B Nair  
District Chief Strategic Officer



Rtn Major Donor Vijayalakshmi Nair  
District Chief Programme Promotor &  
Dist. Chief Co-ordinator for District Project OPPOL



Rtn Major Donor S Gopinathan Nair  
District Award Committee Advisor



Rtn Adv S Murugan  
District Legal Advisor



Rtn M Kumaraswamy Pillai  
District Directory Editor & GML Editor



Rtn K Cherian  
Revenue District Director



Rtn Jose Abraham  
Assistant Governor



Rtn Princy Sebastian  
District Sergeant-at-Arms

### Minutes of the regular meeting held on 6th November 2024

The meeting was called to order by the president Rtn. John Kurian at 7:30 pm. Rtn. Gopinathan Nair invoked the blessings of God almighty.

The President Rtn. John Kurian in his speech gave the details of the board decisions and informed that the regular meeting scheduled for 27th has been preponed to 25th as a family dinner meeting and remembrance day. Then he informed about the TRF seminar held on 10th Nov at TVM and also requested maximum participation from our club.

The President informed that the board has decided to send letters to the members who have not paid the platinum jubilee contribution. It was decided to distribute Platinum Jubilee lucky draw coupons to the members, it was informed that the lucky draw will be held on 15th Jan 2025 and that the prize is an 8-gm gold coin.

Then he informed that the joint beach cleaning project (SWACHHATA HI SEVA 2024) of Rotary club of Alleppey and W & C hospital, will be held on the 7th Nov 2024.

Then the Secretary Rtn. Sujith T S thanked everyone present at the meeting and offered special thanks to the host of the meeting Rtn. Gopinathan Nair.

Then the meeting was adjourned by the president at 8:30 for dinner and fellowship.

**Rtn. Sujith T S**

Secretary

### MY FITNESS CHALLENGE



-Rtn M Kumaraswamy Pillai

As we know, the three main types of physical activities are aerobic, muscle strengthening, and bone strengthening. Balance and flexibility activities are also beneficial. Aerobic activity is the type that benefits your heart and lungs the most. I was mostly lethargic to physical activities till I was in services of Coir Board. No wonder, I had to commute everyday to Ernakulam and back to attend office at Pallimukku and there will be hardly any time to take even a morning stroll, forget about a brisk walk. But on the advice of the medical consultant to keep my vital signs normal, I started following a regular schedule of exercises after my retirement.

Thanks to an alarm call, I get up at 5.30am every day. Immediately I will go for a stretching exercise which will last for 10 to 15 minutes. During the process, the focus will be more on loosening of muscles and joints. Followed to this, I will start a quick glance of headlines of the newspaper sipping lukewarm water. Daily I take at least 1 litre of water in the empty stomach.

. After brushing, I go for a 45 minutes walk. I always prefer to walk alone as my speed of walking may not match with others and I may be compelled to walk briskly to keep pace with my mates. After finishing walking, I am back home by 7.30 am and do some 'yoga' for about another 15 minutes using an exotic furniture more of semi-elliptical shape just to allow blood flow throughout the body. I swear, I have not underwent any training in Yoga, but attended a short course on "Happiness Programme" organised by Sri Sri Sri Ravi Shankar. After a certain age you

start to lose muscle mass and strength. This can only be arrested by regular exercises and on the advice of my consultant doctor, I started exercise with dumbbell just to prevent any further loss of muscle mass. With this it will be time up to go for the daily routines for the day. I have installed Health app in my hand phone which gives me the pedometer count of steps I cover every day. Though it is advised to have 10,000 steps in a day, I average around 6,000 only. My dear rotarian friends, please do exercise atleast for 30 minutes every day to sustain or improve your health.

Have a good day every day!

### Glimpses of 3920<sup>th</sup> Meeting

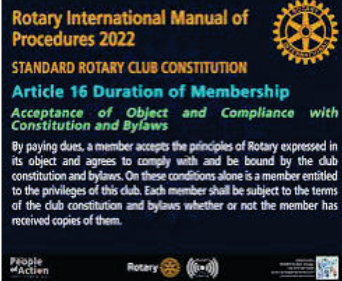






## WOMEN IN ROTARY -Rtn R Krishnan

### Timeline of women in Rotary



## 1950

An enactment to delete the word "male" from the Standard Rotary Club Constitution is proposed by a Rotary club in India for the Council on Legislation meeting at the 1950 Rotary Convention.



## 1972

As more women begin reaching higher positions in their professions, more clubs begin lobbying for female members. A US Rotary club proposes admitting women into Rotary at the 1972 Council on Legislation.



## 1980

The RI Board of Directors and Rotary clubs in India, Sweden, Switzerland and the United States propose an enactment to remove from the RI and club constitutions and bylaws all references to members as "male persons."



## 1987

On 4 May, the US Supreme Court rules that Rotary clubs may not exclude women from membership on the basis of gender. Rotary issues a policy statement that any Rotary club in the United States can admit qualified women into membership. The Rotary Club of Marin Sunrise, California (formerly Larkspur Landing), is chartered on 28 May. It becomes the first club after the US Supreme Court ruling to have women as charter members. Sylvia Whitlock, of the Rotary Club of Duarte, California, becomes the first female Rotary club president.



## 1989

At its first meeting after the 1987 US Supreme Court decision, the Council on Legislation votes to eliminate the requirement in the RI Constitution that membership in Rotary clubs be limited to men. Women were welcomed into Rotary clubs around the world.



## 2005

Carolyn E. Jones begins her term as the first woman appointed as trustee of The Rotary Foundation.



## 2012

Elizabeth S. Demaray begins her term as RI treasurer, the first woman to serve in this position



## 2019

Brenda Marie Cressey begins her term as the first woman to serve as vice-chair of The Rotary Foundation. In April-June 2019 she serves as chair of the Foundation, the first woman appointed to this role.

## 1964

The Council on Legislation agenda contains an enactment proposed by a Rotary club in Ceylon (now Sri Lanka) to permit the admission of women into Rotary clubs. Delegates vote that it be withdrawn. Two other proposals to allow women to be eligible for honorary membership are also withdrawn.



## 1977

Three separate proposals to admit women into membership are submitted to the Council on Legislation for consideration at the 1977 Rotary Convention. A Brazilian club makes a different proposal to admit women as honorary members. The Rotary Club of Duarte, California, USA, admits women as members in violation of the RI Constitution and Standard Rotary Club Constitution. Because of this violation, the club's membership in Rotary International is terminated in March 1978. (The club was reinstated in September 1986.)



## 1983-86

In a lawsuit filed by the Duarte club, the California Superior Court in 1983 rules in favor of Rotary International, upholding gender-based qualification for membership in California Rotary clubs. In 1986, the California Court of Appeals reverses the lower court's decision, preventing the enforcement of the provision in California. The California Supreme Court refuses to hear the case, and it is appealed to the US Supreme Court.

## 1988

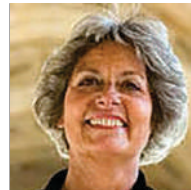
In November, the RI Board of Directors issues a policy statement recognizing the right of Rotary clubs in Canada to admit female members based on a Canadian law similar to that upheld by the US Supreme Court.

## 1990

As of June, there are about 20,200 female Rotarians worldwide. The 'Rotarian' runs a feature on women in Rotary.

## 1995

In July, eight women become district governors, the first elected to this role: Mimi Altman, Gilda Chirafisi, Janet W. Holland, Reba F. Lovrien, Virginia B. Nordby, Donna J. Rapp, Anne Robertson, and Olive P. Scott.



## 2008

Catherine Noyer-Riveau begins her term as the first woman elected to the RI Board of Directors.



## 2013

Anne L. Matthews begins her term as the first woman to serve as RI vice president.



## 2022

Jennifer Jones begins her term as the first female president of Rotary International. The above would clearly show that it was a clear struggle for women to step into Rotary till 1987 and a further struggle till 1995 to head a District as Governor. It was not until 2022, there was a female President for RI.



## 2024

Stephanie Urchick, the Rotary Club of McMurray, Pennsylvania, USA, the Second Lady to become the President of Rotary International. She assumed office on 1st July 2024 and continues.





### Rtn Princy Sebastian

Normally for any new face in Rotary, it will take at least 3/4 years to get acquainted with all members in the club level and their families. But to get noticed at the District level, it will take a couple of years more, provided you are in the fast track mode. This rule doesn't apply to our new face Princy Sebastian, whose dedication and commitment to the task assigned is unparalleled. No wonder she is hand picked by the DGE Tina for the post of the District Sargeant -at-Arms, the first ever lady Rotarian to be elevated to this coveted position. But even before she is installed, a greater position adorns, when she was nominated as Sargeant -at-Arms to the forthcoming 'Rotary Multidistrict Presidential Conclave 2024 Cochin', which will be enriched by the presence of RI President Stephanie Urchic. Adding to these, she will also stand on duty as S-at-Arms at the Rotary Institute 2024- Kochi. This is yet another high honour to be bestowed upon a fairly young Rotarian. Royalweeks happily places Rtn Princy Sebastian in the spotlight this week.

## NEXT MEETING

@7.30 pm on 13.11.2024.Host: Rtn Thomas Kutty Joseph



**10** Tomy Pulikattil **15** Geetha D/O Arjun Rediar **17** Ashwin S/o R. Srinivasan  
**20** Ms. Tiya D/o Jacob Neroth **21** Dr. Abraham Thayyil  
**23** Antony Malayil **27** Sajan B. Nair **30** Darsan S/o R. Krishnan

NOVEMBER



**3** Nagaraj. H & Vigeesha **5** Vijayakumar. A.R & Syama  
**8** Vidhu M. Unnithan & Nisha **13** Vidhu Kumar & Preetha  
**19** Mathew Joseph & Ruby **22** George Thayyil & Deepa  
**25** Joseph Thayyil & Divya

TEAM 2024 - 2025

**PRESIDENT** - Rtn John Kurian | **VICE PRESIDENT** - Rtn T.S.Ajith  
**PRESIDENT ELECT** - Rtn Lakshmi Gopakumar | **SECRETARY** - Rtn T.S.Sujith  
**TREASURER** - Rtn R.N.Ajith | **Imm.PP** - Rtn John .V.George  
**CLUB ADMINISTRATION DIRECTOR** - Rtn Vijayalakshmi Nair | **ROTARY FOUNDATION** - Rtn T.Sivakumar  
**MEMBERSHIP DIRECTOR** - Rtn George Jose Malayil | **PUBLIC RELATION DIRECTOR** - Rtn Tomy Pulikattil  
**SERVICE PROJECT DIRECTOR** - Rtn Raju Chandy | **BULLETIN EDITOR** - Rtn M Kumaraswamy Pillai  
**CLUB ADVISOR** - Rtn Mohamed Shafeeq | **GENERAL CO-ORDINATOR** - Rtn K.Chierian  
**CLUB TRAINER** - Rtn R.Krishnan | **EXECUTIVE SECRETARY** - Rtn George Thomas  
**JL. SECRETARY** - Rtn Dr.Sethu Ravi | **SERGEANT AT ARMS** - Rtn Princy Sebastain

STRATEGIC COMMITTEE

**INTERNATIONAL SERVICE** - Rtn Sajan.B.Nair | **DIST. PROJECT** - Rtn Adv. Venugopala Panicker  
**GENERAL CONVENOR** - Rtn Prof. Gopinathan Nair | **CLUB SERVICE** - Rtn Adv. S.Murugan  
**COMMUNITY SERVICE** - Rtn Subramania Iyer | **FOCUS PROJECT** - Rtn Adv. V Deepak  
**VOCATIONAL SERVICE** - Rtn Jose Arathupally | **FAMILY OF ROTARY** - Rtn Rosie John  
**YOUTH SERVICE** - Rtn Ambu Vaidyan | **LITERACY MISSION AND CLUB HISTORIAN** - Rtn Tomi Eapen  
**CLUB RECREATION** - Rtn Naga Raj | **CLUB IT OFFICER** - Rtn Lukose Mathew Malayil  
**CLUB PROJECTS** - Rtn R.Sreenivasan | **FESTIVAL AND FELLOWSHIP** - Rtn Jijo Chacko

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