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# EDITORIALLY YOURS



Rotary has a history of over 100 years in Australia. The first club in Australia, Rotary Club of Melbourne, was chartered in the year 1921. The club has over 250 members and is proud to have many women as very active members. I feel greatly honoured to be invited as a Guest Speaker in their meeting in the later part of January 2025. It is a rare privilege and honour not only for me but the District 3211 as a whole. I had the opportunity to attend the meeting of another senior club viz., Rotary Club of Box Hill Burwood. The 67 years old club meets every alternative Tuesdays at 6 pm at Upton Room at Box Hill RSL. Unlike other clubs in the city, they don't charge any registration fee. Their schedule is fixed as meeting commences at 6.15 pm and concludes at 7.30 pm. After the meeting the attendees go to the reserved tables at the restaurant in the upper level and have fellowship and dinner. The proceedings of the meeting were very simple. In the absence of Rae Hardin, the incumbent lady President who was out of the country, the Vice-President that too a lady Rotarian, Trish Carr conducted the proceedings. She welcomed me and introduced to all the members present. After invocation and a formal welcome address, the Vocational Service Director, Rtn Tim Lynn spoke briefly on the projects of Salvation Army in making X mas cheer packs in the Jail utilising the services of the prisoners. Before concluding the meeting, they have on a routine a fund collection from the members in small coins for different charity works. I joined them for the dinner and had good interactions with all the members particularly one of the PDGs David Tolstrup, who talked to me in length about Rotary Australia. I had opportunity to talk to Trish Carr, the acting President, who spoke on the projects undertaken by the club over the past 6 six decades. The details will be given separately. I enjoyed attending the meeting as everyone was in a jovial mood and no raising of eyebrows, stiffened faces, etc.

I am happy to learn that the RC Alleppey in its Platinum Jubilee year had the great opportunity to host the TRF Trustee Martha Peak Helman, who is on a visit to India to attend the Rotary Institute Kochi 2024, at our meeting held on 4<sup>th</sup> December. Congratulations Prez John Kurian and the Trustee's perfect host Princy Sebastian.

Jai Rotary!

Rtn 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

## Uyare Kayariloode Concludes



Uyare Kayariloode, the District Project of RC Alleppey, organised in association with the Coir Board Regional Office, Kalavoor and Alappuzha Coir Cluster Development Society (ACCDs), concluded successfully on 4th December. Practical test on the manufacture of products for which training was imparted for all trainees was conducted by the Coir Board official and every body was declared as passed. Certificates and stipendiary benefits will be distributed on a later date.

Programme Director Sethu Ravi welcomed the gathering and President Kurian gave valedictory address. Shri T Durga Das, Officer from Coir Board felicitated.









## Minutes of the regular meeting held on 4th December 2024

The meeting was called to order by the president Rtn. John Kurian at 7 30 PM. Rtn. Raju Chandy invoked the blessing of the God Almighty. Rtn. Gopinathan Nair welcomed the gathering .

The president Rtn. John Kurian then delivered the presidential speech , after which Rtn. Vijayalakshmi Nair introduced the chief guest RI foundation trustee Rtn. Marty Helman. Then the chief guest delivered her key note address.

The President and Secretary then honored the chief guest by presenting her a memento. Then Rtn. K Cherian felicitated the chief guest.

The Secretary Rtn. Sujith T S thanked everyone present at the meeting and offered special thanks to the host of the meeting Rtn. Siby George and Rtn. Antony Malayil.

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

**Rtn. Sujith TS**

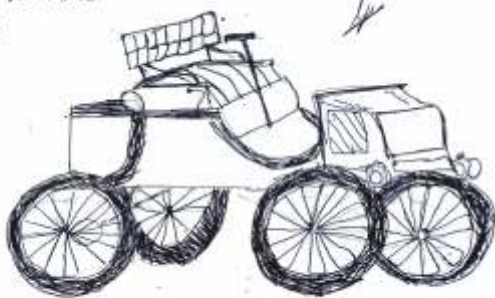
Secretary

## Glimpses of TRF Trustee's Visit



## ANNETS CORNER

1957 Rambler  
1500



Words second Car

1886 BENZ PATENT  
MOTORWAGON



WORLD'S FIRST CAR



Drawing by  
**Annet George Antony Malayil,**  
Class IV.



## WE MUST TAKE CARE OF OUR NEIGHBOURS WHO NEED A HELPING HAND - says RI Foundation Trustee Martha Peak Helman



(Martha Peak Helman is a member of the Rotary Club of Boothbay Harbor, Maine, USA, and has an illustrious Rotary career. Serving as the 2022–2026 Rotary Foundation Trustee, she has contributed significantly to the organization. Highlights of her service include: Chairing The Rotary Foundation's Peace-Major Gifts Initiative (2020–21). Serving as an International Training Leader at the 2018 and 2019 International Assemblies and as Training Leader Support in 2021. Being a key presenter at Rotary International Conventions in Atlanta, Toronto, Hamburg, and the virtual 2021 event. Writing and implementing Rotary's first online Grants Management Seminar for RI's Learning Center. Rtn PAG K Cherian reports on the reception accorded to her at the RC Alleppey and the her reply speech at the meeting)

The Rotary Club of Alleppey had the distinct honour of hosting Rotary International Foundation Trustee Martha Peak Helman, affectionately known as Marty, at our regular club meeting held on Wednesday, the 4th. The meeting, organized to celebrate her visit, was a memorable occasion for all present. Marty received a warm welcome from the club president, who greeted her with a traditional jasmine garland. She was introduced to the members, and among those present was Rtn. Abdul Rahim, our senior-most member. Marty expressed her delight in visiting one of the oldest Rotary Clubs in India. She took great interest in the photographs displayed in the hall and made it a point to pose in front of pictures of PDG Ravi Karunakaran and Betty Karan.

### The Meeting Highlights

The formal meeting commenced promptly at 7:30 PM, with invocation by Rtn. Raju Chandy and Prof. S. Gopinathan Nair delivering a warm welcome to the gathering. Rtn. Vijayalakshmi Nair introduced Marty to the audience. In her address, Marty shared invaluable insights and updates:

**Rotary Exchange Programs:** Though the Group Study Exchange program was discontinued in 2013, she encouraged Rotarians to explore Friendship and Cultural Exchange programs using District Designated Funds, which can be facilitated through the District Governor.

**Polio Eradication Efforts:** Marty emphasized Rotary's 35+ years of relentless work toward eradicating polio. Since 1979, over 2.5 billion children have been vaccinated. While wild poliovirus cases are now confined to Pakistan and Afghanistan, vaccine-derived cases in Nepal and India are being closely monitored but do not pose significant concern.

**Humanitarian Services:** Rotary's impactful humanitarian work extends globally, including supporting refugees in Ukraine by establishing hospitals and clinics. This commitment has led to an increase in Rotary membership in Ukraine, marking growth even amidst challenges.

**Message to the Rotary Club of Alleppey** As the club celebrates its 75th year, Marty reflected on Rotary's evolution:

*"The world has changed in 75 years, and Rotary has changed too. But one thing remains constant: We must take care of our neighbors who need a helping hand. There is no better way to do that than through the Rotary Foundation."*

Marty concluded by expressing her heartfelt gratitude to Rtn. Princy for hosting her and to all club members for their warm hospitality and thoughtful arrangements.

**A Historic Visit:** The visit of RI Foundation Trustee Martha Peak Helman marks a milestone in the Rotary Club of Alleppey's history. Her inspiring presence and impactful message will undoubtedly resonate with members for years to come.

PAG. Rtn. K. Cherian.

## MY FITNESS CHALLENGE



### Rtn Adv S Murugan

To be frank, I was never cordial with myself towards a 'tough' fitness journey. However, considering the need for wellness, and health, coupled with my wife's never ending encouragement, I made up my mind to start exercising. Or maybe I would rather phrase it as the commencement of my wellness journey. In fact, to not lie, I would sincerely confess that I began my morning walks years ago, purely out of compulsion from her. I still remember those days when I would eagerly look forward to having the rainy season by my side, so that I could avoid going for a walk. This certainly was not due to the lack of pleasure in walking, but incidentally owing to the huge pleasure that my restful sleep gave me. Irrespective, over time, I started enjoying my walks. Little by little and step by step I began to realize that the fresh air combined with a healthy walk, brought a sense of positivity and clarity to my mind. In all honesty, I can state that a heavy walk in the morning always made my days lighter, cheerful and in fact helped fill the day with patient focus. The realization was an eye opener for me, that as years passed, I came to understand that I couldn't avoid going for my morning walk. It was not just close to my daily routine, but became something that I wouldn't want to miss out, even on a rainy day. Even on a day's miss, I felt guilty. In this view, my routine is firmly set now. I wake up by 5:45 A. M., and begin by drinking two huge glasses of luke warm water. Thereon, further to my morning routine and after carefully tightening my sports shoes, I start my walk by 6:00 A. M. I enjoy changing my track route between every few days sometimes I cover all the bridges, other times I explore the main junctions of Alleppey. I usually return by 7:00 A. M., then spend 20 minutes doing my basic stretching exercises. This routine makes me feel brimmed with positivity and helps me stay happy, and fully energized. It ensures that my mind is filled with good thoughts for the day ahead. Over the time, I have learned to understand that exercise isn't merely a make shift luxury, but a necessity. A necessity filled with purpose, positivity and goodness.

# Rotarian in the spotlight



## Rtn Tomi Eapen

We have come across and got acquainted with many rotarians who are highly passionate to Rotary. We have a few in our Club also. But we have a rotarian who has taken rotary to his own heart and still literally bound to it. He swears that Rotary is his way of life. Yes I am referring to Rtn Tomi Eapen, the versatile rotarian who breathes rotary in every moment. He has been a cenpercenter in rotary meetings and never took the liberty of relaxations in attendance for aged people in those days when attendance was compolsory. In one of my interviews, Tomi confessed that his involvement in Rotary transformed him to reach greater heights in life. In the recent times Tomi has been facing intermittent health issues which prevents him from attending all the club meetings. Though physically absent at the meetings, he has been following the activities scrupulously through WhatsApp group and Royalweeks issues. Last week Tomi was convalescing in his house after a surgeory at a Hospital at Kochi. He was advised complete rest till a review scheduled for next week. But when the Rotary Foundation Trustee is residing at stone throw distance from his house, he could not resist from meeting her. He not only went to the house of the wonderful host of the Trustee, Princy but took an interview of her with the help of Rtn Cherian. Royalweeks places this അമ്മിളു പിടിച്ച റൊട്ടേറിയൻ in the spotlight this week

## NEXT MEETING

@7.30 pm on 11th December 2024 CROP

Guest Speaker: Rtn PAG Prakash Kaimal.

Host: Rtn Joji Cyriac



6 Zarina D/o Rtn. Jacob Philipose 6 Rtn. John Mathew  
17 Rithika D/o Rtn.S. Murugan 18 Rtn'e Shyma Vijayakumar  
19 Rtn. Tom F Joseph 20 Appu S/o Rtn. Raju Chandy

DECEMBER



9 Rtn. V. Deepak & Sindhu  
16 Rtn. B.S. Ajith Vani & Asha  
30 Rtn. Tom F Joseph & Lancy

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 Pulikkattil  
SERVICE PROJECT DIRECTOR - Rtn Raju Chandy | BULLETIN EDITOR - Rtn M Kumaraswamy Pillai  
CLUB ADVISOR - Rtn Mohamed Shafeeq | GENERAL CO-ORDINATOR- Rtn K.Churian  
CLUB TRAINER - Rtn R.Krishnan | EXECUTIVE SECRETARY - Rtn George Thomas  
Jt. SECRETARY - Rtn Dr.Sethu Ravi | SERGEANT AT ARMS- Rtn Princy Sebastain

STRATEGIC COMMITTEE

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GENERAL CONVENOR - Rtn Prof. Gopinathan Nair | CLUB SERVICE - Rtn Adv. S.Murugan  
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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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