



EDITORIALLY YOURS

We welcomed the vibrant New Year 2025 by organising a family dinner meet on 3rd January 2025. It was a joy to reflect on the delightful moments shared during our club's Christmas and New Year celebrations. The event was a beautiful reminder of the fellowship, unity, and warmth that bind us together as the Rotary Club of Alleppey family. A heartfelt appreciation goes to our dynamic President, Rtn. John Kurian, and the host team comprising of Arjuna Reddiar, A Balakrishnan, Varghese Kurisinkal, Jijo Chacko, Tom F Joseph, Babu Joseph and George Jose Malayil, whose meticulous planning and tireless efforts ensured the evening was a grand success, though the family participation was less. Their dedication to creating memorable moments for our members and families exemplifies the Rotary spirit of selfless service.



The presence of the esteemed Rev.Fr.Joy Puthenveetil as our Chief Guest added depth and grace to the evening. His inspiring words resonated with everyone present, encouraging us to embrace the true essence of community and compassion as we journey through this year. The highlight of the evening was undoubtedly the melodious songs performed by our Rotary Anns and Annettes. Their cheerful voices filled the venue with festive cheer, showcasing the creative talents within our Rotary family. The jolly presence of Santa brought laughter and joy to both young and old, reminding us of the magic of Rotary. Such celebrations are a testament to the enduring spirit of fellowship that has guided our club through 76 incredible years. Let us carry this spirit forward as we work together to make a positive impact in our community and beyond. Talking about thinning attendance, I would like to share an extract of the Presidential message by Stephanie Urchick, for the new year as follows;

.....I always walk into meetings at my home club of McMurray, Pennsylvania, with a smile on my face.

A few years ago, someone arrived late. Instead of scolding the person, we cheered. Since then, we've made it a tradition to applaud all members when they arrive for meetings. It's tough not to smile with a greeting like that....

President Kurian has to think out of box to innovate ways to lure more people to meetings.

Wishing you all a year filled with good health, happiness, and success in service!

Jai Rotary!

Rtn PAG MPHF M Kumaraswamy Pillai

A Club Bulletin, how it should be

"It's Club Service that puts Rotary into a man"

Rtn Charles G Tennent, RI President (1957-58)

It is said that the club bulletin enjoys maximum readership in Rotary world. A well maintained and regularly published bulletin is an asset to any club. A weekly bulletin is always preferable. A good bulletin regularly publishes, among other things, Rotary information, a synopsis of meetings held, the forthcoming events, absence and makeups, the names of a few nearby clubs for makeup, birth and marriage anniversaries of members. Achievements of children and spouses of Rotarians should be highlighted.

Instead of publishing recipe for food preparations, a good bulletin should serve food for thought, impart Rotary education, and promote fellowship activities of the club. A well published bulletin can always keep the members in good humour and upbeat.

Bulletins should be free from factual mistakes and the editor should have a thorough knowledge of Rotary. The bulletin should keep the members posted of what is happening in the club, district and the Rotary world at large. Bulletin can be published electronically and sent to members by email or can be posted at the club's website, which will be cheaper and faster. A bulletin with attractive cover, useful contents with adequate graphics, good language and presentation coupled with pleasing layout comes to you with a 'read me' message. Who can ignore the temptation to browse through the pages of such a bulletin especially if it carries some good news and photographs of the Rotarian in whose hands it is held

(Source: Know Your Rotary- Rtn N Bhaskaran 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

GLIMPSES OF CHRISTMAS & NEW YEAR CELEBRATIONS



HUMILITY PERSONIFIED



About three years back, I wrote under the Teletalk column in Royalweeks referring to Gopi Sir as follows;

"The classification principle in Rotary is a necessary concept in assuring that each Rotary Club represents a cross section of the business and professional service of the community. Therefore all Clubs while inviting new members are bound to ensure that the classification membership plan is fulfilled. "Teacher" is one of the essential professions in the classification table as it is quoted that "teaching is the one profession that creates all other professions". Yes my dear readers of Royalweeks, I am privileged to spotlight one such great Teacher of our ancient town Alleppey who has by now created more than 5000 professionals, by teaching them, located across the globe engaged in key positions". Gopi Sir is not only a reputed person in the social fabric of Alleppey, he is also widely known in the Rotary circles, particularly in the District 3211. He has held almost all posts except District Governor. Notwithstanding all the above, it is pertinent to note that he maintains utmost humility with other rotarians. He has once again proved this at the family dinner meeting held on 3rd January by volunteering to stand in as Sergeant at Arms. What attracted me the most was his photograph with the club boy Prasannan by binding him with one hand. Great gesture Gopi Sir

Minutes of the X' Mas & New Year Celebrations and Family Meeting held on 03rd January 2025

Meeting commenced at 7:45 p.m. at our club hall. Standing in Sergeant at arms Rtn. Gopinathan Nair led the ceremonial parade. After the lightning the lamp, the meeting was called to order by president Rtn. John Kurian. Rtn.jijo Chacko invoked the blessings of God almighty. One minute silence was observed to pay respects to the departed soul of Smt. Annapoorna mother of Rtn.Nagaraja. Rtn. A. Balakrishnan , welcomed the gathering and in the presidential address, President Rtn. John Kurian conveyed his X'mas - New year greetings to all members and their families.. Then it was the turn of Rtn. Tom Joseph who introduced the chief guest, Rev. Fr. Joy Puthenveetil , (Vicar General of Diocese of Alleppey). The Chief Guest in his address emphasized on the importance of togetherness of families in celebrating such festivals and extend support to the needy people in the society. He wished all the members and their families the season's greetings and happy new year. The President honoured the chief guest by presenting a gift. The anns Tina Tomy, Syama Vijayakuar, Deepa Sujith and Anu Antony, who rendered songs in the meeting, were honoured with gifts. Then AG Rtn. Antony Malayil , GGR Rtn. John Mathew , Rtn. R.Suraj , RC of Alleppey North felicitated the gathering. President recognized and presented Memento to MC's Ann Lancy Tom & Ann Megha Jijo, Secretary Rtn. Sujith T. S then thanked the chief guest, other dignitaries and the host team Rtn Arjuna reddiar , Rtn. Varghese Kurishingal , Rtn. Babu Joseph , Rtn. A. Balakrishnan , Rtn. Jijo Chacko , Rtn. Tom Joseph and Rtn. George Jose Malyil. President adjourned the meeting at 9.15 pm. for fellowship and dinner.

Rtn Sujith T S
Secretary



An audacious request transforms South African schools

(eFlashOnline published some remarkable Rotary Projects of 2024.

This issue covers one among the projects; a project on Renovating sanitation facilities for 7200+ students in S.Africa)

Partnerships can sometimes be slow to develop, but their results can be remarkable. Two Rotary clubs in South Africa and the U.S. might never have become partners if it weren't for an enthusiastic expat who worked at a Jackson Hole hospital. But the outcome of their alliance is extraordinary: a US\$540,000 overhaul of facilities at 11 South African schools that benefits more than 7,200 students every year. Julia Heemstra, a health worker in Wyoming, USA, who used to live in South Africa, told a meeting of the Rotary Club of Jackson Hole about the water scarcity many South Africans deal with. She mentioned that on her next trip back, she planned to take along as many handheld water purifiers as she could fit in her luggage. "It literally was just me putting water filters in my duffel bags and then heading up to the township and working with schools to distribute them," Heemstra says. "I went and talked to Rotary about it.



Rotarians came to me at the end of the meeting with their chequebooks, saying, 'How much money do you need? And who do I write the cheque to?' The Jackson Hole members were eager to do more, so Heemstra helped them connect with the Rotary Club of Grahamstown, South Africa. At the time, Grahamstown members were working with the nearby Ntsika Senior Secondary School, which serves around 760 students ages 12-20. The school's sanitation facilities were practically nonfunctional, and the school had limited access to water. "They had an inconsistent water supply. When the water is shut off, the schools have to shut," says Stuart Palmer, a past district governor in Wyoming and the main fundraiser for the projects. "You cannot have school if you don't have water. We were seeing the children shortchanged in their education." Ntsika had only eight toilets, and they frequently clogged. Even worse, an overflowing sewage tank had created a kind of swamp outside. The kitchen at Mary Waters High School (left) before the renovation and (right) after the renovation. "We were told it was going to cost

1 million rand — about \$80,000 in U.S. dollars at that time — to repair the facilities," says Gavin Keeton, past president of the Grahamstown club. "That would have been far bigger than anything we'd ever done. But then, when we looked closely at the project, we realized it was going to cost double that." Enter the skilled fundraisers of Jackson Hole. Together with the Grahamstown club, they applied for a global grant of US\$109,000 from The Rotary Foundation and raised US\$48,000 in contributions, including donations from other clubs and a remarkable US\$20,000 from nonmembers. A change in the exchange rate made the project more affordable. The Grahamstown club got to work, installing water tanks, repairing the gutters and sewage system, and completely remodeling Ntsika's kitchen and toilet facilities. "They just did everything we could possibly need," says Madeleine Schoeman, Ntsika's former principal. "They even put up mirrors in the bathrooms. I did not think that the mirrors would be such a big deal, but it's made an immense difference to our children. Like most young people, they love knowing they're still looking good." The success of the project made the Rotarians even more ambitious. In 2021, several districts collaborated on a US\$34,000 district grant to upgrade the water systems at 10 area schools. The grant provided water tanks, filters, and pumps for the schools and paid to repair leaks and connect the new tanks to the municipal water supply. Jackson Hole partnered with Grahamstown again in December 2021, this time on a global grant big enough to completely remodel the toilet facilities and kitchens of seven schools. A toilet block at Khutliso Daniels Senior Secondary School (left) before the renovation and (right) after the renovation. "As we began to hear more about the issues with sanitation in the schools, the thought was,



'We already did one successful sanitation project, and we have seven or eight more schools with the same issues,'" says Ken Small, a member of the Jackson Hole club and a past district governor. "So we said, 'Well, let's do another school.' And to avoid the fatigue factor of having to do seven or eight applications, we said, 'Let's go for broke.' We started a grant for all seven schools." The result was the largest Rotary global grant ever awarded to a club or district in South Africa. Totalling approximately 7.6 million rand (US\$400,000), it pays for extensive renovations. Each school is getting new plumbing, new toilets, new tile and mirrors, and refurbished kitchens. Security gates and bars are being installed to prevent vandalism. To keep the facilities in good repair, staff members and parent volunteers are being trained in maintenance. "Seeing the incredible change — you not only have water, but you're getting a face-lift on all these schools," Palmer says. "It's huge." The global grant included US\$270,000 in District Designated Funds and contributions from Rotary members, plus US\$39,000 from The Rotary Foundation's World Fund. The rest was donated by nonmembers. "We probably had a hundred individuals participate in this," Palmer says. The Grahamstown club began the work in July 2022 and plans to finish by March 2024. As the results of the project have become apparent, its impact has surprised even its funders. "I would guess more than 50,000 kids in the next 10 years are going to use those facilities," Small says. "That's a huge, huge contribution."

MY FITNESS CHALLENGE



Rtn Vinod Kumar S

I have been devoting much attention to maintain my fitness level from my childhood. Both Shuttle Badminton and Cricket were my favourite games. During my college days, I have been practicing Badminton and Cricket rigorously for about 6/7 hours a day. I used to start with Shuttle Badminton in the morning followed to which cricket. Playing Badminton in hard surfaces is prone to sustaining injuries. My advice is to play Badminton in Grass/Sand/Wooden courts only as always there will be quick movements. I used to go to the Gym also those days for body building.

After 40 years, we should restrict our work out every 3 days a week and take a day off. This will help them get rid of the fatigue due to rust on the body parts and it will also be very beneficial for the body. Nowadays I do only light workouts in the Gym for about 4 days a week. Similarly in the treadmill also I spend only 10 minutes followed by 5 minutes cycling. Basically I am a left hander in Badminton and in cricket, Left arm pace bowler & Pinch hitter. Playing continuously caused me problems in the left leg and shoulder and I make it a point not to overstrain these parts. After every match I spend some time for stretching the limbs so that there will not be any joint pain in the following day. Due to aging, I have stopped playing hard games and now used to practice Badminton with my children where I practice only standing strokes. I have represented University and the State in different games as detailed below:

- Participated 5 times in All India Inter university Shuttle Badminton Championships.
- 16 times in Senior State Shuttle Badminton Championships
- Kerala University Shuttle Badminton Team Captain in 1994
- Kerala University Shuttle Badminton Championship in 1993
- Seeded 8th Rank in Senior State Shuttle Badminton Championship 1997

- Selected Two times Kerala South Zone Cricket Team U/16 & U/19.
- Kerala university cricket team champion in 1995
- State Cricket League Finalist
- Master's State Shuttle Badminton Doubles Champion 2008
- Kerala State Senior Shuttle Badminton Team Manager Junior/Senior category at Bimavaram A. P.in 2016.

My advice to people who have crossed 50 years is that they have to take proper care of their knee and other joints while exercising. Body should be stretched after every work out. Similarly, you have to change the t-shirt or jersey used for working out and go home. We have to cool down for 15 minutes after games or workout. The best way is to walk barefoot in the beach.



Rtn Jacob Neroth

This week in the spotlight is a second generation Rotarian who has graduated Rotary by climbing the ladders from a Rotaractor to DRR of Rotaract and then to Rotary around 43 years back. He still cherish the nostalgic memories, at his age of 6 years attending the Rotary family meetings as a little annent. Rtn Jacob Neroth inherited the leadership qualities from his father late Rtn Chacko Varghese Neroth (Vakkappan) and also the coir export business. Rtn Jacob Neroth, fondly called Babu, has not only excelled in business but in networking with business icons like Mr Sanjay Singh, Mr Harsh Pat Singhania, Mr Sunil Kanth Munjal, Mr T. V. Mohandas Pai, Mr R. Mukundan, Mr Hemant Jhahria, the list goes on. He is a life member of All India Management Association (AIMA) and Treasurer of Kerala State Productivity Council to which the State Minister for Industries is the Chairman. Babu is also Charter President of Alleppey Management Association. Recently he was invited to inaugurate the College Union Activities of Michael Institute of Management And Technology (MIMAT) where he shared his long experiences as an exporter and networking. Royalweeks proudly places Rtn Jacob Neroth in the spotlight this week.

NEXT MEETING

: @7.30 pm on 8th January 2025. Host: Rtn Lucose Mathew Malayil



4 Rtn. Aju Jacob Mathew **7** Rtn'e. Rosamma Jacob w/o Rtn. Jacob Neroth
7 Annet Anju d/o. Rtn. R. Sreenivasan **9** Rtn. Jijo Chacko **9** Rtn. Dr. Sethu Ravi
14 Vidhu M Unnithan **19** Annet Gowri Sankar (S/o Unnikrishnan)
20 Annet Anoop S/o Rtn. T. Sivakumar **21** Ajith B S **22** Rtn. T. Sivakumar
26 Annet Sharat s/o Tomi Eapen **27** Rtn. V. Deepak

JANUARY



1 Rtn. Thomaskutty Joseph & Tessy
10 Rtn. Jacob Philipose & Sethu
25 Rtn. Murugan & Sindhu **26** Rtn. Babu Joseph & Neena
27 Rtn. Prof. Gopinathan Nair & Vijayalakshmi Nair

TEAM 2024 — 2025

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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
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