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(1944-2025)

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നായൽവിക്സ്ന്റെ
ആരാധനാലികൾ



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Rtn. JOHN KURIAN
President



Rtn. SUJITH T.S
Secretary

EDITORIALLY YOURS



With immense pride and gratitude, I present to you the 3,929th issue of Royalweeks, a testament to the enduring legacy of the Rotary Club of Alleppey. For 76 uninterrupted years, this bulletin has chronicled the heartbeats of our club—our aspirations, achievements, and ambitions for a brighter tomorrow. It stands as a beacon of our unity, our resilience, and our unwavering commitment to the ideals of Rotary. As we find ourselves at the cusp of the last five months of this Rotary year, there is much to reflect upon and even more to strive for. The year has been marked by notable accomplishments that embody the very spirit of Rotary's motto, "Service Above Self." The Platinum Jubilee project, the Rotary Villa, shines as a jewel in our crown—a monument not merely of brick and mortar, but of compassion and collective endeavor. Similarly, the successful implementation of **Kayariloodu Uyare**, the transformative district project, is a stirring reminder of how powerful change can be when guided by purpose and perseverance.

Yet, dear friends, the journey is far from over. The road ahead calls us to dream bolder, act faster, and serve with renewed zeal. The past months have proven that together, we can achieve the extraordinary. Let this be our clarion call to finish the year with the same fervour that has carried us thus far. As the hands of time inch forward, let us seize every opportunity to deepen our impact and extend the reach of our service.

The legacy of Royalweeks reminds us that our efforts are not fleeting; they are woven into the fabric of Alleppey's history and future. Let us honour this legacy by striving relentlessly to ensure that our actions today inspire generations to come. With the light of Rotary guiding our path, let us walk forward together, stronger and more determined than ever. Before I conclude, I wish that the readers would have enjoyed reading the Rotary project on renovating sanitation facilities of schools in South Africa benefiting 7200+ children published in the previous issue. This is one among the four remarkable projects in 2024 identified by the Rotary International. The other three projects will also be serialised in the coming issues. This issue covers the second project on Sanitary Pads Project Aid 750 Girls in Brewerville in Liberia.

Jai Rotary!

Rtn PAG MPHF M Kumaraswmy Pillai

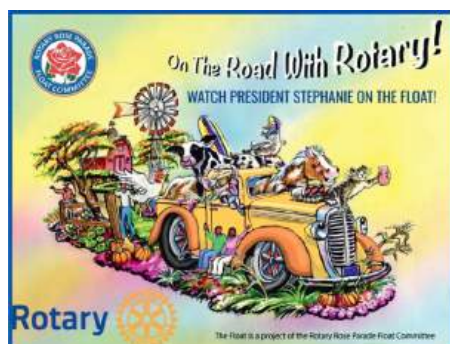


Minutes of the regular meeting held on 8th January 2025

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

The President, in his opening remarks, informed about the decisions made in the board meeting held on January 2, 2025. It was decided that the Vocational Awards and Family Dinner Meeting will be conducted in the first week of February 2025. He also announced the formation of a committee, headed by Vocational Chairman Rtn. Jose Abraham, to decide on the awardees. Additionally, the President requested members to register for the District Conference scheduled for February 8th and 9th in Ernakulam. He further informed that Rtn. T. Shivakumar, has been placed under suspension from his membership for two months. There were lengthy discussions on this and it was decided by the general body to reduce the period of suspension to two weeks. Then the Secretary Rtn. Sujith T S thanked Rtn. Abdul Rahim, Rtn. Vidhu. M. Unnithan, Rtn. Sajan B Nair, Rtn. R. Unnikrishnan, Rtn. S. Murugan, Rtn. John Mathew, Rtn. Antony. M. Malayil, Rtn. Jose Abraham, Rtn. Gopinathan Nair, Rtn. Raju Chandy & Rtn. George Thomas for their active participation in the meeting and offered special thanks to the host of the meeting Rtn. Luckose M. Malayil. Then the meeting was adjourned by the president at 9 pm for dinner and fellowship.

Rtn. Sujith T S
Secretary



Rotary Float wins the Award for Most Outstanding Floral Presentation of Theme for Floats Under 35-feet at Pasadena, California

#Rotary float won "The Tournament Volunteer Award - Most Outstanding Floral Presentation of Theme for Floats Under 35-feet in Length!" The awards at the Tournament of Roses Parade are important not only because it rewards the Rotary Rose Parade Float Committee members for all of

their hard work, but also it likely leads to receiving more television coverage, which allows us to together better promote Rotary International!

Each year, the Rotary float serves as a beacon of hope and inspiration, highlighting the incredible achievements of Rotarians across the globe. From advancing education and promoting peace to eradicating diseases and supporting environmental sustainability,



Robinah Nabbanja, Prime Minister of the Republic of Uganda Joins Rotary

Please welcome the newest member of our Rotary International family - Robinah Nabbanja! Robinah is Prime Minister of the Republic of Uganda! Robinah chairs the Cabinet of Uganda, and has been Prime Minister since June 21, 2021. To a question why did she join #Rotary, she replied that her friend RIDN Emmanuel Katongole invited her to join Rotary.

Rotary International President Stephanie Urchick pinned Robinah with a "#MagicofRotary" lapel pin during her membership initiation ceremony. The ceremony took place in the Prime Minister's office in Kampala. If you look closely, you can see the lapel pin on her jacket.

Robinah Nabbanja (born 17 December 1969) is a Ugandan educator and politician.

Rt. Hon. Robinah Nabbanja was appointed as Prime Minister and Leader of Government Business in Parliament designate, by H.E. President Yoweri Museveni on 8th June 2021 becoming the 11th person and first female, to occupy the office since Uganda became independent in 1962.

Before this appointment, Hon. Nabbanja was the Minister of State for Health in charge of General Duties, a position she was appointed to on 14th December 2019.

Nabbanja was born and raised in Kamusenene village, Nkooko Sub County in present-day Kakumiro District, Bunyoro, Western Uganda on 17 December 1969.

She attended Nkooko Primary School before joining St. Edward's Secondary School Bukuumi, for both her O-Level and A-Level studies.



Between 1990 and 2000, Nabbanja obtained Certificates and Diplomas in Leadership, Management and Development Studies, from various institutions, including Uganda Martyrs University, Uganda Management Institute, the Islamic University in Uganda and the National Leadership Institute Kyankwanzi.

She later obtained a Bachelor of Democracy and Development Studies Degree from Uganda Martyrs University in 2013 and later in 2023, she graduated with a Masters of Arts in Monitoring and Evaluation from Nkumba University, Kampala Campus.

From 1993 until 1996, Hon. Nabbanja was a School Teacher at Uganda Martyrs' Secondary School Kakumiro. She then served as a District Councilor, representing Nkooko Sub-County, in what was Kibaale District at the time, from 1998 until 2001. During that period, she concurrently served as the Secretary for Health, Gender and Community Services for the district.

For 10 years (2001–2010) she served as a Resident District Commissioner in the districts of Pallisa, Busia and Budaka, before joining elective politics in 2011, when she successfully contested for Kibaale District Woman Representative in the 9th Parliament (2011–2016).

When Kakumiro District was created in 2016, she successfully contested for the Woman Representative seat for the new district. She is currently the Woman MP for Kakumiro District, having won re-election for the same seat in the January 2021 elections.

During her time in Parliament, she served as Treasurer of the NRM Caucus (2011-2016), and as a Parliamentary Commissioner (2016-2019).

Rt. Hon. Nabbanja is passionate about Community Mobilisation and effective Service Delivery.



Rotary Club, Sanitary Pads Project Aid 750 Girls in Brewerville

(Rotary Project on teaching young women in Liberia to make and sell reusable sanitary pads)



The Rotary Club of St. Paul, Virginia, in partnership with the Sanitary Pads Project for Liberia-USA, has distributed sanitary pads to over 750 female students from two schools in Brewerville. The beneficiaries included students from Annie Banks Williams Junior and Senior School and Ellen Mills Scarborough Elementary School.

The donation, made on Friday, December 6, 2024, was part of efforts to commemorate the International Day of the Girl Child, which was globally observed on October 11, 2024. However, due to scheduling conflicts, the initiative was delayed, according to the Charter President of the Rotary Club of St. Paul, Madam Thelma Dahn-Debrah.

Beyond Distribution: Focus on Menstrual Hygiene Education

Madam Dahn-Debrah emphasized that the project was not only about distributing sanitary pads but also about educating the girls on menstrual hygiene. "At the Annie Banks School, we had around 600 girls," she said, noting the importance of providing information on menstrual hygiene care alongside the donation.

Ellen Mills Scarborough Elementary School was later added to the initiative after Madam Dahn-Debrah noticed its proximity to Annie Banks and verified the need for inclusion. "I interacted with

the leadership of Ellen Mills Scarborough because I felt it was important not to leave out the school that is so close to Annie Banks," she explained. Approximately 150 girls of puberty age from the elementary school also benefited from the program.

Addressing Menstrual Challenges Among Girls

Madam Dahn-Debrah highlighted the challenges faced by girls during menstruation, including the lack of access to sanitary pads, which can negatively impact their education and well-being. "Some of these girls do not even have pads, and this is where organizations producing reusable pads can make a difference," she noted.

While the distributed pads were disposable, the team also focused on providing information about menstrual care. "We provided information to help them take care of themselves during this crucial period so they can continue attending school comfortably," she added.

Madam Dahn-Debrah also spoke about the behavioral changes girls may experience during menstruation, such as irritability and withdrawal. She explained that embarrassment from menstrual accidents or improper padding often leads to discomfort and affects their interactions at school.

Estimated Cost and Support

The initiative was valued at over \$1,500, with significant support from the Sanitary Pads Project for Liberia-USA, led by Madam Nellie S. Beyan-Olabige. Madam Dahn-Debrah expressed her gratitude for the support and hinted at plans to expand the program to other schools in Brewerville and surrounding communities. "We are working to strengthen our partnership with Madam Beyan-Olabige and other organizations to extend this initiative," she said. "We hope to reach more schools and ensure that girls have the resources they need."

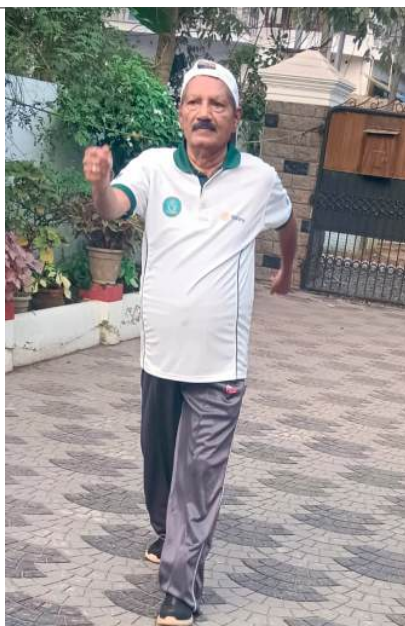
Call for Government Action

Madam Dahn-Debrah also called on the national government, particularly the Ministry of Education, to implement programs that address menstrual, reproductive, and sexual health for both girls and boys. "Girls need support to manage their menstrual health, but boys also need education on sexual and reproductive health," she stressed. "This should go beyond biology classes to include personal care education."

She underscored the importance of equipping young people with knowledge about reproductive health to foster better understanding and personal care as they grow.



MY FITNESS CHALLENGE



Rt. Prof. S. Gopinathan Nair

Teaching was not only a profession for me, but a passion too. Till my retirement as the Professor and HoD, Chemistry Department of S D College, my world was confined to the class rooms in the S D College and the makeshift class room in the backyard of our house Hari Priya in the EvanjalikalChurch Road, Alleppey. I used to spend nearly 12 to 15 hours in teaching every day. I too strongly believe that daily exercises at least half an hour a day, will contribute to maintain your fitness level at the most. People used to go to Gyms, beaches, walking trails etc for areobic exercises. But due to my hectic schedule, there was hardly any time left for exercises. But as it is joked, the Chemistry Teachers used to be perfect in solving problems because they have all the "solutions", I found out a solution by getting up one hour early daily. Friends, I don't need an alarm or wake up call to get up at 4 am. After my morning rituals, I start my brisk walk swinging my both hands for twenty minutes in the front yard of Hari Priya. By this time I would have burnt atleast 60 Kilocalories. I repeat the walking in the evening also so that by the time I go to bed I would have burned 120 Kcl. During my college days, as a student, I had the opportunity to be in Hockey and Table Tennis teams of our college. But for the past 40 years walking remains to be my only exercise which I do rigorously in the company of my loving life partner Vijalakshmi Teacher. Since the time I was diagnosed diabetic, I changed my diet plan and became a frugal eater. Thank God I don't have any major health issues and I wish to continue my life style like this.



Rtn Sujith T S

This Rotarian believes in doing than talking. He may be very concise in reporting but does it diligently on time, every time. Rtn Sujith T S, incumbent Secretary has been prompt in preparing minutes and reporting. This year the club level election of the candidate in whose favour the votes of RC Alleppey has to be cast for the post of DGND, was conducted peacefully and the report with all supporting documents was sent to the District Secretariat before the deadline. Subsequently, the votes were cast by the President without any controversy. Rty Ann Deepa Sujith, the poetess of RC Alleppey is also active in Rotary matters. She contributes occasionally to Royalweeks by sharing her literary works.

Royalweeks congratulates Rtn Sujith T S for his exemplary performance as Secretary and places him in the spotlight this week.

NEXT MEETING

@7.30 pm on 15th January 2025, Hosted by Club.



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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PRESIDENT ELECT - Rtn Lakshmi Gopakumar | **SECRETARY** - Rtn T.S.Sujith
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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
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CLUB TRAINER - Rtn R.Krishnan | **EXECUTIVE SECRETARY** - Rtn George Thomas
JL. 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
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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