



## EDITORIALLY YOURS



As the golden hues of the Australian outback fade into Singapore's Marina Bay skyline in my travel memories, I return humbled by the boundless possibilities of Rotary service across hemispheres. This editorial marks not just the 34th issue of Royalweeks, but a testament to how Rotary's universal language of compassion transcends geography and time zones. While I navigated the Tasmanian forests and beaches for a couple of months and Singapore's Rotary-driven social enterprises the next, our bulletin's uninterrupted publication schedule stands as proof that true commitment to service never takes holidays - it simply gathers new perspectives to share with our community. Let Royalweeks continue being our compass - pointing always toward Service Above Self, whether crafted between backwater sunsets or

skyscraper horizons. To our readers: Your stories make this bulletin a living chronicle of Rotary's beating heart. Keep them coming, and let's write our future issues chapter together.

It was immensely shocking to hear the sad news of the sudden demise of Fr Nijo Pulikottil (44 years) son-in-law of our President due to a cardiac arrest. Dear President, I extend our deepest sympathies to you and your family during this unimaginably difficult time. The untimely passing of your beloved son-in-law, at the tender age of 44, has left our club community in collective mourning. We share in your grief and stand beside you as you navigate this profound loss. Your son-in-law's legacy, though tragically brief, is undoubtedly reflected in the love he nurtured within his family. As a club built on fellowship and service, we recognize the weight of this moment and the fragility of life it underscores. In this time of sorrow, we humbly pray for the departed soul's eternal peace and for divine strength to uphold your daughter, granddaughter, and all who loved him. Let us carry this grief together, as a testament to the compassion that unites us.

Jai Rotary!

Rtn PAG MPHF M Kumaraswamy Pillai



STEPHANIE A. URCHICK  
RI President



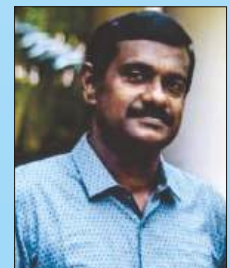
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Dist. Governor



Rtn. ANTONY MALAYIL  
Asst. Governor



Rtn. JOHN KURIAN  
President



Rtn. SUJITH T.S  
Secretary

## Shelter Box and Rotary Rebuilding Together



Shelter Box is an International disaster relief charity established in 2000 in Helston, Cornwall, UK, that provides emergency shelter and other aid items to families around the world who have lost their homes to disaster or conflict. Typical ShelterBox aid items include tents as temporary shelter or shelter kits to allow people to build or rebuild durable shelters.

ShelterBox also provides other aid items such as mosquito nets, water filters, water carriers, solar lights, cooking sets, blankets and mats. A sturdy green box packed with the necessary aid items is often provided to families in places where ShelterBox responds.



In October, tropical storm Trami (Kristine) impacted over 1.7 million people in the Philippines. The local ShelterBox team and the Rotary Club of Cebu have joined forces to aid their community's recovery. Collaborating with local government, they have distributed essential items such as tarps, corrugated iron sheeting, tools, nails, rope, and blankets.

Congratulations to team shelter box and RC Cebu.



## Minutes of the regular meeting held on 12th February 2025

The meeting was called to order by the president Rtn. John Kurian at 7:30 pm. Rtn. Nagaraja invoked the blessings of God almighty. The President in his opening speech, shared his experience about the Dist. Conference Valia Perunal held on 8 & 9 February 2025 at EKM, after which he thanked all the Rotarians who attended the Dist. conference. Then Rtn. Dr. Sethu Ravi shared her experience about the Dist. Conference. Then the club honored Rtn. Princy Sebastian for becoming an IFRM life member. The club also honored Rtn. Roy Palathara for being elected as the Working President of the All Kerala Gold and Silver merchants Association.

Then the Secretary Rtn. Sujith T S thanked the guest rotarian Alan Brooks and all the rotarians present at the meeting. He also offered special thanks to the host of the meeting Rtn. Nagaraja.

The meeting was adjourned by the president at 8.00 pm for dinner and fellowship.

**Rtn. Sujith T S**

Secretary

## PRESIDENT KURIAN BEREAVED



*"I am the resurrection and the life. The one who believes in me will live, even though they die." – John 11:25*

With deep sorrow, we report the passing of **Rev. Fr. Nijo Pulikottil (44 years)**, the beloved elder son-in-law of our President, Rtn. John Kurian. He was called to eternal rest on 16th February at Trissur following a sudden cardiac arrest.

Rev. Fr. Nijo was a man of faith, service, and compassion, touching the lives of many through his spiritual guidance. He is survived by his loving wife, Sumi Nijo (Teacher, St. Elizabeth Higher Secondary School, Trissur), and their cherished daughter, Ria P. Nijo (Bachelor of Social Work student, St. Mary's Women's College, Trissur).

As we mourn his loss, we find solace in the words of Psalm 23:4 – "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

The members of Rotary Club of Alleppey extend our heartfelt condolences to the bereaved family. May the Lord grant them strength and courage in this time of grief, and may Rev. Fr. Nijo find eternal peace in the loving embrace of our Heavenly Father.

Royalweeks deeply mourns his passing and prays for his soul's eternal rest.

*"Blessed are those who mourn, for they shall be comforted." – Matthew 5:4*



## Princy felicitated at her home turf

Rtn Princy Sebastian was felicitated at her home club meeting held on 12.02.2025 for her outstanding performance as the District Lady Sergeant at Arms at the District Conference and her initiative in forming IFRM in the District 3211 and becoming a life member of the same. President John Kurian adorned her with a Ponnada and felicitated.

Royalweeks wishes her wonderful career in Rotary and IFRM.

## Glimpses of 3934th Meeting held on 12.02.2025







## RIPE Mário César Martins de Camargo launches Rotary theme for 2025-26

Rotary International President-elect Mário César Martins de Camargo introduced the 2025-26 theme, "Unite for Good," during the International Assembly on February 10, 2025. In his address, he emphasized the pivotal role of Rotary members,

stating, "Rotary's greatest asset is not our history, our projects, or even our unmatched global reach. It is our members." He highlighted three essential pillars for growth: innovation, continuity, and partnership. De Camargo urged members to embrace diverse club models to attract future Rotarians and stressed the importance of leadership continuity and strategic partnerships to amplify Rotary's impact. He concluded by affirming Rotary's role as a beacon of unity and hope, uniting people in a shared purpose to do good in the world.



(DGE Tina Antony and First Gentleman Dr C Antony with RIPE Mário César Martins de Camargo in the International Assembly)



## INDIA'S FIRST ROTARY PEACE CENTRE AT PUNE

Situated in different parts of the world, the Rotary Peace Centers offer tailor-made curricula to train individuals devoted to peacebuilding and conflict resolution — no matter where they land.

Rita Lopidia vividly recalls her experiences as a Rotary Peace Fellow at the University of Bradford in England. "The classes in African politics and UN peacekeeping were my favorite," she says. "The politics course challenged me to dig deeper into research to understand the history of the continent, and the peacekeeping class aided my understanding of global politics. As a practitioner, that was an eye-opener to have a global view of events happening around the world." Lopidia's time at the Rotary Peace Center profoundly affected her. "After graduation, I traveled back to Africa and settled in Uganda due to the ongoing conflict in South Sudan," she explains. "There I established the EVE Organization for Women Development and

started engaging the South Sudanese refugees in Uganda and their host communities. Through my organization, we were able to mobilize South Sudanese women to participate in the South Sudan peace process promoted by eastern Africa's Intergovernmental Authority for Development — and that led to the signing of the Revitalised Agreement on the Resolution of the Conflict in the Republic of South Sudan in 2018."

Lopidia is just one of the 1,500-plus peace fellows from more than 115 countries who have graduated from a Rotary Peace Center since the program was created in 1999; the first peace centers began classes three years later. Currently, Rotary has seven peace centers in various locations around the world; the newest, at Makerere University in Kampala, Uganda — the first in Africa — welcomed its inaugural cohort of peace fellows in 2021. Next, Rotary plans to establish a peace center in the Middle East or North Africa, perhaps as soon as 2024, and has set its sights on opening one in Latin America by 2030.

As you will discover, the curriculum at each peace center has been carefully crafted to address specific aspects of the peacebuilding process — and train the next generation of global change-makers.



## MY FITNESS CHALLENGE



Rtn Antony Malayil

*(So far I have brought out the efforts being taken by around 25 of our fellow rotarians through these columns. My humble desire was to highlight the importance of maintaining our fitness level to keep diseases at bay. I am happy to acknowledge the fullest cooperation of all of my colleagues. Many have narrated different methods of their maintaining their fitness level. But I find this rotarian is unique who follows a nature friendly fitness programme. In his daily schedule, instead of lifting weights, he lifts sacks of grains. Instead of running on a treadmill, he walks miles across his farmland. His body is a testament to the power of hard work and nature driven exercises. Great work Antony Malayil, we are proud of you- Editor)*

**My Holistic Fitness:** A Life in Motion, From Farm to Family Fitness isn't just about sculpted muscles and gym memberships. For me, it's a holistic pursuit, woven into the fabric of my daily life and encompassing physical activity, mental well-being, and a deep connection to nature. I don't adhere to a rigid exercise schedule; instead, I find fitness in movement, in the earth, and in the joy of family. My passion lies in farming. Working the soil, nurturing life, and growing pesticide-free food is more than a hobby; it's a powerful form of exercise and a connection to something larger than myself. I believe energy spent cultivating the land is energy well spent. However, my move to town has limited my time in the soil. In my daily life, I always opt for the stairs, rather using lifts, embrace opportunities to lift and carry heavy objects, and even test my fitness by occasionally attempting to carry all five of my children — a workout in itself! Occasionally go for Cycling with long rides of up to 20 kilometers. Inspired by the hill station dwellers for those with limited vehicle access I've observed, whose lives naturally incorporate trekking and walking for long without any heavy breath, I cherish visits to our family plantations in Udumbanchola, hiking the steep slopes provides a challenging full-body workout and a refreshing immersion in nature. Perhaps my most unique "fitness" activity involves my kids. When I need a full-body massage, I simply lie on the floor. My youngest two children instinctively climb all over me, from toes to head with their tender toes. Sometimes, even the older ones join the fun. Their playful antics become a surprisingly effective massage, a cherished experience I know I'll miss as they grow. I'm sure many grandparents can relate to this special kind of "workout." Diet is crucial to my well-being. I admit to a sweet tooth and enjoyment of various foods. Thankfully, I haven't experienced any negative consequences yet. My wife, Anu, a dietitian, plays a vital role in ensuring our family eats a balanced diet. She carefully plans our meals and snacks, minimizing processed foods. However, my outside meals are beyond her control! Mental fitness is equally important. I make time for introspection and personal reflection. Driving provides a therapeutic space, allowing me time for myself and quality time with my family in a single cabin. I love exploring forests, hill stations, and other scenic locations. Observing different cultures, admiring architecture, indulging in photography, and simply spending time with family and in nature are essential for my mental well-being. These activities help me stay grounded and positive. I know that as I age, I'll likely need to adjust my fitness approach. But for now, I embrace this unconventional, holistic journey, finding fitness in the fields, on the stairs, in the hills, and even on the living room floor with my children. It's a unique blend of activity, nature, family, and mindful moments, and it works for me. I anticipate the need to re-evaluate my fitness strategy in the coming years to maintain a balanced and healthy lifestyle.





## Rtn. Roy Palathra

This week, Royalweeks proudly shines the spotlight on Rtn. Roy Palathra, a second-generation Rotarian who carries forward the rich legacy of service and leadership instilled in him by his late father, Rtn. Cherian Palathra. Beyond Rotary, Rtn. Roy is a prominent figure in Kerala's business community, serving as the Working President of the All Kerala Gold & Silver Merchants Association. A steadfast advocate for the rights and welfare of gold and silver merchants, he has been at the forefront of key policy discussions. His latest initiative—a persistent appeal to the State Government to exempt gold from the e-way bill system—reflects his commitment to addressing industry concerns, particularly regarding the security risks involved in transportation. With his dynamic leadership, unwavering dedication, and excellence in his vocation, Rtn. Roy Palathra is well poised to make a significant impact in Rotary as well. Royalweeks features him in the spotlight this week, celebrating his contributions and leadership.

## NEXT MEETING

@7.30 pm on 19.02.2025. Host: Rtn. George Thomas



**6** Rtn. K. N. Venugopala Panicker  
**8** Rtn. S. Murugan  
**15** Rtn. George Thayyil **24** Rtn. John V. George  
**24** Rtn. Gopinathan Nair

## FEBRUARY



**9** Ambu Varghese Vaidhyar and Ann  
**19.** Rtn. Jacob Neroth and Rosamma  
**21.** Rtn. Antony Malayil and Anu

## 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  
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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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**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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