

UNITE
FOR
GOOD

Centre OF THE Wheel

Rotary 

WEEKLY BULLETIN OF ROTARY CLUB OF TRIVANDRUM CENTRAL

JULY 2025
VOL 39
ISSUE # 4

RI President Francesco Arezzo and his family pose for a holiday photo



Front row (from left): Arezzo, holding grandson Francesco; and Arezzo's wife, Anna Maria, holding granddaughter Anna Maria. Standing (from left): Arezzo's daughter Elena; his son-in-law Magnus; and daughter Raffaella.

Francesco Arezzo is an orthodontist in private practice and owns an agricultural enterprise that produces extra virgin olive oil in Sicily. Arezzo is a graduate of the University of Padua and a member of the Italian, European, and American orthodontics associations, as well as the Italian and European lingual orthodontics associations. He is a dentistry graduate of the University of Cagliari, where he also received a master's in lingual orthodontics.

He has served as vice president of the National Association of Italian Dentists for the province of Ragusa and was the founder and head for seven years of the Ragusa delegation to the National Trust for Italy. Arezzo is also the owner of an agricultural enterprise and producer of extra virgin olive oil in the Monti Iblei region of Sicily. He has been vice president of the administrative council of the consortium controlling and regulating quality production of oil in that region. He owns two boutique hotel settlements there. He enjoys modern art and opera.

A Rotary member for 36 years, Arezzo has served as vice chair of the Joint Strategic Planning Committee and as RI director, chair of the 2023 Melbourne Convention Committee, learning facilitator, and district conference presidential representative, among other roles.

He is married to Anna Maria Arezzo-Criscione, an entrepreneur in the tourism field. They have two daughters and two grandchildren. His daughter Raffaella spent a year in Florida as part of a Rotary Youth Exchange. Francesco and Anna Maria are Benefactors and Major Donors to The Rotary Foundation.

EDITOR'S DESK



Dear Rotarians, Warm greetings

As we move forward in this Rotary year, I take this opportunity to extend heartfelt thanks to our President, Secretary and the Committee members for your continued enthusiasm and support. A special note of appreciation to our Club Administration Chair Rtn. Shibu Varghese for introducing fresh and effective methods in organising our weekly meetings. This will surely encourage the interaction among spouses and children of our members. These thoughtful innovations have not only enhanced the quality of our gatherings but also played a key role in increasing the involvement and participation of our members.

We can also include ice - breakers or mini fun games before or after formal sessions. A heartfelt appreciation to Rtn. Sivaprasad for bringing joy to our gathering by trying out a variety of delightful recipes adding flavor to our fellowship.

Your co-operation and collective spirit are the driving force behind the success of our club activities. Let's continue to work hand in hand, with renewed energy and commitment, to uphold the values of Rotary.

In Rotary Service,
Rtn. Major Donor K. Janardanan Nair

PRESIDENT'S MESSAGE



Dear Fellow Rotarians,

It is with great excitement and gratitude that I begin my term as President of the Rotary Club of Trivandrum Central. I am truly honoured to serve the club and its members in this role. I look forward eagerly to lead our dynamic, diverse and passionate club into an inspiring year. As we step into the new Rotary year under the theme "**Unite for Good**," my vision is clear to build on our momentum and take our club to the next level.

My key goals for this year are to:

1. **Grow Our Membership** - By welcoming new members who are eager to contribute and share our values, we can extend our reach and deepen our impact.
2. **Increase Club Participation** - Encouraging every member to get involved, contribute ideas, and experience the true fellowship and fulfilment Rotary offers.
3. **Raise Our Visibility** - Making sure our community knows who we are, what we do, and why it matters, so we can inspire others to join and support our mission.
4. **Keeping it Fun and Engaging** – Making our guest speakers, monthly activities, and fundraisers all fun and enjoyable, and welcoming to all to join in.

I look forward to continuing to serve with purpose, lead with kindness, and **unite for good** in everything we do. I am grateful for the opportunity you members gave me to serve, and I look forward to the journey ahead with all of you, and also welcoming each and everyone to take active part in our club's activities.

As the late President Ronald Reagan once said, and I like to live by, "You cannot help everyone, but everyone can help someone."

Yours in Rotary Service
Rtn. Col. Dr. K. E. Ra

SECRETARY'S REMARKS



MINUTES OF THE MEETING, ROTARY CLUB OF TRIVANDRUM CENTRAL

Minutes of the Weekly Meeting No. 1797, Dated: 11th July, 2025 **Time:** 7:40 PM,

Venue: Hotel Horizon, Thampanoor, Trivandrum.

1. **Call to Order** - President Rtn Col K E Rajan called the meeting to order at 7:30pm
2. **Invocation** - The invocation was rendered by Rtn Dr Jaya Kumar.
3. **Attendance** - Members present: 25, and Rotary Anns present: 7
4. **President's Address** - The President thanked all members for attending in good numbers and appreciated their support in trying out the experimental new meeting format.
5. **Secretary's Report** - Secretary Rtn Prem Kumar Thampi referred to the Minutes of the previous meeting which had been circulated among members.

On behalf of the Chair – Service Projects, the Secretary gave updates on:

HPV Vaccination Project: The first camp is proposed for mid-August in coordination with Infosys.

Other Projects: Distribution of water purifiers, newspapers, and other items to select city schools to be completed shortly.

Global Grant Project: Rtn Donn updated the house that the project is progressing as per schedule.

Membership Update: Secretary informed about receiving a new membership application from Rotary Ann Vimala R Nair, wife of Rtn Rajan Nair.

6. Guest Speaker

Speaker: Rtn Flt Lt Shibu Varghese **Topic:** “*Six Thinking Hats*” - a structured thinking and decision-making method involving six modes of thought represented by different hats. The speaker demonstrated how this technique fosters inclusive, clear, and balanced group discussions. He applied the concept to club meetings and suggested improvements, including Indoor games like Golf Ball Putting

Celebrating birthdays/anniversaries with cake-cutting

Movie outings with family via bulk booking

Promotion of “Planetree” program introduced by PDG Rtn Suresh Mathew

Members bringing forward feasible service project ideas for club execution

7. Announcements

Rtn Kuruvilla invited members and their families to attend the baptism ceremony of his granddaughter at **12 PM** at **Kottackattu Convention Centre**.

8. Adjournment

There being no further business, the meeting was adjourned by the President for fellowship and dinner.

Recorded by: Rtn Prem Kumar Thampi,

Secretary Rotary Club of Trivandrum Central



" A PROFESSIONAL JOURNEY: LESSONS BEYOND THE OFFICE"

Our member Rtn.S.K.Menon,CEO, Muralya Dairy Products

I am delighted to feature an insightful contribution in this edition of our bulletin from Rtn. S. K. Menon, an accomplished business leader and a committed Rotarian. As the Chief Executive Officer of Muralya Dairy Products, one of South India's most trusted dairy brands, Rtn. Menon brings with him decades of rich experience in leadership, innovation, and sustainable practices in the food and dairy industry. Under his dynamic stewardship, Muralya has emerged as a name synonymous with quality, ethical sourcing, and consumer trust. Beyond the Board room Rtn.S.K.Menon is equally known for his commitment to community development and Rotary ideals, consistently blending professional excellence with social responsibility. I am honored to present his article, which reflects not just his industry expertise but also his deep-rooted values of service and impact

Rtn.K.Janardanan Nair, Bulletin Editor, Centre of the Wheel



Moo-ving Up in the World of Cowish: A Dairy Tale of Udder Chaos By – Rtn.S.K.Menon Greetings from the Dairy Side

So, you want the inside scoop on the moo-hem of dairy life? Well, pull up a stool—preferably not the one the cow just sat on—and let me take you on a tour of what it really means to speak “Cowish.” After 20+ years in the industry, I’m no longer just a dairy professional—I’m a certified cow whisperer. I’ve dodged more dung than your average commuter dodges traffic. And along the way, I’ve learned that this bovine life isn’t just about milk—it’s about moo-mentum, mindfulness, and manure.

Decoding Cowish:

" The Secret Language of the Udderly Wise"

What Is Cowish?

Cowish is not found in dictionaries, but in dung-splattered boots and four a.m. standoffs with a defiant heifer. It’s the unspoken understanding between man and beast—mostly communicated via tail flicks and judgmental stares.

Signs You’re Fluent in Cowish

- * You know the difference between a “moo” of hunger and a “moo” of attitude.
- * You’ve learned to interpret a cow’s slow blink as either deep trust or subtle **sass**.
- * You’ve responded to a moo like it was your manager / customer ping you on Teams / Google meet.

The Dairy Life:

"Udder Madness Meets Microbiology"

The Early Morning Mayhem

The day starts before dawn, when sane people are still dreaming and cows are... planning their little revolutions. You stumble in sleepy eyed. The cows? Already holding a passive-aggressive protest by standing exactly where they shouldn’t.

Science Meets Slapstick

You’ve got milking machines, sterilizers, and sophisticated supply chains. But all of that can be brought to its knees by one rogue cow with an itchy leg and poor aim.

Moo-d Swings and Milk Machines, When Cows Go on Strike

Cows, much like toddlers, have their moods. If they’re not feeling it, you’re not getting milk. Period

Tales of Power Cuts and Cow Pats

Every dairyman has a horror story that starts with “So the power went out and...” and ends with someone slipping spectacularly in a place that smells worse than it looks

The Sacred Bond: Human and Cow.

The Stare-Down of Understanding

There is something oddly spiritual about locking eyes with a cow at dawn. It's as if she's saying, “I know you're tired. I don't care. Milk me”

Memory of a Moo-dy Diva

And don't be fooled—they remember everything. Miss a feeding once and you'll be on the receiving end of a grudge that makes elephants look forgetful. They actually have a better memory than many of our Rotarians post fellow ship !

Cow-laboratory in Food Security

The Journey from Grass to Glass

These four-stomached wonders are doing nature's magic—turning grass into a breakfast essential that fuels millions every morning.

Behind Every Latte is a Legend

Next time you sip on that overpriced cappuccino, thank the cow-not the pretty girl who serves you !

Why Cows Are the Real Influencers "Giving Without Filters"

They give milk, life lessons, and judgment—all without a social media account. Now that's influence.

Moo Over Movie Stars

They don't post selfies, but they literally nourish nations. That deserves a verified badge

Life Lessons from the Farm

Be Chill, Chew Slowly

Cows aren't in a hurry. They chew their cud like monks chant mantras. Be like the cow-chew before you leap.

Moo When It Matters

Sometimes you've got to speak up. Or moo. Especially when your boundary is being trampled—literally or metaphorically.

Cowish in the Corporate Jungle Herd Mentality—For Good!

Teamwork in a dairy is non-negotiable. One missed alarm and everything falls apart faster than a group project.

Moo-tivation for the 9 to 5 Crowd

If cows can work 365 days a year with grace and dignity (and occasional moo-diness), so can we—at least from Monday to Friday.

How to Embrace Your Inner Cow

- (a)** Wake up early (but no pressure to moo).
- (b)** Stick to routines—they bring peace.
- (c)** Moove with purpose.
- (d)** And remember: chewing the cud is just another word for “reflecting.”

Conclusion: Final Moo-ssage of Hope

At the heart of all this udder nonsense is a very simple truth—life, like milk, is best when shared fresh.

So take a moment to appreciate the quiet givers, the early risers, and the cud-chewing philosophers.

Whether you're a dairyman, a city dweller, or just someone who loves cheese—there's a bit of Cowish in all of us.

Moo-ve forward. Moo with pride.

Upcoming Program & Weekly News Next Week - July 18, 2025

WEEKLY MEETING Dtd 18th July

We will be having a Guest speaker for our next weekly meeting Dtd: 18.07.2025, Prof.Gopalakrishnan will speak about "The IAS Examination" A Few Truths and Many Myths."

Prof. Gopalakrishnan, with over three decades of teaching experience, holds dual Master's degrees in English and in Communication & Journalism, alongside an MPhil in English Language and Literature. A pioneer in civil service training in the state, he was the founder coordinator of the State Civil Service Academy and later served as the Chairman Faculty of Amrita Civil Service Academy, Trivandrum. Currently, he is the Vice President (Strategies) at Talentspire, an ed-tech company focused on learning solutions. He is presently working on a course book on Creative Writing and marks his 25th year as a distinguished IAS interview trainer.

WEEKLY MEETING Dtd 25th July

We will be having our monthly Family dinner meeting on 25th July.

<p>How can you "SM_LE" without 'I'?</p> <p>How can you be "F_NE" without 'I'?</p> <p>How can you "W_SH" without 'I'?</p> <p>How can you be "FR_END" without 'I'?</p> <p>'I' am very important! But this 'I' can never achieve "S_CCESS" without "U"</p>	<div style="text-align: center;">  </div> <table border="1"> <thead> <tr> <th colspan="2">JULY</th> </tr> </thead> <tbody> <tr> <td>Rytn.Anne Amma Panicker</td> <td>- 10th</td> </tr> <tr> <td>Rytn.Ligy Thomas</td> <td>- - - - 10th</td> </tr> <tr> <td>Rtn.Dr.K.L.Jayakumar</td> <td>- - - 12th</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="2">JULY</th> </tr> </thead> <tbody> <tr> <td colspan="2">Rtn.K.P.Sathyapal & Rytn.Manju -10th</td> </tr> </tbody> </table>	JULY		Rytn.Anne Amma Panicker	- 10th	Rytn.Ligy Thomas	- - - - 10th	Rtn.Dr.K.L.Jayakumar	- - - 12th	JULY		Rtn.K.P.Sathyapal & Rytn.Manju -10th	
JULY													
Rytn.Anne Amma Panicker	- 10th												
Rytn.Ligy Thomas	- - - - 10th												
Rtn.Dr.K.L.Jayakumar	- - - 12th												
JULY													
Rtn.K.P.Sathyapal & Rytn.Manju -10th													

INSTALLATION BULLETIN

CORRIGENDUM



Kindly note the correction in the contact details of

Rtn. Ranjit Suseelan

✗

Wrong Mobile Number

Published: 98462 8609

✓

Correct Mobile Number:

98462 68609

We regret the error.
— Editor, Club Bulletin



THE FOUR-WAY TEST

OF THE THINGS WE THINK, SAY OR DO

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERN?
3. WILL IT BUILD GOOD WILL AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO ALL CONCERN?

"A little bit of mercy makes the world less cold and more just." - Aligns with Rotary's mission to foster understanding, goodwill, and peace. - **Pope Francis**

BHARATH SURGICALS

Anandamandiram T.C. 1/996 (1), SRA-69, Opp: 'E' Quarters, Medical College P.O.,
Thiruvananthapuram - 695 011
[P] 0471 2443839 [M] 09387034782, 09946554782 [E] bharathsurgi@rediffmail.com

Dealers in Surgical and Pharmaceutical Products



Housing Board Commercial Complex S.S Covil Road, West Thampanoor, Tvpm- 1

"Manufacturers of Decorative and Industrial paints"
"Plumbing and Hardwares"

C.SURESH, Mob: 94470 23970

LL: 0471 4000840

email: sureshc.metro@gmail.com

With Best Compliments from



LIFE CARE

Dealers in Life Saving & Imported Medicines
(ONCOLOGY, NEPHROLOGY, RHEUMATOLOGY, VIROLOGY)

V.BALAGOPAL

T.C. 17/1295 / 1 & 2, Chalakuzhy Road,

Medical College, Trivandrum. 695011

email: lifecarevm@gmail.com

www: lifecareindia.co.in

M+91 93490 73534

T - + 91 471 2443450

T - + 91 471 4010545



T C 6/2860/4, Ulloor Gardens, UG144-A
Ulloor, Medical College PO, Thiruvananthapuram-695011
Mob : 9895532646, 8547722477

STOCKIST & DISTRIBUTORS FOR
NIPRO :- ALL TYPE SYRINGES

BHUT BIO-TECH INDIA :-
DIAGNOSTIC TEST DEVICES (CARDS) FOR VARIOUS TESTS.

AVAC : BLOOD COLLECTION TUBES
DISTRIBUTORS FOR ECG MACHINES
(12 CHANNEL, 3 CHANNEL & SINGLE CHANNEL)

THE GOLDEN FORKS
MARAPPALAM, TRIVANDRUM

FAST FOOD & OUTDOOR
CATERING SERVICE

Mob: 938881 22451

CREATIONS
VILLAS & APARTMENTS

CREATIONS
NEIL CASTLE

1,263
BHK
APARTMENTS

JUST
250 METER
FROM
BYPASS
NEAR LULU MALL

RERA No. K-RERA/PRJ/TVM/104/2022
www.rera.kerala.gov.in
Permit No. ZAE/BA/373/19(ZAE/5886/19)



94956 22 000
94957 22 000

Where **LUXURY**
MEETS LifeStyle



www.creationskerala.com



"34 years of Excellence in helping
our clients to create their wealth..."

Future Assets
Financial solutions for your life
AMFI Registered Mutual Fund Distributors

+91 98460 25240 | +91 80751 18903
futureassetstvm@gmail.com
www.futureassetstvm.co.in



10% to 15%



For
Medicines



PHARMA PRIVATE LIMITED

TC No.: 23/2700, House No.: JNWA-B 6,
Jawahar Nagar, Kowdiar, Trivandrum - 695003

+91 99950 07934 / 07943/07958

5mppharmaindia@gmail.com

We accept

Our Services:

All Medicines | Health Care Products | Health Care Devices | Personal Care | Baby Care | Women Care | Health & Nutrition
Sexual Wellness | Other Products



VEENA CHEMICALS

PALLIMUKKU PETTAH THIRUVANANTHAPURAM

0471-2477748, 6579388

FAX: 0471-2476842

9745250079

rohit_gireesh2002@yahoo.com

veenachemicals03@rediffmail.com

veenachemicals03@gmail.com

**STOCKISTS AND DEALERS IN
ORTHOPEDIC INSTRUMENTS AND IMPLANTS**

**BRANCH: SHINE ROAD VYTTILA-682019
CHANNEL PARTNER DEPUY SYNTHES**

