

# Friendship Bulletin

Vol. 54 no. 13

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President : Alope Kumar Kanodia

Secretary : Amar Kumar Malhotra

Editor : Ajay Khanna

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 MY favourite exercise is SMILING ..... 4

  
October is Economic & Community Development Month



**Today's**  
SPEAKER

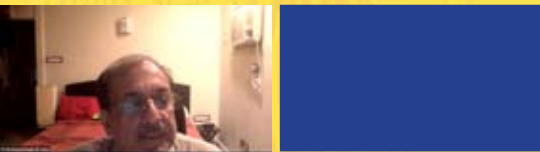
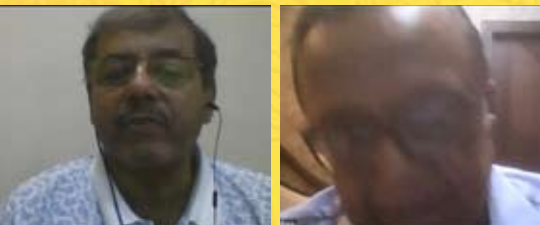


**Chandona Datta**  
Gold Medalist from Jadavpu University  
- Nutrition and dietetics

**Topic:**  
**Live better with balanced Diet**

Chandona Datta is a post graduate in nutrition & dietetics. She has received a gold medal from Jadavpur University besides also the Sushila Devi Birla Award. She is currently teaching in Loreto.

She believe in intelligent and insightful eating and feels that there is much more to life than how much you weigh. With intelligent choices of food, nutrients and exercise and taking into account your lifestyle and your fitness goals will keep you young in your body.



## METRO RAILWAY PRESENT AND FUTURE - A SUMMATION

Mr. C. N. Singh, CE Metro Railway Kolkata with his immense knowledge underlined the workings of Metro Railways around the world with a special insight on India. He felt Indian Metro were at par with the very best as well as much more spread than even the developed countries. Viability is major area of concern as such Metro is generally adopted where there is lack of other alternative.

## ROTARY NEWS

### RI President's Message - November 2020



We all know Rotary's tremendous power to transform our communities and ourselves. However, in every community, people have been left out, and we have not made a strong enough effort to reach them.

The RI Board of Directors is taking action to make Rotary more welcoming and diverse. We formed a task force to promote diversity, equity, and inclusion to help clubs attract new members regardless of gender, race, religion, age, or other factors. This will help us speed up the change we all want and need. The selection of Jennifer E. Jones as Rotary president for 2022-23 — the first woman to lead our organization — is another step in this direction.

At the grassroots level, clubs drive inclusion and diversity. Alia Ali — who serves on the board of directors at the Big West Rotaract Multidistrict Information Organization and is a Rotary Youth Leadership Awards alumna and past president of the Rotaract Club of Surrey-Newton, British Columbia — offers her perspective.

I still remember the relief I felt as a RYLA participant four years ago. I had finally found my people: people who cared as much as I did. All over the world, Rotary has the same heart. We serve our communities and take action where others feel paralyzed by the size and scope of a problem.

Let's continue that spirit, especially when the conversation is difficult. Racism, prejudice, and discrimination take on different forms but exist in every country, in every city, and in every person. How do we root it out?

As a diversity, equity, and inclusion consultant, I help organizations create a culture that empowers and attracts everyone using the power of empathy. When we feel with others as if they were ourselves, we

cannot hold prejudice in our hearts. When every child reminds you of your own child, when every woman or man reminds you of your mother or brother, you start seeing the world differently.

We can apply The Four-Way Test through the lens of empathy. Are we building goodwill and friendship with everyone in our area, including women? Are things fair and beneficial to people of all ages? Who has to make choices that you don't have to make?

I made a heartbreaking choice between Rotary and my religion when a Rotary convention was held during Ramadan. I wondered: When we ask if this is fair and beneficial to all concerned, did that not include me as a Muslim? Would the convention ever be held over Easter? Only by asking difficult questions can we begin the work of creating a more inclusive and diverse Rotary.

We already connect so many people across the world. Imagine the possibilities when we bring even more people along for the ride. That's the future of Rotary I want to see: one where we are unstoppable in our service, relentless in our kindness, and intentional in the change we want to see.

Rotary has a big enough heart. If we open our door wider, we might find a lot of interesting people with new voices and new perspectives. We already have a variety of clubs offering different styles, cultures, and opportunities — and those who do not feel welcome in any particular club might be great candidates for new clubs created on different models. It's important that we make sure every new Rotary member is a good fit for their club. Rotary Opens Opportunities through diversity.

**Holger Knaack**

*President 2020-21*

*Source: Rotary International*

### Trustee chair's message - November 2020

In the early 1870s, a genius toiled in his laboratory, driven by a vision to improve life through technology. After many failed attempts, by 1880 Thomas Edison had perfected a new light bulb that could be produced on a mass scale.

When someone pointed out to him that he had tried and failed 10,000 times before succeeding, he responded that he had merely found 10,000 ways it wouldn't work!

Just like Edison, The Rotary Foundation is driven by a vision for a better world. And we, too, remain determined and creative in the face of setbacks.

Earlier this year, our vital polio immunization activities had to be temporarily paused to ensure that the polio eradication program did not contribute to the COVID-19 pandemic. And so we adapted: The polio-fighting infrastructure that Rotary helped build was enlisted to assist in the response to COVID-19 in many vulnerable countries, as we had done before during outbreaks of Ebola, yellow fever, and avian flu.

Thankfully, we resumed polio immunization activities in July, having first taken all precautions to protect frontline workers and communities.





During these challenging days, our business — reaching out to people in distress — is not business as usual. The way we prepare and deliver projects and the methodology we use need to change. And the way we communicate what we do also must change.

The success of our global grants model is unmistakable. At its introduction in 2013-14, the Foundation awarded 868 grants worth over \$47 million. By 2019-20, the number of approved grants had risen to 1,350, worth over \$100 million. While the number of grants shot up by more than 50 percent, and funding by 123 percent, corresponding Annual Fund contributions showed only a 5 percent increase, and that's troubling.

To reach those who need us, to spread the love that our Foundation brings, we will need to rise to this challenge and work together to meet our funding needs.

Mother Teresa once said that if we want a message of love to be heard, it has to be sent out. To keep a lamp burning, we have to keep putting oil in it.

The Rotary Foundation offers the best opportunity I know for us to invest in a better future for communities around the world. Your generosity today and throughout this year is the oil that keeps our grants burning bright, reaching the ones who need us most.

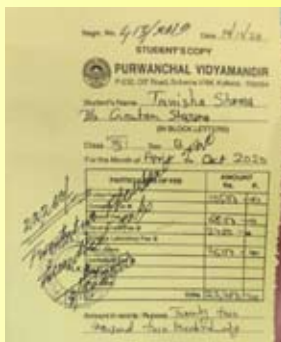
**K.R. Ravindran**  
Trustee Chair 2020-21

Source: Rotary International

**CLUB NEWS : PROJECT: SURAKSHA –** Mosquitoes Net were distributed at our RCC Khalna in a distinctly conducted programme on 18.10.2020 at Vivek Bhaban, Joypur, Howrah



**PROJECT BASIC EDUCATION & LITERACY : SCHOLARSHIP**



Rtn Vijay Kumar Sharma under RI Project - Basic Education & Literacy has come forward on the appeal of Kumari Tanisha Sharma, Class - XII, of Purwanchal Vidyamandir to sponsor a scholarship. of Rs. 22,200/- (towards the Tution Fee from the month of April to Oct 2020.)



**Minutes of 2421<sup>th</sup>  
e- RCM of Rotary  
Club of Belur held  
on 17<sup>th</sup> of October  
at 5 p.m.**

The 2421<sup>st</sup> e-Regular Club Meeting was called to order by President Alope Kanodia.

It was a joint meeting with RC Guildford Chantries, RC Dhaka Central, RC Zakarta (Indonesia). National Anthem of India was sung by members. Members of RC Dhaka Central also sang their National Anthem and offered invocation. On the request of President Alope Vice President/ Editor Ajay Khanna chanted the Invocation to God. President Alope welcomed all the guest from UK and Bangladesh club. It was immense pleasure that PDG Showket Co-ordinator Public Image Zone 1B which includes country Bangladesh, Indonesia, Pakistan had also joined the meeting and was welcomed by PDG Ravi Sehgal, IPP Ramesh Tiwari. The meeting was started with the Golden Words of Vaibhav Shah being deliberate by President Alope. Rotary Club of Guildford Chantries and Dhaka Central conducted their club business along with President Alope. Secretary Amar Malhotra made an announcement of birthday greetings to members and future meetings of the club. IPP Ramesh Tiwari introduced

the guest speaker Mr. C. N. Singh. Speaker deliberated on the subject Metro Present and Future in a forthright manner. Some highlights of speech are as follows:

There are certain terms in present metro like: "MRTS" means Metro Railway Transit System, "LRT" means Light Rail Transport, "BRTS" means Bus Rapid Transport System, "PHPDT" means Peak Hour Per Direction Trip, "CBTC" means Communication Base Transport Control in the system driver is not require to run the train in foreign countries it is common but in India it has adopted in East West Metro. "TBM" means Tunnel Boring Machine it's 1.5 KM long in size which works underground with no noise and pollution.


There are two types of metro (1) High Capacity means per square meter 12 persons, and (2) Low Capacity means per square meter 8 persons. With regard to safety it is highest in its term there are two way of evacuation one "Front Evacuation" and second "Side Evacuation".

Normally metro services has been subsidised all over the world even though running costs are very high. After the Metro Railway Policy was passed in 2013 only sustainable project shall be considered in the country.

On the request of President Alope, PP Vishnu Dhandhanian proposed a hearty vote of thanks. Since there was no business to discuss President Alope terminated the meeting.


**Rtn Alope Kanodia, President**

**Rtn Amar Malhotra, Secretary**



**LAKE HILLIER**  
AUSTRALIA

Lake Hillier is a never-heard, never-seen natural wonder, saline lake on the edge of Middle Island, the largest of the islands and islets off south coast of Western Australia. The unique feature of the lake is its vibrant bubble gum pink colour. Its vibrant pink colour is permanent, and does not alter when the water is taken in a container. The pink colour is due to the presence of the organism *Dunaliella salina*. Lake Hillier is about 600 metres in length by about 250 mtrs in width. Lake Hillier is closed off to public and it can be viewed from the air via helicopter rides between October and April. A long and thin shore divides the Southern Ocean from the lake and it appears more wonderful with its vivid pink color against surrounding green forestry and blue ocean. Despite the unusual hue, the lake exhibits no known adverse effects upon humans.



**bare, bear**

bare [adjective]: If something is bare, it means that it's not covered or not decorated.

Tom likes to walk around his house in bare feet. He says it's more comfortable than wearing shoes.

bear [noun]: A large mammal.

When you go camping, you should be careful to not leave any food or anything with a scent in your tent because they can attract bears.

**buy, by, bye**

to buy [verb]: A synonym of "to purchase." It's probably one of the first verbs you learned.

I forgot my money at home. Do you think you could buy me lunch and I'll pay you back tomorrow?

by [preposition]: This can be used in many different ways. It's commonly used to mean "next to" or "near" when describing a location. It can also indicate who created something.

My favorite autobiography is "The Autobiography of Malcolm X." It's written by Malcolm X and Alex Haley.

bye [exclamation]: This is a shortening of "goodbye."

I've got to go now, so bye! See you on Sunday!

Interesting note: This is a set of three homophones, but you could also possibly include the prefix "bi-." It means "two," as in "bipedal" (something that uses two legs), but it can also be an adjective as an abbreviation for "bisexual." So if you include "bi," then this can actually be a set of four homophones!

**cell, sell**

cell [noun]: A cell is a small area or room, usually in a prison. A cell can also be one of the smallest divisions of a living organism.

The prisoner spent 10 years in his cell.

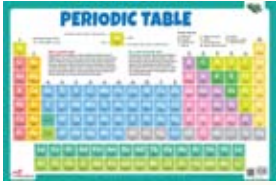
to sell [verb]: To exchange a product or service for money. Like "buy," it was probably one of the first verbs you learned.

We would like to sell our car, but we don't think we'd get very much money for it.

Interesting note: Monks (men) and nuns (women) are two groups of religious people who live in monasteries or convents. Their rooms are also called "cells," and they actually do look a bit similar to a prison cell!



# Interesting Facts



The only letter that doesn't appear on the **periodic table is J**.



Women end up digesting most of the **lipstick** they apply



The average **millionaire** goes bankrupt at least 3.5 times.



Your **subconscious mind** is 30,000 times more powerful than your conscious mind.



There were two **AI chatbots** created by **Facebook** to talk to each other, but they were shut down after they started communicating in a language they made for



One habit of **intelligent** humans is being easily annoyed by people around them, but saying nothing in order to avoid a meaningless argument.



People are more likely to remember the **first and last things they read** on a list than anything else.



A **butterfly** sees you through their 12,000 eyes.



In 2006, a Coca-Cola employee offered to sell **Coca-Cola secrets to Pepsi**. Pepsi responded by notifying Coca-Cola



India has more than **300,000 active mosques**. This outnumbers any other country in the world, even the Muslim countries.



Repeatedly hitting something until you get it to work is actually called "**percussive maintenance**."

## Birthdays

- 📅 Sarad Dugur on 1<sup>st</sup> November, 2020
- 📅 Narendra Prasad Gupta on 5<sup>th</sup> November, 2020



## CLUB EVENTS

**November 7, 2020 RCM**  
**Speaker : Shubha Churiwal**  
*Founder, Sanskriti Parichay*

**Topic: Life Lessons from Epics**