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Date: 01.08.2023

RI DIST 3181

Club Charter No:51077

OFFICIAL BULLETIN OF ROTARY CLUB OF MANGALORE DOWNTOWN

PRESIDENT:

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+91 9972096035

SECRETARY

Rtn Umesh A.
+91 7975525054

Treasurer

Rtn Suraj N.D. Hebbar
+91 9448386322

Bulletin Editor

Rtn Rajesh Shetty K
+91 9886118171

We Meet :

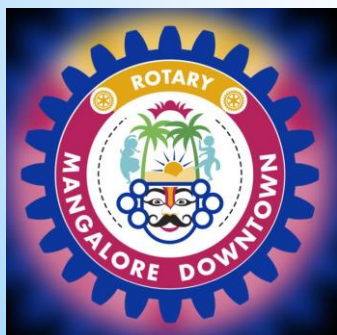
Every Tuesday

Venue: Green Room,
Eden Club, Nanthoor,
Mangalore - 575008

Time: 7:30 PM

Club Website:

<http://rcmangaloredowntown.rotaryindia.org/>



PRESIDENTIAL MUSINGS

After the successful conduct of installation ceremony, we are back to business in this Rotary Year.

Our projects for this year started with a Bang....! On the day of installation we had distributed 40 Nos of dress kits to students of Boys Remand Home, Bondel. The same day we have handed over cheque



towards meeting the expenses of distribution of nutrient kits to the TB patients, which is our ongoing project.

Accepting the call of our Rotary International President R. Gordon R. McNally on the issue of maintaining 'Mental Health', we have scheduled a series of programmes. 'Kriya Yoga Meditation Programme' is one such programme where the achievement of mental peace through meditation and kriya yoga was taught to the participants. On a similar line, a Counselling session was conducted for the children at Boy's Remand Home Bondel, Mangalore. We have many more such programmes in line for this year.

We have a newcomer to our club – Rtn Dr. Savitha Gatty. She is not new to our club so to say as she was already actively involved in our club projects as an Ann. I am sure her participation will continue with more vigour in the days to come.

I am thankful to all my fellow Rotarians for the assistance extended in conducting installation ceremony as well as in the execution of our club projects. Such association will make our cream of “**Creating hope in the world**” much easier.

“DISTRIBUTION OF DRESS KITS”



18th July, 2023

On the day of Installation, we have distributed 40 pairs of dress (including a T-Shirt and a shorts) for 40 Nos of children of Government remand Home, who were in the urgent need of the same.

“DISTRIBUTION OF NUTRIENT KITS TO T.B. PATIENTS”

18th July, 2023

On the day of Installation, a cheque towards the expenses of providing nutrient kits was handed over to Rtn Dr. Savitha Gatty by the Installation Officer Rtn Dr Shivaprasad K.

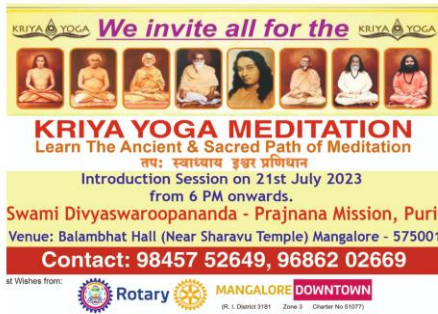




“AROGYA SIRI”

21ST TO 23RD July, 2023

Rotary Club of Mangalore Downtown Co-sponsored ‘Kriya Yoga Meditation Programme’ conducted by Swami Divyaswaroopananda, Prajnana Mission, Puri. The event is held from 21.07.2023 to 23.07.2023 at Balambhat Hall, Mangalore.



Introductory session is in the evening of 21.07.2023. “Deeksha Giving” is on 22nd July morning followed by practice on 22nd and 23rd July.

Our Club Secretary Rtn Umesh Gatty and Rtn Jayaraj K, are the guest of honour at the Introductory session. Rtn Umesh Gatty highlighted the contributions of Rotary and how mental health is important in today’s stressful environment. He also mentioned the importance of physical, emotional, social, spiritual and intellectual wellbeing.

Swamy Divyaswaroopananda Giri from Puri, Orissa introduced kriya yoga to the public and importance of breath control, activation of Inner Chakra and the importance of Guru Parampara.

This project is a part of Arogya Siri and mental well-being project as highlighted by our RI President R. Gordon R. McNally.

We than Rtn Jayaraj K for initiating this project.



“AROGYA SIRI”



29th July, 2023

Taking the call of our Rotary International President R. Gordon R. McNally for ‘maintaining ‘Mental Health’ further, we have conducted a Counselling session for the children at Boy's Remand Home Bondel, Mangalore. The renowned Psychiatrist Dr P. K. Kiran Kumar was the resource person.



It was organised in association with PHC Bondel. Children between 5 to 17 years attended the session. Sweets, T- shirts and shorts were also distributed to all the children of Boy's Remand Home. President Rtn Ganesh Prabhu, Secretary Rtn Umesh Gatty and Rtn Dr. Savitha Gatty were present.

FORTHCOMING ROTARY EVENTS

Rotary  **CREATE HOPE in the WORLD**

Be a part of the 1st Seminar of Rotary Year 2023-24

ಸೇರೋಣ ಬನ್ನಿ ರೋಟರಿಗೆ

MEMBERSHIP DEVELOPMENT, POLIO PLUS AND PUBLIC IMAGE SEMINAR

ON 12TH & 13TH AUGUST, 2023
At St. Sebastian Centenary Hall, Bendur, Mangalore

Hosted By
Rotary Club of Mangalore South

Don't miss out, Register Today!
Registration Fees : Rs. 1700/-

BANKING DETAILS
Name: Rotary Club Mangalore South
SB A/c No: 4852502101387301
IFSC Code: KARN0000495
Bank Name: Karnataka Bank Ltd
P.M. Rao Road Branch
Mangalore

Scan for Digital Payment

Rtn. Gordon R. McNally
RI President

Rtn. H. R. Keshav
District Governor

Rtn. Sathish Bolar
Event Chairman

“ಸೇರೋಣ ಬನ್ನಿ ರೋಟರಿಗೆ”

Rotary  **CREATE HOPE in the WORLD**

Mangalore Calling

Rtn. Gordon R. McNally
RI President

Rtn. H.R. Keshav
District Governor

District Secretariat of Rotary District 3181 Invites you for.
First Seminar Of Team Create HOPE hosted by Rotary Mangalore South

On 12th & 13th AUGUST, 2023
At St. Sebastian Centenary Hall, Bendur, Mangalore

An event of Joy, Fellowship, & Rotary Business...
An opportunity to listen to great speakers from within & outside Rotary...
Be there positively to join hands with Dist. Governor Rtn H.R. Keshav to make the event a grand success...

Registration Fees @ Rs.1700/-

BANKING DETAILS
Name: Rotary Club Mangalore South
SB A/c No: 4852502101387301
IFSC Code: KARN0000495
Bank Name: Karnataka Bank Ltd
P.M. Rao Road Branch
Mangalore


Register now

Rtn. Sathish Bolar
Event Chairman

A warm Welcome by:
Rtn. A.S. Vishwas Shetty
District Chairman- Public Image
RIID- 3181

“ಸೇರೋಣ ಬನ್ನಿ ರೋಟರಿಗೆ”

Rotary Membership Development, Polio Plus and Public Image Seminar will be held at Mangalore during 12th & 13th August, 2023 at St. Sebastian Centenary Hall, Bendur, Mangalore. The event will be hosted by Rotary Club of Mangalore South.

Rotary  **CREATE HOPE in the WORLD**

ROTARY CLUB OF MANGALORE HILLSIDE
will be conducting

RYLA
Rotary Youth Leadership Awards

in association with

BHARATH SCOUTS & GUIDES- MANGALORE NORTH

VENUE- SCOUTS & GUIDES BHAVAN, LALBAGH, MANGALORE
DATE- 5TH & 6TH AUGUST 2023

Rtn. Kiran Kumar
President
RCM Hillside

Rtn. Adithya Rao
Youth service director
RCM Hillside

Rtn. Srinivas Kini
President
Bharath Scouts & Guides
Mangalore North

Rtn. Dr. Rahul Youssef Ganesh
Assistant District Commissioner
Bharath Scouts & Guides
Mangalore North

Rtn. Sagar Kalaria
Secretary
RCM Hillside

RYLA - 2023

RYLA- Rotary Youth Leadership Awards

RYLA- Rotary Youth Leadership Awards, is being organised on 5th & 6th August, 2023 at Bharath Scouts & Guides Bhawan, Mangalore. The event is hosted by Rotary Club of Mangalore Hillside in association with Mangalore North Bharath Scouts and Guides, Mangalore.

FORTHCOMING ROTARY EVENTS

ROTARY INTERNATIONAL CONVENTION - 2024



“SHARING HOPE WITH THE WORLD”

Rotary International Convention for 2024 will be held at Singapore during 25th to 29th May, 2024.

The venue will be Martina Bay Sands Expo & Convention Centre and National Stadium, Singapore.

Interested members are requested to register for the event.

SHARING HOPE WITH THE WORLD SINGAPORE | 25-29 MAY 2024



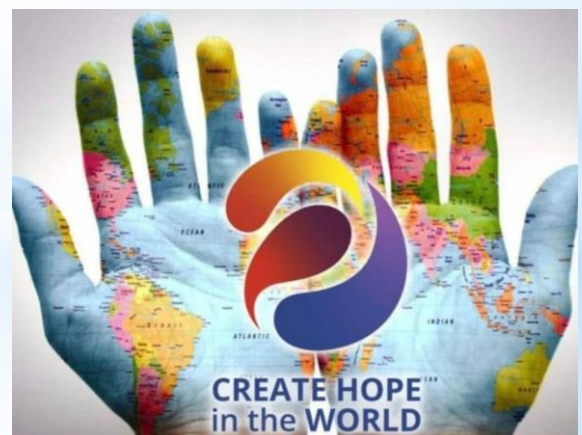
REGISTRATION CATEGORY	27-31 MAY 2023	1 JUNE 2023 TO 15 DECEMBER 2023	16 DECEMBER 2023 TO 31 MARCH 2024	1 APRIL 2024 TO 29 MAY 2024
Club member, nonmember, or guest, age 31 or over	\$450	\$500	\$595	\$695
Club member, nonmember, or guest, age 30 or under	\$150	\$175	\$225	\$275
Guest age 5-18	\$20	\$20	\$30	\$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship only	\$60	\$60	\$60	\$100

All amounts are in U.S. dollars.



Register today at convention.rotary.org
#Rotary24

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EVENTS THAT JUST HAPPENED

TRF LEVEL I & II TRAINING SEMINAR

Rotary International District 3181
TRF Level I and II Training Seminar

FACULTIES

On 23rd July 2023 at Rotary Balbhavan, Gandhinagar, Mangalore
Host : Rotary Club Mangalore North

President and Members
Rotary Club Mangalore North
& RI District 3181 Secretariate

Cordially invite Club Leaders, Assistant Governors and District Foundation Leaders to

Rtn. H.R. Keshav, District Governor, RI Dist. 3181
will preside over the function

PDG Rtn. Manjunath Shetty, RRFC Zone 7
will be the Chief Guest and will inaugurate the Seminar

Guests of Honour :
PDG Rtn. Sam Moova, EMGA Zone 7
Ms. Bhawana Verma, Senior Programme Associate CSR, RISAO

Faculties :
PDG M. Ranganath Bhat, RID 3181
DGND P.K. Ramakrishna, RID 3181
Rtn. Dr. Sooryanarayana K., DRFC RID 3181
Rtn. S.K. Sanjay, TRF Cadre, RID 3181

Date : Sunday 23rd July 2023 at 8.30 a.m.
Venue : Rotary Balbhavan, Near Mangala Stadium, Gandhi Nagar, Mangalore

PDG Rtn. Dr. Nagarjun R.S. District Trainer, RID 3181	PDG Rtn. Krishna Shetty ARRFC, Zone 7 & Convenor
Rtn. Ganesh Krishna Bhat President	Rtn. Vinod Kudva Assistant Governor, Zone 7
	Rtn. Prasanna Mathya Secretary

Rotary International District 3181
TRF Level I and II Training Seminar
Hosted by : Rotary Club Mangalore North
on 23rd July 2023 at Rotary Balbhavan, Gandhinagar Mangalore

- Registration and Breakfast
- Inviting Guest to Dias and Welcome address by Host club President
- Purpose of the meet by ARRFC of Zone 7
- Message from The Rotary Foundation
- Trustee PRD Bhargav Pandya
- Introduction of Chief Guest, Inauguration of the Seminar by Chief Guest And Key note Address by RRFC Zone 7
- Address by DG H R Keshav - Subject : Annual Giving - Goals, Means to raise funds and Plan of Action
- Address by DGN P K Ramakrishna. Subject: Rotary Grants and its compliance
- TEA BREAK
- Address by RISAO Officer (Virtual) Subject: CSR Acts, its Implication, And CSR grants can be a game changer
- Address by EMGA, Zone 7 (Virtual) Subject: Features and opportunities in Endowment and Major Giving- EMGA with goals and Plan of action
- Address by Rtn S K Sanjay, TRF Cadre. Subject: Stewardship of Grants
- Address by PDG Ranganath Bhat Subject: End Polio Goals and Plans for Fund Raising Avenues
- Address by DRFC Rtn Dr Sooryanarayana K, Subject: Summarize the TRF Goal for 23-24
- Open Forum
- Closing Remark by DG H R Keshav
- Pleasantries & Vote of Thanks By DGE Vikram Datta

- Rtn Ganesh Krishna Bhat
- ARRFC, Rtn PDG Krishna Shetty, Zone 7
- Message from Trustee PRD Bhargav Pandya (Through BYTE)
- RRFC Rtn PDG Manjunath Shetty
- DG H. R. Keshav
- DGN P.K. Ramakrishna, R1 Dist 3181
- By Bhawana Verma, Sr Program Associate- CSR, RISAO (VIRTUAL)
- By PDG Sam Moova, EMGA, Zone 7 (VIRTUAL)
- By Rtn S K Sanjay, TRF Cadre RID 3181
- By PDG Ranganath Bhat RID 3181
- By DRFC, Dr Sooryanarayana K, RID 3181
- By DG H R Keshav, RID 3181
- DGE Vikram Datta, RID 3181

“TRF Level I & II Training Seminar” was organised for the Club Leaders, Assistant Governors and District Foundation leaders on 23rd July at Rotary Bal Bhavan, Mangalore. The event was hosted by Rotary Club of Mangalore North. District Governor Rtn H.R. Keshav presided over the programme. PDG Rtn Manjunath Shetty, RRFC Zone-7, PDG Rtn Sam Moova, EMGA Zone-7 and Ms. Bhawana Verma, Senior Programme Associate, CSR, RISAO were the Guests of Honour. PDG Rtn Ranganath Bhat, DGND Rtn P.K. Ramakrishna, Rtn Dr. Sooryanarayan & Rtn S.K. Sanjay were the resource persons.



The foundation upon which Rotary is built is friendship;
on no less firm foundation could it have stood.

- Paul P. Harris

EVENTS THAT JUST HAPPENED

INSTALLATION OF NEW OFFICE BEARERS FOR 2023-24



Installation ceremony of Rtn Ganesh Prabhu as President Hotel Motimahal, Mangalore. Rtn Dr. Shivaprasad K, was the installing officer. Assistant Governor Zone-3 Rtn. P.D. Shetty graced the occasion along with Zonal Lieutenant Rtn Nagaraj Kamath.





GLIMPSES OF INSTALLATION CEREMONY



July reflections

BOARD OF DIRECTOR'S MEETING





25th July, 2023

The First meeting of Board of Directors for the Rotary Year 2023-24 was held on 25.07.2023 at Eden Sports Club, Mangalore.



ROTARY FACTS - DID YOU KNOW?

#RotaryFacts

 Rotary 


DID YOU KNOW?

Harry Ruggles one of the 1st members of the Rotary Club of Chicago created the Rotary "name badge" we all wear so proudly at meetings. He also introduced singing in Rotary...

HELLO
my name is
Harry

@changemakerrevanburrell

#RotaryFacts

 Rotary 

DID YOU KNOW?

Rotary became truly international in 1910 when a club was formed in Winnipeg, Manitoba, Canada. By 1921 the organization was represented on every continent, and the name Rotary International was adopted in 1922.



@changemakerrevanburrell

#RotaryFacts

 Rotary 



DID YOU KNOW?

In January 1911 the first issue of The National Rotarian was published. The name was changed to The Rotarian in 1912, when Clubs were organized in Canada. Since 2020, it's now called Rotary Magazine




@changemakerrevanburrell

#RotaryFacts

 Rotary 



DID YOU KNOW?

The first Rotary theme that was recognized as such happened in the 1947-48 Rotary year and was established by then RI President S. Kendrick Guernsey. The theme was "Enter to Learn, Go Forth to Serve"




@changemakerrevanburrell

#RotaryFacts

 Rotary 



DID YOU KNOW?

Astronaut Neil Armstrong who was the 1st person to walk on the moon was also a Rotarian. He belonged to the Rotary Club of Wapakoneta, Ohio in the United States.




@changemakerrevanburrell

#RotaryFacts

 Rotary 

DID YOU KNOW?

In 1929, The Rotary Foundation made its first gift, \$500, to the International Society for Crippled Children.



@changemakerrevanburrell



BRAIN TEASERS



SUDOKU

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					9	1		
		3	6				7	8
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	1							
	8			7				9
	7							5



ROTARY QUIZ

- 1) What is the First official motto of Rotary International?
- 2) Which is the largest Rotary Club in the World in terms of membership?
- 3) Which is the largest Rotary Club in India?
- 4) What is the predecessor to The Rotary Foundation (TRF)?
- 5) Who is the first President of the first Rotary Club (Founded in Chicago in the year 1905)

RIDDLES

**I have branches yet I have no leaves, no trunk and no fruit.
What am I?**

The Downtowners

(ದಕ ಜಿಲ್ಲಾ ರಾಜ್ಯೋತ್ಸವ ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕೃತ ಸಂಸ್ಥೆ)

ಕೇಸರಿ ಮಿತ್ರ ವೃಂದ ಸೇವಾ ಟ್ರಸ್ಟ್ (ರಿ.)

ವ್ಯಾಸನಗರ, ಕುಂಪಲ

ಕೇಸರಿ ಮಿತ್ರ ವೃಂದ, ಕೇಸರಿ ಮಾತೃ ಮಂಡಳಿ

ಇದರ

ನೂತನ ಪದಾಧಿಕಾರಿಗಳ ಪದಗ್ರಹಣಿ ಮತ್ತು ಶೈಕ್ಷಣಿಕ ಪ್ರತಿಭಾ ಪುರಸ್ಕಾರ ಸಮಾರಂಭ

ದಿನಾಂಕ: 23.07.2023 ಅದಿತ್ಯವಾರ ಸಂಜೆ. 4.30 ಸ್ಥಳ: ಕೇಸರಿ ಸಭಾಂಗಣ

ದೀಪ ಪ್ರವೃತ್ತಿ :- ಡಾ. ಶ್ರೀ ಸುರೇಶ್ ರಾವ್, ಮಂಗಳೂರು ಮಹಾನಗರ ಸಂಘ ಚಾಂಸಲರ್, RSS
ಅಧ್ಯಕ್ಷತೆ :- ಶ್ರೀ ಭಗವಾನ್‌ರಾವ್ ಶೆಟ್ಟಿ ಅಧ್ಯಕ್ಷರು, ಕೇಸರಿ ಮಿತ್ರ ವೃಂದ ಸೇವಾ ಟ್ರಸ್ಟ್ (ರಿ.)
ಮುಖ್ಯ ಅತಿಥಿಗಳು :- ಶ್ರೀ ಸಂಜೀವ್‌ಕುಮಾರ್ ಶೈ ಬೋಲಾಯಾಲ್, ಫಾರ್ಮ್ ಬೆಲ್ಟ್ ಉಪಾಧ್ಯಕ್ಷರು
ಗೌರವ ಉಪಸ್ಥಿತಿ :- ಶ್ರೀ ರವಿಶ್ ವೆಂಕಟೇಶ್, ಪ್ರಾಂಶುಪಾಲರು, ಕೇಸರಿ ಮಿತ್ರ ವೃಂದ ಸೇವಾ ಟ್ರಸ್ಟ್ (ರಿ.)
RTN ಶ್ರೀ ಉಮೇಶ್ ಗಣ್ಣಿ, ಕಾರ್ಯದರ್ಶಿ, ಕೇಸರಿ ಮಾತೃ ಮಂಡಳಿ
ಶ್ರೀಮತಿ ಅಶಾ ಸುರೇಶ್, ಅಧ್ಯಕ್ಷಿ, ಕೇಸರಿ ಮಾತೃ ಮಂಡಳಿ
ಶ್ರೀಮತಿ ಮೀನಾ ಗಾವಂಕರ್, ಮುಖ್ಯಾಧ್ಯಾಪಕಿ, ದಕವನಂ ಪ್ರೌಢಶಾಲೆ, ಕುಂಪಲ
ಶ್ರೀ ವೆಂಕಟೇಶ್ ಕುಂಪಲ, ಮಾಜಿ ಸ್ಪೀಕರ್, HOD ಫಾರ್ಮ್ ಬೆಲ್ಟ್ ವಿಭಾಗ, ಇಂಡಿಯನ್ ಆರ್ಟ್ಸ್
ಡಾ. ಶ್ರೀಮತಿ ಬಸ್ಮಯ್ಯ ಶೆಟ್ಟಿ M.D. (Ayu)

ಪ್ರಸ್ತುತವಾಗಿರುವ ಸ್ವಾಗತ ಕುಂಬುಕುಮಾರ್

ಟ್ರಸ್ಟಿಗಳು, ಪದಾಧಿಕಾರಿಗಳು ಮತ್ತು ಸರ್ವಸದಸ್ಯರು

ಕೇಸರಿ ಮಿತ್ರ ವೃಂದ ಸೇವಾ ಟ್ರಸ್ಟ್ (ರಿ.) ಕೇಸರಿ ಮಾತೃ ಮಂಡಳಿ



Our Club Secretary Rtn Umesh Gatty was the guest of honour at the Installation of New Office bearers for Kesari Mitra Vrinda and Kesari Matru Mandali, Kumpala held on 23.07.2023. During the occasion, scholarships to the students were also distributed.



Our IPP Rtn Nagaraj Kamath invited by RC Mangalore City as a Guest Speaker on 26.07.2023. Rtn Nagaraj gave a detailed talk on our ROTARY Theme of this year "CREATE HOPE IN THE WORLD".

New Downtowners

RTN. DR. SAVITHA S.G

Dr Savitha S.G, is Doctor by profession. Her professional career started by joining Primary Health Centre, Punjalakatte in the year 1998. Worked on deputation at Community health Centre Bantwal, Vittla. Later transferred to Moodshedde TB & Chest Diseases Hospital in the year 2006 and worked there till 2017. Subsequently transferred to Bondel PHC in the year 2017 where she is working, at present, as Deputy Chief Medical Officer.



During COVID pandemic period she worked at various places like Airport, Road Check post Points, NMPT to screen incoming passengers. Instrumental in carrying out COVID vaccination drive at the allotted area. She is the recipient of “**Kayakalpa**” award consistently since 2016, a award given in recognition of public health care facilities which shows exemplary performance by adhering to the standard protocols of hygiene and infection control. She is happily married to Rtn Umesh Gatty and the couple are blessed with one son – Nikhil U. Gatty, who completed his B.E (E&C) from Nitte.

INDUCTION OF RTN. DR. SAVITHA S.G



Dr Savitha S.G. was formally inducted into Rotary Club Mangalore Downtown on the day of installtion held on 18th July, 2023 at Hotel Motimahal. The Installation officer Rtn. Dr. Shivaprasad K. inducted her into our club.



BIRTHDAY WISHES – 16TH AUGUST



Ann. PRITHVI PRASHANTH KOTIAN,
W/o Rtn PRASHANTH KOTIAN,



A Tribute to Late PDG Rohinath Pade




A gigantic task of restructuring the Anganwadi Schools , under the leadership of District Governor, Rtn. H.R.Keshav, a project very dear to the heart of Late PDG Rohinath will once again see light this year..


Rotary Creating HOPE in children by supporting Anganwadi's



Rtn. H. R. Keshav
District Governor



Rtn. Santosh Shetty
District Chairman- Anganwadi



Rtn. AKS K. Vishwas Shenoy
District Chairman - Public Image

A Rotary District 3181 initiative....

AUGUST-MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH



August is Membership and New Club Development Month. Rotary Clubs, around the world focus on membership in Rotary. Potential club members are everywhere. But to get them to join Rotary, clubs must use creativity and imagination. Past RI President Cliff Dochterman says: "Rotary International leaders keep emphasizing membership growth and extension because Rotary's very survival depends on it," "If Rotary is to grow, we all must take action."

Clubs can thrive by seeking new members, retaining current ones, and sponsoring new clubs in the community. Rotary's focus in recent years on Diversity, Equity, and Inclusion has provided inspiration and tools for increasing membership and developing new clubs.

Make sure the club members are heard. To be engaged, members need to feel they are getting value out of their Rotary experience. Clubs should ask their members what they are interested in and how they would like to be involved.

The Rotary Ideal that within us that makes us to know that when we are serving others we are building ourselves.

- Rtn Harry H. Rogers



SMILEO.K. PLEASE



Types of leave applications in India:



⑥ "Since I have to go to my village to sell my land along with my wife , please sanction me one-week leave."

⑥ From an employee who was performing the "mundan" ceremony of his 10 year old son:

"As I want to shave my son's head, please leave me for two days.."

⑥ Leave-letter from an employee who was performing his daughter's wedding:

"As I am marrying my daughter, please grant a week's leave.."

⑥ "As my mother-in-law has expired and I am only one responsible for it please grant me 10 days leave."

⑥ Another employee applied for half-day leave as follows:

"Since I've to go to the cremation ground at 10 o'clock and I may not return, please grant me half day casual leave"

⑥ A leave letter: "I am suffering from fever, please declare one-day holiday."

⑥ A leave letter to a headmaster:

"As I am studying in this school I am suffering from headache. I request you to leave me today"

⑥ Another letter written to a headmaster:

"As my headache is paining, please grant me leave for the day."

⑥ Actual application for leave:

"My wife is suffering from sickness and as I am her only husband at home I may be granted leave".

⑥ Telegram sent by a Rural Banch Manager to Zonal office-

"wife serious, send substitute!"



ROTARY INTERNATIONAL PRESIDENT'S MESSAGE – AUGUST 2023



At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead. So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will ***Create Hope in the World.***

R. Gordon R. McInally
President 2023-24

TRF TRUSTEE CHAIR'S MESSAGE- AUGUST-2023

This year, I urge all of you to think big about The Rotary Foundation. To reach our goals and make the impact we know we can make, we must think outside the box and embrace innovation. We must make bold plans to expand our reach today, tomorrow, and in the future

Start by thinking big about Foundation-supported projects. If your club hasn't engaged in a Rotary Foundation district grant or global grant, make this the year you do. Collaborating with your Rotary counterparts in another district on one of Rotary's seven areas of focus can make a lasting impact beyond your wildest dreams. Explore Rotary Showcase at rotary.org/showcase or arrange a meeting between your club and your district Rotary Foundation chair to start a conversation.



Let's also think big about our polio fundraising this year. Begin planning your World Polio Day fundraiser now for 24 October if you haven't already. Let's see how Rotaract and Rotary clubs can make this year's fundraisers our best ever.

Thinking big about the Foundation also means remembering that through it, our impact goes beyond the current Rotary year. We see this through not only the emphasis on sustainability in our grant projects but also in initiatives such as Programs of Scale. The third Programs of Scale recipient will take on a big challenge: combating cervical cancer and enhancing women's health in Egypt through awareness-raising and improved access to preventive care.



The success of the Programs of Scale grant model lies in our approach of closely collaborating with partners to amplify proven methods. Each year, The Rotary Foundation awards \$2 million to a member-led program that has demonstrated success and has the potential to reach more people through scaling up over a three- to five-year period.

Our Programs of Scale are the epitome of thinking big: Through them, we aim to establish sustainable partnerships and cost-effective programs that deliver tangible benefits beyond the funding period. This way, Rotary and its Foundation can reach and assist more people in more places.

Lastly, let's remember that our efforts to make the world a better place should extend beyond our time on earth. As we strive to reach \$2.025 billion by 2025 for Rotary's Endowment, consider how you can leave a legacy by making a gift or a commitment to a Rotary endowment. This will ensure that Rotary's future generations will have greater financial resources to create positive change, just as so many are doing now, in so many ways.

ANSWERS TO BRAIN TEASERS

SUDOKU



9	4	8	7	1	6	5	2	3
1	2	7	3	5	4	9	8	6
6	3	5	8	2	9	1	4	7
4	5	3	6	9	1	2	7	8
7	6	1	5	8	2	3	9	4
8	9	2	4	3	7	6	5	1
5	1	4	9	6	8	7	3	2
3	8	6	2	7	5	4	1	9
2	7	9	1	4	3	8	6	5



ROTARY QUIZ

- 1) 'Service Above Self' is the First official motto of Rotary International.
- 2) Rotary Club of Seattle. It has more than 600 members. It also happens to be the fourth oldest Rotary Club in the world.
- 3) 'Rotary Club of Vijayawada Mid-Town' is the largest Rotary Club in India. It also happens to be the largest Rotary Club outside United States of America.
- 4) 'The Endowment Fund' is the predecessor to The Rotary Foundation (TRF) started in the year 2017 by the then Rotary International President Rtn Arch C. Klumph.
- 5) Rtn Silvester Schiele is the first President of the first Rotary Club (Founded in Chicago in the year 1905)

RIDDLES

"A Bank"