

Issue: 06/2023-24

Date: 01.12.2023

RI DIST 3181

Club Charter No:51077

OFFICIAL BULLETIN OF ROTARY CLUB OF MANGALORE DOWNTOWN

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We Meet :

Every Tuesday

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

Time: 7:30 PM

Club Website:

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

PRESIDENTIAL MUSINGS

As per the call given by RI President Rtn Gordon R. McNally, we continued our year long series of programmes on Mental health projects by holding a seminar on 'Self care and de-addiction'.

We also had two successful thought-provoking talks. Talk by Rtn Praveenchandra Sharma was on



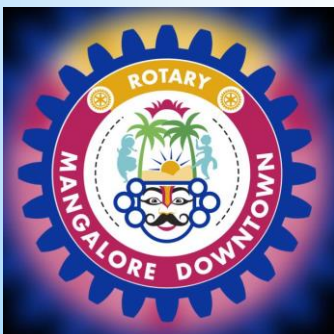
lifestyle awareness. Talk by our in-house speaker Rtn Ganesh Bhandary on how to achieve super performance in equity market is really worth emulating. If the think process and methodology explained by the speaker is imbibed in good earnest by our members, I am sure many of us will become Lakhpatists, if not Crorepatis.

We also had a wonderful family dinner meet rekindling bonding between the family members of our club.

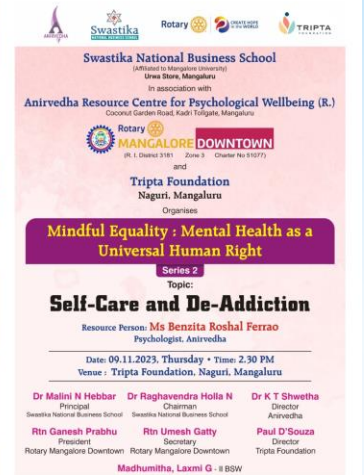
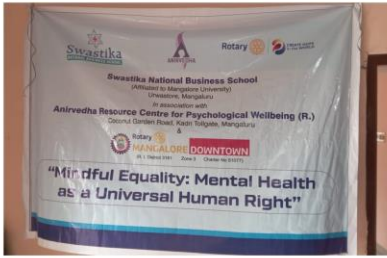
Our members actively participated in Zonal Cricket and Zonal Outdoor tournaments. I congratulate all the participants and the winners in these tournaments.

Lot of Zonal and Districts events have been lined up in the coming days. We have to keep up our performance in the Zonal Cultural events, where our club has been excelling for the last few years. District Sports Meet is also to be held. I request my fellow Rotarians and family members to come and participate in these events and to enjoy the camaraderie and fellowship it offers.

The most awaited event in our Rotary year – The official Visit of our District Governor is on the cards. We have to fasten our seat belts and be ready for the show. I am sure with the cooperation of my fellow Rotarians and family members, it will be a successful one.



“SELF CARE & DE-ADDICTION”



9th November, 2023

RC MANGALORE DOWNTOWN in association with Swastika National Business School, Anirvedha Resource Centre for Psychological Wellbeing (R) and Tripta Foundation jointly Organised a 2nd workshop in the Series of "Mindful Equality: Mental Health as a Universal Human Rights" on 9th November, 2023 at Tripta Foundation, Naguri, Mangalore. An awareness talk was delivered on the Topic "SELF CARE AND DE-ADDICTION" by Resource Person Ms. Benzita Reshal Ferrao, Psychologist from Anirveda to the Alcohol Addiction inmates. 41 inmates attended the programme.

“The goal isn’t to be sober. The goal is to love yourself so much that you don’t need to drink.”

– Anonymous

FORTHCOMING ROTARY EVENTS

“CHAKRATHON”



CREATE HOPE in the WORLD

Rotary Clubs of India
unite for a cause

CHAKRATHON
Pedal for India

August 15, 2023 to January 26, 2024

An initiative of
Rotary
Club of Bangalore

Powered by
Rotary District 3191 Rotary District 3192

165 days **76 Million kms** **50 Million People**

SPORTS PARTNER
DECATHLON PLAY

More details contact
Vincent P Raj : +91 94481 29754
Sukhen Padmanabha : +91 99099 93992
email : sukhendpadmanabha@yahoo.com

Link for chakrathon
<https://dktpay.page.link/chakrathon>

SCAN TO REGISTER

www.rcb1934.in [f](#) [t](#) [in](#) [rcb1934](#)

Under the initiative of Rotary Club of Bangalore, Rotary Clubs of India unite for a cause in organising “CHAKRATHON- Pedal for India”, a unique programme arrange from 15th August, 2023 to 26th January, 2024.

It is spread over 165 days where participants are advised to cycle at their convenience using a Decathlon Play App which registers the distance covered by them.



CREATE HOPE in the WORLD

CHAKRATHON
Pedal for India

FREQUENTLY ASKED QUESTIONS

Q

- Duration ?
A. 15th Aug 2023 to 26th Jan 2024 (165 days)
- Where ?
A. Your choice of place
- When ?
A. At your convenient time
- Who can participate ?
A. Anybody, any age, any gender
- Cost of registration ?
A. Rs. 99 + GST
- How to register ?
A. Scan on the QR Code or connect through the link, given below
- Why should I participate ?
A. To support Rotary Community Projects
- How many kms do I have to cycle ?
A. You can choose - 7.6 / 76 / 760 / 7600 kms
- Do I cycle all at once ?
A. No, as your convenience
- How do I register my kms ?
A. Log on to Decathlon Play App, everytime you cycle
- What do I get for participation ?
A. Other than helping Rotary Projects you will receive a certificate of participation, a Gift Voucher and exciting prizes from Decathlon

SPORTS PARTNER
DECATHLON PLAY

More details contact
Vincent P Raj : +91 94481 29754
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email : sukhendpadmanabha@yahoo.com

Link for chakrathon
<https://dktpay.page.link/chakrathon>

SCAN TO REGISTER

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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.



Singapore Host Organisation Committee

WELCOMES YOU

Join us in Singapore for the 2024 Rotary International Convention and explore its many sights, sounds and flavors. Beyond Singapore's picture-perfect skyline, our bustling metropolis is an ever-evolving wonderland of bold new experiences to complete your Rotary adventure.



SHARING HOPE WITH THE WORLD
2024 Rotary International Convention
SINGAPORE | 25-29 MAY 2024
Register today at convention.rotary.org



FORTHCOMING ROTARY EVENTS



Rotary
District 3181

Ride for Rotary
8th Edition

Registrations open
www.rideforrotary.com



“RIDE FOR ROTARY – 8TH EDITION”

Get ready for an exciting journey with Ride for Rotary 8, scheduled for January 2024. 8th Edition of Ride For Rotary conducted by our District RID 3181 will be in two legs. The first one starts on 5th January, 2024 is from Udaipur to Goa and reach Mysuru on 20.01.2024. The second leg starts on 1st June, 2024 is from Chandigarh to Leh, Ladakh. Our Member, MD Rtn Suraj Hebbar Neria is part of the organising Team.

Email: IFCRCHENNAI@GMAIL.COM

Rotary  

IFCR CHENNAI invites you to
IFCR WORLD FESTIVAL 2024
12th -16th Feb 2024

Registration cost
USD 300/INR 22,000
excluding
accommodation
charges

Last date of
registration is
30th Sep 2023

<https://bit.ly/IFCR2024>



Rtn Jagannathan Maraimalai
Chairman

Rtn Neelakantan Ramaseshan
Convener

Rtn KRP Sarathy
Coordinator

“IFCR WORLD FESTIVAL-2024 ”

IFCR WORLD FESTIVAL 2024 is planned in Chennai during 12th to 16th FEBRUARY 2024 by IFCR CHENNAI (3232). The registration needs to be done by the individual IFCR Members and teams would be formed by the host team during the inaugural ceremony of the world festival. The registrations have to be completed online in google form at this link <https://bit.ly/IFCR2024> latest by 30th Sep 2023.

FORTHCOMING ROTARY EVENTS

“PRAJNA PARVA”

Annual District conference for Rotary year 2023-24 has been aptly named “Prajna Parva” denoting ‘Festival of Supreme Knowledge’. It is being organised from 19th to 21st January, 2024 at Silent Shores, Mysore. Registration fee is Rs.50,000/- for Gold Patrons, which includes registration for couple, stay for couple at the venue and for Rotarians, Anns, Annets and Guests it is Rs.4,500/-.



Rotary CREATE HOPE in the WORLD

PRAJNA PARVA
Consciously Creating Hope

Rotary District 3181 - Conference 2023-24
Jan. 19th to 21st, 2024
Silent Shores Resort, Mysuru

**EARLY BIRD REGISTRATION OFFER
CLOSES ON 31ST OCTOBER**

Rotarian	- 4500/-
Rotarian Couple	- 7500/-
Ann./John	- 3000/-
Annet / Rotaractor	- 2500/-
Guest	- 4500/-

Scan for Registration & More details

PRAJNA PARVA
Bank : HDFC BANK
Account no : 50200076956110
IFSC : HDFC0000065
Branch : Saraswathipuram, Mysuru

HURRY UP!

For any queries call
8722 19 20 21

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“BUSINESS EXPO-2K23”



Rotary

RB expo

**Business Expo
2K23**

December 23,24,25. 2023

Organised by Rotary Club Puttur Central
Zone 5 RID 3181
Mob : 9448732414

“BUSINESS EXPO-2K23”- is being organised by Rotary Club of Puttur Central from 23rd to 25th of December, 2023 at Puttur.

FORTHCOMING ROTARY EVENTS

“KOODI HAADONA - SERI KUNIYONA”

“KOODI HAADONA - SERI KUNIYONA”

Zonal Cultural Competitions for Zone 2 & 3 of RID 3181 to be held on 16th & 17th December, 2023 at BEM High School, Mangalore. The event will be hosted by RC Baikampady.

Come and be a part of Cultural Extravaganza



Rotary  CREATE HOPE in the WORLD

ROTARY CLUB OF BAIKAMPADY

R. I. District 3181 Zone - 2 Charter No - 65961

Date on Saturday 2.30pm and Sunday 8.30am 16th & 17th December

Cordially Invite You

Zonal Cultural Meet

Koodi Haadona Seri Kuniyona

Venue BEM High School Carstreet Mangalore

“ಚಿಣ್ಣರ ಚಿಲಿಪಿಲಿ” - Children's Festival- 2023



Rotary  Mangalore Seaside CREATE HOPE in the WORLD

ಚಿಣ್ಣರ ಚಿಲಿಪಿಲಿ

CHILDREN'S FESTIVAL 2023

KINDERGARTEN

TRICYCLE RACE

RULES

- Competition will be held separately for boys & girls.
- Tricycle for the race will be provided by the organisers
- Participants should be accompanied by Teachers/Parents

03 DEC 2023 09:00 am
University College Hampankatta, Mangalore



Rotary  Mangalore Seaside

Charter No. 89256 Charter Day: 10-5-2018
R. I. District 3181, Zone 3

ಚಿಣ್ಣರ ಚಿಲಿಪಿಲಿ

CHILDREN'S FESTIVAL 2023

UNIVERSITY COLLEGE, MANGALURU 3-DEC-2023

“ಚಿಣ್ಣರ ಚಿಲಿಪಿಲಿ” - Children's Festival- 2023 is being held on 3rd November, 2023 at University College Campus. The event is organised by Rotary Club of Mangalore Seaside. During the event Tricycle Race is also held for Kindergarten Children.

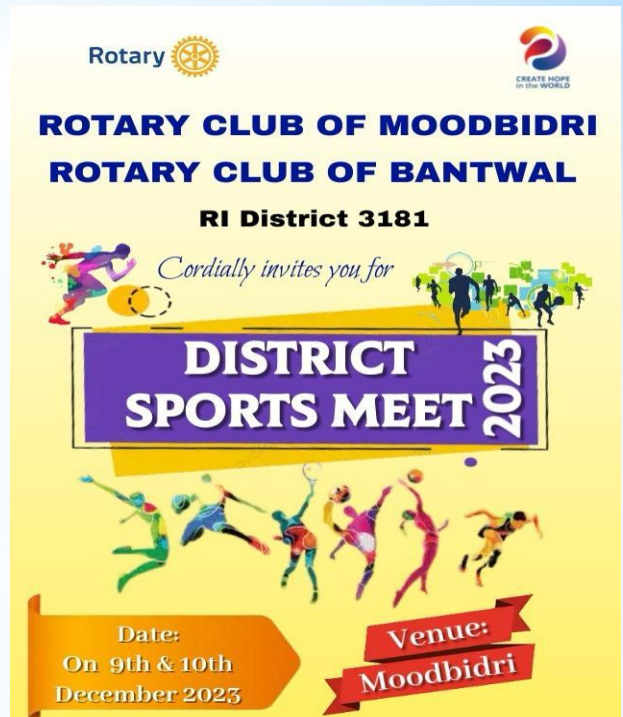
FORTHCOMING ROTARY EVENTS

“DISTRICT SPORTS MEET - 2023”

“DISTRICT SPORTS MEET - 2023”

of RI District 3181 is being organised by Rotary Club of Moodbidri and Rotary Club of Bantwal.

The events will be held on 9th & 10th December, 2023 at Moodbidri. It includes both Indoor and Outdoor events.



“MEGA NETWORK MEET”

RMB ROTARY MEANS BUSINESS FELLOWSHIP MANGALURU

MEGA NETWORK MEET

Opportunity to Business Network with 150 Rotarians

SATURDAY 2ND DECEMBER, 2023 **TIME: 07.00 PM - 10.30 PM**
HOTEL MOTIMAHAL, FALNIR

Rotary Means Business (RMB) is the largest Fellowship Group of Rotarians in Business. More than Rs. 1000 Crore Business done in India via Referrals.

"Networking is not about just connecting people. It's about connecting people with people, people with ideas, and people with opportunities."
- Michele Jennae

REGISTER NOW - REGISTRATION FEES RS. 300/-

For more details:
Rtn. Kiran Kumar, Event Chairman - +91 9343 260 001
Rtn. Madhav Suvama, Chairman, RMB Mangaluru - +91 9449 083 463

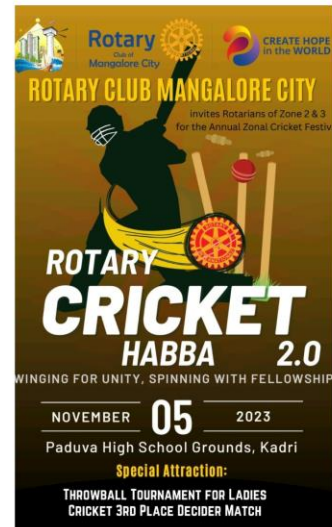
“MEGA NETWORK MEET”

Rotary Means Business (RMB) is organising a Mega Network Meet at Hotel Motimahal, Mangalore on 2nd December, 2023.

It is an opportunity to Business network with fellow Rotarians.

EVENTS THAT JUST HAPPENED

“ROTARY CRICKET HABBA 2.0”



“ROTARY CRICKET HABBA 2.0” - Zonal Cricket Tournament for Zone 2 & 3 of RID 3181 held on 5th November, 2023 at Padua High School Grounds, Mangalore. Our team participated in the event with full of enthusiasm.

To me, cricket is a simple game.
Keep it simple.
Just go out and play.

- Share Warne

EVENTS THAT JUST HAPPENED

““ROTARY AATOTA -ZONAL OUTDOOR EVENTS FOR ZONE 2 & 3 ”



‘Rotary Aatota’- Zonal Outdoor Sports meet for Zone 2 & 3 was held on 19th November, 2023 at Mangala Stadium, Mangalore. It was well organised by Rotary Club of Mangalore East. The event was inaugurated by DGE Rtn Vikram Datta in the morning. IPDG Rtn Prakash Karanth was the Chief Guest for the Valedictory Function held in the evening.

Our members participated enthusiastically in the athletic events, both track and field and won laurels for the club.

Medals Tally in outdoor Sports:

Shodhan Shetty- Gold in 100, 200 Metre dash and Long Jump (Less than 45 years)

Rajesh Shetty - Gold in Shot put (45 to 60 years)

Ganesh Prabhu- Bronze in Long Jump (45 to 60 Years)

Congratulations to the Winners

EVENTS THAT JUST HAPPENED

“SAMARPAN – 2K23 – Ek Soch Ek Astha”

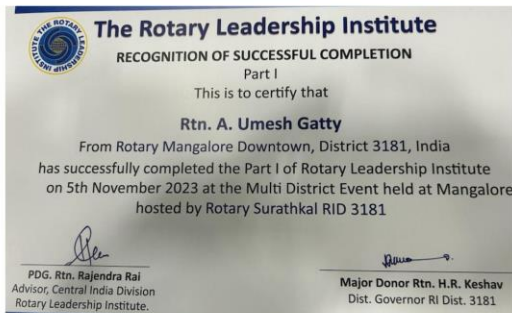
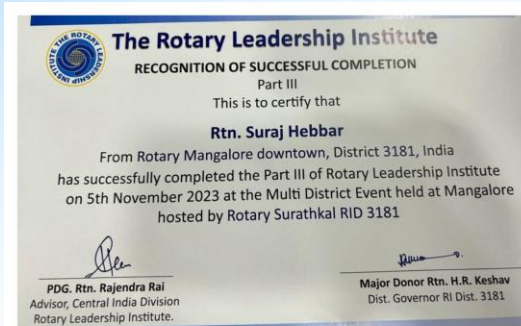


“SAMARPAN – 2K23 – Ek Soch Ek Astha” - The TRF Seminar of RID 3181 was held at Town Hall, Udupi on 25th & 26th November, 2023. The event was organised by Rotary Club of Puttur East. From our club Rtn Suraj Hebbar, Rtn Ganesh Bhandary, Rtn Sathyajith Rao & Rtn Ganesh Prabhu participated.



EVENTS THAT JUST HAPPENED

“THE ROTARY LEADERSHIP INSTITUTE”



“THE ROTARY LEADERSHIP INSTITUTE” training was conducted at Mangalore on 5th November, 2023. The event was organised by Rotary Club of Surathkal at Pilikula Science Centre, Mangalore. .

Rtn Suraj Hebbar Neria successfully completed **Part-III** and **Rtn Umesh Gatty** successfully completed **Part-I** of Rotary leadership Institute.

Rotary **CREATE HOPE in the WORLD**

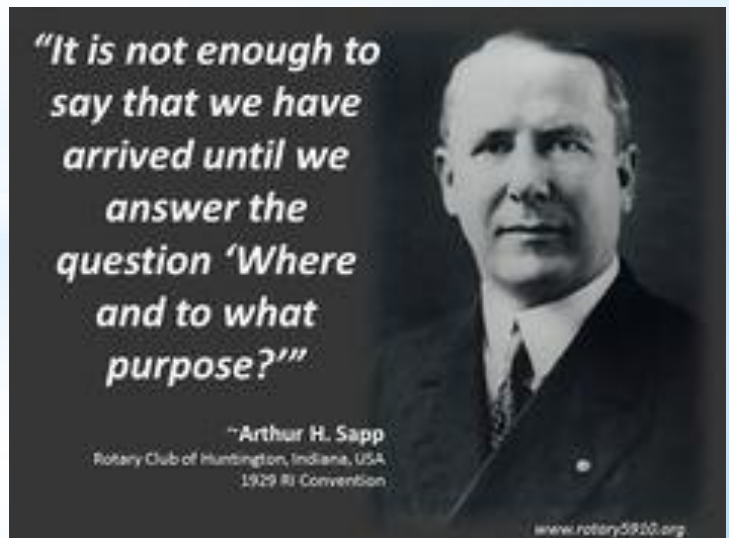
Dec 2023

Special Days
 (National & International)

Dear Presidents /Members
 You can conduct, organise programs under Vocational Service during below mentioned days.
 Honour a person who has exemplified outstanding professional achievement while maintaining very high ethical standards.

1 Dec World AIDS Day	2 Dec National Pollution Control Day	3 Dec World Day of the Handicapped	4 Dec Indian Navy Day	7 Dec Indian Armed Forces Flag Day
10 Dec Human Rights Day	11 Dec International Mountain Day	14 Dec World Energy Conservation Day	16 Dec Vijay Diwas	18 Dec Minorities Rights Day (India)
22 Dec National Mathematics Day	23 Dec Farmers Day (Kisan Diwas) India	24 Dec National Consumers Day	25 Dec Christmas Day	

Rtn Prakash Karanth
 IPDG, Director-Vocational Services

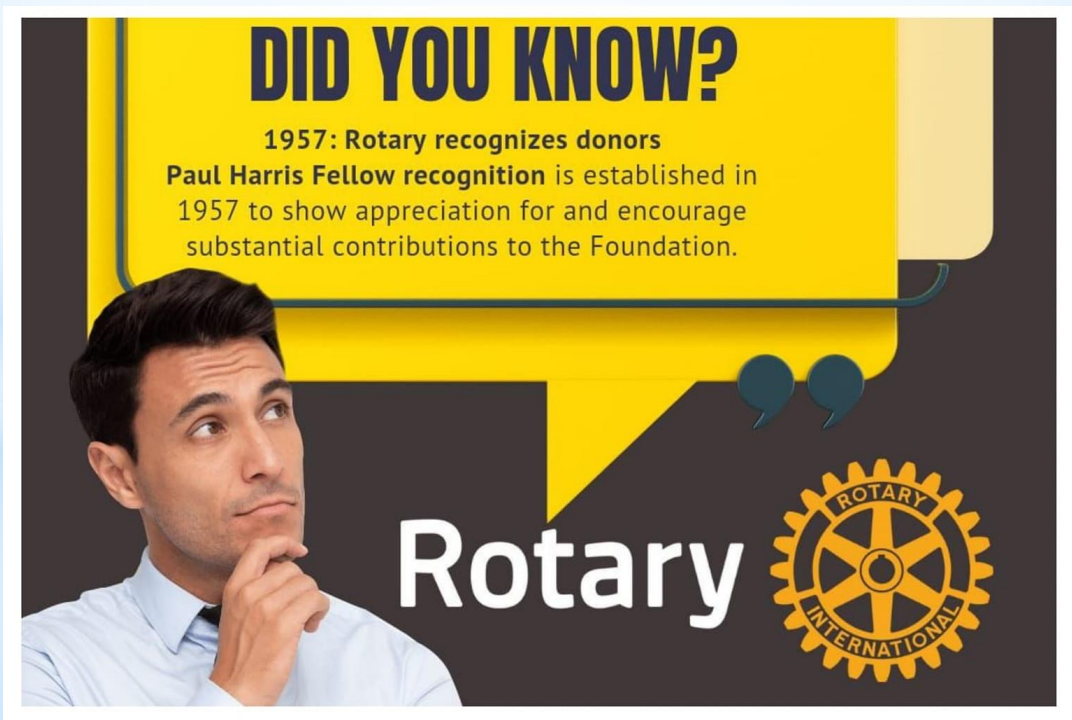


NOTABLE ROTARIANS AROUND THE WORLD



RTN. NEIL ARMSTRONG

Neil Armstrong, the American Astronaut and the First man to walk on the moon on 21st July, 1969, is the member of Rotary Club of Wapakoneta, Ohio, USA.





BRAIN TEASERS



SUDOKU

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



ROTARY QUIZ

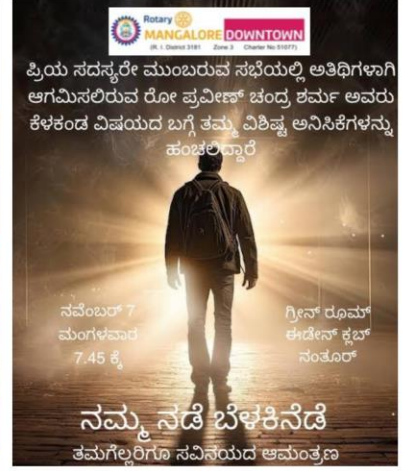
- 1) This early Rotarian was secretary of Rotary International for 32 years. Who was he?
- 2) Who designed and made the first lapel pin in the history of Rotary?
- 3) Who gave the idea of 'Rotary District' and in which year?
- 4) How many Districts were created in the first year of District formation?
- 5) The first Rotary Club banner to orbit the moon was on which mission?

RIDDLES

What is 3/7 chicken, 2/3 cat, and 2/4 goat?

November reflections

“ನಮ್ಮ ನಡೆ ಬೆಳಕಿನೆಡೆ ”



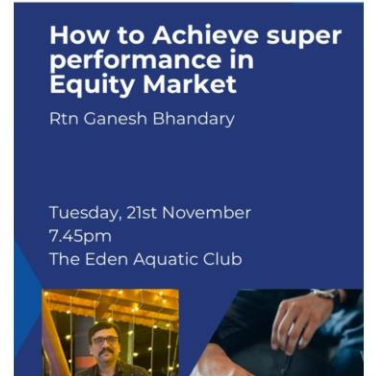
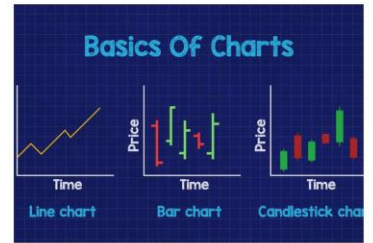
Guest speaker Rtn Praveenchandra Sharma of Rotary Club of Mangalore Hillside gave an enlightening talk on lifestyle Awareness “ನಮ್ಮ ನಡೆ ಬೆಳಕಿನೆಡೆ” during our weekly meeting held on 7th November, 2023.

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.

- Buddha

November reflections

"HOW TO ACHIEVE SUPER PERFORMANCE IN EQUITY MARKET"



During our regular weekly meeting held on 21st November, at Eden Club, Mangalore, our In-House Speaker Rtn Ganesh Bhandary gave a very informative talk on "How to Achieve Super performance in equity market". It was a very analytical talk where he explained the things in a very scientific manner and made the topic very interesting. He made such a complex topic so easy to understand.

During the meeting the medal winners of recently held Zonal Outdoor Sports Meet "Rotary Aatota-2023" were felicitated.

November reflections

"FAMILY DINNER MEET"



A fun filled Family Dinner Meet was held on 18th November, 2023 at Eden Sports Club. The occasion was to celebrate the birthdays and anniversaries of October month.

The meet has singing from our members, some of them are singing for the first time. Cake was cut in celebration of birthdays and anniversaries of October month. An interesting quiz hosted by Rtn Ganesh Bhandary on the celebrities, whose birthday fall in the month of October.

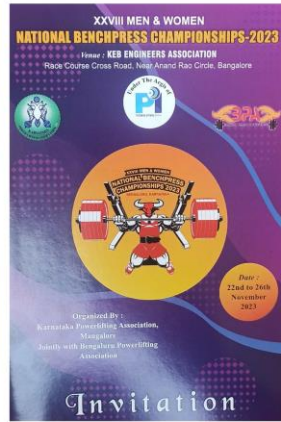
There were prizes for:

Best Dressed Male - Rtn Ganesh Bhandary

Best Dressed Female - Rtn Parinitha Shenoy and

Best Dressed Couple - Rtn Shodhan & Ann Deeksha Shetty

The Downtowners



XXVIII Men & Women National Level Bench Press championship 2023 was held from 22nd to 26th November at Bangalore. It was organised by Karnataka Powerlifting Association, Mangalore jointly with Bengaluru Powerlifting Association. Our member Rtn Umesh Gatty is one of the Meet Director of the event.

Association of Consulting Civil Engineers (India), Mangalore Centre in association with Fosroc Chemicals (India) Pvt Ltd organised a Technical Seminar on Fosroc Constructive Solutions for Modern Constructions on 3rd November, 2023 at Mangalore. Rtn Anil Baliga and Rtn Eknath Dandekeri from our club participated in the event.





BIRTHDAY WISHES TO OUR MEMBERS AND THEIR FAMILY MEMBERS

RTN SHODHAN SHETTY	7th December
ANNET PRANIKA KOTIAN, D/O. RTN. PRASHANTH KOTIAN	28th December
RTN. GANAPATHY SHENOY B	28th December



“Sending you smiles for every moment of your special day...Have a wonderful time and a very happy birthday!”



WEDDING ANNIVERSARY WISHES TO OUR MEMBERS

Rtn. Dr. PAVANCHAND ATTAVAR. & Ann.Dr. VISHRUTHA PAVANCHAND	19th December
Rtn RAJESH SHETTY & Ann.SARITHA SHETTY	31st December

May you both enjoy one another's company today and always. Best wishes on your marriage anniversary!

DECEMBER – DISEASE PREVENTION & TREATMENT MONTH



Rotary believe that good health care is everyone's right. Yet 400 million people in the world can't afford or don't have access to basic health care.

Disease results in misery, pain, and poverty for millions of people worldwide. That's why treating and preventing disease is so important to us. This is one of the Foundations Areas of Focus Rotary lead efforts both large and small. Rotary set up temporary clinics, blood donation centers, and training facilities in underserved communities struggling with outbreaks and health care access. Rotary design and build infrastructure that allows doctors, patients, and governments to work together.

Rotary's top priority is the eradication of polio, but Rotarians take on far greater responsibilities to fight disease. Rotary members combat diseases like malaria, HIV/AIDS, Alzheimer's, multiple sclerosis, diabetes, and polio. Prevention is important, which is why we also focus on health education and bringing people routine hearing, vision, and dental care.

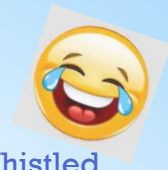
Disease prevention and treatment takes on many forms, from supporting studies to helping immunize people to improving drinking water and the sanitation infrastructure. The world relies on Rotary to tackle these global challenges, and to set an example for others to follow. One billion people suffer from neglected tropical disease such as dengue fever and leprosy each year.

One in 6 people worldwide cannot pay for health care. 100 million people are pushed into poverty each year because of medical costs. 57 countries have fewer than 23 health workers for every 10,000 people. 4.3 million doctors, nurses, midwives, and other skilled caregivers are needed worldwide.

As a Rotarian what we can do"? We can support health education programs that explain how diseases are spread, and promote ways to reduce the risk of transmission. We can carry out immunizations against infectious diseases. In doing so, we will ***"Create hope in the world"***.



SMILEO.K. PLEASE



A Professor of Psychology started his class on a very serious Topic. The moment he turned towards the Blackboard, one of the students Whistled. He turned, looked at the class and asked the Whistler's Name.? No one answered.

The Professor Peacefully kept the Pen in his pocket saying:-
"Lecture ends here.



I'll Utilise the remaining time by telling you all a Story ".
Everyone became interested.

"Yesterday Night I tried hard to sleep, but it was Miles away from my eyes, so I thought I'd better get petrol in my car, which will save my time next morning and might induce sleep.

After having my tank full, I started roaming in that area, Enjoying the peace of a Traffic free ride.

Suddenly, on the corner I saw a girl, who was as Young and Beautiful as the clothes she was wearing. Must have been returning from a party.

Out of courtesy, I turned my car towards her and asked- if I may be of any help.

She asked me if I could drop her to her home, she'll be very obliged, to which I agreed.

She sat in the front seat with me.

We started talking & to my Amazement she was very Intelligent, had control on many Topics which many Youngsters don't.

When we reached her address, she admitted my courteous Nature & Behaviour and accepted that she had fallen in love with me.

I also admitted her intelligence and Beauty and that I've also started liking her.

I told her about my job as a professor in the university.

The girl asked my number, which I gave her willingly.

All of the students were staring at the Professor, open mouthed.

He continued..



Then she asked me a favour, to which I couldn't have denied Naturally.

She said that her Brother is a student in the same University, and asked me to take care of him, Since we'll be in a long Relationship Now..!

I asked the name of the student. She said that I'll recognise him with one of his very prominent quality..

He Whistles a lot.!!!

All eyes in the classroom turned towards the boy who had whistled..

The Professor, looking, amusingly at the guy who whistled, said:

"Bacchu.

I didn't buy my PhD in Psychology . . .

I Earned it".





In December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health. As the World Health Organization has noted, climate change worsens risk factors — such as disruptions to homes and livelihoods — for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild. Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and

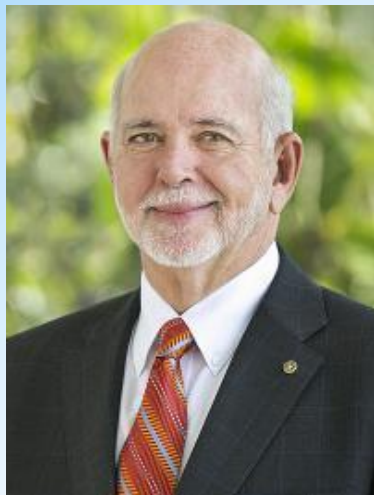
technical support. I wish to share this month's column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.

R. Gordon R. McInally

The term “natural” disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use. While the term may seem harmless, and we've not always gotten it right, we've learned through our work with disaster-affected communities how it perpetuates a dangerous myth that nothing could have been done to prevent people being so badly affected. This misleading and harmful narrative can lead to a lack of action to help people who need it. The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between nature and the role of human actions and how they impact communities around the world. Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth. But it is how these events affect people or the environment that has the potential to make them a disaster — outcomes influenced by human factors like where people live, what types of homes they have, political instability, and the lack of proactive measures to protect vulnerable communities. A disaster is the result of systemic inequalities in access to resources and power. Where we live and how much money we have often determines our ability to recover. The people worst affected are those living in poverty, with the least means to protect themselves and few resources to withstand the next event. By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that makes marginalized and disadvantaged communities disproportionately affected. Our teams see firsthand how issues like inequality, poverty, urbanization, deforestation, and the climate crisis can make communities more vulnerable. At ShelterBox, we simply say “disaster” or are more specific, describing the extreme weather, earthquake, tsunami, or volcanic eruption. I urge everyone to help us in breaking this cycle by committing to language that accurately reflects why people are affected so badly. Only then does it pave the way to address the underlying causes of vulnerability and work toward a more just and equitable future for all, with the necessary investment, resources, and proactive measures to help protect affected communities. Disasters are not natural. Let's stop saying they are.

Sanj Srikanthan
CEO, ShelterBox

TRF TRUSTEE CHAIR'S MESSAGE- DECEMBER 2023



“So this is Christmas / And what have you done?” sang John Lennon in the holiday classic “Happy Xmas (War Is Over),” released in 1971 with Yoko Ono.

The holidays are a time of warmth and togetherness but also of reflection. Above all, the season is a time of generosity, especially to those less fortunate.

During your holiday giving, remember that gifts to The Rotary Foundation may not fit nicely in a present box, yet they keep on giving throughout the year.

December is also Disease Prevention and Treatment Month. Just think of all the Rotary efforts that would not be possible without the generosity of you, our Rotary family. Consider

the incredible progress we have achieved in our fight to end polio — the countless lives we’ve saved and the hope we’ve restored. Think of all the clinics around the world Rotary has equipped and the medical professionals trained through Foundation grants, helping fight heart disease and Guinea worm disease.

Your gifts to the Foundation also help make health care accessible to underserved communities in a big way through Programs of Scale. Right now, those grant recipients are working to end malaria in Zambia, reduce the mortality rate of mothers and their infants in Nigeria, and eliminate cervical cancer in Egypt.

Of course, our reach extends far beyond disease prevention and treatment. During times of disaster, we must act swiftly to alleviate suffering and offer support. In response to the devastating earthquake in Morocco in September, The Rotary Foundation Trustees established the Morocco Earthquake Response Fund to support immediate relief efforts led by Rotary members on the ground. You can contribute directly, and your districts can apply for grants from the fund until 21 September 2024 or until the funds are fully allocated. Anyone can initiate a fundraiser for the Morocco fund on Raise for Rotary, opening further avenues for your generosity.

We truly have the gift of giving. There are no limits to the opportunities to give and make a difference through Rotary.

As we approach the end of the year, I invite you to make your gifts before 31 December. Your generosity will have a profound impact on many — people who you may never meet, but whose lives you will change just the same.

On behalf of Esther and myself, we wish you all a joyful holiday season. Thank you for your continued support, dedication, and unwavering commitment to The Rotary Foundation and to what Rotary is all about: helping others.

Barry Rassin
Trustee Chair 2023-24

ANSWERS TO BRAIN TEASERS

SUDOKU

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

ROTARY QUIZ

- 1) Rtn Chesley R. Perry.
- 2) Rtn John Frick, Member of New York Rotary Club on October 14, 1909 and it was worn by the club's first president Bradford Bullock from 1909 until his premature death in 1911.
- 3) Rtn H. J. Brunnier of the Rotary Club of San Francisco in the year 1915.
- 4) The first districts in Rotary comprised of 19 districts: 15 in the USA; 3 in Canada; and 1 in the United Kingdom.
- 5) Astronaut Frank Borman, a member of the Rotary Club of Space Center, carried his club banner on APOLLO-8 lunar mission, December 21-27, 1968.

RIDDLES

'CHICAGO'