

ರೋಟರಿ ಕ್ಲಬ್ ಮಂಗಳೂರು ಪೂರ್ವ - ಮಾಸಿಕ ಪತ್ರಿಕೆ ಜನವರಿ 2025

EDITOR: Rtn Pradeep Kumar K, Published by Rtn Gopal Shetty, President RCME



Disha ದಿಶಾ



Club Bulletin - January 2025 Vol No 7/2024-25

Rotary club of Mangalore East. RI Dist. 3181. Zone II. Club No 31383

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Rtn Ramanath Shetty



Rtn Paul Harris



Rtn Stephanie Urchick



Rtn Vikram Dutta



Rtn Gopal Shetty

Founder of Rotary

RI President

DG RI Dist 3181

President RCME

PRESIDENT Speaks.

Namasthe my Rotary Family members

ಎಲ್ಲಾ ನನ್ನ ರೋಟರಿ ಕುಟುಂಬದ ಸದಸ್ಯರಿಗೆ ಕ್ಯಾಲೆಂಡರ್ ಹೊಸ ವರ್ಷದ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು. 2025 ವರ್ಷ ಎಲ್ಲರಿಗೂ ಆಯುರಾರೋಗ್ಯ ಸುಖಸಂಪತ್ತು ಯಶಸ್ಸು ದೊರೆಯಲಿ ಎಂದು ಹಾರೈಸುತ್ತೇವೆ.

With enormous support from all members of Rotary family members, our club could accomplish the task of hosting zonal outdoor games proficiently. I owe the success to dedicated outdoor games committee. Special thanks to Event Chairman Rtn Santosh Shetty, District Chairman for sports Rtn Anand Shetty and all the donors. Congratulations to the winners, as well as actively participated club's family members.

District Conference will be held from 24 th January to 26 th January 2025 at Adyar garden Mangalore. Request all to join us and enjoy the event.

Congratulation to our Cricket team for being Runner up at district sports held at Mysore. Congrats to President elect Rtn Raghavendra Nellikatte, Secretary elect Rtn Dheeraj Shetty for confirming their team of Rotary year 2025-26 at our annual meeting held on 20 th December. Thanking you all,

Yours in Rotary

Rtn Gopal Shetty


President RCME 2024-25

Never judge the future of a person based on their present conditions, because time has the power to change any black coal to shiny diamond..... Chanakya

We meet every Friday 7.30 pm at Rotary Balabhavan Mannagudda Mangalore

Whatever Rotary mean to us, to the world it will be known by the result it achieves
.....Rtn Paul Harris, Founder of Rotary

ROTARY FOUR WAY TEST





THE 4-WAY TEST STORY


IN 1932, HERBERT TAYLOR, A ROTARY CLUB OF CHICAGO MEMBER, SAVED A FALTERING ALUMINUM COMPANY FROM THE BRINK OF BANKRUPTCY BY DISTINGUISHING ITSELF FROM THE COMPETITION BY DEVELOPING HIS 4-WAY TEST. THIS HAS BEEN A LITMUS TEST OF FAIRNESS, HONESTY, AND INTEGRITY. ROTARY ADOPTED THE 4-WAY TEST IN 1943 TO UNDERSCORE ITS VALUE OF BUSINESS ETHICS. THE 4-WAY TEST HAS LONG SERVED AS AN ETHICAL COMPASS FOR MEMBERS TO LIVE BY THEIR PERSONAL AND PROFESSIONAL RELATIONSHIPS.

4-WAY TEST
OF THINGS
WE THINK, SAY OR DO

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

HERBERT TAYLOR
RI PRESIDENT 1954-55

Rotary 

FOUR-WAY TEST

FOUR QUESTIONS – 24 WORDS

THE UNIQUE STEP-BY-STEP PROCESS	PROCESS TO ACHIEVE DESIRED OUTCOMES THAT ARE ETHICAL, FAIR AND BENEFICIAL TO ALL
IS IT THE TRUTH? <ul style="list-style-type: none"> • Clarity • Transparency • Fact checking • Ethical behaviour 	That we do our homework to collect information and to apply critical thinking by asking questions to know the difference between facts, beliefs, assumptions, and opinions as well as know what we don't know.
IS IT FAIR TO ALL CONCERNED? <ul style="list-style-type: none"> • Inclusion • Empathy • Acceptance • Belonging • Accountability 	That we use empathy to see other points-of-view in the context of the problems to be solved and the goals to be reached.
WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS? <ul style="list-style-type: none"> • Trust • Do good • Feel good • Have fun 	That the process is civil, and there is a feeling of respect and openness to ask the "dumb" question, they can lead to creative and innovative answers. Also, people prefer to work with people they like, respect and trust.
WILL IT BE BENEFICIAL TO ALL CONCERNED? <ul style="list-style-type: none"> • What if scenarios • Trade-offs • Being creative and innovative • Better decision making 	That these are the conflict transformative answers and decisions that can lead to mutually satisfying solutions, that are sustainable and scalable. This can be an iterative process as we learn more from doing and continuously improving with time.

Rotary's two official mottoes

"Service Above Self"

"One Profits Most Who Serves Best"

Rotary's official mottoes can be traced back to the early days of the organization.

In 1911, the second Rotary convention, in Portland, Oregon, USA, approved He Profits Most Who Serves Best as the Rotary motto. The wording was adapted from a speech that Rotarian Arthur Frederick Sheldon delivered to the first convention, held in Chicago the previous year. Sheldon declared that "only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."

The Portland gathering also inspired the motto Service Above Self. During an outing on the Columbia River, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, talked with Seattle Rotarian J.E. Pinkham about the proper way to organize a Rotary club, offering the principle his club had adopted: Service, Not Self. Pinkham invited Rotary founder Paul Harris, who also was on the trip, to join their conversation. Harris asked Collins to address the convention, and the phrase Service, Not Self was met with great enthusiasm.

At the 1950 Rotary International Convention in Detroit, Michigan, USA, two slogans were formally approved as the official mottoes of Rotary: He Profits Most Who Serves Best and Service Above Self.

In 1989, Service Above Self was established as the principal motto of Rotary because it best conveys the philosophy of unselfish volunteer service.

He Profits Most Who Serves Best was modified to They Profit Most Who Serve Best in 2004 and to its current wording, One Profits Most Who Serves Best, in 2010. (courtesy: Rtn Chandrashekar P S)

The world can learn a lot from this photo. This child has nothing to eat, but when he was given two lollipops,



he offered one to the photographer. This has got to be one of the most heart-warming photo I've ever seen.

From Mangala Stadium...Zonal outdoor games..... ROTARY *Kreeda Sambrama*

Rotary Zonal Outdoor Games for zone II and III was hosted by our club on 08-12-2024 at Mangala stadium Mangalore. All 16 clubs participated in the competition. Meet was inaugurated by our DG 3181 Rtn Vikram Datta.



Ann ಸುರೇಖಾ ಕುಡ್ಡ ರವರ ಪ್ರಾರ್ಥನೆಯೊಂದಿಗೆ ಪ್ರಾರಂಭವಾದ ವೇದಿಕೆಯ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ, ಈವೆಂಟ್ ಚೇರ್ಮನ್ ರೊ| ಸಂತೋಷ್ ಶೆಟ್ಟಿ ಸ್ವಾಗತಿಸಿದರು ಹಾಗೂ ಜಿಲ್ಲಾ ಸ್ಪೋರ್ಟ್ಸ್ ಚೇರ್ಮನ್ ರೊ| ಆನಂದ್ ಶೆಟ್ಟಿ, ಪ್ರಾಸ್ತಾವಿಕ ಭಾಷಣ ಮಾಡಿದರು. ಕ್ಲಬ್ ಅಧ್ಯಕ್ಷರಾದ ರೊ| ಗೋಪಾಲ್ ಶೆಟ್ಟಿ ತಮ್ಮ ಅನಿಸಿಕೆಗಳನ್ನು ಹಂಚಿಕೊಂಡರು. ರೊ| ಮುಂಡಾಡಿಗುತ್ತು ಜಯರಾಮ ಶೆಟ್ಟಿಯವರು ಕ್ರೀಡಾಪಟುಗಳ ಪ್ರಮಾಣ ವಚನ ಸ್ವೀಕಾರ ಸಮಾರಂಭ ನಡೆಸಿಕೊಟ್ಟರು. ರೊ| ಪ್ರಕಾಶ್ ಪುತ್ತೂರು ಕಾರ್ಯಕ್ರಮ ನಿರ್ವಹಿಸಿದರು. ಅತಿಥಿಗಳಾಗಿ ಅಸ್ಸಿಸ್ಟೆಂಟ್ ಗವರ್ನರ್ ಗಳಾದ ರೊ| ವಿಶ್ವನಾಥ ಶೆಟ್ಟಿ, ರೊ| ಡಾ. ರಂಜನ್ ಆರ್ ಕೆ, ರೊ| ಅಶೋಕ್ ಕುಮಾರ್ ಉಜ್ಜೇಡಿ, ಹಾಗೂ ಝೋನಲ್ ಲೆಫ್ಟಿನೆಂಟ್ ರೊ| CA ಹರೀಶ್ ಶೆಟ್ಟಿ ಆಗಮಿಸಿದ್ದರು. ಕ್ಲಬ್ ಕಾರ್ಯದರ್ಶಿ ರೊ| ರಾಘವೇಂದ್ರ ನೆಲ್ಲಕಟ್ಟೆ ಧನ್ಯವಾದ ಸಮರ್ಪಿಸಿದರು.



Rtn Dr Shivaprasad was chief guest of the Closing ceremony, which was also attended by AG's Rtn Vishwanath Shetty, Rtn Dr Ranjan R K. and ZL Rtn CA Hareesh Shetty. RC Baikampady of zone II won the prestigious overall championship, where as our club got Runner up trophy and RC Mangalore City of zone III were in third position.



RC Baikampady First Place



RC M'lore City Third Place



We got Overall Runner Up. Congrats to all RCME family members



Vote of thanks by Rtn Raaghu



Chief Guest Rtn Dr Shivaprasad



Event Chairman Rtn Santosh

RCME Family at Outdoor Games



**"It's not the winning, but the taking part that counts"Baron Pierre de Coubertin
 Founder of Modern Olympic Games**

Congratulations to these above 18 girls from **RC Mangalore North**, for the enthusiasm, passion, involvement shown by them during whole day at the Zonal outdoor games. Yes, finally they won 3 rd place in women throw Ball event.
PARTICIPATION IS IMPORTANT THAN WINNING.



Thanks to main sponsor for the zonal outdoor games M/S TVS Sundaram Motors, Franchise Partners for Mercedes-Benz Passenger Cars...Mangalore Unit
 Special thanks to Rtn Harish M N Director Youth Service

UP COMING EVENTS

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 Register today at convention.rotary.org
 #Rotary25

MAGIC ALL AROUND
 21-25 JUNE 2025 • CALGARY, CANADA
 #Rotary25

INTER-DISTRICT BEACH SPORTS EVENT
 JANUARY 5
 5 AM ONWARDS
 DUTTAPURA BEACH
 Exciting Surprise Games and Fun Activities Await You!
 ENJOY A DAY FILLED WITH SPORTS, FELLOWSHIP, DELICIOUS LUNCH, AND LIVE MUSIC BY THE SEA!
 Registration: Rs. 500/- per person
 Contact: 9738806147

Rotary International Convention to be held at Calgary Canada from June 21 to 25

Inter District Beach Sports event RI Dist 3181,3182 5 th of Jan 2025

South Asia International Peace Conference - 2025
 "Healthier World, Greener Tomorrow"
 Date & Venue:
 22nd & 23rd March 2025 & KITPO
 Whitefield, Bengaluru, India

Rotary District 3181
ನವ ನವಾ ನವಾ
 24th, 25th & 26th January 2025 | ADYAR GARDENS, Mangalore
 Registration Fee: Rs. 4,500.00
 Other Avenues of Sponsorship:
 Commercial Stalls: Rs. 10,000.00
 Advertisement/Banners: Rs. 5,000.00
 Account Name: RID 3181 CONFERENCE COMMITTEE 2024-25
 Bank: HDFC | Branch: HAMPANKATTA
 CODE: HDPC000171 | BRANCH CODE: 1371

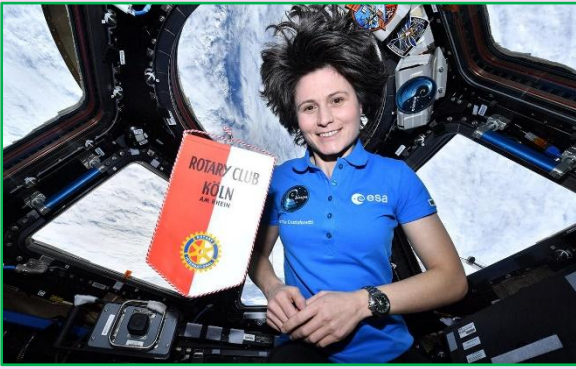
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Ride for Rotary 9 th Edition

Rotarian Astronaut Rtn Samantha Cristoforetti



In some ways it's just like any other Rotary meeting.

Dozens of members of the Rotary Club of Köln am Rhein Germany, gather on a pleasant Monday evening at one of the famous Kranhäus office buildings, architectural gems shaped like upside down L's over the Rhine River with the towers of Cologne Cathedral visible in the distance. The night's speaker, an out-of-this-world member of the club, is scheduled to give the Rotarians a virtual tour of her workplace. The Wi-Fi

connection on her end is finicky, and they wait eagerly. At last, she appears, and that's when this meeting takes a decidedly different turn. Because Samantha Cristoforetti, an astronaut aboard the International Space Station, is floating. Cristoforetti is four months into her second stint on the space station, a research vessel about the size of a six-bedroom house that orbits the Earth every 90 minutes, she takes questions and wows club members with the cosmic views. "Most of the time I try to take meetings from the cupola, because then you can show people the Earth from the windows," she says in an interview with Rotary magazine. Astronauts' personal items are rigorously monitored; they must meet a strict weight limit of only 3.3 pounds total. Among her select few items, Cristoforetti has included the red-and-white banner of the Köln am Rhein Rotary club. As the meeting closes, her fellow club members thank her with thunderous applause. She rolls backward away from the camera, leaving the club banner on screen floating behind her. Cristoforetti's journey to space began during her childhood in a tiny village in the Italian Alps, her taste for adventure whetted by summers spent roaming the woods with cousins and winters skiing. When she was 17, while eating out with her host mother, the two saw an advertisement for Space Camp in Huntsville, Alabama. Cristoforetti was all in. At Space Camp, she studied the space shuttle and simulated a 24-hour mission. When she returned home, she went on a second journey, that of acquiring the skills she'd need to apply to become an astronaut, should that rare opportunity present itself. She studied engineering and became one of the first female fighter pilots in the Italian Air Force. The European Space Agency had recruited astronaut candidates only twice before, most recently in the early 1990s, when Cristoforetti was a teenager. So, when the agency announced it was accepting applications in 2008, she knew that was her once-in-a-lifetime opportunity. Along with 8,412 other qualified applicants, she toiled through the astronaut recruitment process, which included aptitude tests, psychological evaluations, medical exams, and interviews. In September 2009, she began training for missions to the International Space Station. For spacewalk training, she practiced underwater to simulate weightlessness.

It was during one of these trainings that Bernd Böttiger, a member of the Rotary Club of Köln am Rhein, first met Cristoforetti. Böttiger, an internationally renowned specialist in emergency medicine, teaches astronauts resuscitation procedures in case of an emergency on the space station.

In November 2014, after what may have felt like light-years of training, Cristoforetti was ready to rocket to space. Crews flying into space perform rituals that surpass even the long-standing Rotary traditions familiar to members. As the seconds tick by on the Soyuz, Cristoforetti and her crewmates are pressed into their seats with increased force until, about nine minutes later, the engines cut off as they reach orbit. They reach the space station in about six hours and, after a couple of hours of procedures, the hatch between the Soyuz spacecraft and the research station opens. With a gentle push from Shkplerov, Cristoforetti squeezes through. It's "like a second birth," as she describes it, "one of those rare points of connection between past and future." With that, she becomes the 216th person to live in the space station. Since the first crew of one American and two Russians arrived in 2000, the International Space Station has been inhabited continuously by astronauts from 23 countries in something akin to a relay race, uninterrupted for 24 years. Cristoforetti has participated in two missions, her first from November 2014 to June 2015, at the time the longest ever for a woman in space at 200 days; the second from April to October 2022, which included a couple of weeks as space station commander, making her Europe's first woman to hold the role. Cristoforetti adjusted to all the space "firsts": her first sleep, her first meal; her first trip to the bathroom. Then she got on with the business of being an astronaut. Work hours run from about 7 a.m. to 7 p.m. and start with a morning meeting.



The station is first and foremost a scientific research vessel. During her missions, Cristoforetti has contributed to research on health topics such as the effect of noise on hearing, the maintenance of muscle tone, and osteoporosis, as well as other areas of science like the physics of emulsions and the properties of metals.

"Sometimes there are really busy weeks when you're working all the time and jumping from one task to the next. You literally forget that you're in space," she says. "Floating is your normal way of locomotion. You kind of forget about what it feels like to sit or to walk."

On her second mission, Cristoforetti participated in a seven-hour "extravehicular activity," what the rest of us know as a spacewalk, the first by a European woman. She and a Russian crewmate deployed 10 nanosatellites as part of an experiment and did work on a robotic arm attached to the outside of the space station that assists astronauts with maintenance.

"It's overwhelming to carry out — demanding psychologically and physically, especially if you're a small female like me," she explains. "It's sheer concentration and willpower while you're doing it, and then once you're done, you can really let it sink in. It was such a feeling of accomplishment at having finally been able to do that. Just the experience going out, it was amazing."

When she's earthbound, Cristoforetti lives in Cologne with her partner and two children. Impressed with her character, Böttiger invited her to join the Köln am Rhein Rotary club between her first and second missions. Beyond space, Cristoforetti's work has taken her from the ocean floor (she lived 19 meters below the Earth's surface for nine days as commander of NASA's NEEMO 23 crew) to Norwegian fjords, where she participated in a field expedition studying lunar-like geology. It was practice for someday soon when astronauts will again explore the moon's surface.

"But at the same time, your kind of curious to see how it looks down there, so of course I'd love to go to Patagonia. I'd love to go to the mountains in Chile, all those places that become so familiar to you when you are in space. And yet, they are so far when you are on Earth."

Day with Our Interact School

Our members participated in annual sports meet of our Interact school GHS Attavara Mangalore.



Homage to leaders



Former Prime Minister of India, Dr Manmohan Singh left us for heavenly abode on 26 th Dec 2024.

India's Economic reformer, born on 26 th Sept 1932, an economist, academic and bureaucrat, was the RBI Governor from Sept 1982 to Jan 1985, Finance minister from June 1991 to May 1996. Became 13 th Prime Minister of India in May 2004. His tenure as PM ended in May 2014. As FM of India, in spite of strong opposition, he was successful in implementing reforms aimed at enhancing productivity and liberalising of India's economy.



PDG Prof I Narayana, expired on 23-12-2024. He was a successful DG 2002-03 for undivided RID 3180. He was instrumental in the growth of Manipal Institute of Technology MIT and served as Principal Dean for a long period and had great interest in Yakshagana.

Club Matters

Congratulations Team RCME 2025-26



Rtn Raghavendra Nellikatte
President 2025-26



Rtn Dheeraj Shetty
Secretary 2025-26

IPP: Rtn Gopal Shetty Treasurer: Rtn N Vinod Kudva Seargent @ Arms: Rtn Pramod Kumar
Director Club Service: Rtn Ramanath Shetty
Director Vocational Service: Rtn Avinash Shetty
Director Community Service: Rtn CA Hareesh Shetty
Director International Service: Rtn Ashwatham Hegde
Director Youth Service: Rtn Sadashiv Shetty



Congratulation to RCME Cricket team for being Runner Up at District sports meet Mysore. Rtn Banuprakash Shetty won Man of the series award.

RCME Family members celebrating Birthday & Marriage anniversary during Jan 2025

AG elect for zone II Rtn Shantharam Shetty at Pre AGLS-Mysore

NAME	RELATIONSHIP	DATE
Mrs.Savitha	W/o Rtn Anand Shetty	02-Jan
Vinolia	D/o Rtn Vincent Nazareth	02-Jan
Mrs.Nirmala - Vincent Nazareth	Anniversary	04-Jan
Rtn. Joel Rozario Saldanha		07-Jan
Mahalingehwrara harma	Rashmika	20-Jan
Vedanth	S/o Rtn CA Praveen Kumar Shetty	24-Jan
Poornina	W/o Rtn Harish M N	26-Jan
Rtn. Dinesh Pai		26-Jan
Mrs.Sushma	W/o Rtn Sukumar Shetty	28-Jan
Krithin N. Shetty	S/o Rtn Nithyananda Shetty	29-Jan
Mrs.Nishmitha - Sharath	Anniversary	29-Jan





January is Rotary's Vocational Service Month, a great time to incorporate Vocational Service in your club projects and activities. Vocational Service is at the core of Rotary, embedded in its history, present and future. It calls on us to foster high ethical standards in business, recognise the value of all occupations, and dignify our occupations as an opportunity to serve our communities. By including men and women from diverse professions and backgrounds, Rotary recognises the importance of all skills and occupations and encourages our members to use their skills and expertise to do good in our communities and the world.

This month is an ideal time to reflect on how the concept of Vocational Service is being woven into the fabric of each of our

clubs around the world. The concept of Vocational Service is rooted in the second Object of Rotary. Every time we as Rotarians say or apply the Four Way Test, we reinforce our aspirations for high ethical standards.

VOCATIONAL TRAINING TEAMS

A vocational training team (VTT) offers a hands-on approach to vocational service. In VTTs, groups of professionals' travel either to learn more about their vocation or to teach local professionals about a particular field. A VTT helps create sustainable change by strengthening the knowledge and skills of individuals and communities, thereby improving their capacity to serve. In addition to experiencing a new culture and fostering global connections, Rotarians participating in a vocational training team have the opportunity to make an impact long after their travels end.

Teams can qualify for a global grant through The Rotary Foundation so long as they address one of Rotary's six areas of focus and follow certain specific guidelines for scope, sustainability, and measurability. Funded teams must consist of at least one Rotarian team leader with general Rotary knowledge, leadership skills, international experience, and expertise in the area of focus; and at least two other participants (Rotarians or non-Rotarians) with two years of work experience in the area of focus.

WORLD CHESS CHAMPION



Gukesh Dommaraju with trophy



with proud Parents



The moment of glory



Gratitude of Winning

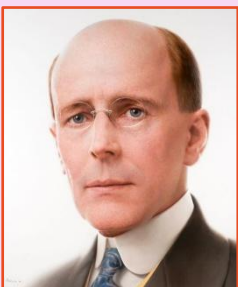


Agony of losing

12 th December 2024, became one of the memorable days for Indian Chess. Gukesh Dommaraju crowned as "world chess champion". He won the 14 th and last round of game against defending world chess champion Ding Liren of China, thereby winning championship with score of 7.5 - 6.5. Gukesh became only the second person to win the coveted crown after his own mentor legendary five times world champion Padma Vibhushan Vishwanath Anand. Also, the youngest player to become world champion at the age of 18 years, surpassing Garry Kasparov who won his first title at the age of 22 years. Year 2024 was fascinating one for Gukesh, as he won Chennai open and qualified for challenger candidate tournament and there he won against all odds and qualified to challenge world champion Ding Liren. Later he won individual gold and also helped Indian team win the team Gold at Chess Olympiad. Hard work, unwavering determination, not giving up till the end are his qualities which stands out for his success at this highest level.

Congratulation Gukesh, you will certainly inspire more young ones. Indian Chess has got greater years ahead with many talented players are emerging in the world of chess from our country.

Death Anniversary of the Founder of Rotary



Rtn Paul Harris, founder of Rotary expired on 27-01-1947. In his later life, Harris reduced his involvement in both the Rotary Club and his legal practice, but continued to write. He often spent his winters in Alabama with his wife. In early 1946, while vacationing with his wife in Alabama, Harris grew ill. He returned to Beverly, Illinois, but never recovered fully. He died on 27 January 1947 at the age of 78. He was interred at Mount Hope Cemetery in Chicago's Morgan Park neighborhood. His autobiography, *My Road to Rotary*, was published the following year. By the time of Harris's death, Rotary International had grown to more than 200,000 members in 75 countries. In cooperation with Rotary International, several towns have established a Rotary Heritage trail. It includes Harris's birthplace in Racine, Wisconsin, and a downtown plaza named after him, as well as the organization's current headquarters in Evanston, Illinois, his home, and his final resting place.

Wisconsin, and a downtown plaza named after him, as well as the organization's current headquarters in Evanston, Illinois, his home, and his final resting place.