



Disha

club Bulletin



Rotary Club of Mangalore East. Dist 3181. Zone II. Club No 31383. September 23

President

Rtn. M JAYARAM SHETTY

VICE PRESIDENT PRESIDENT ELECT

Rtn. GOPAL SHETTY

SECRETARY

Rtn Sdashiva Shetty

I.P. PRESIDENT

Rtn. CA HAREESH SHETTY

TREASURER

Rtn. DHEERAJ SHETTY

JOINT SECRETARY

Rtn. ARUN KUMAR SHETTY

SGT. @ ARMS

Rtn. SUKESH RAI

BULLETIN EDITOR

Rtn. PRADEEP KUMAR K

CLUB SERVICE

Rtn. ANAND SHETTY

COMMUNITY SERVICE

Rtn. SUNIL KUNDAR

VOCATIONAL SERVICE

Rtn. BALAKRISHNA SHETTY

INTERNATIONAL SERVICE

Rtn. ASHWATHAMA HEGDE

YOUTH SERVICE

Rtn. HAREESH M N



Rtn. Paul Harris
Founder of Rotary



Rtn. Gordon R. McNally
RI President



Rtn. Keshav H R
Dist. Governor



Rtn. M Jayaram Shetty
President

President Speaks.....

Namasthe to all my Friends in Rotary

We have completed two months of Rotary year 2023-24. It is very heartening to note that attendance is on uprise in weekly meetings. I request all the members to make it convenient to attend weekly meetings. We are making every effort to make the meeting worthy to attend. One of the major events of the Rotary calendar, Membership development, Pulse Polio & Public Image Seminar was held at St Sebastian Centenary Hall Mangalore, conducted by RC of Mangalore South. 22 members from our club attended the seminar. Our member & Dist co trainer Rtn Shekhar Shetty was one of the speakers at the seminar. During the month of August, we had many projects under various avenues of service with the support of all the members of our club. Aatid onji dina was celebrated on 9 th of August and I hope all the family members of RCME enjoyed the evening. Special thanks for all the performers of the day. September is designated as Basic Education & Literacy month. We are planning to conduct few projects under Vidyasiri project. Expecting all the support from every Rotarians of our club.....

Let us **"CREATE HOPE IN THE WORLD"**

Yours in Rotary

Rtn Mundadiguthu Jayaram Shetty

(President RCME 2023-24)



Celebrations.....



Birthday Wishes to.....

| | | | |
|-----------------------------|------------|-------------------------------|------------|
| 1. Rtn Santhosh Kumar Shety | 3 rd Sept | 8. Annet Atin Ashwatham Hegde | 6 th Sept |
| 2. Rtn Gajendra V E | 21 st Sept | 9. Annet Shraddha | 8 th Sept |
| 3. Rtn Sachin Shetty | 28 th Sept | 10. Annet Neil Nazareth | 9 th Sept |
| 4. Ann Annisha Shetty | 4 th Sept | 11. Annet Simran | 15 th Sept |
| 5. Ann Sujatha | 8 th Sept | 12. Annet Kanish s/o Harish | 22 nd Sept |
| 6. Ann Prabhavathi | 15 th Sept | | |
| 7. Ann Jayamala | 23 rd Sept | | |

Wedding Anniversary wishes to

1. Rtn SSadashiv Shetty & Ann Roopa Shetty 4 th Sept

EDITORIAL

Namasthe to everyone,

We RCME Family members wish to congratulate all the scientists worked for the success of "Chandrayana 3". We are all so proud of our nation's success that, we feel as though we are on the moon. A superlative achievement indeed. In sports, Neeraj Chopra won the gold medal at world Athletic championship. Another Indian prodigy received the silver medal at chess world cup. Yes, you are right...GM R Praggnanandha, an 18 year old lad. Many ways it is great month for India. For Rotary also it was the month of success, i.e. in Membership growth. From our club 22 members attended the Membership development, Polio Plus, Public Image seminar on 12 th & 13 th of August. In September there are many festivals coming up. Let us celebrate these with peace and harmony.....Rtn Pradeep Kumar K (Editor DISHA)



Homage

Mrs Alice Saldanha Mother of our immediate past secretary Rtn Joel Saldanha attained heavenly abode on 27.08.2023. May her soul rest in peace. Our deepest condolences to the bereaved family.

THE FOUR - WAY TEST of the things we think, say or do

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

Article of the month



Single use Plastic- Immediate necessity of the ban

Today, Plastic has become integral part of our life. Plastic is inexpensive and hence it is rampant everywhere. That what started as a new invention to bring easy maneuvering to carry-on day to day life became so prevalent that now we feel it as a menace and Frankenstein of our own creation.

In 1979, the carry bags and grocery bags were introduced. Initially housewives rejected them as the already in-use paper bags had flat base and were easier to be placed on car seats. Gradually single use plastics became normal part of our existence.

Some of the dangerous single use plastic items are as follows:

1. Cigarette butts- filter has plastic fibers.
2. Grocery bags.
3. Straws.
4. Stirrers.
5. Water bottles
6. Water bottle caps.
7. Food wrappers.
8. Cups.
9. Plates.
10. Trays.
11. Polystyrene.
12. Ear Buds
13. Shampoo.
14. Face wash.
15. Hand wash.
16. Cosmetics.
17. Face pack.
18. Banners.
19. Thermocol
20. Garbage bags.
21. Liners for paper cups.

Why plastic is Dangerous?

1. Chemicals: Bisphenol A (BPA), Phthalates, Anti mini trioxides, Polyfluorinated lead etc.

BPA now are found in breast milk and even in the placenta too! BPA has hormone mimicking characteristics. The mimic on estrogen is causing hormonal imbalance and resulting in cancer.

Phthalates are carcinogenic chemicals.

2. Micro plastics and Micro beads: Plastic doesn't decompose; instead they disintegrate into minute particles called micro plastics. Micro plastics are less than 5 mm length. These get swallowed by cows and they found in cow milk. Fish and other marine life consume them and from fish the micro plastics get into the human body. Today micro plastics are found in human blood rampantly.

Micro beads are ingredients installed in cosmetics, face/hand wash, shampoos, scrubs, cleansing balms, moisturizers, hair spray etc. to give exfoliating effect.

On the labels of products with micro beads, the ingredients are listed as anyone of the following:

1. Polyethylene (PE)
2. Polyethylene terephthalate (PET).
3. Nylon (PA)
4. Polypropylene (PP).

One of concerns with micro plastics is they carriers of bacteria

3. Climate Change: Plastic litter, plastic dumping strewn across the land and ocean, highly contribute to the climate change because they emitting green house gases like Carbon dioxide, methane, nitrous oxide, hydro fluorocarbon, hydro chlorofluorocarbon and ozone.

4. Plastic is not bio degradable. Plastic remain for 1000 years. They are broken down into small, tiny pieces that are swept down and end up in the oceans which are then consumed by marine organisms. In the land fill they block the water seepage of rain water resulting in drying up of water table.

5. Tremendous loss of energy in producing plastic: For production of 9 plastic carry bags the energy required is equivalent to the energy required to drive a car to a distance of 1 Km.

Life of each plastic bag is only 12 minutes. Hence loss of non renewable energy occurs in the production of plastic.

What shall be our contribution to reduce the adverse impact of single use plastic?

1. Instead of plastic carry bags we can use cotton bags which are reusable.
2. Plastic cutlery; spoon, knife, stirrers etc. can be avoided while ordering for door delivery food.
3. Avoid plastic straw whenever possible. For e.g. while drinking tender coconut, we can opt out plastic straw.
4. Stop generating snips while opening milk packets.
5. Dry garbage which mostly includes plastic should be separate from wet garbage and shall be kept out on specified day.
6. Use wooden handle tooth brush.
7. Store all the inevitably received plastics in one dedicated container in the house so that we can reuse them when required.
8. Where the cotton bags are not suitable to be carried; for example while buying fish, we can use nylon bag which can be washed later and reused.
9. Reduce usage of plastic wherever possible.

Burning of Plastic:

This releases toxic gases from chemicals like Carbon monoxide, Chlorine, Sulfur Dioxide, Dioxins. These chemicals get spread in the air and they will be the cause for lung ailments.

Conclusion:

The rampant usage of single use plastics have been deep rooted already in our psyche Unless there is a time to Time effective revision in our national policy and nationwide revolutionary campaign against usage of single use plastic, the catastrophe is inevitable!

Compiled by Rtn Sunil Kunder (Director, Community Service)

Our members at District Seminar on Polio plus Membership development & Public Image



Rtn B Shekar Shetty as resource person at the seminar

Gallery..... Community Service

Vanasiri *** Vanamahothsava programmes during August 2023**



Vanamahothsava at St Thomas Higher Primary School Bondanthila...Initiated by Rtn Sunil Kundar



Plants handed over to R Padmanabha Shenoy of Shenoy Industries under Vanasiri Programme



Plants Handed over to Abhayashrama Assaigoli in coordination with RCC Kolya



Programme at Abhayashrama Assaigoli in coordination with RCC Kolya

Programmae conducted by RCC Kolya

Gallery..... Club Service



**Talk by Rtn Lavanya Shetty,Advocat
on the subject of Marriage & Domestic violence**



**Talk by Sri Shashidhar Patagar, certified Ethical Hacker
on cibre fraud and security**

“Aatid Onji Dina” celebrated in our club on 06.08.23



**Chief Guest Ln Sabitha R Shetty
spoke about Month of Aati and culture of
Tulunadu**

**Club Service Director Rtn Anand Shetty...
on importance of Aati month & Rituals**

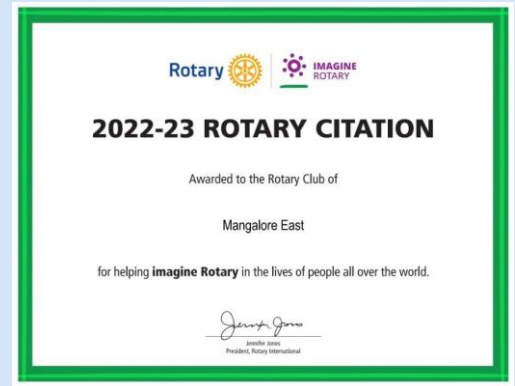


RCME Family members in cultural activities



Chess Training session at GHS Mudushedde, conducted by Rtn Panchami Shenoy & team

POCSO Act Awareness programme at Ramakrishna High School Mangalore for the students of Attavara Govt High School & Ramakrishna High School..... Project initiated by Rtn S Balakrishna Shetty



Independence day celebrated at GHS Attavar

Rotary Citattion Award 2022-23



Rtn Anand Kini represented our club at meeting of Rotary club of Barking and Redbridge London and exchanged Club flags.

Mario Cesar Martins de Camargo of Brazil selected to be 2025-26 Rotary International President



Mário César Martins de Camargo, a member of the Rotary Club of Santo André, São Paulo, Brazil, is the selection of Nominating Committee for President to become Rotary International's president for 2025-26. He will officially become the nominee on 15 September if no other candidates challenge him.

De Camargo plans to boost Rotary's public image by working from the top down.

"Rotary today has strong competition for members and funds," he says. "We need to rejuvenate the brand, especially in some zones. We should utilize post-pandemic meeting tools ... to allow the president to address Rotarians all over the globe. We also need to develop more long-term partnerships with political, community, and business leaders. Let's emphasize our greatest asset: 1.4 million volunteers."

He also hopes to improve Rotary's process for appointments and governance.

"Rotary should adopt a more transparent system to appoint volunteers for positions, with clear criteria and data-based evaluation of results," he says.

De Camargo was president of Gráfica Bandeirantes and has been a consultant to the print industry in Brazil. He has also served as president and chair of several printing and graphics trade associations, including the Brazilian Association of Graphic Technology and ABIGRAF, the Brazilian Printing Industry Association.

He has served on the board of Casa da Esperança (House of Hope), a hospital sponsored by his Rotary club that serves 150,000 children with disabilities every year.

De Camargo studied in the U.S. and Germany and holds degrees from EAESP-Fundação Getulio Vargas in business administration and Faculdade de Direito de São Bernardo do Campo in law.

A Rotarian since 1980, de Camargo has served Rotary as director, trustee, RI learning facilitator, committee member and chair, and task force member.

De Camargo and his wife, Denise, are Major Donors and Benefactors of The Rotary Foundation.

The Four-Way Test was created by Rotarian Herbert J. Taylor in 1932 when he was asked to take charge of the Chicago based Club Aluminum Company, which was facing bankruptcy.



Herb Taylor became President of Rotary International during 1954-55. The **Four-Way Test** was adopted by Rotary in 1943.

“Of the 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?”



DID YOU KNOW?



SEPTEMBER

"We can teach children to love. We can teach them to respect themselves and others. We can teach them to set goals and work toward them. And in return, they can pass on these life-affirming values to the next generations."
PRIP Herbert G. Brown 1995-96



BASIC EDUCATION AND LITERACY MONTH

TAKE ACTION: Join Rotary, Be a People of Action



Rtn Prakash Karanth
IPDG, Director-Vocational Services

September is designated as Basic Education and Literacy month