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NEXT MEETING

Wednesday
23rd October 2024
at 7.00 PM at Balbhavan

Speaker:

Mr. Navas Meeran

Topic:

**How Super League Kerala
will transform football
Landscape**



BULLETIN OF THE ROTARY CLUB OF COCHIN

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THE NORTH CAPE 4000 ADVENTURE - A JOURNEY OF FRIENDSHIP, RESILIENCE, AND DETERMINATION

The Call to Adventure

Felix K.A. and Jacob Joy, seasoned endurance cyclists, were no strangers to challenges. Yet, when the North Cape 4000 came onto their radar, it was clear that this would be unlike anything they'd tackled before. Covering 4,200 kilometres from the southern tip of Italy to the North Cape in Norway, the route would test them across eight countries and a stunning variety of terrains. But their journey was not just about completing the course; it was about finishing something that left a mark on their souls, lingering from a previous unfinished ride.

In 2022, Felix and Jacob had signed up for the London-Edinburgh-London ride, but for reasons they still don't fully understand, they stopped short of completion. For Jacob, a determined spirit who typically moves on from setbacks, this was different. The decision to quit had left an indelible mark, a nagging reminder that pushed them both towards the North Cape 4000. "Every time we met, we'd talk about it," Jacob recalls. "Why did we stop? What if we hadn't? This time, we knew we had to finish."

The Journey Begins

Starting in Helsingborg, Sweden, they embarked on an incredible journey northward, soon realizing it would be more challenging than anticipated. Over 19 days, they battled heat in Germany,



heavy rains in Denmark, and freezing Arctic winds in Norway. Headwinds and unyielding elevations tested their strength, especially on a seemingly endless 100-kilometer incline in Sweden. "You're pedalling hard, but it feels like you're not moving at all" Jacob recalls. "You start questioning everything—did I inflate my tires enough? Is something wrong with my bike?" And yet, even when exhaustion threatened to overtake them, the two found solace in laughter, camaraderie, and shared determination.

The real challenges often came not from the physical terrain but from unexpected setbacks. In Denmark, Felix's pedal snapped late at night. With no place to stay, they turned to strangers for help and were invited into the home

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of a local named Martin, who saved them from spending the night in the cold. And in Sweden, when a series of tire punctures left them stranded in the rain, two Polish cyclists stopped to help repair their bike, showing the extraordinary kindness of strangers.

Strangers, Kindness, and the Beauty of Human Connection

Though they rode together, Felix and Jacob often found themselves alone, sharing the road with other cyclists who, like them, were battling the same course. During one particularly rough day in Sweden, Jacob's rear tire punctured not once, but repeatedly. Standing in the rain, unsure of how to fix the tubeless tire, they waved off several cyclists who asked if they needed help. But when two Polish riders stopped and insisted on lending a hand, Felix and Jacob found themselves profoundly grateful.

"We barely spoke the same language, but they knew exactly what to do," Felix recalls. "In ten minutes, we were back on the road, and I can't tell you how much that gesture meant."

Such encounters were numerous and uplifting. In a small Danish town, Felix's pedal snapped, and they struggled to find a place to stay for the night. An unexpected encounter with two locals, Martin and Toll, led to an invitation to sleep at Martin's house—a decision that resulted in more than just a place to stay. That night, as they rested, Felix and Jacob were reminded of the kindness that exists in the world. Despite language barriers, cultural differences, and the sometimes daunting logistics of traveling with strangers, they found that most people were willing to help.

Their interactions with fellow riders were equally memorable. They shared brief moments with other cyclists at supermarkets, comparing snacks and exchanging smiles. Friendships formed on the road, and by the end, these brief connections turned into deep bonds. "We met a lot of people along the way," says Jacob. "People we only saw for a few minutes each day, but by the end, they were hugging us at the finish line."

The Final Leg and Reflecting on the Ride

On their last day, the pair rode

through the midnight sun, determined to finish. Just 120 kilometers from the end, they had a minor accident. "We'd gone so far, yet there we were, sprawled out on the road," Jacob laughs. But with a quick phone call and some guidance, they were back on track, resolved to reach the North Cape.

When they finally crossed the finish line, Felix and Jacob were filled with relief and pride. They'd conquered not only the physical challenges but also deepened their friendship and renewed their faith in the kindness of strangers. Their North Cape 4000 journey is more than just a cycling feat; it's a testament to the power of resilience, camaraderie, and the enduring strength of the human spirit.

As they return to India, Felix and Jacob bring with them a renewed sense of adventure, forever changed by the beauty of the landscapes they crossed, the hardships they endured, and the kindness they received along the way. In their words, "We may have ridden alone, but we were never truly alone." The North Cape 4000 may be behind them, but for these two adventurers, the road ahead is as bright as ever.

TRUSTEE CHAIR'S MESSAGE

World Polio Day, on 24 October, is a time to celebrate progress and rededicate ourselves to finishing the job of eradicating the disease. Let's also honor the countless Rotarians and Rotaractors who have championed the cause. One such hero was John Sever.

Sever, who died in April at age 92, was a member of the Rotary Club of Potomac, Maryland. An infectious disease specialist at the U.S. National Institutes of Health, Sever



recommended in 1979 that Rotary make polio eradication a global goal, expanding what began as a national vaccine campaign in the Philippines.

It is hard to imagine where we would stand today without Sever's decades of leadership, expertise, and advocacy. In August, I was honored to present his family with the International Service Award for a Polio-Free World and a crystal recognition piece in Sever's name.

What he helped initiate, PolioPlus,

became an example of implementing an action plan in Rotary. Thanks to him — and the volunteerism and generosity of countless others — polio cases have decreased by more than 99 percent since 1988.

The path to our goal could not have been predicted and may take longer than expected. There are sometimes setbacks, as we experienced with increased cases in Pakistan and Afghanistan this year.

But we get back on our feet. This year, we ended an outbreak of wild poliovirus in Malawi and Mozambique that was caused by an importation from Pakistan in 2021, and we

decreased variant poliovirus cases. Rotary and our partners stay flexible, developing new tactics while staying focused on the long-term goal, with optimism.

Delivering a polio-free world with stronger health systems and communities is not only right for humanity but also a smart investment in future generations. It will be Rotary's greatest gift to the world.

Countless heroes have followed Sever's lead — from the club president who organized her first End Polio Now fundraiser to the advocates, donors, and volunteers. We are all part of this story.

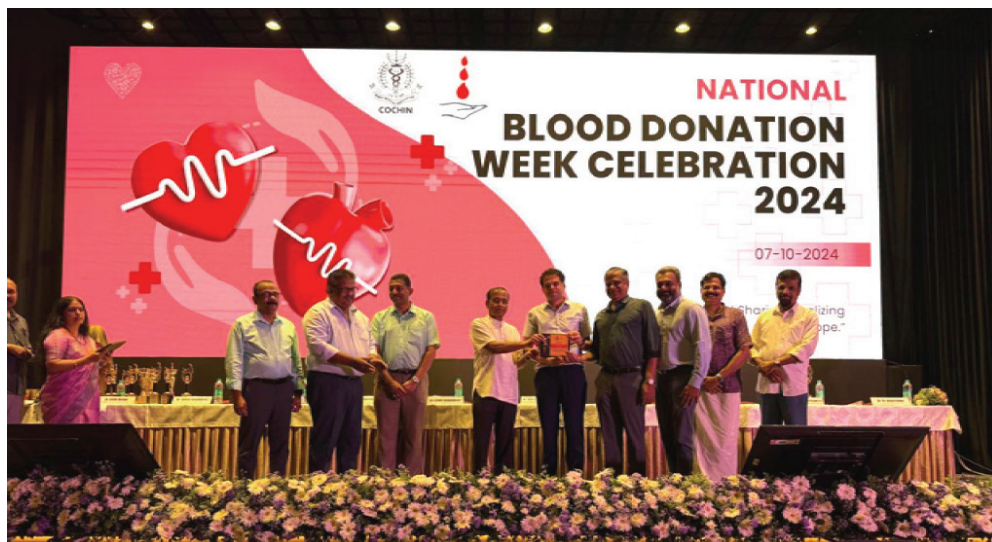
With your support, this year's World Polio Day will be the greatest ever. Donate to End Polio Now at rotary.org/donate. Your gift will be tripled, thanks to the 2-to-1 match by the Gates Foundation. Join or initiate a PolioPlus Society in your club or district. Raise awareness in your community about how we will eradicate a human disease for only the second time in history.

Whatever you do, do it for future generations who will live without this debilitating disease. Let us deliver on our promise to the world's children and end polio forever.

Mark Daniel Maloney
Trustee Chair 2024-25

BLOOD DONATION WEEK CELEBRATIONS

Rotary club of Cochin was presented a memento for our services, group effort and commitment for blood donation, by the IMA Voluntary Donor Blood Centre during the Valedictory function of the National Blood Donation Week on Monday, 7th October 2024, 10 a.m. at IMA House, Kaloor. IPP Rtn. Prakash Aswani, PP Raveendra Krishnan and Rtn. Gautam Sreedharan collected the award on behalf our club during the function. Member of the Lok Sabha, Shri. Benny Behanan was the chief guest for the event and presented the awards. Special Thanks is due to our Past



Presidents Rtns. Raveendra Krishnan and Susheel Aswani, and also Rtn. Gautam Sreedharan - for coordinat-

ing with Cognizant and the blood bank closely, in making this initiative possible in 2023-24.

DISTRICT SECRETARIAT FOR 2025-26 INAUGURATED AT IMA HOUSE

The District Secretariat for the Rotary year 2025-26 was inaugurated on Saturday at IMA House in a ceremony led by District Governor Rtn. AKS Adv. Sundaravadivelu and PDG Venugopal C. Govind.

During the event, it was announced that Rtn. PP Shweta Vasudevan will take on the role of



Editor of the District Governor's Newsletter, ensuring regular updates on the District's activities and achievements. Additionally, Rtn. PP Algiers Khalid has been appointed as the Chair of the President Elect Learning Seminar (PELS), focusing on preparing incoming presidents for

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their leadership roles.

The Learning Facilitators Team was introduced by Learning Facilitator Leads PDG Dr. Ajayakumar and PDG Jose Chacko. This team includes Rtn. PP Sush-eel Aswani and Rtn. PP Shweta Vasudevan, who will contribute to training and development efforts aimed at empowering future Rotary leaders.



Special invitee of DGE for the inaugural- Rtn. MD PP Dr. Sujit Vasudevan

With a committed team and dedicated leadership, the District Secretariat for 2025-26 is set to foster impactful initiatives and strengthen the Rotary community.



Rtn. PP Shweta Vasudevan and Rtn. Michealle Niaz with the District Governor Elect Rtn. MD Dr. G.N. Ramesh and Rtn. Jayasree at Prelude - Inauguration of the District Secretariat.



Rtn. Wg. Cdr. K. Chandrasekhar
Rtn. Issac Pottamkulam

18 Oct
19 Oct



Rtn. John Mathew Anthraper/Rtn. Manju

22 Oct