



# THE FOCUS

**ISSUE 5**

**NOVEMBER**

**2024**



**President**  
**Rtn. Binu George**



**Secretary**  
**Rtn Dr. Vijith V Nangelil**



**RI President**  
**Rtn. Stephanie Urchick**



**Dist. Governor**  
**Rtn. Adv. N Sundaravadivelu**

**BULLETIN OF**  
**ROTARY CLUB OF KOTHAMANGALAM**  
**Dist 3201 Club No. 22602**

*Find us at [www.facebook.com/rotaryclubkothamangalam](https://www.facebook.com/rotaryclubkothamangalam)  
We meet every Friday 8:00 pm at Rotary Bhavan, Kothamangalam*

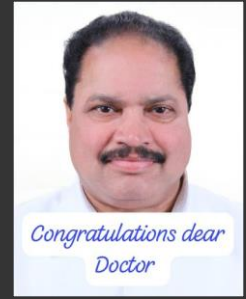
## Weekly and Board meetings



Public image seminar,  
Angamaly

Congratulations to Rtn Prakash M  
Kallanickal for developing Tree spade

Congratulations to Dr. Vijayan Nangelil-  
President of Nangelil Ayurveda Medical College



*Congratulations dear  
Doctor*

Eye screening test at Mar Basil H.Sc school  
in association with TVJ Eye hospital

Muvattupuzha zone AG's review  
meeting hosted by RC Kothamangalam



Best ball shooter award to Rtn Dixon Alias  
Best goalkeeper award to Rtn Dr. Deepak Babu

RC Kothamangalam, the Ever-rolling Trophy  
winner in Rotary football tournament,  
Kickoff'24





## President's Message



Dear Fellow Rotarians, Anns, and Annets,

November was a remarkable month for us as we celebrated The Rotary Foundation Month. For over 100 years, the Foundation has supported Rotary's mission to create positive change worldwide.

November Highlights:

- We successfully participated in the Kick-Off Penalty Shootout Competition organized by RC Cochin Muzaris and Rotary club kothamangalam emerged as winners!
- We conducted several impactful projects throughout the month.
- Our family meeting was celebrated as a joyful Musical Night – Gaana 2024.

Looking Ahead – December: December is dedicated to Disease Prevention and Treatment. We have planned the following initiatives:

- Organizing a medical camp, Visiting an old-age home to spread cheer and care, Festive Season Celebrations, December 20, 21 & 22: Chart-Out Carols, End of the month: Christmas and New Year Celebration.

Let us continue to work together in the spirit of service and fellowship to make a meaningful impact.

Yours in Rotary,

Rtn. Binu George

President

## RI President 2024-25

**Rtn. Stephanie Urchick**



One of Rotary's greatest strengths is the ability of our members to come together to create lasting change, and The Rotary Foundation helps us transform dreams of change into reality.

From eradicating polio to building peace, much of the work we do around the world would not be possible without our continued support of our Foundation.

The cause of peace is especially important to me, and one of the most effective ways we build peace is our Rotary Peace Fellowship — a product of The Rotary Foundation. The program helps current and aspiring peace and development professionals around the world learn how to prevent and how to end conflict.

Thanks to a \$15.5 million gift from the Otto and Fran Walter Foundation, we can continue supporting peacebuilders in more regions with the next Rotary Peace Center, at Bahçeşehir University in Istanbul.

Opening yet another peace center is a monumental achievement that we will celebrate at the 2025 Rotary Presidential Peace Conference in Istanbul.

The three-day conference 20-22 February will highlight the many ways our family of Rotary advocates for peace. Keynote speakers, panel discussions, and breakout sessions will allow us to share ideas about building peace and foster meaningful conversations about promoting peace everywhere.

Registration for the Presidential Peace Conference is open. I hope to see you there, but if you can't make it, our Foundation offers so many ways to change the world for the better. November is Rotary Foundation Month, a great time to get to know your Foundation better and pursue causes that appeal to you.

Global grants support large international activities with sustainable, measurable outcomes in Rotary's areas of focus. By working together to respond to pressing community needs, clubs and districts strengthen their global partnerships.

District grants fund small-scale, short-term activities that address needs in your community and in communities abroad. Each district chooses which activities it will fund with these grants.

Our Foundation can even help you support our wonderful youth programs, including Rotary Youth Exchange, Rotary Youth Leadership Awards, and Interact.

Your gifts to our Foundation also make Programs of Scale possible. These are long-term projects that seek to solve otherwise intractable problems.

To ensure these good works continue beyond our lifetimes, it is up to us to reach our ambitious Rotary Endowment goal of \$2.025 billion by 30 June 2025.

*The Magic of Rotary* does not appear out of nowhere. We create the magic with every new member inducted, every project completed, and every dollar donated to our Foundation.

Please join me in supporting The Rotary Foundation, and together, we will change the world for the better.

Thank you,

Rtn. Stephanie Urchick

## Secretary's Report



**Dear Rotarians, Anns and Annets,**

Here I am presenting the report for the month of November'24

### **Meetings and Events:**

- 4 weekly meetings
- 1 Board meeting
- 1 Blossom meeting
- Family meeting celebrated on November 29 with Musical Night Gaana 2024

### **Key Highlights:**

- AG Jibu Mon emphasized the importance of District Conference Blossom 2024
- President announced 100% registration of our club
- Treasurer shared the account details of October month.
- Blossom Chairman announced December medical camp

### **Community Service Projects:**

- Rotary Anns organized Anns Project, distributing dialysis coupons for kidney patients
- Successful eye screening test conducted at Mar Basil High School in association with TVJ Eye Hospital

### **Club Service Initiatives:**

- Rtn. Mathew Joseph released "The Focus"
- Planned renovation of a house as part of our Housing Project
- Rotary Sports event to be conducted by Rtn. Dr. Saju Joseph, Rtn. Kurian Parackal, and Rtn. Deepak Eldho Babu

Thank you for your dedication and commitment to our Rotary Club,  
Rtn Dr. Vijith Nangelil

Secretary

## Marinated Chicken Fry- Recipe



Marinating chicken properly with the ingredients is an essential step. It infuses the meat with flavor and helps tenderize it, resulting in a delicious and aromatic dish.

### Ingredients

#### For Marination:

500g boneless chicken strips  
2 tbsp cornflour  
2 tbsp all-purpose flour (maida)  
1 egg  
1 tbsp ginger-garlic paste  
1 tsp soy sauce  
1 tsp chili sauce  
Salt to taste  
Oil for frying



### Ingredients

#### For the Sauce:

2 tbsp oil  
1 tbsp ginger (julienned)  
1 tbsp garlic (chopped)  
2-3 dried red chilies  
1/4 cup cashew nuts (optional)  
1 small onion (sliced)  
1 small capsicum (sliced)  
2 tbsp soy sauce  
1 tbsp chili sauce  
1 tbsp tomato ketchup  
1 tsp vinegar  
1/2 tsp sugar  
1/4 cup water  
1 tsp cornflour mixed with 2  
tbsp water (for thickening)  
Spring onions for garnish

Cooking instructions- continued..

## Cooking Instructions

### Step 1: Marinate and Fry Chicken

Mix chicken strips with all the marination ingredients in a bowl. Ensure the chicken is well-coated. Let it marinate for 20-30 minutes.

Heat oil in a pan or deep fryer. Fry the marinated chicken until golden brown and crispy. Set aside.

### Step 2: Prepare the Sauce

Heat 2 tbsp oil in a wok or large pan.

Add ginger, garlic, and dried red chilies. Stir-fry for a few seconds until aromatic.

Add cashews (if using) and sauté until lightly golden.

Add onions and capsicum, stir-fry for 2-3 minutes on high heat.

### Step 3: Combine

Add soy sauce, chili sauce, tomato ketchup, vinegar, sugar, and water. Mix well.

Stir in the cornflour slurry and cook until the sauce thickens.

Add the fried chicken and toss to coat evenly in the sauce.

### Step 4: Garnish and Serve

Garnish with spring onions.

Rty. Ann Priya Binu

## IN FOND MEMORY



Mr. P. K Sajeew, Peechakara

Fr. of Rtn Sunil Sajeew

23-11-24

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## BIRTHDAYS (NOVEMBER)

01 Rtn Dr Paulose M.M	14 Sara Chethan (Ann) Chethan Roy
07 Rtn Dr. Sankar Vinod	16 Soumini Joseph (Ann) Prakash Kallanickal
07 Rtn Sunny Varghese	22 Sheeba Dixon (Ann) Dixon Alias
07 Rtn Dr. Vijayan Nangelil	30 Jaya Nangelil (Ann) Dr. Vijayan Nangelil
07 Rtn Abin Sunny	06 Bunty Babu (Annet) Babu Kurian
10 Rtn Binu Paulose	08 John Franklin (Annet) Franklin George
12 Rtn Sunil Sajeew	10 AbinJames (Annet) James Joseph
25 Rtn Paulose Varghese	10 Ethan Johith (Annet) Johith John
27 Rtn Skaria Paul	18 Hanna Jibu (Annet) Jibumon Varghese
10 Melanie Elizabeth (Ann) Dr. Eldo Paulose	30 Cimone Prakash (Annet) Prakash Kallanickal
10 Rachel Ruben (Ann) Ruben Bijy Thomas	30 Rohan V.Menon (Annet) Dr. Sankar Vinod
11 Manju Ebin (Ann) Dr. Ebin T. M.	

## WEDDING ANNIVERSARIES

04 Rtn. Shajan Kuriakose & Sunitha Shajan
13 Rtn. George Mathew & Mary C.Varkey
22 Rtn. Dr.John Abraham & Valsa John
27 Rtn. Sony Thomas & Suja Sony
21 Rtn. Mathew Joseph & Roopa

### Glimpses of Family meeting



### DJ Night

