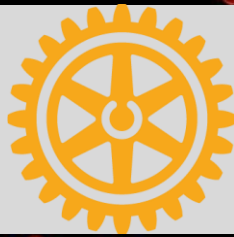


**Rotary**



**THE MAGIC  
OF ROTARY**



# THE FOCUS

**ISSUE 4  
OCTOBER  
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



## Prathamya, Dist seminar

## Membership enhancement Talks



## Blood donation camp at MBMM hospital

## Library book shelf & chairs to Elambra L.P. School

## Library books to Mar Basil Higher Secondary School

## Hunger free project at Govt. Hospital



## Support given to a leg amputated person in getting an artificial limb

## Attending Rotary Dist. Leadership Seminar



## President's Message



**Dear Rotarians, Anns and Annets,**

Magic of Rotary through our service, bringing growth and hope to our community. This month, we focus on Community Economic Development.

As part of our ongoing efforts, we are planning a housing project to provide shelter and supporting initiatives for cancer patients in need of treatment.

In October, we achieved significant milestones in community service, including the donation of artificial limbs, among other impactful projects. As the month concluded, we gathered for a memorable family meeting, which featured a captivating magic show.

Let us continue this momentum and work together to bring positive change!

Yours in Rotary,

Rtn. Binu George,  
President

## RI President 2024-25

**Rtn. Stephanie Urchick**



With World Polio Day on 24 October, I'm proudly rooting for Rotary as we team up around the world to End Polio Now.

I had the honor of attending a Strike Out Polio event in July at PNC Park, home of the Pittsburgh Pirates MLB team. The Rotary Club of Delmont-Salem hosted the event, which raised \$1.3 million for PolioPlus.

Later in the summer, I joined members of our Rotary family in supporting the Más Millas Menos Polio (More Miles Less Polio) bike ride.

Felipe Meza Chávez and his team rode all the way from Ciudad Juárez, Mexico, to One Rotary Center in Evanston, Illinois, to raise money and awareness. The ride took 12 days, and Felipe and his team collected more than \$100,000 to support the fight against polio. It was a joy to greet them as they arrived in Evanston.

And I was thrilled to see Team End Polio raise global awareness around the 2024 Paris Olympics. This world-class roster of athletes, global leaders, and polio eradication supporters came together to advocate for a world where no child has to live in fear of being paralyzed by polio. Some of the athletes on Team End Polio are polio survivors themselves, adding weight to their advocacy.

These are just a few examples of the many ways Rotary has teamed up recently to End Polio Now. It is vital that we continue to seek out and recruit teammates in polio eradication, especially after the challenges our eradication efforts have faced this year.

The Rotary world was heartbroken to learn about the tragic passing in August of Aidan O’Leary, director for polio eradication at the World Health Organization.

I knew Aidan and worked with him directly. He was a tireless advocate in the fight against polio and a kind, genuine man. We will remember him both for his advocacy and his warmth.

But where there is hardship, there is also hope. I feel hopeful whenever I consider the countless ways Rotary supports the fight every day to eradicate polio.

As people of action, we don’t have the luxury of giving in to despair, even in the face of tragedy. The best way to honor Aidan’s memory is by teaming up and reaching our goal to End Polio Now.

We made a promise to the children of the world and their families. It is incumbent upon us, together with our global partners, to end this threat once and for all.

There are so many ways we can team up to eradicate polio. You can donate to the End Polio Now campaign, join or initiate a PolioPlus Society in your club or district, or take inspiration from the fundraisers I mentioned above.

I encourage Rotary members around the world to continue to seek out new teammates, so that together, we end polio.

Thank you,

Rtn. Stephanie Urchick

## Secretary's Report



**Dear Rotarians, Anns and Annets,**

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

### **ClubService**

Weekly Meetings:

Every Friday, we gathered to discuss club activities. AG Rtn Jibumon Varghese announced district seminars and other events. Our President outlined service activities, and Rtn Dr. Mani spoke on The Rotary Foundation (TRF) on the 3rd Friday.

Board and Family Meeting:

On October 9, 2024, 24 board members attended. We conducted a family meeting on October 25, followed by a magic show.

### **Community Service**

We conducted several projects:

- Blood Donation: October 1 at MBMM Hospital, Kothamangalam.
- Hunger Free Project: October 8 at Taluk Hospital, Kothamangalam.
- Organ Donation & Artificial Limb Support: Donated Rs 30,000 worth of aid to Mr. Eldhose, Kothamangalam.
- Literacy Projects:
- Library Books: Donated Rs 50,000 worth of books to Mar Basil High School, Kothamangalam.
- Library Shelf & Chairs: Donated Rs 35,000 worth of furniture to Elambra LP School, Kothamangalam.

Thank you,

Rtn Dr. Vijith Nangelil

Secretary



## What You Should Know About Wisdom Teeth



### What's in a Name?

Wisdom teeth won't make you smarter. They're called that because they usually come in when you're older, around ages 17 to 21. These teeth are in the very back of your mouth. You get two on top and two on the bottom as part of a complete set of 32 adult teeth.

### Is Wisdom Tooth always present?

Wisdom teeth are molars, your toughest, widest teeth that grind food. But some people don't have all their wisdom teeth. They're the ones most commonly missing from adult mouths. Some would theorize that our jaws have changed over the years due to changes in our diet.

### Why they're Taken Out

You're more likely to have issues with these molars than with any other teeth and are routinely removed, or extracted. A top reason is impaction, when the tooth may not have enough room to come out from the gum like it should.

### Other Issues

Most wisdom teeth with signs of disease or clear problems should be extracted. Reasons include:

- Infection or cavities
- Lesions (abnormal looking tissue)
- Damage to nearby teeth
- Bone loss around roots
- Not enough room to brush and floss around the tooth

### Possible Problems Later

Some dentists recommend taking them out as a precaution because they could cause problems in the future, like:

- Before the tooth comes in, the sack of tissue around it can grow into a cyst, which can lead to bone loss in your jaw.
- If the tooth is on its side under your gum, it can destroy nearby teeth by eating away the roots.
- Bacteria and plaque can build up around a tooth that's only partly out..

## Extraction of Wisdom Tooth

How your dentist takes your tooth out depends on how far it is out of your gum. If it has come in completely, a simple extraction will do.

If your tooth is below the gum line, you'll likely need to have it removed surgically.

## Care after wisdom tooth extraction

You should be able to get back to your normal activities the next day. To speed the healing and ease any pain, you might:

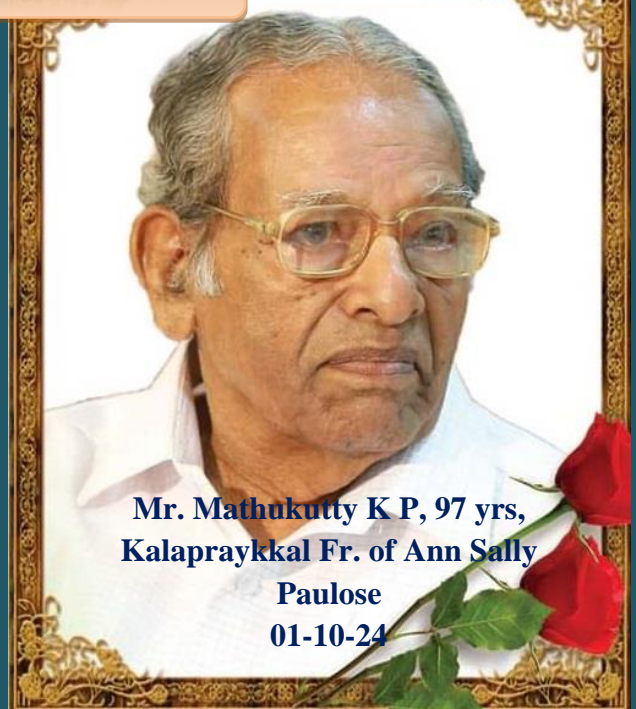
- Take medication as prescribed by the dentist.
- After extraction hold a cold pack against your jaw intermittently to help with soreness and swelling.
- After extraction try not to spit too much so you won't move the blood clot that's keeping the area from bleeding.
- Drink lots of water, but stay away from alcohol, hot beverages, or sodas for 24 hours.
- You probably won't be able to fully open your mouth for about a week. Stick to soft foods that won't bother the area.

**Rtn. Dr. Ebin T. M.,**  
MDS Pediatric and Preventive Dentistry  
Ebin's Dental Clinic,  
TVJ Eye hospital, Kothamangalam

## IN FOND MEMORY



**Mr. M. C Varkey, 85 yrs,**  
**Madathiparambil Fr. of Ann Dr. Anu**  
**Varghese**  
**03-10-24**



**Mr. Mathukutty K P, 97 yrs,**  
**Kalapraykkal Fr. of Ann Sally**  
**Paulose**  
**01-10-24**

## BIRTHDAYS (OCTOBER)

04 Rtn Prof. Dr. Vinod Kumar Jacob	29 Ann Dr. Elizabeth Varghese
08 Rtn Jebin M Puthuckayil	02 Annet Raina Jolly
09 Rtn James Joseph	04 Annet Minnu Maria John
09 Rtn Prof. Dr. Soni Kuriakose	07 Annet Smitha Paulson
19 Rtn Dr. George P M	07 Annet Vidhya Vijayan
22 Rtn Dr. Benoy Joseph	08 Annet Ann Sara PAul
27 Rtn Zacson Skaria	09 Annet Ishika Franklin
28 Rtn Dr. Paulose Abraham	10 Annet David Paul Abraham
12 Ann Dr. Ektha Khosla	13 Annet Ibin Varghese
15 Ann Bini Varghese	13 Annet Agnus Anna Eldho
15 Ann Dr. Jiby Jeju	21 Annet Caroline Susan
21 Ann Megha Franklin	26 Annet Michelle Francis
22 Ann Arya Chikku Sunil	27 Annet Neona Santhosh
23 Ann Neetha Elias	29 Annet Luciterez Lijo
25 Ann Priya Binu	

## WEDDING ANNIVERSARIES

18 Rtn Prof. Thomaskutty P V and Prof Esther Thomaskutty
19 Rtn Biju Kuriakose and Ann Julie Biju
21 Rtn Sunny E V and Ann Rani Sunny
26 Rtn Dr. Eldo Paulose and Ann Melanie Eldo

### Glimpses of Family meeting



### Entertainments- Magic show by Prof. Acy M Kottalil

