

THE LIGHTHOUSE

BOND | BUILD | BRING CHEER

WEEKLY BULLETIN OF THE ROTARY CLUB OF MADRAS | ISSUE 04 | JULY 28, 2024



Dear RCMers,

Vocational Service (Scholarships to deserving students) and Youth Service (Installation of the Rotaract Club of Madras) were in focus this week.

Chef Rakesh Raghunathan regaled us with an engaging discussion on culinary history.

The Lighthouse captures the highpoints of the week gone by.



Rtn.Shivkumar Eashwaran
Editor

Rtn.A.R.Raghunandan
Chairperson

Mr.Madhu Mathen
Co-Chairperson

July 29-4th August

BIRTHDAYS

- 29th July - Rtn. A.Gooch Kumar
- 29th July - Rtn. Krishnamurthy Vijayan
- 29th July - Rtn. Sankara Narayanan A
- 29th July - Rtn. Sathiamram Ram
- 1st August - Rtn. Supriya Dabir Gautam Dr.
- 1st August - Rtn. Ashish Ahuja
- 1st August - Rtn. Suman Voora
- 3rd August - PP Rtn.Gunashekar S.
- 3rd August - IPP Rtn. Ravi. S
- 4th August - Rtn. Prashanth S. Kharche

- 30th July - Ann. Dimple, Spouse of Rtn. Jayant Hemdev
- 31th July - Ann. Sangeetha Rajan, Spouse of Rtn. Rajendra Mudaliar
- 31th July - Ann. Meenakshi, Spouse of Rtn. Ravee Malhotra

ANNIVERSARY

- 31th July - Rtn. Ashok Banerjee & Sreejata

Cover Pic :

(Top) Chief Guest at the Weekly Meeting,
Chef Rakesh Raghunathan

(Bottom) Installation of the Office Bearers of the
Rotaract Club of Madras

THE
LIGHTHOUSE
BOARD 2024-25

President

Rtn. G. Chella Krishna

Honorary Secretary

Rtn. Rajesh Mani

Immediate Past President

Rtn. S. Ravi

President - Elect

Rtn. Nikhil Raj

President - Nominee

Rtn. S. Balakrishna

Director - Community Development

Rtn. Dr. Anuradha Ganesan

Director - Club Service

Rtn. Shanno Ravi

Director - Vocational Service

Rtn. Sanjay Rao Chaganti

Director - Youth Service

Rtn. Balaji Chinni

Treasurer - Club Funds & RCM BTS

Rtn. Asha Mathen

Asst. Secy./ Bulletin Editor

Rtn. Shivkumar Eashwaran

Director - CSR

Rtn. Ganesh Ananthakrishnan

Director -

Rotary Foundation & International Service

Rtn. Sabina Narayan

Director - Community Health

Rtn. A.M. Visvanathan

Treasurer - RCMCT

Rtn. A. Gooch Kumar

Director - Fund Raising & PR

Rtn. Rahul Saraogi

THE LIGHTHOUSE COMMITTEE

Editor : Rtn.Shivkumar Eashwaran

Chairperson : Rtn. Akur Raman Raghunandan

Co-Chairman : Mr.Madhu Mathen

Mentors : Rtn.PP.N.K.Gopinath

Rtn.PP.IndraSubramanyam

COMMITTEE MEMBERS

Rtn.E.As swath Kumar Reddy, Rtn.Himanshu Budhia

Rtn.Vummidi Shailesh Raj, Rtn. Bhaswar Mukherjee

Rtn.Indrani Krishnaier, Rtn.Shri Shakthi Girish

Rtn.Reji Joseph, Rtn.Maya Thiagarajan

Rtn.Fharzana Siraj, Rtn.Dr.M.Parkavi,

Mr.Vikrm.S.Eashwaran, Rtn.Govind Parikh

Rtn.Rakesh Jaiswal, Rtn.Dr.Rama Narasimhan

EDITED & PUBLISHED BY

Rtn. Shivkumar Eashwaran, Asst. Secretary
Rotary Club of Madras,
RAYALA TOWERS,
2nd Mezzanine Flr., 158, Anna Salai,
Chennai 600 002 Phone: +91 44 2859 1020

CONTACT THE EDITOR AT:

editor@rcmlighthouse.com

Bulletin Design:

CHARIS MEDIA WORKS

Visit RCM's official website
www.rotarymadras.in

CONTACT RCM SECRETARY AT:

office@rotarymadras.in

Rotary Club of Madras (RCM)
Minutes of the 4th Weekly Meeting held on 23rd July 2024
 at Hyatt Regency, Teynampet, Chennai

Call to Order and Invocation:

Sergeant at Arms Rtn. Jayanth Hemdev collared the President.

President Rtn. Chella Krishna called the meeting to order at 01:30 PM.

Invocation: A silent invocation was observed.

Rtn. Anil Srinivasan escorted Chief Guest Chef Rakesh Raghunathan to the dais.

Meeting Commencement:

President Chella Krishna: Called the 4th weekly meeting to order.

Sought and obtained confirmation of the minutes of the 3rd weekly meeting.

Welcomed all visiting Rotarians, spouses, Probud Club members, and guests.

Welcome and Introduction of Chief Guest:

Chef Rakesh Raghunathan

Introduction by President: Highlighted Rakesh's achievements as a historian, master chef judge, and culinary expert.

Announcements by Members: Rtn. Manish Mardia announced scholarships as part of the vocational services initiative for students of Boys Town and Rotary Nagar.

Thanked Rtn. Manu Reddy for a scholarship donation of Rupees four lakhs covering all students.

Recognized students Nitish Kumar, Subhash, Sadhana, and Shyam, and invited them to receive DDs from the President and Rtn. Sanjay Rao Chaganti.

Flag Exchange:

Rtn. Ponnusamy :Presented the flag of Rotary Club of Mauritius.

Rtn. Justice Dr. M. Jaichandren :Presented the flag of Rotary Club of San Diego.

Rtn. Aswath Kumar Reddy: Announced the "Unify" event by 28 Interact clubs on 26th July at Rani Seethai Hall.



Rtn. Prasanna Rajagopalan was recognized for efforts in assembling data for corporate funding requests.

Rtn. Anil Srinivasan: Donated to Boys Town, proceeds from his concert amounting to Rs.30,000.

Secretary's Announcements: Asst Secretary Rtn. Shivkumar Eashwaran:

Recognized Rtn. Dr. Prashant Kekre for 25 years of dedicated service to Rotary.

Announced upcoming meeting with guest speaker Captain Yogendra Singh Yadav on 30-07-2024 at same venue.

Main Program: Rtn. Anil Srinivasan in conversation with Chef Rakesh Raghunathan:

Introduced Chef Rakesh Raghunathan and facilitated a discussion on culinary history.

Conducted a Q&A session.

Presentation and Vote of Thanks:**Memento Presentation:**

The President handed over a memento curated by Ann.Parul Bhatt to the Chief Guest, Chef Rakesh Raghunathan.

Presented the Timeless Legacy book to the Chief Guest.

Vote of Thanks: by Rtn. Rani Muralidharan.

Adjournment: President Rtn. Chella Krishna adjourned the meeting.

From the Sergeants' Desk!

Dear members,

To ensure that our meetings start promptly and to respect our guest speakers, we kindly request that once you've picked up your beverages, please refrain from lingering at the coffee counter when the meeting begins. To reinforce this, we will be implementing a Sunshine Debit of Rs 500 for members found violating this rule.

Thank you for your cooperation in making our meetings efficient and respectful.

One of the Sergeants will notify the names of such members to the Club Secretariat who will then send out the Debit note to the concerned member by WhatsApp.

From the Sergeants.

Scholarships for deserving students

“Success is triumphing over hardships - willing yourself over anything and everything to achieve the best for yourself, your family and the society at large”.

RCM has traditionally given scholarships for deserving students from Boys Town and Rotary Nagar. During our weekly meeting on July 23, six students were given scholarships to continue their college education. Sincere thanks to Rtn. Manu Reddy who agreed to sponsor the INR 2.2 Lakh commitment.

If you are interested in supporting future scholarships, please contact any one of us or any member of the Board. We will work with you to curate an appropriate offering.

Sincere thanks to Treasurer Rtn.Gooch and Manjushri from our accounts team for facilitating this detailed process.

- Rtn. ShivkumarVellur (Chairperson) and Rtn. Manish Mardia (Co-Chairperson) Scholarships Committee, Vocational Services Team.

| S.NO | NAME | GRADE | COLLEGE |
|---------------------|--------------------|------------------------|--|
| BOYS TOWN | | | |
| 1. | K. S. Tamil Selvam | BE. ECE Final Year | Mailam Subramaniya, Swamy Educational, Trust. |
| 2. | V. Janakiraman | BE. Mech Final Year | Sri Venkateswara College of Engineering & Technology |
| 3. | J. Nithish Kumar | Diploma EEE Final Year | T J S Poly Technic College |
| ROTARY NAGAR | | | |
| 4. | M. Subash | B.COM Final Year | Ramakrishna Mission Vivekananda College |
| 5. | T. Sadhana | BE Final Year | MIT Chromepet |
| 6. | S. Sheyam Kumar | BA Economics | Madras Christian College |





A Taste of History

Chef Rakesh Raghunathan's much awaited talk left little to be desired.

He began by thanking the organisers for the video on the multisensory feast that was to be, with music and food! His unassuming down to earth manner charmed us from the get-go. Anil Srinivasan introduced him as a friend, neighbour and amazing curator of food.

Like most children I suppose, he was strongly influenced by what went on at home. Rakesh explained how he had always been intrigued by food and was truly thankful for the food at home - they were always discussing food - discussing the next meal...as a child he would watch food being made and try out recipes.

Rakesh was aware of the effects certain foods had on him. For instance, the delicious Ven Pongal given to him in the morning by his grandmother would make him happy and drowsy before his 5.15 am maths tuition.

As life went on and he grew, he experimented more with food and was happiest in the kitchen, rather than kicking a ball. When he left for college he took everything possible to the US to make things there...but somehow he felt he could not get it quite right.

Anil Srinivasan then took him through different foods, and here are some interesting tidbits we learnt: Idli - May not have had rice originally...the steaming and fermentation came from South East Asian influence. Bottom line : the Idli may not be South Indian! And Sambar - had its origins from one



pot meals from temples - references to tamarind rice in bamboo. Also: We used to have 350,000 varieties of rice in India!

India is predominantly non-vegetarian with many tribes, for instance...Iruulas, Todas, etc. Chettinad is very hot and arid...they would store meat there by sun drying. Cooking and preserving techniques took Chef Rakesh by surprise. Rayilpatnam a coastal town, with no crime and no police station, produces this simple yet exquisite dish of rava, eggs milk,



sugar...baked. The origins, he believes, are from middle eastern horse traders who had settled there - and this might explain the lighter skin of the people, some with eyes that are green or blue. Another dish is Mutton kalari with the pandan leaf - very unusual and delicious. Halwa came from the Middle East and everyone made a variation -Gajar halwa, and so on. In Tamil Nadu, it is moong dal.

Rakesh described as a privilege this chance to document south India's cuisines...the many micro cuisines with distinct identities based on what is available in that region.

Food as medicine was discussed, where once again the hyper local aspect of produce is key. He did flag that these days, farmers are facing the brunt of it, by not knowing what to grow. We are now doing British preferred foods like carrots, potatoes, avocados - all things that are not indigenous. While there is nothing wrong with this per se, he did feel that we have sort of lost our way.

Tirupati and various temples were covered with the typical associated foods. In Chakkara Pongal, certain spices are excellent. The laddoos are relatively recent we learnt. Parthasarathy koil serves good Chakra Pongal, and puliogare.

Chef Rakesh is the picture of health. He looks fit and rested. He said to stay healthy, one should try to avoid the whites, as anything coloured is healthy - avoid white rice, maida, sugar, salt...



He then sang beautifully about food with Anil Srinivasan accompanying on the keyboard. Food as music is his next venture. He is now researching texts on food and converting them to music. There are songs in sangam literature on different foods apparently and tales of wisdom on how to prepare or pick or handle.

While thanking him graciously, Director Rani and President Chella said that food to Chef Rakesh is truly 'history in a bowl'.

- Rtn.Shaan Libby

Interact Club of Sri Sankara Vidyashramam, Thiruvannamiyur Clean Shore Initiative

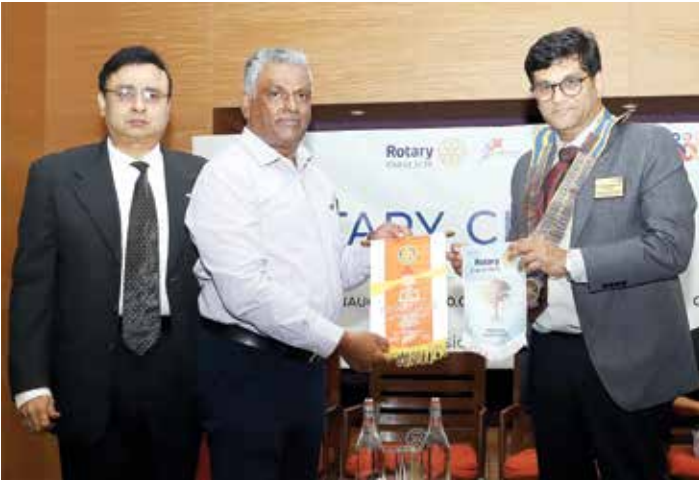
We made a clean sweep at the first beach cleanup activity of this academic year on the 20th of July, 2024. Fourteen Interactors and two teachers from the Interact Club of Sri Sankara Vidyashramam, Thiruvannamiyur, joined hands with the Environmentalist Foundation of India (EFI), for this cleaning initiative at the Ashtalakshmi Beach area.

The students, with their bags and gloves, were the motivating factors for the tourists and locals, showing that we need to take matters into our own hands to make a difference!

- Members of Interact Club of Sri Sankara Vidyashramam, Thiruvannamiyur









Appreciation from the Chief Guest

Appreciation from the Chief Guest for Lighthouse Committee Chairperson Rtn.A.R.Raghuandan's write-up in The Lighthouse.

From: "Murugappan MM"
To: "Raghuandan AR"
Sent: Sat, 13 Jul 2024 at 7:15 pm
Subject: Re: Rotary club of Madras address

Dear Mr.Raghuandan,

Thank you very much for your message and for covering, in a most lucid manner, the unique opportunity I had to interact with the membership of the Rotary Club Of Madras. You have been most generous in your acknowledgment and gracious in your comments, which is most appreciated.

May I take this opportunity to thank you for your kindness and courtesy. I wish you, President Krishna, the leadership team and the members of the club a wonderful year of service and fellowship in the noble Rotary tradition of Service Above Self.

Many thanks again Sir and with warmest regards,

Murugappan

Rotary Club of Madras

Tuesday, 30th July 2024 | 1.30 pm at Hyatt Regency, Chennai.

5th Weekly Meeting

Speaker:
 Honorary Captain **Yogendra Singh Yadav**, youngest recipient of the Param Vir Chakra

Topic : The story of winning Tiger Hill during the Kargil war.

CONFERRING "FOR THE SAKE OF HONOR AWARD"

Please note that spouses are cordially invited for this meeting

Rtn. G. Chella Krishna President
Rtn. Shanno Ravi Director - Club Service

Rtn. Rajesh Mani Honorary Secretary
Rtn. PP. Rani Muralidharan Chairperson - Programs Committee

Rotary Club of Madras

FROM BAZAARS TO BYZANTIUM
 A trip by RCM international travel team

Turkey

BOOK NOW! Limited slots

INR 2,35,000/- ON TWIN SHARING
 INR 2,97,000/- ON SINGLE OCCUPANCY

5 STAR ACCOMMODATIONS & ALL MEALS INCLUDED
 (DOESNT INCLUDE INTERNATIONAL AIRFARE)
 PRIVATE BOSPHORUS CRUISE WITH DINNER
 EXPERIENCE THE BEST OF TURKEY WITH A MEDIUM PACED ITINERARY
 FOR MORE INFORMATION PLEASE MESSAGE
 RTN. VINAY MOHAN
 9003188889

Rotary Nostalgia

Early Initiatives on Community Service by RCM

The freshly minted Rotary Club of Madras lost no time in forming a Community Service Committee, which was established in November 1929 soon after the club was chartered. Rtn. Hearson chaired the Committee and much was achieved even during the club's fledgling years. The club focused its energies on providing material and financial support to families and children in need. The very first act of community service organized by the new club was to distribute 900 toys to poor children in the city during Christmas; next, cinema shows were organized for students of the Deaf and Dumb School at Santhome.

Early issues of The Rotarian carried snippets recording the contributions made by the Rotary Club of Madras. A few of them are given below:

June 1931: Socially minded Rotarians of Madras have, during the past year, distributed discarded clothing and thirty parcels of reading matter to various institutions. Entertainment was provided at three outings for 112 asylum boys.

February 1932: Madras Rotarians answered the appeal from destitute families in this community by recently staging a "Rag Day", which resulted in the accumulation of many old clothes.

April 1932: Madras Rotarians recently distributed rice to fifty destitute Mohammedans.

May 1932: During January, 256 rice rations were given by the Madras Rotary Club to destitute Hindus. About fifty persons, principally children - Anglo-Indians, Indian Christians, and others - were being fed daily at the Royapettah Cathedral schools during February.

– for instance,
the club led a
successful
protest against
hoardings that
pockmarked
the city's
overbridges...

From 1933 onwards, the Rotary Club of Madras took a broader view of community service. The club began to tackle more complex issues, ranging from education to the various civic problems faced by the city at the time. The Community Service Committee was certainly prescient in some of the causes they chose to champion – for instance, the club led a successful

protest against hoardings that pockmarked the city's overbridges, a recurring problem that Chennai struggles with even today. In 1934-35, when Sir Daniel Richmond served as President and C. Rajagopalachari was the Secretary, the Rotary Club of Madras saw success in its agitations against hoardings mounted on the city's overbridges.

The Club also took many initiatives to work closely with the local administrative bodies in the city - for instance, members took on the responsibility of reporting cases of irresponsible driving to the Commissioner of Police; they also shared with the Public Health Department, the findings from a meticulously conducted health survey. The practice of extending loans from the club's funds as a form of aid was also adopted in order to reach help to more people and communities.

Issues of The Rotarian published during the period record the Madras Club's activities: "The interesting thing about the service club loan idea is that it is easily adapted to small clubs with very limited resources. Funds have been raised and applied usefully in places where conditions were as different as Midland, Texas and Madras, India".

(Courtesy Rtn. V. Sriram, a renowned Historian of Chennai.)

Contributed by :
Rtn.PP.N.K.Gopinath

NEXUS: Installation Ceremony of the Rotaract Club of Madras



On July 21st, 2024, the Rotaract Club of Madras marked the beginning of a new chapter with the installation ceremony of President Rtr. Selva Neshal. Held at the prestigious Taj Connemara from 11 am onwards, the event was chaired by Rtr. PP Arshad Ahmed and signalled the dawn of a new era of leadership and service.

Ceremonial Proceedings

The ceremony began with the Tamil Thai Vazhthu, symbolizing unity and tradition. Distinguished guests, including Rtn. Suresh Jain, Rtn. Shiv Kumar Eashwaran, Rtn. Balaji Chinni, Rtn. PP. Gopinath, Rtn. Dr. Kumar Rajendran, Rtr. PP. Sasi Kumar, and Rtr. IPP. Sundar Shanmugam, shared insights on community service and youth leadership.

President Rtr. Selva Neshal's Vision

President Rtr. Selva Neshal presented a visionary outlook for the Rotaract Club, emphasizing innovation, inclusivity, and sustainable development. His



leadership address highlighted the club's dedication to impactful service initiatives and youth empowerment.

Appointment Letters and Legacy Projects

President Rtr. Selva Neshal presented appointment letters to board officials, underscoring their commitment to leadership roles. Special attention was given to legacy projects such as M.A.D (Make a Difference), Fizz, and Breeze.

Awards and Recognition

The prestigious "Jewel of RCM" award was bestowed upon

Rtn. PP.N.K. Gopinath and DGN Rtn. Suresh Jain for their exceptional contributions. The "Peerlessness Award" was presented to Rtr. PP. Anbu Harish for his outstanding dedication and service.

Vote of Thanks and Conclusion

Secretary Rtr. Yogalakshmi Pandi delivered a heartfelt vote of thanks, expressing gratitude to attendees, organizers, and sponsors. The ceremony concluded with the National Anthem and inspiring adjournment of the event by President Rtr. Selva Neshal.



Join us this July 2024 by participating in the e-waste collection drive. This initiative not only addresses the mounting issue of electronic waste but also promotes responsible disposal and recycling. We accept a wide range of electronic items like old computers, laptops, smartphones, tablets, printers, monitors, keyboards, mice, cables, and other peripherals. Additionally, household appliances like refrigerators, washing machines, and microwaves are accepted. The goal is to divert these items from landfills, ensuring they are recycled or disposed of in an environmentally responsible manner to reduce the environmental impact of electronic waste.

#ewastecollectiondrive #cleanerplanet
#Reduceewaste.

Drop off point:
<https://maps.app.goo.gl/zDrpausVV9fCcz97>

Contributed by Rtn.B.V.Gautam

This week, The Light House posed the four questions on the Four Way Test to Rtn.PP.AKS.Ranjit Pratap. Here are his crisp and succinct replies:

1. **Is the Four Way Test just a 'feel good' ethos or a practical guardrail?**
The Four Way Test is a very practical guard rail for us to follow.
2. **Can the Four Way Test be a Rotarian's moral compass?**
Yes
3. **How can Rotarians inculcate in their daily lives, the principles of the Four Way Test?**



Questions on The Four-Way Test

There are certain people who are born with certain attitude and character. For them most of the ethos they follow belongs to the Four Way Test.

4. **Any real life examples from your own experience or from Rotary annals, of the Four Way Test acting as a guide post ?**
My daily life experiences are on the basis of the Four Way test. They are not able to give you an off hand experience but I can only say that it is a part of my daily routine.

Issue 4



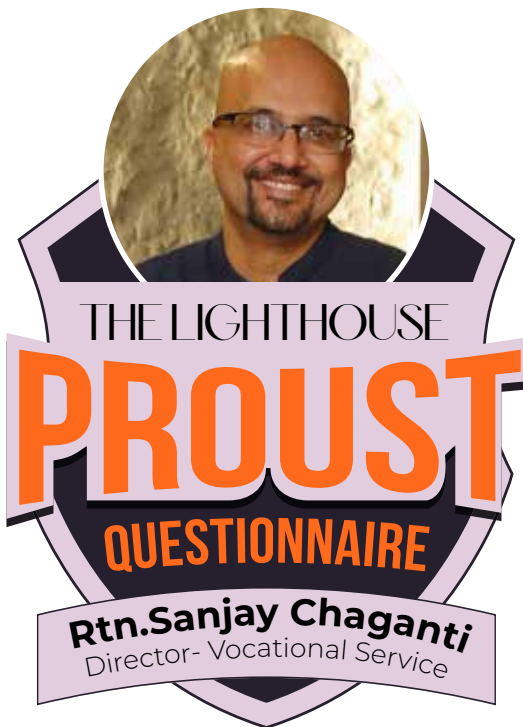
Suggest the most quirky, whacky or creative caption/blurb for this photo (Maximum 15 words). The best entries will be reproduced in the next week's edition of Lighthouse.

Mail your captions to editor@rcmlighthouse.com on or before 30 July.



Issue 3 : Best Captions

1. "It was our spin bowling that won us the match at Sabina Park"- *Rtn. PP K. K. Raman.*
2. Wither goes thou with my artworks? -*Rtn. A. M. Visvanathan*
3. Nimish delivers the ... 'doosra' - *Rtn.Vijay Durgar*
4. Thank you for donating this limited edition Prada handbag for the auction !- *Rtn. Asha Mathen*
5. And then I bowled a Googly and got the batsman out! - *Rtn.Hemant P. Chordia*
6. Come Sabina fabulous feast awaits you! Best is, you can eat as much as you want! - *Ann. Seema Bhargava.*
7. What's happening?? They left for Turkey without us? - *Rtn. N. Vivek Pai.*
8. You should ask Sush why she bought this psychedelic shirt for me!!- *Rtn. PP. Vivek Harinarain.*
9. "Kaise rahoon chup?"- *Rtn. Fharzana Siraj.*
10. "when the conversation gets zig-zag as the shirt" - *Rtn. Naveen Kumar Bhatia.*



1. What is your current state of mind ?
**Current - Feel a bit pulled in different directions
Overall - content**
2. What is your idea of perfect happiness ?
**A sense of wellbeing that emanates from within
without needing an external stimulus.**
3. What is your greatest fear?
To be rejected
4. What is the trait you most deplore in yourself ?
**Deplore is too strong a word. I would like to get
better in being okay when I am uncomfortable.**
5. What is the trait you most deplore in others ?
**Again, deplore is too strong a word. I am
uncomfortable being around people who I sense
are not considerate to the needs of others.**
6. Which living person do you admire most ?
**My mother in law. A true giver who does not
ask for anything from others. Cheerful despite
nnumerable challenges, both physical and
mental.**
7. What is your greatest extravagance?
Business class tickets for long flights.
8. What do you consider the most overrated virtue?
Ambition (particularly the self-centred type)
9. On what occasion do you lie?
When I don't have the courage to speak honestly
10. Which living person do you most despise ?
**Despise? Again, too strong a word. I honestly
don't despise anyone. Behaviours yes, as a whole
person, no one.**
11. What is the quality you most like in a man ?
**I find this question and the next one quite dated.
Selflessness is a human trait that I admire the
most.**
12. What is the quality you most like in a woman ?
See above
13. Which words or phrase do you most overuse?
**'Sending positive energies for a fun and
fulfilling life.'**
14. What or who is the greatest love of your life ?
**My daughter. She shows me how much love exists
within me that I can cultivate to share with others**
15. When and where were you happiest ?
**When I am adding value – particularly when I play
a role in helping people shine!**
16. Where would you most like to live ?
**Where I can connect casually with like-minded
people**
17. What is your most treasured possession?
My aliveness!
18. What is your favourite occupation?
**Anyone inspiring and supporting others to lead
more fulfilling lives**
19. What is your most marked characteristic?
To entertain and educate people
20. Who is your hero of fiction ?
**Superman – Using his superpower for the good of
the world. I am passionate about each of us
tapping into our unique super-powers.**
21. Which historical figure do you most identify with ?
Mahatma Gandhi
22. Who are your heroes in real life ?
**Any one genuinely embodies wisdom and
compassion**
23. What is your greatest regret ?
Hurting a few people.
24. How would you like to die ?
Suddenly. Without a protracted process.
25. Your motto in life?
Follow Your Bliss



GO COLORS!

Leggings | Joggers | Ethnic | Palazzos | Jeggings | Pants | Denim | Culottes & more

Present across 150+ cities with over 650+ exclusive brand stores in all leading malls, high street & airports.
Shop Online at www.gocolors.com