



Francesco Arezzo
RI President 2025-26



Dr. Kameswar S. Elangbam
District Governor RID 3240



Chandana Das
President, Rotary Club of Shillong

Some moments from RC Shillong Outdoor Assembly-10th August 2025



Best in service: RRIP K R Ravindran

Rotary is the best service organisation in the world, as ratings don't lie, miracles are not fake, and the magic is not a mirage. Our greatness is not an accident or a coincidence, for we have changed many lives." Miracles do happen in the world as "Rotarians are there to make it happen. For sure, Rotary is changing the world with one miracle at a time as Rotarians are in the business of doing miracles. So please continue to do what you have been doing." RRIP K R Ravindran.

Peace on earth begins with peace of mind - By Geoffrey Johnson

It was the opening months of the COVID-19 lockdown, and students at Douglas Ewart High School in Newton Stewart, Scotland, were having trouble coping. "They came to us and said they were really struggling with their feelings and their thoughts during the pandemic," recalls Jean Best. "They wanted to devise a toolkit so that all the youngsters at the school could help themselves."

Fortunately, Best, who had a long career as a teacher and principal and as one of Her Majesty's Inspectors of Education, was in a position to help the students help themselves. In 2014, at the Rotary International Convention in Sydney, Australia, she and her husband, Keith, had inaugurated a new program called the Peace Advocate Project. Dedicated Rotarians — today they are members of the Rotary Club of the Hub of Southern Scotland, and Keith is a past governor of District 1020 — the couple wanted to ensure that young people in their community and around the world would be prepared to serve as ambassadors for peace. Working with peace fellows from the Rotary Peace Center at the University of Bradford in England, they designed a program that would help them accomplish just that.

For her efforts, Best was honored in November 2017 when Rotary members gathered at the Palais des Nations in Geneva for Rotary Day at the United

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Cloudburst: Term and Disasters

A cloudburst is an enormous amount of precipitation in a short period of time, even accompanied by hail and thunder, creating flood conditions. Cloudbursts can quickly dump large amounts of water, e.g. 25 mm of the precipitation corresponding to 25,000 metric tons per square kilometre (1 inch corresponds to 72,300 short tons over one square mile). However, cloudbursts are infrequent as they occur only via orographic lift or occasionally when a warm air parcel mixes with cooler air, resulting in sudden condensation. Orographic lifting is a meteorological phenomenon where air is forced upwards by a geographic feature like a mountain range. As the air rises, it cools, potentially leading to cloud formation and precipitation on the windward (upslope) side. The leeward (downslope) side often experiences a rain shadow effect, with less precipitation. At times, a large amount of runoff from higher elevations is mistakenly conflated with a cloudburst. The term "cloudburst" arose from the notion that clouds were akin to water balloons and could burst, resulting in rapid precipitation. Though this idea has since been disproven, the term remains in use. Recent examples include a major cloudburst in Dharali village, Uttarkashi district, Uttarakhand on August 5, 2025, triggering flash floods and landslides. Another notable event occurred in Sikkim in early October 2023, causing flash floods. A cloudburst in Himachal Pradesh in August 2020 caused landslides and damage to infrastructure in Kullu, Lahaul-Spiti, and Kinnaur. Cloudbursts, by their nature as sudden and localized extreme rainfall events, cannot be directly prevented. However, their impact can be significantly reduced through proactive measures such as early warning systems, disaster preparedness and resilient infrastructure.



Peace on earth

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Nations. There, she and five other men and women were designated Rotary People of Action: Champions of Peace. In her remarks to an animated crowd, Best proclaimed, "Without peace in ourselves we will never advance global peace."

"During COVID," Best explains, "we continued to work over Zoom with our advanced peace advocates at Douglas Ewart. They were concerned because they didn't know what to do. There was nothing in the school curriculum that trained them to deal with what they were going through. But they also said, 'If we hadn't been trained in peace advocacy, things would have been even worse.'"

As things began to return to normal, Best assembled the posts and created a new online facet of the Peace Advocate Project. "The students didn't want to call it a mental health program," she says. "They wanted it to be known as a self-care program because they maintain that's what's necessary for survival. 'If we can get into the habit of taking care of ourselves,' they reasoned, 'then we can start to help other people.' Which is great, because the Peace Advocate Project is all about helping young people empower themselves."

Down Memory Lane

When the Rotary Club of Chicago published this member roster in October 1905, the club had grown to 21 members, including two honorary members (Courtesy: Rtn. Sarad Bawri).

S. SCHIELE, Coal (Schiele Bros. Coal Co.) 1245 State Street - - - - - South 195	J. J. COMSTOCK, Commission Hardware 40 Dearborn Street - - - - - Tel.
PAUL P. HARRIS, Attorney 91 Dearborn Street - - - - - Central 2018 Auto. 5801	J. J. MURPHY (Murphy & Co., Dairymen) 45 Peck Court - - - - - Harrison 1982
G. H. LOEHR, Mining 711 Unity Building - - - - - Central 1363	DR. C. W. HAWLEY, Oculist Chicago Savings Bank Bldg., Cor. State & Madison - - - - - Central 2508
H. L. RUGGLES, Printer (H. L. Ruggles & Co.) 142 Monroe Street - - - - - Central 1120 Auto. 6477	O. C. GAYLORD, Tailor 59 Dearborn Street - - - - - Central 5835
WILLIAM JENSON (Regelin, Jenson & Co.) Real Estate, Renting and Insurance 105 Washington Street - - - - - Central 3283 Auto. 5285	A. H. A. MORTIMER (Mortimer Pure Food Co.) 67 Washington Street - - - - - Central 1981
DR. GEO. E. BAXTER, Physician 34 Washington Street - - - - - Central 2415 (11.00 A. M. to 1.00 P. M.)	J. P. SULLIVAN (J. P. Sullivan & Co., Painting and Decorating) 308 Thirty-First Street - - - - - Douglas 1080
1916 Evanston Avenue - - - - - Lake View 370 (8.30 A. M., 4 to 5, 7 to 8 P. M.)	DR. WILL R. NEFF, Dentist 1112 Republic Building - - - - - Harrison 1820
J. S. TUNNISON, Life Insurance 424 Marquette Building - - - - - Central 4043	CHAS. A. NEWTON, Insurance (H. J. Ullman & Co.) 159 La Salle Street - - - - - Central 1129
ARTHUR B. IRWIN (Standard Laundry Co.) 1818 Wabash Avenue - - - - - South 494	CHAS. P. WEIL (Weil Bros. & Co., Ruling and Binding) 298 Dearborn Street - - - - - Harrison 2246
A. L. WHITE Piano and Organ Manufacturer 315 Englewood Avenue - - - - - Normal 382	Honorary Members H. H. PORTER 1103 Stock Exchange Building
E. W. TODD, Hay and Grain 1315 Wabash Avenue - - - - - South 23	GEO. CLARK Jacksonville, Fla.

GREETINGS

*Rtn. Arandati Paul celebrates her birthday on 17th August.
The Club wishes her good health and happiness.*