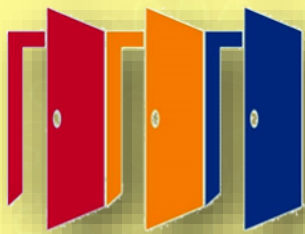


The Weekly Bulletin of the Rotary Club of Surathkal

Rotary District 3181

Charter No. 27539

ROTARY
OPENS
OPPORTUNITIES

E-SUHRITH

26th October 2020

VOL: 13 ISSUE: 15


www.rcsurathkal.org
Dear fellow Rotarians,

One current area of special emphasis for Rotary clubs is to focus on providing "new opportunities for the aging." We Rotarians are required to identify new projects serving the elderly that emphasize intergenerational activities and the integration of seniors into society and the workplace. With the substantial upswing in the worldwide population of older persons, their needs for special attention have greatly multiplied. As citizen grow older, it becomes increasingly important for them to retain their personal independence and to remain in control of their own lives to the extent possible.

We Rotarians during these days of prevailing pandemic, have to serve the older persons of our community who face problems of deteriorating health, loneliness, poor nutrition, transportation difficulties, inability to do customary chores, loss of family associations, reduced recreational opportunities, inadequate housing and limited information about available social agencies for emergency assistance. We Rotarians have to take initiative in taking up a valuable community service project to assist older persons in retirement planning and adjustment by organizing and sharing the wealth of information available within us. Some of the Rotary clubs have developed foster grandparent programs and other intergenerational activities that allow seniors to use their experience and knowledge to help young people. Rotarians often can provide services which seniors can no longer do for themselves.

Considering present situation i.e. prevailing COVID-19 pandemic the greatest need of aging individuals is frequently a mere expression of real caring and concern by thoughtful friends. All Rotarians should seriously consider how we can actively participate in programs for the aging. It is one area of community service in which there is a growing possibility that each of us may someday be on the receiving end.

We all know that pandemic has set back community economic development in most parts of the world by years. Covid-19 has reinforced the fact that for the goals to be met everyone i.e. Government, civil Society and general public including we Rotarians need to do their part. Vaccine is one of the ways to do it But Vaccines have to be equitably distributed without consideration of rich /poor, developed /developing. I firmly believe that we Rotarians can play a part with advocacy efforts with Governments, Social organisations, Pharma companies to ensure equitable distribution of vaccine. This I feel is a very good way to focus on community economic development in the coming days.



Yours in Rotary
P Raghavendra, President

We celebrate the birthdays of ...

Rtn.s Chandrakantha Marathe on 1st, B Rajagopal Samaga on 3rd, Annets Meghna R Achar on 3rd and Praveen Balakrishna Shetty (No pix) on 5th of November



E SUHRITH Conveys our Special Greetings to her on this special occasion.

Of the things we think, say or do

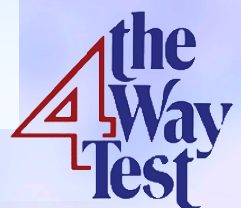
1. Is it the truth ?
2. Is it fair to all concerned ?
3. Will it build goodwill and better friendships ?
4. Will it be beneficial to all concerned ?



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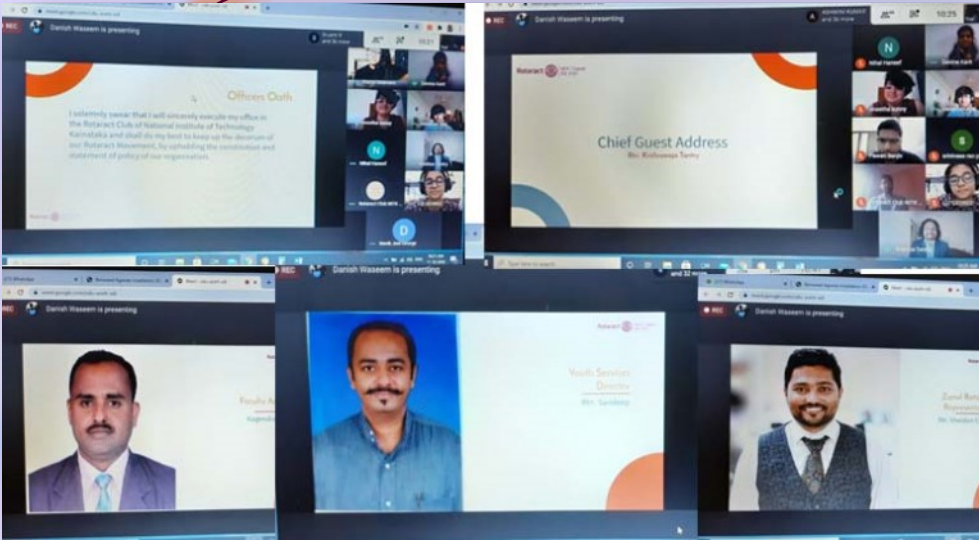
Facebook Connect: [SuhrithRotarySurathkal](https://www.facebook.com/SuhrithRotarySurathkal)

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The Header

...Editor's Eyrie...



The week that was..

On **11 October** we **installed the Rotaract Club** of NITK. It was totally an online affair and **Rtn. Krishnaraja Tantri** was the installation officer.



On **23 October** we celebrated **Vana Utsava**, with our Nagarika Salaha Samithi and NSS of GDC with RCC President Sathish Sadananda planting a tree in the GDC premises. We also had a chance to inspect the progress of our Miyavaki 1 urban forest.



On **24 Oct.** conducted the **End Polio Webinar** in celebration of World Polio Day. **RC Mangalore Downtown** was the main host with all the clubs of the Zones 2 & 3 co hosting. **DG Rtn. Ranganath Bhat** and **Rtn. Dr. Harish Nayak** were the guests of honour.

Dr Aravind Bhat,
Secretary





Zonal Indoor Competition

08.11.2020 Host- Rotary club of Mangalore Hillside, R I Dist.3181

Venue: Fr. Muller's Hospital Sports Complex

Rules and Regulations:

1. Participation:

Singles Events: Any No of participants are allowed in each category from each club for Shuttle Badminton and Table Tennis

Double Events: Two teams per club

Age category not applies to Carrom & Chess. Its team per Club.

Note: a) One participant can take part in only one event.(For e.g. if he is playing Shuttle Badminton he can play in both Singles and Doubles in his age group .But cannot participate in any other events.)

b) Lady Rotarians can play in Anns category.

2. Fees:

Each club is required to remit the entry fee as prescribed by Zonal Sports Committee i.e Rs. 100/- Per Member of Club (Not Participants) by way of cheque or NEFT in favour of Rotary Club of Mangalore Hillside.

Bank Details - ROTARY CLUB OF MANGALORE HILLSIDE

CANARA BANK, VALENCIA Br

IFSC – CNRB0000652 Account No - 0652101032330

Registration forms along with fee should reach club President or Treasurer **on or before 31st Oct 2020**

No entry allowed after cut of date. Fixures will taken well in advance and will inform to all the clubs by 5TH NOV 2020

Due to covid19 , only participants are allowed to enter the venue.

Clubs are requested to co –operate for smooth functioning of the event.

3. Rules and Regulations ;

Will be Circulated along with fixtures

4. Registration:

Kindly send the list of participants in different groups for different events before 31st Oct 2020 . **There is NO spot registration.**

5 Timings:

All matches will commence at 8.00 a.m. and we have to will finish by Noon.

Participants are requested to adhere to the timings.

6. Food:

Breakfast (7.30 am to 8.30am) and lunch will be served.

7. Sportsmanship:

Let us respect the rules and decision of umpires.

8. Fixtures:

Fixtures will be put on Zonal Whatsapp group and will be mailed to the President/contact person on 5th Nov 2020.

9. Sports shoes:

All Participants requested to wear sports shoes (NON MARKING SHOES) while participating in the event.

Rtn. Rajesh Vasani Rtn. Suresh Kini M

Secretary President

For any clarification please contact: **Rtn.PHF B.S Anil Rao**, Event Conveners (Indoor Games), Mobile No.**9880037110**

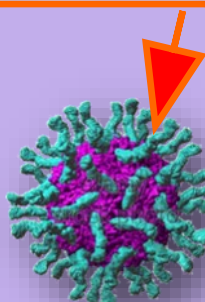
PLEASE NOTE: Matches Of Zone 2 And Zone 3will Be Conducted In Separate Pools And Winners Will Be Declared Separately



On **13th January 2014**

India was officially declared as **Poliofree.**

NOW IS THE TIME FOR MORE VIGIL



PolioPlus



Rotary International



We deeply mourn
the demise of

Smt. Sunanda Srinivasa Rao

(Mother of
Rtn. Sathish Rao Iddya and
Grand mother of **Rtn. Sandeep Rao Iddya**)

on the **24th of October 2020**.
We record our condolences and
share the grief with the family.

Knowing when to quit

On May 22, 2019, Mount Everest saw a traffic jam as 300 mountaineers made it to the summit that day, creating a traffic jam, a picture of which went viral the next day. German alpinist, David Gottler, was not among those who summited. He was just 200 meters from the peak when he turned back. David was also among the lucky ones, This spring, the Everest climb saw 21 mountaineers die while attempting to scale the world's highest peak - the highest number to die so far!

Why did he turn back despite being an experienced climber who had already conquered five of the 14 different 8000m peaks on Earth, reaching the summits of Gasherbrum II (8035m), Broad Peak (8051m), Dhaulagiri (8167m), Lhotse (8516m) and Makalu (8481m), as well as ascending to 8200m on K2 (8611m)? He took a crucial decision. That day that the risks were way too much to attempt to summit despite being so close.

His experience told him that the crowd trying to reach the peak would make him wait for his turn which could prove fatal as above 26,000 feet you are in the death zone when there isn't enough oxygen for humans to breathe. The summit of Mount Everest is 8,848 meters (29,029 feet) high, an elevation at which each breath contains only one-third of the oxygen found at sea level. And David was a purist who was climbing without supplemental oxygen.

At only 200 meters from the peak David took perhaps the most sensible and courageous decision of his life - to give up the climb and come down.* He didn't win the mountain that day, but he won over his ego. Only a man without an ego can decide when to give up and when to clench your teeth and push on regardless.

All our lives we have been constantly told by motivational speakers and others, never to give up and yet here was an experienced mountaineer who simply says that making it to the peak is not all that matters, when even the less experienced ones were summiting that day.*

There were many who went up that day, but in the process exhausted their oxygen supplies while waiting for the queue of other mountaineers to clear up before they could summit. Some of them ran out of oxygen on the way down and died. The true climbers respect the mountains and as Sir Edmund Hillary, the first man to set foot on Mount Everest said; "Human life is far more important than just getting to the top of a mountain." There are climbers who climb to enjoy the view and not always to plant a flag on the peak. Sometimes in our lives it is more important on how we enjoy living than how "successful" we are in the eyes of others or even ourselves.

Quitting takes a lot of courage and sometimes only the wise can give up even when success seems so near. They always ask themselves: What is the cost of winning? Is it worth to scale the summit?

Sent in by Rtn.Ravilochan

