



EDGE

Inhouse magazine of Rotary Club of Thane Skyline
October '24 issue

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Club President 24-25

Rtn. Daly John
Club Secretary 24-25

PP.L.K.Barathi
Bulletin Editor



We meet every Sunday at 9.30am at Western India Wire Industries meeting room Opp.Maitri Gardens, Pokhran Rd No2, Thane West



Stephanie A. Urchick RI President 24-25

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.

SEIZING THE OPPORTUNITIES OF OCTOBER

October, a month dedicated to Economic and Community Development, offers a unique platform for Rotary to make a significant impact.

As we celebrate the auspicious festivals of Navratri, Durga Puja, and Dussehra, let us also embrace the spirit of service and community engagement that defines our Rotary ethos.

September has been a month of remarkable achievements for our District, with clubs demonstrating their dedication to Basic Education and Literacy, Nation Builder Awards, Mega Projects, and individual club initiatives.

I am truly impressed by the passion and momentum displayed by our clubs.

I extend my sincere gratitude to all the clubs that have entrusted me with the responsibility of leading the NIK-shay Mitra initiative, feeding the poor, and championing mental health, CPR, and COLS initiatives.

I am particularly proud of the clubs that took the lead in celebrating Hindi Diwas and participating in the TRF seminar, which were significant milestones for our District.

October promises to be a month filled with Rotary activities. While I encourage individual clubs to focus on their areas of expertise and continue their sustainable projects, I urge you to participate wholeheartedly in our District's MOU and JDS Projects.

Together, we can achieve even more through collaboration and shared efforts. I also invite you to join us for the District's Festival Programs, which celebrate the rich diversity of our motherland.

The District Onam Celebration was a delightful experience, showcasing the beauty of Kerala's culture.

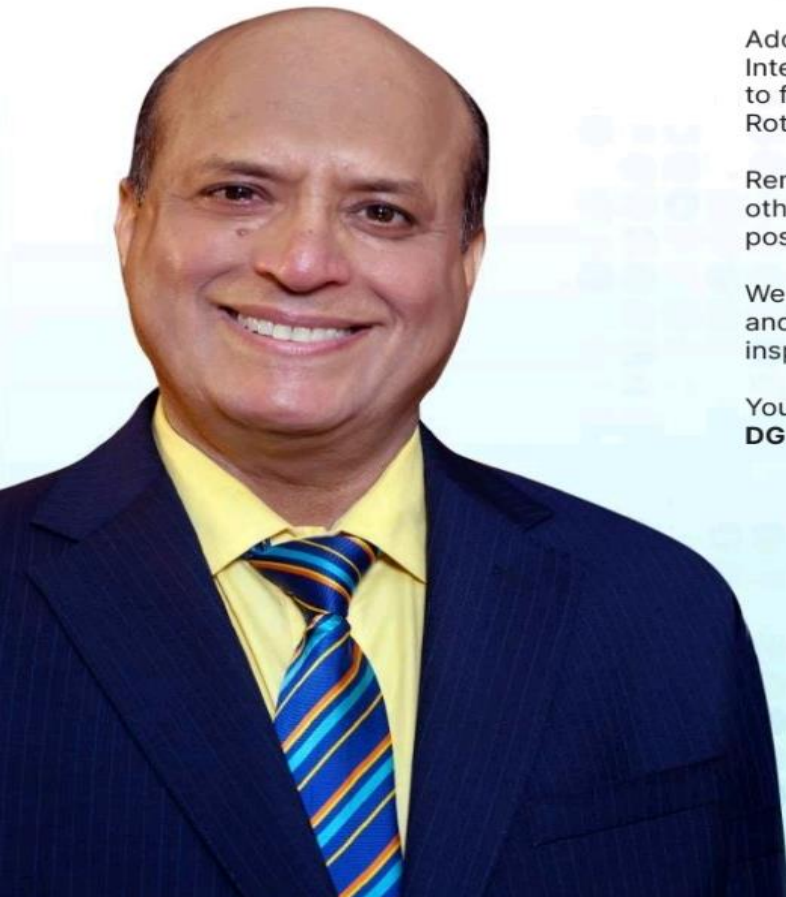
The upcoming District Navratri and Dussehra Celebration, hosted by the Rotary Club of Hiranandani Estate, promises to be another memorable event.

Additionally, I encourage you to participate in the Inter District Program "HUMSAFAR," which aims to foster fellowship and camaraderie among Rotarians through exciting car rallies.

Remember, Rotary is about connecting with others, serving our communities, and making a positive difference in the world.

Welcome the opportunities that October presents and continue to be beacons of hope and inspiration.

Yours in Rotary,
DG Dinesh Mehta





President Murli's monthly letter

Dear Skyliners

Warm Greetings!

October month this year was dedicated to Community and Economic Development offering us in Rotary a unique opportunity and forum to make a significant impact in the communities we are part of. We also celebrated with much energy and enthusiasm the major festivals this month, like auspicious festival of Navratri , Durga Puja and Dussera . We all embraced the spirit of service and community engagement for the larger welfare of our society.

The Skyliners team celebrated these festivals with much reverence and devotion. I am sure all of you must have been benefited from the positive energy and blessings during these festivals.

On the Club front, we continue to make positive progress in our desire and ambition to work together as team and create a strong base of a vibrant club.

On projects front also we made significant progress by organizing projects of much value. We organized a talk on Good Touch / Bad Touch for students of Anmol Vidya Mandi distributed study Apps for 10 th standard students at this school as well as Zion English School at Kalher . I am sure, these will help the students and teachers as they prepare for their 10 th class

exams in months to come and score better marks and utilize their time and effort more efficiently with the help of this Study App .

Our club delivered several lectures to students and teachers plus several Rotary Clubs on “Mindful Driving”, helping in saving precious lives and limbs due to road crashes . Also, impactful sessions were delivered for “Managing Mobile Mania” to help people navigate through the very addictive Mobile usage

Our club participated in several District events and mad our presence felt – We were Silver sponsors for 1st District TRF seminar, which had PRIP Mark Maloney present and we also participated in very engaging and refreshing “Hindi Diwas “programs plus the Dussehra Celebrations where we were witness to “Ram Katha” and witnessed Ayodhya return of Lord Rama, live.

Our family day celebration on 1 st Oct was a resound success with several members participating and just yesterday we had a very energetic and musical Deepawali Get together of our Club. All the members were in festive spirits and mood, and it was singing, dancing, fun and food all the way.

Friends, I take this opportunity to Thank You all once again for your continued support to take our club to a position of strength and Pride.

Wishing you and your families a very happy and auspicious Deepawali Festival

**Deepawali
greetings to all
the readers**

Skyline First Lady's Monthly letter



Dear Skyline family

The month of October has been full of festivals. starting with Navratri and culminating in Dusshera celebrations and now we are during festival of lights and cheer – Deepawali.

As a first time Rotarian and First Lady of the Club, I got opportunity to be part of and see from close quarter the colorful celebrations of our festivals during this period. Until now, I did not know of or participate in such beautiful programs of Rotary clubs and Rotary District 3142 .

I had opportunity to participate in Dandia and Garbha program and Mangla Maha gaur festivals so far. Later participation in Dusshera festival was a magical experience, where we witnessed the recreation of Ram Durbar and saw the Ram Katha through the eyes of Luv Kush and witnessed the enactment of return of Ram ji, Sitaji and Lakshman ji along with Hunuman ji back to Ayodhya after 14 years in exile. This was a really emotional and exhilarating moment for all of us.

Later our club organized a very colorful and musical Deepawali get together , in which almost all the club members participated with best of colors and energy . Everyone was singing, dancing and having a good time. This was such a great moment for our club. These festivals really help all of us come together and spend good time in each other's company.

In last few days, we visited a series of district programs like- Killa Mahotsav , where enthusiastic children created the glory of Maharashtra by making some beautiful killas (Forts) later Deepawali Pahat was the highlight where we were part of an extremely well-organized musical and Maharashtrian dance treat to soak in the celebrations of Deepawali and festivities

The month of October has really been extraordinary and soul stirring. I would like to request all the skyline family members , whether there are designated festivals or not we should approach every day as a “Festival of Life” and fill our days with love , laughter and brightness.

I wish you all a very happy , healthy and bright Deepawali festival. May your lives be filled with immense joy.

Yours in Service
First Lady (24-25)
Reetu Sundrani.

By: PP.Satish Watve



Welcome to my 2nd episode – The Ayudh- the development

Today, we dive into the fascinating story of human history.

Let's start from the beginning. The origins of the first humans, vastly different from us, date back approximately 200,000 to 2 million years ago, although scientists continue to debate this timeline. Fossil records and radiocarbon dating reveal that around 200,000 years ago, early humans, resembling modern Homo sapiens, roamed the Earth.

Initially, these early humans lived as gatherers, foraging for fruits, seeds, leaves, roots, and eggs, much like monkeys. During evolution, they developed hunting skills, crafting primitive weapons like sharpened stones, sticks, and spears with stone heads. As human societies grew, so did their arsenal, with the introduction of bows and arrows.

The recorded history of humans begins with the emergence of civilizations, sparked by the development of agriculture.

Now, let us explore some intriguing facts about the timeline of human history and weapon development, keeping in mind that the dates below are approximate.

Years Ago, Period Weapons

200000 – 12000 Prehistoric – Early humans Stones, sticks .

12000- 6000 Emerging civilisations – agriculture, Bow and arrows made of stone, spears

6000- 3500 Bronze age, Indus valley, Vedic period start, Rigveda compiled, Regular use of metal bronze in weapons, knives and daggers .

3500 - 2000 Ancient period, Iron age, all our Vedas, Ramayana and Mahabharata compiled.

Weapons refined, Bows (Dhanush) , sword (khadga), Mace(gada), Spear (bhala), Trident (trishul) made from Iron.

2000- 200 Medieval period , golden age, Chanakya, Chandragupta, Turkish Persian Mogul kingdoms, Marathas, Britishers.

Though Historical records and physical evidence support the development of these weapons throughout different eras.

However, ancient scriptures describe certain divine weapons, such as Indra's Vajra (thunderbolt), Lord Vishnu's Sudarshan Chakra, and the Divyastra (powerful divine weapons wielded by legendary warriors like Shri Ramchandra and Arjuna), which seem to surpass the technological capabilities of their time. Notably, these extraordinary weapons lack archaeological evidence to substantiate their existence.

In subsequent chapters, we will explore the evolution of modern weaponry, spanning approximately the last 200 years to the present day.

Club meetings



We had a joint club meeting with RCT Ghodbundar and RTC Horizon with an informative presentation by Rtn. Lucky Kasat on the “ Indian Constitution”. It had an interactive audience of over 40. Rtn. Lucky made the session insightful by highlighting hidden secrets about the making of the constitution and its unsung heroes.



Two new members Rtn. Guneet and Dr. John were inducted. They were decorated by PDG. Kailash and the induction speech was delivered by PP. Satish.

Fellowship fostering



Fun filled monthly family night jointly hosted by President Murli, PP. Ashok and Rtn. Vijay celebrating the President's birthday. It included cake cutting, delicious dinner, continuous music and lastly candlelight dancing. An evening to remember. Rtn. Vijay was recognised and awarded a citation for being an exceptional and exemplary Rotarian.



Deepavali milan was celebrated with fun and joy with melodious music and delicious lunch. Was attended by most of the members and a few district dignitaries

Community Service – White Cane Day



RCTS celebrates white cane day every year to celebrate the achievements of the visually impaired and the important symbol and tool of their independence. This year the event was attended by over 250 visually impaired and many of our members. Besides, 400 canes, groceries, goodies, snacks and refreshments were distributed to them. Rtn. Anjali led the event well from the front.



Achievers' Tales



Yash Kallore s/o. Rtn. Neeta and Mahendra is undergoing commercial pilot's training at the Baramati Flying school. Our good wishes to him.



PE. Daly visited the 50 year old Rotary Club of Tiruvalla in Kerala. She exchanged greetings to the 65 members club and updated them about our club's achievements over the years. Kudos to PE. Daly



Congratulations and our good wishes to Ishali d/o. Rtn. Mahendra & R'ann. Bharati on commencing higher studies at a reputed University near Berlin.

Happy Wedding Anniversary

10/11 – Pres. Murli & FL. Reetu
25/11 – Rtn. Ramesh & R'Ann. Smriti.
27/11 – PPs. Kamal & Sangita.



Rtn. Rekha has won 4 gold and silver medals in Maharashtra State swimming championship held by Swimming Federation of India in Nasik recently. She is selected for national swimming championship in Bhopal in November 24. Congratulations to her!!



HAPPY HAPPY HAPPY HAPPY BIRTHDAY

13/11 – Rtn. Reita &
Rtr. Rommel s/o. Rtns. Dr. John & Daly.
15/11 – Mahendra h/o. Rtn. Neeta &
Nishtha d/o. Rtn. Ramesh & R'Ann. Smriti.
16/11 – Rtn. Baiju.
20/11 – Rtn. Chandrasekhar &
Ishali Jadhav d/o. Rtn. Mahendra & R'Ann.
Bharati.
22/11 – Harita d/o. Rtn. Hemant & R'Ann.
Hemangi.
26/11 – Vishal s/o. Rtn. Reita.



Our Retractors had a review cum orientation meeting under the guidance of District Rotaract chair PP. Vijay Kewalramani.

Community Service - Literacy



District initiated Sarathi education application was distributed to close to 400 10th standard schools in three schools in and around Thane



An awareness session on “Good touch, bad touch” by Rtn.Dr.Supriya Chincholkar was held for higher grade students at Anmol Vidya Mandir. Close to 30 students benefited.



Mindfulness - a sourced article

Mindfulness is the practice of bringing one's attention fully into the present moment, embracing it without judgment.

Originating from ancient Buddhist traditions, mindfulness has become widely recognized for its mental health benefits in modern times. The practice involves focusing on one's breath, bodily sensations, and thoughts as they arise, helping people become aware of their habitual reactions and letting go of stress.

Studies show that regular mindfulness practices can improve concentration, reduce anxiety, and enhance emotional resilience. By training the mind to observe thoughts and emotions without being overwhelmed, mindfulness allows individuals to respond more thoughtfully to challenges rather than react impulsively.

Techniques like meditation, mindful walking, and breathing exercises are popular ways to incorporate mindfulness into daily life.

Mindfulness also fosters a greater sense of gratitude, self-compassion, and awareness of one's surroundings. It teaches individuals to appreciate the simple moments, whether sipping tea or walking in nature. Practicing mindfulness doesn't require much time; even a few minutes each day can have significant positive effects.

Overall, mindfulness is a powerful tool for cultivating inner peace and clarity, enabling individuals to navigate life's ups and downs with grace and resilience.



Best Mindfulness Books:

- 1. The Power of Now by Eckhart Tolle
- 2. Wherever You Go, There You Are by Jon Kabat-Zinn ...
- 3. Untethered Soul: The Journey Beyond Yourself by Michael A. Singer ...
- 4. Meditation is Not What You Think by Jon Kabat-Zinn ...
- 5. Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster By Linda Graham

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