



# ROTAVAR



Bulletin of ROTARY CLUB OF HONAVAR

SERVICE ABOVE SELF

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Editor : Rtn. Narayan Yaji

<b>R I President :</b> Rtn. Stephanie Urchick	<b>Dist. Governor :</b> Rtn. Sharad Pai	<b>Asst. Governor :</b> Rtn. Raghavendra Prabhu	<b>Club President :</b> Rtn. Suryakant Sarang	<b>Club Secretary :</b> Rtn. M. M. Hegde	<b>Co. Editor</b> Rtn. Rajeev Shanbhag
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## ROTARY INTERNATIONAL PRESIDENTIAL MESSAGE FOR THE FEBRUARY 2025

**Stephanie A. Urchick**  
**R. I. President 2024-25**

This month, as we come together for the International Assembly and the Presidential Peace Conference, we celebrate The Magic of Rotary — a unique blend of global connection, vision, and action that empowers us to create lasting change.

One of the most inspiring examples is our Rotary Peace Fellowship program, a cornerstone of Rotary's mission to build a more peaceful and just world.

For more than 23 years, Rotary Peace Fellowships have been transforming communities. Our Rotary Peace Centers, hosted at leading universities around the globe, have educated over 1,800 fellows who now work in more than 140 countries.

These centers cultivate expertise in fields like conflict resolution, sustainable development, and peacebuilding, preparing fellows to tackle some of the world's most pressing challenges. This program exemplifies how Rotary turns vision into action, creating a ripple effect of hope and change.

This month during the Presidential Peace Conference, we celebrate a significant milestone with the opening of our newest peace center in Istanbul. This center will focus on training leaders to address peacebuilding challenges in the Middle East and North Africa, further extending Rotary's impact.

Peace fellows are dedicated champions of transformation, addressing critical issues such as refugee resettlement, youth and women's empowerment, and reconciliation in conflict zones. Many founded vital organizations or hold leadership roles in governments, nongovernmental organizations, and international institutions like the United Nations and World Bank.

One inspiring story is that of Ntang Julius Meleng, a 2024 Rotary Peace Fellow at Makerere University in Uganda. Through his Social Change Initiative, Julius has worked to empower young people in Cameroon to take active roles

in peacebuilding and leadership.

His project provided training in conflict prevention, civic engagement, and leadership to youths and community officials in areas affected by conflict, equipping people to drive sustainable peace efforts.

Julius harnessed Rotary's global network to overcome obstacles, including limited funding and security risks, and make a meaningful impact.

The Rotary Peace Fellowship gave Julius the tools and support to turn his vision into reality. His work embodies The Magic of Rotary — the transformative power of connecting people, sharing resources, and uniting for a common purpose.

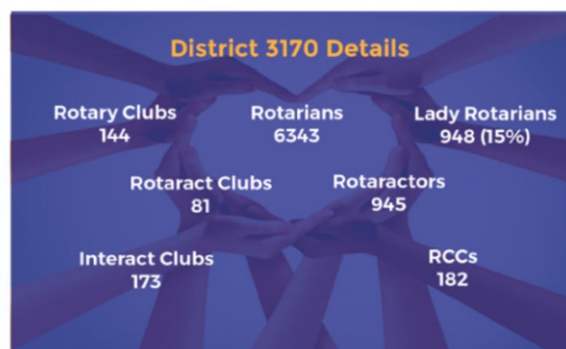
As we reflect on the achievements of our peace fellows and celebrate Rotary's enduring commitment to peace, let us also recognize the role that everyone in our network of 1.2 million members plays in creating magic through service.

Together, we can amplify our impact, inspire new generations of leaders, and build a brighter, more peaceful future. enthusiasm, living The Magic of Rotary.

**Rtn. Sharad Pai**  
**Dist Governor 3170**



## ROTARY REACH THE EXPANSIVE NETWORK OF ROTARY CLUBS





## *The President's Pen..* 🖋️

**Rtn. Suryakanth Sarang**  
**President**

**Dear Fellow Rotarians,**

As we step into a new year of service and fellowship, I am filled with immense pride and gratitude for the unwavering dedication and generosity of our club members and supporters. It has been an incredibly fulfilling month, marked by several remarkable social initiatives that have left a lasting impact on the lives of those we serve. I am excited to share the details of some of these initiatives with you, and I hope that they inspire each one of us to continue our mission of "Service Above Self."

### **Free Dental Health Check-Up Camp & Free Denture Fixing Camp @ KMC Manipal Hospital:**

One of the standout initiatives was our Free Dental Health Check-Up Camp held in partnership with KMC Manipal Hospital. Over two days, our club provided essential dental care to over 470 individuals, offering free consultations, cleaning, and basic treatments. For many of the patients, this camp served as an opportunity to access quality dental care they otherwise could not afford.

In addition to the check-ups, we were able to offer free denture fixing procedures for individuals in need of urgent dental work, ensuring that they left with healthier smiles and renewed confidence. This initiative would not have been possible without the extraordinary support of our medical partners at KMC Manipal Hospital, and we are truly grateful for their collaboration. A heartfelt thank you to all the Rotarians who volunteered their time and energy to make this camp a resounding success.

### **Rapid Chess Tournament for Children:**

Another event that brought joy to our community was the Rapid Chess Tournament organized for children. The event saw enthusiastic participation from budding chess players across the city, with over 145 children competing in a fast-paced, exciting format. It was incredible to witness the sharp minds and strategic thinking of these young competitors, and we were thrilled to offer them a platform to showcase their talent.

The tournament not only encouraged children to engage in intellectual growth but also promoted sportsmanship, discipline, and the importance of mental fitness. A big thank you to all the volunteers and Rotarians who made the event run smoothly. Additionally, special thanks to our partners and sponsors for their support in making this event a memorable one.

### **Republic Day Cycle Race in Association with Godwin Cycles:**

On Republic Day, our club organized a Cycle Race in collaboration with Godwin Cycle Stores. This exciting event brought together cycling enthusiasts of all ages to celebrate our nation's spirit of unity and freedom. The race attracted participants from various age groups, from children to seasoned cyclists, all riding together for a noble cause.

The event not only promoted fitness and eco-friendly transportation but also provided an opportunity to raise funds for our ongoing charity initiatives. The collaboration with Godwin Cycles ensured the race was a resounding success, and we sincerely appreciate their generous sponsorship and involvement. The enthusiasm of the participants and the energy of the day was truly inspiring.

### **Other Charity Events:**

In addition to these major events, our club has also been actively involved in various charity initiatives aimed at supporting those in need. We have distributed food and essential supplies to underprivileged families, assisted in providing medical aid to the elderly, and continue to work on our long-term community development projects. Every act of kindness, no matter how small, contributes to making our society a better place, and it is with this collective spirit that we continue to achieve great things.

### **Gratitude to Philanthropists and Rotarians:**

None of these activities would have been possible without the support of our club's philanthropists and dedicated Rotarians. Your generosity, both in terms of time and financial contributions, has been the driving force behind the success of these events. I extend my heartfelt gratitude to all of you for your continued involvement and commitment to making a difference.

Together, we continue to exemplify the Rotary motto of "Service Above Self". As we move forward into the year, let us keep this spirit alive and work together to create even more meaningful opportunities for service and community impact.

Thank you once again for your tireless efforts, and I look forward to our continued collaboration in the months ahead.



## Editorial :

### Service Above Self: Upholding Rotary's Spirit Amid Modern Challenges

Rtn. Narayan Yaji  
Editor

In today's fast-paced and often fragmented world, staying true to Rotary's core values presents unique challenges for Rotarians. The increasing dominance of individualism, economic inequality, political division, and the pursuit of personal success sometimes makes the principle of "Service Above Self" feel distant. Yet, the essence of this motto is more crucial than ever. It offers guidance for navigating modern challenges and reminds us of the impact selflessness can have on both the individual and the world.

One of the primary challenges Rotarians face today is the rise of self-interest and materialism. In many parts of the world, the focus has shifted to personal achievement and wealth, often at the expense of the collective good. This can create a conflict for Rotarians who are committed to service, as the values of service and compassion may clash with societal pressures to prioritize individual gain. Yet, "Service Above Self" calls on us to rise above these pressures and remain dedicated to helping others.

Another challenge is the overwhelming influence of digital distractions. In a world full of information overload, it's easy to lose sight of the real needs within our communities. Social media, constant news cycles, and digital technology can pull us away from the face-to-face connections that Rotary depends on to make an impact. However, the power of human connection, central to the work we do, cannot be replaced by screens. Rotarians are reminded that the value of service lies not in virtual engagement, but in real, meaningful actions that bring about change.

Furthermore, global crises such as poverty, climate change, and healthcare disparities present complex and daunting problems. These issues are urgent and often overwhelming, making it difficult to know where to begin. Yet, this is where "He Profits Most Who Serves Best" becomes incredibly relevant. Arthur Frederick Sheldon's words, introduced in 1911, remind us that the true measure of success is not wealth or status but how we serve others. Serving the community—whether through healthcare, education, or environmental sustainability—brings not just positive change, but personal fulfillment as well.

At the Honavar Rotary Club, we continue to face these challenges head-on. Despite financial constraints, resource limitations, and the complexities of social issues, we remain committed to our mission. Our ongoing projects, ranging from education to health and the environment, exemplify how service remains at the heart of our work. It is in the face of adversity that our true resolve is tested, and it is in overcoming these obstacles that we realize the profound impact of our collective efforts.

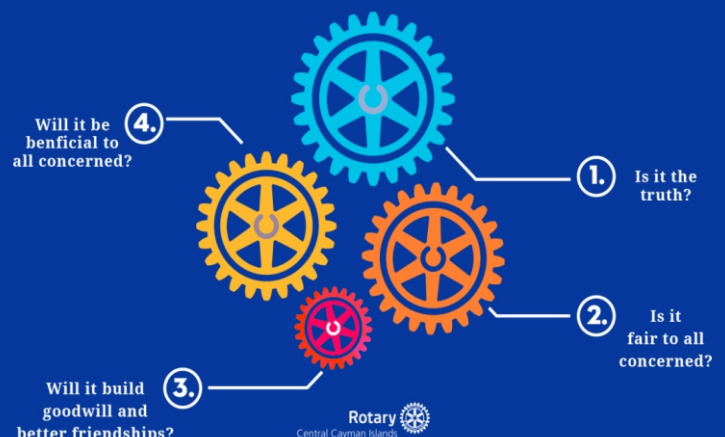
The mottos "He Profits Most Who Serves Best" and "Service Above Self" are not just ideals—they are powerful calls to action. They remind us that true success comes not from what we accumulate but from what we give to others. By committing to selfless service, we contribute to solving some of the world's most pressing problems while simultaneously enriching our own lives.

In a world that often feels divided and driven by competition, let us hold firm to the values that have defined Rotary for over a century. Let us remember that in service, we not only improve the lives of others but also find greater purpose and unity within our own. As we continue to embody "Service Above Self", we reinforce that "One Profits Most Who Serves Best"—because in giving, we all stand to benefit.

### ROTARY EXCHANGE RATES February - 2025



### THE ROTARY 4-WAY TEST





# FROM THE DESK OF THE SECRETARY

## ACTIVITIES IN THE MONTH OF JANUARY 2025 & FEBRUARY 2025

**Rtn. Manjunath M. Hegde**  
Secretary 2024-25



Dear Fellow Rotarians,

It is my privilege to provide an overview of our club's dynamic activities and initiatives held during the month of January and February 2025

Our club being the part of Rotary International, dedicated to service and community improvement. Our activities encompass a wide range of initiatives aimed at fostering peace, fighting disease, providing clean water, supporting education, and growing local economies. Recent efforts include launching vocational training programs for women, organizing health clinics, and funding educational scholarships. We engage in numerous projects worldwide, driven by the commitment of our members to create positive, lasting change. Our work reflects Rotary's core values of service, leadership, and community, as we strive to address pressing issues and make a meaningful impact in the lives of individuals and communities globally.

Here are the glimpses of the Activities:



**MHM PROGRAM No - 8**  
Organized MHM program for the 7th, 8th, 9th, and 10th Standard students of MPE Society Central School, Honavar.  
Resource person: Ann Dr. Amruta G Balkur  
Around 75 students were benefited.



**MHM PROGRAM No - 9**  
Organized MHM program for the 8th, 9th and 10th Standard students of Karnataka Public School, Manki. Resource person : Dr. Ujjwala Pai  
Around 119 students were benefited.



**Glimpses of Rtn. Vishnu Baleri Memorial Taluka Level under-16 Rapid Chess Tournament**







## **Know your Rotary**

### **Rotary Youth Exchange: In pursuit of a program**

By Rtn. Rajesh Naik



**Though Rotary Youth Exchange was officially recognized as a Rotary activity in 1975, Rotary members have facilitated exchanges since the 1920s. Their efforts over the decades have built an exchange program that now attracts, on average, 7,500 participants annually.**

#### **Early concepts**

In 1927, Rotary International received two proposals for international youth exchanges: one suggested creating exchanges for children of Rotarians, and the other focused on exchanges for vocational purposes. The proposals, along with others that would involve youth travel, were studied by a special committee. Almost a year later, the committee acknowledged the many benefits of such exchanges but recommended that Rotary International not manage them.

A few months later, in June 1928, the Board of Directors reached a similar conclusion. The Board did not favor creating a Rotary International exchange program or establishing committees in various countries to support them. It didn't, however, discourage Rotary clubs from organizing exchanges on their own.

Only a month later, the Board had a partial change of opinion, giving "moral approval" to the efforts of Rotarians in Europe to create vocational exchanges for young people and agreeing that Rotary International's office in Zurich, Switzerland, could provide some support to interested clubs in Europe.

Recognizing the growing interest in exchanges, the Rotary Club of Copenhagen, Denmark, hosted an international conference on youth exchange in June 1929. Attendees came from twelve countries, including England, France, Germany, and the United States.

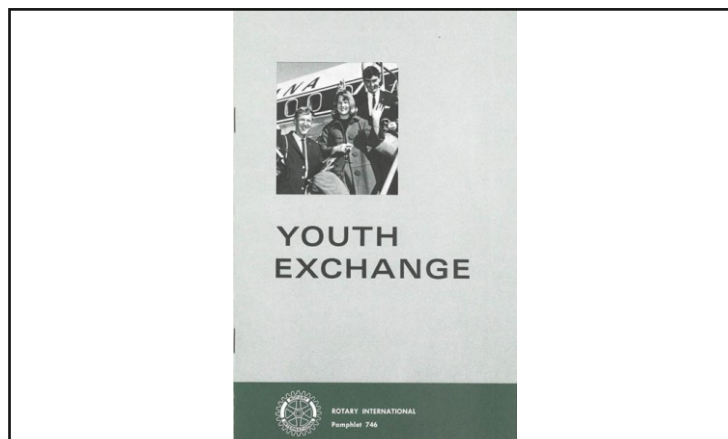
Rotary International remained reluctant to commit itself to the centralized management of such exchanges but continued to assure members that exchanges were a worthy local undertaking. Clubs were encouraged to have their International Service and Boys Work committees do this work and cooperate with other agencies engaged in exchanges.

#### **A program takes shape**

In January 1966, the Board tentatively supported youth exchange programs but still did not give its official approval. A worldwide survey of the youth exchanges that were already going on worldwide was planned. By the end of the decade, the Board authorized at least one multidistrict exchange program, and Rotary published a pamphlet with guidelines for international exchanges.

#### **Formal recognition**

Noting that Rotary International was already somewhat involved in this activity, two American Rotary clubs asked the 1974 Council on Legislation, a part of Rotary's governance, to establish an international student exchange program "as an activity of Rotary International."







## The Rotary Designated month

### Rotary's Peace Building and Conflict Prevention

### Month: February

By Rtn. G. P. Hegde



February is a special month in the Rotary calendar, dedicated to Peace Building and Conflict Prevention, one of Rotary International's six areas of focus. During this month, Rotarians worldwide reflect on and amplify their efforts to promote peace, prevent conflict and foster understanding in communities across the globe.

#### The Importance of Peace Building:

Peace is more than the absence of conflict. It is the foundation of inclusive societies where individuals can thrive and reach their full potential. However, many regions face ongoing challenges, including political unrest, ethnic tensions and resource-based conflicts. Rotary recognizes that sustainable peace is a process requiring collaboration, education and proactive measures.

Rotary's peace initiatives align with the United Nations' Sustainable Development Goal 16: "Promote peaceful and inclusive societies for sustainable development." Rotary clubs and districts are encouraged to initiate projects and partnerships that address the root causes of conflict, such as poverty, inequality, lack of access to education and inadequate healthcare.

#### Rotary's Role in Peace Building:

Rotary International has long been a champion of peace through its global network of 1.4 million members in over 46,000 clubs. Rotary's peace efforts are multifaceted and all-encompassing:

- ★ **Peace Fellowships:** Rotary International annually selects up to 130 individuals to study at its Rotary Peace Centers, located in top universities around the world. These fellows receive advanced training in conflict resolution, peace studies and leadership, equipping them to become change-makers in their communities.
- ★ **Community-Based Projects:** Rotary clubs implement projects aimed at addressing local and regional conflict drivers. These include:
  - ✓ Promoting dialogue and reconciliation in divided communities.
  - ✓ Supporting vocational training for at-risk youth to reduce unemployment and crime.
  - ✓ Providing access to clean water and sanitation to prevent disputes over resources.
  - ✓ Partnerships: Rotary collaborates with organizations such as the United Nations, the Institute for Economics and Peace and local governments to amplify its impact.
- ★ **Education and Awareness:** Rotarians use February to host events, webinars and campaigns that raise awareness about the importance of peace. Educational programs are designed to empower communities with conflict-resolution skills and foster mutual respect.

#### Key Activities During February:

Rotary clubs worldwide celebrate Peace Building and Conflict Prevention Month through diverse activities. Examples include:

- ✿ **Peace Forums:** Hosting discussions featuring peace experts, diplomats and local leaders to explore strategies for conflict prevention.
- ✿ **Youth Engagement:** Organizing workshops for young people on leadership, empathy and non-violent

communication.

✿ Community Projects: Implementing local initiatives that address specific issues contributing to unrest, such as hunger, illiteracy or healthcare disparities.

✿ Collaborative Events: Partnering with schools, NGOs and other stakeholders to promote inclusivity and intercultural understanding.

#### How You Can Contribute :

Support Rotary Peace Centers: Donations to The Rotary Foundation help fund peace fellowships and scholarships for future peace leaders.

Join Local Initiatives: Volunteer with your local Rotary club to participate in community peace-building projects.

Raise Awareness: Use social media platforms to share stories of successful Rotary peace projects and encourage others to get involved.

Advocate for Dialogue: Encourage open and respectful conversations in your community to address differences and build trust.

#### Spotlight on Success Stories:

Rwanda's Healing Process: Rotary played a pivotal role in post-genocide Rwanda, supporting reconciliation efforts through vocational training and education programs that brought together survivors and perpetrators.

Peace in Colombia: Rotary members in Colombia worked with government and local leaders to promote peace agreements and reintegrate former combatants into society.

#### Looking Beyond:

While February highlights Rotary's commitment to peace building and conflict prevention, these efforts extend year-round. Rotary's vision of a peaceful world is built on the belief that change begins at the community level and spreads through collaboration and persistence.

This February, Rotary invites everyone—members and non-members alike—to join the mission of creating a world where peace is not just an ideal but a lived reality. Together, we can lay the foundation for a more harmonious and equitable future.

## Subhashita

मनस्थेकं वचस्थेकं कर्मण्येकं महात्मनाम् ।  
मनस्यन्यह वचस्यन्यद् कर्मण्यन्यह  
कुअशत्मनाम् ॥

#### Meaning :

The noble men have the same in their mind,  
word and deed. The wicked once have  
something different in mind,  
word and deed.



- Compiled by  
Rtn. Dr. Pratibha Balkur



## The Mission of the Rotary International

**Our mission. We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.**





## THE OFFICIAL ROTARY FLAG

by Rtn. S. M. Bhat



An official flag was formally adopted by Rotary International at the 1929 Convention in Dallas, Texas. The Rotary flag consists of a white field with the official wheel emblem emblazoned in gold in the center of the field. The four depressed spaces on the rim of the Rotary wheel are colored royal blue. The words "Rotary" and "International" printed at the top and bottom depressions on the wheel rim are also gold. The shaft in the hub and the key way of the wheel are white.



The first official Rotary flag reportedly was flown in Kansas City Missouri, in January 1915. In 1922 a small Rotary flag was carried over the South Pole by Admiral Richard Byrd, a member of the Winchester, Virginia Rotary Club. Four years later, the admiral carried a Rotary flag in his expedition to the North Pole. Some Rotary clubs use the official Rotary flag as a banner at club meetings. In these instances it is appropriate to print the words "Rotary Club" above the wheel symbol, and the name of the city, state or nation below the emblem. The Rotary flag is always prominently displayed at the World Headquarters as well as at all conventions and official events of Rotary International.

### **The Rotary Kitchen**

#### **MASALA DOSA**

Ingredients : 2 measures Rice

1 Measures Channa Dal

2 Handfulls Urad Dal

1 tsp Fenugreek Seeds (Methi)

Grind Channa dal and urad dal together to a fine paste along with Fenugreek seeds

Grind Rice also to a fine paste collect both dough in a single vessel and allow it to ferment overnight.

In the morning add salt and bring the batter to Dosa consistency.

Heat the griddle smear ghee on it take a ladleful dough and spread on the griddle to make a papery thin dosa. Fry properly on both sides.

Smear garlic chutney on one side, put potato bhaji fold it and serve hot.

Garlic Chutney : To coconut gratings add raw garlic flakes about 6, add red chillies, tamarind add salt, grind to a fine paste.



- Rtn. Pratibha Balkur



## Last Laugh



## ಅವರವರ ಬೇಡಿಕೆ

ಪತ್ನಿ ಎಂದಳು, ನಾ ಸದಾ ದೇವರ  
ಬೇಡುವೆ ಏಳೇಳು ಜನುಮಕೂ ನೀವೆ ನನ್ನ  
ಗಂಡನಾಗಿರಲೆಂದು.



ಅದಕ್ಕೆ ಪತಿ ಎಂದನು, ನಾನು ಕೂಡ  
ಸದಾ ಬೇಡುವೆ ಈಗಿನದ್ದೇ ಏಳನೇಯದು  
ಆಗಿರಲೆಂದು.

