

**Rotary**  
PAYYANUR



# PARROLINES

MONTHLY CLUB BULLETIN

**UNITE  
FOR  
GOOD**

JANUARY 2026

Issue 7



Rtn. Bijosh Manuel  
District Governor 2025-26



Rtn. Surendran P  
President



Rtn. Dr. Anil Kumar E  
Secretary

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We meet every Tuesday at 7.45 p.m.  
at William Cable Memorial Hall, Rotary Bhavan, Keloth, Payyanur



**MESSAGES**

**RI President**



**Francesco Arezzo**  
RI President 2025-26

In a garage outside Salinas, California, young people who are learning to restore classic cars are doing more than developing a skill — they are reclaiming their futures. This training program provides mentorship and, for some, a path away from gang involvement toward meaningful employment.

Graduates leave with certifications, practical experience, and hope. This is what Rotary's Vocational Service Month celebrates each January — the power of bringing together people with unique skills to do good in the world. It reminds us that integrity isn't just about our actions matching our words. Integrity is in everything we do.

The California automotive program has been such a success because it was built on integrity. Members of the Rotary Club of Carmel-by-the-Sea didn't assume they knew what the community needed. They listened. They learned there was a shortage of skilled mechanics as well as a large number of young people lacking job training. They recognized that technical skills alone wouldn't be enough, so they partnered with Rancho Cielo, a non-profit offering counseling and support services alongside vocational training.

That is The Four-Way Test in action. Those four simple questions help us not judge others but guide us toward genuine, effective service.

Consider our commitment to ending polio. For nearly 40 years, we have promised the world's children we will eliminate this disease. Despite obstacles, we persist, and today we are closer to defeating the virus. Keeping this promise is the very definition of integrity. The same integrity must drive our vocational service. With 1.2 billion young people in emerging economies reaching working age in the next decade and only 420 million jobs projected, we face a critical gap. Communities long excluded from economic opportunities need our support.

But support doesn't mean imposing our will. It means listening to local needs, building partnerships, and designing projects that communities can sustain themselves.

You have knowledge that can transform lives. Whatever your profession, your expertise combined with Rotary's values creates lasting change. The question isn't whether you have something to offer, it's how you'll use your skills to serve.

This January, I encourage you to ask how your club can address vocational needs in your community. What skills do your members have that could change someone's life? How can your networks open doors for young people? What partnerships can create sustainable jobs?

Let integrity guide you. Let The Four-Way Test light your path. And let the young people in California and the multitudes worldwide who need job skills remind you why vocational service matters. Let us celebrate putting our professional skills to work for humanity with integrity at the heart of everything we do.

**President**

Dear fellow Rotarians  
warmest Greetings to all. With heartfull of gratitude, I extend my sincere thanks to all Rotarians for your assistance cooperation and participation in the previous rotary year projects and programmes. We have successfully conducted many projects and programmes last year. Another new year, 2026 has arrived. Each new year offers an exciting opportunity for a fresh start and new beginning.



January is designated as Vocational Service Month in Rotary, highlighting the foundational principle of using one's profession as an opportunity to serve society. It encourages Rotarians to promote high ethical standards, integrity, and the dignity of all occupations while fostering community development through skill sharing and mentorship.

Key aspects of Vocational Service Month include:  
Ethical Focus: Emphasizing honesty and integrity in all business dealings, often aligned with the "Four-Way Test".

Service Above Self: Using professional skills to help the community, such as mentoring youth, conducting workshops, or providing vocational training.

Recognition: Celebrating the value of all occupations and encouraging members to leverage their expertise for local or international projects.

I congratulate Rtn. TA Rajeevan, the bulletin editor for his commitment and effort in accurately delivering this bulletin to you. Once again thanking you

**Rtn. Surendran P**  
President 2025-26

**The Editor's Take**

Dear Rotarians,  
We have officially crossed the meridian of the Rotary year. It is a moment to pause and breathe—not to rest, but to recalibrate. Like a ship that has reached the mid-ocean, we look back at the wake of the projects we've launched and the lives we've touched, while simultaneously setting our sights on the distant, promising shore of June. The "Service Above Self" we pledged in July has transformed from a theme into a living, breathing reality through your tireless hands.



On the global stage, we are witnessing a profound shift. The geopolitical tides are turning, and India is no longer merely a participant in the global dialogue—it is becoming the architect of the conversation. As our nation steps into a definitive leadership role, championing the voice of the Global South and pioneering technological and humanitarian frontiers, we as Rotarians must mirror that ascent.

Just as India bridges the gap between tradition and innovation, let our club bridge the gap between those who have and those who need. We are the local heartbeat of a global pulse.

As you flip through these pages, I invite you to celebrate our victories and sharpen your resolve for the months ahead. The second half of the game is where the most memorable goals are scored.

**Rtn. Rajeevan T.A**

## ACTIVITY REPORT FOR THE MONTH OF DECEMBER 2025

Rtn. Dr Anil Kumar E (Secretary)

- December 2 : Free ophthalmic camp conducted at MRVHSS Padanna.
- December 9 : Hosted Kannur Mid zone RYLA - EQUIP leadership training program for youth at MASGHSS Hall, Ettikkulam.
- December 16 : Annual General Body Meeting of the club held.
- December 21 : Project 'Walk Again' - Artificial limb measurement camp held at Rotary Bhavan, Payyanur. District Governor Rtn Bijosh Manuel inaugurated the camp. 103 beneficiaries attended.
- December 23 : One day training on "Nettipattam - elephant caparison" making organised at Rotary Bhavan, Payyanur by Karmakshethra Vocational Training Unit.



## FIVE STAGES OF GRIEF

The Kübler-Ross Model, commonly known as the Five Stages of Grief, is one of the most recognized psychological frameworks in the world. Introduced by Swiss-American psychiatrist Elisabeth Kübler-Ross in her 1969 book *On Death and Dying*, the model was initially inspired by her work with terminally ill patients. Today, it is applied far beyond the context of terminal illness, helping people navigate the turbulent waters of bereavement, relationship endings, and major life transitions. It is a common misconception that these stages occur in a neat, linear progression. In reality, grief is messy; individuals may skip stages, revisit them, or experience several at once.

### Denial

Denial is a defense mechanism that buffers the immediate shock of a loss. It's the "this can't be happening" phase. It isn't necessarily about literal disbelief, but rather a state of emotional numbness while the mind tries to process the new reality.

### Anger

As the masking effects of denial begin to wear off, the pain re-emerges. This pain is often redirected as anger. You might feel irritable or aim your frustration at doctors, family members, or even the person who is gone.

### Bargaining

In this stage, you may find yourself preoccupied with "what if" or "if only" statements. It is an attempt to postpone the inevitable or strike a deal with a higher power to reverse the loss. It's a stage characterized by guilt and the desire to regain the life you had before.

### Depression

This stage represents the realization that the loss is permanent. It is not a sign of mental illness, but rather a natural response to a great loss.

\* Reactive Depression: Concern over the practical implications of the loss (finances, funeral arrangements).

\* Preparatory Depression: A more quiet, internal processing as one prepares to say goodbye.

### Acceptance

Acceptance is not necessarily "being okay" with what happened. Instead, it is the point where you acknowledge the reality of the loss and recognize that your new reality is permanent. It is marked by a sense of calm and a withdrawal from the intense struggle against the situation.

### Modern Perspective

While the Kübler-Ross model remains a vital tool for understanding the emotional landscape of loss, modern psychology often emphasizes that there is no "right" way to grieve. Newer theories, such as the Dual Process Model, suggest that people oscillate between "loss-oriented" activities (crying, reflecting) and "restoration-oriented" activities (learning new skills, returning to work). Regardless of the framework used, the Kübler-Ross model's greatest legacy is that it gave people a vocabulary for their pain, validating that their intense, often confusing emotions are a normal part of being human.

### WOMEN IN ROTARY

Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only. In 1978 the Rotary Club of Duarte, California, invited three women to become members. The RI board withdrew the charter of that club for violation of the RI Constitution. The club brought suit against RI claiming a violation of a state civil rights law which prevents discrimination of any form in business establishments or public accommodations. The appeals court and the California Supreme Court supported the Duarte position that Rotary could not remove the club's charter merely for inducting women into the club. The United States Supreme Court upheld the California court indicating that Rotary clubs do have a "business purpose" and are in some ways public-type organizations. This action in 1987 allowed women to become Rotarians in any jurisdiction having similar "public accommodation" statutes.

The RI constitutional change was made at the 1989 Council on Legislation, with a vote to eliminate the "male only" provision for all of Rotary.

### THE 4-WAY TEST

One of the most widely printed and quoted statements of business ethics in the world is the Rotary "4-Way Test." It was created by Rotarian Herbert J. Taylor in 1932 when he was asked to take charge of the Chicago based Club Aluminum Company, which was facing bankruptcy. Taylor looked for a way to save the struggling company mired in depression-caused financial difficulties. He drew up a 24-word code of ethics for all employees to follow in their business and professional lives. The 4-Way Test became the guide for sales, production, advertising and all relations with dealers and customers, and the survival of the company was credited to this simple philosophy.

Herb Taylor became president of Rotary International during 1954-55. The 4-Way Test was adopted by Rotary in 1943 and has been translated into more than 100 languages and published in thousands of ways. The message should be known and followed by all Rotarians.

"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?"

### QUOTE OF THE MONTH

The Wealthiest  
Thing You Can Built  
Is Your Mindset.

### EXCHANGE OF CLUB BANNERS

One of the colorful traditions of many Rotary clubs is the exchange of small banners, flags or pennants. Rotarians traveling to distant locations often take banners to exchange at "make up" meetings as a token of friendship. Many clubs use the decorative banners they have received for attractive displays at club meetings and district events.

The Rotary International board recognized the growing popularity of the banner exchange back in 1959 and suggested that those clubs which participate in such exchanges give careful thought to the design of their banners in order that they be distinctive and expressive of the community and country of which the club is a part. It is recommended that banners include pictures, slogans or designs which portray the territorial area of the club.

The board was also mindful of the financial burden such exchange may impose upon some clubs, especially in popular areas where many visitors make up and request to exchange. In all instances, clubs are cautioned to exercise discretion and moderation in the exchange of banners in order that the financial obligations do not interfere with the basic service activities of the club.

Exchanging club banners is a very pleasant custom, especially when a creative and artistic banner tells an interesting story of community pride. The exchange of banners is a significant tradition of Rotary and serves as tangible symbol of our international fellowship.

*Best*  
**DEPUTY  
DIRECTOR**

**Rtn. Dr. Vinod Kumar**  
(District Secretary)



*Congratulations*  
**KGVOA AWARD WINNER 2025**

