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ECHOES OF AASHA

Voices of Hope, Harmony, Humanity

THE OFFICIAL QUARTERLY NEWSLETTER
ROTARY CLUB OF MUMBAI SHER E PUNJAB

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FROM THE PRESIDENTS DESK

Reflections on the Second Quarter of the Inspired Year

As we move through the second quarter of our Inspired Year, I pause with a deep sense of gratitude—for Guruji's continued blessings, for the resilience and commitment of our members, and for the steady strengthening of our shared purpose. What began with hope and enthusiasm in the first quarter has now evolved into confidence, clarity, and a deeper sense of responsibility.

This quarter has been a period of consolidation and continuity. Building on the strong foundation laid in the early months, our focus remained on enhancing the quality of our service while sustaining the momentum of meaningful action. Each initiative undertaken during this time reflected not just numbers or outcomes, but intent—rooted in compassion, inclusivity, and long-term impact.

The second quarter reminded us that service is not always defined by scale; more often, it is shaped by consistency. Through community outreach, health and awareness initiatives, environmental responsibility, and continued support for vulnerable sections of society, our members came together with quiet determination and unwavering dedication. The Rotary spirit of Service Above Self was evident—not merely spoken, but lived through action.

This edition of Echoes of Aasha goes beyond a record of activities from the past three months. It brings together heartfelt articles from our members and anonymous contributors, capturing diverse emotions, reflections, and lived experiences that have touched many hearts. We also pay tribute to the late actor Dharmendra, whose remarkable contribution to Indian cinema left an indelible mark on generations and became part of our collective cultural memory. Additionally, we share inspiring stories of young boys Ariv and Akul, whose journeys reflect the promise and potential of the future we are shaping.

We invite you to read and reflect upon these stories as we celebrate the true spirit of service, empathy, and community.

As we step into the next quarter, our focus remains clear—to deepen engagement, broaden outreach, and serve with greater sensitivity and purpose. Guided by unity, humility, and compassion, I am confident that we will continue to grow—not only in what we do, but in who we become through service.

I extend my heartfelt gratitude to every member for their time, energy, and belief in our shared vision. My sincere appreciation also goes to our partners and collaborators who have walked alongside us with trust and commitment, strengthening our collective impact. Together, we continue to reaffirm that when like-minded hearts come together, meaningful change truly follows.

Warm regards,
Rtn. Minishaa I Oberoi



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ECHOES OF AASHA

BREAKING CHAINS: THE STORY OF DR. RUKHMABAI

Judge Told Her She Had Two Choices:

Go to Jail for Six Months, or Go and Live with Her Husband**
 She was only 22 years old.
 She had never even met that man.
 She chose jail.
 And through her courage, she helped change Indian law.

Bombay, 1885

Rukhmabai sat quietly in a courtroom in Bombay. Across from her stood a man she barely knew, claiming that she was his wife and must live with him. His name was Dadaji Bhikaji. According to the law of the time, he was right. They had been married years ago—when Rukhmabai was just eleven years old. The marriage had been arranged by her stepfather. She had no understanding of what was happening, and no voice in the decision.

After the ceremony, Rukhmabai returned to her mother's home, as was customary then. Young brides often stayed with their parents until they grew older. But life took an unexpected turn.

Her stepfather passed away, and her mother remarried. Her new stepfather, Dr. Sakharam Arjun, was a progressive man who believed that girls deserved education. For the first time in her life, Rukhmabai was given a choice. She chose to study. She learned English, mathematics, and science. By her early twenties, she was among the most educated women in Bombay. With education came clarity—and the firm decision that she would not accept a marriage imposed on her as a child. Dadaji, however, thought differently.

In 1884, he approached the court, demanding that Rukhmabai be ordered to live with him as his wife.

"We are legally married," he argued. Rukhmabai's response was extraordinary for her time:

"I was a child. I did not consent to this marriage. I do not accept this man as my husband." The courtroom—and the society beyond it—was stunned.

Child marriage was widely accepted, protected by custom and religion. A woman publicly rejecting such a marriage was unheard of. The case quickly became sensational. Newspapers across India and England reported on it. Some attacked her as rebellious and immoral. Others hailed her as brave and principled. Rukhmabai did not remain silent.

Writing under the name "A Hindoo Lady," she sent letters to newspapers, asking piercing questions:

Why are girls married so young, yet denied education?

Why are traditions followed without concern for a girl's happiness?

Why are women denied the right to choose their own lives?

Her words sparked debate across the country.

Yet, the law still stood against her.

In 1887, the judge delivered his verdict: Rukhmabai must either go and live with Dadaji or face six months in prison. Calmly and firmly, she chose jail. For a young woman in nineteenth-century India, this was an act of extraordinary courage. Public debate intensified. Social reformers rallied in her support, while conservative voices protested fiercely. The controversy grew so intense that the British government eventually intervened. Dadaji was persuaded to withdraw the case in exchange for financial compensation, and Rukhmabai was finally free.

Yet her impact extended far beyond her own liberation. Her case exposed a disturbing reality—the legal age of marriage for girls was just ten years. Public outrage followed. In 1891, the law was amended, raising the age to twelve. Though still inadequate, it marked a crucial first step toward reform.

Rukhmabai's defiance had shaken the foundations of an unjust system. She then made another bold choice: she decided to become a doctor. At a time when very few women studied medicine, Indian institutions refused her admission. Undeterred, she travelled to England and enrolled at the London School of Medicine for Women. Supporters raised funds to help her pursue her dream.

After six years of rigorous study, she qualified as a doctor in 1895 and returned to India as *Dr. Rukhmabai*. For decades, she served women and children, many of whom were unable or unwilling to consult male doctors. She continued to advocate for girls' education and social reform. She never remarried, choosing instead a life devoted to service.

Dr. Rukhmabai passed away in 1955 at the age of 91. For many years, her story quietly faded from public memory. Today, she is rightly remembered as one of the earliest women in India to stand up for personal freedom, education, and dignity. A girl who had no choice at eleven grew into a woman who helped change laws and transform lives. Through her courage and conviction, she opened doors for countless women who came after her.



ECHOES OF AASHA

A JOURNEY OF GRACE, GRIT, AND GREATNESS — DHARMENDRA

BY DEEPAK WADHWA

There comes a rare moment in the life of a nation when an artist transcends the boundaries of cinema and becomes part of its collective soul. Dharmendra is one such legend—an actor whose journey mirrors not only the evolution of Indian cinema, but also the timeless values of sincerity, simplicity, and human warmth.

Born on 8 December 1935, Dharmendra is a prominent Indian actor known for his remarkable contribution to Hindi cinema. Widely regarded as one of the greatest actors in the history of Indian cinema, his career spans over six decades and reflects extraordinary versatility—romance, action, drama, and comedy, all carried with effortless authenticity.

From his early success in films like *Phool Aur Patthar* and *Anupama* to unforgettable classics such as *Sholay*, *Mera Gaon Mera Desh*, *Dharam Veer*, *Chupke Chupke*, *Yaadon Ki Baaraat*, *Seeta Aur Geeta*, *Pratigya*, and *Hukumat*, Dharmendra created characters that live on in public memory. Each role felt honest, lived-in, and deeply human—qualities that endeared him to audiences across generations.

Fondly known as the “He-Man” of Hindi cinema, Dharmendra redefined on-screen masculinity. His strength was never just physical; it was emotional and moral. Whether as the gentle lover, the righteous rebel, the loyal friend, or the fearless warrior, he brought vulnerability and compassion to his performances—making them timeless.

Equally inspiring is his deeply family-oriented life. A proud father, Dharmendra’s legacy continues through his children—Sunny Deol and Bobby Deol, both acclaimed actors in their own right, and daughters Ajeeta Deol and Vijayta Deol. With his wife Hema Malini, he is also the father of Esha Deol and Ahana Deol, each contributing to the arts and culture in their own meaningful ways.

Beyond awards, fame, and stardom lies the true essence of Dharmendra—the man known for his humility, warmth, and grounded nature. Despite immense success, he has remained connected to his roots, treating people from all walks of life with dignity and kindness.



His life echoes Rotary’s guiding principle of Service Above Self, reminding us that greatness is measured not by applause alone, but by character.

Dharmendra’s influence reaches far beyond cinema. His films have offered courage, comfort, laughter, and hope to millions. Generations have grown up inspired by his integrity, resilience, and unwavering moral compass. Even today, his movies continue to inspire artists and audiences alike.

As Rotarians, we celebrate individuals whose lives uplift society through values and action. Dharmendra stands tall among such figures—a symbol of perseverance, authenticity, and grace. He reminds us that when talent walks hand in hand with integrity, its light never fades.

Some legends entertain us for a moment; a rare few walk beside us for a lifetime. Dharmendra belongs to that rare class—an enduring icon whose journey continues to inspire, quietly, gracefully, and forever.

ECHOES OF AASHA**SPIN THE MIND****BY: JASJIT BHATIA****DHARMENDRA: A LEGEND OF INDIAN CINEMA**

- | | |
|--------------------------|--------------------------|
| 1.HSED EK RGADAD | 45.Ayee Milan Ki Bela |
| 2.LAYOSH | 44.Phool Aur Patthar |
| 3.ALMYA ALPGA EEWAAND | 43.Aankhen |
| 4.ENPA | 42.Tum Haseen Main Jawan |
| 5.LAHKATA | 41.Naya Zamana |
| 6.MTUAHKU | 40.Guddi |
| 7.IYTNAASNI EK MSHUNAD | 39.Mera Gaon Mera Desh |
| 8.AKARUN IWBI AK | 38.Samadhi |
| 9.IANJA TSOD | 37.Seeta Aur Geeta |
| 10.TRASAMA | 36.Do Chor |
| 11.WAGHABTA | 35.Raja Jani |
| 12.LEDBA IK AGA | 34.Keemat |
| 13.ZABHGA | 33.Kahani Kismat Ki |
| 14.NIAM MNQTAAEI GLOONA | 32.Jheel Ke Us Paar |
| 15.ERETSI AKNAH | 31.Black Mail |
| 16.PUTJRA | 30.Jugnu |
| 17.KOTILAN AK LITAK | 29.Yaadon Ki Baaraat |
| 18.FESSORROP RLAYEAPL | 28.Patthar Aur Payal |
| 19.DORHIK | 27.Resham Ki Dori |
| 20.MAR ARLBMA | 26.Dost |
| 21.IBLALABA RUA 04 ROHC | 25.Chupke Chupke |
| 22.TEH BRUNNIGN IRTNA | 24.Dharam Veer |
| 23.RAHMLIS | 23.Shalimar |
| 24.ARMHAD REEV | 22.The Burning Train |
| 25.PUKEHC PUKEHC | 21.Ali Baba Aur 40 Chor |
| 26.TSOD | 20.Ram Balram |
| 27.HSAMER IK IRODR | 19.Krodhi |
| 28.RAPHTA RUA AYAPL | 18.Professor Pyarelal |
| 29.NODAYA IK ARAABTA | 17.Katilon Ka Katil |
| 30.UNJUG | 16.Rajput |
| 31.CLBAK IALM | 15.Teesri Aankh |
| 32.LEEHJ EK SU RAPA | 14.Main Inteqam Loonga |
| 33.HINAAK IKSATM IK | 13.Ghazab |
| 34.TEMEAK | 12.Badle Ki Aag |
| 35.JARA ANIR | 11.Baghawat |
| 36. OD ROHC | 10.Samraat |
| 37.EESTA RUA EETGA | 9.Jani Dost |
| 38.IMDAHAS | 8.Naukar Biwi Ka |
| 39.AERM NOAG AERM HSED | 7.Insaniyat Ke Dushman |
| 40.DUGID | 6.Hukumat |
| 41.AANY AZMNA | 5.Tahalika |
| 42.MUT EESAHN NIAM JNAWA | 4.Apne |
| 43.NEKAHNA | 3.Yamla Pagla Deewana |
| 44.LOHOP RUA TAPHTAR | 2.Sholay |
| 45.EAYE IMLAN IK EALB | 1.Desk Ke Gaddar |

ECHOES OF AASHA

NUCLEAR POWER IN INDIA

BY SHANKAR PERIAGARAM

India is actively developing Small Modular Reactors (SMRs), focusing on indigenous designs like the Bharat Small Reactor (BSR), based on proven Pressurized Heavy Water Reactor (PHWR) tech, aiming for 40-50 units by 2032 to provide clean, flexible energy, a key part of India's 2047 "Developed India" vision, with private sector involvement now permitted. These smaller, factory-built reactors offer flexibility for remote areas and replacing coal plants, contributing to net-zero goals.

Nuclear Power Plants in India – Quick Overview

India uses nuclear energy to generate electricity using heat from nuclear reactions instead of burning fuel. This reduces air pollution and greenhouse gas emissions compared to coal or gas plants.

Why Nuclear Energy?

Reliable Power: Nuclear plants can run continuously for long periods, making them a stable source of electricity.

Clean Energy: They do not produce smoke or carbon dioxide like coal plants, which helps fight climate change.

Energy Security: India has limited oil and gas resources, so nuclear energy helps reduce dependence on imports.

How Does It Work?

Uranium fuel undergoes nuclear fission to produce heat, which creates steam to spin turbines and generate electricity, with strict safety systems in place.

Where Are These Plants?

India has several nuclear power stations. Some major ones are:

Tarapur (Maharashtra) – India's first nuclear plant.

Kakrapar (Gujarat).

Kalpakkam (Tamil Nadu).

Rawatbhata (Rajasthan).

Kudankulam (Tamil Nadu) – one of the largest in India.

Future Plans

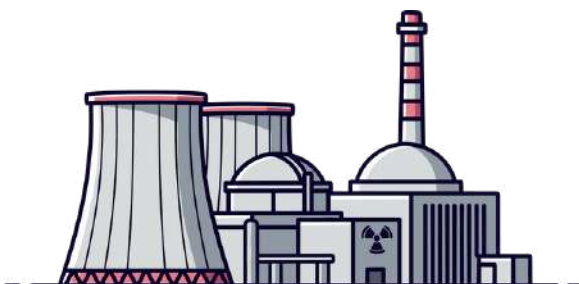
India is expanding nuclear power with new reactors and safer, more efficient technologies to meet rising energy needs and reduce pollution.

Is It Safe?

Yes, nuclear plants in India follow strict safety standards. The Atomic Energy Regulatory Board (AERB) monitors them to ensure safety for people and the environment.

Fuel for Future Nuclear Plants

India's Fast Breeder Reactor program, led by the PFBR at Kalpakkam, supports the long-term use of thorium. Large-scale thorium-based reactors are expected in about 10–15 years, once sufficient spent uranium is available.



ECHOES OF AASHA

THE WIN THAT REDEFINED LEADERSHIP

ANONYMOUS



What If Your Boss Behaved Like Harmanpreet Kaur?

Sunday night, India created history by winning the 2025 Women's Cricket World Cup Final. It was a moment of national pride. A landmark victory for women's sport. Yet, amid the fireworks, cheers, and waves of the tricolour, one quiet gesture stood taller than the rest.

As the team took their victory lap, Captain Harmanpreet Kaur did something extraordinary. She invited two legends of Indian women's cricket—Jhulan Goswami and Mithali Raj, both retired stalwarts—to hold the trophy and walk alongside the team. That single act defined leadership in its purest form.

Harmanpreet did not see them as “the past.” She saw them as the foundation—the women who made it possible for this generation to dream. By sharing the spotlight, she didn't diminish her own stature; she elevated it. Because only a secure leader can make space for others to shine.

In that moment, she gave her team something priceless: a culture rooted in trust, humility and belonging. Now, let's flip the scoreboard and look at our workplaces.

Too often, leaders behave like insecure captains. They downplay others' contributions, withhold recognition, or feel threatened by capable colleagues—and then wonder why their teams feel disengaged. The answer is simple: culture flows from the top.

If leaders play politics, teams play safe. If leaders steal credit, teams stop taking ownership.

If leaders cannot celebrate others, teams stop celebrating altogether. Many high-potential teams fail not because of a lack of talent, but because of a lack of psychological safety. When leadership is driven by fear instead of trust, even the brightest talent grows cautious.

Imagine if Harmanpreet had taken that victory lap alone, trophy in hand, absorbing all the glory. The message would have been clear: This is my win. Instead, by bringing Jhulan and Mithali into the moment, she transformed my win into our legacy. That is how cultures are built—not through mission statements, but through moments of humility.

Corporate leaders can learn a powerful lesson from that night. True leaders do not compete with their teams; they complete them. They do not chase validation; they create loyalty. They do not fear being replaced; they build people capable of replacing them—and still earning their respect.

That is how enduring cultures are created, where success is not a one-time event but a living tradition.

As Jhulan and Mithali lifted the cup with tears in their eyes, one thought stood out clearly: leadership is not about holding the trophy—it is about knowing who deserves to hold it with you. That is how teams are built that don't just win once.

They keep winning—long after you are gone. And in that single, graceful act, Harmanpreet Kaur didn't just win a World Cup.

She won something far rarer—the hearts and lasting respect of her team, and many who watched, inspired.



ECHOES OF AASHA

AN INSPIRING STORY OF YOUTH, COMPASSION, AND ACTION

FOUNDERS, RARE BLOOD CHAMPIONS ARIV MEHRA (17) & AKUL MEHRA (14)

**Rare Blood Champions: When Empathy Becomes Action
Some journeys begin with ambition.**

The inspiring journey of Ariv Mehra and his younger brother, Akul Mehra, began in June 2023 with a moment of helplessness. A child known to their family urgently required blood, but despite being in a large city, a compatible donor of a rare blood group could not be found in time. That experience stayed with them.

When the brothers later discovered that they themselves belong to rare blood groups—AB- and B-, the issue became deeply personal. Too young to donate blood themselves, they chose responsibility over fear and asked a powerful question: "If we cannot donate yet, what can we do?"



This question led to the creation of Rare Blood Champions (RBC)—a student-led initiative focused on spreading awareness about rare blood groups, encouraging regular blood donation, educating families, and building a reliable, verified donor network through schools and student communities.

As a senior student and Interact Club member, Ariv gave the initiative structure and long-term vision, while Akul, despite being younger, emerged as a passionate advocate—motivating peers and families and proving that compassion has no age limit. Together, they engaged teachers, Rotary members, hospitals, NGOs, parents, and volunteers, transforming a personal concern into a growing community movement.

Through awareness sessions, presentations, and conversations, the brothers addressed myths around blood donation and replaced fear with facts and purpose. Rare Blood Champions is not about one-time drives, but about building a culture—where people know their blood group, donate regularly, and no life is lost due to lack of blood.

Over the past two and a half years, even before RBC formally took shape, Ariv and Akul have quietly served by volunteering at blood donation camps, supporting logistics, spreading awareness, and helping arrange blood during real emergencies through their growing network. Though not yet eligible to donate blood themselves, they have shown that service is defined not by age, but by commitment.

Rooted in empathy and driven by action, Rare Blood Champions reflects the true spirit of Service Above Self. Ariv and Akul Mehra remind us that youth leadership is already here—compassionate, thoughtful, and courageous. They may not yet donate blood, but they are already saving lives.



ECHOES OF AASHA

REFLECTIONS ON WISDOM, DHARMA AND SERVICE

BY KIRAN SRIVASTAVA

Looking Back: Knowledge, Wisdom, and a Life of Service

What is knowledge? Is it merely knowing that a tomato is a fruit? True wisdom lies in understanding that, despite being a fruit, it does not belong in a fruit salad.

It is fascinating to observe that nothing in nature exists for itself. Rivers do not drink their own water, trees do not eat their own fruits, and the sun does not use its heat for itself. This beautifully reminds us that living for others is the very essence of life.

It is often after retirement that we begin to gain deeper insight into our lives—our successes and failures, temptations and disappointments, moments of euphoria and trauma, and the many pleasures and tribulations of parenthood. Through trial and error, we develop a clearer understanding of what truly works and what does not. Gradually, we gain not just perspective, but wisdom—an appreciation of what is valuable, meaningful, and enduring. At this stage, many of us reflect on how best to live joyfully and engage in pursuits of our own choosing that bring genuine fulfillment.

What is essential to reach this state of being? Our traditions uphold Dharma (Sanskrit) or Dhamma (Pali)—a code of conduct and moral living. Dhamma encompasses ethical conduct such as honesty; Dana, the practice of selfless charity that goes beyond material giving; compassion, expressed through loving-kindness and goodwill without expectation; and benevolence, performed with wisdom and without desire for reward, benefiting both the giver and the receiver. Where there is Dhamma, sweetness and humility naturally follow. These qualities must be consciously cultivated in our lives.

As Albert Einstein rightly said, “Only a life lived for others is a life worthwhile.” How does one begin this journey? Through service—either individually or by volunteering as part of a group. Working in a group fosters deeper engagement, creates a greater collective impact, and builds meaningful social connections.

In my own case, it began as a sheer coincidence. A conversation with my dear friend Surjit Ahluwalia, a Rotarian, led me to attend a few Rotary meetings and projects. There, I experienced the Rotary framework of decision-making through the Four-Way Test and discovered the power of working together as a team. I found answers to my questions about living joyfully and chose to join Rotary in 2018. Through service, I learned the profound importance of one essential value—humility.

Here, we exchange views and experiences. There is no room for harsh words. What binds us together is the realization of our own shortcomings, and the shared practice of love, kindness, goodwill, and friendliness. In this spirit, we work together for society, for nature, and for all living beings.

Whenever we are given such an opportunity, let us come together and contribute to making our world a better place to live in. That, indeed, is the true yardstick of our progress.

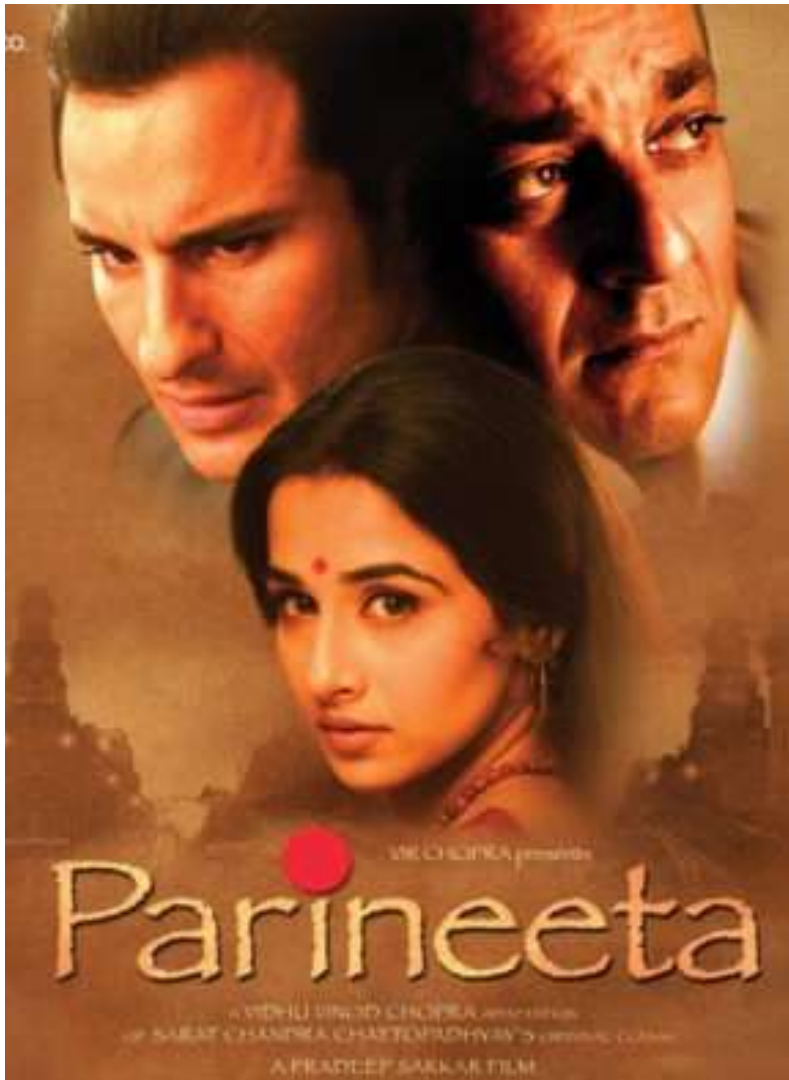


ECHOES OF AASHA

REVISITING LOLITA: A CHARACTER ANALYSIS OF PARINEETA

BY ANOUSHKA M SINHA

As a consumer of fiction, I've realized how much my perspective has changed over the years. When I first watched Parineeta, the film based on Sarat Chandra Chattopadhyay's novella, I was honestly frustrated by Lolita. Her submissiveness made no sense to me. I couldn't relate to a woman who seemed to let a man walk all over her, who allowed him to buy her self-respect by giving her access to his safe whenever she needed money. In return, he expected her to always be there for him. Whenever he discovered a new musical note, needed help composing, or simply craved attention after finishing a song.



With Lolita, Shekhar behaved like a spoiled child, entitled to her time, her affection, and her care. He even turned jealous, aggressive, and controlling, seeing her friendship with another man.

Lolita's response to all this was silence. She would cry when he lashed out, even when he hit her. But she would never protest, confront, or express her sense of being wronged. My younger self would blame women like Lolita for enabling men like Shekhar to treat women poorly.

However, rewatching Parineeta as an adult softened that judgment. This time, I saw Lolita not as a weak woman but as a product of her circumstances. She lost her parents very young and went to live with her wealthy uncle's family. That sudden comfort made her feel out of place, almost guilty for receiving so much love and generosity. To balance that guilt, she started practicing small acts of denial, such as refusing treats that others enjoyed or holding back from buying things she liked.

This habit of self-denial slowly became part of her identity. Everyone around her praised her for it. Even Shekhar's mother, who treated her like family, never missed a chance to highlight how "simple" and "selfless" Lolita was. Over time, Lolita was turned into the emotional caretaker of the household — the one who made sure Shekhar behaved well, ate on time, and didn't lose his temper too often.

Growing up like this, it's no wonder she mistook this kind of attachment for love. She wasn't just loving Shekhar; she was holding on to a sense of belonging she had been searching for since childhood.

Toward the end of the film, when Lolita gives away her late uncle's property papers to settle what she thinks is her debt to Shekhar, it all comes together. She truly believes she owes him something, even after everything she has done for him and his family. Her entire life seems to be built on the idea of repaying a debt that never really existed.

That's what makes the title Parineeta so ironic. The word means both "married woman" and "complete woman." And, Lolita always saw herself as Shekhar's wife in spirit, but she never felt complete as her own person. Her story reminds us how easily women are taught to mistake sacrifice for love and silence for strength.

ECHOES OF AASHA

ECHOES OF SERVICE

WE ARE ROTARIANS

WE BRIDGE CONTINENTS

WE BUILD COMMUNITIES

WE SERVE ABOVE SELF

WE CURE DISEASE

WE BUILD MINDS

WE BUILD PEACE

WE BRING HOPE

WE SAVE LIVES

Rotary



**TOGETHER, WE SEE A
WORLD WHERE PEOPLE
UNITE AND TAKE ACTION
TO CREATE LASTING
CHANGE – ACROSS THE
GLOBE, IN OUR
COMMUNITIES, AND IN
OURSELVES.**

Rotary



**In Rotary there are
no strangers, only
friends we haven't
met yet!**

Rotary



**Thank
you**