

ROTALORE

The weekly bulletin of the **ROTARY CLUB OF MANGALORE**

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www.rotarymangalore.com

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Program Today

19.11.2020

**Skills Beyond
Education**

by Rtn. Capt.

Preetham Madhukar

Annrs Invited

MY ESCAPADES DURING THE PANDEMIC LOCKDOWN

By Su Boertje, membership and PR chair, Rotary Club of Westville, South Africa



In April, I learned that the Baby House in Westville, South Africa, a safe house for abandoned babies, desperately needed basic supplies. Due to the country-wide lockdown, donations had all but dried up, and the two house mothers and 10 babies (aged 1 week to 23 months) needed help.

”Not all super heroes wear capes,” I thought to myself, “some wear Rotary badges!” So I contacted our club treasurer to see if I could spend some of my PR budget to assist and they agreed.

I managed to shop (masked and sanitized) successfully for all of the items on their list in varying quantities. As the mom of a



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youngster, I added a few treats at my discretion – some biscuits, custard, marked down marshmallow Easter eggs that I clearly remember my son smearing all over his face (ok, sorry house moms – I perhaps shouldn’t have done that!) and the obligatory bag of Flings (a South African puffed maize snack).

Super hero mindset firmly in place, I made the drive across Westville, determined to deliver. This despite sensationalist media reports about people being locked up for being out of their homes, for daring to place a toe on beach sand, for not having permits to travel (unless it was for essentials or medical reasons), etc.

I didn’t consider the consequences of not having a travel permit. So imagine my absolute horror as I crested the hill 200 meters from my destination, to find the street lined with police vans and other official looking vehicles. “That’s it, they’re going to lock me up” I thought as my super hero bubble got thoroughly pricked and my very real South African fear of authorities kicked in.

My heart was thumping as I slowly continued down the hill, imagining the worst and expecting any minute to be stopped and interrogated. I gingerly turned into the driveway of the Baby House, masked up, got out of my car and rang the bell. I consoled myself with the fact that although I may have to sit in the Westville Police Station for a few hours, at least the babies would have their goods!



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The image features a circular arrangement of golden-brown biscuits on a dark background. In the center of the circle is a small metal bowl filled with a dark, granular substance, possibly a filling or a specific type of biscuit.

A very weary looking House Mom came to the gate in her slippers. I explained who I was and what I had brought. She was jubilant and my heart warmed even as I cringed at the prospect of being noticed by the authorities. I asked the second House Mom to take a quick photo with my phone – not anticipating her eagerness to be in the picture. “Hey,” she shouted to the nearby policewoman, “Come and take a picture!”

A policewoman and another female official came toward us. After a quick conversation in Zulu, that I didn’t understand, we were shooed together by the amateur photographer (as far as social distancing norms would allow) and voila! – a photo was taken. Another swift exchange in Zulu and the official and policewoman wandered away.

As the weary House Moms started picking up the parcels, I asked “What was that about?” It turns out the officials and police were on the street to screen and test residents for COVID-19 and had no interest in me or my lack of permit at all! What incredible relief!

It may have shaved a few years off my life, and caused a couple more grey hairs for my hairdresser to hide when he is finally able to see me again. But this wanna-be super hero in a Rotary “cloak” was and still is exceptionally glad to have been of service to such a worthy cause!

(Source: www.rotary.org)



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CLUB ACTIVITIES

RCC KUMPALA PROJECTS



RCC Kumpala and Kesari Mitra Vrinda of Kumpala arranged the registration and issue of Aayushman Bharath Arogya Card for the BPL and APL families of Kumpala on 15th of November 2020. Our Club participated in the program. Rtn Vishal Mallya, Secretary and Rtn. R.K.Bhat, Community Service Director along with Shri Narayan Kumpala of RCC gave away the Aayushman Bharath Arogya Cards to first Five families during the program.

A Project to Build a Bus stand on the Highway near Kumpala is being taken up by RCC Kumpala and Kesari Mitra Vrinda of Kumpala. Foundation stone was laid for building a Bus stand by the Senior Citizen of Kumpala, President of RCC Kumpala, Rtn R.K.Bhat and Rtn Vishal Mallya. RCC members and the members of the Kesari Mitra Vrinda participated in large numbers.

Reported by Rtn. PHF Raghavendra K Bhat, Community Service Director

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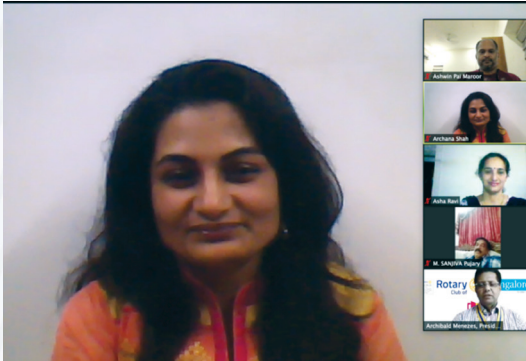
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Club Diary - 12.11.2020

THE SECRETS AND POWER OF BREATH

By Mrs. Archana Shah



The meeting was called to order by President Rtn. Archibald and an invocation was rendered by Rtn. Mithun Bhat. With a brief introduction he extended a warm welcome to the chief guest of the evening Mrs. Archana Shah and also to the members, anns

and guests who were present for the online meeting. He then wished members celebrating their birthdays and anniversaries during the week. Members were informed that Rtn. Rajendra Kalbhavi was the program coordinator for the inauguration of event Jalasiri, a 24x7 water supply project for Mangalore city on 11th of November 2020. Our Club has received letter of commitment from Canara Bank for an amount of Rs. 25,000. The amount will be utilized for installation of a water cooler for students at Rotary Navachethana School, Neermarga. President Rtn. Archibald thanked Canara bank for their generosity and also Rtn. Yathish Baikampady for taking the initiative and arranging for it.


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Knowledge is wealth



The chief guest of the evening Mrs. Archana Shah was introduced by Rtn. Jathin. Mrs. Archana is a computer science graduate from St. Agnes college and now a homemaker. She is a committed volunteer at the Art of Living for the past 4 years. She has been taking up Yoga classes and also assisting various Art of Living courses. She has participated in many seva projects. Her mission is to contribute in every possible way to Pujya Guruji Sri Sri Ravi Shankarji's vision of having a stress free and a violence free society. She has given her service to Srimad Ramchandra Magic touch, a value based class for kids of 7 years of age. She was accompanied Mrs. Asha Ravi who has been her teacher for the last 15 years. Mrs. Asha Ravi is associated with the Art of Living for the last 19 years and has given more than 100 courses to more than 5000 people. Mrs. Archana spoke on **THE SECRETS AND POWER OF BREATH**. She said that Art of Living is a non-profit organization having its presence in 156 countries. It was founded by Gurudev Sri Sri Ravi Shankar. Their programs are guided by Gurudev's philosophy: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace". She said that we are unhappy when our mind is thinking of the past and of the future. When the mind is in the present there is no sadness and that is when we are happy. What we resist is what persists. So how do we control our mind?. There is a very close friend of our mind and that is our breath and we can control our mind with our breath. The mind is like the tide and breath is like a stream. 80% of the toxins can be removed from our body with our breath. We only use about 35% of our lung



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capacity and with help of Sudarshan Kriya we can use up to 90% of our lung capacity. She then showed a video describing the benefits of Sudarshan Kriya. Rtn. Yatish Baikampady delivered the vote of thanks and the meeting was adjourned.

Birthday Greetings



Rtn. PP Madhava Suvarna
13th November

Anniversary Greetings

Rtn. Ajith Kamath
and
Ann Srilaxmi
17th November

Club Pulse

12.11.2020

Club Strength	98
Present	42
Absent	56
Percentage	43%
% After Make-up	
05.11.2020	42%
29.10.2020	55%

Weekly Meeting

Thursday
At 7.00 PM
Online Meeting
(Zoom App)

Program Next Week

26.11.2020
DEEPAVALI
NIGHT
Anns Invited

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