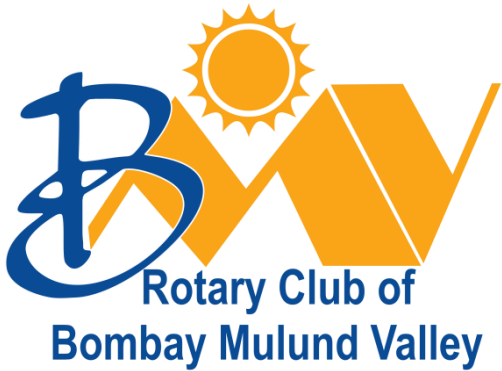


E-Newsletter

July 2024

Rotary
Club of Bombay
Mulund Valley



VALLEYZINE

AN IN-HOUSE MAGAZINE OF ROTARY CLUB OF BOMBAY MULUND VALLEY

Club ID: 29248 | Charter Date: 17th February 1993

✉ rcbombaymulundvalley@gmail.com

Rtn. SANKARA RAMNATH
Club President

Rtn. HITESH SOMAIYA
Club Secretary



Peacebuilding
& Conflict
Prevention

Disease
Prevention &
Treatment

Water,
Sanitation,
& Hygiene

Maternal &
Child Health

Basic
Education &
Literacy

Community
Economic
Development

Environment

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Peacebuilding
& Conflict
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Prevention &
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& Hygiene

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Child Health

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Education &
Literacy

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Economic
Development

Environment

Key Highlights from July '24

a. Installation of Vibrant President S. Ramnath and his Team



1

Key Highlights from July '24

b. Welcoming 4 new members & their families to RCBMV



Rtn Sandeep Patil
DOB: 27.06
WA: 16.12
Spouse: Kasturi
DOB: 06.12
Princess: Ovi
DOB: 15.07



Rtn Deven Katira
DOB: 15.12
WA: 08.05
Spouse: Zarna
DOB: 05.09
Princess: Kshama
DOB: 15.02
Prince: Manas
DOB: 17.01



Rtn Venu Gopal Shetty
DOB: 19.02
WA: 01.09
Spouse: Sangeeta
DOB: 16.12
Princess: Tanmayi
DOB: 26.09
Princess: Tvisha
DOB: 10.10



Rtn Haresh Lalla
DOB: 01.07
WA: 17.01
Spouse: Divya
DOB: 07.12



Key Highlights from July '24

c. Commencement of Rotary Means Business Smart



**MORE
SMARTER**



**STRONGER
TOGETHER**

d. Blood Donation Drive



Vibrant Year Commenced on 1st July 2024 with **Blood Donation Drive** at Thane Railway Station



e. Divine Elder Care



Divine Elder Care visit to Vrudha Aasharay, Airoli on 1st July 2024 handing Library Books and Fruit Baskets



Key Highlights from July '24

f. E-Waste Collection Drive



As a Club, we participated in the District coordinated **Mega E-Waste Collection Drive** on 6th July 2024, we were able to send 80 Kgs of E-Waste for Responsible Recycling and ranked 5th in the District. The next Mega E-Waste Collection Drive will be before Diwali but there are few other E-Waste Drives, that we can be part of:

Perna Raichur
District Chairman

DISTRICT 314

MEGA E-WASTE COLLECTION DRIVE
Tuesday, 13th August & Wednesday, 14th August
AN ACTION-LED AWARENESS PLAN TODAY
PRESERVING OUR PLANET FOR A SUSTAINABLE FUTURE TOMORROW

Inner Wheel District 314 online

Hello IWC

Hello **Ujjwala**, What's up?

Planning for a long weekend with family 15-19 Aug ❤️

That's amazing but don't forget to plan and channelize the E-Waste for your **Zone 5** for Responsible Recycling

Certainly not, I remember our commitment 😊

Excellent, remember the dates are 13th August (Tuesday) and 14th August (Wednesday) and then **Bon Voyage** ❤️

SAVING THE ENVIRONMENT, A COLLECTIVE RESPONSIBILITY.

Environment Team:
PDC Himadri Nanavati, Environment Project Chairman

Environment Coordinators:

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
Bindu Jain 9820972095	Sejal Rawal 9867433133	Jyoti Gandhi 9819049313	Puja Puri 9819118800	Ujjwala Jalandani 9699735822	Manoj Joshi 9821832133

If you missed the above and wish to join, then choose the one that suits best



Rotary District 3141

MEGA E-WASTE COLLECTION DRIVE
AN ACTION-LED AWARENESS PLAN TODAY
WITH THE MAGIC OF ROTARY FOR A VIBRANT ENVIRONMENT TOMORROW

GET RID OF E-WASTE RESPONSIBLY
VARIOUS REASONS TO PLAN IN AUGUST 2024

AUGUST 2024							SEPTEMBER 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31					1	2	3	4	5	6	7

Which date have you chosen for your Club/Zone?

Central Zone when decided / ready...

- Please inform Rtn. Ujjwala Jalandani on 9699735822
- Share approx. weight of your E-Waste
- Share your contact details, date of collection, pickup location(s) and pictures of E-Waste
- Target for min. 100 kgs of E-Waste

Stephanie Urchick
President,
Rotary International

Chetan Desai
District Governor,
District 3141

ENVIRONMENT

Circuit to Success-Vibrant E-Waste Collection Avenue Team:
PDG Rajkumar Bagadia, Advisor | FL Jwala Desai, Counselor
Rtn. Ujjwala Jalandani, Avenue Chair (9699735822)
Rtn. Patrick Gomes, Zonal Chair Central (9833798558)
Rtn. Lakshmi Murarka, Co-Chair Central (9769774011)
Rtn. Ketan Shah, Co-Chair Central (9820052582)

1

Key Highlights from July '24

g. Installation of Rotaract Club of SIES



PP CN Balakrishnan, Director New Generation (Youth) represents RCBMV at the **Installation of President Shlok Thakker at our Rotaract Club of SIES Rotaract on 22nd July**

Our focus in August '24

a. To keep Bombay Mulund Valley busy and raise the bar

i. Digital de-addiction Awareness, Prevention and Cure, a session at Mulund College of Commerce

ii. Polio plus mobile setup:
Our ongoing efforts to support NIDs with Mulund Pulse Polio Team, Dr. Rupali Jadhav has requested for 11 numbers to cover 11 location with folding camp table with chairs and umbrella for their open sites for Polio in Mulund, as a club we are evaluating few options with RCBMV branding

TRANSIST TEAM FULL ADDRESS
402 BUS STOP VAISHALI NAGAR, B.R. ROAD MULUND (W), NEAR POLICE CHOWKI
MTA HOSPITAL, D.D. ROAD, MULUND (W) OP.NEAR T-WARD OFFICE
VEER SAVARKAR HOSPITAL, NEAR DESHMUKH GARDEN, MULUND (E)
MULUND RAILWAY STATION PLAT FORM NO.01 THANE SITE, RAILWAY BRIDGE
MULUND RAILWAY STATION PLAT FORM NO.01 , MIDDLE LADIES
MULUND RAILWAY STATION PLAT FORM NO.01, NAHUR SIDE
MULUND RAILWAY STATION MIIDDLE RAILWAY BRIDGE , TICKET COUNTER
MULUND EAST CHECK NAKA, OPP SKYVIEW AKASHDEEP HIGHWAY BLD. , MULUND EAST
PAPAD GALLI, I/N NO.3, J. N. ROAD, MULUND (W)
LBS SCHOOL, CHECK NAKA MULUND (W)
R MALL, CHECK NAKA, MULUND (W)
POLICE CHOWKI, CHECKNAKA POLICE STAION , MULUND (W)



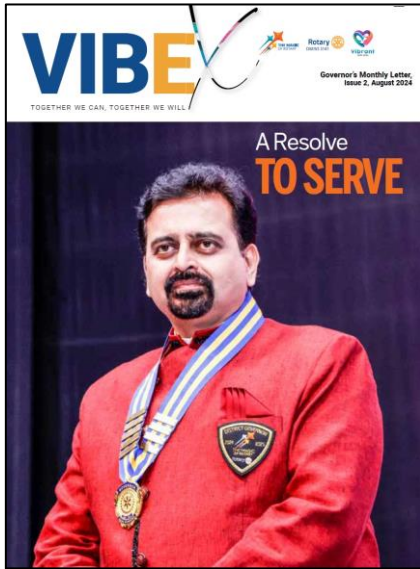
iii. Divine Elder Care, exploring a possibility of battery operated portable wheelchair climber

iv. Mega Medical Health Camp

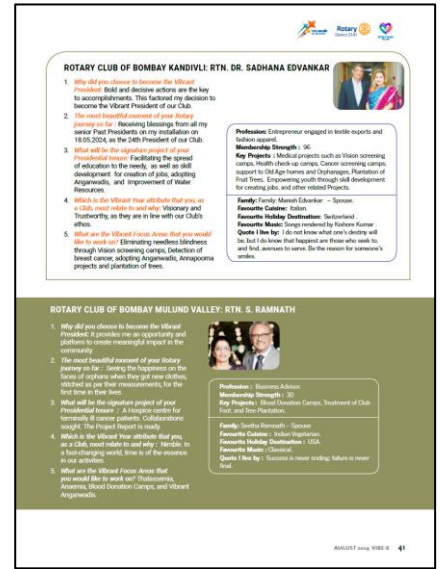
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Bombay Mulund Valley in News

a. VIBEX, Governor's Monthly Newsletter



If you missed the latest issue, our President S Ramnath was featured with his Partner



b. Do check our Social Media Handles

1. Follow RCBMV yourself on Facebook, Instagram, X and LinkedIn
2. Get your family to follow as well
3. Share & Like our posts with Friends & Family



www.facebook.com/rcbmvmv



www.instagram.com/rc_bmv



www.x.com/RCBMV



www.linkedin.com/company/rotaryclubofbombaymulundvalley

4. Also, don't forget to follow our Rotaractors on their Instagram



<https://www.instagram.com/rcbmvmvofficial>

Know Your Rotary Better

a. The Four-Way Test



- 1 Is it the TRUTH?**
- 2 Is it FAIR to all concerned?**
- 3 Will it build GOODWILL and BETTER FRIENDSHIP?**
- 4 Will it be BENEFICIAL to all concerned?**

b. Learning Center Courses for Club Committees

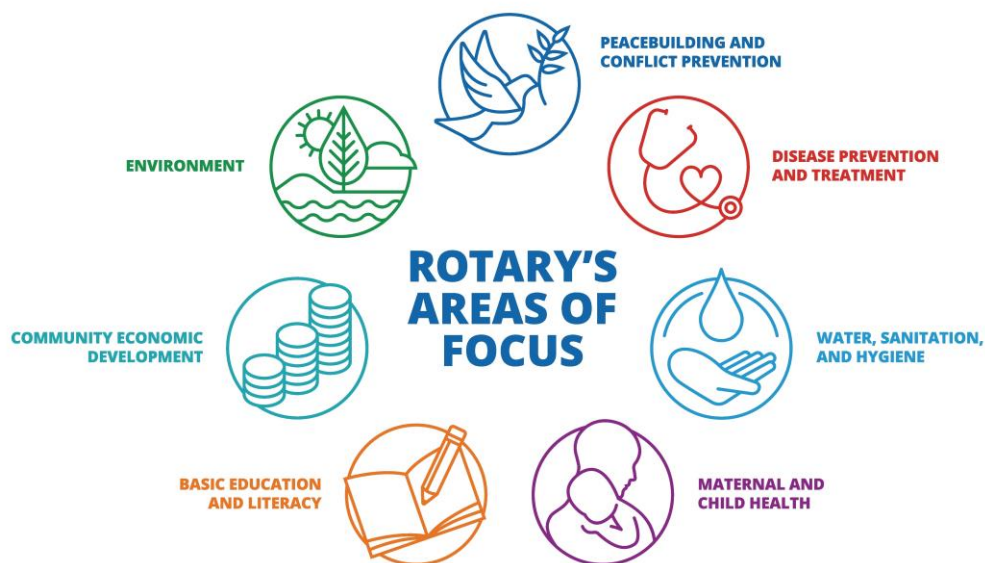
To support the success of club officers, Rotary has developed self-paced learning plans covering the fundamentals of five key club committees. If you have not yet completed these courses, we strongly encourage you to do so.

1. Club Administration Committee Basics | Click this [link](#)
2. Club Membership Committee Basics | Click this [link](#)
3. Club Public Image Committee Basics | Click this [link](#)
4. Club Rotary Foundation Committee Basics | Click this [link](#)
5. Club Service Projects Committee Basics | Click this [link](#)

Source: July '24 Newsletter of RISAO (Rotary International South Asia Office)

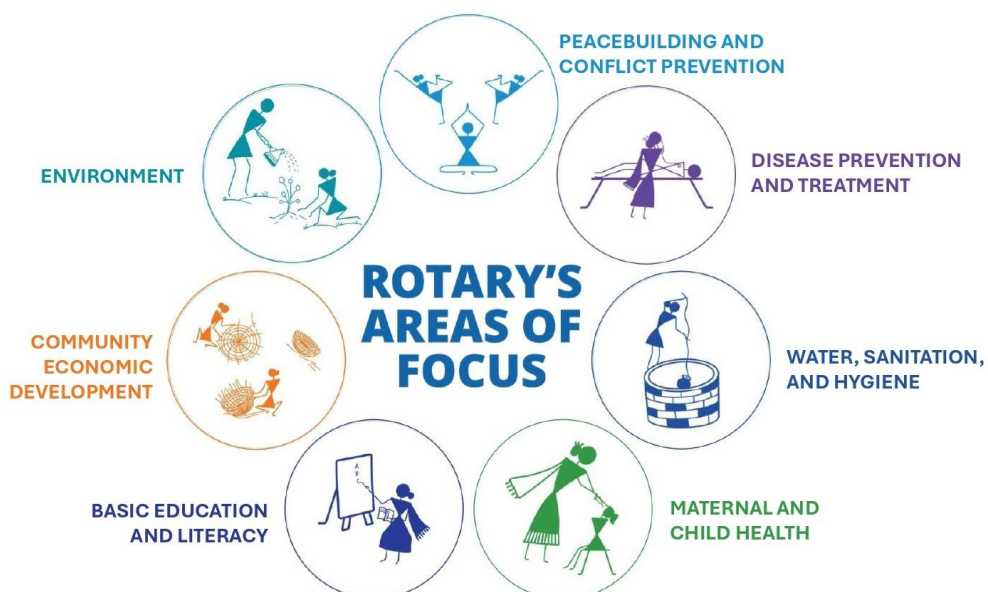
Know Your Rotary Better

c. Rotary's Seven Areas of Focus



Here's an expression of the same in the form of Warli Paintings which is a tribal art by the tribal people from Maharashtra.

The Warli Art is inspired by the tribes' coexistence with nature and the forests



Know Your Rotary Better

d. Our TRF Commitment



As a club we have accepted a commitment of \$7,500 towards TRF in Vibrant Year 2024-25, this is how we make it possible:

PHF

Paul Haris Fellow recognition is when Rotarians donate \$1,000+ to the Annual Fund, PolioPlus, or an approved Foundation Grant. Rotarians can also elect to contribute \$1,000+ yearly to be PHS.

PPS

PolioPlus Society asks those who want to support the decades old efforts of Polio eradication to commit to recurring annual donation once a year with \$100 or more.

EREY

EREY asks **Every Rotarian Every Year** to support The Rotary Foundation with just \$25.

e. Our members playing an active role in District 3141



PDG Harjit Singh Talwar

Role(s) at District 3141:

- District Learning Facilitator
- Advisor, TRF Program Grants



PP Chetan Kotak

Role(s) at District 3141:

- Director, TRF Support Paul Harris Society



PP Sanjay Patel

Role(s) at District 3141:

- Zonal Chair (Central Zone) for Youth Service - New Generation Exchange Service
- Co-Chair (Central Zone) for Samaavesh - Peace Conference, Peace Programs and Vibrant National Integration



PP KBR Swamy

Role(s) at District 3141:

- Assistant Learning Facilitator
- Co-Chair (Central Zone) for Disability to Ability and Baghbaan



PP C N Balakrishnan

Role(s) at District 3141:

- Co-Chair (Central Zone) for TRF Support - Endowment Fund & Major Gifts
- Co-Chair (Central Zone) for Vibrant Events



PP Sushant Gaikwad

Role(s) at District 3141:

- Zonal Chair (Central Zone) for Tree Plantation, Garden Adoption, Nature Trail, Miyawaki Forest
- Co-Chair (Central Zone) for Community Service (Non-Medical) Railway



PP Patrick Gomes

Role(s) at District 3141:

- Zonal Chair (Central Zone) for E-Waste Management

Know Your Rotary Better

f. Know our Logos

Rotary
Club of Bombay
Mulund Valley



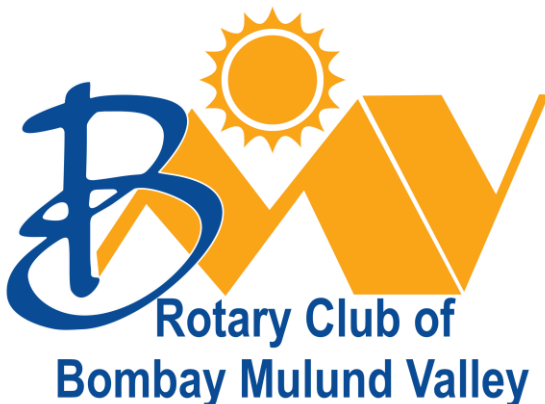
Official Rotary Club of Bombay
Mulund Valley Logo as per RI
Guidelines also known as Official
Regular Logo

Rotary
Club of Bombay
Mulund Valley



Official Rotary Club of Bombay
Mulund Valley Logo as per RI
Guidelines also known as Official
Simplified Logo (simplified logo
to be used when smaller than
1.25 cm i.e. 0.5 inches or will be
embroidered)

*Please notice the change in Mark
of Excellence (The Rotary Wheel)*



Our Club Logo

a. Birthdays that were celebrated

01-Jul Rtn. Haresh Lalla
03-Jul Abhishaa Patel (Daughter of Rtn. Sanjay Patel)
14-Jul Seetha Ramnath (Partner of Rtn. S Ramnath)
15-Jul Ovi Patil (Daughter of Rtn. Sandeep Patil)
24-Jul Trisha Rai (Daughter of Rtn. Durgaprasad Rai)
24-Jul Manjari Sona (Partner of Rtn. Vikram Sona)
27-Jul Tavishaa Patel (Daughter of Rtn. Sanjay Patel)
29-Jul Meenakshi Nagarajan (Partner of Rtn. R. Nagarajan)
31-Jul Rtn. Chetan Kotak



BEST WISHES FROM BMV



b. BMV's BOD Meeting (...but we end in our BMV style)



Upcoming Happy Moments in August '24

a. Birthdays that will be celebrated

- 05-Aug Tanuja Gaikwad (Partner of Rtn. Sushant Gaikwad)
- 06-Aug Rtn. Anil Aggarwal
- 08-Aug Rtn. Debashish Chatterjee
- 10-Aug Pravina Somaiya (Partner of Rtn. Jitendra Somaiya)
- 22-Aug Rtn. Yogendra Gowda
- 25-Aug Rachit Yadav (Son of Rtn. Santosh Yadav)
- 27-Aug Rtn. Prakash Gupte
- 30-Aug Prishha Chawla (Daughter of Rtn. Alok Chawla)



b. Wedding Anniversaries that will be celebrated



- 18-Aug Wedding Anniversary of Rtn. Karunakar Shetty & Shashiprabha



Upcoming Happy Moments in August '24

c. Bombay Mulund Valley's Monsoon Picnic to Badlapur



Check-in 9th August Friday

Depart 9AM, X-Mulund

Check-out 10th August Saturday

At The Whispering Peepul Resort, Badlapur

Register by 5th August, contact Rtn. Vikram Sona urgently on +91 9821039528



Upcoming Happy Moments in August '24

d. 78th Independence Day on 15th August 2024

The theme for this year's Independence Day celebration is Viksit Bharat. Encouraging our members and their families to participate in various celebrations of Independence Day in your residential societies, place of study and place of work.



Let us not forget Rotary's Areas of Focus are steps towards the same. Some are direct and some are indirectly leading to a common goal of Viksit Bharat



Peacebuilding
& Conflict
Prevention



Disease
Prevention &
Treatment



Water,
Sanitation,
& Hygiene



Maternal &
Child Health



Basic
Education &
Literacy



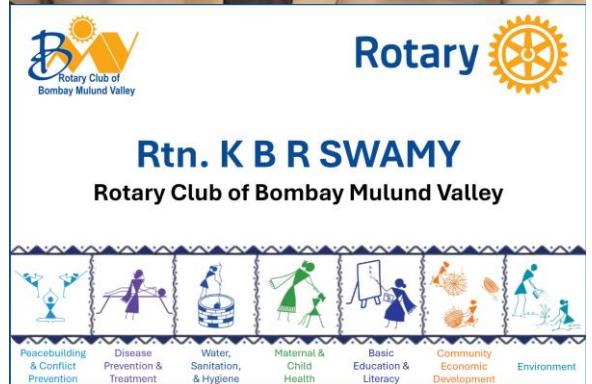
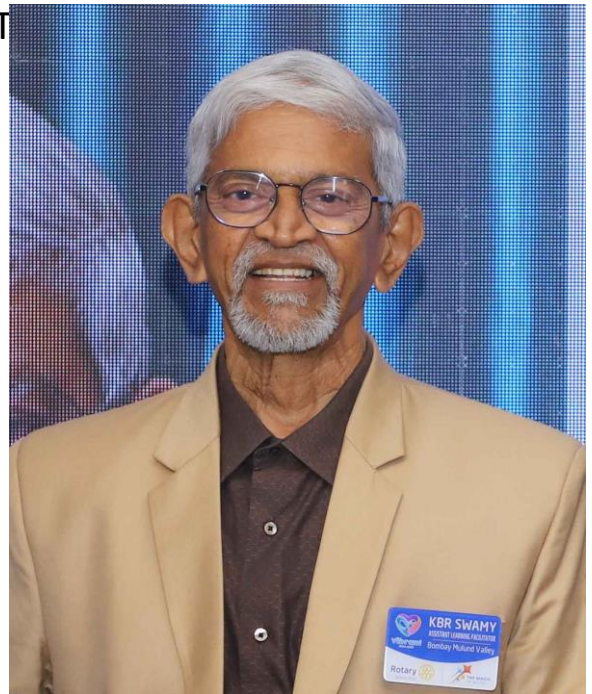
Community
Economic
Development



Environment

a. Rtn KBR Swamy volunteered to share some wellness tips

This newsletter, I share on HOW TO BEAT DIABETES with proper care:



BEAT DIABETES WITH PROPER CARE

FROM EATING RIGHT TO MANAGING BLOOD SUGAR LEVELS, MFINE'S HEALTH EXPERT ANSWERS SOME CRUCIAL QUESTIONS ABOUT CONTROLLING DIABETES AND EVEN EFFECTIVELY REVERSING IT

Q.I HAVE STOPPED EATING SWEETS AND RICE. MY DIET INCLUDES MILLETS, OATS, AND RAGI BUT MY SUGAR LEVEL IS NOT UNDER CONTROL. PLEASE GUIDE.

A.In type 2 diabetes, it is important to focus on portion control, irrespective of the grain you are consuming. A large portion of what you are eating in a day gets deposited & stored in your body as fat and can cause insulin resistance which can cause prediabetes, type 2 diabetes, or worsening of sugar levels. Restricting carbohydrate intake in any form to less than 30% of your diet, along with intermittent fasting, can ensure controlled sugar levels. Consult a dietitian for a personalized diet plan.

Q.WHAT ARE THE WARNING SIGNS OR SYMPTOMS THAT MY BLOOD SUGAR LEVEL IS TOO HIGH? WHAT DO I DO IF MY BLOOD SUGAR LEVEL IS TOO HIGH?

A.Elevated blood sugars can cause a host of symptoms, of which the most characteristic are increased thirst and urination, burning and tingling sensations in the feet, unexplained tiredness and weight loss. If you experience any of these symptoms, check your sugar level with a glucometer. If it is more than 400mg/dl, immediately get in touch with a doctor or physician, or go to the nearest healthcare centre.

Q.MY PARENTS HAVE HAD DIABETES ALL THEIR LIVES, AND NOW I HAVE BEEN DIAGNOSED TOO. CAN DIABETES BE COMPLETELY CURED?

A.There are different types of diabetes. While there is no cure for it, type 2 diabetes can be reversed with the right lifestyle choices such as carbohydrate restricted diet, physical activity, getting the right amount of sleep, & reduced stress. Diabetes reversal programs, such as MFine Diabetes Care Plan, provide long term care that covers all these four pillars of health to not only help reverse diabetes but ensure that it's sustained. However, sugar levels may rise again. If one goes back to an unhealthy lifestyle, in Type 1 diabetes due to a lack of insulin production, patients will need to continue insulin injections.

Q.MY WIFE IS 22 WEEKS PREGNANT AND HAS BEEN DIAGNOSED WITH GESTATIONAL DIABETES. WILL THIS HARM THE BABY? WHAT DO I DO TO ENSURE MY WIFE'S

SUGAR LEVELS ARE UNDER CONTROL?

A.During pregnancy the placenta produces hormones which can cause blood sugar levels to rise. Usually the pancreas produces enough insulin to control this rise but sometimes it may not happen; or in a state of insulin resistance, the elevated sugars cannot be countered which leads to a diagnosis of gestational diabetes. If your wife keeps her sugar levels under control, your baby will not be harmed in any way. The usual approach to treating diabetes in pregnancy involves lifestyle interventions. If this fails your doctor will start medication as required. She should ensure a healthy diet, sound sleep, low stress levels and exercise to manage diabetes.

Q.I HAVE A FAMILY HISTORY OF DIABETES. HOW OFTEN SHOULD I GET MYSELF CHECKED?

A.Family history of diabetes is a good indicator of future risk of diabetes. So it is important to have your sugar levels checked annually. Include fasting blood sugar and HbA1c levels in your annual health assessments as it will help you identify early onset of diabetes or prediabetes.

Q.CAN MY DIABETIC CHILD PARTICIPATE IN SCHOOL SPORTS ACTIVITIES? ARE THERE CERTAIN THINGS TO AVOID?

A.For children with diabetes, being physically active can add a slew of health benefits. The most characteristic being better control of sugar levels. If your child is diagnosed with diabetes it is important that they get at least 1 hour of physical activity every day. Intense or strenuous physical activity can sometimes cause a drop in sugar levels (hypoglycemia). Best way to counter this is to check sugar levels before and after physical activity and preferably at night. This will help adjust the dosage of insulin or any other medication your child is on. Though there are no restrictions on any type of physical activity for children with diabetes, you can always keep an emergency kit handy which stores glucose tablets, snacks, fruit juice, water and any medication your doctor recommends to be taken during sports or playing.

Q.I'VE BEEN KEEPING MY SUGAR LEVELS UNDER CONTROL WITH MEDICATION, YET I EXPERIENCE TINGLING AND NUMBNESS IN MY FEET. WHY IS THIS HAPPENING?

A.Long term diabetes, especially beyond 10 years, can cause chronic complications related to various systems in your body such as nerves, kidneys, eyes, and heart. Uncontrolled diabetes can cause serious damage to your blood vessels over time. As a result, you may lose feelings in parts of your body. Smoking, high blood pressure, & elevated cholesterol levels can further worsen the damage. Diabetes related complications can be avoided by keeping your sugar levels, blood pressure, and cholesterol levels in control.

The queries are answered by Dr. Raja Indana, Head of Medical Team, MFine. Dr. Indana is a renowned Diabetologist & Physician who has created the MFine Diabetes Care Plan.



Q.I RECENTLY GOT A BLOOD TEST DONE THAT REPORTED THAT I AM PRE-DIABETIC. WHAT DOES IT MEAN? IS THERE A WAY TO PREVENT ME FROM BECOMING A DIABETIC?

A.Prediabetes is a precursor to Type 2 Diabetes. In this condition, a state of insulin resistance sets in due to unhealthy lifestyle choices, which causes storage of excess sugar as triglycerides, which then gets deposited in the fat cells. This goes on to resist the action of insulin which the pancreas compensates for by releasing higher amounts of insulin levels causing hyperinsulinemia. Hyperinsulinemia can cause prediabetes, if not corrected with the right habit changes it can develop into type 2 diabetes. At this stage, it is best to introduce lifestyle interventions to control the sugar levels.

I have got my diabetes (which I was suffering for 25 years) reversed in three months due to change in my lifestyle and control on food & liquid (which is not that easy). For the last 3 years I am not taking any diabetes (except during the 6-month period of recent illness). In case anyone need any guidance, please feel free to speak to me.

a. This month we spotlight Rtn. Jitendra Somaiya aka Jitubhai

i. Why did you choose to join Rotary?

Rtn. Jitendra: To offer Selfless services with like minded group of people. Collectively, we can offer Better services and can reach to more and more under privilege people. At International level, RI is offering unbelievable service e.g. Polio eradication mega project globally initiated by Rotary in 1979 and today, only two countries, have few cases.

ii. The most beautiful moment of your Rotary journey so far?

Rtn. Jitendra: In RY 2011-12, visit to old age Ashram, a bedridden lady, with tears in eyes, holding my hand with her so soft palm full of wrinkles saying Doctor Saab, Aap aaye, bahut achha laga...mera Beta bhi aap ke jaisa hi hein and those few moments spent with her touched my heart.

iii. What is the change you would like to see in the World?

Rtn. Jitendra: Smile on face of under privileged community people and maximum literacy support to children.

iv. Which is the attribute or quality which is most important for a person?

Rtn. Jitendra: To be Positive, Humble, Respectful, Polite and True by Heart, Support for right cause...

v. What are the Rotary Focus Areas that you would like to work on?

Rtn. Jitendra : Humanity, Literacy and Health

Your Favorite Cuisine?

Rtn. Jitendra: All Sweet Dishes

Your Favorite Holiday destination?

Rtn. Jitendra: Kashmir

Your Favorite Book/Music?

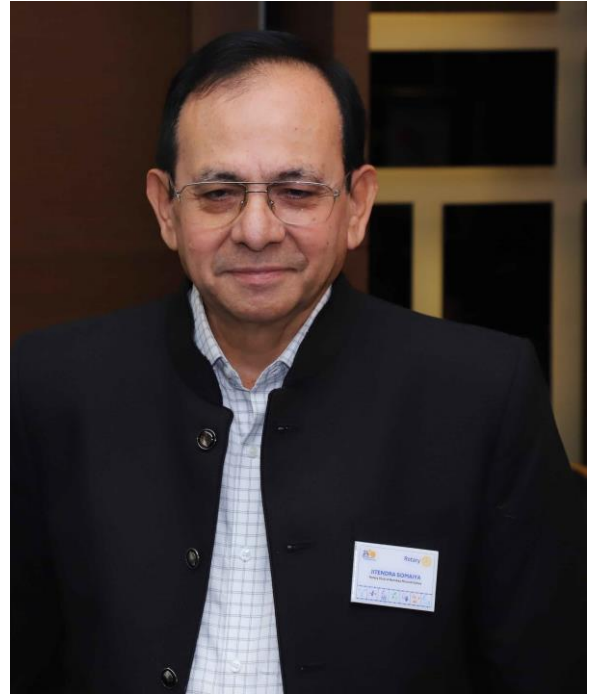
Rtn. Jitendra: Old Songs Collection of Mukesh and Lata

Your Favorite Movie?

Rtn. Jitendra: Abhiman

Your Favorite Actor / Actress in Bollywood or Hollywood?

Rtn. Jitendra: Manojkumar and Hema Malini



Rtn. JITENDRA SOMAIYA

Rotary Club of Bombay Mulund Valley



Spouse: Pravina

Son: Viral (Rotractor 2005-07)

D.I.L.: Ekta

Grand Son: Reyansh

Daughter: Bijal (Valley Rotaract President 2003-04)

S.I.L.: Rajith Menon (Deonar Rotaract President) and Rotaract D.R.R. 2004-05 (Dist.3140)

A Favorite quote that inspires you?

Rtn. Jitendra: Winners don't do different things, they do things differently

By: Shiv Khera

b. Rapid Fire Questions to IPP Nagarajan about Rtn. Jitendra

i. Describe Rtn. Jitendra Somaiya in one word?

Rtn. Nagarajan: ROTARIAN.

ii. Your joy of having Rtn. Jitendra Somaiya with you in the Incredible Year?

Rtn. Nagarajan: A meeting of minds - thoughts, thinking and approach to all matters Rotary. Made the 'Incredible' journey incredibly light and a happy one too.

iii. Things that you can always rely on with Rtn. Jitendra Somaiya to deliver at RCBMV?

Rtn. Nagarajan: Could depend on Jitu bhai for guidance and support in all areas of service projects and fellowships. I could also look to him for different views to ensure that gaps if any are taken care of and important elements are not missed, such that Rotary prime objectives are met during the year.

iv. Things that you will not bother troubling Rtn. Jitendra Somaiya for Rotary needs?

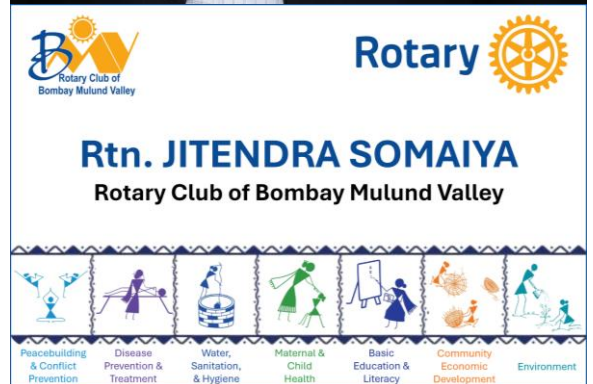
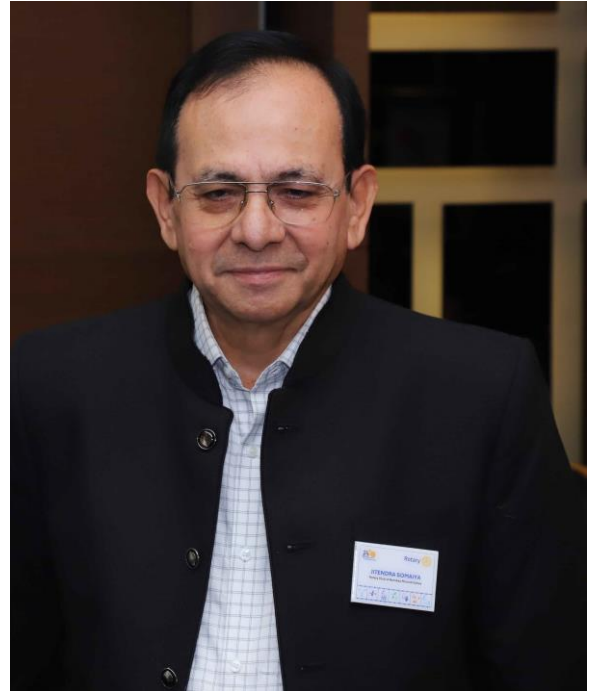
Rtn. Nagarajan: Nothing, always available to Seek and exchange ideas on all matters.

v. Let's switch gears from Rotary, let's see how well you know Rtn. Jitendra Somaiya Personally & Professionally?

Rtn. Nagarajan: Cool like a cucumber. Jitubhai speaks softly, gently and in a relaxed manner. A hard-working gentleman. We were neighbors in the area, and used to play badminton in the morning, decades ago. No professional interaction.

vi. Your closing thoughts?

Rtn. Nagarajan: A learning all the way, as it happens to everyone in all walks of life.



Our Meetings

a. Club Meetings of RCBMV

Our Club meetings happen every alternate Mondays at Hotel Sitara, Near Mulund Railway Station, Mulund (West)

The meeting order is as follows:

07:00 – 07:30 pm | Fellowship

07:30 – 8:30 pm | Club Meeting

The Club meeting for August 2024 is as follows

Monday 5th August

Monday 18th August

b. Board of Directors Meetings of RCBMV

BODs meet once a month and is co-hosted by 2 Rotarians, the schedule for August 2024 and rest of the year is as follows:

BOD Meeting Month	Co-Hosts
August 2024	KBR Swamy + Co-Host
September 2024	
October 2024	Patrick & Jayah
November 2024	
December 2024	
January 2025	Vikram & Harish
February 2025	
March 2025	Nagrajan & Jitu
April 2025	Hitesh + Co-Host
May 2025	Sanjay
June 2025	

c. Meetings of Rotary Trust of Bombay Mulund Valley

The Trustees meet once a month, the meeting for the month of August 2024 is tentatively scheduled for 17th August 2024.

Finally, to make VALLEYZINE better, please send in your

- Comment(s) on this E-Newsletter – what you liked, what can be added / deleted, or any suggestions for improvements.
- Your stories, achievements, etc. on RCBMV projects or Rotary experience.
- Your (including your family covering spouse and children) paintings, work of art, poems, articles, achievements, etc.

Send the above to Rtn. Patrick Gomes

E: rtnpatrickgomes@gmail.com

M: +91 9833798558

VALLEYZINE Editorial Board:

Rtn. Patrick Gomes

Rtn. Vikram Sona

Rtn. Prakash Gupte

Rtn. Sushant Gaikwad

Rtn. S. Ramnath

If you are interested in joining **Rotary Club of Bombay Mulund Valley**, then do contact:

Rtn. Jitendra Somaiya, Director Membership

+91 9322507236