

## BULLETIN of ROTARY CLUB OF SURAT WEST



# Spark

Rotary Year **2024-25**

Charter Date : **30-4-96**

R.I. Dist. **3060** Zone **4-B**

Club No. : **31549**

Vol. **29**

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**DIST. GOVERNOR :**

RTN. TUSHAR SHAH

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**31/2024-25**

## **NEXT MEETING**

**Wednesday, 30<sup>th</sup> April**

**Rotary Club of  
Surat West**  
R.I. District 3060 Zone 4-B

**THE MAGIC  
OF ROTARY**

**30th charter night  
Celebrations**

**CHIEF GUEST:  
DISTRICT GOVERNOR  
RTN TUSHAR SHAH**

**WEDNESDAY, 30TH APRIL 2025  
VENUE: ORA HALL, 1ST FLOOR,  
THE AMORE.  
TIME: 7.30 PM.**

**@ROTARYCLUBSURATWEST**

**Dress Code: Men- Modi Jacket**

**Women: Indian Attire**

**Time: 07.30Pm- 08.15 Pm- DINNER**

**08.20 Pm onwards- Program**

**Venue: Ora Hall, 1<sup>st</sup> Floor, The Amore**

- **ROTARIANS AND SPOUSES ARE MOST WELCOME**



## Birthday Greetings

April 19: Rotary Founder Paul Harris

April 20: Rtn. PP. Geeta Modi

April 21: Ann Sejal Parag Shah

## Forthcoming Programs

\*Wednesday, 23<sup>rd</sup> April : Meeting of Club Board of Directors

\*Saturday, 3<sup>rd</sup> May : Global investor Conference at Avadh Utopia.

\*Wednesday, 14<sup>th</sup> May : Movie Fellowship

\*Wednesday, 21<sup>st</sup> May : Meeting of Club Board of Directors

\* Wednesday, 28<sup>th</sup> May : Box Cricket Fellowship

\*Wednesday, 04 June : Jt.meeting of Club Board of Directors

\*Wednesday, 11<sup>th</sup> June : Ladies Night

\*Wednesday, 25<sup>th</sup> June : Fellowship Dhamaka

## ANNOUNCEMENT



Dear Rotarians and Anns,

As we prepare for our upcoming \*Charter Night\* on \*30-04-2025\*, we are delighted to include a \***Karaoke session**\* as part of the celebrations.

We warmly invite all **members and spouses** who wish to participate to send their entries in the format as below-

- \*Name of the participant
- Name of movie
- Name of song
- Name of original singer

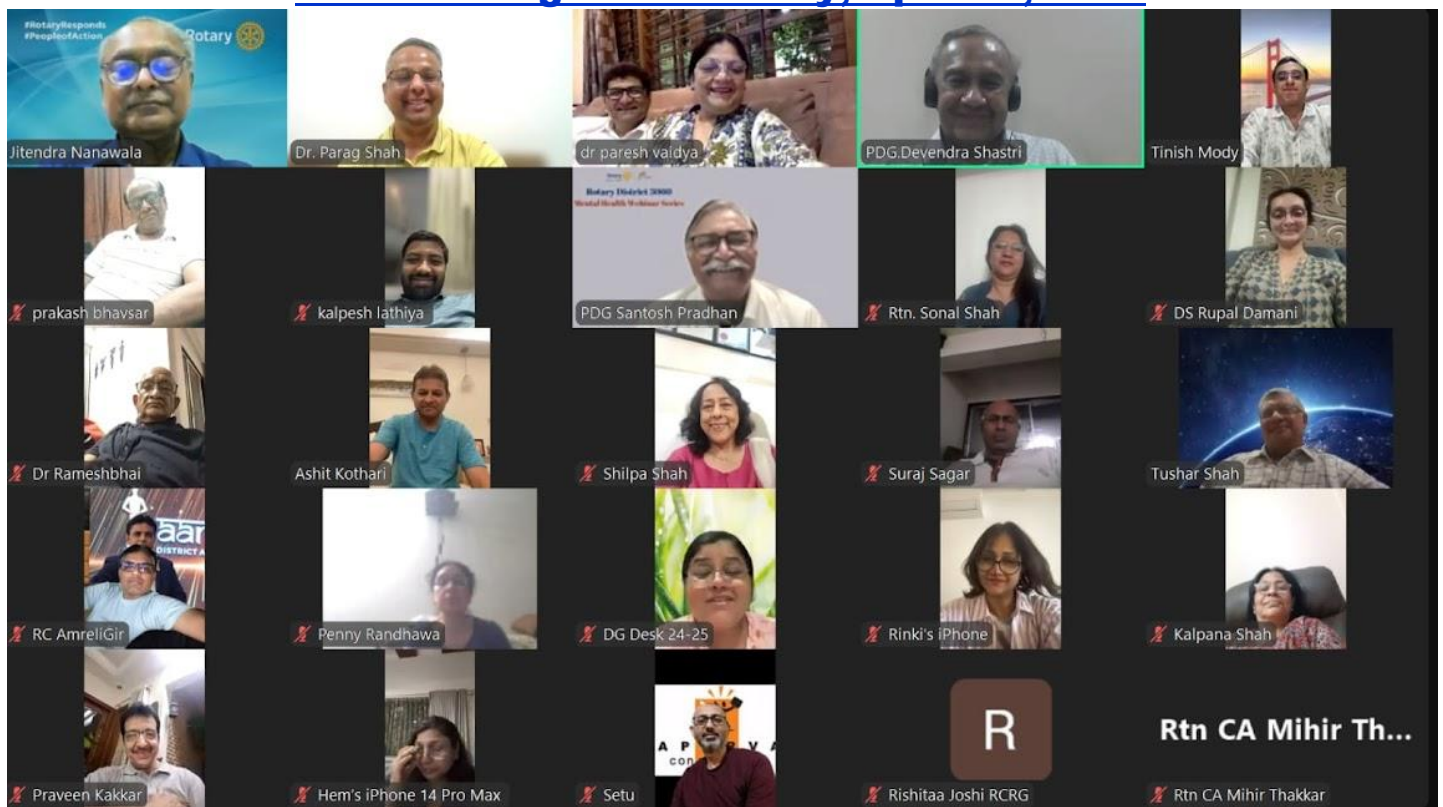
\*Last date for submission is 24-4-2025\*

Please Note that only **One Song** per participant including duet song is allowed...

If time permits we can allow 2nd round of songs....

Please DM on 9825193125  
PP.Bankim Sitwala  
Project Co-ordinator.

## Last meeting – Wednesday, April 16, 2025



**Our club was honoured by RI District 3060 to host Webinar as a part of Mental health series.** The webinar on the topic of Depression was highly enlightening. **Physiatrist AG Dr Jitendra Nanawala** shared his wealth of experience on the topic and our own **Ann Sukruti Vaidya** served with distinction as Moderator.

Kudos to District Mental health coordinator PE Dr **Parag Shah** for his outstanding efforts to organize the webinar. There were 42 participants including **District Governor Tushar Shah**, **first lady Nehal Shah**, **PDG Santosh Pradhan** and Rotarians from several clubs of our District and few Rotarians and Spouses from our club.

Moderator Sukruti Vaidya asked several questions to Dr. Nanawala about Depression; its symptoms and treatment. **Depression can manifest in various ways**, including persistent sadness, loss of interest in activities, changes in appetite and sleep, fatigue, and difficulty concentrating. Other symptoms may include feelings of worthlessness, guilt, hopelessness, and even suicidal thoughts. Physical symptoms like aches, pains, or digestive problems can also occur.

**Depression treatment** typically involves a combination of psychological therapies, such as talk therapy (CBT), and/or medication, like antidepressants, to address the underlying causes and symptoms. The specific approach depends on the severity and individual needs, and can include various types of therapy, lifestyle changes, and, in some cases, brain stimulation therapies.

**President PDG Devendra Shastri** in his welcome address talked about Depression cases in India are app. 5.7 Crores. 1 in 20 are suffering from depression. **PP. Ashit Kothari** served as Sgt-At-Arms. **PP Tinish Mody** proposed a vote of thanks. **Our PE DR. Parag Shah** serving this year as District Coordinator of Mental Health awareness committee served as MOC.





## Highlights of the decisions taken by Council on Legislation Meeting Held at Chicago, USA. April 13-17 2025



**The 2025 Council on Legislation (COL) has brought forth several visionary and empowering decisions that will strengthen Rotary's foundation and future.** These decisions are aimed at making our organization more inclusive, flexible, and impactful in the years to come.

Here are the key approvals:

**1. Increase in Membership Dues**

- US\$3.50 in 2026-27
- US\$3.75 in both 2027-28 and 2028-29

This increase is essential to maintain the quality of Rotary's global services and sustainable growth.

**2. Minimum Membership for New Clubs Reduced**

The required number of members to charter a new Rotary Club has been reduced from 20 to 15, making expansion easier and more accessible.

**3. Proposal for Age Limit in Rotaract Rejected**

Rotaract remains open to all age groups, allowing continuous youth leadership and engagement without limitations.

**4. Proposal to Limit Honorary Members Rejected**

Clubs will retain flexibility in granting honorary memberships to distinguished individuals.

**5. Flexible Club Meetings**

Clubs can now hold meetings in physical, virtual, or hybrid formats, enhancing convenience and participation.

**6. Diverse Membership Types Approved**

Clubs may now offer varied membership categories such as Associate, Corporate, or Family memberships to cater to evolving needs.

7. Representatives voted to require that the **five-year financial forecast presented at the beginning of each Council include updates on specific process improvements and cost-reduction measures taken by RI. Several representatives wanted RI to provide more details about cost reductions to justify any increase in dues.**

8. In a similar measure, **the Council approved commissioning a regular professional analysis of processes and cost structures in RI's administration.** They declined to require, however, that Rotary's annual report include an itemized list of every expense over US\$1 million.

9. **After considerable debate, the Council voted to allow Rotary districts not to hold an annual district conference.** Actions typically taken at a conference, such as voting on proposed legislation to submit to the Council, selecting a Council representative, or selecting members of nominating committees for director or governor, would instead be done at a legislative meeting or by club ballot.

These progressive changes reaffirm that Rotary is a dynamic organization that adapts with time while staying rooted in its values. Let us embrace these transformations with enthusiasm and continue to serve with purpose and passion.

## Message to All Rotarians from RI President, TRF Chair and General Secretary of Rotary International



**Dear Rotary members,**

Over the past few months, while we visited Rotary clubs worldwide and witnessed inspiring projects that are making a tangible difference in their communities, **many have approached us with concerns about the current political and economic volatility, and its potential impact on the work that we do.**

**We want to assure you that in times of uncertainty, one thing is certain - our mission and values remain unchanged.** Rotary is a force for good in the world because we are deeply embedded in communities. We will continue to provide service to others, promote integrity, and advance world understanding, goodwill, and peace.

**The ideals of service, fellowship, and diversity have enabled us to transcend boundaries of all kinds.** We bring people of all backgrounds together, foster collaboration, and make our communities stronger.

**For 120 years Rotary has thrived through two World Wars, through the Cold War, and through multiple deadly pandemics.** We have endured and strengthened because we adhere to our mission and to our values. In times like these, we are once again reminded of the strength of Rotary and the importance of supporting our organization.

**As a founding partner of the Global Polio Eradication Initiative, we've helped reduce polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979.** Regardless of what lies ahead, we will stay the course and keep our commitment to the world's children by ending polio forever. At present, we're coordinating with our global partners to closely monitor and assess the fast-evolving situation, proactively working with many governments to sustain their financial support and seek alternative funding sources. Now more than ever, your financial support of PolioPlus is critical.

**We will continue to support our Areas of Focus to forge solutions and fulfill long-term goals. Through our programs, grants, and people-to-people diplomacy, we address the underlying causes of conflicts, creating an environment conducive to peace.** We work with our partners to engage in sustainable projects that tackle poverty, inequality, and lack of access to education in our own communities and those around the world. Rotary's recent peace conference in Istanbul, which attracted more than 1,000 Rotary members, peace builders, and scholars around the world is testimony to our commitment.

**At this moment, it is ever more important that we channel our concerns and uncertainties into action and share that vision of hope with others.**

**Sincerely,**

**Stephanie A. Urchick**  
**President, Rotary International**

**Mark Daniel Maloney**  
**Chair, The Rotary Foundation**

**John Hewko**  
**General Secretary**





# ROTARY ROCKSTARS



Give yourself 1 point for each thing you have done

- Been a Rotarian for over 5+ years
- Participated in International service
- Past or current Secretary
- Made a friend in Rotary
- Hosted or was a Rotary Youth exchange student
- Member of a Rotary Fellowship
- Have a Rotary t-shirt
- Can sing the Rotary song
- Paul Harris Fellow
- Hosted or been on a Rotary Friendship Exchange
- Visited a Rotary Club in a different district
- Visited a Rotary Club in another Country



The future of the Rotary movement depends entirely upon the character and standing of its individual members.

**RUSSELL F. GREINER**

Rotary  
District 6990



Rotary  PEOPLE of ACTION

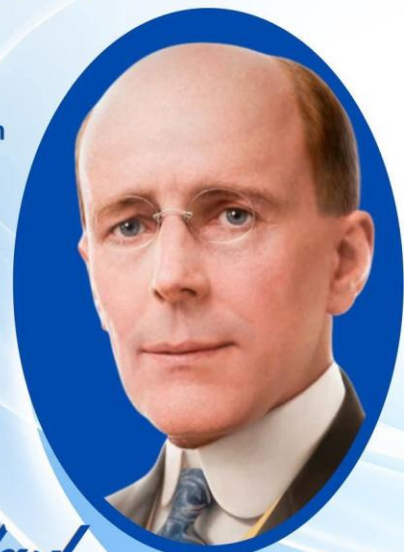
Started with the vision  
of one man ~

Remembering

**Paul Harris**

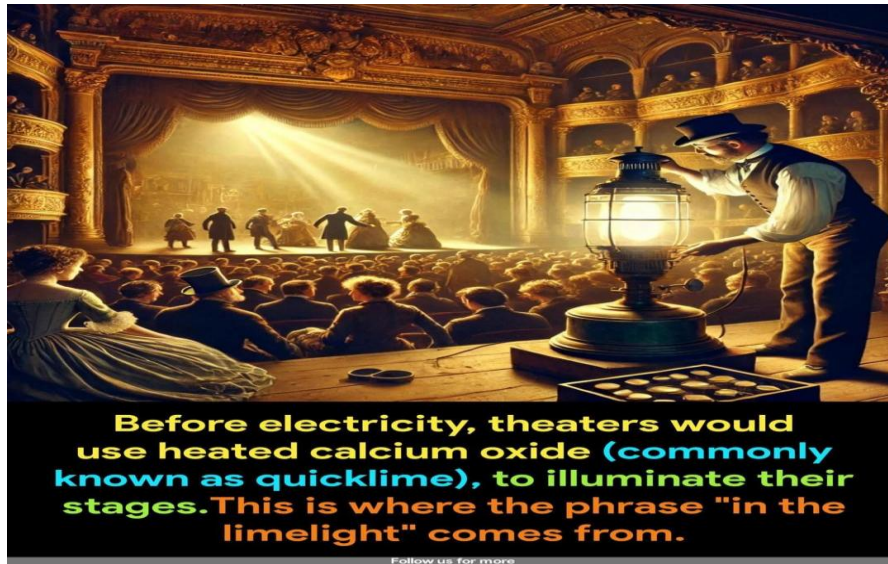
April 19, 1868

*Happy  
Birthday!*



DT/VNCE

## IN THE LIMELIGHT



Before the advent of electric lighting, theaters used heated calcium oxide (quicklime) to illuminate their stages.

Quicklime, when heated to a high temperature, emits a brilliant white light. This was achieved by placing quicklime in a special lamp known as a "limelight," which was often fueled by burning oxyhydrogen gas (a mixture of oxygen and hydrogen). The intense light produced by the heated quicklime was used to spotlight actors and performers, making it one of the most effective ways to illuminate the stage before the widespread use of electric lighting.

**Contributed by PE. Rtn. Parag Shah**

## The Friendship Recession

I recently read a very interesting article in the Feb Edition of the Harvard Business Review and it immediately touched a chord and resonated with me. It talked about how "Friendship Recession" is making its way into the vernacular—a profound shift in how Americans experience and sustain friendships.

According to the **American Perspectives Survey**, the % of U.S. adults who report having no close friends has quadrupled to 12% since 1990, while the % of those with 10 or more close friends has fallen by nearly threefold.

I am afraid that a survey conducted in Urban India will also show similar results. We are increasingly having more acquaintances and lesser number of 'Friends.' Gone are the days when you visited a coffee Bar, even in a new town & sat on a stool at the counter to catch up with friends or make new ones. **Most people are sitting on solo tables with their back to the crowd.**

**A recent survey in the U.S. found that solo dining increased by 29% in the past 2 years.** Stanford Univ in fact, now offers 'Design for Healthy Friendships'—a class dedicated to helping students structure their social lives with intention?

**These trends point to something more insidious: a cultural crisis.**

**Time for 'Friends' is a privilege, but it is also a matter of priorities. The way we spend our time, whom we invest in & what we prioritize is shifting.** Solitude is becoming more than a preference—it's becoming a default. And when not used well, the result of solitude isn't just fewer friendships—it's a fundamental loss of the ability to form and sustain them.

If we don't consciously reshape our priorities & relearn how to cultivate meaningful relationships, we risk a future where connection—**one of the most fundamental sources of happiness and well-being—fades into the background of our lives.**



Institutions which were once the glue that held social networks together, places where friendships naturally formed through shared experiences are dwindling, be it religious congregations, sports & club associations, alumni groups or voluntary groups like Rotary etc.

We are increasingly retreating inward, instead of engaging in communal activities, maybe due to social media, 'Intensive Parenting,' nuclear families or Pet care, Yes even Pet care.

I have had many occasions when friends have refused an evening out or meeting up due to this reason.

**Friendship is no longer seen as an integral part of daily life, but rather something we squeeze in when all our other responsibilities have been met.** This change is despite research highlighting the importance of friendship.

In her bestselling memoir, '**The Top Five Regrets of the Dying**', hospice nurse **Bonnie Ware** says one of those top regrets is, "I wish I had stayed in touch with my friends."

A study report states: "**Social isolation is linked to an increased risk of heart disease**, dementia and death; it can be as deadly to one's health as smoking 15 cigarettes per day." Friendship has been shown to improve mental, physical & emotional states.

A major study at Harvard spanning 80 years found that the single best predictor of health & happiness was not your wealth or your professional success, **it was your close relationships & friends**. Data from the Survey Centre on American Life also reveals this basic happiness principle: '**More friends equals more life satisfaction.**'

**Remember that like an investment requires time to compound, so does friendship. It is not built overnight but requires effort, energy & time.**

**Forgive and forget,  
Apologise if required,  
Make the call,  
Pick up the tab,  
Take the trip,  
Send a Gift,  
Create a memory - Even if you're just doing it for your own well-being.**

Just like to end with a famous couplet by Mirza Ghalib:

दोस्तों के साथ जी लेने का  
मौका दे दे ऐ खुदा...  
तेरे साथ तो मरने के बाद भी  
रह लेंगे ।...

## HUMOUR

### Wrong Number



Naughty Kid: "Hello! Do you have a refrigerator?"

Man: Yes, I have. Who're you?"

Kid: "Is it running?"

Man: "Yes."

Kid: "Get hold of it.....Otherwise it might run away."

The man slams down the phone.

! ! !

After a few minutes the phone bell rings again.

Naughty Kid: "Hello! Do you have a refrigerator?"

Man (Angrily): "No, I don't have."

Kid: "Didn't I tell you to hold it?"