

GREAT TIMES

SEPTEMBER 15
2023

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Newsletter of Rotary Club of Rajkot Greater

Year : 2023 - 24
R.I. District : 3060
Club Number : 24912
Chartered : August 26, 1987

Project Samruddhi Donating kits to needy during Janmashtami Festival



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MEETINGS

MEETING 10	
Programme	DAUGHTER'S DAY CELEBRATION
Date	SEPTEMBER 21, 2023 - THURSDAY
Time	8:00 PM
Menu	DINNER
Venue	D.P.DOSHI ROTARY GREATER AUDITORIUM
Invitee	RTNS., ANNS. & ANNETS

BIRTHDAYS

16th September	Ann. Jayshree Ashok Surelia	9099076023
16th September	Ann. Monika Kunal Mehta	7698997779
18th September	Rtn. Himanshu Mehta	9426918989
18th September	Ann. Nikita Rakesh Vasani	9638290850
18th September	Ann. Sweta Hardik Sheth	9879188071
19th September	Rtn. Yash Rathod	9724277777
20th September	Rtn. Ashwinkumar Vasani	9879521101
20th September	Rtn. Kishor Amlani	9825830369
21st September	Ann. Sakshi Shrenik Doshi	9555020906
22nd September	Rtn. Rishiraj Dhami	9227599939
23rd September	Mr. Jayesh Jogia	9821020204
24th September	Rtn. Ashok Vaishnav	9825079938
25th September	Rtn. Mihir Nagrecha	9824490990
26th September	Rtn. Amar Bhalodia	9909333388
26th September	Rtn. Apoorva Modi	8000801110
28th September	Ann. Veera Bhavik Shah	9824168385
29th September	Rtn. Bhavesh Talaviya	9879106044
30th September	Rtn. Rakeshkumar C Vasani	9825171101

UPCOMING MEETING

Daughter Day Celebration

September 21st, 2023, Thursday

Daughter's Day is celebrated with a view to bring more power to girls, to encourage their talent, and to promote an awareness to stop violence against girls, and to educate them. There is a special significance in celebrating it because today, when so many daughters of our countries

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have broken all the shackles and came out and proved their caliber in every field be personal or professional, it's high time that they get their due.

On this Daughters Day, let us come together to celebrate in the name of daughters, their sacrifice, dedication, courage, success and tell them they are not less than anyone in any matter. Let us hear our Greater Family talk about the importance of this day and much more.

MEETING REVIEW

Asset Allocation Strategies

September 14th, 2023, Thursday

A very interesting meeting was held on 14.9.2023- ASSET ALLOCATION STRATEGIES by experts from our own club mainly **Rtn Killol Karia**, **Rtn. Ashwin Unadkat** and **Rtn. Jaydeep Vadher**.

The meeting started with Rotary prayer by **Ann. Mayuri Tratia** and Four way test was done was done **Rtn. Hiren Dhakan**. Project details and other important details were given President Rtn. Nilesh Bhojani secretarial announcements were done by Secretary Rtn. Jaydev Shah.

It is worthy to note that 3 eminent speakers started from basics of their respective industry and went in detail to share the pros and cons.

Some interesting questions for Gold, Real Estate and Mutual Funds were as below:

Why Mutual Funds?

- Markets all time high. Should be invest now or book profits?
- Why Mutual funds are better options compared to direct stock market investments?
- What are the positive and negative of stock markets?

Why Gold?

- How you predict future trend of Gold prices?
- Where to invest? Gold bar or Gold ornaments?

Why Real Estate?

- What is the future of real estate in Rajkot?
- Investment opportunities in pre-lease properties?
- Potential areas Rajkot where investing can fetch higher returns?



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PP Rtn. Darshan Lakhani

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Rtn. Manish Patel

Fundraising Chair

PP Rtn. Amit Raja

TRF Chair

PP Rtn. Sarju Patel

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Literacy Chair

Rtn. Rajen Shah

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PP Rtn. Ashwin Lodhiya

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Dr Pratik Bhadaja

MB DGO
Diploma in Laparoscopy
(CICE, France)
Consultant Gynaecologist

Dr Khushbu Zalavadia

MB DGO
Consultant Gynaecologist
Infertility Specialist

Obstetrics

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It was interactive session where speakers and audience were involved. Questions were answered by citing practical examples, through stories and through personal experiences. An informative meeting which kept audience and speakers busy throughout.



PROJECT REVIEW

Project Samruddhi : Greater Janmashtami Kits Distribution

September 3rd, 2023 - Sunday

જન્માષ્ટમી ના તહેવારની ઉજવણી સારી રીતે કરી શકે તેવા શુભ આશયથી રોટરી ક્લબ ઓફ રાજકોટ ગ્રેટર દ્વારા પ્રવૃત્તિ પ્રેરક માનવ કલ્યાણ ટ્રસ્ટ અને રોઝરી સ્કૂલ ના સહયોગથી જરૂરીયાત મંદ પરિવારો ને સહાયરૂપ થવા માટે નીચે મુજબ ની આઈટમ્સ ની કીટ તૈયાર કરી ને આપવામાં આવી હતી.

કપાસીયા તેલ ૨ લીટર	મેંદો ૧ પેકેટ
ગોળ ૧ કિલો	પૌંઆ ૧ પેકેટ
ખાંડ ૨ કિલો	મકાઈ પૌંઆ ૧ પેકેટ
ચણાનો લોટ ૧ કિલો	ચેવડાનો મસાલો ૧ પેકેટ
રવો ૧ પેકેટ	મમરા ૧ પેકેટ

ઉપરોક્ત ૧ કીટ ની કીમત ₹ ૬૦૦/- હતી. આવી ૩૦૦ કીટ નું વિતરણ તારીખ ૦૩ સપ્ટેમ્બર ,૨૦૨૩ ના રોજ કરવામાં આવ્યું હતું.



Project Anand: Teachers Training Program @ Kadvibai School

September 4th, 2023 - Monday



A Teacher Training seminar was organized at **Shree Kaduibai Virani Kanya Vidyalaya** where around 100 teachers took part enthusiastically. RCRG had invited renowned educationalist **Shri Gijubhai Bharad** for giving insights on **National Education Policy** and **guide the teachers to keep themselves updated in their field.**

It was indeed a very informative session and the teachers were motivated to think out of the box. **Rtn. Praful Gohil** being the trustee of the school also inspired teachers to work efficiently.

Project Anand : Education with Story Telling

September 12, 2023 - Tuesday

210 Students

Speaker :

Rajakbhai Unadpotra

School :

Bharad Vishva Vidhyapith, Tramba

Attendees :

Rtn. Nilesh Bhojani and Priyank Bharad.



DISTRICT NEW

It is a proud moment for RCRG for being named 2nd in the Best Performer Club in the Category of 100+ members by Rotary District 3060 as per the Rotary India Service Project Updation Data (1st July 2023 - 31st August 2023). Congratulation to the entire Greater Parivar.

GREAT NEWS

Government of India is working day and night to eradicate TB from India by 2025 through **Project Axshya**. Those who help in this mission of the government are given the name of Nikshay Mitra. Rotary Club of Rajkot Greater is distributing protein rich nutritional food kits to **TB patients 2020-21**.

Taking into account the fact that our club distributes these kits in Rajkot city and surrounding rural areas, **Pradhan Mantri TB Mukh Bharat Abhiyan** Certificates were awarded to our club as Nikshaya Mitra in an award ceremony inaugurated virtually by our President Draupadi Murmu.

The awards were given by the **MPs Mohanbhai Kundariya and Rambhai Mokariya** at District Level and by **Municipal Commissioner, Mayor and Deputy Mayor** of Rajkot city at the City Level.



FRESHLY BREWED

Humanity is the Greatest Religion

Our world was divided naturally into continents. Humans then selfishly divided the continents into countries. But when these countries were then divided in the name of Religion our world got in a state of morally crumbling framework.

People are starving, craving for love, being molested. It is time we stop fighting over '**my religion is better than others**'. We need to understand that we have to rise above the boundaries of caste, colour, creed, nationality, the conventional religion. And it is the need of the moment for all of us to be humane and promote humanity because Humanity is the true religion of mankind.

We humans cannot create another living being, but we have given ourselves the liberty to tamper with **God's creation** to the extent that we will. We cannot prevent ourselves from getting hungry or thirsty, we cannot decide what time or country we will be born in, we cannot choose our parents or our physical structure, nor does we know when and where we will die. ●●●



Ann. Rajvi Bharad



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When so many things cannot be decided by us, how do we have the right to decide which religion is the best. There is no point in fighting with each other or in instilling fear in other people in the name of religion.

We must remember that we are all children of nature, with the same body and soul and we cannot go on fighting with each other. We need to decide what we are going to give to our next generation- hatred or love- the choice is solely ours. Hatred leads nowhere whereas love and caring go a long way. Humanity is to work expecting nothing in return and to live our religion as members of humanity.

We should work in every perspective of life by removing **poverty**, by engaging the whole mankind in **loving and respecting** each other, by minimizing mental suffering, by eliminating racism. Because if there is religion without humanity, then the only aim is to pray in front of God. But by including humanity we can not only implore the god but also satisfy our heart and build the forts of love and respect in each one's heart.



Ann. Hinal Vaishnav

नमक स्वाद अनुसार



OMBRE TRIPLE CHOCOLATE MOUSSE

Cooking Instructions

1. For the dark chocolate mousse, heat 2 tbsp of cream and pour over 1/4 cup of dark chocolate chips.
2. Let it sit for a few seconds and then mix well until the chocolate melts completely.
3. Let this cool for a few minutes and then gently fold in 1/2 cup of whipped cream until no white streaks remain.
4. Transfer this dark chocolate mousse into a piping bag and keep aside.
5. Repeat the above steps in a similar manner for milk and white chocolate mousse as well.
6. For the assembly, take an acrylic box or any container/glass of your choice and start by piping the dark chocolate mousse as the bottom layer.
7. Spread it evenly and let it set for a few mins. Pipe the milk chocolate mousse over it and finally the white chocolate mousse.
8. Refrigerate the mousse cake for 1-2 hours. Dust it with some cocoa powder and enjoy chilled.

Ingredients

1/4 cup Dark Chocolate Chips

1/4 cup Milk Chocolate Chips

1/4 cup White Chocolate Chips

6 tbsp Fresh Cream

1 1/2 cup Whipped Cream

For Garnish - Cocoa Powder



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What does it mean to be a Rotarian?

Chances are this question, in one form or another, will pop up in discussions between a Rotarian and someone who is thinking about becoming one. It is the sort of question a Rotarian should like to have asked. Whatever is said in reply almost certainly will be drawn from the Rotarian's own person experiences as a member of a **Rotary Club**.

A Rotarian believes in Rotary and in what Rotary stands for. What Rotary stands for is stated in the Object of Rotary. Above all, Rotarians believe in "**Service Above Self**", Rotary's international motto. Rotarians believe in sharing Rotary with others. Being a Rotarian means more than the sum of what a Rotarian believes about Rotary; it means maintaining high ethical standards in one's business, one's profession, and in one's personal life.

Being an Rotarian means having the opportunity to experience the warm fellowship of a Rotary Club which can greatly expand one's circle of acquaintance, foster lifelong friendships, and help one do for his or her community what he or she might never accomplish alone.

Being a Rotarian means to be actively involved in the affairs and service projects of one's club. Rotarians look for ways to get involved. Rotarians demonstrate the strength of their commitment to Rotary in the service they render to their club, through their club to the community, and through the Rotary Foundation to people throughout the world. Being a Rotarian is a way of life and can be a satisfying lifelong adventure for those who are willing to give of themselves to enjoy and benefit from all that Rotary has to offer.



The First Four Rotarians

#Rotary Facts

All the RCRG members know the Charter Members of our Club but how many of you know the Founder Members of Rotary? On 23 February 1905, Paul P. Harris, Gustavus Loehr, Silvester Schiele, and Hiram E. Shorey gathered in Loehr's office for what would become known as the first Rotary club meeting. Harris' desire for fellowship among business associates brought together these four men and eventually led to an international organization of service and fellowship. Each of the first four Rotarians, and Harry L. Ruggles, who is often called the "fifth Rotarian," brought different professional perspectives to the organization.

- Rotary's founder, Harris, a lawyer, was Rotary president from 1910 to 1912 and a member of the Rotary Club of Chicago until his death on 27 January 1947.
- Loehr, a mining engineer, was a Rotarian for only a few years, never holding office at the club or international level. But that first Rotary meeting was held in his office, Room 711 of the Unity Building in downtown Chicago.
- Shorey, a merchant tailor, served as recording secretary during the club's first year. He was a Rotarian for only a few years, too.
- Schiele, a coal dealer, served as the Chicago club's first president in 1905 and Rotary International's treasurer from July to December 1945.
- Ruggles joined Rotary at its second meeting. He was treasurer of the Chicago club during its first year, club president from 1908 to 1910, and a Rotary director from 1912 to 1913. His printing company, H.L. Ruggles & Co., printed the first issue of The National Rotarian and the first Rotary songbook. He was an honorary member of seven clubs in addition to his home club, the Rotary Club of Chicago.



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How Technology Can Make Life Easier for Senior Citizens

There are many ways that technology can make life easier for senior citizens. The professional caregivers, friends and relatives of seniors can teach an older individual how to enjoy the new technological advances to improve their quality of living. Here are some of the daily benefits of modern technology for seniors.

- 1. Improving Cognitive Abilities** : There are many ways that technology can help seniors. Learning about computers or smartphones helps keep their mind active. Those worried about developing dementia or other cognitive issues can find brain-training games online that are easy to use, and many websites offer free brainteasers to help senior citizens exercise their brain.
- 2. Managing Finances to Avoid Fraud** : Using a computer or smartphone, an individual and their caregivers can monitor finances in real-time to stay ahead of fraudsters. In addition to checking bank accounts daily for any unauthorized charges, seniors and their caregivers can sign up for alerts from financial monitoring or fraud detection companies to monitor suspicious activity or learn if someone is trying to use a bank account or credit card without proper approval.
- 3. Scheduling Appointments** : With a smartphone or a computer, seniors can keep track of their medical appointments. Many physicians can also contact the seniors using automated text messages and apps to send appointment reminders and track their progress. It is also possible to keep track of other types of appointments, including appointments with financial advisers, attorneys or real estate agents.
- 4. Shopping Online** : Using a computer or a smartphone, a senior citizen can determine what stores to visit and where to get the best prices. Using store apps can also allow seniors and caregivers to track purchases and set reminders when they may need necessary food or home items. Many stores now offer home deliveries, allowing seniors to buy food, medications or other goods easily without needing to leave the home.
- 5. Maintaining Social Connections to Improve Emotional Well-being** : When a senior citizen's family and friends live in other cities or states, it is possible to maintain a social connection with an internet connection. Seniors can use chat or video features on a computer or a smartphone to see and talk to loved ones. By maintaining social connections, it is possible to have a healthier mind and body. Technology can also help seniors connect with local resources including social groups, senior support networks and other resources in their area.
- 6. Managing Health** : With online research, seniors and their caregivers can learn how to improve their diet and build effective exercise routines, regardless of their physical limitations. If a senior has a particular health condition, they can use smartphone-enabled Bluetooth devices to track their health stats. This can help alert seniors, caregivers and physicians to potential problems before they require hospitalization.
- 7. Connect with Emergency Medical Assistance** : Today, experts suggest that senior citizens invest in a medical alert system that is simple to use during an emergency. Seniors wear these devices around the neck or on the wrist so that they can call for paramedics or contact a caregiver for assistance at the touch of a button.

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