



Banyan Tree



ISSUE No. 4, November, 2019

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Rtn. PHF Narasimha Iyengar K

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Club Trainer

Rtn. PHF Gopalakrishnan R

Club Advisor

Rtn. PHF Veeramani S V

My Dear Rotarians

Presidents Message

After two month of hectic start, its time to focus on projects.

Special Projects for the year:

We had taken up two projects this year as special projects.

- 1) Cleaning up of porur lake, we have tied up with Atrupadai for this work, they have taken the required approvals from corporation, Rotary club of Adyar will support in this endeavor to the tune of 2 lakh for the cleaning work.
- 2) Rotary club of Adyar will recognize the corporation workers, like sweepers, corporation run hospital Ayyas, and Adyar zone traffic constables. Who are doing good work but not being recognized. In this event we will donate a solar powered cycle to clean besant nagar beach to corporation of Chennai with our logo.
- 3) We will start the construction of two class rooms in our Kandigai primary school shortly, the approvals have come it has been submitted for global grant under CSR funds. With this the funds will be released by RI, this will help us to start the project by November/ December

Being the New Gen month we conducted a debate event between Patrician college, MNM Jain Engg college and CL Baid Mehta pharmacy college.

Topic: Social Media in Personal & Professional Life – A Boon or Bane.

This was well debated between the students, lot of positives and negatives were discussed, though we all know it is good and over usage is negative. This debate helped in re emphasizing the fact that it has to be used responsibly and used for productive purpose to help improve self.

We had a monthly fellowship planned this month, our fellowship team did a fantastic work in selecting the theme for the month as Srilankan nite.

As the name suggests the hosts were dressed as Srilankan, food was Srilankan, Chief Guest was Yasantha De silva Yaddahi, Minister (Commercial) Sir Lankan Deputy High Commission.

Our own Rotarian and Ann Shruti danced for a song entertained the gathering.

All the photos shared in our bulletin, request all Rotarians to participate in monthly fellowship which will help the hosts to plan a better event to ensure that the fun element in the club is not missed out.

This year theme every member to contribute towards a social cause and a project to be done, September has been dry month there was no project done under this theme.

Request members to come forward with your dates to do a project, co ordinate with Chitra Thiagarajan to plan your project for the year.

We will have our vocational service awards for the Rotary year 19-20 on 15th October.

October month speaker meeting will be held on 1st October.



2nd Oct - Tree Plantation work done in porur lake in the presence of our Rotarians and Mrs Latha Pandiarajan.



1st Oct – Rtn Alope Mimani gave a speech on how to tell a story.



As part of Every member participating for a social cause, Rtn Sivakumar and Family donated one upper limb to a patient in Mukthi foundation.



As part of Every member participating for a social cause, Rtn Siva and family donated one leg to a patient in Mukthi foundation.



As part of every member participating for a social cause, Rtn Kannan Arumugam and family donated two limbs to patients in Mukthi foundation.



REDMI NOTE 6 PRO
MI DUAL CAMERA

Secretary Rtn Venkata Raghava participating in Interact club of Sishya OMR school, in donating clothes for under privileged.



Our President elect Rtn Karunakaran and first lady attending the 1st prepets program.



PROGRAMME

Date

Meeting Details

Nov,

Nov,

Nov,



2nd Nov – Annette Sumana Daughter of Rtn. Suresh

5th Nov – Annette Priyadarshini Daughter of Rtn. Boopalan

8th Nov – Rtn. Sridhar. N

9th Nov – Ann Vidya Sundarrajan

9th Nov – Latha Venkatakrishnan

9th Nov – Ann Sashritha Daughter of Rtn.Boopathiraja

16th Nov – Annette Amirthavarshini Daughter of Rtn. Ragavan

18th Nov – Ann Sripriya Vittal Rajan

26th Nov – Ann Radha Ramesh

27th Nov – Ann Prabha Narashima Iyengar

29th Nov – Ann Radha Veeramani

WEDDING ANNIVERSARY

13th Nov – Rtn. Subash & Ann Valarmathi

22nd Nov – Rtn. Prem Alex Lawarance & Amali Prem Lawarance



15th October we conducted RCA annual Vocational Service awards. Following were awarded for their achievements in their life.

- ◆ Entrepreneurial Excellence award – Rtn J.Jayaseelan
- ◆ Social Excellence Award – Mrs. Neerja Malik
- ◆ Vocational Excellence Award – Mr. S. Ramachandran
- ◆ Young Achiever Award – Tejas Sri Datta
- ◆ Wunderkid Child Prodigy Award – Lydian Nadhaswaram

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FOOD CORNER



Cajun Spiced Turkey Wrapped With Bacon Recipe

About Cajun Spiced Turkey Wrapped With Bacon: A perfect Christmas feast! Bacon wrapped turkey breast laced with flavourful spices all over and baked to perfection, this turkey dish has special, homemade Cajun spice powder made with a melange of black pepper, paprika, cayenne powder, etc that gives us a spicy, mouth-watering flavour.

Ingredients Of Cajun Spiced Turkey Wrapped With Bacon

- 1 Large turkey breast
- 1 tsp cajun spice
- 1 cup spinach leaves (cooked and drained), chopped
- 5 garlic pods, chopped
- 10 gms salted butter
- 1/4 cup feta cheese
- 12 bacon strips
- 1/4 tsp ground black pepper
- For cajun spice:
- 1 1/2 tsp onion powder
- 1 1/2 tsp garlic powder
- 1 tbsp seasoning salt
- 1 tbsp paprika
- 1 tsp ground black pepper
- 1 tsp cayenne pepper
- 1 tsp oregano
- 1 tsp thyme
- 1/2 tsp red pepper flakes (if you like it spicy))



How to Make Cajun Spiced Turkey Wrapped With Bacon

For cajun spice, mix all the ingredients together, run it through the blender if you like it fine. Store in an air tight jar.

Prepare Turkey:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Melt the butter in a pan add garlic and put the chopped spinach and sauté for 2 minutes and cool it.
3. Slice turkey breast down the middle and lay it flat.
4. Sprinkle Cajun spice, salt, and pepper on the inside of turkey.
5. Spread the spinach evenly and put the crumbled feta cheese in the centre.
6. Fold the other turkey breast half over the feta layer so the filling is sealed. Wrap the entire turkey breast with bacon.
7. Place wrapped turkey in a baking dish and season once more with cajun spice.
8. Cook turkey breast until no longer pink in the centre and the juices run clear, about 30 minutes.
9. Cook the wrapped turkey until bacon is crisp on each side, about 2 minutes per side. Let turkey rest for 10 minutes before slicing.
10. You can also cover with an aluminium foil and do the cooking as aluminium foil helps keep food moist, ensures it cooks evenly.
11. Slice and serve garnished with fresh parsley leaves.

Key Ingredients: turkey breast, cajun spice, spinach leaves (cooked and drained), garlic pods, salted butter, feta cheese, bacon strips, ground black pepper, For cajun spice:, onion powder, garlic powder, seasoning salt, paprika, ground black pepper, cayenne pepper, oregano, thyme, red pepper flakes (if you like it spicy))

Directors

Club Services

Rtn. Dr. Nishanth

Community Service

Rtn. Vijay Prabhu

Community Health

Rtn. Dr.Ragavan.N

Vocational Service

Rtn. Boopathiraja

International Service

Rtn. PHF Thiagarajan R

Foundation

Rtn. PHF Jayaseelan J

Public Image

Rtn. PHF Kannan Arumugam

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Rtn. Rajesh D

Rotaract and Interact

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