



# Banyan Tree



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**Rtn. Senthilnathan R**

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**Rtn. Jayaraman N R**

**Sergeant at Arms**  
**Rtn. PHF Narasimha Iyengar K**

## ADVISORS

**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 Yaddehi, 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.





Debate discussion in progress.



Group photo of students participated in debate – topic Social Media in personal & professional life. A boon or Bane.



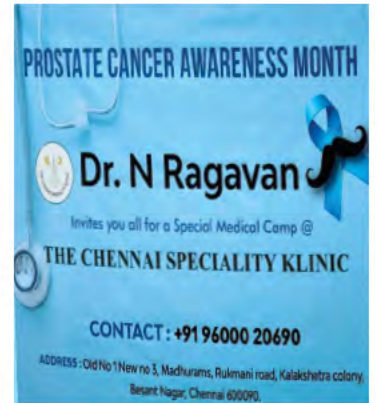
Family fellowship – participated by Yasantha De Silva Minister (Commercial) – Sri Lanka Deputy high commission Chennai



Family fellowship Anns Participated in traditional sri lankan attire.



Full page advertisement in The Hinds metro – Prostate cancer awareness month- A public image Initiative by Dr. Raghavan Vocational service Health - Rotary club of Adyar.



Prostate Cancer Awareness month - A Medical Camp conducted by Dr. Raghavan During the Prostate cancer Awareness month.



Board meeting for the month of September.



Weekly speaker meeting – Mr. Ananth –TEAM CSA on Evolution of Electric Vehicles in India.





The banks of the canal is being cleared for tree planting.- Porur Kunrathur highway side.



Porur lake cleaning work taken up, the thorn bushes being removed near the Maduravoyal Tambaram Highway.



2nd JCB in work near the Tambaram highway.



Cleaning the Bushes completed for tree plantation work near the porur highway side.



Clearing of bushes near the Ramachandra college side.

## PROGRAMME

Date	Meeting Details
Oct 1st	Speakers Meeting
Oct 2nd	Tree planting event in Porur lake
Oct 15th	Vocational Service Awards



1st Oct – Annette Vhasavi Daughter of Rtn. Ragavan

2nd Oct – Ann Nandhini Rajendran

3rd Oct – Annette Skanda Son of Rtn. Shyam Sundar

4th Oct – Ann Maheshwari Siva

8th Oct – Rtn. Vittal Rajan . R

10th Oct – Annette Aravind Son of Rtn. Eashwer

21st Oct – Annette Venkata Karthik Annapragada

23rd Oct – Annette Tharun Son of Rtn. Sivakumar

26th Oct – Rtn. Suresh.M

30th Oct – Rtn.Archana.R



Some more photos of clearing the bushes. Filler.





## ***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**

#### **Membership**

**Rtn. PHF Sathish T**

#### **Chairman Fellowship**

**Rtn. PHF Archana R**

#### **Polio Plus**

**Rtn. Rajesh D**

#### **Rotaract and Interact**

**Rtn. Sanjeevirajan**

#### **Programs**

**Rtn. Dr.Nishanth**

#### **Project**

**Ann. Chitra Thiagarajan**

### **Bulletin Editor**

**Ann Dr.Shruthi Nishanth**