

# Friendship Bulletin

Vol. 54 no. 14

Saturday, 7<sup>th</sup> November, 2020

President : Alope Kumar Kanodia

Secretary : Amar Kumar Malhotra

Editor : Ajay Khanna

Anniversaries ....3

Birthdays ....3

MY favourite exercise is SMILING ..... 3

What's NEWS ..... 4

ROTRACT Communique ..... 5

minutes ... 6

Club Clinic ..... 6

Human Wisdom ..... 6



## NOVEMBER IS ROTARY FOUNDATION MONTH

24 October : **World Polio Day** :  
 END POLIO NOW awareness drive was flagged off by DG Sudip Mukherjee, in presence of gracious Ms Susmita Bhattacharjee Councillor ward / coordinator 63. Rotarians, Arms and their families took active part in spreading the message to keep India Polio free, End Polio from the world. We have eradicated Polio 99.9% and soon it will be 100% once Pakistan and Afghanistan will be free. That day is not far. Be a proud Rotarian. Help us to help the society (an update by PP Rakeshi Bhatia)



**Today's**  
 EVENT  
 IN HOUSE MEETING

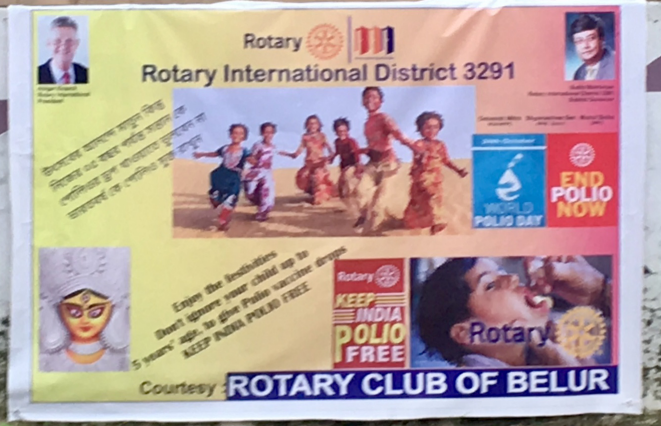
ROTARY CLUB OF BELUR

Wishes you all a very

*Happy and Prosperous Diwali*



# CLUB NEWS :



DISPLAY OF POLIO BANNER AT DA BLOCK, SALT LAKE



Our Club Event - Polio Awareness Car Rally has been uploaded on RI International website. The pictures are from the website.



## POLIO AWARENESS DRIVE BY ROTARY CLUB OF BELUR WITH A CAR RALLY ON 24TH OCTOBER, 2020

**6.15 am :** Live interviews was conducted by Rtn Amitabh Mohan during the Polio awareness drive of DG Sudip Mukherjee, Councilor Susmita Bhattacharya and PDG Ravi Sehgal. The same was uploaded instantly on Rotary Facebook site and Amitabh Mohan's site.

**6.30 am :** Photographs clicked with DG, Councilor and all the members present. A sergeant had visited when the rally was about to start and a group photographs was taken with the members holding the Polio awareness flag along with the Sergeant.

**7.00 am :** The rally was flagged off by DG Sudip Mukherjee and PP Rakesh Bhatia who headed the rally with members following. The route taken was through Lansdowne Road to Southern Avenue, moving on to S P Mukherjee Road, Theatre Road and back to Loudone Street.

DG Sudip Mukherjee took the initiative of sharing the Photographs of the programme through out the district on completion of the event.

**7.45 am :** All the members gathered for breakfast and were provided with Hot jalebi, samosa and Gujrati fafda completing it with a steaming cup of hot tea.

Later in the day the Polio Awareness Car Rally's Photographs was shared by PDG Ravi Sehgal on various National and International Rotary Groups along with Rtn Amitabh Mohan and many members sharing it on social media which attracted more than 7000 views in a day.

*Report by Rtn Sharad Dugar*

### ACCOLADES

#### Messages from DG Sudip Mukherjee:

As Polio Awareness programme Rotary Belur organised a car Rally in South & Central Kolkata this morning. Local KMC Councillor Susmita Bhattercharya & PDG Ravi Sehgal were present.

#### Messages from KMC Councilor Susmita Bhattacharya:

It was great fun ... We went all around .. Southern Avenue .. Hazra .. SP Mukherjee Road and I kept my flag waving outside the window.. And it went making "phat phat" sounds in the breeze... What fun.

#### Members who attended with DG Sudip Mukherjee and KMC Councilor Susmita Bhattacharya:

PDG Ravi Sehgal, President Alope Kanodia, President Elect Indra Goenka, Secretary Amar Malhotra and Swati Malhotra, Treasurer PP Rakesh Almal, PP Rakesh Bhatia ◊ I, PP Sunil Jain, Rtn jaya Butta, Rtn Pijush Doshi, Rtn Sharad Dugar, Rtn Ammit Bhutoria, Rtn K P Sajan, Rtn Amitabh Mohan ◊ I, PP Navin Kandelwal ◊ I

### HEALTHY FOOD PYRAMID

**5%** Fat, oil, sugar, sweets

**20%** Meat, fish, milk, eggs

**35%** Fruit, vegetables

**40%** Bread, pasta, cereals

### LOSE FAT WITHOUT LOSING MUSCLES

**Float Aweigh**

EAT MORE PROTEIN  
1.2-1.4G PER POUND  
OF BODYWEIGHT.

**DITCH HIGH REPS**

DO 10 - 12 REPS WITH  
MODERATE WEIGHTS.

**LIMIT YOUR CARDIO**

TRY DOING HIT 15  
MIN 2/WEEK.

**DON'T CUT CARBS**

EAT CARBS AT BREAK-  
FAST & PRE-WORKOUT.

**PRIORITIZE SLEEP**

SLEEP TO RECOVER  
YOUR BODY FAST.

Snippets of Last Week's RCM with Chandonaa Datta, Nutritionist and dietician subject was Live better with balanced Diet



रोटरी क्लब ऑफ बेलूर की ओर से विश्व पोलियो दिवस को लेकर जागरूकता फैली निकाली गई। इस फैली में हरिम रामूह के विद्युष दोशी वामत अन्य गण्यमान्य मौजूद थे



We appreciate the support of M/s. AnnaRas, Shakespeare Sarani, Kolkata in the world Polio day awareness drive.

Press Clippings

रोटरी क्लब ऑफ बेलूर की ओर से विश्व पोलियो दिवस पर निकाली गयी जागरूकता फैली में भाग ले रहे सदस्यवर्ग। विश्वमिद

विश्व पोलिओ दिवसे सचेतना जागरण जेलाशासकेर उपस्थितिजे करार लक्के रोटारि इंटरन्याशनल कलकाताय एकटि पथसभा आयोजन करल बेलुडेर रोटारि क्राव।

विश्वके सम्पूर्णरूपे पोलिओमुक्त करार लक्के रोटारि इंटरन्याशनल बराबरई अग्रणी भूमिका पालन करे चलेछे।

# Towards a Polio-free world



"We are 'this close' to ending polio," say RIPE Shekhar Mehta and Rashi.



Street children in Belur display flags on a Polio-free India. RC Belur, RID 3291 undertook this activity to spread awareness about the importance of polio immunisation, particularly in vulnerable sections of society. Picture by Rakesh Bhatia.

# DISTRICT NEWS



"If you want a love message to be heard, it has got to be sent out. To keep a lamp burning, we have to keep putting oil in it."  
-Mother Teresa

## KEEP GIVING.

Keep - Doing Good in the World

Year	Global Grants Awarded	Grant Worth
2013 - 14	868 Grants	Over \$ 47 Million
2019 - 20	1,350 Grants	Over \$ 100 Million

While the number of grants shot up by more than 50 %, and funding by 123 %, corresponding **Annual Fund**

contributions showed only a 5 % increase. *We will need to rise to this challenge and work together to meet our funding needs.*

**Your Generosity** today and throughout this year is the **OIL** that keeps our grants burning bright, reaching the ones who need us most.

Trustee Chair **K.R.Ravindran's** November 2020 , Message.



The Rotary Foundation



Rotary Opens Opportunities

Rotaract

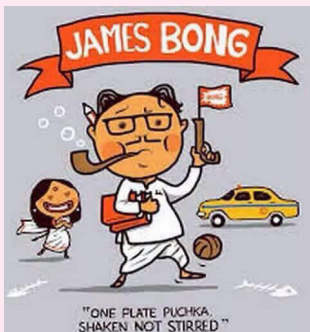
November Rotary Foundation Month

Visit & Donate [www.endpolio.org](http://www.endpolio.org)

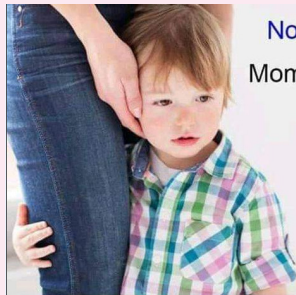
EPNC PDG Dr Saga +91999447725



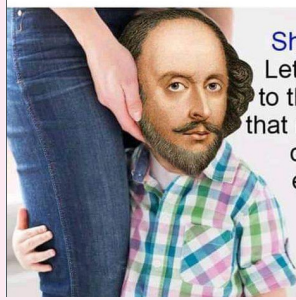
MY favourite exercise is SMILING!



Contributed by PP Rakesh Bhatia

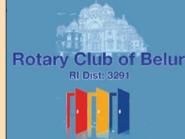


Normal Kids:  
Mom I'm hungry



Shakespeare:  
Let it be known to the birth giver that mine stomach consists of emptiness

Contributed by Rtn Amitabh Mohan



You bet... this is perfect Diwali Gift



Diwali Dhamaka Pay \$400 to Rotary Foundation and get advantage of \$ 1000 \$ mane 4 per 6 free please register your name immediately *Alok Kanodia*

## Birthdays

PP Shiv Kumar Lohia on 8<sup>th</sup> November

PP Lakshmi Chandra Agarwal on 10<sup>th</sup> November

## Anniversaries

Rtn Anirudh and Manisha Khemka on 19<sup>th</sup> November

PP Navin and Reena Khandelwal on 19<sup>th</sup> November

UPCOMING EVENTS!

## CLUB EVENTS

November 21, 2020 RCM Diwali e-Get-together

November 28, 2020 RCM Details to be follow

## DISTRICT EVENTS

During the month of November 2020 there are 2 District Programmes on Zoom 13<sup>th</sup> November & 29<sup>th</sup> November (Details will follow)

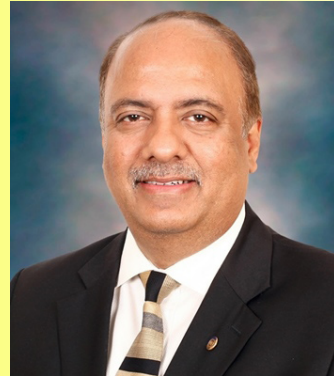
## ROTARY NEWS

### International Assembly 2021

International Assembly 2021 will now be held virtually from 1 to 11 February, 2021.

Board of Directors have decided to move to the virtual format considering health and safety issues of participants, said General Secretary in a letter to DGEs.

President Elect Shekhar Mehta will announce details of the virtual International Assembly in the second week of November.



**Rotary International  
Assembly 2021**

*to be held virtually*

**from 1 to 11 Feb**

Rotary 



### Dean Rohrs elected to TRF Trust Board

Dean Rohrs, Past RI Vice President, is elected to the Rotary Foundation Board of Trustees.

She replaces Jennifer Jones in the TRF Trust Board.

She is a member of the Rotary Club of Langley Central, Canada.

### New nominations for TRF Trust Board

PRID Akira Miki (2018-20) of Rotary Club of Himeji, Japan nominated as TRF Trustee from July 2021 Akira Miki, a dentist with his own practice, dedicated himself to disaster recovery projects after the January 1995 Hanshin-Awaji earthquake, one of the worst earthquakes to hit Japan in the 20th century. Miki worked on building the a children's home and supported children who needed emotional care.

Miki has served RI as president's representative, RI training leader, GETS trainer, committee member, assistant Rotary coordinator, Council on Legislation representative, and sergeant-at-arms for international conventions and assemblies. He is director of the RI Japan Youth Exchange Committee.

Miki is a former Interactor and a recipient of The Rotary Foundation's Citation for Meritorious Service. He and his wife, Chiharu, are Benefactors and Major Donors.



**PRID Akira Miki**  
(2018-20) of Rotary  
Club of Himeji, Japan  
nominated as TRF  
Trustee from July 2021



**PRID Larry Lunsford**  
(2013-15) of Rotary  
Club of Kansas  
City-Plaza, Missouri  
nominated as TRF  
Trustee from  
1 July 2021

Larry Lunsford is a certified public accountant. Larry is SVP/CFO of Bernstein-Rein Advertising, Inc. in Kansas City, Missouri. He earned his bachelors and masters degrees in accounting from Truman State University in Kirksville, Missouri, and has served his alma mater on its National Alumni Association Board and its Foundation Board.

Larry's passion for Rotary and his invitation into the family of Rotary began during his college years when in 1982 he was selected as a Rotary Foundation Ambassadorial Scholar to Australia. Larry joined Rotary in 1991, served as President of the Rotary Club of Kansas City-Plaza, Missouri in 1997-98, served as District Governor of Missouri D6040 in 2001-02, and served as Rotary International Director in 2013-15.

Larry and his wife Jill have been appointed to serve as Aides to RI President Mark Daniel Maloney, and his wife Gay, for the 2019-2020 Rotary year. Larry will also serve for the next three years on the Rotary Peace Centers Committee of the Rotary Foundation.

Larry is a Major Donor, a Benefactor, a Charter Member of the Bequest Society and the D6040 Paul Harris Society, and has been awarded the Rotary Foundation Citation for Meritorious Service and the RI Service Above Self Award.

## EXPANDED FUNDING OPTIONS FOR GLOBAL GRANTS

The Foundation Trustees have made another change to the way that global grants are funded, following their decision to stop matching cash contributions to grants because of the high demand for global grants. This latest change will give Rotary clubs and districts more flexibility in financing grant activity.

There's no longer a minimum World Fund match for global grants. This means that grant sponsors can use any combination of District Designated Funds (DDF), cash, or directed gifts and endowment earnings to fund a global grant, as long as the minimum project budget is \$30,000. The maximum World Fund award remains \$400,000. As noted before, the Foundation will provide a 100 percent World Fund match for all DDF contributions, but not match cash contributions.

The best way to ensure sufficient World Fund resources for grant activity in the future is to give generously to the Annual Fund-SHARE.

## Rotary International Board of Directors



## INTERACT CLUB OF M.C.K.V TAJASSUS



**Date: 27.09.20** To reinvent the education system and give students a break from traditional classroom learning, there is a dire need to revive the quiz culture in schools and technology can act as a facilitator by bringing innovation to quizzes and ensuring active participation among students. It provides an interactive platform for students where they gain knowledge ,seek opportunities to excel beyond academics and secure their future. Keeping this proposition in mind ,the Rotary Club of Calcutta Visionaries hosted 'Tajassus' (Quiz for Interactors) on 27th September,2020 at 6p.m. M.C.K.V. Interact Club was one of the finalist participant. The District Governor Rtn.Sudip Mukherjee and Rtn. Sulagna Daw (District Interact Committee chairperson RID 3291) graced the occasion. Rtn.Anuj Singh and Rashmi Singhee were the quiz masters. Subhankar Verma (7B) and Lakshya Sharma (8D) participated in the event and were declared as the runners up. They were awarded a prize money of Rs. 5000.

Objective: To provide the children with an opportunity to expand their knowledge and hone their teamwork skills.

- 1) Number of members participated: 2
- 2) Number of people benefitted: 2
- 3) Classes involved : VII , VIII
- 4) Amount involved : N.A
- 5) District Officials Present : Yes
- 6) Joint with any other organisation :

Action Photos : (To enclose) :

CO-ORDINATOR :



