

Ottapalam Rotary News

Vol. XXXVI Issue # 8

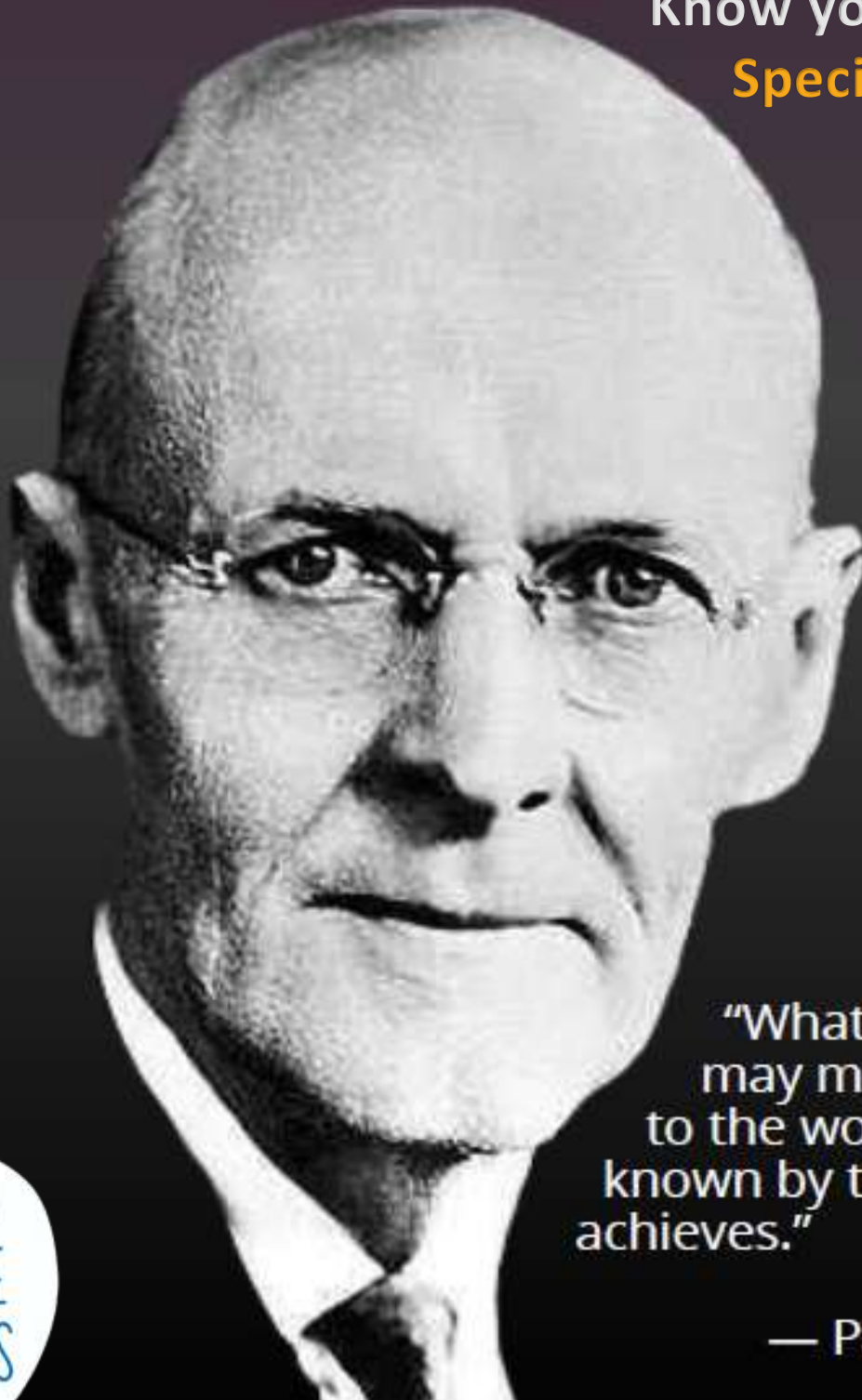
A monthly bulletin of Rotary club of Ottapalam (RID 3201 - Club 22653)

Feb 2022



*Since
1905*

Know your Rotary
Special Edition



*Be a
proud
Rotarian*

THE WORLD
NEEDS MORE
#ROTARIANS

“Whatever Rotary
may mean to us,
to the world it will be
known by the results it
achieves.”

— Paul P. Harris



SERVE TO
CHANGE LIVES

Dear Rotarians,

Welcome to this Ottapalam Rotary News (ORN) bulletin, the 8th issue for February 2022.

23rd Feb is Rotary International Anniversary. We wish all Rotarians a happy anniversary and be thankful to be part of this oldest social organisation that gave us an opportunity to serve the community with a **Service Above Self** motto.

The Bulletin also include few pages on "Know your Rotary" titles. Please let us know your comments.

We would request all members to visit regularly the club website www.rotaryclubofottapalam.org Club APP, District website www.rotary3201.com and RI website www.rotary.org . We have our presence on the Facebook www.facebook.com/rotaryclubotp and YouTube. Please promote them too.

Thank you

Rtn. Ramachandran Kunduthody

Send your comments by email to cio.rotaryotp@gmail.com



**editor's
desk**

**February
2022**

FEBRUARY 23rd



**ROTARY
INTERNATIONAL
ANNIVERSARY**

"Friendship was the foundation rock on which Rotary was built and tolerance is the element which holds it together."

Paul P. Harris (Founder of Rotary)

Message from **President**



Rtn. E.P. Chitresh Nair

Dear Rotarians, Anns and Annets,
Greetings.

The pandemic again pulled us back, the alarm bells started again But we crossed half way point of Rotary year. Quite unfortunate no new Projects working but only "Feeding the hungry" on-going Project moving in a smooth way on every Thursday.

We planned array of useful projects in January but sudden out break of Omicron held us back. We couldn't celebrate Xmas or New year which we celebrate in grand manner, yesters. Only function we had is Meet n Greet which was neatly done and organized by Rtn Bala and Rtn Balu. They took all the pain and the function bagged lot of accolades from Rotary fraternity.

Few Rotarians were down with covid including me and by God's Grace all recovered fast and force to go back to Zoom meeting again. January was stand still and hope February will be the month action. Wish you Happy new year and great years ahead

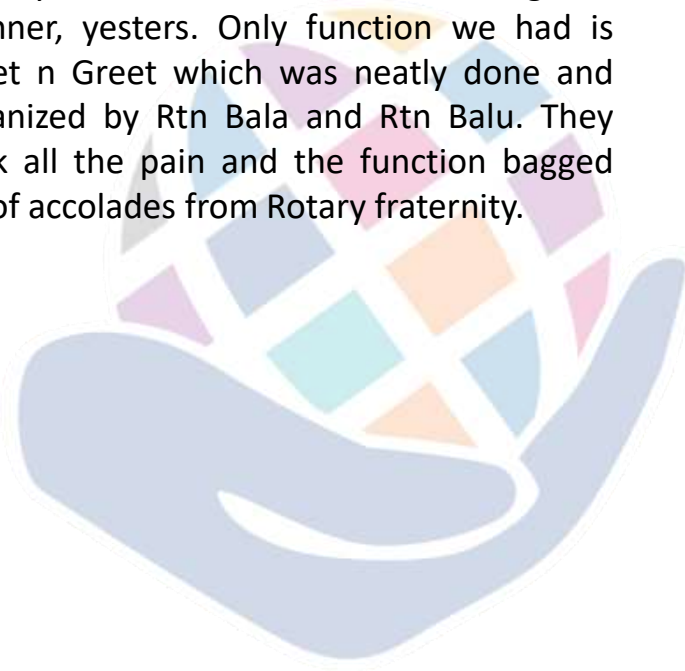
Jai Rotary

Jai Hind

Rtn. E.P. Chitresh Nair

President 2021-22

Rotary club of Ottapalam



SERVE TO CHANGE LIVES



COVID-19 protection



മാസ്ക്



Mask



സാനിറ്റൈസർ ഉപയോഗിക്കുക



Sanitise



സാമൂഹിക അകലം



Social distancing



കൈ കഴുകുക



Hand wash

Secretary's Report - Jan-2022

Rtn. V.A. Balu



Dear Fellow Rotarians and Rotary Family Members,

Greetings and good wishes.

The month of January, went well though many of the Rotary members getting down with Covid. But the most disturbing thing was the sad demise of our Senior most Past President and Honorary Member Rtn MSU Menon. He was undergoing treatment for old age ailments and was shattered by his big loss when his better half Sarada Menon left him just a couple of months ago. Rotary Ottapalam lost a true Rotarian, a gentleman to the core, a well-mannered, affable and most friendly human being. His contributions to Rotary will be remembered for ever. He has been supportive to all the activities of the club for more than three decades. He continued to be a Rotarian till his last breath. Pranams to the departed soul. May his noble soul attain Moksha and rest in eternal peace.

We had, a wonderful program organised by District Director Rtn Dr C Balasubramaniam and his zonal team for the Rotary year 2022-23, a meet and greet program for Club and District Officers of Zone 2. The well organised function was attended by Rotarians from all clubs of the zone. It was a memorable experience of flawless conduct of a class program. Thanks to DGE Rtn Rajmohan Nair, and his team for next year for their active participation in the meeting held in our Rotary hall. It was a wonderful opportunity to enhance friendship and fellowship among Rotarians after a long time.

Our weekly project 'Feeding the Hungry' is going well. We have increased the number of beneficiaries to forty a week with Rotarians coming forward to support the widely accepted

project. We had four weekly meetings and board meeting in the month of January.

We inducted a new member, in a meeting held online. It was a rare opportunity because of the third wave of the pandemic, to have a member inducted online. Our Assistant Governor Rtn Pradeep inducted Rtn Prasad into our membership. We welcome Rtn Prasad to the Rotary family.

Our novel fellowship program, of celebrating wedding anniversaries in a special way, by delivering the anniversary cakes at homes of celebrities was much significant in January. We had most number of celebrities this month, nine couples including President Chitresh Nair and first lady Preethy Chitresh,.

Due to covid restrictions we could not hold our family dinner meeting in January. We hope to come out of this unpleasant situation soon and would be able to get back to normalcy.

Our regular project of e-bulletin has become so popular among Rotarians and Rotary friends. This is our eighth issue of current year. Editor Rtn PP Ramachandran Kunduthody has been so meticulous in bringing out these issues and he deserves appreciations unlimited. Congratulations to President Chitresh Nair and Editor Rtn Ramachandran for the untiring efforts in materialising publication of Ottapalam Rotary News (ORN) monthly.

Expecting to have more Rotary in coming months, more projects, fun and fellowship,

Yours in Rotary

Rtn V A BALU



Rotary
District 3201



HOST CLUB : ROTARY CLUB OF OTTAPPALAM



Team HUDDLE

Meet & Greet 2022-23 &
Bon Voyage

Huddling up to a new Rotary Year 2022 - 23



The Rotary Clubs of Zone 4 (Trichur & Palakkad) cordially invite you to meet and interact with the leaders of our District and to bid Bon Voyage to our beloved

**District Governor - Elect Rtn. S Rajmohan Nair
& Incoming First Lady Rtne. Meera Nair**

as they embark on their training journey to the
Rotary International Assembly at Florida, USA
on 3rd January, 2022

at CRR Hall, Rotary Club of Ottapalam, at 6.00 pm.

District Governor Rtn. Rajasekhar Sreenivasan
has kindly consented to be the Chief Guest.

Rtn. Pratap Varkey
District Director 2021-22

Rtn. Dr. C Balasubramaniam
District Director 2022-23



@srajmohannair

www.rotary3201.org

Registration Fee
Rs.350 per person

ridg3201@gmail.com



District Trainer 2022-23 Rtn Madhav Chandran



Training Leaders of Zone 4

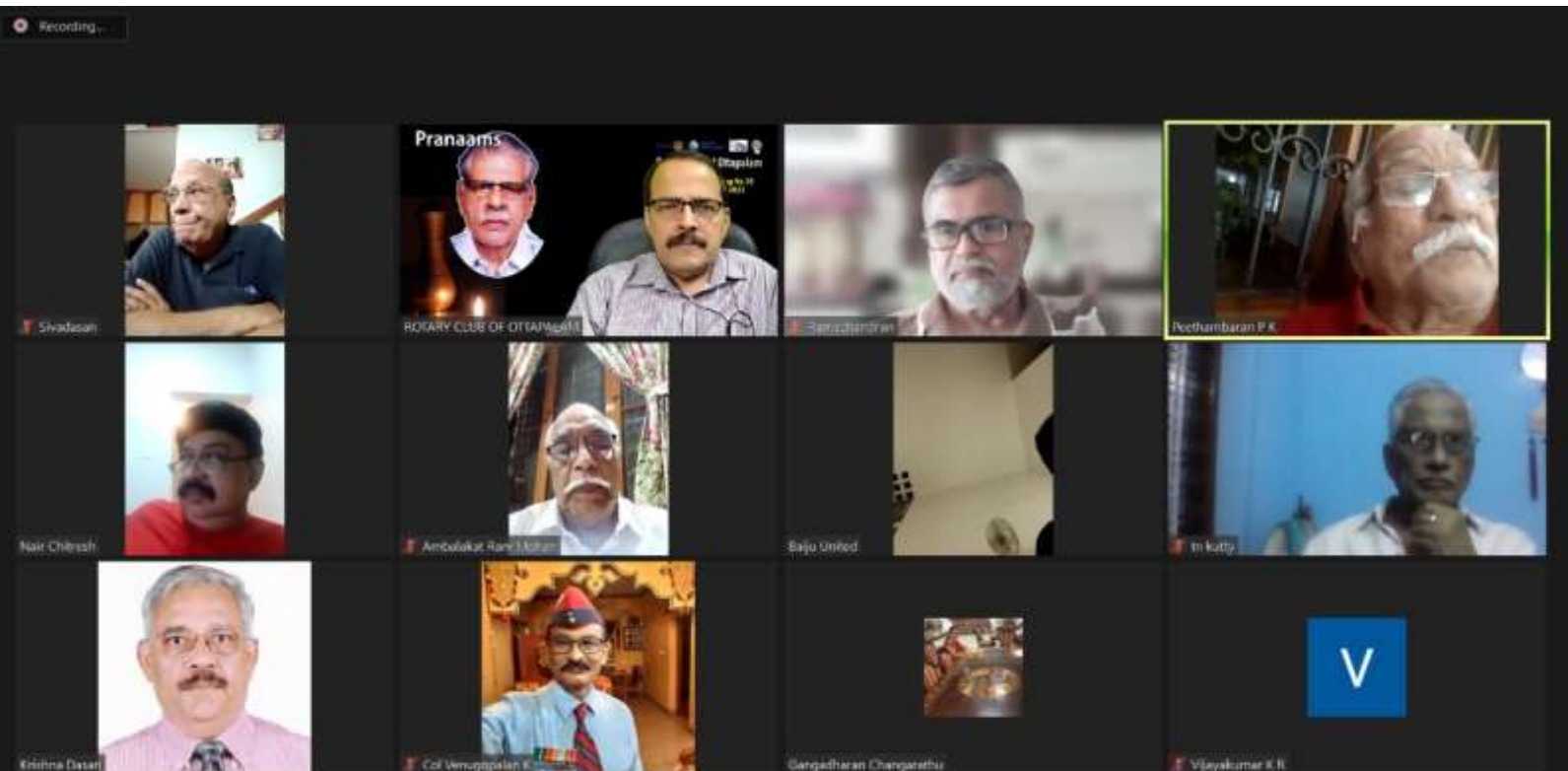
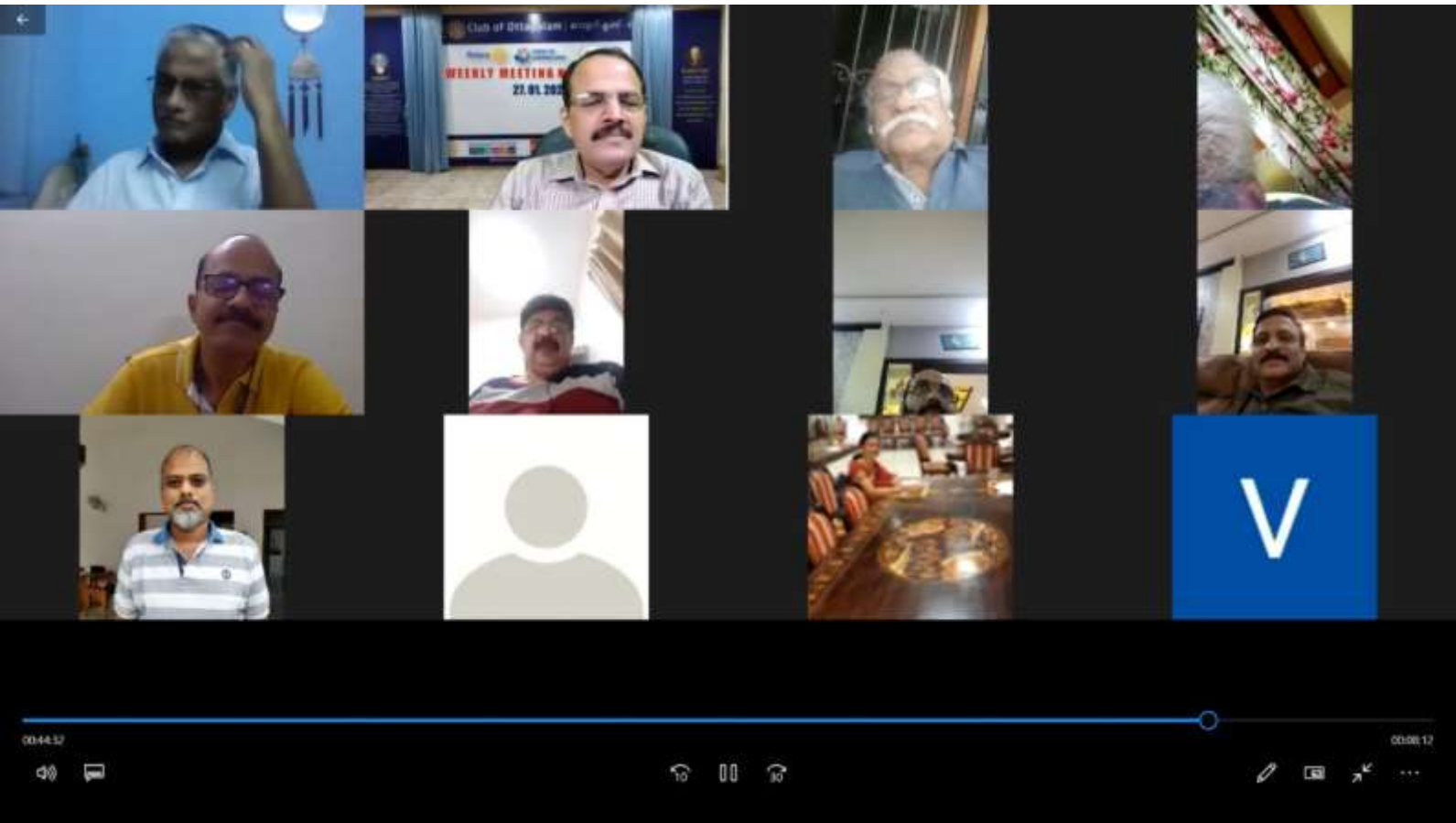


AGs, GGRs of Zone 4

Activities - Hybrid meetings

Jan 2022

Resumed meetings in ZOOM 100% virtual platform in Jan-2022.



*Congratulations and best wishes to Annet Praveen.
From President and members of Rotary club of Ottapalam*



Rear Admiral Praveen Nair takes over as **ACNS (P&P)**

Praveen, the elder son of Rotarian Ambalakat Rammohan and Chembolly Nirmala from Manisseri, Ottapalam on promotion to the rank of Rear Admiral has assumed charge as the **Assistant Chief of Naval Staff (Policy & Plans)** at Naval Headquarters in New Delhi.

Prior moving on promotion to Delhi, Praveen was in command of the Indian Navy's largest ship and Aircraft Carrier INS Vikramaditya. An alumnus of DSSC Wellington and the world renowned US Naval War College at Newport, Rhode Island, he has previously commanded the missile corvette INS Kirch and commissioned the Guided Missile Destroyer INS Chennai.

Praveen is married to Deepa a Speech and Language pathologist and they have a son Umang who is studying Law at the NALSAR university, Hyderabad.

Congratulations to Annet Snigdha daughter of Rtn Prof Jayakrishnan on her enrollment as an Advocate. All the very best to Adv. Snigdha (Left)

(below) President and members wish our senior member PP Rtn. T.N. Kutty on his Shatabhishekam (84th Birthday) celebrated on 27th Jan 2022.



50 Things Every Rotarian Should Know About Rotary



1. DEFINITION OF ROTARY

How do you describe the organization called “Rotary”? There are so many characteristics of a Rotary club as well as the activities of a million Rotarians. “Rotary is an organization of business and professional person united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world.” Those 31 words are worth remembering when someone asks, “What is a Rotary club?”

2. THE OFFICIAL ROTARY FLAG

An official flag was formally adopted by Rotary International at the 1929 Convention in Dallas, Texas.

3. ROTARY’S WHEEL EMBLEM

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate “Civilization and Movement.”

4. OBJECT OF ROTARY

The Object of Rotary is “to encourage and foster the ideal of service as a basis of worthy enterprise.” The statement then lists four areas by which this “ideal of service” is fostered: “through the development of acquaintance as the opportunity for service; the promotion of high ethical standards in business and professions; through service in one’s personal, business and community life; and the advancement of international understanding, goodwill and peace.”

5. ROTARY MOTTOES

“He Profits Most Who Serves Best” and “Service Above Self.” The 1989 Council on Legislation established “Service Above Self” as the principal motto of Rotary, since it best explains the philosophy of unselfish volunteer service.

6. THE 4-WAY TEST

One of the most widely printed and quoted statements of business ethics in the world is the Rotary “4-Way Test.” The 4-Way Test was adopted by Rotary in 1943 and has been translated into more than 100 languages and published in thousands of ways.

“Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?”

7. FIRST NAMES OR NICKNAMES

From the earliest days of Rotary, members have referred to each other on a first-name basis.

8. FIVE AVENUES OF SERVICE

The “Avenues” refer to the four elements of the Object of Rotary: Club Service, Vocational Service, Community Service and International Service.

- 1 “**Club Service**” involves all of the activities necessary for Rotarians to perform to make their club function successfully.
- 2 “**Vocational Service**” is a description of the opportunity each Rotarian has to represent the dignity and utility of one’s vocation to the other members of the club.
- 3 “**Community Service**” pertains to those activities which Rotarians undertake to improve the quality of life in their community.
- 4 The Fourth Avenue, “**International Service,**” describes the many programs and activities which Rotarians undertake to advance international understanding, goodwill and peace.
5. “**Youth Service**”, the fifth avenue of service recognises the positive change implemented by youth and young adults through leadership development activities.

9. INTERNATIONAL RESPONSIBILITIES OF A ROTARIAN

As an international organization, Rotary offers each member unique opportunities and responsibilities. Although each Rotarian has first responsibility to uphold the obligations of citizenship of his or her own country, membership in Rotary enables Rotarians to take a somewhat different view of international affairs.

10. THE SPONSOR OF A NEW MEMBER

The bylaws of Rotary clearly outline the procedure for a prospective member to be proposed for Rotary club membership. The “proposer” is the key person in the growth and advancement of Rotary. Without a sponsor, an individual will never have the opportunity to become a Rotarian.

11. WOMEN IN ROTARY

Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only. In 1978 the Rotary Club of Duarte, California, invited three women to become members.

12. WORLD UNDERSTANDING MONTH

The month of February is very special in the Rotary calendar since it is designated World Understanding Month. The month also includes the anniversary of the first meeting of Rotary held on February 23, 1905, now designated World Understanding and Peace Day.

13. THE CLASSIFICATION PRINCIPLE

Virtually all membership in Rotary was based upon a “classification.” Basically a classification describes the distinct and recognized business or professional service which the Rotarian renders to society.

14. EXCHANGE OF CLUB BANNERS

One of the colorful traditions of many Rotary clubs is the exchange of small banners, flags or pennants. Rotarians traveling to distant locations often take banners to exchange at “make up” meetings as a token of friendship.

15. SHARING ROTARY WITH NEW MEMBERS

Are you aware of the responsibility or obligation most Rotarians fail to perform? Of all the obligations a person accepts when joining a Rotary club the one in which most Rotarians fail is “sharing Rotary.”

16. TOLERANCE OF DIFFERENCES

As members of an international organization dedicated to world understanding and peace, it behoves Rotarians to exercise restraint in judging our Rotary friends and citizens from other countries when their behavior seems unusual to us.

17. VOCATIONAL SERVICE

Programs of vocational service are those which seek to improve business relations while improving the quality of trades, industry, commerce and the professions.

18. ROTARY ANNS / ROTARY PARTNERS

In many Rotary clubs throughout the world, wives of male members are affectionately called “Rotary Anns”.

19. A BRIEF ROTARY HISTORY

The world’s first service club, the Rotary Club of Chicago, Illinois, USA, was formed on 23 February 1905 by Paul P. Harris, an attorney who wished to recapture in a professional club the same friendly spirit he had felt in the small towns of his youth. The name “Rotary” derived from the early practice of rotating meetings among members’ offices.

20. INVOCATIONS AT CLUB MEETINGS

Rotary policy recognizes that throughout the world Rotarians represent many religious beliefs, ideas and creeds. The religious beliefs of each member are fully respected, and nothing in Rotary is intended to prevent each individual from being faithful to such convictions.

21. OPPORTUNITIES FOR FELLOWSHIP

Once a week the opportunity for Rotary fellowship occurs at each club meeting.

22. HONORARY MEMBERSHIP

“Honorary” is one of the two types of membership a person may have in a Rotary club. This type of membership is the highest distinction a Rotary club can confer and is exercised only in exceptional cases to recognize an individual for unusual service and contributions to Rotary and society. Honorary members, do not hold office and are exempt from attendance requirements and club dues..

23. DISTRICT GOVERNOR

The Rotary district governor performs a very significant function in the world of Rotary He or she is the single officer of Rotary International in the geographic area called a Rotary district, which usually includes about 45 Rotary clubs. The district governors, who have been extensively trained at the worldwide International Assembly, provide the “quality control” for the 27,000 Rotary clubs of the world.

24. THE DISTRICT ASSEMBLY

The annual district assembly is the leadership training event in each Rotary district of the world.

25. THE DISTRICT CONFERENCE

A district conference is for all club members and their spouses, not just for club officers and committee members. The purpose of a district conference is for fellowship, good fun, inspirational speakers and discussion of matters which make one's Rotary membership more meaningful.

26. YOUTH EXCHANGE

Rotary Youth Exchange is one of Rotary's most popular programs to promote international understanding and develop lifelong friendships.

27. "EVERY ROTARIAN AN EXAMPLE TO YOUTH"

In much of the official literature of Rotary International relating to service to young people, a special slogan will be found -"Every Rotarian an Example to Youth." Youth service projects take many forms around the world.

28. WORLD COMMUNITY SERVICE

World Community Service is the Rotary program by which a club or district in one country provides humanitarian assistance to a club in another country. Typically the aid goes to a developing community where the Rotary project will help raise the standard of living and the quality of life. The ultimate object of World Community Service is to build goodwill and understanding among peoples of the world.

29. FUNCTIONAL LITERACY PROGRAM

It has been estimated that a billion people — one-fourth of the world's population — are unable to read. Illiteracy of adults and children is global is a concern in both highly industrialized nations and in developing countries.

30. CONCERN FOR THE AGING

One current area of special emphasis for Rotary clubs focuses on providing "new opportunities for the aging." In 1990, the RI Board of Directors urged Rotarians to identify new projects serving the elderly that emphasize intergenerational activities and the integration of seniors into society and the workplace.

31. INTERNATIONAL CONVENTIONS

Each May or June, Rotary International holds a worldwide convention "to stimulate, inspire and inform all Rotarians at an international level." The convention, which may not be held in the same country for more than two consecutive years, is the annual meeting to conduct the business of the association.

32. RECREATIONAL AND VOCATIONAL FELLOWSHIPS

Among the more than one million Rotarians worldwide, an amateur-radio enthusiast or a chess player is bound to find others who share the same passions. But Recreational Fellowship members share more than just their common interest in sport diving or Esperanto; they share an interest in fellowship and service and in promoting world understanding. As such, it's no wonder that the International Skiing Fellowship of Rotarians donates the profits from ski events to The Rotary Foundation or that the Flying Rotarians help ferry medical personnel and supplies.

33. ROTARY FRIENDSHIP EXCHANGE

An interesting Rotary program of fellowship is the Rotary Friendship Exchange. The idea is for several Rotarian couples to travel to another country on the Rotary Friendship Exchange.

34. ROTARY YOUTH LEADERSHIP AWARDS (RYLA)

Each summer thousands of young people are selected to attend Rotary-sponsored leadership camps or seminars in the United States, Australia, Canada, India, France, Argentina, Korea and numerous other countries. In an informal out-of-doors atmosphere, 50 to 75 outstanding young men and/or women spend a week in a challenging program of discussions, inspirational addresses, leadership training and social activities designed to enhance personal development, leadership skills and good citizenship.

35. ROTARY AND THE UNITED NATIONS

During and after World War II, Rotarians became increasingly involved in promoting international understanding. In 1945, 49 Rotary members served in 29 delegations to the United Nations Charter Conference. Rotary still actively participates in UN conferences by sending observers to major meetings and promoting the United Nations in Rotary publications.

36. INTERACT

Interact, the Rotary youth program, was launched by the RI Board of Directors in 1962. The first Interact club was established by the Rotary Club of Melbourne, Florida.

37. ROTARACT

After the success of Interact clubs for high school-age youth in the early 1960s, the RI board created Rotaract in 1968. The new organization was designed to promote responsible citizenship and leadership potential in clubs of young men and women, aged 18 to 30. The first Rotaract club was chartered by the Charlotte North Rotary Club in Charlotte, North Carolina.

38. ROTARY FLOAT IN ROSE PARADE

The Rotary International float in the annual Tournament of Roses Parade is undoubtedly the largest public relations project of the Rotary clubs of the United States and Canada.

39. THE ROTARY FOUNDATION'S BEGINNING

Some magnificent projects grow from very small seeds. The Rotary Foundation had that sort of modest beginning. In 1917 RI President Arch Klumph told the delegates to the Atlanta Convention that "it seems eminently proper that we should accept endowments for the purpose of doing good in the world." The response was polite and favorable, but the fund was slow to materialize. A year later the "Rotary Endowment Fund," as it was first labeled, received its first contribution of \$26.50 from the Rotary Club of Kansas City, which was the balance of the Kansas City Convention account following the 1918 annual meeting. Additional small amounts were annually contributed, but after six years it is reported that the endowment fund had only reached \$700. A decade later, The Rotary Foundation was formally established at the 1928 Minneapolis Convention. In the next four years the Foundation fund grew to \$50,000. It is staggering to imagine that from those humble beginnings, The Rotary Foundation is now receiving more than \$85 million each year for educational and humanitarian work around the world.

40. AMBASSADORIAL SCHOLARSHIPS

The Rotary Foundation Ambassadorial Scholarships Program is the world's largest privately funded international scholarships program. The purpose of the Scholarships Program is to further international understanding and friendly relations among people of different countries.

41. GROUP STUDY EXCHANGE

One of the most popular and rewarding programs of The Rotary Foundation is the Group Study Exchange. Since the first exchange between districts in California and Japan in 1965, the program has provided educational experiences for about 25,000 business and professional men and women who have served on about 5,500 teams.

42. HEALTH, HUNGER AND HUMANITY GRANTS

In 1978, Rotary launched its most comprehensive humanitarian service activity with the Health, Hunger and Humanity Program. The 3-H Program is designed to undertake large-scale service projects beyond the capacity of individual Rotary clubs or groups of clubs.

43. MATCHING GRANTS

Among the programs of The Rotary Foundation are the Matching Grants that assist Rotary clubs and districts in conducting international service projects. The Matching Grants program is a very significant part of The Rotary Foundation and provides an important incentive for clubs to undertake worthwhile international service projects in another part of the world. They certainly foster goodwill and understanding, which is in keeping with the objectives of The Rotary Foundation.

44. POLIOPUS

PolioPlus is Rotary's massive effort to eradicate poliomyelitis from the world by the year 2005. It is part of a global effort to protect the children from five other deadly diseases as well as the "plus" in PolioPlus.

45. ROTARY PEACE PROGRAMS

A special program of The Rotary Foundation was originally labeled the "Rotary Peace Forum". The concept of a center or educational program to promote greater understanding and peace in the world was originally discussed in 1982 by the New Horizons Committee and the World Understanding and Peace Committee.

46. PAUL HARRIS FELLOWS

Undoubtedly the most important step to promote voluntary giving to The Rotary Foundation occurred in 1957, when the idea of Paul Harris Fellow recognition was first proposed. Although the concept of making \$1,000 gifts to the Foundation was slow in developing, by the early 1970s it began to gain popularity. The distinctive Paul Harris Fellow medallion, lapel pin and attractive certificate have become highly respected symbols of a substantial financial commitment to The Rotary Foundation by Rotarians and friends around the world.

47. SPECIAL ROTARY OBSERVANCES

In the annual Rotary calendar several months are designated to emphasize major programs of Rotary International.

January is Rotary Awareness Month. This is a time to expand knowledge of Rotary and its activities among our membership and throughout the community. February is designated as World Understanding Month.

48. About Community Service

A community, defined in its simplest terms, is a group of people who have something in common. But in real life, it is something far more complex than that. Each member — every individual, group, organization, and business — draws benefits from the community in many different ways. For a community to thrive, each of its members must honor a commitment to contribute to the well-being of the whole by returning those benefits in kind.

49. LESSONS IN ROTARY GEOGRAPHY

What do the Rotary clubs of Quito, Ecuador, Libreville, Gabon, Singapore, and Kampala, Uganda, have in common? You guessed right if you said they all meet approximately on the equator. There are many interesting relationships and things to learn as you become acquainted with the approximately 1.2 million Rotarians in more than 32,000 clubs in more than 200 countries and geographical areas.

50. Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

50 Things Every Rotarian Should Know About Rotary

Rotary Programs

RI's programs are designed to help Rotarians meet needs both in their own communities and internationally.

Interact



Rotary clubs organize and sponsor this service organization for youth ages 12-18. There are more than 12,300 Interact clubs in 133 countries and geographical areas.

Rotaract



Rotary clubs organize and sponsor this leadership, professional development, and service organization for young adults ages 18-30. There are more than 8,000 Rotaract clubs in 167 countries and geographical areas.

ROTARY COMMUNITY CORPS



Rotary Community Corps (RCC)

Rotary clubs organize and sponsor these groups of non-Rotarians who work to improve their communities. There are more than 6,800 RCCs in 78 countries and geographical areas.

Rotary Fellowships and Rotarian Action Groups



Rotary Fellowships (groups geared to vocational and recreational interests) and Rotarian Action Groups (groups focused on humanitarian service activities) are open to all Rotarians, spouses of Rotarians, and Rotaractors. There are about 70 groups.



Rotary Friendship Exchange

Rotarian teams or individuals, often accompanied by their families, make reciprocal visits to other countries, staying in each other's homes and learning about different cultures firsthand.



Rotary Youth Exchange

Clubs and districts send and host students ages 15-19 who travel abroad for cultural exchanges ranging from one week to a year. More than 8,000 exchanges take place each year.

Rotary Youth Leadership Awards (RYLA)



Clubs and districts sponsor seminars to encourage and recognize leadership abilities of youth and young adults ages 14-30.



HERBERT TAYLOR
RI PRESIDENT 1954-55



THE 4-WAY TEST STORY

IN 1932, HERBERT TAYLOR, A ROTARY CLUB OF CHICAGO MEMBER, SAVED A FALTERING ALUMINUM COMPANY FROM THE BRINK OF BANKRUPTCY BY DISTINGUISHING ITSELF FROM THE COMPETITION BY DEVELOPING HIS 4-WAY TEST. THIS HAS BEEN A LITMUS TEST OF FAIRNESS, HONESTY, AND INTEGRITY. ROTARY ADOPTED THE 4-WAY TEST IN 1943 TO UNDERSCORE ITS VALUE OF BUSINESS ETHICS. THE 4-WAY TEST HAS LONG SERVED AS AN ETHICAL COMPASS FOR MEMBERS TO LIVE BY THEIR PERSONAL AND PROFESSIONAL RELATIONSHIPS.

4-WAY TEST

OF THINGS

WE THINK, SAY OR DO

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

RJ



Basic Education & Literacy



Maternal & Child Health



Peace & Conflict Prevention/Resolution



Disease Prevention & Treatment



Water, Sanitation & Hygiene

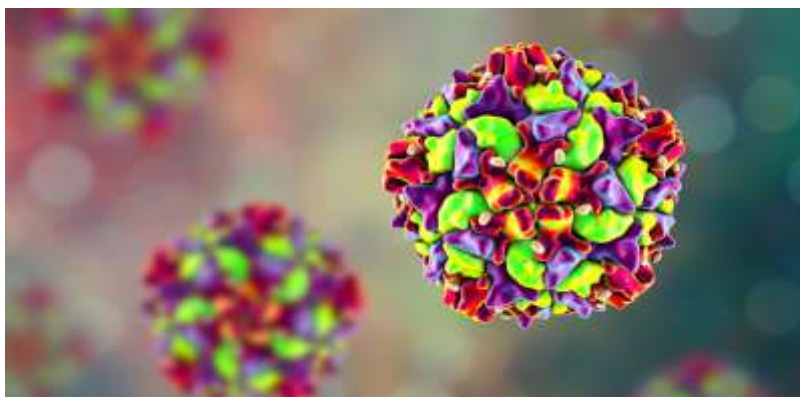


Community & Economic Development



Support the Environment

Take a look at the recent history and major milestones of polio.



1894 - The first major documented polio outbreak in the United States occurs in Vermont; 18 deaths and 132 cases of permanent paralysis are reported.

1905 - Swedish physician Ivar Wickman suggests that polio is a contagious disease that can spread from person to person, and also recognizes that polio could be present in people who show no symptoms.

1908 - 2 physicians in Vienna, Karl Landsteiner and Erwin Popper, discover that polio is caused by a virus.

1916 - A major polio outbreak in New York City kills more than 2,000 people. Across the United States, polio takes the lives of about 6,000 people, and paralyzes thousands more.

1929 - Philip Drinker and Harvard University's Louis Agassiz Shaw Jr. invent an artificial respirator for patients suffering from paralytic polio — the iron lung.

1955 - A vaccine developed by Dr. Jonas Salk is declared "safe and effective."

1960 - The U.S. government licenses the oral polio vaccine developed by Dr. Albert Sabin.

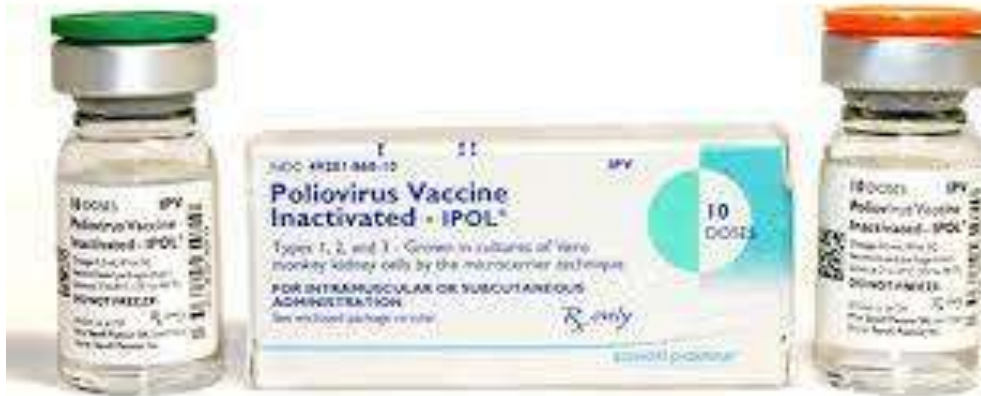
1979 - Rotary International begins its fight against polio with a multi-year project to immunize 6 million children in the Philippines.

1985 - Rotary International launches PolioPlus, the first and largest internationally coordinated private-sector support of a public health initiative, with an initial fundraising target of US\$120 million.

1988 - Rotary International and the World Health Organization launch the Global Polio Eradication Initiative. There are an estimated 350,000 cases of polio in 125 countries.

1994 - The International Commission for the Certification of Poliomyelitis Eradication announces that polio has been eliminated from the Americas.

1995 - Health workers and volunteers immunize 165 million children in China and India in 1 week. Rotary launches the PolioPlus Partners program, enabling Rotary members in polio-free countries to provide support to fellow members in polio-affected countries for polio eradication activities.



2000 - A record 550 million children – almost 10% of the world's population – receive the oral polio vaccine. The Western Pacific region, spanning from Australia to China, is declared polio-free.

2003 - The Rotary Foundation raises \$119 million in a 12-month campaign. Rotary's total contribution to polio eradication exceeds \$500 million. Six countries remain polio-endemic – Afghanistan, Egypt, India, Niger, Nigeria, Pakistan.

2004 - In Africa, synchronized National Immunization Days in 23 countries target 80 million children, the largest coordinated polio immunization effort on the continent.

2006 - The number of polio-endemic countries drops to 4 - Afghanistan, India, Nigeria, Pakistan.

2009 - Rotary's overall contribution to the eradication effort nears \$800 million. In January, the Bill & Melinda Gates Foundation pledges \$355 million and issues Rotary a challenge grant of \$200 million. This announcement will result in a combined \$555 million in support of the Global Polio Eradication Initiative.

2011 - Rotary welcomes celebrities and other major public figures into a new public awareness campaign and ambassador program called "This Close" to ending polio. Program ambassadors include Nobel Peace Prize Laureate Desmond Tutu, violinist Itzhak Perlman, co-founder of the Bill & Melinda Gates Foundation Bill Gates, Grammy Award-winning singers Angelique Kidjo and Ziggy Marley, and environmentalist Dr. Jane Goodall. Rotary's funding for polio eradication exceeds \$1 billion.

2012 - India surpasses 1 year without a recorded case of polio and is removed from the list of countries where polio is endemic. Polio remains endemic in just 3 countries. Rotary surpasses its \$200 Million Challenge fundraising goal more than 5 months earlier than expected.

2014 - India goes 3 full years without a new case caused by the wild poliovirus, and the World Health Organization certifies the South-East Asia region polio-free. Polio cases are down over 99% since 1988.

2019 - Nigeria goes 3 full years without a new case caused by the wild poliovirus.

2020 - The World Health Organization certifies the African region wild polio-free.

2022 – Afganistan is the only country having polio now,



Wear Your Lapel PIN

Daily with Pride



PDG Dr SAGA



Past RI President Robert Barth of Switzerland said,
We believe that the Rotary pin on our lapel sends a message.

It says, You Can Rely on Me.

I am Dependable,

I am Reliable,

I Give more than I take,

I am Available.

Be a Brand Ambassador of Rotary



Basic Education & Literacy



Maternal & Child Health



Peace & Conflict Prevention/Resolution



Disease Prevention & Treatment



Water, Sanitation & Hygiene



Community & Economic Development



Support the Environment

Seventh Area of Focus

The Rotary Foundation Trustees and Rotary International Board of Directors have both unanimously approved adding a new area of focus: **SUPPORTING THE ENVIRONMENT.**

More than \$18 million in Foundation global grant funding has been allocated to environment-related projects over the past five years. Creating a distinct area of focus to support the environment will give Rotary members even more ways to bring about positive change in the world and increase our impact.

Supporting the environment becomes Rotary's seventh area of focus, which are categories of service activities supported by global grants. It joins peace building and conflict prevention; disease prevention and treatment; water, sanitation, and hygiene; maternal and child health; basic education and literacy; and community economic development.

Grant applications for projects will be accepted beginning on 1 July 2021. Gifts and commitments from Rotarians and others will be sought to provide global grant support for the new area of focus





RI President-elect Jennifer Jones announces 2022-23 presidential theme



Basic Education & Literacy



Maternal & Child Health



Peace & Conflict Prevention/Resolution



Disease Prevention & Treatment



Water, Sanitation & Hygiene



Community & Economic Development



Support the Environment

RI President-elect announces 2022-23 presidential theme



Jennifer Jones



IMAGINE ROTARY

Rotary International President-elect **Jennifer Jones** wants members to imagine the possibilities in the change they can make to transform the world.

Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, revealed the 2022-23 presidential theme, Imagine Rotary, as she urged people to dream big and harness their connections and the power of Rotary to turn those dreams into reality.

“Imagine, a world that deserves our best,” Jones told incoming district governors on 20 January, “where we get up each day knowing that we can make a difference.”

Jones, who will make history on 1 July by becoming Rotary’s first female president, gave a live online address to precede Rotary’s annual training event for district governors from around the world, the International Assembly. The assembly was rescheduled because of the COVID-19 pandemic and will now be held virtually 7-14 February.

Jones told the incoming governors about a chance she took when a member asked for assistance in getting a young peace activist out of Afghanistan during the U.S. troop withdrawal last year. At first unsure how she could help, she relied on “that certain Rotary magic” and contacted a former Rotary Peace Fellow she had met a few years earlier. Less than 24 hours later, the activist was on an evacuation list, and soon she was on her way to Europe.

Engaging members through meaningful responsibility

To better engage members, Rotary needs to “adapt and retool,” Jones said, using her hometown as an example. Windsor was once the automotive hub of Canada. But after plant closings left thousands without work, the city needed to retool, in the same way an auto plant would, preparing for new parts or a new model. Now, Jones said, Windsor is a leader in agribusiness and medical and aerospace technology.

For Rotary, “finding the right ‘part’ to engage each member should be our core function,” Jones said. “It comes down to the comfort and care of our members.”

Engaging members is crucial to retaining members, she said, adding that we need to ask members what they want to get from Rotary and give them meaningful responsibilities.

“It is our offer of hands-on service, personal growth, leadership development, and lifelong friendships that creates purpose and passion,” Jones said.

Embracing change also means embracing new club models, Jones said, as she asked the incoming governors to form at least two new innovative or cause-based clubs during their term. “Let’s make sure we engage our members so they love their clubs and their Rotary experience,” she added.

Jones also announced the appointment of a Rotaract member as a Rotary public image coordinator and said that she has included Rotaractors on several committees and will assign some Rotaractors as president’s representatives.

“We have been entrusted with leadership in our great organization,” Jones said. “Now it is up to us to be brave and intentional in our actions, and let others help us lead.”

Jones noted that Rotary has little time left to achieve the RI Board of Directors’ goal of having women make up 30% of Rotary’s members by 2023. Rotary has achieved this in more than 110 countries, she said, but it has a long way to go. She pointed out that Rotaract has already achieved 50% female members.

To raise Rotary’s profile, Jones plans to hold a global impact tour that will include talking with leaders about working together to address the world’s most pressing challenges. “Rotary opens these doors and we need to harness our connections, to deepen these relationships and create new partnerships,” Jones said. “And the best part is, this can happen at every level of leadership.”

Jones closed her address by saying that although we all have dreams, acting on them is a choice we make. When an organization like Rotary dreams about big things like ending polio and creating peace, she said, it becomes our responsibility to make them happen. “You don’t imagine yesterday,” Jones said, “you imagine tomorrow.”

“Imagine, a world that deserves our best where we get up each day knowing that we can make a difference.”



RI President-elect Jennifer Jones



Rtn. PP Ambalakat Ram Mohan

OPERATIONS / WAR SERVICE



Dear അയ്യപ്പൻ,

നമസ്കാരം.

BRO ലൈഫിൽ സംഭവ ബഹുലമായ പലേ സംഗതികൾ കണ്ടും കേട്ടും ചെയ്തും ജീവിച്ച കുറച്ചു പേരിൽ പെട്ട ഒരാളാണ് ഞാൻ. KG മേനോൻ കൂടി പിന്നിടാണ് ചേർന്നതെന്നു തോന്നുന്നു. 1960----1990 കാലാവധിയിൽ.

ആദ്യം 2 കൊല്ലം പണിയെടുത്തു പുറത്ത് ഇതിലും നല്ലജോലി കിട്ടുമെന്ന അതിമോഹം കൊണ്ട് പിരിഞ്ഞു പൊന്നു വീണ്ടും ഇതെങ്കിലും ഇത് എന്ന് പറഞ്ഞു വീണ്ടും 4 മാസത്തിനകം Roorkee യി ല്ലച്ചെന്നു റിക്രൂട്ട് ആയി ഒരു 28 കൊല്ലം കൂടി ഈ ഘൂൻ കാ പൈസ.... (അത്ര കഷ്ടപ്പെട്ടിരുന്നുവല്ലോ)വാങ്ങി വളരെ സന്തോഷകരമായി ജീവിച്ച ഒരാളാണ് ഞാനും എന്റെ സഹപാടി മഞ്ചേരി എന്ന് കേരളക്കും /യൂണിറ്റുവേക്കിറ്റി ബാസ്കറ്റ് ബോൾ ടീമിലും കളിച്ചിരുന്ന അന്തരിച്ചു പോയ AEE..PP രാധാകൃഷ്ണനും .

അന്ന് ഈ ഭാഗത്തു നിന്ന് വളരെ ചുരുക്കംപേരെ GREF ഇൽ ഉണ്ടായിരുന്നുള്ളൂ. എന്നിക്കും രാധാക്കും പുറമേ കടമ്പഴപ്പുറത്തെ A നാരായണൻ, KG,പിന്നെ ഞങ്ങൾ തമാശക്കു വിളിച്ചിരുന്ന "കാമുകി " (കായംകുളം, മുതുകുളം. കീരിക്കാട്ടെ) കുറെ ഉത്തമ സുഹൃത്തുക്കളും ചേർന്ന കൂട്ടജീവിതംനയിച്ചത് ജീവിധത്തിൽ ഒരിക്കലും മറക്കില്ല.

മിസ്സാമാരിയിലെവേൾഡ് വാനിൽ ഉപയോഗിച്ചിരുന്ന അമേരിക്കൻ എയർഫീൽഡിലെ സിമന്റ് റൺവേയുടെ മുകളിൽ ചട്ടായി ഉപയോഗിച്ചുണ്ടാക്കിയ ബാരയ്ക്കുകളിൽ മുളൻ കട്ടിലുകളിൽ പെട്ടിയും ചൊ ക്കാള കിടക്കയും തലക്കു വെച്ചു രാജാകീയ ജീവിതം നയിച്ചവരാണ്.

ഞാനാഴ്ച വീക്കിലി മാർക്കറ്റിൽ പോയി ചാർമീനാർ സിഗരറ്റിന്നു പകരം ഒരാഴ്ചക്കുവേണ്ട മുട്ടയും കോഴിക്കുഞ്ഞുകളും ആയി.. കൂട്ടത്തിൽ "കുറച്ചു വയനോട്ടവും നടത്തി വരും പ്രായം അതാണ് ". അന്ന് നക്കാപിച്ച ഇന്നത്തെ റേഷനും ഇല്ലായിരുന്നു. മെസ്സ് നടത്തിയിരുന്നു പലേ നല്ല മല്ലു കളെ ഓർമ്മവരുന്നു.

ചൈനീസ് യുദ്ധകാലത്ത് ബോംബിടില വരേ എത്തിയ ചൈനക്കാരുടെ വരവും പ്രതീക്ഷിച്ച ഓഫീസർ മെസ്സിൽ (അന്നു ഓഫീസർ അല്ലാ)90% യൂണിറ്റ് ആൾക്കാർ . ഞങ്ങൾ താമസിച്ച സ്ഥലങ്ങൾ.

മിസ്സാമാരി, രൂപ, Tezpur, Aijwal, Udampur, Doubling, Khab, Koorick Teju, Halyong, Sreenagar, Banihall Tunnel, Tongsa, Simla, Rupa Complex, Hunli, etc.

സംഭവങ്ങൾ

Kalinga Air ലൈനിൽ നിഫ യിലേക്ക് യന്ത്രങ്ങൾ അയക്കുന്ന സമയത്ത് വിമനാപകടങ്ങളിൽ നിന്ന് രക്ഷപെട്ടത്.

ബസന്തപൂർ ഫോർമേഷൻ കട്ടിങ് സമയത്തെ ബുദ്ധിമുട്ടുകൾ സഹിച്ചത്.

HT റോഡിലെ അനവധി മരണങ്ങൾനേരിൽ കണ്ടത്. Tongasa .. Palela റോഡിൽ ജീപ്പ് മറഞ്ഞതിൽ പെട്ടതു, Zero ലാൻഡിംഗ്സ് സ്ക്രീപ്പിൽ നിന്ന് ഹെലികോപ്റ്റർ കിട്ടാതെ 7 ദിവസം കാട്ടിലൂടെ ഡിബ്രുകർ കടവുവരെ നടന്നത് പ/യിലെ ടാ ക്ലീയർൻസ്, Hunli.. Anini റോഡ് നിർമാണം, മിസ്സോറാമിലെ ട്രേസ് കട്ട് സമയത്ത് അലഞ്ഞ് ബർമ ബോർഡറിലെ വീട്ടിൽ സുരക്ഷനേടിയത് മനസ്സിൽ നിന്ന് മാറാതെ ഇന്നും കിടക്കുന്നു.



Rtn. PP Ambalakat Ram Mohan

OPERATIONS / WAR SERVICE

ഭൂട്ടനിൽ 2 നരിക്കുട്ടികളെ വളർത്തിയിരുന്നത് ഇപ്പോഴും വിശ്വാസം വരുന്നില്ല. ഇത്രയൊക്കെ ബുദ്ധിമുട്ടുണ്ടായിട്ടും കൂടും നവതോടൊപ്പം താമസിക്കാൻ അനുവാദം കിട്ടിയത് ഭാഗ്യമായിയെ കണക്കാക്കുന്നുള്ളൂ.

മെസ്സിൽ (അന്നുഓഫീസർ അല്ലാ) 90% യൂണിറ്റ് ആൾക്കാർ അലഹബാദ് ലേക്ക് പോയി Commandeer Lt Col Thambayya, Adam Officer Lt Rodrigues, BSO Thanmi Doraie എന്നിവർക്ക് ധര്യം കൊടുക്കാൻ നിന്നതാണ്.

ബോംഡിലായിൽ നിന്ന് വെടിനിർത്തൽ പ്രഖ്യാപിച്ച കാരണം POW ആയില്ലെന്നു പറയാം. High അൾട്ടിറ്റ്യൂഡിൽ വർക്ക് ചെയ്തിരുന്ന കുറെ നല്ല സുഹൃത്തുക്കളെ ഞങ്ങൾക്ക് നഷ്ടമായി. പുതിയ പുതിയ Nissan ജീപ്പ് പേടികൂടാതെ റോഡിലല്ല എയർഫീൽഡിൽ ഓടിച്ചാണ് ഡ്രൈവിംഗ് പഠിച്ചത്. Nissan കുറെ കാലം ഓടിച്ചു. അതിനോടുള്ള സ്നേഹം ഇന്നും ഞാൻ നിലനിർത്തുന്നു. എന്റെ ഇപ്പോൾ യൂസ് ചെയ്യുന്ന കാർ Nissan Micra യാണ്.

അന്നത്ത ASC... NB Subhedar അന്തോണി സാറിന്റെ MT ട്രെയിനിങ് കാരണം വളരെ കാലം പലേ യൂണിറ്റുകളിലും MTO ആയി തുടർന്നിട്ടുണ്ട്. രണ്ടാം കാലാവധിയിൽ HT റോഡിലെ യും അരുണച്ചൽ, ഭൂട്ടാൻ എന്നിവിടങ്ങളിൽ ഫോർമേഷൻ കട്ടിംഗ് ചെയ്യുമ്പോൾ ഉണ്ടായ സാഹസിക ജീവിതം,

വിവരിക്കാനൊന്നും എഡിട്ടോറിയൽ ബോർഡ് സമ്മതിക്കൂല. SNOW കറ്റിങ്ങിൽ Rolba, Schmidit മെഷീനിൽ വിദഗ്ദ്ധ നേടിയ കാരണം എന്നും 8000 അടിയിലും മീതെയുള്ള പ്രദേശങ്ങളിൽ പോസ്റ്റിങ്ങിൽ അനുഭവിച്ച ദുരിതങ്ങൾ വേറെ.

റെന്റിലും, കുടിലിലും ജീവിക്കാൻ തയ്യാറായ ഭാര്യയും (ഹണിമൂൺ വരെ EPIP ടെൻടിലാണ്) പിന്നീട് 2 ആൺ മക്കളും എന്നിക്കൊരു, അനുഗ്രഹമായിരുന്നു.

മരണം മുഖാമുഖം കണ്ട പല സന്നർഭങ്ങൾ ഉണ്ടായിട്ടുണ്ട് എല്ലു ഒടിഞ്ഞിട്ടുണ്ട്. ഡിബ്രൂഗ്രഹിലെ മോഹൻബാരി എയർപോട്ടിൽ നിന്ന് അന്നത്തെ നിഫ യിലേക്ക് ടക്കോട്ടെ വിമാനം വഴി ആൾക്കാരെയും മെഷീനിയും അയക്കുന്ന കാലത്തെ ജീവിതവും മറ്റും മറക്കില്ല. GREF ലെ ഈ കഷ്ടപ്പാടുകൾക്ക് ദൈവം ഞങ്ങളെ കാടാക്ഷിച്ചു. വോളന്റീർ റിട്ടയേർമെന്റിൽ വന്ന് ഗ്രേഫിൽ നിന്ന് പഠിച്ച കഴിവ് കാരണം ഒരു ബിസിനസ് നടത്തി ഒന്ന് നേരായി മുത്തവൻ അടുത്തുതന്നെ 2 സ്റ്റാർ ഓഫീസർ ആയി നവസേനയിലും. രണ്ടാമത്തേവൻ ഇൻഫോസിസ് കമ്പനിയിലെ VP ആയി ലണ്ടനിലും തുടരുന്നു.

ഞങ്ങൾ 2 പേർ ഇപ്പോൾ കോവിഡ് പ്രോട്ടോക്കോൾ പാലിച്ചു Staying safe aayi ഒറ്റപാലത്ത് ഒതുങ്ങി കൂടുന്നു. മക്കളെയും പേരക്കുട്ടികളെയും ഓർമ്മിച്ചു.

GREF സർവീസ് കാരണമൊട്ടിലെ പല സംഭവ വികാസങ്ങൾ കാണുമ്പോൾ പൂർണ്ണ തോന്നുന്നു. റോഡ്, പാലം, ടാന്നൽപണി, ഉരുളപൊട്ടൽ, പ്രളയം എന്നിവ പിന്നെ പ്രവർത്തിക്കുന്ന വരും പ്രവർത്തിപ്പിക്കുന്നവരുടെയും ഭാവങ്ങൾ... BRO വിന്റെ പ്രവർത്തനങ്ങൾ ഇതിലും വിഷമം നിറഞ്ഞ സാഹചര്യത്തിൽ ചെയ്യുന്ന ഓരോ ഗ്രേഫ് പ്രവർത്തകരായ മലയാളികളെ കൂപ്പുകയുമായി നിർത്തട്ടെ.



Rtn. PP Ambalakat Ram Mohan

OPERATIONS / WAR SERVICE

കിട്ടാതെ കിടക്കുന്ന കുറെ ആനുകൂല്യങ്ങൾ ഇവർക്ക് കിട്ടട്ടെ എന്നും പ്രാർത്ഥിക്കുന്നു. പലരെയും നേരിൽ കണ്ടിട്ടില്ല അസോസിയേഷൻ ചെയ്യുന്ന പലേനല്ല കാര്യങ്ങളിൽ പങ്കാളി യാവാൻ പറ്റാത്തതിൽ വിഷമമുണ്ട്. എന്റെ GREF അനുഭവങ്ങൾ എഴുതുവാൻ ഒരവസരം തന്ന ഇപ്പോഴത്തെ വർത്തകസമ്മതിക്കും ലീഡർ രാജൻ മാത്യു വിന്നും നന്ദി നമസ്കാരം..

പഴയ 2 പടം അയക്കുന്നത് പറ്റിയാൽ ചേർക്കു മറക്കാനാവാത്ത ചില മലയാളി സഹപ്രവർത്തകരും, സംഭവങ്ങളും സ്ഥലങ്ങളും ചേർക്കുന്നു.

ആളുകൾ.

CKN Thambi, VR Jayadas, TR Viswambharan, NGK Unni(late), തലയോലപ്പറമ്പിലെ രാജശേഖരൻ (ഒരു വിവരവും ഇല്ലാ) VR ഹരിദാസ്, KK രാജാഗോപാലൻ.പവിത്രൻ, Dayanandan, CK Chandran (മരിച്ചു), MCK Nair, Nambeesan, Sreedharan, അപ്പ ശിവശ്ശാൻ, PP Radhakrishnan (25-പേരും മരിച്ചു).വടകര ഭാസ്കരകുറുപ്പ്, പെരിന്തൽമണ്ണ രാജൻ, കുറ്റനാട് വിശ്വൻ, ഒറ്റപ്പാലം കൃഷ്ണൻ, ആനറോ.....

ഏല്പാവരെയൊന്നും ഓർമ്മവരുന്നില്ല.

മലയാളികളെ കുറ്റകയ്യുമായി നിർത്തട്ടെ.



എന്റെ സ്പെഷ്യലിസേഷൻ snowclesrance ROLBA equipment a model in my collection.

President and members of Rotary club of Ottapalam wish to convey their heartfelt condolences to the bereaved families of beloved Rotarians

ആദരാഞ്ജലികൾ!

ആത്മാവിന് നിത്യശാന്തി നേരുന്നു.

19 Jan 2022



Rtn. M S U Menon
Past President RC Ottapalam



Rtn Krishnakumar
Rotary Club of Shoranur

7 Jan 2022



Dr K Divakaran
An RCO member till 2021.

4 Feb 2022



Rtne. Jayanthi Ramachandran

Sweet Dish: പഴപ്രഥമൻ പായസം

Ingredients

- നേന്ത്രപ്പഴം - 500 g.
 - (വേവിച്ച് മിക്സറിയിൽ അടിച്ചു വെക്കുക)
- ശർക്കര -300g.-500 ഗ്രാം
 - (1/4 -1/2 കപ്പ് വെള്ളത്തിൽ പാനിയാക്കി വയ്ക്കുക)
- മധുരം ഇഷ്ടത്തിന് അനുസരിച്ച്
- വെള്ളം 3-4 കപ്പ്
- നെയ്യ് - 5 Tb sp
- പഞ്ചസാര - 2Tb sp
- തേങ്ങ - 2 എണ്ണം
- ഒന്നാംപാൽ -1 കപ്പ്
- രണ്ടാംപാൽ - 2 കപ്പ്
- ഏലയ്ക്കാപ്പൊടി ചുക്കുപൊടി- 1/2 സ്പൂൺ വീതം
- തേങ്ങാക്കൊത്ത്- 3Tb sp
- അണ്ടിപ്പരിപ്പ് - 10 -20 എണ്ണം
- ഉപ്പ് ഒരു നുള്ളി



Preparation:

ഉണ്ടാക്കുന്ന വിധം:



- ഉരുളി ചുടായി വരുമ്പോൾ രണ്ട് ടേബിൾസ്പൂൺ നെയ്യ് ചേർക്കുക.
- ചുടാകുമ്പോൾ തേങ്ങാക്കൊത്തും അണ്ടിപ്പരിപ്പ് വറുത്തു കോരി വെക്കുക.
- അതേ നെയ്യിലേക്ക് അരച്ചുവെച്ച പഴം ചേർത്ത് വരട്ടുക.
- ശേഷം ശർക്കരപ്പാനി കുറച്ചു കുറച്ചായി ചേർത്തു കൊടുത്തു വരട്ടിയെടുക്കുക.
- ഇടയ്ക്ക് നെയ്യ് ചേർത്ത് വരട്ടുക. ശേഷം രണ്ടാം പാൽ കുറച്ചു കുറച്ചായി ഒഴിച്ചുകൊടുത്തു കുറുക്കി എടുക്കുക.
- തിളച്ചുവരുമ്പോൾ രണ്ടു സ്പൂൺ പഞ്ചസാര ചേർത്ത് ഇളക്കുക.
- തീ ഓഫ് ചെയ്ത് ശേഷം ഒന്നാം പാൽ ചേർത്തിളക്കുക .
- ഏലയ്ക്കാപ്പൊടി ചുക്കുപൊടി, ഉപ്പ്, വറുത്തുവെച്ച തേങ്ങാക്കൊത്ത്, അണ്ടിപ്പരിപ്പ്, ചേർത്ത് ഇളക്കി യോജിപ്പിക്കുക.

പഴപ്രഥമൻ റെഡി.

Jayanthi Ramachandran

RCO CALENDAR: Dec-2021



Thu, 3-Feb - Weekly Meeting

Thu, 10-Feb - Weekly Meeting



Sat, 12-Feb - Board Meeting

Thu, 17-Feb - Weekly Meeting



Wed, 23-Feb - Rotary Day

Thu, 24-Feb - Weekly Meeting

*Sat, 26-Feb - Family Meeting**

** subject to Covid-19 status*



We meet on every Thursday 7:30 pm at CRR Hall, Manisseri

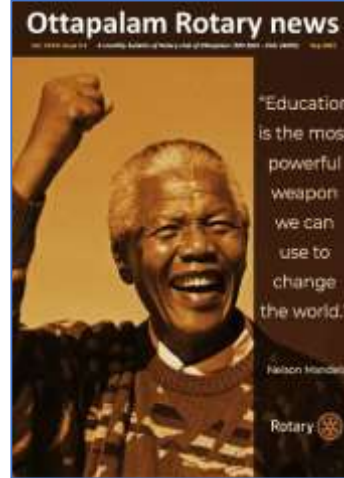
ORN Past Issues 2021-22 *(click on the bulletin icon to read)*



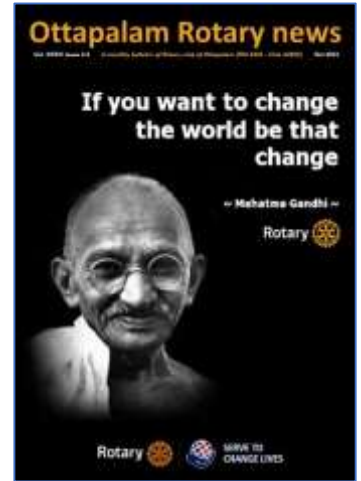
ORN #1 JULY-2021



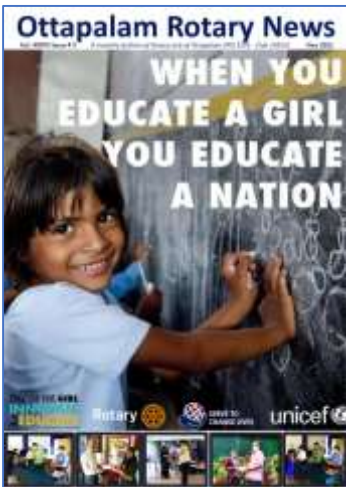
ORN #2 AUG-2021



ORN #3 SEP-2021



ORN #4 Oct-2021



ORN #5 Nov-2021



ORN #6 Dec-2021



ORN #7 Jan-2022



Designed & edited by Rtn. Ramachandran K and published by Rtn. Chitresh Nair, President (2021-22), Rotary club of Ottapalam



**WORLD
CANCER DAY**

FEBRUARY 4TH