



POONA SERVICE WHEEL



R.I. District 3131

ROTARY CLUB OF POONA

Club 04-3131-15536

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President

Editor

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Rtn Brig Prashant Sheode

Car Journey from Pune to Germany

Charu Shrotri was born on 25th June 1963 at Pune INDIA. His wife Pranita is a qualified teacher and for over 2 decades has been giving free tuitions to kids in slums.

His daughter Isha is married and is promotor of LernPunkt Language Academy that conducts private German Classes. She also runs a baking business. Charu's hobbies are travelling/Driving, Nature, Animals, Photography, Organic Gardening, DIY, Carpentry, Socializing, Watching Netflix.

His career includes being the Ex Promoter of "NIRMITI AUTO-COMPONENTS PVT LTD" Pune and "CJ AUTOMOTIVE" Sweden, renowned leaders in manufacturing "PEDAL SYSTEMS" for various car brands.

But he decided to take an early exit and sold the above Companies, continuing to enjoy other non-professional aspects of life and pursuing various hobbies, travel being one of them. He has visited more than 42 countries so far and has conducted various self-drive and solo tours within India and abroad, the longest being a **self-drive from Pune to Germany** covering 21,644 Kms in 67 days via 14 Countries.

He has been an active member of the 3rd oldest club of our district, Rotary Club of Poona West for last 27 years and has been involved in Service to Society since then. He has held various District assignments in the avenues of International Youth Exchange, International Service, Literacy, Synergy, Assistant Governor and New Club Advisor and won accolades for his performances.

As District Director TRF Promotion in RY 2023-24 he surpassed all previous APF records of RID 3131 by motivating donors to donate over USD 9.10 lacs thereby achieving the status of No 1 in South Asia for RID 3131. He himself has donated more than USD.50,000 to the Rotary Foundation making him a Major Donor Level 3. A recipient of "Avenues of service award" from Rotary International and the "Citation for Meritorious Service" by the Rotary Foundation, he has also been helping many clubs overall by making use his Rotary experience.

11th November 2024

Rotary Club of Poona

Car Journey from Pune to Germany :
A Virtual Experience

Guest Speaker
Rtn Charu Shrotri

Venue: Conf Hall no 2, Poona Club
Fellowship: 6:30 to 7:00 pm
Meeting: 7:00 to 8:00 pm
Followed by Mini Fellowship
Guest Charges: ₹ 350 pp
Madira on payment
Dress Code: Semi Formals

Let's go on a ROAD TRIP!

Rotary KBC with Rtn Nitin Dhamale

A wildly popular TV quiz programme conducted by a wildly popular Bollywood superstar was the model for the brain teaser at the weekly meeting on November 4, 2024. The star conductor of this show was DGN Nitin Dhamale, a dedicated Rotarian, and introduced by PP Jamshed Khursigara who aptly termed the quiz show as a 'Refresher' course for the veterans of Rotary Club of Poona.



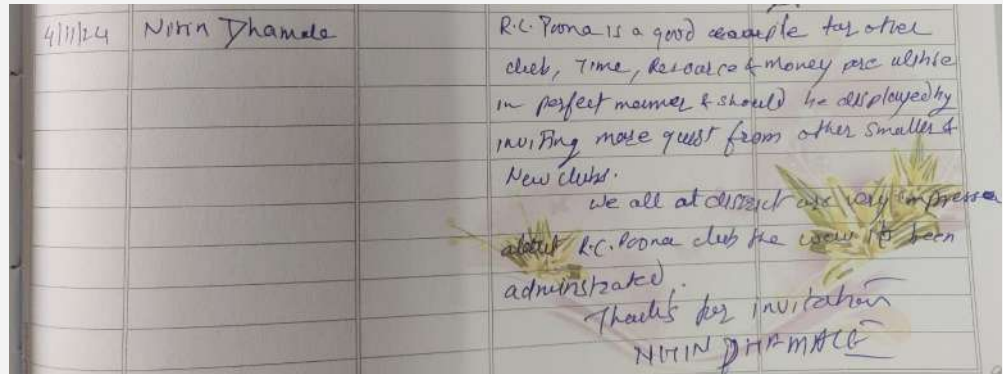
As the name of the program suggested, the questions formulated by Nitin Dhamale were Rotary related and also interspersed with questions on cricket and Hindi movies. Once again our members and Anns rose to the challenge and came up with the correct answers. The winners were rewarded with bars of chocolate as usual. A humorous vote of thanks by PP Ashok Perti followed.

The evening ended on a jubilant note with PP Ramgopal Rao, Director, Rotary Foundation informing members that an amount of USD 31515 has been collected in four short months for TRF giving. Our goal is USD 50,000 for Rotary year 2024-25. PP Ram Gopal Rao left no doubt in anybody's mind that the goal will not only be reached but will exceed before the Rotary year is over.

.....By Rtn Mandakini Tata



Signing the Visitors Book



The remarks



Glimpses of Club Meeting— 04 Nov 2024



JOY OF GIVING

**November is Foundation Month
An Article dedicated for the same**

Joy of Giving



There are lot of things in the world that can make us smile, but nothing beats the invaluable joy of making someone else happy and smile.

One need not be a rich or wealthy to enjoy the Joy of Giving. It necessarily does not come through only by giving money. From Auto drivers and maids to CEOs and Celebrities, anyone can give back in a way they choose – Time, Material, Money, Resources, Skill or Love.

The essence being that this Giving is not linked to favours in return and Given solely with the objective of helping someone or the community at large, and bring smile on their faces. In turn it brings smile on your face, and you enjoy the Joy of Giving.

Giving necessarily need not be big in nature. Things which appear to us very small and frivolous can be big for someone. Helping an elderly person stranded on the road, to cross the road is also art of Giving as you have spared your time for someone. Seeing smile on the face of this person after your act, brings Joy of Giving in you.

When a schoolteacher hears that one of his students has achieved success in his life, the sense of satisfaction and smile on his face just cannot be described.

One can also give in the name of someone, who has been very important in your life like Parents, wife, Brother, sister etc. As the person accepting the giveaway smiles and remembers the name of your loved one, this in turn brings smile on your face.

Last but not the least, if you look back into the journey of your life, you can remember so many persons who have helped you reach where you are today. It is not necessary that you may be able to help them back, as many may not be near you today. But the process must go on, the affording persons in terms of money, time, resources, skill, love etc. must respond to needs of others who do not have access or who cannot afford these things.

Rotary Foundation has been helping needy people/communities, across the world by way of Global Grant projects, Scholarships, Peace centres, Disaster response, Polio eradication, literacy, health programs etc. And for this the money comes from Donation by we Rotarians, CSR grants and Donations from many Philanthropic Individuals and Institutions.

Rotary Foundation has the top Four-star rating by USA government for many years in running, for the way it is administered. We all know that only 5% from the donations recd is used for administrative expenses and rest all is spend for community projects as explained above.

November is foundation month and let us all Donate to our capacity to strengthen the funds of Rotary Foundation, to help them do more projects to help community around the world.

Just give, bring the smile on faces of others and enjoy THE JOY OF GIVING.



..... PP Rtn Kailash Monga

Nominating Committee Election RY 2024-25

Nominating Committee Election RY 2024-25



The Nominating Committee Election is a very important event in our club's annual calendar, and we need to fully appreciate its significance.

In the early years of Rotary, there was no prescribed system for the nomination of club officers and directors from among the members of the club. Nominations were made in an arbitrary manner.

It was in the Rotary Year 1951-52 that our then Club President, Rtn J W McBain (the first Director of the National Chemical Laboratory at Pune), proposed and introduced a system of a Nominating Committee which would be elected by the members of the club, and which in turn would nominate club officers for the subsequent Rotary Year. To begin with, we followed a system of electing 14 members at a preliminary stage, of which the club members then selected 7 members for the final Nominating Committee. A few years later, this two-tier system was done away with, and a single step of electing 9 members to the Nominating Committee was adopted. This method has been followed ever since.

This system, originated by our Rotary Club of Poona, was considered so comprehensive, fair and in alignment with the "4-Way Test" of Rotary, that Rotary International has adopted this system for the election of Club Presidents all over the world. This is a legacy that our Rotary Club of Poona has given to Rotary International and we are all justifiably very proud of it.

Once elected, the Nominating Committee deliberates upon whom to appoint as club officers and directors for the next Rotary Year. The selected names are announced by the Convener of the Nominating Committee at the Annual Meeting on the last Monday of December. Traditionally, this election was carried out with a paper-ballot. Members present at the meeting would cast their votes by ticking the names of their choice on a sheet of paper. The papers were not marked in any other way, as the voting is anonymous. The papers were then collected and a team of Rotarians would count the votes physically. Nine members who received the highest number of votes were then announced as elected to the Nominating Committee.

A few years ago, the Covid-imposed restrictions on physical attendance at meetings due to the pandemic had compelled us to conduct this election online. We took up that challenge, and developed the computer software in-house to make that possible. In fact, we found that the online system of voting was far more convenient, both to cast votes on, and to rapidly and accurately compile the results of the election. Besides, our members could cast their votes from wherever they were located, all over the world, even if they were not physically present at the meeting.

This year too, our Nominating Committee election will be conducted on the 18th of November, by the Presiding Officer of the Election, PP Jamshed Khursigara. It will be the **73rd Nominating Committee Election** of our club ! The voting will be done online on smartphones, or tablets, or laptop computers, from wherever the members are located at that time. A few practice online sessions for voting from your smartphones are being conducted during the past few weeks.

As per our Club By Laws, the following rules will apply :

- The list of candidates to be voted for will include all our members who have been with our club for at least 3 years or more.
- The list of candidates will exclude the names of eligible members who have declared in writing to the President that they would not like to serve on the Nominating Committee.
- Only members who have been members of our club for one year or more are eligible to vote.

The **voting is anonymous**, and it consists of selecting at the most any 9 (nine) names, from the entire candidates list, whom you feel should serve on the Nominating Committee. Selecting of more than 9 names is not permitted. On the online voting form, the selection of more than 9 names is automatically disallowed. The nine names which get the maximum votes across all the voting done will be announced, by the Presiding Officer of the election, as members of the Nominating Committee.

(Contd.....)

Nominating Committee Election RY 2024-25

Detailed rules about the Nominating Committee Election are given in “Article II” of our Club By Laws. Do take the time to read them. Our new members, some of whom are not yet eligible to vote this year, are urged to get involved with the election process this Nov, for a better understanding of how it is done. The Presiding Officer of the Nominating Committee Election is requested to allot to them specific responsibilities to be carried out during the election.

Let us all participate energetically in this important and significant event of our club.

.....By Rtn Col Bharat Haladi

The Rotary Foundation Month—Trustee Chair's Message

There are as many reasons to join Rotary as there are members. Most join for experiences — new friendships, expanding professional circles, or putting Service Above Self into action to create impact.

Rotary delivers on all of these, often simultaneously. Through our Rotary Foundation, Rotary also has a knack for offering unexpected experiences and new opportunities that open doors and change lives.

I learned this firsthand at age 30 when I served as president of the Rotary Club of Decatur, Alabama. That year, my wife and I sought out the chance to try something new: attending the 1985 Rotary International Convention in Kansas City, Missouri. There, we witnessed the dawn of PolioPlus and met members from different backgrounds, realizing we were part of a global family.

Later that year, I learned that a Rotary Group Study Exchange team from Nigeria was scheduled to visit Alabama, but Decatur was not on the agenda. After making a few calls, we soon welcomed the Nigerian team into our home. It was an incredible and unexpected experience.

Before the group departed, the team leader recommended me to lead the six-member team from Alabama that would visit Nigeria the following year, which I did. There, I met people whose lives had been impacted by polio, including several family members of our hosts. I learned that polio reaches its victims across borders, economies, and religions.

That Foundation program — Group Study Exchange — opened my eyes to what Rotary is and what it can do. Taking part in the exchange set me on a path for new friendships and opportunities to serve on multiple continents.

Just as The Rotary Foundation has enriched my Rotary life, it can do the same for you. This month, during Rotary Foundation Month, I invite you to explore new Foundation experiences.

Look for ways you and your club can support Foundation-led efforts like polio eradication, disaster response, or the Rotary Peace Centers. Get involved in global grant or district grant projects. And if you have never had the experience of giving to our Foundation, I invite you to join other Rotary members as a Foundation donor. Your support will mean the world to both Rotary members who want to help and to the individuals and communities who need it.

The Rotary Foundation is not a place or a building. It is an experience, one that lives in our hearts and hands as we do good in the world. The Rotary Foundation is all of us.



Mark Daniel Maloney

Mark Daniel Maloney
Trustee Chair 2024-25

Contribution to Rotary Foundation

Contribution to Rotary Foundation



Further to our messages posted in Rotary Bulletin dated 12th Oct'24 we need to understand **PHS** and **EREY** which are **Cornerstones of Rotary Foundation Giving**:

The Paul Harris Sustaining Member (**PHS**) program and Every Rotarian Every Year (**EREY**) initiative are fundamental components of The Rotary Foundation's annual giving structure, embodying Rotary's commitment to "**Service Above Self**."

Paul Harris Sustaining Member (PHS):

A Paul Harris Sustaining Member is an individual who contributes a minimum of \$100 annually to The Rotary Foundation's Annual Fund. This designation serves as a stepping stone toward becoming a Paul Harris Fellow, which is achieved upon reaching \$1,000 in cumulative giving. PHS members receive a distinctive pin recognizing their commitment to the Foundation's humanitarian work.

Every Rotarian Every Year (EREY):

EREY is a foundational giving initiative that encourages every Rotarian to:

- Make a personal contribution to the Annual Fund each year
- Participate in a Foundation project or program annually
- Support the minimum suggested contribution of \$100 per year

Impact and Significance:

These programs support critical Foundation activities:

- Educational programs and scholarships
- Humanitarian grants and projects
- PolioPlus initiative
- Local and international service projects

Club Implementation:

Successful clubs promote these programs through:

- Regular Foundation updates at meetings
- Recognition of contributors
- Education about Foundation programs
- Setting club goals for participation
- Tracking progress throughout the year

Through **PHS** and **EREY**, Rotarians worldwide unite to support sustainable projects that create lasting change in communities both locally and globally. This also matches to our club's aspirations to be **100% PHF CLUB** soon.

..... **By Rtn. Pradeep Govil,**
PHF Committee Chair

Post Diwali Detox By Rtn Kamal Palia

Post Diwali Detox

Diwali is not just all about lights and fireworks. Along with all those crackers and divas for puja we also dive into oily, spicy and sugary foods. You all know that these are not healthy foods but then this is also a time to enjoy with family and friends.

But now that all the fun, frolic and over indulgence is over, let us get our health back in control. Staying hydrated is one of the best ways to bounce back.



Let's start by trying to detox our body after Diwali.

1) Lemon water: This helps kick start digestion, flushes out toxins and balances PH or potential of hydrogen levels. Citric acid in lemon can help boosting gastric acid secretion, a digestive fluid that helps the body break down and digest food.

2) Hydrate with detox water:

Add lemon slices, cucumber, mint, ginger, to a jug of water and let it infuse overnight. Drink this water through out the day.

3) Green Tea:

To make this take a litre of water add lemon grass, (gavati chaha), ginger, mint and tulsi leaves. Boil till it becomes half litre. Drink it hot early in the morning.

4) Eat leafy vegetables, salad or vegetable smoothie. These will help detoxify the liver.

5) Eat high fibre foods

Foods like chia seeds, flax seeds, jowar, carrots, beans etc help digestion and prevent constipation.

6) Include probiotic foods. : Freshly made curds or yogurt is a natural probiotic. You can also use Yakult. This enhances gut health by protecting immune barriers and reducing inflammation.

7) Eat cruciferous vegetables like broccoli, cauliflower, cabbage. They contain compounds which support liver detoxification and antioxidant enzymes.

8) Drink juices or soups:

Eg: Take 1 apple, 1/2 carrot and 1/4 beetroot. Add lime. Blend together to make this delicious smoothie which provides anti-oxidant that helps the detoxification process.

Foods to Avoid:

1) Sugary foods and desserts like cakes pastries, candy etc lead to spikes in blood sugar.

2) Fried and processed foods :

Fast foods, chips, fried snacks all package foods have saturated trans fat, this increases bloating and weight gain.

3) Refined Carbohydrate:

White breads and bakery products also cause sugar spikes which leads to energy dips.

4) High sodium foods:

Canned foods, noodles, package soups, salty snacks cause water retention, bloating and put additional strain on the kidneys and heart

5) Alcohol:

Beer, alcohol, wines all strain the liver which is already working extra hard to eliminate toxins. Alcohol also dehydrates the body and interferes with sleep.

By avoiding these foods your body can focus on digesting natural whole foods. It also reduces bloating and restores energy. Eating fresh fruits and vegetables helps the post Diwali detox process.

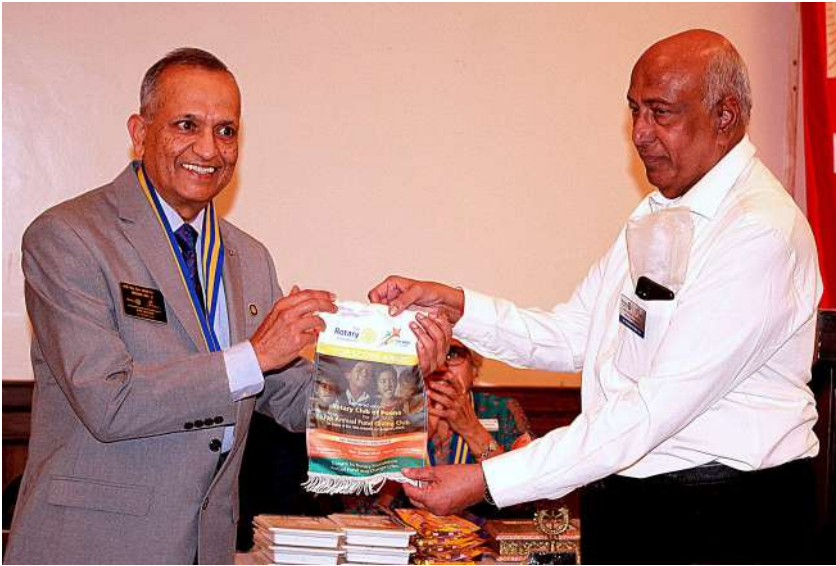
Do keep in mind that exercise too is very important and Walking is the easiest and best exercise.

Your health is in your hands.

Happy detox !!!

..... By Rtn Kamal Palia

Top Score Award



Rtn Vinod Agrawal, District TRF Team presenting to the President

CONGRATULATIONS !!!!

TOP SCORE AWARD !!!!

Conferred upon Rotary Club of Poona
for
Top Annual Fund Giving Club
In Zone 4 for the month of August 2024

Birthday / Anniversary	Dates
Rtn Jatindar Singh	11-Nov
Rtn Pramod Shringarpure	13-Nov
R/ Ann Pushpa Oswal	14-Nov
Rtn Col Quraish Alam & R/ Ann Salma Siddiqui	17-Nov

Programmes Ahead

18 Nov :
Nominating Committee Elections

25 Nov :
Meeting the Paralympians

02 Dec :
Talk on Rotary Foundation by
P P Kailash Monga

Attendance Report 04 Nov 2024	Count
Rotarians	43
Anns	19
Spouses	01
Visiting Rotarians	03
Guests	-
TOTAL	66