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EDITOR: RTN. BEHZAD RANDERIA | ASSISTANT EDITOR: R'ANN SONIA RAJORE
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From the President's desk



Dear Rtns and R'Anns of RCPC,

I hope this message finds you well and filled with the positive enthusiasm that all of us have, which creates Magic!

Firstly, I extend my heartfelt gratitude to each one of you for your outstanding attendance at last week's meeting. It was wonderful to see our club buzzing with energy, thanks in no small part to R'Anns Namrata Sarada and Urmi Rathod, who orchestrated a truly delightful Musical T20 program. The joy and enthusiasm in the room was palpable, and I am thrilled to hear that everyone left wanting more. This is the spirit of Rotary that we cherish - bringing joy and fellowship through meaningful experiences.

Today, I invite you all to join us for another enriching session, as we host Rtn Dr. Jignesh Pandya. He will enlighten us with the 'Magic of Rotary'. Let us listen to the magic that binds millions of Rotarians around the world - what is it that makes a Rotarian be who he / she is..... and how can we enjoy the journey as Rotarians of RCPC and at the same time 'Serve Better. Shine Brighter' as inscribed below our new RCPC logo. What are the benefits of being a Rotarian and what are the opportunities for us to follow the motto 'Service Above Self' and 'One Profits Most Who Serves Best'

I look forward to personally welcoming each of you at this Saturday evening's RCPC Weekly Meeting at the Poona Club. Let us come together to learn, to share, and to continue making a positive difference in Pune and beyond.

Warm regards,

Rtn Brigadier PK Muralidharan Raja
President RY 2024-25, Rotary Club of Pune Central

Today



A Peek into the Rotary meet on Saturday 20th

A Little about our Host Rtn Dr. Jignesh Pandya for the session scheduled on the 20th of July 2024.

Having led as Chartered President of Rotary Club of Bibwewadi Pune, Dr. Jignesh Pandya has also played various roles in Rotary initiatives at District, National and International level. Dr. Jignesh Pandya boasts a rare blend of qualifications in Science, Commerce, and Arts. His academic journey spans Engineering, Management, Mental & Moral Sciences, and a Ph.D. in



Economics. Additionally, he is an acclaimed theatre artist and accomplished district level sports person. A Founder of Pandya & Daughters, Dr. Pandya specializes in counselling, workshops & lectures on Uncommon Sense. Over 20 years, he has helped to unclutter over 35000 minds! His wife, Dr. Prachi Pandya, a Gold Medallist and Mathematical genius, is also a Past President and Assistant Governor for RY 24-25. They share a Bollywood style love story and they both pursue business and Rotary together.

We look forward to the presence of all our esteemed Rtms & R'Anns of RCPC on Saturday 20th July 2024 at 6.30 pm at Poona Club Conference Hall 1, for an extremely interesting & innovative interactive evening followed by Icebreaker fellowship.

There will be a half-hour Pre-Meeting Fellowship from 6.30 p.m. and the meeting will be called to order at 7.00 p.m.

The Week That Was ***(Rtn Sagar Khandelwal)***

Pre-meeting fellowship started at 6.30 pm in Poona Club, Hall No.1, where members interacted on various topics. After calling the meeting to order at 7.00 pm, President Brigadier PKM Raja welcomed all Rtms & R'Anns of RCPC, visiting Rotarians and the prospective members who had come to witness RCPC's Weekly Meeting and get a first-hand information about the functioning of RCPC.

President Brigadier Raja thanked IPP Cmde Ajay Chitnis and Members of BOD 2023-24 as well as all Rtms and their spouses, for a wonderful RY 2023-24 with lots of milestones and achievements. Brigadier Raja then made a mention of the Members of BOD 2024-25 and said that in them we have a superb blend of youth and experience to take us through RY 2024-25 with wholehearted support from all members of RCPC.

The President stated that we are all here as members of RCPC by destiny and we are the chosen ones.... let us make use of this opportunity to make a difference to the society in which we live. The President exhorted all members to read the RCPC's Weekly Bulletin Central Turf as well as our Club's Directory CentralNet regularly. There is so much of valuable Rotary information in them, that it will help us improve our standing as true Rotarians.

President Raja also explained the concept and rationale for forming the Eleven Coordination Sub Groups in our Club. He stated that the details of who is in which Coordination Sub Group is given at page 16 of the CentralNet which has been given to all members. The Calendar of RCPC Events which is on the last page of the CentralNet for RY 2024-25, gives dates and months in which each Sub Group must present one Internal Program. There will be attractive prizes at a special award ceremony at the end of the year for good performance by the Coordination Sub Groups. Rtn Raman Nanda Sub Group will kick start their program on 24 August 2024.

The President also said that let us all take a pledge that when we enter the hall for the Weekly Meetings, we try and bring in positiveness and spread it – we will not involve in backbiting or politics or groupism as we are all crucial integral cogs in the Wheel of Rotary Club of Pune Central. This Rotary time... lets devote to understand and enjoy Rotary.

The Spirit of Giving: President gratefully acknowledged the following donation:

- Donation of USD 1000 to TRF – Annual Fund (AF) from Brigadier PKM Raja

President Brigadier Raja announced the introduction of a New Birthday / Wedding Anniversary gift in the form of a lovely Ceramic Coffee Mug with the new RCPC Logo inscribed on it.

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R'Ann Shilpa Khandelwal performed the pleasantries to wish those who had birthdays and wedding anniversaries from 01 – 18 July 2024.

Wished happy birthday to Rtn. Dr. Sarang Rote, R'Ann Meena Sarkar, R'Ann Dr. Deena Malpani, Rtn. Delshad Karanjia, Mr. Milon Nag, Rtn. Dr. Shash Saxena, Rtn. PP Rakesh Bhargava, Rtn. Vinay Biyani, Rtn. Shrikant Sarada, Rtn. Nandita Khaire and Rtn. Darshana Kataria.

Wedding anniversaries of the following couples were also announced Rtn. PP Madhu and R'Ann Prema Rathi, Rtn. Jeevan and R'Ann Renu Mahaldar, Rtn. Dr. Rajiv and R'Ann Madhuri Narvekar and, Rtn. Rajeev and R'Ann Rashi Sharma.

Rtn PP Jinendra Munot and Rtn Amita Munot could not attend the Installation Ceremony on 06 July when the Annual Club Awards were presented. Their names were recommended for the 'Best Assimilation Program' and as they were present at the Club function on 13 July, the memento was presented to them by IPP Cmde Ajay Chitnis.

R'Ann Namrata Sarada and R'Ann Urmi Rathod's Musical T 20 Event was a resounding success.

The packed hall buzzed with excitement. With the hall oozing with positivity, it seemed as if there was electricity in the air. All those who attended had a gala time as is evident from a few photos attached. We missed those who could not attend and we look forward to seeing you next time.

Namrata and Urmi captivated everyone with their Musical Quiz Night, blending fun, competition, and camaraderie. The event, originally scheduled for 38 minutes, was extended for another 10 minutes by popular demand, leaving attendees wanting more, as everyone seemed to enjoy the spirit in which the evening unfurled.

Rtn. Behzad Randeria gave the vote of thanks for the fabulous performance by R'Ann Namrata Sarada and Urmi Rathod and President Raja gifted them with the RCPC Coffee Mugs with the new logo, as a token of appreciation.

The Icebreaker Mini Fellowship hosted by Rtn PP Madhu Rathi was a big hit, with delicious starters and food enjoyed by all....

Captured Moments from The Scintillating Musical T20!



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50 Things Every Rotarian Should Know About Rotary

(Inputs from Rtn. PP Suhas Merchant)

2 - THE OFFICIAL ROTARY FLAG

An official flag was formally adopted by Rotary International at the 1929 Convention in Dallas, Texas. The Rotary flag consists of a white field with the official wheel emblem emblazoned in gold in the center of the field. The four depressed spaces on the rim of the Rotary wheel are colored royal blue. The words "Rotary" and "International" printed at the top and bottom depressions on the wheel rim are also gold. The shaft in the hub and the key way of the wheel are white.

The first official Rotary flag reportedly was flown in Kansas City Missouri, in January 1915. In 1922 a small Rotary flag was carried over the South Pole by Admiral Richard Byrd, a member of the Winchester, Virginia Rotary Club. Four years later, the admiral carried a Rotary flag in his expedition to the North Pole.

Some Rotary clubs use the official Rotary flag as a banner at club meetings. In these instances, it is appropriate to print the words "Rotary Club" above the wheel symbol, and the name of the city, state, or nation below the emblem. The Rotary flag is always prominently displayed at the World Headquarters as well as at all conventions and official events of Rotary International.

(Note: Watch this Column in RCPC's Weekly Bulletin Central Turf every week)

The Family Corner



This corner is being introduced to make our Rotary world a smaller one. Come, let's know our families better. In this picture you see Rotarian Raman Nanda with his gorgeous wife R'Ann Alka, and their Grand Children: Avi, Reyaan, Veydant and Kabir

Note : Kindly Contribute 'Know your Rotarian Family' pictures to Behzad.randeria@gmail.com.

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Food For The Soul

A simple recipe to tickle your taste buds from the kitchen of R'Ann Sonia Rajore

Masala potatoes are a delicious and flavourful dish that's easy to prepare. Here's a simple recipe for masala potatoes:

Ingredients:

- 4 medium-sized potatoes, peeled and diced into small cubes
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 onion, finely chopped
- 2 tomatoes, finely chopped (or you can use ½ cup tomato puree)
- 1 green chili, finely chopped (adjust to taste)
- 1 teaspoon ginger-garlic paste
- ½ teaspoon turmeric powder
- 1 teaspoon coriander powder
- ½ teaspoon cumin powder
- ½ teaspoon red chili powder (adjust to taste)
- Salt to taste
- Fresh coriander leaves for garnish



Instructions:

- 1. Prepare Potatoes:**
 - Peel the potatoes and dice them into small cubes. Rinse them under cold water to remove excess starch.
- 2. Fry Potatoes:**
 - Heat oil in a large skillet or frying pan over medium heat. Add the diced potatoes and fry them until they are golden brown and crispy. Remove the potatoes from the pan and set aside.
- 3. Prepare Masala:**
 - In the same pan, add a bit more oil if needed. Add cumin seeds and let them splutter.
 - Add chopped onions and sauté until they turn golden brown.
- 4. Add Spices:**
 - Add ginger-garlic paste and chopped green chili. Sauté for a minute until the raw smell disappears.
 - Add turmeric powder, coriander powder, cumin powder, and red chili powder. Mix well and sauté for another minute.
- 5. Cook Tomatoes:**
 - Add chopped tomatoes (or tomato puree) to the pan. Cook until the tomatoes are soft and the oil starts to separate from the masala.
- 6. Combine Potatoes:**
 - Once the masala is cooked and aromatic, add the fried potatoes to the pan. Mix gently so that the masala coats the potatoes evenly.
- 7. Simmer:**
 - Reduce the heat to low, cover the pan, and let the masala potatoes simmer for 5-7 minutes. This helps the flavors meld together.



8. **Finish and Serve:**

- Remove the lid, check the seasoning, and adjust salt and spices if needed. Garnish with fresh coriander leaves.

9. **Serve Hot:**

- Masala potatoes are best served hot as a side dish with roti, naan, or rice. They can also be enjoyed on their own as a snack or appetizer.

Enjoy your delicious masala potatoes!

Note: You can adjust the spiciness of the dish by varying the amount of green chili and red chili powder according to your taste preference.

Note : Do please contribute your recipes to Behzad.randeria@gmail.com

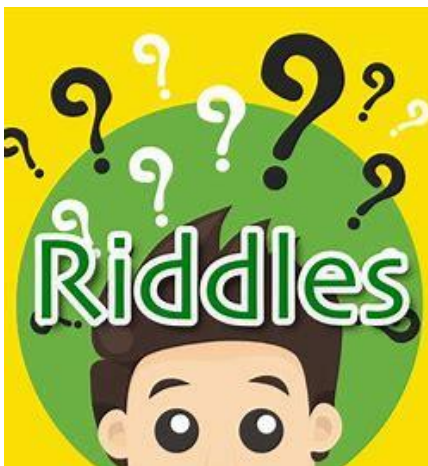
Just For Fun

Some Interesting Facts:



Increase your Almond intake! The clinical study, published in September 2022 in [The American Journal of Clinical Nutrition](#) (and funded by the Almond Board of California), found that consuming almonds increased butyrate—a type of microbiota byproduct that's been linked with a range of health benefits. These "good" bacteria help break down the dietary [fiber](#) in the large intestine, and are known for being the main energy source for your colon cells. This directly impacts your gut. Along with reducing inflammation, a [healthy gut](#) has been shown to helping to prevent infection, improving depression symptoms, decreasing the risk of chronic diseases (including dementia), and even helping you live longer. Who would've thought this tiny nut could be so beneficial!

Some Riddles to Activate Those Brain Cells



Question:

- What has keys but can't open locks?
- What has one eye but can't see?
- What starts with "P" and ends with "E" and has thousands of letters?
- What has cities but no houses, forests but no trees, and rivers but no water?
- What's full of holes but still holds water?
- Why did the scarecrow win an award?
- What has a neck but no head?
- What can travel around the world while staying in a corner?

(Answers on the last Page)

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The HAHahaha Picture



A funny picture is worth a thousand laughs! Our funny picture of the week is AI's (artificial intelligence) version of what a dog would look like if it were begging for treats 😊

Note : Request your contributions for the funny picture each week.

Riddles Answers:

- A piano
- A needle
- The Post office
- A map
- A sponge
- A Cornfield
- Because he was outstanding in his field
- A bottle
- A stamp

From the Editor

Another interesting week has gone by. A week of accomplishments, joys and fun together. Do please find our bulletin for the week, replete with riddles, anecdotes and Rotary information.

I urge you to look through this bulletin, contribute where contributions are requested, and above all, smile, laugh and enjoy the Bulletin.

Here's wishing you a wonderful week ahead.

Warm regards

Behzad Randeria

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What to Expect in the Next Four Weeks

- **July 27** — A presentation on the '**Club and Trust Budget**' after which we will have a short 10 minute Interactive session by a Zicom representative on '**Safety of Senior Citizens and how the emergencies can be addressed**'. This will be followed by a Mini Fellowship.
- **August 3** — VIRTUAL MEETING on ZOOM – Rtn Dr Kunal Bansal will speak on the **Topic: 'Osteoporosis, Common Myths and Misconceptions'**. Rtn Dr Kunal Bansal is a Consultant Orthopaedic & Joint Replacement Surgeon. He has been trained from the best Institutes in India, Europe and Australia.
- **August 10** — Fund Raising RY 2024-25 will be followed by Fellowship.
- **August 17** — Interactive session on '**Nutrition & Fitness,**' by Zareen Siddique who is a very much sought after speaker. Zareen is an influencer on You Tube, Instagram and social media with a huge fan following of over 2.4 Lakhs. You may check out her program @fitwithzareen on Instagram and You Tube.

Birthdays and Anniversaries



Rtn / R'Ann

R'Ann Neelam Mehrotra

Mr. Pankaj Mathur

Rtn. Rakesh Makhija

Birthday

July 21

July 23

July 24