

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



Dear friends,

As Mumbai got battered by rains it was time to think of the environment.

We really should be doing something, however small, as our contribution to a greener future.

It could be as small as switching off the lights and fans which you don't need. It could be by supporting visionaries who are rallying for our rivers. It could be by helping maintain gardens which are the lungs of our city. It could be by promoting the use of cleaner renewable energy. Solar, wind and so on.

The Rotary Club of Bombay in a small way has been ahead of the curve. Many years ago people like Jagdish Malkani installed solar lights in our HTEC hospital at Talwada and the boarding school there.

Madhusudhan Daga helped provide solar power to our Museum.

Now it's the turn of our Environment Committee Chairman Rajesh Shah. And judging from the plans I am hearing, it will be another blockbuster initiative.

Yes the first quarter of this year has been a really gratifying period. We started two Elder care centres. Collected a record amount for Bhavishya Yaan. Had a Shankar Mahadevan show that people will talk about for a long time. We've had great speakers, wonderful fellowships, In Camera meetings and Assimilation get together.

And the best months are ahead.

I thank all those who have made this such a great beginning.



Ramesh Narayan

Simon Says



Ralph Simon is busy travelling the world when he's not at home in London. Those who have crossed paths with him say he's on a relentless search for the best in technological innovation. They also know that he heads the London-based Mobilium Global Group, which counsels personalities and organisations on the practical and profitable way to disseminate information through social media.

He often comes to India to fulfill his responsibility as board member of Hungama Digital Media, but his relationship with India is more sentimental than business. "I have a love affair with India," he told rotarians at the Tuesday meeting. And luckily for him,

Today's Speaker **Abhilash Tomy** on sailing solo around the world



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back in London, he doesn't find it hard to rekindle his affair from time to time: "On my morning speed walk, I always pass the house in which B.R. Ambedkar used to live in London, when he was working on the Constitution."

So this time, whether for love or business, Ralph Simon was back in India - and found an audience in the members of the Rotary Club. He told rotarians about the innovations made in far off lands, with the enthusiasm of an explorer of the Late Middle Ages, but through a PowerPoint presentation in order to keep it 21st century.

First on his list was a London-based company's efforts towards giving its workaholic society an opportunity to exercise on their way to work. The concept is simple: Londoners spend an average of 45 minutes to an hour to get to work, so instead of spending that time sitting, they can catch up on some much needed cardio because a UK-based company is planning to build buses equipped with cardio



and shower facilities for a quick workout.

Singaporeans did something similar, but with a very different motive in mind. In Singapore, people aren't using public transport, because of which car traffic becomes difficult to handle. As a solution, the government has funded the manufacture of buses that are scented, attracting automobile owners to opt for the bus when travelling.

In the USA, Elon Musk, the founder of PayPal, has funded a project to reduce LA's traffic problem. Engineers working on the project

believe it is possible to build underground tracks that would transport a line of cars like a train, in order to make traffic move faster.

Meanwhile in Australia, patients suffering from Alzheimer's disease and dementia could find salvation in the fact that Medibank is developing a VR experience to eradicate their symptoms of loneliness, considering that the

elderly do not have the pleasure of family grouping (unlike in India).

In the field of health care, Malaysia's Telekom has developed mosquito repellent umbrellas that shoo mosquitoes with the help of radio frequencies, turning tropical countries into safe havens for human beings.

Simon also shared a few examples of how technological innovations do highlight the eccentricity of their inventors.

Shiseido, the Japanese cosmetic brand, invested a lot of money to develop an app that rates a woman's smile, and suggests products she could use to enhance her rating. And EasyJet, England's budget airline, also manufactures sneakers that connect to your smartphone or smartwatch and help you get to your destination by buzzing at your sole. Users say that it encourages them to enjoy the scenery, instead of looking down at their phone every time there is a bend in the road.

Yet these byproducts of technological advancements, the speaker concludes, must not steer us away from reaping the benefits that technology lends to security systems, healthcare, and transportation. After all, "what [we] see is just the beginning."



Rtn. Rhea Bhumgara introduces the guest of honour



Rtn. Manish Reshamwala makes some important announcements



Rtn. PP Arun Sanghi asks a question

Rtn. Vineet Suchanti on Jal Jeevan, the Water Resources Committee



Jal Jeevan is an initiative that provides safe drinking water to slums in and around Mumbai. By installing a 10,000 litre purification plant, or a Jal Jeevan Centre, the committee has been able to ensure hygienic drinking water to various areas.

Once the plant is installed, training and advocacy is provided by experts on various topics to a Self-Help Group (SHG), who run the centre. The water is sold at 50 paise a litre.

So far, the Rotary Club has already established four centres at Rafi Nagar, Rathodi, Ambujwadi, and Sathe Nagar.

This has directly affected the lives of over 50,000 Mumbaikars. Eureka Forbes is RCB's partner in providing all the plant equipment and contributing to part of the project cost.

Recently, the Water Resource Committee also installed filtration plants in 11 schools in Malvani, Malad. These plants ensure clean and safe drinking water to over 4,700 students at these schools.

Another project that has recently been completed is the installation of purification plants at 4 hostels (2 boys' and 2 girls') at JJ Hospital, directly benefitting over a 1,000 students.

Rtn. Vineet Suchanti also took this opportunity to thank all the members of the Water Resources Committee, with special mention to Past President Rtn. Sandip Agarwalla for his continuing efforts in this noble cause.



A message from Magandeeep - Rtn. Biswajit Chakraborty's friend



"Here is the true spirit of Rotary as displayed by our very own BC. We're proud of you my friend."

- Ramesh Narayan

When the floods hit Mumbai recently, this gentleman did

more than his bit by opening up the hotel to help all stranded in BKC. People were welcomed in, offered

rooms at lowered rates (instead of the surges that other hotels deployed to capitalise on the situation) and free tea and snacks were served to all who thronged the lobby, lounges and restaurants.

The hotel staff worked the longest shift ever but this stalwart made sure that they came together to dig deep and be truly hospitable, not profit from the dire circumstances. #SpiritofMumbai for sure but a moment of pride for the hospitality industry ! Bravo Biswajit Chakraborty, am honoured to count you as a friend; we certainly need more GMs like you! #mumbai #bkc #floods #relief #samaritan #gentleman #notforprofit #gooddeed #helpingothers

PERSONAL PASSION: Journey to Mt Kailash and Mansarovar Lake by Alok Sekhsaria

Sadhguru's insistence that everyone should do Kailash Mansarovar at least once in their lifetime, planted the urge in Mayuri to visit it. As her 40th birthday gift she asked me to accompany her. There we were on a flight to Kathmandu to join one of the last Isha groups in 2017 for a 13 day trip to Kailash. While we were well packed to face the cold, I don't think we were prepared for what this trip would mean for the both of us.

The 13 days spanned over 2 flights from Kathmandu to Nepalganj and Simikot and then a helicopter ride to Hilsa. Here we walked across the bridge to the Chinese border to enter into Tibet. After a night halt we spent 2 days at the Mansarovar lake and 2 days at Mt. Kailash. Then of course the same route back.

I must say that Isha foundation has really mastered this tour. We started the tour in a luxurious forest resort in Kathmandu. With every passing day the accommodations became more and more basic and our toilets more beautiful and scenic. The daily routine was packed with freshening up every morning, 2 medical screenings, 4 delicious

meals, one walk and the highlight of the day was a daily satsang by Sadhguru on a projector and a short guru puja. However even this activity became quite a challenge at higher altitudes up to 17000 ft and dropping temperatures all the way till -10 degrees at Mt Kailash. Since I am not an Isha follower like Mayuri and most of the other 35 participants, I started the trip as a tourist and converted to a pilgrim on day 1 when we were initiated with a Abhay Sutra and the first satsang when Sadhguru said that we should "Send our hearts to Kailash and our bodies would follow." In fact after that, the entire tour transformed into a memorable spiritual sojourn. It seemed there was a certain grace with us as we got impeccable weather and didn't miss a single flight.

The 2 days at Mansarovar, the dip and in the lake and the Purnima moonlit night was a magical experience for us. The 2 days by the majestic snow clad

Kailash, standing amidst the mountains all by itself was an experience that cannot be described in words. All we can say that, as a pilgrimage should be - a very humbling experience. The journey was about "leaving a part of ourselves in Kailash and bringing back a tiny part of kailash back with us in our hearts." We are most fortunate to be able to visit Kailash. We both feel that our journey has only just begun.



Pictures taken by Alok Sekhsaria



Full moon over Lake Mansarovar



Mount Kailash on a clear day

Animal Welfare Committee Update

The Animal Welfare Committee is hitting full stride.

Working in tandem with the Cuffe Parade Residents Association (CPRA) they are on a mission

to sterilize over 50 cats in the neighborhood.

Chaired by Bipin Vazirani and Priyasri Patodia, the Committee has been privy to a survey of the area and the identification of the cats.

On Monday 18th. September the World For All (an NGO) team came in their vehicle, with "Cat Catchers" and along with Nancy Lulla a resident who has been caring for the cats and Sunil

Gidwani of the CPRA they caught 23 cats.

These have been carefully labeled and carted to the doctors who will operate on them. World For All will take care of the cats for a few days after the procedure and then place them carefully back in the area from where they were taken. A most humane way of dealing with a pressing problem.

Rtn. Priyasri added that there was a proposal to donate an animal ambulance to World For All as well.



Bhavishya Yaan at ISDI

The 9th std Bhavishya Yaan children of Dr. Babasaheb Ambedkar school, GK school and NM Joshi school were invited by Rtn Dr. Indu Shahani to the ISDI WPP centre at One Indiabulls on the 14th September. The program was conducted in memory of two students of ISDI-Kevin and Panki, who tragically died in a car crash. A short workshop, in which the children expressed their dreams, was held in the ISDI lecture room.

A vigorous Zumba workout ensued where the kids followed the moves of an energetic instructor. The session ended with a surprise. Every child was handed a gas balloon and made to tie his dream to the balloon. The balloons were then released all together on the count of three.

A cloud of dreams floated up into the sky.

The program was attended by Dr. Indu Shahani, parents of the deceased children, Rotaryanne Awaan, ISDI students and BY teachers.

The exuberance of the BY children helped the ISDI students overcome their grief.



Rtn. Dr. Indu Shahani with BY kid



13th September IN CAMERA Event Coverage

Rtn. Mehul Sampat and Miloni hosted the well attended IN CAMERA event with Guest Speaker Ms. Madhuri Sharma (Mrs. Earth International 2006 & Mrs. Cosmic 2017) on Nutrition & Wellness for Healthy Living.



4th Assimilation Committee Meeting

The 4th assimilation fellowship was hosted by the Yargops- Beena & Ulhas at their beautiful Altmount Road House.

Welcoming one and all was their Son Rahul and Beena's mom Mrs Leela Gad. Mrs Gad enthralled everyone with stories about her family - her father Mr V B Gandhi was a 2 time MP from Mumbai. The Yargops and Gads have illustrious and enviable educational alma maters.

A galaxy of rotary stalwarts ranging from President Ramesh, Arun Sanghi, Anil Harish, Jimmy



Vakharia, Malti Jain, Anand Dalal, Satyan Israni, Meera Alreja, Manish Kejriwal, Ramesh Mehta were mingling with several recent Rotarians like Mudit Jatia, Rhea Bhungara, Gautam Doshi, Tanya Sood, Ateeq Agbotwala



Rtn. Ulhas Yargop with R/anne. Bina Yargop and Malti Jain

& Vineet Suchanti. Over drinks and sumptuous food Rotary and related discussions were exchanged.

Thank you Beena & Ulhas.

Recipe Corner



Tara Deshpande



COCHIN JEWISH STYLE APPLE RUM AND HONEY CAKE

The cochin jews of India prepare a semolina cake called apam. One is prepared with coconut, the other for special occasions with rum. I add apples and honey to this cake for Rosh Hashanah - The jewish New Year. This is an easy cake and can be put in the oven just before your guests come. L'shana tova!

INGREDIENTS

- 1.5 Cups fine semolina or rava
- 120 Grams unsalted butter cubed
- 3/4 Cup natural orange juice
- 1/2 Cup golden honey
- 3 Tablespoons dark rum
- 400 Gram small red apples (3 pieces)
- 3 Eggs whisked
- 1/2 Teaspoon ground allspice, cardamom or nutmeg
- 1/2 Teaspoon vanilla extract
- 2-3 Tablespoons golden honey for brushing

- One 10 inch round tube pan with a removeable bottom or an 8 inch round cake pan

METHOD

- Combine orange juice and rum in a shallow pan. Peel, core and halve the apples. As you prepare each apple soak the apple halves in the orange juice and rum. Reserve
- Melt the butter in a non-stick skillet on a low flame. Add the semolina and stir well about 3 minutes. Let cool completely.
- When semolina has cooled stir in the honey, eggs, ground spice of your choice and vanilla.
- Remove the apples from the orange juice and pour the remaining rum and orange liquid into the semolina batter and whisk well.
- Cover tightly and refrigerate.
- Meanwhile preheat oven 325F. Prepare middle rack.
- Slice each of the 6 apple halves into slices. Reserve them as 6 sets.
- Remove batter from the fridge and stir well
- Pour batter slowly into the well-battered cake pan. It is a thick batter and you will need to ease it into the pan using your spatula. Smack the pan on the counter to settle the batter.
- Arrange the apples equi-distant from each other in the batter in sets so they are spread evenly around the batter. Press down gently on the apples so they sink into the batter and spread just a little bit. The batter should not cover the apples.
- Put pan in the middle rack. Place another baking tray on the rung above. This prevents the cake top from cooking too fast.
- Bake 30-40 minutes until the top is golden brown.
- Brush apple tops with honey and let sit about 20 minutes in the cake pan at room temperature.
- Run a sharp, small knife along the edges to loosen the cake. Invert it once on to a plate and then again onto a serving platter apple side up.
- If using a tube pan slip the pan, out from the bottom.
- Serve warm with ice cream or whipped cream.

“Now I can pay for the education of my three children.”

- Praful Singh, Deoghar, Jharkhand



A Village Association formed with Reliance Foundation support provided him with a border bund, a vermi-compost pit, a farm pond and even a Reliance Nutrition Garden. Today, Praful grows a wide range of crops across the seasons.

These stories testify to Reliance Foundation's undying zeal to create equal opportunities for growth and prosperity in India.



Touching over 12 million lives with support for Rural Transformation, Health, Education, Sports for Development, Livelihoods, Disaster Response, Arts & Culture, and Urban Renewal.

Forthcoming Events

- **September 26th 2017**
World Maritime Day. Abhilash Tomy will speak on the life - lessons he learned from sailing solo around the world. And the upcoming challenge he now faces.
- **October 3rd 2017**
Speaker : Mr. Mathew Cherian
- **October 10th 2017**
Speaker: Gaugopal Das Prabhuji
- **September 29th 2017**
Members of the Taj President Hotel team will visit the RCB Ananda Yaan Dadar Sea Link Centre and interact with the elders there as a part of their employees engagement program.

RCB Member Celebrated

Rtn. Sitaram Shah got a lifetime achievement award on 8th September by the organisation called World Non-Ferrous Awards 2017. The award was given by Rtn. Suresh Kotak who was the guest of honour. Non-ferrous means non-iron and the awards was for small and large companies manufacturing and trading in metals. Rtn. Vandan Shah with Sipra engineers too received an award for sustainability at the same function.



RCB in the News

Singapore has become poster child for national integration: Ajit Singh



Standoff attack on Assam Rifles Post: Troops retaliate
Suspected Maoist (NDFB) cadres launched a coordinated assault on Assam Rifles post at Doo, Assam on 11 September, 2017. The attack resulted in the death of one soldier and capture of several others. The Assam Rifles troops retaliated and killed several cadres. The incident has led to a major military operation in the region.

Assam Rifles on high alert to check on Rohingya
Troops of Assam Rifles in the sub-district of North Lakhimpur, Assam are on high alert to check on the movement of Rohingya refugees entering the state. The troops are also conducting regular patrols in the border areas to ensure the safety of the region.

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Rtn. Arvind Jolly
Rtn. Arun Sanghi
Rtn. Dr. Adi Dastur

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RCB Clinic - Cotton Green	Manoj Patodia

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Urban Conservation	Rohan Dalal
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Women's Empowerment	Framoze Mehta

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Youth Exchange Programs	Peter Born
Ananda Yaan Committee	Chairperson Alok Sekhsaria Co-Chair Christopher Bluemel

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NEXT WEEK'S SPEAKER - MR. MATHEW CHERIAN

A graduate in Engineering from a premier Institute of technology BITS Pilani and India's first rural managers from the Institute of Rural Management, Anand. Was involved in oil industry work on offshore platforms and then shifted to rural areas and worked as Director Oxfam in India, Regional Programme Manager, Plan International, Executive Director, Charities Aid Foundation and currently is the CEO HelpAge India from 2003 for the last 12 years. He has worked all over India and South Asia. Author of the book "A million missions" - non profit sector in India. He Has worked in disasters and emergency relief across India and South Asia.



He serves on many Boards which includes HelpAge International. Member National Council of Senior Citizens and Member, National Foundation for Communal Harmony, Guidestar International USA, Care International, Sightsavers and is the current Independent Commissioner for Health with Ministry of Health.

Has drafted the National Policy for Senior citizens and National Policy for the Voluntary sector and is current Chair of VANI- Voluntary Agency Network in India.



Birthdays & Anniversary Greetings



Rtn. Rajesh Shah
26th September



PP Rtn. Dr. Zexis Umrigar
26th September



Hon. Rtn. Rajashree Birla
29th September



Rtn. Rohit Dhoot
29th September



Hon. Rtn. Venugopal Dhoot
30th September



Rtn. Preeti Mehta
1st October



Rtn. Suresh Kotak
2nd October



Rtn. Purnima Sheth
2nd October



Rtn. Ramesh Mehta
2nd October

Partners

26th September - Ptn. Moushumi Chakraborty
Ptn. Rekha Jalan

27th September - Ptn. Anita Parikh

30th September - Ptn. Madhu Ruia

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Statistics for last week's meeting

Rotary Club Bombay Members	121
Partners	04
Visiting Rotarians	01
Guests	01
Rotractors	05
Total attendance	132
Community Service Box Collection	₹ 2,200/-