



SOUTH BREEZE

ROTARY CLUB OF BELGAUM SOUTH

NEWS BULLETIN OF ROTARY CLUB OF BELGAUM SOUTH
SUCHETA ANGOLKAR HALL, TILAKWADI, BELGAUM - 590 006



DIST 3170

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CHARTER NO. 26995

Rtn. Holger Knaack
R. I. President

Service Above Self

Rtn. Dr. Alpesh Toprani
President

Rtn. Sangram Patil
Governor R I Dist 3170

PP Rtn. Nagaraj Nashi
Bulletin Editor

Rtn. Satyan Swamy
Secretary

MESSAGE FROM THE PRESIDENT



Friends,

As we are aware with new inventions has created lot of opportunities for ambitious persons to progress which has no limits in 21st century. Everyday scientist and technicians are inventing newer and newer things which makes earlier days invention absolutely obsolete.

People also are running tirelessly aft luxuries and comforts. To make ends meet or to maintain so called prestige both ladies and gents are working hard to earn maximum money, many a times, at the cost of well being of children proper guidance and "sanskar". Children get whatever they want without any objections or proper enquiries from their parents. There is growth in intellectual scientist, philosophers, councillors, technicians, but on the other hand younger generation is getting frustrated due to high expectation from their parents they are becoming addicts and vagabonds without any aim in their life. Even the percentage of suicide in younger generation has gone up.

Well friends, therefore a word of caution, let us open our eyes and ears widely and work for to bring solace to the minds as early as possible. The world has become very small due to electronic inventions. Anyone in the any corner of the world is easily accessible. So let us once again start creating awareness about family virtues and values. Let us not be contented and satisfied with "nucleus family". Let us care for

elders seniors, grand parents , teachers so that we can start enjoying happiness in family which is the basis of world understanding as courtesy begins at home we Indians believe in "VASUDHAIV KUTUMBAKAM" (the entire world is joint family).

Rotary International has knowingly or unknowingly adopted this Indian Philosophy. Therefore LET US ALL WORK TOGETHER TO CREATE WORLD UNDERSTANDING AND CREATE PEACE, so that everyone will feel that it is proper that we should accept endowments for the purpose of doing good in the world, in charitable educational or other avenues of community progress. GOOD OR BAD IS CONTAGIOUS SO LET US THINK ONLY OF DOING GOOD AND RELIVE WORLD FROM TENSIONS AND UNREST.

Thank You.

Yours in Rotary,

Rtn. Dr. Alpesh Toprani

MESSAGE FROM THE EDITOR



As the editor of the club for 2020-21, I consider this as a pleasant privilege to pen this editorial in the club bulletin. Life is not about the number of breathes you take, but about the moments that take your breath away. This year in our club, we experienced a plethora of such vow moments which happened due to sincere and committed efforts put in by all the members under the leadership of our President Rtn Alpesh Toprani.

My best wishes & heartiest

congratulations to our President Rtn. Alpesh Toparani, for donning the mantle of leadership of RCBS for the Rotary year 2020-21.

Our landmark projects like the Blood Donation Camp, Eye checkup camps and other service projects serve the community in a very big way.

With Regards
Rtn. Nagaraj Nashi

FEBRUARY BIRTHDAYS

1st Annet. Vipra Ambekar
3rd Rtn. Anand Bukhebag
4th Annet. Vikhyat Sutar
7th Rtn. Anand Kulkarni
10th Ann. Jyoti Kulkarni
11th Rtn. Shivanand Halbhavi
13th Ann. Sapna Kajagar
13th Rtn. Sharan Bembalgi
14th Ann. Sudha Kulkarni
15th Rtn. Ramesh Ramgurwadi
15th Ann. Suranjan
17th Annet. Ashwin Ramgarwadi
20th Ann. Hema Sayagavi
22nd Rtn. Vijay Dargshetti
22nd Ann. Seema Doni
24th Annet. Akshai Deshpande
24th Annet. Tanish Doni
25th Rtn. Ravi Karlingannavar



WEDDING ANNIVERSARIES

3rd Feb Ann. Rupali, Rtn. Mukund Bang
8th Feb Ann. Anjali, Rtn. Sharan Bembalgi
10th Feb Ann. Gouri, Rtn. Ramesh Ramgurwadi
17th Feb Ann. Neha, Rtn. Anand Deshpande
22nd Feb Ann. Vani, Rtn. Jayasimha
26th Feb Ann. Hema, Rtn. Siddaraya Sayagavi
28th Feb Ann. Amita, Rtn. Ravi Nerlikar

The Story of Rotary's First 'Fellowship' meet!

'Fellowship' has a special meaning in the dictionary of Rotary it means coming together, Friendship, Sharing, Enjoying, Platform for, "Idea Exchange" etc. etc. It is an important and integral part of Rotary, in fact, "Rotary Began with it! Here is the interesting story of Rotary's first fellowship meet for you....."

Thursday 23rd February 1905, is the most significant date in the history of Rotary - perhaps in the history of volunteerism. As the day broke, there is a little evidence of its significance, however. Late that afternoon Paul & Silvester

meet at madame Galli's for dinner and discussed the idea of fellowship and business booster club. A few days earlier they had talked about it with a mutual customer, a Mining Engineer Named Gustavus Loehr, and he was so enthusiastic about it that he offered to host organizational meeting in his office. After dinner, Paul & Silvester walked over to Gus's office on the seventh floor of the Unity Building at 127 Dearborn street. It was a small room, not well lighted with a desk and three or four uncomfortable chairs, a coat rack in the corner, and an engineering chart on the wall. Gus was waiting with his friends Hiram Shorey, a merchant tailor he had invited to the meeting. Loehr did not have conference room, so the four men pulled up chairs and sat around the desk in his office.

Each of them introduced themselves, telling the others about their vocation and sketching out their background that led them by remarkable similar paths to Chicago.

Then Paul Harris shared with them his sense of emptiness at having no true friends in the city, his indignation at the dog-eat-dog business attitudes and uncertainty of knowing whom he could trust in this personal and commercial dealings. He proposed they form a club different from any other, one which he describes as "a very simple plan of mutual co-operation and informal friendship such as all of us had once known in the villages." Thus was born **Rotary** and thus was the **first Fellowship Meet**.

Today the word 'fellowship' has expanded to encompass various meanings and one such meaning is international' Rotary Fellowship! They are groups of Rotarians, Anns & Rotaractors who unite to share common interest of worthwhile recreational activities eg. Sports, hobbies etc. They also further their vocational development through acquaintance with others of same profession and explore new opportunities for service. 'Rotary Fellowship' informally began in 1928 when a group of Rotarians with an interest in Esperanto joined together. Today we have about 61+ Rotary fellowship.

In Rotary Fellowship has 100 meanings
Let us explore all meanings.

Let us celebrate Rotary's fellowship month-'June'

मीठागम

Around 12% indians are suffering from Diabetes and many more are not aware of the diseases they have. It has been proved in several medical studies that preventive measures are helpful in delaying and controlling the Diabetes. Onset of Diabetes is often silent and unless one is aware of the various indicators, early detection is not possible. Let us revise these indicators while observing World Diabetes Day celebrated on 14th November.

Blood sugar in fasting condition- Fasting of 8 hours is needed. Nothing except plain water is allowed to be taken. The normal level is between 70mg to 110 mg %

Post Prandial Blood Sugar (BSPP)- The sample is taken 2 hours after meals. The time should be calculated from the start of the meal. In normal subjects it is less than 140 mg%

To detect early glucose intolerance in high risk individuals, blood glucose level 2 hours after 82.5 gms of oral glucose is measured. If it is more than 150 mg %, it is called as impaired glucose tolerance. In these individuals with proper preventive measures and prophylactic medicines onset can be delayed and complications can be prevented.

HbA1C- Glycosylated Haemoglobin – it is known the long term glucose control. This test can evaluate sugar control and can assess quality of diabetic care. It shows us the percentage of sugar that has bound to Haemoglobin in previous 2-3 months. It should be below 6.5% to call it a better control. It has been proved that measures to lower the percentage by 1 reduces risks of diabetic complications substantially.

Lipid – Cholesterol is present in certain foods and is also produced by the liver. There are two types of cholesterol: HDL, also referred to as ' good cholesterol,' and LDL, also referred to as ' bad cholesterol.' Triglycerides are the chemical form in which most fat exists in food and in the body.

Indicators of Diabetic complications – Kidney, Heart, brain and Retina are the most commonly affected organs in Diabetes. A) Urine Microalbumin, Serum Creatinine and Cystatin C levels are important biochemical investigations

B) stress test and coronary angiography will show cardiac damage C) Regular retinal examinations is must to detect any retinal damage.

High Blood pressure in diabetics is the additional risk. Control of blood pressure minimizes the complications.

BMI – BMI is an indirect measure of body fat calculated from a person's weight and height. The formula for BMI is weight in kilograms divided by height in meters squared: $\text{weight (kg)} / (\text{height (m)})^2$ to keep BMI is desired range is very important in preventing and managing diabetes.

Adequate sleep is must to avoid complications and also prevention of diabetes.

Titbits!!!

Traffic lights

The first electric traffic lights, comprising of red and green lights and warning buzzer, were invented by Garet Augustus Morgan (USA), and installed at the junction of Euclid Avenue and 105th street in Cleveland, USA. This was on 5th August 1914. The first three-color traffic lights (manually operated) were installed in New York City in 1918

Mouse

Douglas Engelbart has the patent for computer mouse. Engelbart wanted to find the best way to do the things on screen that keyboard could not do. He looked into the existing ideas, which included joy-sticks and light pens. He then combined the best features of them and in 1964 invented a device, which was later patented as X-Y position indicator, this invention was soon nicknamed the mouse.

Post-it notes

The post-it note was invented in 1974 by Arthur Fry, an employee of 3M Corporation. Chemist Spencer Silver was researching for adhesives, but instead of coming out with strong adhesives he came with quiet opposite. This weak glue was reusable, and it did not leave sticky residue when it was removed. This was then patented and commercialized as the 3M's famous Post-it pads.

Rotary Week Programs

22

MHM program @ Mahila vidyalaya High school
on 22nd February 21 Timings 10.15 am
Events chair :Rtn Kirti Suranjan.

23

Rotary Birthday celebration and Vocational Award
on 23th February @ Uday bhavan timing 8.0pm.
Event chairman Rtn.Naryan Despande

24

Rotary literacy Rally @ District Court Complex Premises
along with KLE law society
on 24th February. Timing 10.30 am
Event chairman Rtn.Jayshima Belgal

25

Rotary Blood Donation Camp along with Mahaveer Blood Bank
@ Mahantbhavan, Mantesh Nagar.
on 25th February Timings 9 am to 11.0am
Event Chairman Rtn.Rajeshkar Doni

26

Rotary club Belgaum South Eye Checkup Camp
along Netradarshan Eye hospital
on 26th February Timing 9.0am to 2.0pm
Event Chairman Rtn.Nilesh Patil



Request you all along with Ann and Annet's join in and make this event a memorable and successful one.

