



Rotary

Harmony

WEEKLY BULLETIN OF ROTARY CLUB OF SHILLONG



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From Editor's Desk

Editor's Desk: Good Evening Friends: Hearing a lot these days about Marathon, Rotary Marathon. Sohra Marathon!! Find some interesting information about marathon in the following paras. The name Marathon comes from the legend of Philippides or Pheidippides, the Greek messenger. The legend states that he was sent from the battlefield of Marathon to Athens to announce that the Persians had been defeated in the Battle of Marathon (in which he had just fought), which took place in August or September, 490 BC. It is said that he ran the entire distance without stopping and burst into the assembly, exclaiming νενικήκαμεν (nenikēkamen, "we have won!"), before collapsing and dying. **Why are Marathons 26.2 miles long?** In a nod to Greek history, the first marathon commemorated the run of the soldier Pheidippides who ran the approximately 25 miles. Good luck PE Rtn KJailash Varma for getting the marathon organized.

Gist of Minutes of the 3075ⁿ Regular Meeting of RC Shillong held on Marcxh 09 2018 at Rotary Corner:

The meeting was called to order by the President and National Anthem rendered. President welcomed Visiting Rtns from Bangladesh and Pune .Rtns Chandana and Vandana were thanked for the fellowship and Rtn Vandana was conveyed good wishes for her birthday on March 14th. Minutes of the previous meeting were confirmed. Rtn Kailash Verma apprised the members about Rotary Marathon to be held at Sohra

on Aug 25, 18. He elaborated on its route starting from Mawsamai caves and finishing at same point with a loop. Its Sponsors, toilets facilities, water station, timing chips T shirts, Volunteers etc were discussed. Rtn Kiron Joshi informed the members about pt Sachi who underwent successful heart surgery at Escorts hospital in Delhi on 4.3.18. DG Rtn Dr Mehmood of Dist 3282 was present in the meeting and

shared his thoughts. Five other members from various RC clubs of Chittagaon Bangladesh also attended the meeting who were on DTTs program in Shillong. Rtn Jayaprakash Somani from Pune also addressed the meeting. Request received from Bansara Clinic to attend launch of Prevention of Diabetic Blindness Project on 10.3.18 Meeting was adjourned after secretary's announcement.

Incoming Club Projects: Vocational Awards , Lecture in Gandhi Buniyadi School.



Glimpses of visit by members of from Rotary Clubs of Bangladesh and Rotary Club of Pune, who visited our club on 09th March 2018



What is a Marathon?

What is a Marathon? The **marathon** is a long-distance race, completed by running, walking, or a run/walk strategy. There are also wheelchair divisions. The marathon has an official distance of 42.195 kilometres (26.219 miles, or 26 miles 385 yards).[1] usually run as a road race. The event was instituted in commemoration of the fabled run of the Greek soldier Pheidippides, a messenger from the Battle of Marathon to Athens, who reported the victory. The marathon was one of the original modern Olympic events in 1896, though the distance did not become standardized until 1921. More than 800 marathons are held throughout the world each year, with the vast majority of competitors being recreational athletes as larger marathons can have tens of thousands of participants.[2] A **half marathon** is a road running event of 21.0975 km (13 mi 192½ yd)—half the distance of a marathon. [1] It is common for a half marathon event to be held concurrently

with a marathon, using almost the same course with a late start, an early finish or shortcuts. If finisher medals are awarded, the medal or ribbon may differ from those for the full marathon. The half marathon is also known as a 21K, 21.1K or 13.1 miles, although these values are rounded and not formally correct. s it healthy to run a marathon?

Health benefits of moderate **running** include weight control, stress reduction, better blood pressure and lower cholesterol. ... Not only can too much long distance **running** damage the heart, but **marathon** runners also have to endure challenging weather conditions that may contribute to heat stroke, dehydration and exhaustion.

Eldest marathoner

Fauja Singh, then 100, finished the Toronto Waterfront Marathon, becoming the first centenarian ever to officially complete that distance. 'Singh, a British citizen, finished the race on 16 October 2011 with a time of

8:11:05.9, making him the oldest marathoner.[92] Because Singh could not produce a birth certificate from rural 1911 Colonial India, the place of his birth, his age could not be verified and his record was not accepted by the official governing body World Masters Athletics.

Gladys Burrill, a 92-year-old Prospect, Oregon woman and part-time resident of Hawaii, previously held the Guinness World Records title of oldest person to complete a marathon with her 9 hours 53 minutes performance at the 2010 Honolulu Marathon.

Youngest marathoner

Budhia Singh, a boy from Odisha, India, completed his first marathon at age three. He trained under the coach Biranchi Das, who saw potential in him. In May 2006, Budhia was temporarily banned from running by the ministers of child welfare, as his life could be at risk. His coach was also arrested for exploiting and cruelty to a child and was later murdered. Budhia is now at a state-run sports academy.

Rotary gives \$53.5 million to help eradicate polio

EVANSTON, Ill. (Jan. 25, 2018) — With 22 confirmed cases in 2017 to date, and just one case in 2018, the world is on the brink of eradicating polio, a vaccine-preventable disease that once paralyzed hundreds of thousands of children each year. Rotary is giving \$53.5 million in grants to support immunization and surveillance activities led by the Global Polio Eradication Initiative (GPEI). More than half of the funds will support efforts to end polio in two of the three countries where polio remains endemic:

Afghanistan: \$12.03 million

Pakistan: \$19.31 million

Further funding will support efforts to keep 10 vulnerable countries polio-free:

Cameroon: \$1.61 million

Central African Republic: \$428,000

Chad: \$2.33 million

The Democratic Republic of Congo: \$6.48 million

Ethiopia: \$1.82 million

Iraq: \$2 million

Niger: \$1.71 million

Somalia: \$3.29 million

South Sudan: \$835,300

Syria: \$428,000

An additional \$731,338 will fund research to be conducted by the World Health Organization (WHO), and another \$518,000 will go toward technical assistance in West and Central Africa.

While significant strides have been made against the disease, polio remains a threat in hard-to-reach and underserved areas and conflict zones. Despite a historically low case count, as long as a single child has polio, all children are at risk, which underscores the need for continued funding and political commitment to eradication.

Rotary has committed to raising \$150 million over the next three years, which will be matched 2-to-1 by the Bill & Melinda Gates Foundation, yielding \$450 million for polio eradication activities, including immunization and surveillance.

Rotary started its polio eradication program PolioPlus in 1985, and in 1988 became a partner in the GPEI, along with WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention. The Bill & Melinda Gates Foundation later became a partner. Since the initiative launched, the incidence of polio has plummeted by more than 99.9 percent, from about 350,000 cases in 1988 to just 22 confirmed cases in 2017 (as of 25 January). Rotary has contributed a total of more than \$1.7 billion — including matching funds from the Gates Foundation — and countless volunteer hours to protect more than 2.5 billion children in 122 countries from polio.

QUOTE OF THE WEEK:

I don't know what your destiny will be, but one thing I know:

The only ones among you who will be truly happy, are those who will have sought and found how to serve.

Albert Schweitzer