The tradition of the Rotary Bell has a fascinating history! Let me share some insights with you.

In 1922, U.S. Rotarians organized an attendance contest among various Rotary Clubs. The challenge was to see which club could increase their attendance at meetings the most.

The Rotary Club of New York City emerged as the winner, and their prize was a bell from a popular patrol boat. This bell was placed on a block of wood that came from HMS “Victory,” Admiral Nelson’s vessel at the Battle of Trafalgar.

Since then, the bell has become a symbol of order, discipline, and time during Rotary meetings. Just like on ships, the bell guides us through the weekly hour-and-a-half meetings. When the bell rings, it signals the beginning of the meeting, and everyone present should stand to salute the U.S. and Rotary flags.

Interestingly, there are health benefits associated with bell ringing as well. Swinging a bell requires a combination of strength and endurance, making it a great workout for the whole body.

So, the Rotary Bell not only carries historical significance but also serves as a reminder of unity, respect, and physical well-being within the Rotary community.