



Spectrum



RI District 3291

July 23, 2022

Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

VOL 16 NO 04

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CLUB NO 78956

CHARTERED ON APRIL 30, 2008

WEBSITE www.rcslmk.org

Matri Raksha: Fighting Anemia in Women the 6th health screening and treatment camp by RCSLMK on 17 July 2022

Over and above Matri Raksha: Fighting Anemia; necessity of Menstrual hygiene & sanitary napkin distribution and “Know your Numbers”, the District project on Positive Health were held simultaneously
PP Dr Aruna Tantia writes



In the early morning of Sunday, July 17, 2022, the project team of RCSLMK started its 2-hour journey from ILS hospital Salt Lake in two Toyota Innova – seven seater MUV’s and reached destination where the team members were greeted by Members of Rotary Calcutta Metropolitan East, who hosted this camp at Hooghly Women’s College at Dasnagar.

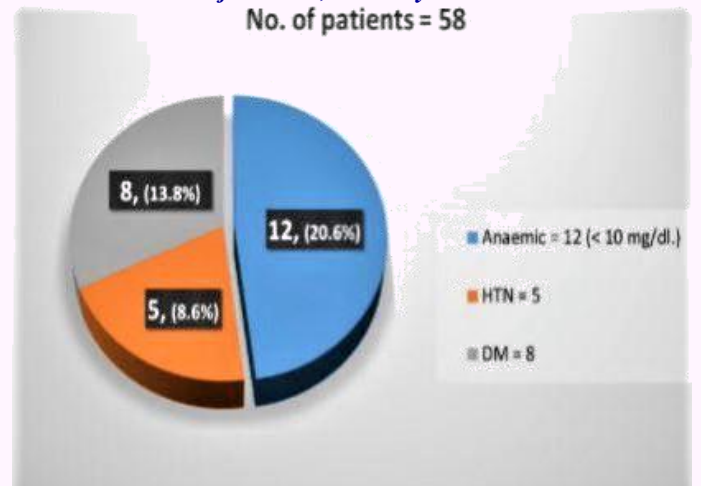


Fifty-eight women were screened by the team for Anemia. Dr Ajit Majumder explained about Anemia to all beneficiaries while Dr Tripti and Dr Debasmita checked the women. Free iron medicines for 1-3 months were given as per doctors’ advices based upon Hemoglobin Test. They were also given Calcium supplement sponsored by Rtn Ashok Surana as it was beyond scope of Grant. Health parameters were recorded, processed and stored in a dedicated laptop



Each was screened for diabetes, Hypertension under District’s Positive health Project titled, “Know your Numbers.”

No. of patients = 58



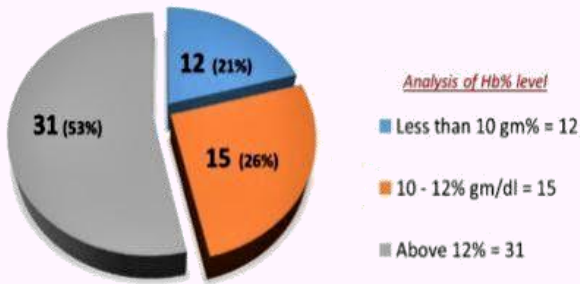
Detection of DM/HTN/Anaemia

We meet calendar months’ 2nd & 4th Saturdays at GPT Group, JC 25, Salt Lake, Kolkata 700098 at 6.00 PM

Printed by Archana Goyal, President, Rotary Club of Salt Lake Metropolitan Kolkata • Editor: Sudha Chowdhary

For private circulation only • Web site: www.rcslmk.weebly.com • Email: es.rcslm@gmail.com

No. of patients = 58



Analysis of Hb% level

The final categorization of the beneficiaries is as follows:
So 21% of women screened in the camp were detected with Hemoglobin less than 10 gm% and only 31% were having Hemoglobin more than 12 gm %.

Each beneficiary was advised necessity of menstrual hygiene given advice about nutrition, booklet to make iron rich nutritious food for family and sanitary napkin.



Our immense thanks to Sharmila, Alok, Sister Kanchan, Samedatta, Abhishek & Subhronil of ILS. Also actively assisting were Rtn Kusum chamaria, Rtn Paramita Biswas, Rtn Dr Chandra & his spouse, Dr Ajit Majumdar and Ann Mita.



Five new Rotary Fellowships to join this year

Posted on July 21, 2022 by Service and Engagement Staff of Rotary in Action

Rotary International is excited to announce the chartering of five new Rotary International Fellowships: Camping, Entrepreneurs, Kites, Military Veterans, and Vintage Collectables. Rotary's more than 100 Fellowships provide

members and friends the opportunity to unite globally around a common hobby, profession, or shared identity. Read more about our newest Fellowships, and explore the full list, to build your global community and make new friends across the world.



Camping: The Rotary Fellowship of Camping fosters and promotes a passion for camping. Members are invited to participate in annual holidays while enjoying the great outdoors with fellow campers locally and globally.



Entrepreneurs: The Rotary Fellowship of Entrepreneurs supports and fosters entrepreneurship amongst like minded members from across the globe. The Fellowship offers business exchange programs, skills development workshops, and a platform to share best practices. The Fellowship also plans to help support start-ups and small businesses facing challenges.



Rotary Fellowship of Kite

Kites: The Rotary Fellowship of Kite brings together Rotary members and friends with a passion for making and flying kites. Members of the Fellowship build strong bonds by organizing and attending kite festivals around the world.

Rotary Fellowship of Military Veterans

Military Veterans: This Rotary Fellowship for Military Veterans invites all veterans/active service members worldwide, their family members, and friends to build a global network of military veterans and families.



Vintage Collectables: Vintage Collectable Rotary Fellowship is an organization of Rotary and non-Rotary members who have a passion for collecting, restoring and using vintage collectables.

Expanding philanthropic opportunities for Rotaractors

RI Announcement dated 20-Jul-2022

Rotaract clubs now have more flexibility in achieving recognition for donating to The Rotary Foundation.

Beginning this Rotary year, clubs whose members contribute a total of at least US\$100 to the Foundation will receive the Rotaract Giving Certificate. There is no longer a minimum number of members who must participate, and members of Rotaract clubs can contribute as a group, individually, or by collecting funds through Raise for Rotary.

This gives more Rotaractors the opportunity to engage with us philanthropically and to contribute in the ways that are easiest for them.

The change is part of Rotary's continuing commitment to expanding the reach of Rotaract. Rotaract clubs can now receive district grant funds, sponsor global grants, and nominate Rotaractors for Rotary service awards, including the Service Above Self Award. At the 2022 Rotary International Convention in Houston, Texas, USA, Maria Valentina Martinez Belo of the Rotaract Club of Ing. Boris Walter, Aragua, Venezuela, and Ignacio Gonzalez Mendez of the Rotaract Club of Oriente de Talca, Talca, Chile, became the first Rotaract members to receive the Service Above Self Award.

Show your appreciation to health care workers

RI Announcement dated 20-Jul-2022

Since the beginning of the COVID-19 pandemic, health care workers have dedicated their time, energy, and skills to ensure our safety. As they provided vaccinations, administered tests, tracked outbreaks, and cared for patients, they sometimes put their own health at risk to do so.

With the pandemic far from over, we have an opportunity to show our appreciation for them.

Rotary's COVID-19 Task Force has designated 21-27 August 2022 as Health Care Workers Week. We encourage Rotary and Rotaract clubs to use this time to recognize the work of health care professionals in their clubs and in their communities.

You can show your appreciation in many ways, but a great way to start is by talking to local health care professionals directly to learn what type of support they want and need and how we in Rotary can best respond.

On your own or with your club, you can also:

- Send letters of appreciation to health care facilities or health departments
- Volunteer at a health care facility or at an event
- Raise awareness by sending letters highlighting health workers to local media outlets
- Post about your appreciation for health care workers on social media
- Honor club members who are health care workers at a meeting or event
- Ask nearby medical centers if you can donate meals or baked goods
- Share your efforts on Rotary Showcase

We know that a strong health care system and workforce is an essential part of strong, thriving communities. Advocating for health care workers, promoting vaccinations, sharing science based-information, and collaborating with them allows us to amplify Rotary's impact and brings us closer to achieving our vision for lasting change.

The Most Fascinating Birds Will Be the First to Go Extinct

By Marion Renault in the New York Times on July 21, 2022

The biodiversity crisis will most directly affect distinctive members of the avian family. Get ready for a world that “is really simple and brown and boring.”

A critically endangered Kakapo parrot on Codfish Island in New Zealand. Credit: Tui De Roy/Nature Picture Library, via Alamy



The giant ibis deserves its name.

Adults of the largest bird in the ibis family can grow to almost 3.5 feet in length, weigh more than nine pounds and boast nine-inch beaks that bring to mind a Venetian plague doctor mask.

The species has also been critically endangered since 1994, driven to the verge of extinction by hunting, habitat disturbance and deforestation.

Today, fewer than 200 mature members of the species are left in its native range in Southeast Asia, according to the International Union for Conservation of Nature.

The giant ibis, along with other physically distinctive birds of extreme shapes and sizes, is more likely to be lost in the current biodiversity crisis, according to a study published on Thursday in the journal *Current Biology*. That is because human activities have threatened or destroyed the limited landscapes in which they have evolved to live.

The risk of extinction, the paper suggests, is not randomly or equally spread across the avian tree of life.



Chatham shag in New Zealand. Credit: Nature Picture Library / Alamy

Instead, birds like the Sulu hornbill (with its huge and hollow onyx beak), the Chatham shag (penguin-looking with a metallic sheen), the four-foot-tall white-bellied heron or the seven-inch-tall Seychelles scops-owl are more likely to face permanent erasure from Earth.



Seychelles scops owl Credit...R. Müller/Imagebroker, via Alamy

“The global extinction crisis doesn’t mean we’re just losing species,” said Emma Hughes, an ecologist at the University of Sheffield in England and an author of the study. Nor does it mean we’re just losing birds that are the most attractive. “We’re going to have a major loss of life strategies and functions,” she added, referring to the adaptations that have driven many birds’ unusual features.



A white-bellied heron in Punatshangchhu, Bhutan. Credit: Sandesh Kador / Nature Picture Library, via Alamy

For the study, Dr. Hughes and her colleagues looked at a set of physical traits: body size, beak shape and dimensions, and leg and wing length; extracted from 8,455 avian species in natural history museum collections. They also looked at phylogenetic diversity, a measure that reflects the evolutionary differences between species and can capture traits including behaviors like bird songs, migratory propensities and foraging and eating styles.

Then, they sequentially eliminated species, starting with the most threatened before moving to the least threatened, and measured the impact on anatomical and phylogenetic diversity along the way. They found that as they removed imperiled species, the remaining birds became more and more alike, leading to ecological downsizing across most biomes and half of all ecological regions, but especially in East Asia and the Himalayas.



A male turquoise-throated puffleg. Credit: Juniors Bildarchiv GmbH/Alamy



Two giant ibises at roost in Prey Veng, Cambodia. Credit...Neil Bowman/Alamy

The study casts scientific predictions of major avian losses in a new light, said Eliot Miller, a researcher and collections manager at the Cornell Lab of Ornithology who was not involved in the paper. "What we're talking about here is observable," Dr. Miller said. "It's happening. It's not just species being lost at random. There's a predictability to it. It's important, if a little disappointing."

The paper shows that the most threatened species are also the most genetically distinct, like the giant ibis or the Bengal florican, the world's rarest bustard, of which there remain just a few hundred in a narrow band stretching across Cambodia, India and Nepal. It also suggests that birds on either extreme of the size spectrum — from the shimmering, four-inch-long, turquoise-throated Puffleg hummingbird to the Kakapo parrot, which can match a backpack in dimension — are at higher risk of extinction. "We're losing the largest and smallest species," Dr. Hughes said.



A female Bengal florican in Arunachal Pradesh, India. Credit: Neil Bowman/Alamy

This loss of morphological diversity, she said, is closely linked to a loss of ecological roles that each species plays in the habitat it occupies. After all, how a bird looks is often tied to how it survives; hummingbirds use long, thin beaks to delicately sip up nectar, while a pelican's pouch-like beak allows it to net up aquatic prey and gulp it down whole.

And birds don't just fly around in a vacuum. They pollinate plants, spread seeds, control pests, regenerate forests and carve, burrow or build homes for numerous other organisms. When a distinctive avian species disappears, the hole it leaves in its habitat may be unignorable, unfillable or both. "The ecosystem unravels," Dr. Miller said.

The new paper, for example, found that vultures are disproportionately imperiled despite their distinctive ecological role. As scavengers, vultures help clear decaying carcasses that would otherwise transmit infectious diseases or feed smaller scavengers like rats and dogs that can, in turn, spread rabies and bubonic plague to humans.

"There are certain things that birds do in ecosystems that are important to us," Dr. Hughes said. "We're potentially losing species that could be beneficial to humanity."

The study also shows that the planet's feathered inhabitants are becoming increasingly homogeneous.

Already in the world of birds, Dr. Miller said, "almost everything is really simple and brown and boring." The extinction crisis will not only cost us a certain number of species, but also impoverish the biodiversity we have left, he said, adding, "It shows that we are sort of making the world a less rich place with our actions."

About author Marion Renault: Marion Renault is a freelance health and science journalist, whose work can be found in *The New York Times*, *The Atlantic*, *The New Republic*, *STAT News*, *Slate*, *The Associated Press*, *Popular Science*, *VICE*, *Undark*, *Elemental*, *CJR*, *WIRED*, *Gizmodo*, *GEN* and *Climbing Magazine*.

Marion Renault is a graduate of NYU's SHERP and a once-intern at Radiolab, *Popular Science*, *The Chicago Tribune*, *The Milwaukee Journal Sentinel*, *The Minneapolis Star Tribune*, *MPR News* and *The Rochester Post-Bulletin*

Brief outline of the Global Grant 1991152

Purpose: 'Fight against Anemia in Women'

Objectives: Treat women of Anemia by screening and treatment and prevent by educating them

Title: 'Matri-Raksha' - protection of mothers

Scope of work: Provide screening camps, minor and major surgeries, medicines, awareness training, healthcare professional training and providing diagnostic equipment at community health centers

Coverage: Both districts of 24 Parganas, West Bengal, India

Sponsors: Rotary clubs of Salt Lake Metropolitan Kolkata of District 3291, India and Nidau-Biel, Biel-Bienne, Biel-Buttenberg of District 1990, Switzerland:

Grant Partners: Rotary Foundation India, the Rotary Foundation of Rotary International,

Associates: Related Government and civic bodies, NGO's

Upcoming club engagement

Saturday, Aug 6, 2022: **Ambaree** Shall speak on Environment

QUOTE

"Believe you can and you're halfway there." -Theodore Roosevelt

UNWIND

While the dog may or may not have a strap around his neck, the software engineer of Bangalore will definitely have one

TAILPIECE

Colgate faced big obstacle marketing toothpaste in Spanish speaking countries. Colgate translates into the command "go hang yourself."