



Spectrum



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International Day of Peace 2022: Building inclusive and peaceful communities

Posted on September 21, 2022 by Ellina Kushnir, Service and Engagement Manager at Rotary International



International Day of Peace

21 SEPTEMBER 2022

Peace is a cornerstone of Rotary's mission. By carrying out service projects, becoming peace advocates, and supporting peace fellowships and scholarships, we promote peace and take action to address the underlying causes of conflict within our communities. We recognize that conflict often results from inequitable access to resources due to social challenges like poverty, discrimination, and ethnic tension that hinder pathways to peace. At Rotary, we work together with partners to improve access to healthcare, clean water, education and skills development, employment opportunities, and more.

At our core, we understand that organizations and communities which embrace diversity and different perspectives are stronger and more resilient. Much of what we do at Rotary aims to embrace our diversity to build stronger communities, better equipped to solve today's pressing issues. We come together to build connections, goodwill, and understanding with our peers across the Rotary world. We approach the concept of peace with cohesion, inclusivity, and a broad scope that finds more ways for people to get involved. And as a global organization, diversity is one of our longstanding core values and greatest strengths.

The United Nations has designated today, 21 September, as the International Day of Peace. This year's theme, "End racism. Build peace.", calls for each of us to foster an environment where everyone feels safe, valued, and respected. And this is true for Rotary, where we strive to create a global community where everyone who interacts with us feels welcomed. We invite you to join the efforts of the United Nations and 2022-23

RI President Jennifer Jones' call to Imagine Diversity, Equity, and Inclusion (DEI). *We can each do our part to ensure Rotary is a welcoming and inclusive community by:*

1. Learning more about DEI in Rotary, including understanding definitions and how to celebrate and respect our differences.
2. Determining why DEI matters to our club and community and how using DEI principles can help our club grow and become stronger.
3. Raising awareness of DEI, including creating a DEI committee in your club that reflects the demographics of your community.
4. Taking action on DEI in our club and community.

And as you think about your and your club's involvement in inclusion and peacebuilding, *consider the multitude of opportunities Rotary offers to better understand your neighbors near and far, and to partner across languages, customs, and geographies to make positive change.* Review the new Rotary Builds Peace Brochure for resources and inspiration to:

- Support Rotary Peace Fellowships, which are offered at seven premier universities around the world
- Apply for a Rotary Foundation grant to support a project advancing peacebuilding and preventing violent conflict.
- Support Global Grant Scholars and graduate-level students in fields related to peacebuilding and preventing violent conflict.
- Learn more about building stronger social systems through Rotary's work in Positive Peace.
- Complete the Rotary Positive Peace Academy, a free online course on the positive peace framework.
- Plan service projects in partnership with Rotary's partners, including Rotary Action Groups and service partners Mediators Beyond Borders International and Peace Corps, specializing in the peacebuilding space.
- Join an Intercountry Committee, Rotary Fellowship, or participate in a Rotary Friendship Exchange to meet, build fellowship, and collaborate on projects with international members from the Rotary community.
- Support your district's Rotary Youth Exchange program to empower the next generation of leaders through immersive, life-changing international exchanges.
- Become a Peacebuilding District through a gift to The Rotary Foundation's Peacebuilding and Conflict Prevention area of focus.

Ending racism, building peace

Posted on September 20, 2022 by Geoffrey Diesel and Kathy Doherty, co-founders of the Racial Equity Project

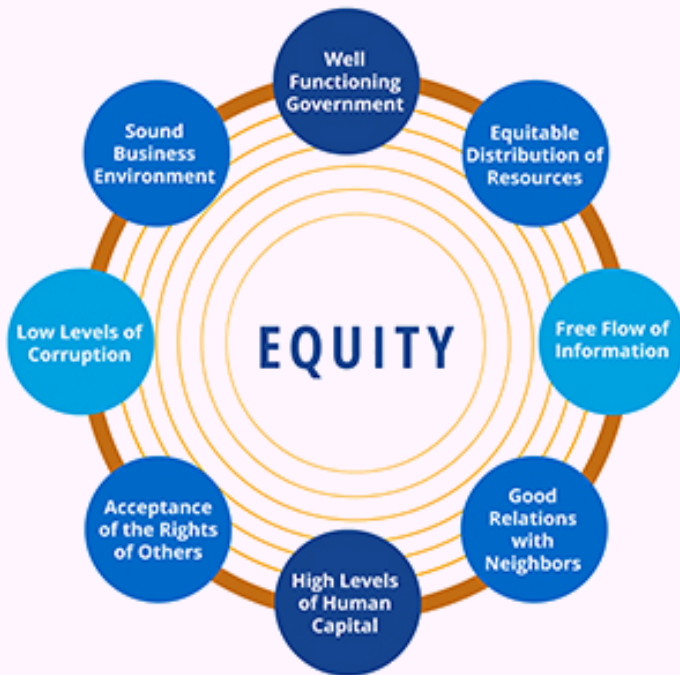
The two of us met as Rotary Peace Fellows during the inaugural cohort of Peace Activators in North America. We made a commitment to provide training, education, and support to the

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

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Rotary family on the framework of Positive Peace. The initiative grew out of Rotary's strategic partnership with the Institute for Economics and Peace (IEP), a global think tank dedicated to measuring Positive Peace defined as the "attitudes, institutions, and structures that uphold peaceful societies."



Peace activators in the US were already addressing racism in this country, but the murder of George Floyd in 2020 served as catalyst for further action. In October of that year, we co-founded the Racial Equity Project (REP), a subcommittee of peace activators in North America, committed to studying ways to create a more peaceful society through antiracism.

"End Racism. Build Peace" is the focus of this year's United Nation's International Day of Peace on 21 September. We are grateful for the work Rotary International is doing in Diversity, Equity, and Inclusion (DEI) by creating a DEI Task Force in September 2020. In 2022, the Task Force strengthened Rotary's 2019 DEI statement supporting a more comprehensive commitment to diversity, equity, and inclusion. In addition, Rotary is using IEP's eight Pillars of Positive Peace framework to foster equity for people of all races, religions, genders, and abilities. This is being done through community service projects applying Rotary's areas of focus to strengthen those pillars.

The eight pillars must function both individually and in unison to effectively sustain positive peace. Racism is a form of violence that manifests as both direct and structural violence. We believe achieving racial equity requires sustained commitments across all of the eight pillars. To illustrate how we apply the Acceptance of the Rights of Others pillar to racism, The Racial Equity Project developed an infographic that demonstrates our research on the impact of racial inequity in the United States (where REP is based).

Our research on the disparities between Black and white Americans led us to further examine our systems and their relationship to these inequities. Since the areas of focus and the eight Pillars of Positive Peace are essential to peacebuilding, we took a deeper look into how these models could better intersect with DEI and peacebuilding to address racism.

For example, what does it really mean to be diverse? Not only racially, but ethnically, by gender, class, and ability? Are we

creating a true sense of belonging not only in our Rotary communities, but in our communities at large, both locally and globally? Are we including communities impacted by our service projects in the decision-making processes? Are we truly fostering equity, or are members of our communities being moved to the margins? And if so, how do we disrupt the status quo and create access and equity for those who are marginalized?

Achieving racial equity cannot be separate from the notion and implementation of Positive Peace. So how can the Rotary community influence this? This is difficult work, but it is our work. We can start by becoming more informed and taking action to end racism. The eXtension Foundation Impact Collaborative states, "Tackling equity issues requires an understanding of the root causes of outcome disparities within our society." To change something, we need to understand it.

Let's ask more questions and consider the implications of structural racism in our communities. Let's make this a lifelong learning process, central to our service in Rotary, creating more equitable access, opportunities, and outcomes for all.

Geoffrey Diesel and Kathy Doherty completed their Rotary Peace Fellowships at Chulalongkorn University, Bangkok, Thailand. They and the Racial Equity Project team have worked with a number of Rotary clubs, providing training and presentations on Positive Peace and racial justice at a variety of levels including presidents-elect training seminars, the Rotary International DEI Task Force listening tour, and Toxic Polarization training for senior Rotary leaders.

Building peace in a fractured land

By Orly Halpern in the September issue of the Rotarian



Members of the Rotary Club of Jerusalem, including (from left) Carry Polak, Louis Polak, Dan Shanit, Ruth Harris, and David Seligman, promote peace through their projects, with a particular focus on bringing together Jewish and Arab youth.

Photograph: Yadid Levy

During a meeting of about 50 teenagers in Israel's western Galilee region, students were grouped in pairs and asked to identify how they were similar and different. Although half of them were Jewish and half were Arab, none of them mentioned that seemingly obvious distinction. When asked why, they told a moderator, "We are all human."

The meeting, involving students from four schools in Jerusalem and the western Galilee, was part of a peace education program designed and led by Arik Gutler Ofir, a former Rotary Peace Fellow. It was supported by a 2016 Rotary Foundation global grant and implemented by the Rotary Club of Jerusalem, just one of the club's many peacebuilding initiatives.

The students stayed at each other's homes and learned about each other's food, music, and cultures. The project was so

successful that when the grant money ran out, a local education board integrated the initiative — which had been co-sponsored by the Rotary Club of Mönchengladbach, Germany, and supported by Rotary clubs and districts in Australia, Germany, and the United States — into the civics curriculum.

“When you bring children from both sides to get to know each other, you create a situation where the other is not an enemy,” says Dan Shanit, a former medical clinician, researcher, and program developer who has served as the Jerusalem club’s president twice, most recently in 2021-22. “Enemies are anonymous. They don’t have a face. What you want is to know the face.”

Since its beginning, the Rotary Club of Jerusalem has focused on peace. The club was chartered in 1929 during a period when the region, including the future state of Israel and what would become the occupied Palestinian territories in Gaza and the West Bank, was under British colonial rule. Most of the charter members were from the city’s British elite. Today, the club continues to hold meetings in English.

Peacebuilding tips for clubs

The Rotary Club of Jerusalem focuses its energy and fundraising on peace education for Arab and Jewish youth, and humanitarian aid for Palestinian children. “It’s our specialty,” says Dan Shanit, past club president and a former deputy director general and medical director of the Peres Center for Peace and Innovation. “I hope it continues to be.” Shanit has this advice for clubs in places of conflict that are looking to make an impact in peacebuilding:

- Partner with health care organizations to provide medical help to people on the other side of the conflict. Medical aid is an excellent instrument to bridge divides because it is difficult for either side to refuse it.
- Expose children to the ideas and values of peace and coexistence from a young age, before they develop prejudices.
- Support projects that bring together children from both sides of the conflict to get to know each other.

For decades, its members have met at the Jerusalem International YMCA. With its elegant arches, domes, and tower, the building is a city landmark and a place for finding common ground. Arab and Jewish members were quick to join and within five years, the club had its first non-British president, D.G. Salameh, an Arab who had been vice mayor of Jerusalem. The following year Leon Roth, a Jewish professor of philosophy, became president.

The club’s ability to serve as a place where people of all faiths, ethnicities, and political views could find common ground was tested during the war that surrounded the withdrawal of the British and the creation of the state of Israel in 1948. The fighting split the city between Israeli and Arab control, with Arabs to the east and Jews to the west and barriers between them. The YMCA was on the Israeli side of the city.

“When the war ended, Jerusalem was divided,” Shanit says. “Most of the Arab members had lived in the wealthy neighborhoods in the west side of the city and were expelled or fled.” As a result, the club lost its Arab members.

War returned in 1967 when Israel attacked neighboring Arab states and conquered East Jerusalem, along with the Arab territories of the West Bank, the Gaza Strip, and the Golan Heights, and put Palestinians under military occupation. Jerusalem was whole again, and people could travel freely. But the Rotary club that had formed in East Jerusalem soon dissolved, and the Palestinians there did not want to join the Rotary Club of Jerusalem, located on the Israeli west side of the city.

Rizek Abusharr, 86, who first learned of Rotary while working at the YMCA as a youth director in the 1950s, says he was one of the few Arab members of the Jerusalem club when he joined it about 40 years ago. He felt welcomed and became both president of the club (in 1987-88) and the director general of the YMCA, an oasis

amid the conflict between Israel and the Palestinians. “Outside there was anger and inside there was peace,” he recalls. “We kept the YMCA and the Rotary club above politics, so that Jews, Christians, and Muslims could all stand on equal footing. That’s what Rotary is about.”

But it wasn’t easy.

“The hardest job of the club was being the program director,” says Abusharr, who remained a member until moving to California and joining the Rotary Club of Claremont in 2007. “You had to find a speaker who didn’t speak about something divisive. We were living Rotary’s Four-Way Test as much as humanly possible.”

For many years the YMCA has been home to what it calls a “peace kindergarten,” where it teaches Israeli and Palestinian children about each other’s holidays in both Hebrew and Arabic. The Jerusalem club became a key supporter of the school, providing scholarships to the children’s families and building a playground on the roof.

Amid the Israeli-Palestinian conflict, the club currently has no Palestinians among its 22 members, but it remains international, reflecting the presence of nongovernmental organizations and other global institutions in the region to address conflict. In addition to native-born Israelis, the club has American, Dutch, German, and Nigerian members. One member joins meetings online from her home in Hawaii.

And the club’s focus remains peace. In recent years, it has implemented its peace education initiative for Jewish and Arab youth as well as a project that provided medical assistance to Palestinians. With the help of a global grant, the club arranged for Palestinian children with congenital heart problems to receive heart surgery at a hospital in Jerusalem.

This year, the club participated in a project that provides training in advanced trauma life support to Palestinian and Israeli surgeons at Israeli hospitals. The initiative, which is supported by a global grant, is a partnership with Project Rozana, which helps ill Palestinian children and trains Palestinian health care professionals. The grant is sponsored by the Rotary Club of Holon, Israel, and the Rotary E-Club of District 7610, Virginia, and is supported by other clubs in Israel, Australia, Canada, and the United States.

The latest Jerusalem club initiative is a traveling theater show by five Jewish and five Arab actors who perform at schools and in the street, in both languages. A sister club, Wiesbaden-Kochbrunnen in Germany, supported the effort by raising money. “Theater is the perfect platform through which you can convey a message about how to deal with the conflict,” says Shanit.

A moment with Rotary that changed my life

Posted on September 23, 2022 by Dean Rohrs, Rotary Foundation Trustee and past RI vice president



Rotary Foundation Trustee Dean Rohrs with a child during an NID trip in northern Nigeria several years ago.

A few years back, I was taking part in a polio immunization field trip in northern Nigeria, vaccinating children against the disease. After a dusty trip on non-existent roads right into the northern Nigeria countryside, I was dropped off under a tree with a Rotaractor translator, one other Rotary member, and the local polio immunization team. This is an area frequented by Boko Haram and although I grew up in Africa, and am adventurous, I wasn't sure that I would ever be found again.

The whole morning, women and children came to us for their polio vaccinations – winding their way to our tree through the fields. But by the early afternoon when the women start preparing the evening meal, there were no further children to immunize. I then took the opportunity to wander through the groups of compounds looking for children to immunize. While doing so, I came across a simple well with a rope and bucket and little girls – aged 10 to 12 years – collecting water, filling containers, and then disappearing into the bush with their water.

I asked the head of the village where they were going, and he told me that there were two other settlements in the area – one 2 kilometers away and the other more than 3 kilometers away. These settlements had no water. These little girls walked twice a day to fetch water for their families and thus never attended school.

When I got back to the tree and back to the team, I asked this leader what it costs to dig a simple well like that. That answer changed my life – and the realization of how little it takes to change lives.

When I got back to my hotel that night, I took out my spending money and my travel emergency fund and laid the money out on my bed. I had enough money – not only for one well – but to dig two wells and to rehabilitate the well that I had seen that day.

Leaving those funds in the hands of the local Rotaractors – 10 months later I had photos of the “Canadian wells” in those two new settlements and the cover and new surround of the original well.

Every time I look at these photos, I remember how little it took to make a difference. I remember the sight of those little girls with their small dusty bare feet, their buckets and containers on their heads, and their strong little backs as they not only faced with courage and stoicism their walk home through this dangerous bush, but also the life they lead and will lead.

Just a brief moment and a few dollars from my life – but what did it mean to those girls? A safe environment of not walking through dangerous territory. A chance to go to school and better themselves. A community that could now focus on living instead of always stretching for the daily water.

We all have these moments in our Rotary journey. But what we do with them is really what counts.

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

Matri Raksha Health Camp 8 shall be held on Sunday, Sept 25, 2022 at Bamangachi Kreera Chakra, 24 Parganas North

QUOTE

The human mind is our fundamental resource. John F Kennedy

UNWIND

From Washington DC Airport ticket agent:

Mary Landrieu, La Senator, called and had a question about the documents she needed in order to fly to China.

After a lengthy discussion about passports, I reminded her that she needed a visa.

"Oh, no I don't. I've been to China many times and never had to have one of those"

I double checked and sure enough, her stay required a visa.

When I told her this she said, "Look, I've been to China four times and every time they have accepted my American Express!"

September Is Basic Education & Literacy month

TAILPIECE

3 types of normal forgetting & 1 that isn't



On Sep 16, 2022 by Lisa Genova, Neuroscientist, TED speaker & bestselling author

To be human is to forget things. But you've probably wondered: "When is forgetting normal, and when is it not?"

Here are four examples.

1. Forgetting where you parked

Not remembering where you parked because you didn't pay attention is normal and different than what happens with Alzheimer's.

If you have Alzheimer's, let's say you park in a mall garage and shop for an hour. When you return to the parking garage, you're not wondering if you parked on level three or level four, you're thinking, "I don't remember how I got here." Or you're standing in front of your car, but you don't recognize it as yours.

2. Forgetting a person's name or movie title

Having a word stuck on the tip of your tongue, that oh-what's-their-name phenomenon called blocking, is normal and does not mean you have Alzheimer's.

This is one of the most common experiences of memory retrieval failure. You're trying to come up with a word and most often a proper noun, such as a person's name or a movie title. You know you know this word, but you cannot retrieve it on demand.

Yet with that said, failure to retrieve words can also be an early sign of Alzheimer's. So how can you know whether it's an ordinary tip-of-the-tongue moment or a symptom of dementia? If it's Alzheimer's, you're blocking on dozens of words a day. And instead of blanking primarily on proper nouns, people with Alzheimer's will regularly forget common nouns such as pen, spoon, bicycle.

3. Forgetting where you put your keys or other objects

Losing track of where you left your keys is normal, and it's probably just a result of your not paying attention to them.

But losing your keys and finding them in a place that keys shouldn't be (like the refrigerator or microwave), or finding them and wondering who they belong to or what they're used for is not normal. These could be symptoms of Alzheimer's.

4. Forgetting how to do an activity like making coffee

This one has to do with your muscle memory, which is remarkably stable over time - we tend to remember how to do what we've learned to do, especially when it's an activity we perform routinely.

So if you go to make a cup of coffee and don't remember how to work the machine or you're doing laundry but can't remember how to use the washer or you're stumped by any other tasks you've long known how to do and regularly do, this may be a sign of Alzheimer's.

However, forgetting doesn't always have to be due to Alzheimer's. It could be due to mild cognitive impairment (which doesn't necessarily progress to Alzheimer's), a B-12 deficiency or not enough sleep, to name a few causes. Just as you do with your heart health or reproductive health, I encourage you to be in conversation with your doctor about your memory and realize you have a lot of agency over your brain health.