



Spectrum



RI District 3291

February 4, 2023

Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

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Global Grant 1991152

*“Matri Raksha” Fighting Anemia in Women
The 11th Health screening and treatment Camp by Rotary
Club of Salt Lake Metropolitan on January 29, 2023
Past President Dr Aruna Tantia writes*



The 11th camp of “Matri Raksha under Global Grant 1991152 was held on 29th January 2023 in association with Society Benefit Circle at Kashi Vishwanath Seva Samiti located at Hamiragachi, Malia, in Hooghly District.



Early morning after loading the cars with medicines & equipment the team of Doctors, Technicians and Rotarians left for Hamargachi. After being welcomed and felicitated by the members of Society Benefit Circle, the team started health check-up.



Total 128 women got registered in this camp. Each woman underwent Lifestyle disease screening for Diabetes and Hypertension and were also checked Hemoglobin by our medical team - Dr. Aruna Tantia, Dr. Chitra Ray and Dr. Bimalendu Sen.

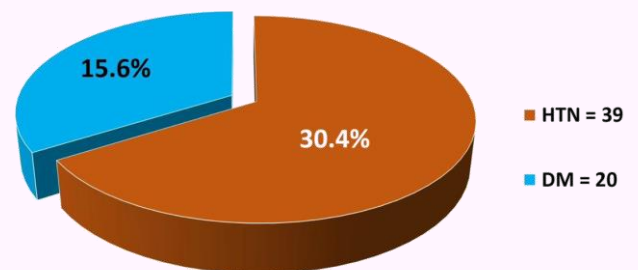


Out of 128 patients, 86 (67%) had hemoglobin level below 12 mg/dl and 30 (24%) had severe anemia (<10 mg) Around 20 patients (15.6%) were suffering from Diabetes (DM), 39 patients (30.4%) were Hypertensive (HTN) and were referred to physician. Five patients were advised for Ultrasonography.



Patients having hemoglobin below 12 mg/dl received free Iron tablets for 2 to 6 months as advised and few patients received deworm & calcium tablets as per requirement.

Total Patients in Camp 11 = 128
Non Communicable Disease = 59



Everyone received Anemia information booklet narrating ill effect of anemia & recipe of iron rich food, the content of which was explained by our doctors.

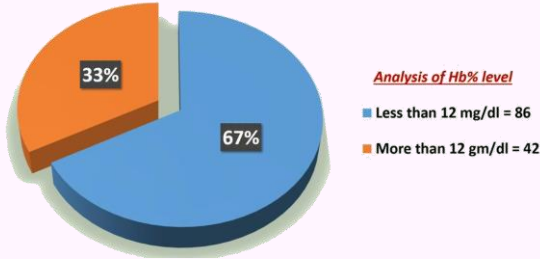
The camp was organized and conducted by Rtn. Uma Shankar Agarwal with help from Rtn Dr. Aruna Tantia, Rtn Dr. Chitra Ray & Rtn Dr Bimlendu Sen with support of technical team and members of Society Benefit Circle.

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

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Total Patients of Camp 11 = 128



Everybody returned home by 5.30 pm happy with awesome hospitality of Society Benefit Circle.



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

The twelfth Matri-Raksha Health Camp shall take place on Sunday, February 5, 2023 at Ghuni, Rajarhat, District North 24 Parganas in association with South Asian Forum for Environment (SAFE)

North Carolina Rotarians welcome Ukrainian refugee families

Posted on January 31, 2023 by Dan Parks, Rotary Club of Wilmington East, North Carolina, USA



The two women sit on a sofa with their children in their laps, and two dogs nearby: Natallia Melnik and Sviatlana Baranova and their children in Wilmington, North Carolina, USA.

At the end of December, two Ukrainian families arrived in North Carolina, USA, after a whirlwind departure from Kyiv on Christmas day. They traveled through Warsaw and Chicago enroute to North Carolina. It's been a busy three weeks as I've helped get the mothers signed up for Medicaid and their children enrolled in school or settled into daycare.

In late September, I was contacted by a representative from Welcome.US, a nonpartisan national initiative in the United States that was created to inspire, mobilize, and empower Americans from all corners of the country to support those seeking refuge here. The program started in September 2021 to assist those fleeing Afghanistan, but it has since expanded to embrace refugees from the war in Ukraine. Welcome.US is collaborating with Rotary to find hosts for refugee families.

After setting up an account and taking the online training, I agreed to become a sponsor with the help of fellow Rotarians. I worked on raising the \$6,500 necessary to fly four people to the U.S. and an additional \$15,000 for their first three months here. That covers housing, groceries, and transportation. I also had to help the new arrivals get social security cards, work permits, appointments with doctors and dentists, and jobs!

After completing the training, you get to review six to seven families. It's a bit tough selecting families, but the decision is softened by the knowledge that each has three potential sponsors. I finally agreed on two young mothers and their two children – a two-and-a-half-year-old boy and a seven-and-a-half-year-old girl. The mothers were friends in college and decided to try coming to the U.S. together. Right now, men can't leave Ukraine.

Prior to their arrival, we initially communicated through the Welcome Connect platform, but then started using WhatsApp and checking each other out on Facebook. You get very attached quickly and worry about their safety. Thanks to our chats over WhatsApp, I was aware of Russian shelling before it was on the news. It was chilling. Frequently they had no running water, electricity, or heat. Temperatures were below freezing, with snow on the ground.

We texted every day or so. I found myself making up excuses to communicate with them, such as asking what types of food they liked. They sent pictures of a park in Kyiv during better times

Rotary
ডিস্ট্রিক্ট ৩২৯১

রোটারি ক্লাব অফ সল্ট লেক মেট্রোপলিটন কলকাতা

মাতৃ রক্ষা

বিনা মূল্যে মহিলাদের স্বাস্থ্য পরীক্ষা ও রক্তানুত্তা (অ্যানিমিয়া) চিকিৎসা শিবির
বিশ্বব্যাপী অনুদান ১৯৯১১৫২ এর অধীনে

৫ই ফেব্রুয়ারি ২০২৩ (রবিবার) সকাল ১০ টা

স্থান: ঘুনি, রাজারহাট, উত্তর ২৪ পরগণা

সংগঠক: সাউথ এশিয়ান ফোরাম ফর এনভায়রনমেন্ট SAFE

রোটারি ক্লাব অফ নিদাউ-বিয়োল, বিয়োল-বিয়োল, বিয়োল বুটেনবার্গ,
সুইজারল্যান্ড (ডিস্ট্রিক্ট ১৯৯০) এবং দি রোটারি ফাউন্ডেশন দ্বারা সমর্থিত

that showed what a beautiful city Kyiv is. A photo of the young boy showed him and his dad watching cartoons by a kerosene lantern. They can't have too many lights on at night. I was texting back and forth when I realized it was 3 a.m. their time. I encouraged the young mother to get some rest, but she replied that she didn't sleep well at night because that was when the shelling occurred.



The children enjoy a visit to a horse farm.

As an assistant governor in District 7730 (North Carolina, USA), I have more than 300 Rotarians to whom I'm reaching out for help (financially and otherwise). So far, it's gone well. News spreads fast among family, friends, and neighbors. Everyone wants to help. My son's mother-in-law is an eye doctor and said she would take care of eye exams and glasses. One retired Rotarian, a dentist, is taking care of their dental needs. Another doctor with Ukrainian parents is addressing any diabetic concerns they may have.

Neighbors have come up with cookware, bedding, kitchen utensils, and much more. I have a pool/guest house on my property that has a full kitchen and bath, a queen-sized bed, and a couple of cots. There is a television. They'll stay there until they find employment. I've been collecting frozen foods for them and have enrolled them in a food pantry where I volunteer. Both moms are now enrolled in English classes Monday through Friday in the mornings. They have bank accounts set up. They've been grocery shopping several times and have gone to a few parks, out to a horse farm, to the beach and to a couple of restaurants. One mom said that every day gets a little easier.

I can't describe the sense of satisfaction you get from helping families who've faced so much. I would encourage as many of my fellow Rotary members as feel able to check out this opportunity.

Trustees establish targeted funds to aid Pakistan and Ukraine

In January 2023 The Rotary Foundation Trustees established two temporary funds to assist Pakistan and Ukraine, two areas that are facing extreme need.

The Pakistan Flood Response Fund and the Ukraine Response Fund address the humanitarian crises caused by devastating flooding in Pakistan and the war in Ukraine. Donors can give directly to relief efforts led by Rotary members.

Contributions will be accepted until 31 December 2023. Districts can apply for grants from the funds until 30 June 2024 or until the funds have all been allocated. Any contributions that haven't been spent by 30 June 2024 will be transferred to the general Disaster Response Fund, to be made available for disasters worldwide.

How to contribute

You can give online, by check, or by transferring District Designated Funds:

To contribute online, use my.rotary.org/donate.

- To give by check, make it payable to The Rotary Foundation or to an associate foundation and include a completed contribution form. In the DESIGNATION/PURPOSE section, choose Other and write the fund name (Pakistan Flood Response Fund or Ukraine Response Fund).
- To allocate District Designated Funds, district leaders can use the DDF contribution form.

How to raise money to support these funds?

Anyone can start a fundraiser for the Pakistan Flood Response Fund or the Ukraine Response Fund on Raise for Rotary. Remember that:

- Raise for Rotary currently accepts Australian, Canadian, and U.S. dollars and is available only in English.
- Donations made through fundraisers for the Pakistan Flood Response Fund or the Ukraine Response Fund on Raise for Rotary will be credited and recognized as described below.
- Any fundraisers on a third-party platform such as Facebook or GoFundMe won't offer these specific fund options and aren't eligible for Foundation credit and recognition.

How contributions are credited and recognized?

Gifts to the Pakistan Flood Response Fund and the Ukraine Response Fund:

- Count toward a donor's total cumulative giving
- Factor into Paul Harris Fellow, Paul Harris Society, Major Donor, and Arch Klumph Society recognition
- Help the donor's club achieve the 100% Foundation Giving Club banner
- Are not credited toward a club's Annual Fund giving, toward per capita or SHARE calculations, or toward generating DDF

How to apply for disaster response grants

For grants to support Ukraine, the district governor and district Rotary Foundation chair will need to complete the Rotary Disaster Response Grant Application for Ukraine and send it to grants@rotary.org.

Also note that for disaster response grants related to Ukraine:

- District 2232 (Belarus and Ukraine) can have up to three open grants at a time of up to US\$100,000 each.
- Districts that border Ukraine can have one open grant of up to US\$100,000 at any time.

- Districts beyond Ukraine and its bordering districts that want to support refugees or others affected by the war can have one open US\$25,000 grant.
- Districts can either use these grants in their own areas or work with clubs in Ukraine and the bordering countries to support relief efforts that will be implemented in those locations.

For grants to support Pakistan, the district governor and district Rotary Foundation chair will need to complete the Rotary Disaster Response Grant Application and send it to grants@rotary.org.

Also note that for disaster response grants related to Pakistan:

- Districts 3271 and 3272 (Pakistan) can have up to two open disaster response grants simultaneously of up to US\$50,000 each.

31-Jan-2023

Discussion held at the club meeting on February 4, 2023 at GPT HQ Fourth Floor



In absence of President Archana, PP Dr Aruna welcomed members and spouse of Dr Ajit and chaired the meeting.

- Forthcoming district programs were discussed.
- Club's forthcoming program of hosting International partners and Rotary Foundation Cadre was discussed in detail by Dr Aruna.
- Each member was happy to take the responsibilities assigned in connection with hosting of overseas partners.
- Ways to implement a permanent vocational service project was explored & discussed. Rtn Sunil Singhi gladly accepted the responsibility of looking for rented premises where club's vocational service project could be started.
- There being no more business, meeting terminated.

Itinerary of International partners and Rotary Foundation Cadre

- 27th February: 11.30 Arrival of guests at Calcutta Airport (Members to receive visitors)
15.30 Wetlands visit
18.30 Dinner at Dr Aruna & Dr Om Tantias' residence (all members)
- 28th February: City excursion Dr Ajit / Mita / Dr Chitra / Bagri ji. / Dr Sen.
- 1st March: Visit to Hooghly eye hospital
International evening at Calcutta Club
- 2nd March: Matri Raksha camp
Cadre meets Grant committee
- 3rd March: Golf at RCGC. (Dr Ajit)
Marble palace / Thakur bari (Dr Ankush Bansal, Siddhartha, Sunil Singhi)

- 4th March: Excursion Sector V + Lunch (Mita, Dr Ajit, Dr Rajesh Goel, Chitra di)
Ganga cruise & joint meeting & farewell dinner
- 5th March: See off at Airport

QUOTE

Literacy is not a luxury, it is a right and a responsibility. If our world is to meet the challenges of the twenty-first century we must harness the energy and creativity of all our citizens.

William J. Clinton

UNWIND

Marriage is love. Love is blind. Therefore, marriage is an institution for the blind..

Birthdays of members in January 2023

PP Sumit Agarwal on February 5, 2023

Dr Bimalendu Sen on February 6, 2023

Anniversaries of members in January 2023

Dr Saktirupa & Spouse Dr Suranjan Chakraborty on Feb 5, 2023

PP Kusum & Spouse Krishna Chamaria on February 24, 2023

Spouse Rani & PP Banwarilal Ajitsaria on February 28, 2023

February is Peacebuilding and Conflict Prevention Month

TAILPIECE

My visit with an African smallholder farmer

By Bill Gates on January 31, 2023

How are Africa's smallholder farmers adapting to climate change?

That's what I wanted to learn during my recent visit with Mary Mathuli, a smallholder farmer in Kenya.

She led me out to her fields to show off the innovations that are allowing her to continue to grow crops and earn an income to support her family, despite the drastic changes in rainfall and weather patterns.



A natural teacher, Mary encouraged me to learn by doing. She put me to work, planting drought-tolerant seeds and weighing chickens, so I could understand how these new agricultural practices can make a big difference in farmers' lives.

African farmers face huge challenges, exacerbated by climate change. But it was encouraging to see the amazing work being done by Mary and many of her neighbors to limit crop losses and help their farms thrive.

You can read more about my visit in my new blog and video on Gates Notes.

Thanks so much for being an Insider!

Bill Gates