

CREATE
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LIGHT

WEEKLY BULLETIN

OCTOBER 17TH, 2023 - VOL. 46 NO. 13



Rotary International President
RTN. GORDON MCINALLY



District Governor
RTN. HIRA LAL YADAV



Thalassemia
Awareness



Club President
RTN. SHWETA BOSE BARUA

Rotary Garden Reach's 2240TH RWM & Assistant Governor's Visit
We heartily welcome our AG Rtn. Sanjay Dugar & ZS Rtn. Vikram Ruia
Attendance last RWM: 15

Birthday Greetings

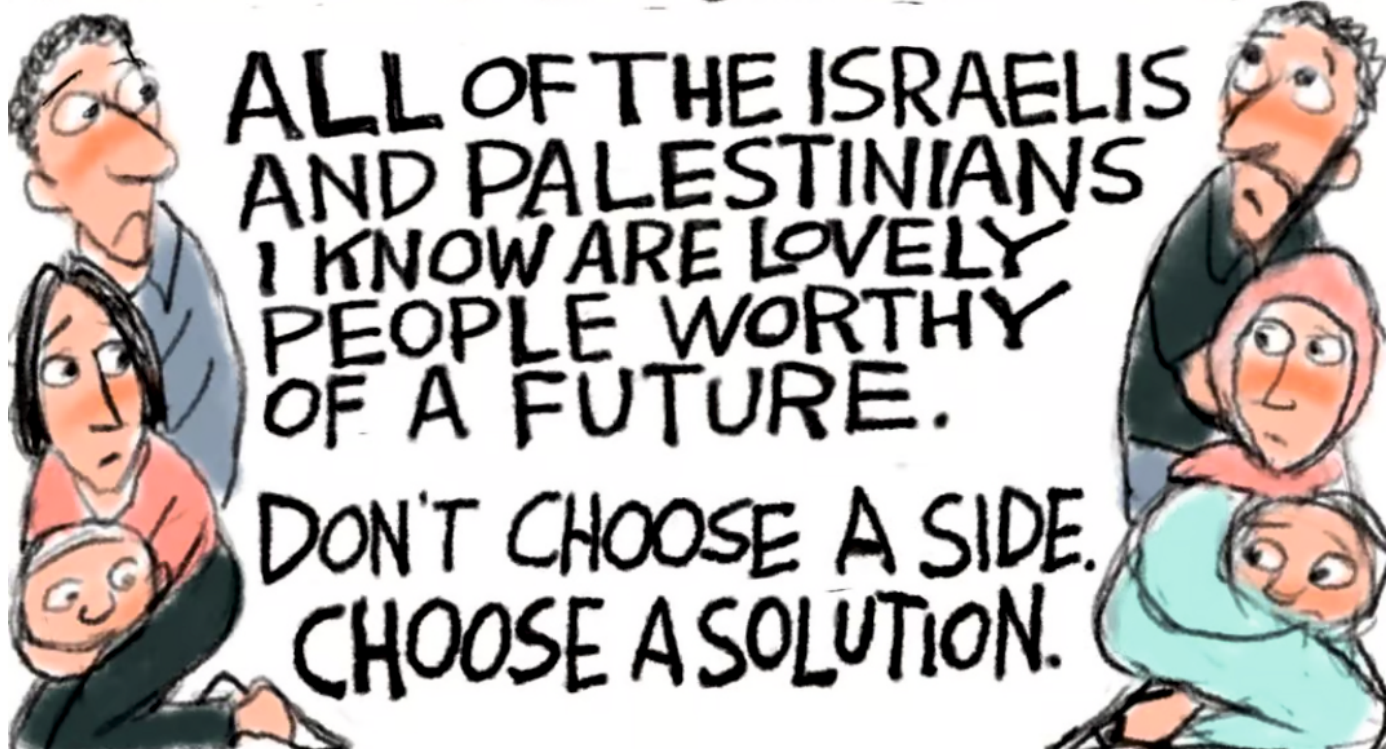
- Oct 20th: Spouse Annu, wife of IPP Abinash Singh
Oct 24th: PP Tapan K Roy
Kabir, Son of Rtn. Abbas A Haldar
Oct 26th: Spouse Archana, Wife of PP Naresh K Jain
Oct 27th: PE Biswajit Saha
Oct 30th: Spouse Sharmishta, Wife of PP Chinmay Pal
Oct 31st: Farheen, Daughter of Rtn. Abbas A Haldar



Statement on the Israel-Hamas War

We, the distinguished Rotarians have watched the developing situation in the Levant with a mixture of horror and anguish. Our hearts are filled with sadness for the loss of life, and for those families who lost loved ones. We abhor violence against all innocent civilians, but particularly **the elderly, women, and children.**

HEARTBREAKING.



We challenge everyone to identify what can be done to change outcomes for the future. When this conflict is over, what steps can each of us take to bring a permanent, sustainable change that will result in a more peaceful tomorrow? We, Rotarians, are uniquely capable of convening parties in conflict while applying the **4-Way Test** in the search of solutions. We remain committed to non-violent resolution of conflict.



The Value of Vigilance

Diana Schoberg

Tenacious surveillance a key to progress in the eradication of polio

Several African countries are considered at high risk for a polio outbreak. But for many years, Malawi wasn't one of them.

The nation has a sound public health infrastructure, and its immunization rate is good. The last time a child there had been paralyzed by polio was in 1992, decades before all countries on the continent were deemed polio-free. "Imagine how many children were born and grew up without knowing polio," says Jamal Ahmed, coordinator of the polio eradication program in the African region for the World Health Organization. So, when a child in Malawi tested positive for wild polio in February 2022, "it was a surprise," Ahmed says.

It was a similarly unwelcome surprise a few months later when Janell Routh saw an email from Kirsten St. George at the Wadsworth Center, the polio reference lab in New York State. The lab had identified a case of polio in an unvaccinated man living in Rockland County, about 30 miles north of Manhattan. "That was quite a shock," says Routh, a medical officer in the Division of Viral Diseases at the US Centre for Disease Control and Prevention. "We never thought that we would see a case of paralytic polio in the United States."

So how did health workers discover polio in two countries long considered polio-free? And how can they be sure it's gone now? This process of searching for a disease is known as surveillance, something that Rotary has supported with \$73.6 million in funding over the past five years. As the worldwide eradication of polio approaches, surveillance will play a pivotal role in ensuring that the world is truly polio-free.



If executed as they should be, the fundamentals of conducting surveillance are relatively simple. "In public health, you only see what you look for," explains Stella Anyangwe, an End Polio Now coordinator from South Africa who previously served with WHO for 17 years. "If you don't look for something, you don't see it — though the fact you don't see it doesn't mean it doesn't exist. That's what surveillance does: You collect and analyse information and then interpret it."

One more indelicate detail: The way disease detectives surveil for polio is decidedly unglamorous. It turns out that a key to helping ensure a polio-free world is poop.

In November 2021, when the 3-year-old girl from a deprived area of Malawi's capital, Lilongwe, showed up at a hospital with paralysis in her right side, clinicians quickly diagnosed acute flaccid paralysis, a sudden onset of muscle weakness, usually in the limbs. AFP has many causes; polio is just one of them, and its occurrence is rare — one more reason why follow-up testing is essential.

Polio is spread through human waste (or, more rarely, through sneezing and coughing). It enters the body through the mouth, for example in contaminated food or water. The virus replicates in the gastrointestinal tract and is shed in faeces. When doctors diagnose a patient with AFP, they send a stool sample to a polio reference lab to check for the virus. This is called AFP surveillance: looking for cases of AFP, polio's primary symptom, and then confirming, through the sample, whether the virus caused those cases.

Farrell Tobolowsky, a medical epidemiologist in the CDC's Global Immunization Division, uses an angling metaphor to describe AFP surveillance. "Never forget that net you cast when fishing," she says. "Polio is a fish you catch in that net."

In Malawi, clinicians obtained a stool sample from the girl, as is protocol. However, because it had been 30 years since the last case of polio in that country, the virus was far from anyone's mind. That January, the sample was sent to the nearest polio reference lab, in South Africa.

Lab workers put the sample on a cell culture to see if the poliovirus grew. When they sequenced the virus, they realized it was wild polio type 1. The sample was sent on to a specialized lab at the CDC in Atlanta, where





additional testing confirmed the finding and determined that the sample's genetic sequence was linked to a transmission chain last seen in Pakistan's Sindh province in October 2019.

The genes act as a sort of "molecular clock," explains Ousmane Diop, coordinator of WHO's Global Polio Laboratory Network. As the poliovirus is transmitted, it mutates, at a rate of about nine mutations per year. Counting the number of mutations within the sample, scientists could determine how long the virus had been circulating.

Ahmed says the sample's genetic sequence showed the virus had been imported into the region. "It had diverged enough that it was clear it had been circulating two years or more," he says.

On the watch for polio

Surveillance for acute flaccid paralysis is the gold standard for detecting poliomyelitis cases. The four steps of surveillance are:



Finding children with AFP and reporting cases

Transporting stool samples for analysis

Isolating and identifying poliovirus in the laboratory

Mapping the virus to determine the origin of the strain

Western Pennsylvania produces next Rotary International President

This time next year, she'll be leading a million-plus-member worldwide organization.

Yet to her friends — and folks she's just met, for that matter — Stephanie Urchick represents the veritable definition of down to earth.

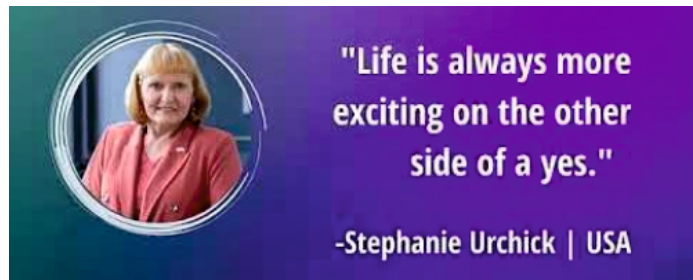
"She's Stephanie from Monessen, and she's Stephanie from the Rotary Club of McMurray," he said. "It's a little hard to wrap your head around the idea that she's going to be the Rotary International President."

Starting July 1 and continuing for a year, Urchick is poised to guide 1.4 million Rotarians, fellow McMurray member DeLucia included.

Their Peters-based club is part of Rotary International District 7305, which covers much of southwestern Pennsylvania.

"I think Stephanie's strong suit is her approachability," he said. "She's always available. She'll always give the best advice she can give. She's the person who can sit down with people of all different backgrounds and find a way to carve out a path."

DeLucia credits Urchick with inspiring his path toward district governorship in 2020-21, as the first member of his 58-year-old club to hold the post.



"Life is always more
exciting on the other
side of a yes."

-Stephanie Urchick | USA

"She encouraged me to apply and encouraged me to accept the position, and it's been extremely fulfilling," he said. "Stephanie has done nothing but set a fantastic example for me to follow and for so many other Rotarians to follow."

'People are drawn to her'

Urchick, who lives in North Strabane, ended up following in the footsteps of the man she calls her "Rotary Godfather": the late Chuck Keller, who was

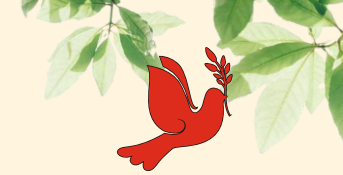
International President in 1987-88 and a member of the California club in Washington County, which she joined in 1991.

"I was a new Rotarian. So, every time somebody in the club would say, 'Oh, we're talking about the COL' or 'We're going to have the DG visit,' I'd say, 'Chuck, what are they talking about?' And he'd just turn around and explain it," she recalled.

The respective acronyms stand for "Council on Legislation" and "District Governor," both of which hold particular relevance for Urchick. Rotary International's COL voted to allow women in the organization only two years before she became a member, and in 1998, she took over as the first female governor of what then was District 7330.

At the district's helm, she led an initiative to provide a mammography machine and biopsy unit to a hospital in Poland, one of a legion of altruistic endeavours around the globe. Among the others are participating in polio-





preventing National Immunization Days in India and Nigeria, helping build a school in Vietnam, and assisting with water filter installation in the Dominican Republic.

Combine such efforts with her steady succession of leadership roles at home and abroad, and Urchick already has attained the status of an eminently recognized Rotarian.

"She's a magnet. People are drawn to her by her enthusiasm, her knowledge, her ability to lead, and her being so humble and approachable," DeLucia said. "When I was in Melbourne, Australia, at the international convention, every time I saw her there was a line of at least 50 to 75 people waiting to be able to say hello to Stephanie and get a chance to meet her."

'It's about peace'

Of course, she prefers to focus not on herself but what she can do on behalf of others through Rotary International as the second woman to serve as president, after Canadian Jennifer E. Jones in 2022–23.

Urchick intends to further the Hearts of Europe initiative, a collaboration with the U.S. Agency for International Development that aims to foster networking and friendship in 12 countries in the eastern part of the continent.

Her plans include visiting each, plus further travel to the seven Rotary Peace Centres — in Africa, Asia, Europe and Chapel Hill, NC — where training in conflict resolution takes place. A new centre is scheduled to open in the spring of 2025 in Istanbul, Turkey, with celebratory activities culminating in a public peace walk.

"I want the spotlight to be on that event, to show the world that Rotary, it's about peace," Urchick said. "Our fundamental principle is to spread world understanding and peace. That's what we do."

In the opinion of District Governor Hartman, Urchick's 2024-25 leadership will be of substantial benefit to the organization.

"From an experience standpoint, from a training standpoint, from an educational standpoint, she has it all. But that's not what rockets her to the moon," he said. "What rockets her to the moon is she's just like everybody else. And she'll say, 'I'm just Stephanie.' In her year, it's that ability to reach out to everyone."

70-YO Doctor Helps Break Shackles of Child Marriage & Labour

Shivani Gupta



On a regular day in Bihar, Seema Kumari found herself engrossed in her usual household chores when her father unexpectedly requested her to get ready as they were expecting visitors. Oblivious to the reason, she promptly readied herself and was then instructed to greet the arriving family.

Seema was taken aback when the conversation between the two families shifted towards discussing marriage rituals. At the tender age of 17, she found herself in an unexpected situation. Memories of her elder sister, who had also been married at a young age despite

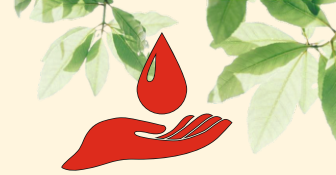
having only completed Class 6, came rushing back to her.

"I had no idea my marriage was getting fixed. After the family went, I protested to my father that I did not want to get married. My father asked me, 'What will you do then?'," recalls Seema.

Within Bihar, 40.8 percent of women, representing four out of every 10, enter into marriage before reaching the legally mandated age of 18. Among the 38 districts in the state, 12 districts surpass the average prevalence of child marriage. Notably, Seema's hometown of Jamui is one such district, along with Supaul, Purnia, Saharsa, and Begusarai.

Child marriage is closely associated with abject poverty and young girls are often forced to get married in the absence of education and awareness. But that day, Seema was able to break out of this cycle. "I told my father that I wanted to become an ANM (Auxiliary Nurse Midwife). Fortunately, he decided to support me, and my





marriage talks stopped,” says the 22-year-old, a second-year student at RB Chandra Para Medical Nursing College, Jamui.

“If I hadn’t spoken up, I would have been forced into marriage like many other village girls. They marry young, become mothers early, and suffer health issues as they grow weaker. Today I feel empowered; all this was possible because of the efforts of Doctor Sir. It was due to his guidance that I was motivated to study,” she says.

For the past two decades, Dr. Shankar Nath Jha, a paediatrician by profession, has volunteered to help children like Seema to use education as a tool for empowerment. Like Seema, he has helped 407 children from the Musahar community in the district to break the shackles of child marriage and labour.

Because of his efforts, today, Seema is able to afford her college fee of Rs 1.5 lakh and is also teaching around 30 children from her community in a village chaupal.

Empowering the Musahar Community

Socially marginalised, the Musahar community is located at the bottom of India's caste system. Musahar in Bhojpuri literally means “rat eaters”. They were often compelled to subsist on a diet of rodents. Although their main former occupation was to catch rats, they now mostly work as agricultural and brick kiln labourers.

The community lives in Bihar, Jharkhand, Madhya Pradesh, and some districts of eastern Uttar Pradesh. As per the 2011 Census, Bihar is home to at least 2.5 lakh Musahars.

Dr. Jha, who has been in the medical service for the past 40 years, would often get patients from Musahar community in his clinic. Explaining their socioeconomic status, he says, “Their children are malnourished. Even if their children die, they would not shed tears [because the death rate was high and they were often emotionally drained]. I would see skinny young girls with children in their arms. It would be very heart-wrenching to see that,” tells the 70-year-old.

“I would often wonder that if they get graduated or at least learn to read and write, their lives could get better. But there is low awareness in the community. They live in unhygienic conditions and are involved in child labour. Let alone girls, we would not find even boys who had passed Class 10. I wanted to work for these children,” he says.

According to The Musahar: A Socio-Economic Study by Patna's AN Sinha Institute of Social Studies supported by the National Human Rights Commission, education among the members of the community was almost non-existent, the literacy rate is only six percent. “Development programmes of the Government had not reached them,” notes the study.

“Political parties also do not show any interest to work for them. They get their votes with free murga (chicken) and daru (alcohol). In schools, they were excluded and not allowed to sit with others,” informs Dr Jha.

Treating the root cause

In a bid to help these children, Dr. Jha started visiting the shanties of the Musahar community living in the Dalit localities of the district. He decided to teach the children but found that it was difficult to stay at the place post-afternoon.

“Men would get drunk after 2 pm and walk lazily. It was challenging to convince them to send their children to study. The only advantage I had was people knew me and respected me because of my profession. No one protested when we started educating the children,” he adds.

Along with a non-profit Samagra Sewa Sansthan's founder Makeshwar, Dr. Jha started using some part of his income and spared some time off to visit the community. Gradually, he hired some teachers out of his own

pocket to teach the children and engaged them in sports, dance, and debate programmes.

“We focussed on cleanliness, education, and employment. We started getting donations from individuals and my peers to distribute food materials, clothes, books, etc. Seeing this, more and more children got motivated and started joining the classes. These were all small steps, but the result was big,” says Dr. Jha, who is also a senior advisor of the non-profit.

Today, nearly 5,000 children are associated with 85 centres





[called Community Culture Education Centre] where 82 volunteers teach the children basic education so that they can be on par with their peers in schools. Since 2007 when the initiative started, as many as 5,000 children have been enrolled in schools. Currently, about 3,000 children are studying in the centres across Jamui.

"Once they are educated, they will be empowered to come out of the life of drudgery. Padha dogey to sab bimariyan door ho jayengi (Once you teach children, they will get rid of all adversities of poverty). Communities which did not know the importance of education are now seeing graduates among them. As a secondary benefit, girls have started resisting early marriages, children are leaving labour jobs and have started entering the mainstream," he says.

For his work, Dr. Jha was awarded the Maulana Abul Kalam Azad Shiksha Puruskar, Bihar's highest award in the field of education, by Chief Minister Nitish Kumar in 2021.

"I have grown up playing with children irrespective of their caste or community. My parents have always taught me how to live harmoniously with all communities. It feels satisfying to do something for this [Musahar] community although I never thought this would have such a big impact. With the award, I got more recognition and support from peers, even from foreign countries. I will continue this work for the remaining years of my life," he says.

Kumartuli's Icon who broke the Mould & became the 1st woman sculptor

Tina Freese

Despite having a natural flair for making idols, Mala Pal was not allowed to enter her father's workshop only because she was a woman. Wanting to explore her talents, she decided to join her brother in idol-making when her father passed away.

"It was by sheer chance that I got to complete an idol and deliver it to the client one day. My brother, who was to work on it, got caught up elsewhere due to bad weather. With a deadline looming large, I took on the work

as a challenge and completed it. Everyone was happy with the outcome and that was when I started getting noticed," she recalls.



In Kolkata's famed potter's quarter Kumartuli, the business of making idols has long been male-dominated. The locality is the centre of the magic and frenzy of Durga Puja, the biggest festival in West Bengal. It is in the small lanes of Kumartuli where hundreds of idols are made and shipped to the city and suburbs.

Despite society's resistance for a woman to make idols, Mala jumped at the opportunity to help her brother. Today her unique foldable miniature Durga idols have a customer base in places like Australia, Canada and Europe.

Additionally, she also runs a school that teaches idol-making and aims to pass on this centuries-old craft to the coming generations.

"In my class, I even have students as young as seven and eight years of age. They come because they are keen on learning. Even if a few of these students decide to take this up professionally, I will feel accomplished," she says.





Membership Development

PDG Jhulan Basu, ARC for RID 3291 & 3240

Rotary plays an indispensable role in addressing societal issues, promoting social welfare, and fostering community engagement across the world. However, the success and sustainability of Rotary mission heavily depend on the strength and vitality of its memberships. This article will highlight the critical aspects of membership development and emphasize its significance in ensuring the long-term impact and effectiveness of this vital organisation.



The Foundation of Rotary lies on its motto—SERVICE ABOVE SELF and ONE PROFITS MOST WHO SERVES BEST.

Rotary often rooted in the ideals of altruism and community service, depend on the commitment and dedication of their members. Organizations like Rotary form the backbone of civil society, addressing a wide range of issues such as healthcare, education, poverty alleviation, environmental conservation, disaster relief and most importantly World Peace and Understanding. Membership development is pivotal in shaping the trajectory and impact of Rotary.

Recruitment and Diversity: Expanding membership involves a deliberate effort to attract individuals from diverse backgrounds, skills, and experiences. Diverse memberships bring a wealth of perspectives, ideas, and talents that can enhance an organization's effectiveness and relevance. Active recruitment strategies, including outreach to underrepresented communities,

can enrich an organization's composition.

Engagement and Retention: While attracting new members is essential, retaining existing ones is equally important. A sense of belonging, meaningful involvement, and recognition are key factors in member retention. We should provide opportunities for members to engage in projects they are passionate about, fostering a sense of ownership and fulfilment.

Capacity Building: Developing the skills and capacities of members should be a core aspect of membership development. Training programs, workshops, and mentorship initiatives can empower members to become more effective advocates and change-makers in their respective fields.

Communication and Transparency: Open and transparent communication between the leadership and its members is essential. Regular updates on the organization's activities, financial health, and achievements build trust and ensure that members feel connected to the organization's mission.

Recognition and Appreciation: Acknowledging and celebrating the contributions of members can go a long way in boosting morale and commitment. Recognition programs, awards, and public appreciation can motivate members to continue their dedicated efforts.

Inclusivity and Equity: Voluntary organizations should be inclusive spaces that promote equity and fairness. Addressing issues of discrimination and ensuring that all members should have equal opportunities to participate and to strengthen the internal cohesion in clubs.

Conclusion:

Membership development is not just about increasing numbers; it is about fostering a vibrant and engaged community of individuals who share a common vision for positive change. As we move forward, let us remember that Rotary is not just entities but living organisms that thrive through the energy and commitment of their members. By investing in membership development, we invest in the future of our organisation, ensuring that they continue to make a profound impact on society and improve the lives of countless individuals.





What are the early signs of Mental Health issues in family

The early signs of mental health issues in family members can vary depending on the type of issue and the individual. However, some common signs that may indicate a mental health problem include:

- 1. Changes in mood:** Sudden or extreme changes in mood, such as frequent sadness, anxiety, or anger, can be an indication of a mental health issue.
- 2. Changes in behaviour:** Changes in behaviour, such as withdrawal from social activities, loss of interest in hobbies or work, or changes in sleeping and eating patterns, can also be signs of mental health issues.
- 3. Substance abuse:** Increased use of drugs or alcohol can be a sign of an underlying mental health issue.
- 4. Difficulty functioning:** Difficulty in daily functioning, such as difficulty completing tasks, forgetfulness, or trouble concentrating, may also indicate a mental health issue.
- 5. Physical symptoms:** Physical symptoms such as headaches, stomach aches, and fatigue can also be signs of a mental health problem.
- 6. Changes in relationships:** Changes in relationships, such as increased conflict with family members or friends, may also indicate a mental health issue.

If you or a family member are experiencing any of these symptoms, it is important to seek professional help from a mental health provider. Early intervention and treatment can help manage mental health issues and improve overall well-being.

Minutes of the 2239th RWM & J-RWM held on October 10th, 2023 at BNR Officers' Club, Garden Reach

1. President Shweta call the meeting to order & requested the members to rise for the National Anthem.
2. President briefed the club about the donation of the e-Scooty at Daranda and then requested NMCT coordinator, Mr. Sudip Majumdar to say in detail.
3. PE Biswajit shared his experience at 'Sudarbhan Mahila Utsav' which he attended on October 8th, 2023. PE Biswajit handed over the donations on behalf of the club.
4. AG's Visit on October 17th, 2023. Regarding the same the President requested an emergency Zoom Meeting prior the same.
5. Pre-Pujo Clothes distribution at RCC Badartala will take place on October 14th, 2023 & on October 19th, 2023 at Madhyakalyanpur.
6. Club Secretary, Rtn. Dr. Subrata introduced a prospective member in Dr. Debasish Karmakar. He runs his own NGO. President requested the Club Membership Chair to look into the procedure.
7. PP Prosenjit introduced the Guest Speaker, Dr. Amitava Bose, and requested him to give his deliberations on his days as ex-Director of ISRO.
8. The Club Secretary conducts the Club Business.
9. On confirmation of the minutes of the last meeting, President terminated the meeting.

In Her, resides every woman,
& Every woman is Her reflection!
The nucleus of force, power & love,
Naman to Maa Durga!

