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ROTARY CLUB OF BEHALA

CLUB NO.: 16149

ROTARY INTERNATIONAL DISTRICT 3291 DATE OF CHARTER: AUGUST 24, 1964 VOLUME LVII ISSUE 07 T SEPTEMBER

2574th REGULAR CLUB MEETING





COVER STORY



Are we forgetting something very important in our lives.....!!!!!
We might join 29.8 million people worldwide. Forgot the rest.....????





September: Basic Education & Literacy Month

TOP STORIES

Happy Occasions | Club Announcements

Upcoming Days | Cover Story - Editorial

The Fortnight That Was | From the World of Rotary

Poem by Ruma Bhattacharya | Article by Rtn Shamshir Singh Kapany

Article by Sharmistha Bhattcharjee

Quiz Time | Minutes



THE FOUR-WAY TEST

OF THE THINGS WE THINK, SAY OR DO

- 1. IS IT THE TRUTH?
- 2. IS IT FAIR TO ALL CONCERN?
- 3. WILL IT BUILD GOOD WILL AND BETTER FRIENDSHIPS?
- 4. WILL IT BE BENEFICIAL TO ALL CONCERN?

Published by Rtn Shuvranshu Mitra, Club Secretary | Edited by Rtn Dr Siddhartha Chakraborty C/O Rtn Debidas Ganguly, 2/6 Biren Roy Road (East), Kolkata - 700 008



HAPPY BIRTHDAY

17th September Sharmistha wife of PP Rtn Krishnendu **Bhattacharjee** 20th September

> PP Rtn Debabrata Joardar 25th September

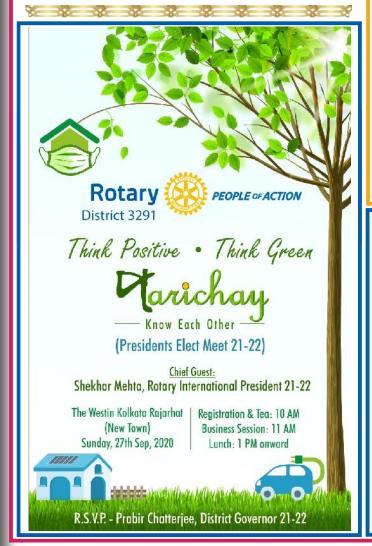
Rtn Sujoy Krishna Bhadra **26th September**

Sumita wife of PP Rtn Probir Roy 27th September

Oishika daughter of PP Rtn Anirudha **Gupta**

> 29th September **PP Rtn Manika Karmakar** 30th September

Bijoyinee wife of PP Rtn Deepnath Roy Chowdhury



Subho Mahalaya



to all the members & their families.

UPCOMING DAYS



POLIO Immunisation day is fixed for Sunday 20th September, 2020 and 26th September, 2020. Because of the prevalent situation, health workers will visit

households to immunize children. Members of our club will help them in their effort to keep the world Polio-free by building up awareness in 4 wards of Behala and providing hand sanitisers, masks etc to health workers. Pre polio auto campaign will be done to promote the same with proper rotary branding.

CLUB ANNOUNCEMENTS

Kindly pay your Semi-Annual Dues.



AN EARNEST REQUEST

All members & their family are requested to contribute to Maitree. Send your articles, paintings or other material to < sid.ctvs@gmail.com> for publishing in this platform.





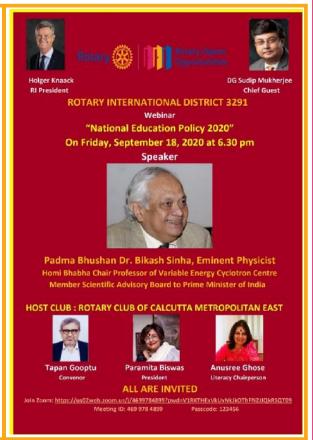
UPCOMING DAYS

On 27th September 2020, members of our club will visit RCC Chandanpiri.

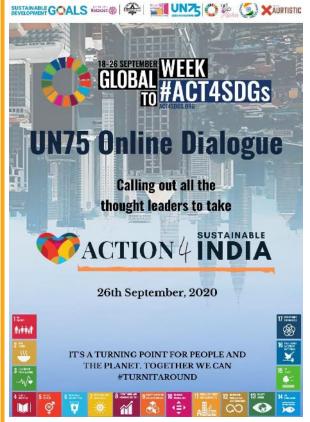
We will start with Amphan Phase - III. An initial lot of tree saplings have already reached the destination and handed over to the villagers. The remaining saplings along with durable goods & raw food items will be delivered upon our visit.

We will continue with our Child Education initiative. Scholarship grants will be handed over to the female students of the school run by our RCC.

RC Behala's Sanitation Water project in association with EIRWT Grant will commence to phase II.



ROTARACT BEHALA



Contact:

Karma - 9064965534 | Shradha - 7980819839

COVID-19 is turning our lives upside down. People all around the world are taking to the streets and joining in solidarity for a once-in-a-generation opportunity to reimagine and create a better future.

One that is more equal. More active on climate change. That ends poverty. And protects health.

We have the universal plan we need for a just and sustainable recovery from the pandemic: the Sustainable Development Goals.

This September 18-26, 2020 while world leaders meet virtually at the UN General Assembly, take action to mark this September a turning point for people and the planet.

The Rotaract Club of Behala with UN75 and Beyond, United Nations Volunteering, Niti Manthan, Girl Up Alpha, and Aurtistic Community presents

ACTION FOR SUSTAINABLE INDIA : An Online UN75 Dialogue



COVER STORY







Editorial Page 1985

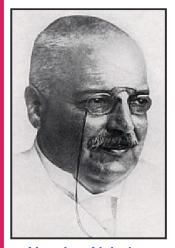


Santa and Banta were at the bar.

Banta took a sip. "Well, Santa, we surely are going to have Parkinsonism or Alzheimer's when we go old. Which one are you going to prefer?" " Parkinsonism, surely"

"What! You will spill the glass!"

"Arrey yaar," Santa took a long swig " that's so much better than forgetting where I kept the damn bottle."



Aloysius Alzheimer

Dementia is a rather advanced form of forgetfulness, and affect nearly 50 million people globally with around 10 million joining each year. And about 60-70% of them suffer from the syndrome so nicely described by Aloysius Alzheimer, the famous German Psychiatrist and Neuro-pathologist way back in 1907.

In 2015, there were approximately 29.8 million people worldwide with this disease with physical, psychological, social, and economic impact, not only on people affected, but also on their careers, families and society at large. So we observe World Alzheimer's Day on . . oops! what's the date really? My memory, you know . . . oh

yes! It's on 21st September every year.

Alzheimer's is a protracted illness, starting usually after 65 yrs of age (but early starts also do happen) and running a relentless course over years. Forgetting things occasionally or misplacing article may indeed occur as normal effect of ageing on memory, but things take a turn when a person gradually starts to forget names of family or friend, forgets his episodes of forgetfulness . . . So often only the family can identify the problem.

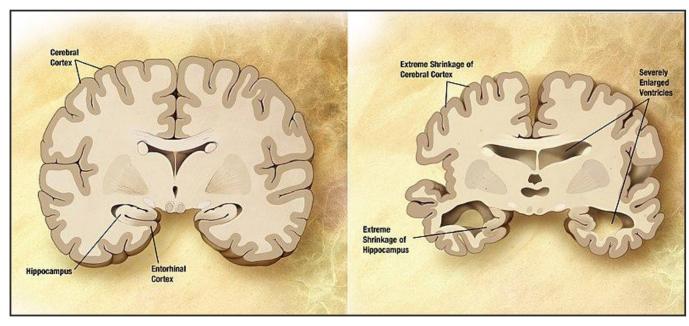




Gradually recent memories start fading off, there comes problems with languages, mood swings and behaviourial issues. Gradually disorientation sets in, mood swings creep in, motivation is lost and so is self-care. The patient gradually withdraws from family, from society. Body functions begin to decline till death brings the final relief – more commonly at care centres away from home.

Why does it happen? Like many of the diseases, inheritance from family makes one more susceptible. But there is more to it.

Alzheimer himself found deposits of protein form of amyloid as plaques in hippocampus – I love the name – deep within brain and involved in higher functions like learning, memory, intellect, emotional behaviour etc. Later many other chemical disturbances have been suggested, but whatever be the precise chemical, the net result is gradual shrinkage of that part, as also of the entire brain.



Cross-section of brain of a normal person (Left) and that of a patient with Alzheimer's Disease

The disease is statistically more common in persons with depression or hypertension, smokers or persons with alcohol abuse, with a diet rich in saturated fat or simple carbohydrates. As there is no cure from the crippling malady, prevention remains the main form of defence.

Exercises have been advised to keep the disease at bay. Physical exercises, as also mental

ones like reading, solving crossword puzzle, intellectual games like chess, social interactions, playing musical instruments or learning a new language – all do help.

As senior members of the society, it is our moral responsibility to follow the simple guidelines to keep the crippling disease away.

For ourselves, for our families, for the society - whom we wish to serve.

Rotary has opened that opportunity.









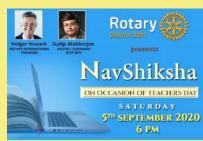


THE FORTNIGHT THAT WAS.

RI DISTRICT 3291

In the month of September, designated as 'Basic Education and Literacy Month' District's first programme pertaining to the theme was held on National Teachers' Day

of 5th September, where the speakers were RIPE Rtn Shekhar Mehta, RID Rtn Kamal Sanahvi and the eminent educationist Indrani Sanyal.



Click here to register http://bit.ly/NavShiksha







Shekhar Mehta Kamal Sanghvi

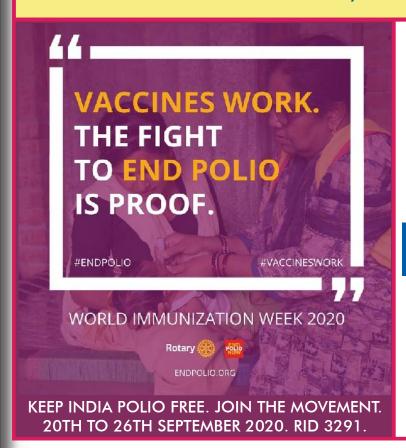
Numbers" camp under

AOF of Disease Prevention and Treatment was

organized by the District on 9th September at LWCD, Hatipota where around 200 persons were checked.

Two new clubs, namely Samsherganj Murshidabad & Berhampur Murshidabad have been officially admitted into Rotary International.

The 2nd "Know Your



DO YOU KNOW **WE ARE ON**

facebook.

CLICK HERE: www.facebook.com/rotarybehala







HEALTH WEBINAR & JOINT MEETING









Topic: Covid & Cardiac Patients

ROTARY CLUB OF BIKRAMPUR RID 3281 | BANGLADESH ROTARY CLUB OF BEHALA RID 3291 | INDIA Our club had a Joint Meeting with Rotary Club of Bikrampur, RID 3281, Bangladesh over Zoom platform - the first international joint meeting hosted by our club.

The meeting was inaugurated by Rtn Rubayet Hossain, District Governor, RID 3281 and Rtn Sudip Mukherjee, District Governor, RID 3291 was the Chief Guest. Rtn (Dr) Muzaherul Huq, President, RC Bikrampur gave a talk on Covid, and PP Rtn Dr Siddhartha Chakraborty discussed Corona and Cardiac Patients. PP Rtn Deepnath Roy Chowdhury placed a formal vote of thanks, and the entire event was wonderfully conducted by PP Rtn Krishnendu

Bhattacharjee.





























Sporting Club, off Rai Bahadur Road, Behala. Also invited in the programme were Smt Gouri Roy, teacher at Sahapur Girl's School, Sri Tarun Dey, former Indian Football team captain, and Sri Avijit Mondal - the famous footballer turned coach. Smt Roy paid homage to our former President Hon'ble Dr Sarvepalli Radhakrishnan and spoke about education and importance of tree plantation. Sri Dey spoke about importance of sports and effect of deforestation on climate change. PP Rtn Siddhartha Chakraborty talked on Rotary in general and highlighted service projects undertaken by our club. This was followed by tree plantation and distribution of masks and sanitisers. Members present: Rtn Bikash Dutta (coordinator on behalf of our club), PP Rtn Ajoy Krishna Chatterjee, PP Rtn Anirudha Gupta, Rtn Angshuman Bhattacharya and PP Rtn Siddhartha Chakraborty. Spl guest: Past District Chairman of Inner Wheel District













FROM THE WORLD OF ROTARY

MONTHLY MESSAGE FROM RI PRESIDENT

Rotary youth exchange — one of the many programs for youths and young adults that we celebrate this month — was my path into true engagement in Rotary. My wife, Susanne, and I began hosting exchange students soon after I joined, and the experience helped me go from simply being a member of my Rotary club to being a true Rotarian. Now Rotary Youth Exchange is a family tradition, and a strong one: Over the past 24 years, we have hosted 43 students!



RIP Holger Knaack

From the start, we loved it so much that, in addition to hosting students in our home, we became involved with the program by helping to organize student summer camps. During one such camp, I met Christine Lichtin, who was a German high school student at the time and whose father is a past president of my Rotary club. To try something new during this year of embracing change, I am turning this space, normally reserved for the president of Rotary, over to Christine so she can share her story.

My first contact with Rotaract was about 13 years ago, when I was with Susanne and Holger at a barbecue for the summer youth camp. Holger turned to me and said: "Why don't you visit a Rotaract club? You'll meet a lot of great young people who come together to have fun and to make a difference."

A few years later, when I was at Trier University, his words came back to me and I decided to give it a try. That was more than eight years ago, and I'm still at it. Once you are in Rotaract, you just don't want to get out. Rotaract has accompanied me everywhere, starting with the Trier club and then on to a club in Bologna, Italy, during the year I studied there. When I was in Kiel for my master's degree, I got involved with Rotaract there before landing at the Rotaract Club of Hamburg-Alstertal as I began my career. Each of those clubs has its own identity and focus, but all have the same intrinsic motivation.

I am now taking on a senior advisory role in my Rotaract club, which I really enjoy. I carry Rotaract in my heart, and it shapes my values, even as my interests evolve. One day, as if she had sensed this evolution, Susanne knocked on my door, wanting to introduce me to a young, modern Rotary club located between Hamburg and Mölln, my hometown. The E-Club of Hamburg-Connect, which Susanne helped charter, holds e-meetings, all of them very relaxed and personal. With members of different ages, everything just seemed to fit, so I thought, why not try it out? After all, time is precious and should be filled with fun whenever possible; the rest happens by itself.

Now I am in both worlds — a proud member of Rotaract and a Rotarian. And my small personal goal is to build a bridge between these two parallel worlds. All of us have very similar reasons for being part of the Rotary family.

It took some persistence to persuade Christine to become a member of Rotary, but it was well worth the effort. It is our duty to put in this kind of effort with youth program participants and Rotaractors so we can keep them in the family of Rotary. I hope you were inspired by her story. It's up to each of us to ensure that more young people like Christine can experience the many ways Rotary Opens Opportunities for us and for the people we serve.







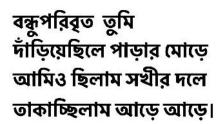


প্রথম বসন্ত

কলমে # কুমা ভট্টাচার্য

পলাশ রঙা পাঞ্জাবীতে সেদিন তুমি সদ্য তরুণ উড়ো চুলে,হাল্কা গোঁফে দেখাচ্ছিল উফফ কী দারুণ।

আমিও সেদিন নতুন শাড়ী নতুন কাঁপন বুকের মাঝে নয়ন আমার চাতক পাখি সারাক্ষণই তোমায় খোঁজে।



ওদের সঙ্গে আড্ডা দিলেও চোখ কিন্তু তোমার দিকে একটি বারের চোখাচোখি শিরায় শিরায় তুফান তোলে।

একটি বারের চোখাচোখি হাজার বারে গিয়ে ঠেকে। তবু,আশ মেটে না, আশ মেটে না ভাবি ডুব দিই ঐ অতল চোখে।

একটি কথাও হয়নি সেদিন তবু হাজার কথা বলেছিলাম। তুমি আমি চোখে চোখে ফাটিয়ে হোলি খেলেছিলাম।।









WHAT BINDS US TO ROTARY

Rtn Shamshir Singh Kapany



My association with Rotary Behala was through my proposer, my all time revered Gulli Da who left me with no option & so I joined as a young Rotarian. Now, with waning years I don't remember the exact year & I continue to be part of this wonderful Institution only and only because from the very beginning I recognised a very great attribute within

Rotarians, the quality & sense of selflessness in each and every member.

At the time of my membership, as a new member, other than Gulli Da the binding factor to Rotary was to lean on the only person I knew, Swapan Da. We became friends through Rotary even though our wives knew each other much before we were introduced to each other. Our Thursday meetings in the Birla Planetarium were regular attendance. Through its various projects, Rotary went about its usual business of creating comfort to the less fortunate in society.

What in particular touched me deep in my attachment to the quality of Rotary is an incident whose players were from within the same family of which I am a part. The year, early 90's, my late father was to go through a By Pass surgery and blood was required. As can be imagined, the situation was very tense & confusing. Having to handle it alone brought in more grey clouds within the mind. To my good fortune, during attendance of our regular weekly meeting, I mentioned the situation to our revered, late PP Sushanto Das. The very next day Sushanto Da was at BM Birla Hospital to donate his blood. The relief in my mind was overtaken by the look of gratitude on my mother's face. It is an expression which I can never forget in my life.

The gratitude will be remembered life long with all credit to Rotary whose selfless part was our dear PP Sushanto Das.

Thank you Rotary Club.

DO - RE - MI

Sharmistha Bhattacharjee



Everyone knows Do Re Mi song from the "Sound of Music" film which became tremendous success and awarded with 5 Oscars. This famous song is actually good for teaching children how to read and sing musical notes, I am fond of this particular song since my childhood as I learnt this song from Sister Emilia

of my school St Helens Convent, Kurseong when I was 10 years old.

In the year 2018, we had a family tour to East Europe, visited many historical cities like Vienna, Budapest, Prague, Munich, Bratislava & Innsbruck, but when we reached Salzburg, my heart started beating with Do-Re-Mi as this movie was filmed in and around the city. We started our city tour with the beautiful locations where some favourite scenes from the movie were filmed. We went to Mirabell Palace and Garden which was also used in The Sound of Music. This palace was built in 1690 with numerous terraces, marble statues, and fountains. Inside the palace, there is a Museum & big Marble Hall which is still used for concerts and functions.



Mirabell Palace





Love Lock Bridge

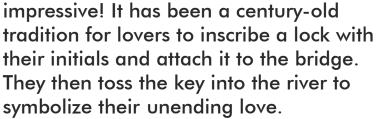


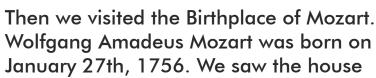
Salzburg, in northwest Austria, is one of Europe's most beautiful cities, both for its architecture and for its magnificent setting. This picturesque city stretches along both banks of the River Salzach. The romantic Old Town is a compact neighbourhood of narrow medieval streets and arcaded courtyards that are fun to explore. Makartsteg Bridge is one of several attractive bridges that cross the Salzach River in Salzburg. This bridge is often called "Love Lock Bridge" because of the thousands of locks that have been attached to it by the lovers. The volume of



Salzach River in Salzburg

locks on this particular bridge is





which includes the rooms once occupied by the Mozart family and a museum displaying numerous interesting mementos including the young Mozart's violin, portraits and various festivals showcasing his music.

You have to be physically fit and mentally strong to



Mozart Museum

explore the town. We had to walk through the old town for more than 90 minutes. It is very difficult for Krishnendu because whenever he saw any local restaurant over there, he immediately stopped there and used to start fooding. We tried some local cuisine like rindsuppe, sweet pastry, yummy cakes and dumplings.



Statue of Mozart



At the very heart of Salzburg's Old Town, there was a large area on the left bank of the Salzach, Residenzplatz, one of the city's largest squares.



Masterpiece of Marble

was built in 1077.

The focal point of the Residenzplatz is the stunning masterpiece of marble made by an Italian sculptor in 1661 and the largest and finest Baroque fountain. Standing high with splendid figures of bold horses, along with the god Atlas bearing dishes, it also impresses with its dolphins. From here, we did some shopping from boutique shops lining the adjoining streets, enjoyed local food. We took Mozart Ball (chocolate), snow blow and some souvenirs related to sound of music. Again we started walking. After pleasant 20 minutes walks from the old town centre, we reached Hohensalzburg Castle. The original castle

We also visited Salzburg Cathedral & St. Peter's Church, one of Salzburg's oldest and most attractive churches which was completed in 1143. One day we enjoyed Hop-on Hop-off city tour. We stayed in Salzburg for 4 nights.

This year we planned for New Zealand tour during puja, but after coming back from Puri during Holi, we are completely locked in hometown for

more than 6 months due to the pandemic situation. Whenever I am depressed with covid-19, my unconscious mind sometimes goes to the dreamland of Salzburg and remember those golden days. In that way, my heart got immunised to boost up my spirit and energy. Everyday I pray to the almighty for normalcy so that we can again pack the luggage to start our hurricane tour.



St. Peter's Church



There would be 5 questions in every issue of Maitree. The answers, and names of successful friends will be published in next issue.

Please send your answers to the Editor over WhatsApp (9830 030 020) within 7 days. Happy head-scratching.

QUIZ #6

- #1 Garampani Sanctuary is located at . . .
- What is the tenure of office of a leader of a RCC? #2
- Louis Washkansky finds a place in medical history. Why? #3
- **Who are Rotary Senior Leader?** #4
- #5 Golf player Vijay Sinah belongs to which country?

Answers to Quiz #5

- Must a person be resident of the area of the corps' community?
- Ans: Membership shall be open to any person who lives, works, or studies in or near the corps' community.
- #2 What is the name of the leadership team of the corps?
- Ans: Leadership Group.
- #3 All members of the corps have to pay a fee. How should this fund be utilised?
- Ans: Fees paid by corps members shall be for the purpose of meeting administrative costs. Funds for activities and projects shall be raised apart from the fees.
- #4 How long can a RCC function?
- Ans: The corps shall exist as long as it functions in accordance to the
 - constitution
- #5 Who can terminate a RCC?
- Ans: The corp can be terminated by the corp itself or sponsor Rotary Club(s) or Rotary International.

(All answers are there is "Rotary Community Corps Constitution")

Cheers to the friends who have submitted correct answers: PP Rtn Debabrata Joardar & PP Rtn Manika Karmakar







MINUTES OF THE 2573rd RCM OF ROTARY CLUB OF BEHALA HELD JOINTLY WITH ROTARY CLUB OF BIKRAMPUR, RID 3281 (BANGLADESH) AT ZOOM DIGITAL PLATFORM ON 3rd SEPTEMBER, 2020.

- # Past President of RC Behala Rtn Krishnendu Bhattacharjee, in his role as Master of Ceremony, welcomed all.
- # Club President Rtn Sugata Mazumdar called meeting to order, followed by welcome address.
- # Club President Rtn Muzaherul Huq of Rotary Club of Bikrampur called the meeting to order.
- # National Anthem of Bangladesh and India were played with members paying respect.
- # Club President Rtn Muzaherul Huq introduced District Governor, RID 3281 Rtn Rubayet Hossain.
- # DG Rtn Rubayet Hossain (A brave Covid survivor) briefly spoke about friendship between these two countries, activities of his District during this unusual period and formally inaugurated the meeting.
- # Rtn Debarshi Duttagupta of RC Behala introduced the Chief Guest of the event District Governor RID 3291 Rtn Sudip Mukherjee.
- # DG Rtn Sudip Mukherjee fondly remember his visit to Dhaka as a member of Rotaract Team, talked about wonderful relation between these two nations, role of Rotary in this difficult time and wished the meeting a grand success.
- # President Elect of RC Behala Rtn Soummojit Mukherjee introduced Prof (Dr) Muzaherul Haq, President, Rotary Club of Bikrampur.
- # President Dr Huq spoke about Covid in general and informed us about the current worldwide stats including the situation in Bangladesh. He introduced Past President of RC Behala & Assistant Governor, Zone 18 RID 3291, Prof (Dr) Siddhartha Chakraborty.
- # PP Rtn Dr Siddhartha talked about Covid & Cardiac Patients with a PowerPoint presentation, which was followed by a Q & A session moderated by President Dr Huq
- # Weekly bulletin of both the clubs were released.
- # Rtn Shuvranshu Mitra, Secretary, RC Behala conducted club business followed by a brief report on service projects undertaken by the club.





MINUTES OF THE 2573rd RCM OF ROTARY CLUB OF BEHALA HELD JOINTLY WITH ROTARY CLUB OF BIKRAMPUR, RID 3281 (BANGLADESH) AT ZOOM DIGITAL PLATFORM ON 3rd SEPTEMBER, 2020.

- # Rtn Nazma Jahan, Director, Service Projects of RC Bikrampur conducted club business followed by a brief report on their projects.
- # Past President of RC Behala Rtn Deepnath Roy Chowdhury placed a formal vote of thanks.
- # The minutes of the 2572nd RCM held on August 20, 2020 as published in Maitree was confirmed.
- # Club President Rtn Dr Muzaherul Hug terminated meeting of RC Bikrampur.
- # Club President Rtn Sugata Mazumdar terminated meeting of RC Behala.
- # PP Rtn Krishnendu Bhattacharjee invited everyone for a open online fellowship.

Meeting attendance:

Total Members: 32. Total log-in: 78

