

METRO MAIL



BULLETIN OF ROTARY CLUB OF CALCUTTA METRO CITY

RI District 3291 | Charter Date : 14/06/1995 | Club No. : 30869

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EDITORIAL

Subhojit Roy

We often talk about global warming and how it is affecting every citizen of the world. Drastic changes in the weather patterns are sending shock waves across countries and we are in constant fear of the impending disasters looming large on us. Though we are running against time but we still have a slim chance and to do that we need to understand the implications and what we need to do better the situation. Usually, the bulk of an individual's carbon footprint comes from transportation, housing, energy and food. Carbon footprint is the total amount of greenhouse gas emissions that come from the production, use and end-of-life of a product or service. The top 20% of high-expenditure households in India are responsible for seven times the emissions traceable to the poor who spend less than Rs 140 a day. That means the carbon footprint of every Indian was estimated at 0.56 tonne per year – 0.19 tonne per capita among the poor and 1.32 tonne among the rich. Emissions from India rank third in the global list, accounting for 2.46 billion metric tonnes of carbon or 6.8% of the total global emissions. India's per capita carbon emissions are, however, still low at 1.84 tonnes compared to the United States' 16.21 tonnes. According to the UN emissions gap report, the world's wealthiest 1% account for more than twice the combined carbon emissions of the poorest 50%. So to avoid a serious rise in global temperatures this century, the richest would have to rapidly cut their CO2 footprints.

So are we doing enough as conscientious citizens of this world, are we doing enough in our daily lives to cut down on carbon emissions? Perhaps if we look at our own daily lives the answer would be NO. This edition of Metro Mail has a few simple tips to reduce your carbon footprint, please follow them and make the world a better place.

Creating Hope: A Look at the Year Ahead

Dear Rotary member,

Even as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace, and embeds belonging and inclusion in everything we do. That is why I am asking everyone in Rotary to *Create Hope in the World*.

You can start by telling people about what Rotary means to you. Use the graphics on your favourite social media platform and add text or a video about your Rotary experience to share why you're proud to be a Rotary member.

Pushing polio eradication to the finish line



This is a critical year for polio eradication efforts as Rotary and our Global Polio Eradication Initiative (GPEI) partners are aggressively working to interrupt transmission of the polio virus in the remaining endemic countries and other areas. Polio eradication is Rotary's top humanitarian priority until we deliver on our promise to protect children everywhere from polio. We had the audacity to take on this mission, and we have the tenacity to finish the job. **How can you take action?** Learn more and donate at endpolio.org

Prioritizing mental health



This year, we're prioritizing projects that aim to support mental health. This effort is deeply personal to me. I know what it's like to see someone close to me suffer in silence. I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is one of the most effective steps any of us can take to protect our well-being and make us more resilient to all the challenges we encounter in life. And by building peace within, we become more capable of bringing peace to the world.

How can you take action? Download the Prioritizing Mental Health brochure to learn how you and your club can support mental health. Also consider connecting with the Rotary Action Group on Mental Health Initiatives.

Fostering peace



Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections among people. This year, we'll introduce virtual international exchanges for members to build those vital connections even further.

Peace isn't just a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently – and bravely. Everything we do, across all our areas of focus, has the potential to foster the hope that can make peace possible.

How can you take action? Become a peacebuilder by getting involved in virtual exchanges or signing up for the Rotary Positive Peace Academy.

Fostering peace



The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. We must make our clubs as welcoming and engaging as we can. Our goal is to create a sense of belonging, from our club meetings to every service activity we offer. We need to continue creating inclusive, welcoming environments where everyone can be their fully authentic selves. All people of action need to be able to imagine a place for themselves in Rotary – it's up to us to ensure that they can do so.

How can you take action? Learn more about 'Rotary's diversity, equity, and inclusion efforts and how you can help create a club culture (My Rotary account required) where everyone belongs.



As we begin this journey together, I take inspiration from Scotland's national poet, Robert Burns, who in the 18th century spoke of all the world becoming kin, promoting "Sense and Worth, over all the earth." This has long been my call to action, and I share it now with you.

Let us build peace within and spread it freely. Let us create belonging and imagine the future of Rotary afresh. Let us work together joyously as we Create Hope in the World.

R. Gordon R. McNally
RI President, 2023-24

CLUB NEWS

International Chess Day with ChessMate

To observe International Chess Day on 20th July ChessMate- the newest fellowship of RI D 3291 (part of International Chess Fellowship of Rotarians) organised a workshop on chess by Atanu Lahiri and was attended by a group of over 25 Rotarians, guests, children, corporate representatives.



The President of Kolkata Press Club and media veteran Snehasish Sur was the Chief Guest. Chess is surely one of the best sports which can take care of the health of one's mind. ChessMate shall be reaching out to many people from various fields, faculties cutting across gender, age and diversity and I hope more and more Rotary clubs and Rotarians joins forces to keep their mental health in a good shape.

RC Calcutta Metro City along with Calcutta Newbies, Calcutta Amory hosted the program. President Rtn Amrita Basu was present along with her son and she conducted the program and PP Rtn Subhojit Roy as the Chair of ChessMate gave the welcome address. PP Rtn Sourish Choudhury and Rtn Anirban Mukherjee of RC Calcutta Newbies coordinated the entire program.

PDG Ravi Sehgal Speaks on the CREATE HOPE in the WORLD



PDG Ravi Sehgal spoke on the Theme for Rotary Year 2023-2024, CREATE HOPE in the WORLD at our in person Regular Meeting held at the Outram Club held on Sunday 23rd July. He spoke eloquently on RI President Gordon R McNally's theme for the year and expressed great hope that RC Calcutta Metro City shall keep giving hope through it's service to the community and also keep creating new ones. He was formally introduced by PDG Shyamashree Sen while PP Rtn Sunando Sen offered the formal vote of thanks.

PP Rtn Dipu Mullick and Rtn Dipanwita Banerjee were formally inducted to the club. The meeting was also graced by our club's honorary member Santoor legend Tarun Bhattacharya and Mr Prithwiraj Roy. PP Rtn Sunetra Dasgupta made the entire logistic arrangements for the evening.



Simple Tips to Reduce Your Carbon Footprint



Switch it Off

Turn off the lights when natural light is sufficient and when you leave the room. It's that simple!

Climate Control

Keep your temperature system on a moderate setting while you're in the room.

Wasteful Windows

Use your windows wisely! If your climate control system is on, shut them...if you need a little fresh air, turn off the heat or AC.

Minimize Plug Load

Cut down the number of appliances you are running and you will save big on energy. For example, share your minifridge with roomates and minimize the

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number of printers in your office.

Phantom Power

Did you know that many electronics continue using energy even when powered down? This is true of any charger, television, printer, etc. Use a power strip to easily unplug these electronics when not in use.

Give it a Rest

Power your computer down when you're away. A computer turned off uses at least 65% less energy than a computer left on or idle on a screen saver.

Take the Stairs

Use the stairs as often as possible. Elevators consume electricity. You, on the other hand, do not.

Loaded Laundry

Only do full loads of laundry and use the bright colors cycle whenever possible.

Shorter Showers

Try to take shorter showers. The less hot water you use, the less energy is needed to heat the water.

Switch to CFLs

Compact fluorescent light bulbs (CFLs) use 75% less energy than incandescent and last up to 10 times longer.

A few more tips...

Conserve Paper

Print and copy on two sides, save single-sided pages for notes, and print only what you need.

Recycle

Take a few steps to a **recycling center** in your building to deposit aluminium cans, plastics, glass, office paper, newspaper, cardboard. Pickup of office electronics, bulk metal and surplus furniture can be arranged by contacting Facilities Work Management.

Promote Reuse

Donate used cell phones and chargers, furniture clothing and cleaning and school supplies.

Get a Little Exercise

Consider walking or riding a bike to campus if the distance is reasonable. Walk from you bus or subway stop to your office or home. Carpooling is a fair option with multiple travellers to the same place.



Rotary **END POLIO NOW** **3 Actions. 3 Minutes.** Donate

A world of difference.

- Learn**
Get informed and help make polio a subject of conversation in your community.
- Share**
Most people have heard of polio but few know that the disease still affects children around the world. You can help by spreading the word.
- Donate**
Every donation helps us obtain the support, transport, and materials needed in the fight against polio. Right now all donations are matched 2:1 by the Bill & Melinda Gates Foundation, tripling your impact!

SHARING HOPE WITH THE WORLD
SINGAPORE | 25-29 MAY 2024
#Rotary24

Rotary **WISAPAN**