



Spectrum



RI District 3291

February 17, 2024

PRESIDENT KUSUM CHAMARIA

CLUB NO 78956

Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

SECRETARY DR CHITRA RAY

CHARTERED ON APRIL 30, 2008

VOL 17 NO 34

EDITOR DR OM TANTIA

WEBSITE www.rcslmk.org

Health camps for screening and treatment of Anemia in Women on February 11, 2024 at Bhaluka, Amdanga



The 39th "Matri Raksha": Anemia screening and treatment Camp was organized by Rotary Salt Lake Metropolitan Kolkata in association with RCC Manav Seva Ashram, at Bhaluka, Amdanga on Sunday, February 11, 2024.



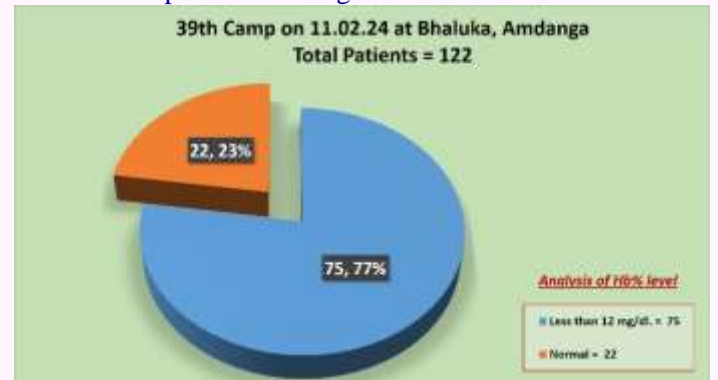
Simultaneously, at the same venue, free cataract screening, treatment and spectacles distribution was organized.



Further, RCSLMK, for kids, organized drawing competition, distribution of colored pencils and new set of clothes.



Dr. Debasmita Mukhopadhyay and Dr. BB Giri gave awareness talks to assembled women on Anemia. Each beneficiary got their Hb% level for Anemia, BP and Sugar tested and screened by the technical team from ILS Hospital. Each woman after being examined for anemia by Dr. Debasmita Mukhopadhyay and Dr. BB Giri were given free iron tablets for 2 to 6 months, deworming and calcium medicines as prescribed along with nutritional booklets.



Total 97 ailing women got themselves registered for anemia screening and treatment.

IMPACT OF THE 39 TH MATRI RAKSHA CAMP			
Total patients: 97 + 118 + 76 = 215		Breakup of Anemia & Non-Communicable Diseases	
Anemia Screening	97 no	Anemia detected	75 no (77%)
Eye Screening	118 no	Hypertension detected	18 no (18.5%)
Spectacles distributed	76 no	Diabetes Detected	27 no (27.8%)
Drawing books and color pencils distributed: 50 sets			
New set of clothes distributed: 60 sets			

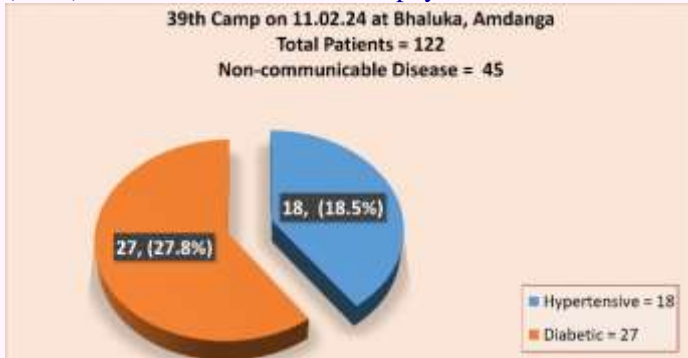
Among 97 women 75 (77%) had hemoglobin level below 12 grams/dl and 51 (52.5%) had severe anemia (<10 grams).

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

Printed by Kusum Chamaria, President, Rotary Club of Salt Lake Metropolitan Kolkata • Editor: Dr. Om Tantia

For private circulation only • Web site: www.rcslmk.weebly.com • Email: es.rcslm@gmail.com

27 (27.8%) Diabetic (DM), and 18 (18.5%) Hypertensive (HTN) were referred to concerned physicians.



118 persons got had Cataract Screening and Treatment. 76 persons, who were earlier screened, received free spectacles. RCSLMK distributed drawing books with color pencils to 50 children and organized a Drawing Competition for them under “Eazy School 2” Project.



RCSLMK distributed to 60 kids sixty sets of new clothes at the same venue.



The technical Team from ILS Hospital comprised of Somenath, Shubhranil, Alok and Kanchan



Rotary Club of Salt Lake Metropolitan Kolkata (RCSLMK) has established a new RCC named “MANAV SEVA ASHRAM” at Kataganj, which is involved in various social service activities, in Nadia District, West Bengal. RCSLMK president, Mrs. Kusum Chamaria felicitated Mr. Bidhan Sarkar, President, RCC Manav Seva Ashram and handed over the RCC Certificate released by Rotary International to him on 11 February 2024 at the camp venue.



Rotary History and Anecdotes

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – *across the globe, in our communities, and in ourselves.*

Rotary International is a global service organization whose stated human rights purpose is to bring together business and professional leaders in order to *provide humanitarian services, encourage high ethical standards in all vocations, and to advance goodwill and peace around the world.*

Over last 118 years, Rotary, like other surviving institutions, has changed itself to remain inclusive and contemporary *without compromising its dynamism and relevance.*

In this section, the editorial team of Spectrum, so far, has touched upon and shared the different anecdotes of Rotary each week during the current Rotary year:

Rotary Historians and their remarkable roles Historians who continue this project



Frank Longoria, at large member of the RGHF Board www.historyboard.org Frank Longoria joined the Rotary Noon Club in Denton, Texas in the 1980's and dropped out for a few years. He rejoined the same club in 1996. Upon his retirement in 1998, he joined the Rotary Noon Club of Marble Falls, Texas.

He served as Director of International Service while a member of the Marble Falls Rotary Noon Club. During this time he worked on several matching grants with sister clubs in Monterrey, Mexico and Ciudad Madero, Mexico. The last matching grant allowed the purchase of an ambulance for a hospital in Ciudad Madero.. The ambulance was imported

successfully. He is presently serving as the Sergeant at Arms for the Rotary eClub of the Southwest. Frank and his wife, Lucila, were host and hostess for a Rotary Graduate Exchange Student from the Cotswold area in England in 2003. They later traveled to England to visit with the student and her family. They have also participated in several Rotary Friendship Exchanges with families from Mexico.

Frank is Professor Emeritus of Foreign Languages, Texas Woman's University, where he taught Spanish and Spanish-American Literature and Linguistics as well as English as a Second Language. He served as the Chairman of the Department of English, Speech, and Foreign Languages and Director of International Programs from 1978 to 1998. He initiated an English Program for students from Japan, and he and his wife visited Japan several times. Prior to his tenure at TWU, he was a tenured Professor at the University of Texas at Arlington and at The State University of New York in Potsdam, NY: He was named Director of International Programs for the State University of N.Y., and he and his family spent 3 years in Madrid, Spain. He holds a PhD in Romance Languages and Linguistics with a second specialty in Comparative Literature from the University of Washington. Frank is a Multiple Paul Harris Fellow and a Sustaining Member. His wife, Lucila, is also a Paul Harris Fellow. Frank thinks that the world will be a better place when all wars are considered history.

Essays: Water and Sanitation



Richards P. Lyon was not born with a silver spoon in his mouth. It was more likely a Rotary Wheel merging with the Boy Scout Oath and Laws. His boyhood was not unusual for an American boy of that time with the privilege of loving forceful parents, weathering the Crash of 29, who taught that you live one day at a time, with the goal of being "effective" each of those days.

He and his brother, at 19 and 17, circled the world, to ride bicycles 3000 miles through Europe. Rotary and its founder Paul Harris made possible bastions of support in a world that connected only by telegraph. Basketball (see photo below) with the man who changed the game, Hank Luisetti, and an engineering degree from Stanford led to his instant decision to become a doctor so he could be helpful each day, a decision never regretted.

As an engineer-physician, Richards found himself a problem discoverer, then solver, using engineering principles for humanitarian needs. The snug stocking worn today to prevent emboli was his first contribution. The in-bed scale to control fluid-balance in the very sick, was the next, to be followed by a series of problems revealed in the field as he helped to pioneer the wonders of pediatric urology.

On retirement at 67, really too early as he looks back, he found himself in the vineyards of Napa, photographing the beauty of vines and workers, all resulting, at wife Carol's behest, in *Vine to Wine* the book *Vine to Wine*, now a classic.



1000 Napa County Roadside Wildflowers then followed as he satisfied a lifetime desire to proclaim their beauty while continuing his desire to be useful and effective each day.

A lifetime with camera always at hand, was the critical part of this program, as he made his own exhibits for the AUA in the midst of a busy life as urologist and renal physiologist, there speeding the understanding of fluid-electrolyte balance while making it practical with body weight control.

The computer was a natural for his roving mind, and lead to mentoring in many countries, most heavily in Pakistan, where as a pediatric-surgeon-professor, he has become equally prepared to practice pediatric urology in a world crying for help and where congenital deformities can receive little concern or care.

This unquenchable curious mind, between 85 and 94, has solved, and with simplicity, the problem of lane-changing on the highway, not dependent on complex electronics, yet still more effective.

His story *A Process Mind*, recently in print, attempts to encourage parents to recognize the creative potentials in minds like his – slower, unable often to attain "straight A" status as he struggles to understand "The Process," which requires recognizing the Real problem, Solving it, being Effective, and Doing It Now.

MILESTONES

Medical Inventions

- "*Superior Hose*" for the Prevention of Pulmonary Emboli from Deep Vein Thrombosis (DVT)
- Operating Room Table Scale for Continuous Weight Monitoring
- Electrolyte "Bear Juice" for Heat Exhaustion/Muscle Cramps for Univ. Of California "Golden Bears" Football Team
- National Prize Winning "Piddle Pattern" Uroynamics, in 1965.

Automotive Inventions

Rear view mirror alteration to eliminate blind spots and provide exact definition of following car

MEDICAL SCHOOL: Stanford University
SPECIALTY: Urology
LOCATION: Napa Valley, California
Posted on: 26 June 2011 by Jack Selway

Disclosure

The Rotary Global History Fellowship (RGHF) is a group of Rotarians dedicated to building a global community of Rotarians, Rotaractors, other Rotary International approved groups, and others interested in the history of Rotary to exchange ideas, provide learning opportunities and build friendship online through its website www.rghf.org. This fellowship operates in accordance with Rotary International policy, but is not an agency of, or controlled by, Rotary International. (Statement per November 2021 RI Board of Directors Meeting)

Rotary History and Anecdotes to be continued...

Upcoming Matriraksha Camps

- On February 18, 2024 at and with support of Ramkrishna Mission Ashram, Nimpith, 24 Parganas (S)



Dr Bimalendu Sen on February 6, 2024
Amrota Chatterjee on March 25, 2024



Spouse Krishna & Prez Kusum Chamaria on Feb 24, 2024
Spouse Rani & PP BL Ajitsaria on February 28, 2024

February is Peacebuilding and Conflict Prevention Month.

March is Water and Sanitation Month.

TAILPIECE

3 magical steps to grow membership

Posted on February 13, 2024 by Chun-Wook Hyun, Trustee of The Rotary Foundation and a member of the Rotary Club of Seoul-Hansoo, Korea



My Rotary club began like any other traditional club, chartered in October 1991 with about 30 members. The year I served as governor of District 3640, about a decade ago, my club had grown to about 100 members. In January, we reached 433 members, making us one of the largest clubs in Korea. How did this happen?

Five years ago, we launched a five-year strategic plan for future growth. Here is the story behind our use of innovation to increase our membership.

Our first innovation happened after I met Tae Gyu Baek and his sister Da Ae Baek approximately four years ago. I still vividly remember the enthusiasm we felt at our first meeting. We were very well connected as we had the same vision for service. I immediately began mentoring them, every week, both professionally and personally. Soon, they joined our Rotary club and established a community service corps within their private company, actively participating in service projects.

Subsequently, that community service corps evolved into a satellite club, Allkey, the first we ever sponsored, launched in February 2021. It held its own regular meetings, and actively engaged in its own service projects. But Allkey members also frequently attend our club's meetings, participate in our service projects, and take part in our activities designed around member hobbies. Our club provides mentoring to Allkey members. And 10 members of our club joined the satellite to foster a connection. The two clubs create synergy and learn from each other. Allkey now has 106 members.

The second innovation unfolded when some members of our club, led by Pan Joon Lee, a musician and orchestra conductor, and N.T. Kim launched a second interest-based satellite club named Bravoce in February 2023. This satellite consisted of 62 professional singers who make up a beautiful chorus and sing for the public, at Rotary functions, and as a service to the poor.

In August 2023, 19 CEOs of global companies doing business in Korea, such as Pfizer and Novartis, created a third cause-based satellite club. Their primary role was coaching and mentoring members of our club and the other satellites. Then in October 2023, 54 college students created a fourth satellite club, which is likely to continue even after its members graduate from college. Our main club has consistently grown and now has 192 members. The secret to our club's growth boiled down to pursuing three "magical" steps, which any club can follow:

Magic No.1: Focus on raising up leaders within your club who could serve as district governors. This will provide strong leadership within your club.

Magic No.2: Create a three- or five-year strategic plan. Continuity is the key.

Magic No.3: Create satellite clubs that will appeal to different interests within your community. Look for potential members who are business owners, CEOs, or people who share a profession or interest like singing. Starting a satellite club is easier than chartering an independent club from scratch, as they thrive on and grow with the support of the sponsor club. Someday, they may leave and become their own club, but that, too, is good.

Innovation is critical for the growth and sustainability of our clubs. We treat our club as a platform for members to grow and find happiness together. We emphasize not only increasing membership but also the personal growth and happiness of each member. We offer 18 sub groupings for members to satisfy their interest in various hobbies. Our members are the owners of our club. We firmly believe clubs exist for their members.

Let's create magic by being innovative in our approach to every club activity, especially membership. Innovation is the hope and magic of Rotary.