



Spectrum



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PRESIDENT KUSUM CHAMARIA

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SECRETARY DR CHITRA RAY

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Health camps for screening and treatment of Anemia in Women on February 18, 2024 at Purba Gurguria, Baruipur



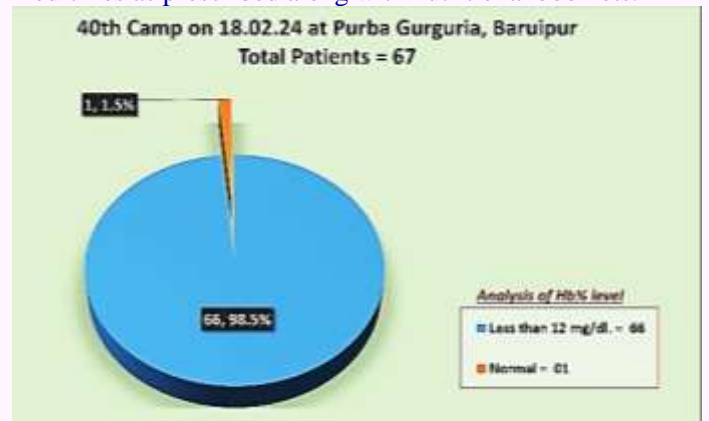
The 40th “Matri Raksha” - Anemia screening and treatment Camp was organized by Rotary Salt Lake Metropolitan Kolkata in association with Nimpith Ramkrishna Ashram, at Purba Gurguria Basanti Abai Prathamik Vidyalaya, Purba Gurguria, Baruipur, 24 Pgs (South) on Sunday, February 18, 2024.



Simultaneously, at the same venue, Govardhan Foundation supported Shawl distribution among needy persons was organized by RCSLMK.



Rtn Dr. Saktirupa & her spouse Suranjan Chakraborty, Rtn Dr. Bimalendu Sen and Dr. M. L. Saha gave awareness talks on Anemia to assembled women. 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 and other ailments and were given free iron tablets for 2 to 6 months, deworming and calcium medicines as prescribed along with nutritional booklets.



Total 67 ailing women got themselves registered for anemia screening and treatment.

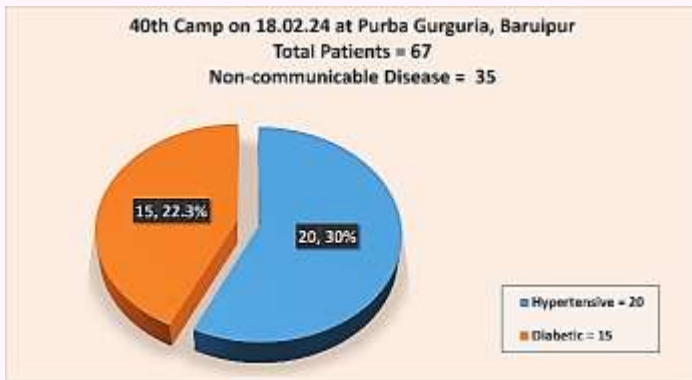
IMPACT OF THE 40 TH MATRI RAKSHA CAMP			
Total patients: 67		Breakup of Anemia & Non-Communicable Diseases	
Anemia Screening	67 no	Anemia detected	66 no (98.5%)
Shawl distribution	23 no	Hypertension detected	20 no (30.0%)
		Diabetes Detected	15 no (22.3%)

Among 67 women 66 (98.57%) had hemoglobin level below 12 grams/dl and 45 (67%) had severe anemia (<10 grams). 15 (22.3%) Diabetic (DM), and 20 (30.0%) Hypertensive (HTN) were referred to concerned physicians.

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

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23 women got Shwals from Govardan Foundation through Rotary Salt Lake Metropolitan Kolkata.



The technical Team from ILS Hospital comprised of Kanchan, Abhinaba, Somedutta and Alok

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

Bill Turner



Grand Nephew of Paul P. Harris, Sue Davis-Hornby, Grand Daughter of Harris Ruggles, the fifth Rotarian RGHF's 12th anniversary celebration, 13 October 2012, Denver, Colorado Historic/Harris Tour of Rotary in Denver.

Two new inductees: Bill Turner and Sue Davis-Hornby, congratulated by RGHF founding member PDG Eddie Blender. On Saturday, October 13, 2012, following the RGHF 12th Anniversary Luncheon in Denver at The Inn at Cherry Creek, Bill Turner, the grandnephew of Rotary Founder Paul Harris, conducted an Historic Rotary Tour of Denver. The six participants included driver Bill and organizer Dave Amen, and fellow passenger Rotarians Jan and Tom Keyton and from Greeley PDG Bryan Cooke and Doug Armbrust.



Bill Turner had the good fortune of spending many times with his grand-uncle Paul Harris, both in Chicago and in Denver. Bill Turner is the son of Ruth Turner, who was the only child of Nina May Harris, who was the only sister of Paul Harris, and thus Bill is Nina May's grandson and is grandnephew of Paul Harris. Bill recalls having met his granduncle when Paul Harris came to Denver in 1941 for the Rotary International Convention. Bill, who would have been twelve at the time, recalls singing a solo for Paul Harris at a Convention Session at the Stanley Hotel in Estes Park. Bill and his brother picked up Paul's Buick when Paul shipped it by train to Denver. They met Paul and drove to the top of Mount Evans to visit the Rotary emblem there, along with touring around Denver, Estes Park and the front range of Colorado.

In a written recording by Bill's mother, Ruth Turner, she states that her grandparents moved to Denver in December, 1894, and resided at 1225 Lincoln Street, where now the Colorado History Museum is located, and kitty-corner to Saint Mark's Church. Nina May had attended the Sunday School of the parish priest, Father Houghton, when he was earlier located in New York State across the state line from Fair Haven, Vermont.



Patti Blender, Founding Member PDG Eddie Blender, PRID and Trustee Lynn Hammond, Robert Lucero, Honorary Member Bill Turner (grand nephew of Paul Harris), David Amen, Doug Armbrust, Jim Kelley, Jr., Sue Davis-Hornby (grand daughter of Harry Ruggles, the fifth Rotarian), Jim Hoops, Jan Keyton, Earl Hasz, Tom Keyton, DG 10/11 Bryan Cooke.



Inductees: Bill Turner and Sue Davis-Hornby



We are indebted to Dave Amen, left, for discovering the existence of Bill Turner, and Bob Lucero, right, for his tireless work organizing this event.



Historic Rotary Tour of Denver, and Paul Harris



Many homes in which the Harrises and Nina May resided have been destroyed, but several residences where Bill recalls visiting his grandmother are still standing today including 860 Emerson, where Nina May lived on the first floor on the left (now identified as Mullen Mansion—see picture) from 1933 to 1935, and 1535 Grant (yellow building in pictures) from 1936 until she died in 1940. The remains of Nina May are located at the gravesite of her parents but with no marker (1870-1940).



Sue Davis-Hornby, granddaughter of Rotary's fifth member, Harry Ruggles. RGHF 12th Anniversary at Denver – Saturday 13 October 2012



Jack M. B. Selway, Patti Blender, RGHF founding member PDG Eddie Blender (the founder of Our Foundation Newsletter) and PRID Lynn Hammond, the inspiration for our long running feature, "What Paul Harris Said." Before RGHF, Eddie was the zone newsletter editor for then RID Lynn.



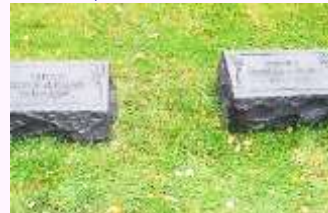
Paul's brother Cecil H. Harris, who is buried nearby along with other veterans, who died during the Spanish-American War.



The gravesite of Bill's parents, Ruth (1892-1986) and Robert W. Turner, Sr. (1886-1980), was visited



The Inn at Cherry Creek, Denver, Colorado



Paul's comments about Denver and his parents.



"And then there is another thing about you, my dear father. It happened long after the years of which I have been writing; in fact, long after you had left Vermont. I refer to the latter period of your life when you were living in Denver. Mother was, at the time, sadly broken; she was totally blind and helpless and then came the great transformation of your life. You waited on mother so tenderly all of those latter years; lifting her from her bed and placing her in her wheel chair. I remember so well how patiently you fed her with a spoon; how you hung on her every word and became her abject slave and when she passed away, you tried so bravely to face life without her. You expiated all shortcomings of former years." Paul P. Harris, My Road to Rotary, Chapter 20, 1947



The historic tour started in rain and thus the colorful umbrellas with initial visit to Fairmount Cemetery in Denver to view the gravesite of the parents of Paul Harris, Cornelia Bryan Harris (1842-1919) and George H. Harris (1841-1926), as well as Paul's brother Claude H. Harris, who is buried along with other veterans who died during the Spanish-American War. Also nearby, the gravesite of Bill's parents, Ruth (1892-1986) and Robert W. Turner, Sr. (1886-1980), was visited. Sunshine appeared as the tour stopped at Saint Marks Church (1160 Lincoln and established in 1875), where Nina May and her parents attended church, as did Bill and his parents.



With wide range of emotional nostalgia, Bill recalled his baptism, confirmation, and wedding in this church as well as painting the church doors the conspicuous red in his younger days. Many homes in which the Harrises and Nina May resided have been destroyed, but several residences where Bill recalls visiting his grandmother are still standing today including 860 Emerson, where Nina May lived on the first floor on the left (now identified as Mullen Mansion—see picture) from 1933 to 1935, and 1535 Grant (yellow building in pictures) from 1936 until she died in 1940. The remains of Nina May are located at the gravesite of her parents but with no marker (1870-1940).



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Doug, Tom, Dave, Bryan, and Bill standing on the corner of St. Marks Episcopal Church in downtown Denver with the Colorado Historical Museum in the background. The rest of the pictures are seemingly self-evident or referred to in my remarks.

Directly across the corner from the red-door church the Harris parents attended were the apartments where they lived, exactly where the Colorado History Museum now stands! That's also the church where Bill was married, and he painted that red door!



Rotary History and Anecdotes to be continued...

Upcoming Matri Raksha Camps

- On March 3, 2024 with Kolkata Municipal Corporation at Garden Reach.
- On March 3, 2024 with Rotary Laban Hrad at Baduria.
- On March 17, 2023 with Rotary Amelia near Ramkrishna Mission, Narendrapur.

Happy Birthday

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

Happy Anniversary

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

Doing good with TRF help

Addressing anemia in women

By Jaishree in Dec 2023 issue of Rotary News, INDIA



An anemia detection camp in a village

It is sad that several rural women cannot differentiate a normal period from an abnormal one. They have no idea how long a period lasts. Many of them bleed for months not knowing that they have a problem in their uterus. Losing so much blood makes them anemic, triggering various other health issues, says **Dr Aruna Tantia**, a gynecologist and member of RC Salt Lake Metropolitan, RID 3291.

The club, through its project **Matri Raksha** (saving women), has embarked on an awareness and treatment drive to address 20,000 women in the district with \$140,000 global grant support from TRF and Rotary clubs from Switzerland. Though the project was begun three years ago, it had to be paused during the COVID pandemic.

The club, along with its RCCs and other NGOs, has conducted 26 special camps until August, in various pockets of Bengal, stretching from the Sundarbans to Nadia and Bankura. "We have so far screened 2,600 women in these camps," says Aruna. Twelve Rotarian-doctors from the Swiss clubs, and TRF's technical cadre members had also participated in some of the camps.

"About 80 per cent women had severe anemia with the blood count alarmingly low at 4-5 units (the normal index is 12). Around 250 women had issues in the uterus, resulting in blood loss," she says. The club is extending surgical care for those diagnosed with tumor. Deworming tablets and vitamin supplements were distributed at these camps, and women were educated on the importance of a nutritious diet.

Utilizing local resources, like the iron-rich Kulekhara (swamp weed) plant, has been a key strategy to combat anemia. "I prescribe the recipe to all my patients. The leaves are to be boiled and made into a soup. Consuming it daily for a fortnight is a sure shot to increase the hemoglobin levels," explains the gynecologist. She points out that the tribal women enjoy better health "because they knew the value of the herbs they had in their backyards."

The services at the camp extended beyond anemia treatment to overall health, addressing issues related to eyes, bones and dental health, **all thanks to the seven doctors of the club practicing various disciplines**. The club also upgraded the rural PHCs with better screening facilities, and trained the health workers. "We even set up a PHC for a cluster of five villages in the Sundarbans where medical help is totally absent. The nearest clinic is 30km away," she says.

Six months after the initial camps, the women were evaluated again, and "to our joy, most of them have been cured of the disorder. Not only are these women now aware of healthy eating, they are also spreading the word about it among their neighbors."

The camps also served to educate the villagers about handwashing, safe drinking water and menstrual hygiene. DG Hira Lal Yadav has made Matri Raksha a district project and Aruna is confident of achieving significant success in the district in the next 3-5 years. "I will be happy when women learn to understand a normal period and make a healthy diet with food from her kitchen shelf," she smiles.

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