



Spectrum



RI District 3291

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PRESIDENT KUSUM CHAMARIA

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SECRETARY DR CHITRA RAY

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Health camp for screening and treatment of Anemia in Women on March 10, 2024 at Newtown, Rajarhat



The 42nd "Matri Raksha" - Anemia screening and treatment Camp was organized by Rotary Salt Lake Metropolitan Kolkata on Sunday March 10, 2024 at Anahit Housing Complex, Newtown, Rajarhat, Kolkata – 700161.



Total 29 women were screened and examined for their Hemoglobin level for Anemia, BP and Sugar by the technical team from ILS Hospital. Each woman after being examined for anemia and other ailments and were given, along with nutritional booklets, free iron tablets for 2 to 6 months, deworming and calcium medicines as prescribed by Dr. Debasmita Mukhopadhyaya and PP Dr. Chitra Ray.



According to camp analysis, 27 (93%) had hemoglobin level below 12 gm./dl and 19 (65.5%) had severe anemia (<10 gm.). Technical Team from ILS Hospital: Kanchan, Amit, Alok and Jhuma



Team of Doctors: Dr. Debasmita Mukhopadhyaya & Dr. Chitra Ray

Club members: Prez Kusum Chamaria, Rtn. Dr. Ajit Kr. Majumder, PP Dr. Chitra Ray, VP I. K. Bagri, PP Uma Shankar Agarwal, Rtn. Ansul Agrawal and PE Sunil Singh.



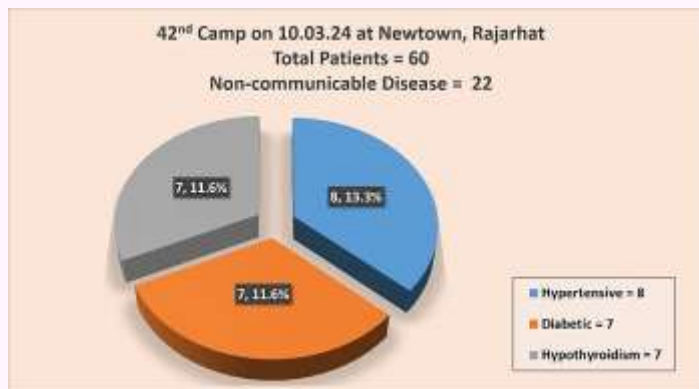
Lifestyle diseases, like hypertension, diabetes, thyroid & heart diseases are a part of non-communicable diseases which are increasing burden of disease worldwide.



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

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Considering this situation, a health camp was organized by Rotary Salt Lake Metropolitan Kolkata on the same day at the same place to let residents know their health status by knowing their health parameters under heading, **'Know your numbers'**. Total 60 persons were screened their blood pressure T cells and sugar level. Around 8 patients were detected as hypertensive, 7 patients were detected as diabetic and 7 patients were detected with hypothyroidism.



Further, **eye screening** of total 33 persons were done by Susrut Eye Foundation and Research Centre. Two of them were detected with cataract and two were being advised for glasses.



IMPACT OF THE 42 ND MATRI RAKSHA CAMP	
Breakup of Anemia & Non-Communicable Diseases	
TOTAL NO	122 no
Anemia screened for women	29 no
Anemia detected	27 no (93.0%)
Lifestyle parameters screened	60 no
Hypertension detected	8 no (13.33%)
Diabetes Detected	7 no (11.67%)
Hypothyroidism detected	7 no (11.67%)
Eye Screening	33 no
Cataract detected	2 no (6.0%)

Rotary History and Anecdotes

Rotary Historians and their remarkable roles

Hans Peter Thorand

A Brief Introduction



Hans-Peter Thorand was born in Plauen, Germany, on 1 December 1944. In 1945 his family moved to Munich where he later completed high school and attended Trade School.

In 1960, his family migrated to Canada where he continued his education at the University of Alberta in Edmonton, stopping just short of an engineering degree. In 1962 he was granted Canadian citizenship.

He then moved to Vancouver Island working as a mechanic; then back to Vancouver working for a mining equipment manufacturer where he worked his way up to a Chief Mechanic, traveling throughout northern Canada; then on to Saudi Arabia with Aramco working in the oil industry as the Field Superintendent for the Dhahran area; then to Petromer Trend in Irian Jaya, Indonesia and finally to Santa Fe Energy as their maintenance Advisor until retirement in 1999.

After all these years he then finally took roots in Thailand in 1978. He married Wandee Silipamongkhon and in 1988 welcomed their daughter, Pornsawan.

His first introduction to Rotary was around 1994 when he joined the RC Jomtien-Pattaya in Thailand.

He later moved and chartered the 3rd Rotary Club in Pattaya, the RC of Taksin Pattaya, where he remains a member.

During his time with this club he implemented over 400 projects which ranged from small to large and covered every area in Thailand.

In 2007 he became the Vice President of the Navy League Siam Council Thailand and in the following year was voted in as President of the Siam Council, the position which he holds to this day.

In 2009 Thorand moved from RC Taksin-Pattaya to RC of Chantanimit and continued helping the poor and disadvantaged in Thailand.

Peter's Family owns the Apartment Hotel in Pattaya where all Rotarian's will be warmly welcomed and receive a discount.

His Accomplishments

Thorand's recognition stems from his extraordinary accomplishments in the area of Community Service covering almost every conceivable region of Thailand and tirelessly over a period of nearly 15 years.

Thorand's main modus operandi is to work in conjunction with the US Navy on what they call their "COMREL" (community relations) activities, identifying needy peoples and regions, creating appropriate projects designed to improve their sustainable life style and finally, to coordinate, manage and supervise the execution of the project through to its finality.

Having decided what is an appropriate project that fits the criteria of the COMREL, Thorand collects the sailors from their ship, takes them to the project location, supervises the work and takes them back.

But invariably, lunch or dinner, refreshments and local entertainment, football games, social visits and a wide range of other activities created to add enjoyment to the tasks at hand. Then there's local press, photography, report writing and back to his "drawing board" for the next one.

Joint Ventures and Projects

Via his "United Charities of the Eastern Seaboard", Thorand often joint ventured with those NGOs, and on more than one occasion, with the Royal Thai Army Medical Department. His joint venturing was not restricted to the US Navy.

Some of the Rotary Clubs involved in these and other joint ventures included:

RC Golden Colorado, USA; RC Boulder, Colorado, USA; RC Capalaba, D9630, Qld, Australia; RC Central Blue Mountains, NSW, Australia; RC Siracha; RC Ban Chang; RC Sisasket; RC Korat; RC Nong Kai and many other.

Major Beneficiaries of the Projects, among many, are Several schools, Relief centers, flood victims, Rehabilitation Center, refugees, clinics, welfare centers, occupational training centers, mine victims and hospitals in Thailand; In preparing history, Thorand recommends due recognition to the major players in all projects, and without whom, the projects would not have been a success.

Thorand shared hundreds of documents, photos, letters and reports to create an authentic, unbiased history of Rotary in his region of service activities.

Rotary History and Anecdotes to be continued...

Upcoming Matri Raksha Camps

- On March 17, 2023 with Rotary Amelia Kolkata at Ananda Palit Road, Entally, Kolkata

From isolation to connection: simple friendship dinners strengthened our club

Posted on March 14, 2024 by Todd Fischer, member of the Rotary Club of Boise Idaho, USA



Todd showing off his sushi creations

A few years back, our club's beloved social planner, Cathy Rosera, passed away unexpectedly, and no one had stepped up to

take her place. I missed Cathy and our club's parties and friends. As the months progressed, I realized I was feeling lonely. I reminisced about the interesting conversations, fascinating histories, and downright fun I used to have at our Rotary club socials. We hadn't had one in a while, and none were planned.

I suspect no one volunteered because Cathy set a high standard with her gala events. I had never planned a party, reserved a venue, figured out the food, or organized special activities. That is a lot of nevers to overcome. The types of events held by our club over its 100-year history were outside my skill set.

Cathy also set another standard – saying "Yes!", being proactive, being of club service. We didn't have to replicate Cathy's galas to honor her contributions to our club. Instead, we could try something new that still emphasized good food and socializing. Better Friendship Dinners were born.

The recipe for connection

The mechanics are really simple. We:

- Ask for members to volunteer to host
- Promote the event at a club meeting
- Coordinate club members who will attend.

At the Rotary Club of Boise, a couple of times a year, we ask for members to volunteer to host. We found everyone has a specialty we like to share – mine is teaching how to roll sushi, a good friend has the most amazing BBQ spread. And don't let the word dinner limit your thinking. We have had brunches and beverage tastings, and younger club members joined together to host at their parents' home because their apartment was too small. I am looking forward to a Better Friendship picnic where all the member's children come and run around.



Club member Bill, a model train enthusiast, sharing his passion as host

One of my favorite Better Friendship dinners was a lunch consisting of bacon, lettuce, and tomato sandwiches. My friend Paul makes bacon, so he showed off his unique talent. Why was this my favorite Better Friendship event? Because Paul's example showed it isn't about outdoing each other by offering the most amazing meal. These meals are about friendship, and any excuse to get together is a great excuse: a great Better Friendship event. The bacon was good, but the friendship was even better. *Everyone in your club needs to feel comfortable when they consider hosting.*

The ripple effect

The phrase Together, we see a world where people unite is included in Rotary's vision statement. Better Friendship Dinners are all about nurturing and strengthening the connections that unite. Now, when a member dreams up a

service project idea, those connections give strength to the Rotarian, to the idea, to the ability to turn the idea into reality, where people unite and take action. Better Friendship Dinners create memories I look back on fondly. Where I now live is a result of talking to a club member at a Better Friendship Dinner who is a realtor. I have been changed because of Better Friendship Dinners: more confident when I have an idea, more compassionate when I see a fellow Rotarian struggling, and less lonely because I have a connection to people who care about me. Better Friendship Dinners are a simple way to take action to create lasting change across the globe, in our communities, and in ourselves. It is there in ourselves, which we sometimes neglect. Find your reason to get together with your fellow club members, with no real agenda or goal other than to be together, to get to know each other better, and to share a few laughs. You might be surprised at the personal and societal ripples your simple gathering creates.

Happy birthday

Amrota Chatterjee on March 25, 2024

March is Water and Sanitation Month.

TA I L P I E C E

Indigenous Australian fire-stick farming began at least 11,000 years ago

In Nature Geoscience on March 11, 2024 by Bianca Nogrady, a freelance science journalist and broadcaster whose work has appeared in The Saturday Paper, MIT Technology Review, Nature, The Guardian.



Northern Australian elder George Milpurrrurr shows the next generation how to do a cultural burn.

Credit: Penny Tweedie/Alamy

Indigenous Australians have been using fire to shape the country's northern ecosystems for at least 11,000 years, according to charcoal preserved in the sediment of a sinkhole.

The practice of cultural burning, also known as 'fire-stick farming', is integral to Indigenous Australian culture and history, and is understood to have profoundly altered landscapes across the country. Fire-stick farming involves introducing frequent, low-intensity fires in small areas of the landscape in a patchy, 'mosaic' pattern, and is done early in the dry season. The practice is important culturally and environmentally; in particular, it reduces the amount of fuel available for burning and therefore decreases the intensity of wildfires that might spark late in the dry season because of lightning strikes or other triggers.

Archaeological evidence indicates that humans have continuously occupied the Australian continent for at least 65,000 years, but little is known about when the practice of fire-stick farming began.

"You need a really long record that goes back before people were here so you can see what the natural world, the definitively unimpacted world, if you'd like, looks like and then you've got enough of a record to be able to see if anything changed," says study co-author Michael Bird, a geologist at James Cook University in Cairns, Australia.

The researchers found that record in the sediment of Girraween Lagoon, a permanent water body formed in a collapsed sinkhole near Darwin in the Northern Territory. The lagoon is an important site for the traditional owners of the land, the Larrakia Nation, and was made famous by the crocodile attack scene in the 1986 film *Crocodile Dundee*.

Because the lagoon has remained full, its sediments offer a continuous record of deposition that has not been disturbed by drying out and cracking. Bird and his colleagues were able to extract a core from the bottom of the lagoon that provided a 150,000-year-long record of changes in the type and geochemistry of the deposited charcoal, and in the accumulation of pollen.

Change in the charcoal

The team notes that, around 11,000 years ago, the changes in the charcoal deposits point to alterations in the intensity of fires in the area. Without human influence, fires are less frequent but have enough intensity to burn trees and leave behind charcoal, says Bird.

"A less-intense fire doesn't get into the crown - it's burning what's on the ground," he says. The grass, as well as twigs and fallen tree leaves, are more likely to become charcoal than the trees themselves, he adds.

Because tree-derived charcoal has higher concentrations of the isotope carbon-13 than does charcoal from grasses, the researchers analyzed the composition and geochemistry of the burnt residue in the sample. The authors found a sustained change from low-frequency, high-intensity fires, the 'natural' fire regime, to more frequent but less intense ones, which they suggested was the result of Indigenous fire-stick farming.

The authors ruled out climate change as the cause of the shift by using the ratio of tree pollen to grass pollen as a type of climate history to show that vegetation changes did not explain the shift in the charcoal record.

However, Bird notes that European colonization has mostly brought an end to cultural burning practices, and has shifted fire intensity back towards a natural pattern. "Because we've had, 10,000 plus years of a particular fire regime, it's the release from that fire regime that's actually creating quite significant issues," he says, suggesting that this shift has contributed to the return of more high-intensity wildfires.

Joe Fontaine, a fire ecologist at Murdoch University in Perth, Australia, says that the growing understanding of how cultural burning has shaped the Australian landscape, particularly in the northern regions, is crucial for contemporary fire-management practices, which to a large extent have excluded Indigenous people and their expertise.

"The barriers to doing cultural burning, in our arcane system of laws and bureaucracy," are challenging to overcome, Fontaine says. There are also many more permanent structures in the landscape nowadays than there were before colonization, he says, so the challenge is to work out where and how cultural burning can be restored as a practice.

The continuing work that "puts cultural burning practices out there and establishes it as something that really existed, is crucial to the evolution of contemporary fire management", he says.