



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 17, 2024 at Newtown, Rajarhat



The 44th "Matri Raksha" – Women's Anemia screening and treatment Camp was organized by Rotary Salt Lake Metropolitan Kolkata in association with Rotary Amelia Kolkata on Sunday March 17, 2024 at the Institute of Physical Culture, 49 Ananda Palit Road, Entally, Kolkata-700014.



Total 64 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. Debasmitta Mukhopadhyaya and PP Dr. Chitra Ray. According to camp analysis, 54 (84%) had hemoglobin level below 12 gm./dl and 27 (42%) had severe anemia (<10 gm.). 9 women (14%) were suffering from Diabetes (DM), 24 women (37.5%) were Hypertensive (HTN).



Technical Team from ILS Hospital comprised of Sister Anjana, Mr. Amit, Mr. Alok and Mr. Somnath.



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



Club members: Prez Kusum Chamaria, and PP Dr Chitra Ray.

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

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IMPACT OF THE 44 TH MATRI RAKSHA CAMP	
Breakup of Anemia & Non-Communicable Diseases	
TOTAL NO	64 no
Anemia screened for women	64 no
Anemia detected	54 no (84.0%)
Lifestyle parameters screened	64 no
Hypertension detected	24 no (37.5%)
Diabetes Detected	9 no (14.0%)

Health camp for screening and treatment of Anemia in Women on Wednesday, March 15, 2024 at PACE Learning Centre (PLC), Piyali, Gaurdaha, West Bengal



Here is a short photo feature of the 43rd Matri Raksha held at PACE Learning Center meant to change the face of trafficking and extreme poverty.



Held on March Wednesday, March 13, 2024 at PACE, Piyali, Gaurdaha, West Bengal.



The report shall be shared with readers of Spectrum on receipt by the editorial team of Spectrum.



Rotary History and Anecdotes

Rotary Historians and their remarkable roles Norman R. Winterbottom "1905 Society" 2010



A Rotarian since 1970, when he joined the Rotary Club of Auckland East (D-292) Norm Winterbottom has been a member of Glenfield, Devonport (charter member) and Milford clubs (all D-9910) and is currently a member of RC of Milford 9910. He has served as club secretary, treasurer, bulletin editor, webmaster, public image and has served for many years on District Committees both as a member and as chairman.

The founder of the Rotary International New Zealand Science & Technology Forum, of which he was the Director for six years, and also RDU Rotary Supplies New Zealand. Norm holds Service awards from District 9920 and the Milford Club. He is a multiple Paul Harris Fellow. His Classification is "Shipping & Customs."

"I am a Rotarian because I had the great good fortune to invited to join the Rotary Club of Auckland East (D-292) in 1970. I had little knowledge of what Rotary was, but very quickly learned the meaning of Rotary's Fellowship and just how unique it is. I soon found that being involved with others in Service projects is both satisfying, and sometimes humbling. Rotary has become a way of life. Rotary has given me precious friendships with people of similar attitudes from all over the world that I should have been the poorer for not having their friendship."

Then and Now: Rotarians On The Move Essays by RGHF Historian Norm Winterbottom

How much of Rotary was formed by long discussions on very slow boats and trains?

*"Swiftly, swiftly flew the ship,
Yet she sailed softly too
Sweetly, sweetly blew the breeze—
On me alone it blew."*

— ST Coleridge from *"The Rime of the Ancient Mariner."*

In this century of mass air travel, instant communication and lasting friendships made without any face-to-face contact, it is

not easy to comprehend the difficulties that confronted our Rotary forebears in communicating with each other and in travelling to Conventions.



1910 Convention Delegates.

Messages were conveyed by mail which could take more than 30 days to travel from one hemisphere to their destination in the other. The fastest means of communication was by telegraph. No internet, nor cell phones, nor Blackberries in those simpler times. Of necessity, letters were precise in their meaning and carefully phrased, although, reading them today we view them as stilted in their construction and grammar. How, one wonders, will future generations, accustomed to text messaging, and whatever yet to be devised electronic devices, adequately communicate across language barriers.

Before the advent of mass air travel, intense cross-border security, lengthy queues at airline terminals and the convenience of the ubiquitous credit card; travelers checks or letters of credit issued by banks were the means of accessing foreign currency.



Travel was by steamship and railroad. Journeys from countries such as Australia and New Zealand to the West Coast of the United States took eighteen days and to Great Britain thirty-one at best.

The cost in time and money to those dedicated Rotarians who made the odysseys to Conventions was not inconsiderable as they were away from their businesses and professions for up to three months. It is documented that the British Rotarians attending the 1930 Convention in Chicago sailed from Southampton on June 7 and on arrival at New York then travelled to Chicago via Philadelphia and Washington, arriving in Chicago on June 22. Following the convention they returned to Britain via Toronto and Montreal in Canada, eventually arriving in England on July 7. In many cases, those forays possibly constituted annual holidays, but they also were a valuable opportunity to establish friendships within the group as well as with Rotarians in other lands, thus establishing the firm bonds in Fellowship that is Rotary's strength.

The protracted confinement aboard ships without sight of land for days on end, and in railway coaches provided the opportunity for serious discussion on matters Rotary. We may reasonably conclude that those discussions were the source of many of the decisions that were subsequently made by Rotary's early Boards of Directors, decisions that were promulgated in clear and precise language which left little room for loose interpretation. An examination of old Manuals of Procedure shows them to resemble an Army general's Order of the Day, issued before a battle; they provided only limited scope for interpretation by the District Governors as commanders in the field.

We should have sympathy and admiration for those hardy travellers of the past. They did not wear jeans, T-shirts, sports shoes and windbreakers. Suits, collars, ties, highly polished dress shoes, hats and overcoats were de rigueur. They knew nothing of soft fabric suitcases fitted with wheels and retractable handles. Their belongings were packed in stout, heavy rawhide suitcases and sometimes "cabin trunks," large hinged boxes which stood on end and when opened out revealed drawers on one side and hanging space for garments on the other. In hotel rooms, guests' shoes were put outside the door at night to be collected by a porter, cleaned and polished, then returned before guests awoke in the morning.



It was thus encumbered that Paul and Jean Thomson Harris made their many journeys about the world promoting Rotary and one can but marvel at the fortitude and commitment of that frail man and his devoted wife. It is little wonder that after Paul's death and Jean had returned to her native Scotland, when invited to attend a Rotary function in Edinburgh, she declined, saying that she did not care to attend another Rotary meeting for the rest of her life.

Norm Winterbottom

RC Katikati, NZ (D-9930)

Rotary History and Anecdotes to be continued...

New learning opportunity: Introduction to Systems Change

Posted on March 18, 2024 by Carrie Golden, Partnerships Manager at Rotary International

Are you interested in learning about how you can change systems? Deepen your knowledge of sustainable change and social entrepreneurship with a learning opportunity from Ashoka, our valued partner in service! Ashoka is offering a **4-week introductory course on Systems Change**, free of cost. This program will equip you with the knowledge and skills to:

- **Craft a successful systems-change strategy**

- Collaborate effectively with other leaders
- Create a lasting and equitable social impact



Whether you're a seasoned Rotaractor or Rotarian or just starting your Rotary journey, this course is a valuable opportunity to gain practical insights and tools to *make a real difference in your community*. To secure your spot register at.

https://news.ashoka.org/c/AQillQcQgdDMARjVpdq0AiDK5_o mTr1zWxw8OLb08UGZsrrMBw95VX_8hSXtWOyCmj1ra0

Course Details:

Dates: April 16th, 23rd, 30th, and May 7th, 2024

Time: 4:00 PM – 5:30 PM Central European Time

Cost: Free

Don't miss this chance to *empower yourself and your community* to drive positive, lasting change.

Congratulations dear Rtn Priyanka and spouse Baibhav Agarwal for becoming the proud parents of a baby boy on March 21, 2024



Happy birthday

Amrita Chatterjee on March 25, 2024

March is Water and Sanitation Month

Happy anniversary

Spouse Baibhav & Priyanka Agarwal on April 28, 2024

April is Maternal and Child Health Month

TAILPIECE

Empowering and elevating women in the workplace

Posted on March 20, 2024 by Lee Ann Searight, RI membership resources specialist



This International Women's Day, 8 March, the Membership Development team at RI produced a webinar on the future of women in leadership. As I researched the issue, I read an article about women's place in the global economy and their challenges in achieving gender equity. The UN estimates it will take up to 286 years to close gaps in legal protection and remove discriminatory laws and 140 years for women to be represented equally in positions of power and leadership in the workplace. But despite these challenges, the panelists remained hopeful.

Manjoo Phadke, recipient of the 2023-24 Sylvia Whitlock Award, spoke about empowering women to realize their potential rather than just handing them power. She believes that winning this award gives her one more tool to inspire confidence in the women around her and encourage them to lead.

Angela Walker, who has held leadership positions at both the club and district levels in Rotary, talked about the challenges women leaders face and the importance of perseverance. She said women need the strength not to let roadblocks discourage them from becoming who they want to be as leaders. Aja Castillo, the panel's moderator, emphasized the importance of allowing women to hold positions of authority and supporting them in navigating those tricky spaces.

Throughout the webinar, the panelists offered practical suggestions for supporting women in leadership – from mentoring and sponsoring to being a good ally. They stressed the need to understand the difference between equity and equality and to step back so others can step forward.

Reflecting on what I learned from the webinar, I'm reminded that we all have a role in advancing gender equity – regardless of gender. Whether learning more about the issues facing women or using our voices to speak up for their advancement, we can all make a difference.

Watch a recording of Rotary's International Women's Day webinar:

https://www.youtube.com/watch?v=X7IKMHtlkBg&list=PLGukUvNU_i3Jex__E5nfJOE4JBYeJpm7m&index=3