



Spectrum



RI District 3291

April 6, 2024

PRESIDENT KUSUM CHAMARIA

CLUB NO 78956

Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

SECRETARY DR CHITRA RAY

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EDITOR DR OM TANTIA

WEBSITE www.rcslmk.org

Health camp for screening and treatment of Anemia in Women on Wednesday, March 28, 2024 at Sister Nivedita University



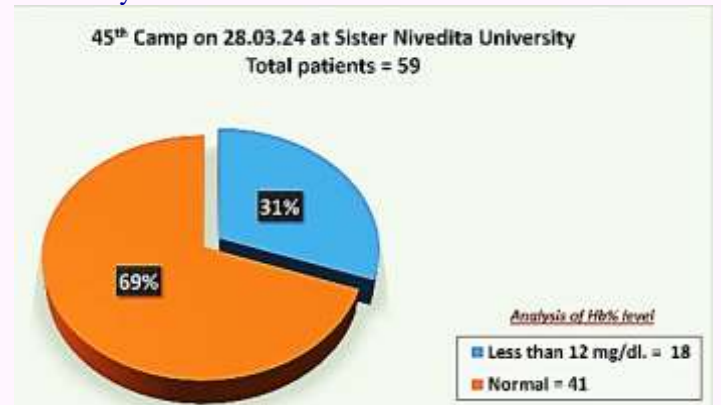
Here is a short photo feature of the 45th Matri Raksha held in association with RCC Manav Seva Samity at the Department of Agriculture, Sister Nivedita University, 1/2, DG Block (Newtown), Action Area I, Kolkata, West Bengal 700156



Held on March Thursday, March 28, 2024 where 59 girls and women were screened. Dr. Suranjan Chakraborty gave awareness talk to assembled college students on Menstrual Hygiene and Endometriosis.



All students were screened their Hemoglobin level for Anemia, Blood Pressure and Sugar level were further measured by the technical team from ILS Hospital. Each girl was checked by Dr. Chitra Ray & Dr. Saktirupa Chakraborty and given free iron for 2 to 4 months to anemic patients with deworming and calcium medicine as required. They were also told about the nutrition and balanced diet with nutritional booklet by the doctors.



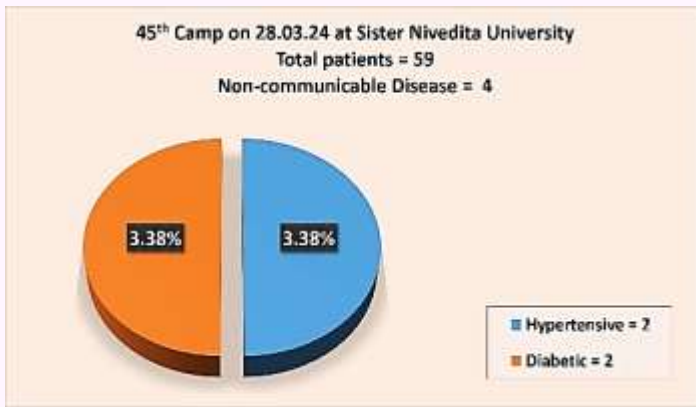
According to camp analysis, 18 (31%) had hemoglobin level below 12 gm./dl and 7 (11.8%) had severe anemia (<10 gm.). Around 2 patients (3.38%) were suffering from Diabetes (DM) and 2 patients (3.38%) were Hypertensive (HTN).

| IMPACT OF THE 45 TH MATRI RAKSHA CAMP | |
|--|---------------|
| Breakup of Anemia & Non-Communicable Diseases | |
| TOTAL NO | 59 no |
| Anemia screened for women | 59 no |
| Anemia detected | 18 no (31.0%) |
| Lifestyle parameters screened | 59 no |
| Hypertension detected | 2 no (3.38%) |
| Diabetes Detected | 2 no (3.38%) |

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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The technical team from ILS Hospital comprised of Amit, Sharmila, Jhuma, Alok and Sister Munna



Team of Doctors: Dr. Chitra Ray, Dr. Saktirupa Chakraborty & Dr. Suranjan Chakraborty



RCSLMK members: President Kusum Chamaria, PP Dr. Chitra Ray, Dr. Saktirupa Chakraborty



Rotary History and Anecdotes

Rotary Historians and their remarkable roles Wolfgang Ziegler

*Presentation to RGHF Senior Historian Dr. Wolfgang Ziegler,
16 November 2006, in Bavaria*

The best known Rotary Fellowship in the world is Rotary Global History. The Rotary Global History website has 2000 pages full of information about Rotary Global History and it is the most authoritative source in the world about Rotary Global History. 70,000 Rotarians around the world visit this website every month.

The internet publications “What Paul Harris said” and “Why I am a Rotarian” are read every week by more than 7,000 Rotarians and are quoted at many Rotary meetings around the world.

This material is contributed by dedicated Rotary Historians around the world.

Dr. Wolfgang Ziegler is one of the best of these Rotary Historians. He lives in the German Rotary District 1840, which includes Munich. He is a member of the Ammersee Rotary Club.

On November 16, 2006, Wolfgang received a special 1905 Nickel and was inducted into the “1905 Society” from Rotary Global History. It was presented to him by Matts Ingemanson, who is Past Chairman of Rotary Global History for two years during 2004-2006, including Rotary’s Centennial year. When Rotary celebrated its 100th birthday in Chicago in 2005, Matts was the main speaker at the event. Matts is also one of our RGHF Ambassadors and came all the way from New York to present this award to Wolfgang.

Matts and Wolfgang together in Wolfgang’s Munich apartment with Wolfgang’s artwork in the background. Wolfgang is a prolific photo artist.



Past Chairman 2004-2005 Matts Ingemanson (left) together with 1905 Society Award Recipient Dr. Wolfgang Ziegler (middle) and Past Rotary District Governor Karl-Heinz Günterman (right), who founded 10 new Rotary Clubs during his term as Governor for Rotary District 1840 in Germany



Wolfgang and Eva in Bavaria



Past RGHF Chairman Matts is putting the 1905 Society Award on a silver chain around Wolfgang's neck.



Once Karl-Heinz became District 1840 Governor in 1996-97, he started an additional 9 Rotary Clubs during his year as DG. When Karl-Heinz told me about this, I was so impressed that I asked him to write me about this achievement

THE DISTRICT 1840 HISTORY

Prepared by the district and not verified by Rotary Global History

A Short Summary of the Memories of the District 1840 Governor Karl-Heinz Göttermann

Since 1978 I'm a Rotarian. My first year in Rotary I enjoyed as a member of the RC München-Land, which was then one of eight clubs in Munich. As of today, we have 12 clubs in Munich. Two more Munich clubs are (will be) founded in 2007 (München-Bavaria and München-Deppelhausen). In 1991, I became the founding president of the RC Augsburg, of which I'm still a member.

District 1840, with the biggest membership of all districts in Germany, includes actually two clubs near the border to Austria territory. We also share our nearby neighbor, the "Rotary Niagara".

When I joined Rotary, the Lions had about 13 clubs in Munich. By now, the number has increased to 23, together with a substantial increase of the total number of Lions clubs in our district. Most of our better informed friends argue, that this is mainly due to the less strict attendance rules.

When I had the honor of becoming Governor of our district, my principal intention was to make Rotary grow in membership and number of clubs. I assumed, that this could be easily done, because Rotary generally has an excellent reputation in our country. However, especially craftsmen, even when owning a company and employing 15 and more workers, hesitated to join, probably because of our reputation to be a club of academics. Also younger people, though they had been sometimes members of a Rotarist club before, were reluctant to join, pointing out their various obligations in family and business. Hence I was confronted with certain unforeseen problems.

Yet - I succeeded. Partly I used the access to my profession, who had proved to be very effective. Unfortunately, he suddenly passed away in 1997.

How did it work? When I visited the then 72 clubs in the district, I avoided the term "attendance obligation". "Attendance right" was the word I used. Many of my former membership visits in clubs outside Germany - including Switzerland, England, France, and as far away as Kenya, Egypt and the Emirates - made it clear, that attendance should not be seen as a duty but as a rewarding experience. The numerous visits in clubs worldwide had been made possible by my professional career. In the course of 40 years I had seen about 60 countries. An additional help was a Rotarian friend, then minister in the CDU-FDP cabinet, who took me with him on many trips to a

part of the so called "Lafwalk". This way I had mostly a good start in a foreign country.

Coming back to our district, I have to say, that not all clubs supported wholeheartedly the founding of new clubs in their vicinity. The foundation of some clubs, e. g. Freising-Gräfing, Obermerfeld and Pilsach, turned out to be especially difficult. Nevertheless, I succeeded in founding 9 additional clubs during my year as a Governor.

Probably the most interesting and difficult foundation was the club of München-International, an English speaking club. Though Munich is said to be the secret capital of Germany, it has no embassy. However, there are now more 40 to 50 consulates, and I made appointments with the consuls in charge, many of them ladies. Some of the consuls refused to listen from the very beginning with excuses like "no time" or "I'm only here for a year or two". Others like the consuls of Bulgaria and Jamaica were easily convinced. All in all, I had to invest a lot of time to arrange meetings with prospective members.

One single fact turned out to be the most important for the success of the RC München-International: From the very first moment on, every member was welcome to bring his/her partner to the meeting. This is unique among Munich clubs.

Looking back on my time as a Governor, I'm happy and proud, that finally so many clubs used their confidence in my efforts. I'm also proud, that my efforts have been acknowledged by Rotary in awarding me the Paul Harris Fellowship with by now five citations. Furthermore, besides being a member of the Rotary Club Augsburg, I'm also a honorary member of the clubs München-Hofgarten, München-Isartorfeld, and Tübingen at the lake Starnberg (the lake made famous by our Bavarian King Ludwig II).

After nearly 50 years in Rotary, and reaching soon the age of 80, I think I can look back with pride on my career in our movement. Friendship is the most precious gift of Rotary, and I'm happy to count a few members as real close friends - one of them is our common friend Wolfgang.

Years in Rotary

RGHF Historian Dr. Wolfgang Ziegler (left) in conversation with Matts Ingemanson.



Ziegler with his bound collection of 1911-1960 issues of The Rotarian. He was also elected as a Life Member of RGHF in 2009



Digital Still Camera

Rotary History and Anecdotes to be continued...

Happy anniversary

Spouse Baibhav & Priyanka Agarwal on April 28, 2024

April is Maternal and Child Health Month

TAILPIECE

Be the Change: Four Inspiring Rotary-led Environmental Projects

Posted on April 4, 2024 by Claudia Urbano, Rotary Service and Engagement staff

As we know, protecting the environment is one of Rotary's areas of focus. This is an important issue that needs a collective effort, and clubs around the world are taking action. Their initiatives inspire individuals and communities to make a positive impact. By taking action, these clubs not only contribute to the well-being of the planet but also raise awareness and inspire others to join the cause. Whether it's attending global conferences on climate change, organizing waste reduction campaigns, or uniting communities to protect water, these clubs play a vital role in shaping a greener, more sustainable future for all. Here are a few examples of how they are making a difference:

Turning Trash into Treasure

Imagine a workshop where hundreds of people from across the globe learn to transform waste into beautiful products. That's exactly what happened at the Global Multidistrict Workshop on Upcycling for Monetary Benefits. Participants from India, Africa, and the US discovered innovative ways to create upcycled items from used cartons and discarded tires and sell them for profit. Workshop attendees learned valuable skills and formed a network to support each other as eco-entrepreneurs – a win-win for the planet and for their new business ventures!



Advika Agarwal, of the Rotaract Club of MoCo (Montgomery County), is a senior at Richard Montgomery High School in Rockville, Maryland, USA. She is a recipient of the Environmental Protection Agency's Presidential Environmental Youth Achievement Award for spearheading Lunch Out of Landfills, a school-based program that diverts lunchroom waste from landfills and incinerators.

Rotary Sessions at the United Nations Climate Change Conference

Environmental experts throughout Rotary hosted two dozen sessions at the 28th United Nations Climate Conference in Dubai, also known as COP28. The sessions addressed how the changing climate intersects with health, poverty, and other issues important to Rotary. RI President R. Gordon R. McNally discussed how climate-linked disasters affect mental health. It was the third year that Rotary has taken part in the climate conference.

Empowering Youth to Fight Food Waste

A program called "Lunch Out of Landfills" combats school lunch waste by diverting 40-60% of landfill-bound materials through designated bins. Initiated in 2018 by Joe Richardson, a member of the Rotary Club of Southern Frederick County (Urbana), Maryland (USA), it has expanded to involve student leadership in waste management, food recovery for local food banks, and educational initiatives. By promoting composting, recycling, and responsible food practices, the program not only reduces greenhouse gas emissions but also empowers students to become environmentally conscious leaders and contribute to addressing climate change. If you are interested in becoming a volunteer or starting a similar project, visit the Lunch Out of Landfills page on the Environmental Sustainability Rotary Action Group website.

Uniting Communities for Water Protection

This year, be a part of history by participating in the World Water Minga, a global event inspired by the ancient Latin American tradition of community gatherings for a common cause. The goal? To raise awareness about watershed protection and set a Guinness World Record for water action. This multi-year project, backed by Rotary's-UNEP Community Action for Fresh Water initiative, promises to be a powerful force for change. This year's event is happening on 20-21 April.

Together, we can build a cleaner, brighter future for generations to come.

We meet 2nd and 4th Saturdays at GPT Group, JC 25, Salt Lake, Kolkata 700098 at 6.00 PM

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