



# Spectrum



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## Four ways to celebrate Youth Service Month

Posted on May 2, 2024 by Casey Jones, Programs and Communications Specialist, Rotary International staff



Every May, Rotary International celebrates Youth Service Month! While Rotary's young leaders are worth celebrating every month, May offers an exciting opportunity to highlight the leadership development and service impacts of the more than 350,000 young leaders who participate in Rotary International's youth programs each year.

Celebrate Rotary's young leaders in the following ways:

### 1. Learn more about Rotary International's youth programs.

**Interact clubs** bring together young people ages 12-18 to develop leadership skills while discovering the power of Service Above Self. Interact clubs organize at least two service projects each year: one that supports their local school or community and one that promotes international understanding. **Rotary Youth Leadership Awards (RYLA)** is an intensive leadership experience organized locally by Rotary clubs and districts for young people ages 14-30. During RYLA, participants develop leadership skills while having fun and forming lasting friendships.

**Rotary Youth Exchange** offers students ages 15-19 the opportunity to learn a new language, discover another culture, and build lasting friendships with young people from around the world! Exchanges are sponsored by Rotary clubs in more than 100 countries and range from short-term exchanges lasting several days to three months and long-term exchanges that last a full academic year.

### 2. Participate in a webinar hosted by Rotary International's Youth Advisory Council.

The 2023-24 Youth Advisory Council is hosting a webinar, *Become a Champion for Youth*, on 15 May 2024 at 10:00 AM (UTC-5). By attending this webinar, you will be able to:

- Understand how young people find rotary and become involved.
- Explore the barriers to youth participation and find strategies to overcome them.
- Develop a plan to create continued engagement with youth members and alumni.

Register to attend the webinar live or receive a recording.

### 3. Read youth-centered stories.

For the next four weeks, Rotary International will be publishing stories authored by young leaders and the Rotary members who champion them. Be sure to subscribe to the Young Leaders in Action newsletter and visit the Service in Action and Rotary Voices blogs weekly to read new stories about the impact of Rotary's youth programs!

### 4. Partner with young leaders

When Rotarians and Rotaractors partner with young leaders in ways that value and emphasize their unique skills and experiences, young people can develop a life-long relationship with Rotary. Invite youth participants to your Rotary or Rotaract club meetings and create opportunities for collaboration. Join forces as you serve your shared community and make a difference together!

## Rotary History and Anecdotes

### Rotary Historians and their remarkable roles Ramon MacFarlane



Secretary, RGHF  
Ambassador, Dr. Ramon  
"Ray" Himmelstrup  
Macfarlane, RC of  
Thiensville-Meguon, D 6270,  
past president 1998-1999.  
Ray was elected to the board  
of Rotary Global History for  
the 2006-2007 Rotary year,  
and joined the RGHF  
Committee in March of 2006.

In April of 2007 he was elected Secretary of the association.  
\*Died Monday, 22 September 2008

Ramon Himmelstrup MacFarlane was born to Frederic Charles MacFarlane (1889-1948) of Frederiksted, St. Croix (DWI) and Cleomene Malvine Clendinen (1885-1962) of Charlotte Amalie, St. Thomas (DWI) on November 14, 1935 in Dayton, Ohio (USA). Reared in the Dayton, Ohio School System, this 1953 graduate of Paul Laurence Dunbar High School attended the University of Dayton (majoring in Pre-Medicine). In 1957, Ramon transferred to Central State College in Wilberforce, Ohio from which he graduated in 1960 with a degree in Elementary

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

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Education. In 1970, he received his Masters degree from Xavier University in Cincinnati, Ohio with a major in school administration. Completing all his coursework, he obtained an ABD leading to a Ph.D. in Educational Foundations and Research at the 'Ohio State University' (OSU) in Columbus, Ohio. He also co-taught the OSU Graduate Course, "Desegregation Awareness"! In addition, Ray possesses an (Honorary) DD. and a Ph.D. from Buxton University (on-line) in 'Multicultural Education'.

In 1989, after ten years with the Human and Civil Rights Division of the National Education Association (NEA), Ramon took a leave of absence from the NEA to join the Milwaukee, Wisconsin-based, 'Compact for Educational Opportunity' (CEO) as its Manager for Staff and Parent Services & Human Relations Training.

In 1993, Ramon began his life in Rotary. Sponsored by PDG Karl V. Hertz, a past president of the Thiensville-Mequon Rotary Club, he started on the Board as its Director of Vocational Service. Going through the chairs, Ramon became president of the T-M Rotary Club in 1998-1999 the same year he was diagnosed with kidney disease (ESRD). Having taught at Concordia University Wisconsin (CUW) as a member of its adjunct faculty since 1994, Ramon received a kidney transplant from his wife in 2001 and is retired from the university.

For the last five years, Ramon has served as the editor of the club's newsletter, the 'T-M Rotarian' and was a nominee for the position of district governor. He has been a host parent numerous times and serves as the Rotary Youth Exchange (RYE) counselor. The recipient of many honors and awards, Ray has served as the historian of the Club's 'Guatemala' project and currently serves as the co-chair for a joint fundraiser for the Centennial Project 'Walk for the Rotary Riverwalk'. He has served on several Rotary Boards and has been a board member of the Allied Council of Senior Citizens, the Interfaith Caregivers of Ozaukee County, Inc., Gideon's International and the Cedarburg Cultural Center to name a few. He and his wife, Ellen are both Paul Harris Fellows, the only husband and wife team in the T-M Rotary Club and are 'Life' members of the NAACP and the American Association of Kidney Patients (AAKP). In case, it wasn't mentioned, Ray and his wife also have perfect attendance.

Ray also happens to know Paul P. Harris' middle name. Do you? Let us know [dev.rghf.org](http://dev.rghf.org)



*Clock wise from top left: With Basil Lewis, UK; Joe Kagle, USA; and Calum Thomson, Scotland (dark jacket on right) our friend "Gentle Ray" is hidden from view. A most modest Rotarian quickly became beloved by all for his quiet*

*duty. His constant duty at the 2007 Convention booth. Ray MacFarlane, USA, and his #1 cheer leader, wife Ellen Marie MacFarlane, and two photos of Ray and 06/07 RGHF president & Chairman of the board Calum Thomson, Scotland, in the booth largely created by Ray along with Joe Kagle.*

We need RGHF members like Ray.

### Ted Gifford



*2005 Photo with his wife Caroline*

PRID Dr. Edgar D. (Ted) Gifford D.D.S. Honorary Member Charter President Rotary Club of La Grange 1958-'59 District 644 Governor 1964-'65 Director Rotary International 1981-'83. Joined Rotary Global History in February of 2006 Rotary Recognition Awards: Presidential Humanitarian Citation 1981, Service Above Self Award 2003, and District 6450 Spirit of Rotary Award 2003.

He and his wife Caroline are level four Major Donors, Benefactors of The Rotary Foundation, and there is an Endowed Foundation Fund in his name.

I am a Rotarian because on August 8, 1958 I telephoned the Rotary International Secretariat in Evanston, Illinois and spoke with Beth Maveety of the Extension Department about the possibility of organizing a Rotary club in La Grange, Illinois U.S.A. Miss Maveety told me she would inform District 644 Governor Mitchel P. Davis of my interest.

I was inspired to make that call because my uncle, a Perth Amboy, New Jersey Rotarian, who had taken me to a meeting of his club in 1949, and my wife Caroline's father and grandfather who had been president of the Manistee, Michigan, and charter member of the Red Creek, New York Rotary clubs respectively.

On September 3rd, 1958 District 644 Extension Chairman Thor Holter, and a former Rotarian and La Grange minister Russell Kerr, met in my dental office. Four weeks later 27 La Grange area business and professional men applied for a Rotary charter.

After Past Rotary President Herbert J. Taylor spoke about "ROTARY PROGRESS WORLDWIDE" at our charter banquet on November 19, 1958 Chesley Perry (Rotary General Secretary 1910-42) addressed our club about Rotary Global History, and Australian Ambassadorial Scholar Brian Wiseman told us about his country and impressions of the U.S.A. during early weeks of our club's existence which made me realize what enriching and rewarding opportunities Rotary membership provides.



For me it marked the onset of opportunities to assist others in our community, and opened a doorway for worldwide involvement and friendships with service-minded people. Why am I still a Rotarian after 47 years? Why do I continue to attend meetings and participate in other Rotary events? Because I enjoy the fellowship and good feeling that exists at meetings and other Rotary activities, but beyond that because I consider myself fortunate to be involved in a progressive organization that provides humanitarian services, encourages ethical vocational standards, and promotes goodwill and peace.



*Past D6450 District Governors, in 2005, PRID Gifford is third from the left.*

## Happy birthday

Dr. Rajesh Goel on May 13, 2024  
PP BL Ajitsaria on May 27, 2024

## Happy anniversary

Spouse Mita & Dr Ajit Majumder on May 8, 2024  
Spouse Manitosh & PP Dr Chitra Ray on May 10, 2024  
Spouse Kakoli & Dr Bimalendu Sen on May 11, 2024

*May is Youth Service Month*

## Rotary: a gateway to living long and well

*Posted on April 30, 2024 by Haresh L. Ramchandani, past district governor, member of the Rotary Club of L.I.F.E., Jamaica, and a member of the RI Membership Growth Committee*



*Haresh Ramchandani in front of a rice field during a trip to Bali*

Blue Zones are thriving communities with a high concentration of people between the ages of 90 and 100. The concept of Blue Zones has been popularized recently in Dan Buettner's series of books and a Netflix special based on his research into the secrets of living longer.

When I became aware of Buettner's research and began studying it, I was struck by how several of the commonalities of these Blue Zones overlapped with Rotary's core values. It got me thinking that perhaps Rotary membership is a gateway to living a long and fulfilling life. Let me share a few of the similarities I see.

### ***Strong Social Network: The foundation of living long***

One of the main characteristics of Blue Zones is the emphasis on strong social connections. These people have a strong feeling of community, with friends and extended family playing an important role in their daily lives. Rotary clubs cultivate a similar environment. Rotary members gather frequently, forming close bonds of fellowship and friendship and a robust support system. This sense of belonging goes beyond mere fellowship and camaraderie; it provides a feeling of purpose and security, lowering stress and nurturing emotional well-being –strongly correlated to long life.

### ***Beyond Friends: Finding meaning by serving others***

Having a purpose in life is another fundamental idea of Blue Zones. Many people in these zones have a compelling "why" that motivates them daily. Individuals in these societies frequently play an impactful role in their families, friends, and communities, making a significant difference. Rotary's commitment to service represents this idea. Rotary members collaborate on many projects and needs, addressing local and global issues like poverty, literacy, health, and environmental sustainability. We get a sense of purpose, satisfaction, and genuine fulfillment when we partake in this impact and engagement, leading to a long and happy life. So many studies confirm volunteering improves perceptions of self-worth, fosters social connection, and lowers stress – all of which are linked to improved health outcomes.

### ***Keep Moving: A key to living longer***

The inhabitants of Blue Zones are renowned for leading active lives – walking, gardening, or just going about their daily lives in walkable places. Though they don't solely focus on physical activity, Rotary clubs frequently plan activities that encourage movement. Through events like park clean-ups, charity walks, and runs, Rotary promotes a lifestyle that incorporates being active.

### ***Less Stress: Another ingredient of long life***

Prolonged stress is a significant cause of health issues. Blue Zones residents have developed various strategies to manage stress. Some communities prioritize daily naps, while others rely on strong social bonds and religious practices for stress relief. Rotary clubs provide a stress-relieving environment because they emphasize service and their supportive environment. Rotary's sense of purpose and companionship can buffer against everyday stresses.

### ***Living in the Present: The power of mindfulness***

The people in the Blue Zones often show a strong sense of mindfulness and awareness. Some of the communities practice regular meditation, while others focus on activities that

promote being present in the moment. Rotary meetings and service projects are great opportunities to practice mindfulness. Many of the activities lend themselves to being present, in the moment, and focused.

### ***Being a part of something greater***

Many Blue Zones have a solid spiritual, religious, or community connection. While Rotary clubs are non-sectarian, they promote a sense of belonging to a greater cause, fostering social connections, purpose, and meaning in life.

***Rotary membership offers an impactful, unique blend of social connection, purpose-driven service, and a naturally active lifestyle. These core values create an atmosphere of longevity and provide a powerful recipe for living a fulfilling life. Rotary creates a transformative experience, not just for the community but also for members' health and well-being.***

## **TAILPIECE**

### ***Rotary's Give Every Child a Future program vaccinates 100,000 young people***

*By Etelka Lehoczky in April 2024*



***As of May 2, 2024, Rotary's Give Every Child a Future (RGECAF) program has vaccinated up to 100,000 children in nine Pacific Island countries against rotavirus, pneumococcal disease, and HPV.***

The island countries of the South Pacific are tropically warm, economically diverse, and really, really far apart. In this region, which spans millions of square miles, even individual countries' islands are scattered across vast distances. Public health workers face unique challenges in vaccinating the islands' children.

"It's hard to transport vaccines to the outer islands because of the distance and transport availability. Sometimes they have to wait one to three months to get a boat across," says Rufina Tutai, who oversees immunizations for the Cook Islands. The 15 islands in her jurisdiction are spread over nearly 2 million square kilometers (770,000 square miles).

"Flights are expensive to charter, and we're lucky if a flight can go to the outer islands in less than two weeks," she adds.

Such obstacles didn't deter the Rotarians of Australia, New Zealand, and several Pacific Island countries from organizing a major vaccination program in the islands. Called Give Every Child a Future, the effort, which celebrates 100 years of Rotary in the region, is providing three new vaccines to 100,000 children in nine Pacific Island groups: the Cook Islands, Kiribati, Nauru, Niue, Samoa, Tokelau, Tonga, Tuvalu, and Vanuatu.

"Public health programs in the developing world are some of the most effective forms of assistance we can provide. The payback is just enormous," says James Allen, a member of the Rotary Club of Sydney, Australia, and the project's director. "We agreed that the Pacific was the area we wanted to focus on because it was in both New Zealand's and Australia's backyards."

Give Every Child a Future took about eight years to develop. At first, the Rotary members knew only that they wanted to raise enough money to have a major impact on childhood health – more than US\$1 million. Their goal didn't crystallize until they found a partner capable of helping them carry out

the kind of effort they dreamed of. UNICEF, which has frequently worked with Rotary, was the ideal partner.

UNICEF's representatives suggested that the effort focus on immunizing children using new vaccines for rotavirus, pneumococcal bacteria, and human papillomavirus (HPV). Rotavirus, which causes diarrheal disease in very young children, and pneumonia are among the top three causes of mortality in Pacific Islander children under five, says Libby Hodgson, chief marketing officer for UNICEF Australia. And HPV vaccination for adolescent girls can prevent them from developing cervical cancer later in life.

The scope of the program meant that Rotary clubs in the region needed to raise around US\$3.9 million, almost twice what they'd initially imagined. "We thought, 'Well, that's ambitious.' But after all, we wanted to do something significant," Allen says.

Ultimately, the members applied for 23 global grants, securing more than US\$980,000 in funds from The Rotary Foundation. The program was also funded by about US\$807,000 in District Designated Funds, US\$990,000 from clubs and individual members, US\$264,000 from other foundations, and US\$860,000 from the Australian government.

That funding paid for much more than vaccines. It was used to purchase special refrigerators, insulated containers, and other equipment to keep vaccines cool and transport them to the most distant islands. The health ministries in the nine island groups will be able to use this equipment for many years. That fulfills the project's other goal of helping the targeted areas add the three vaccines to their regular immunization schedules. "This program is not just about vaccinating 100,000 children," says Michelle Tanner, 2016-17 president of the Rotary Club of Matamata, Waikato, New Zealand, and the marketing chair for Give Every Child a Future. "This program is about strengthening primary health care systems and vaccine delivery systems. It's about expanding staff capacity and updating equipment. And it's about updating policies and procedures, such as record-keeping."

Jennifer Jones, Rotary's president in 2022-23, visited the Pacific Islands in March 2023 to review and promote the program.



"I had a chance to talk with one couple [whose] son had been immunized but still contracted rotavirus. Because of [the immunization], he was able to survive," Jones said during her visit. "The fact that we can be here, that we can give every child a future – this is what we do. We deliver on the promises we make."