



RI District 3291

August 17, 2019

PRESIDENT DR SUDHA CHAUDHARY

CLUB NO 78956

Spectrum

Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

SECRETARY KUSUM CHAMARIA

CHARTERED ON APRIL 30, 2008



VOL 12A NO 7

EDITOR BL AJITSARIA

WEBSITE www.rcslmk.org

Vibrancy enhances tone of club meeting



The 470th club meeting of RCSLMK held on Saturday, August 10, 2019 noticed vibrancy while members and visitors listened to **Dr KS Poddar** and raised issues related to *“Golden Hour of Heart Attack - how to recognize and what to do?”*



President Dr Sudha Chowdhary initiated the meeting by welcoming Dr Kamal Shankar Poddar, the speaker of the evening, visitors and guests that include members of neighboring Rotary clubs and Samir Saha, Zonal Assistant Governor respectively.



PP Dr Aruna informed that due to uncertainty of timely arrival of Dr Sunil Lhila, Cardiologist, RN Tagore Hospital, who was out of town till the afternoon, Dr Kamal Shankar Poddar, Cardiologist, ILS

Hospital, Dumdum, was approached and had kindly consented to talk on “Golden Hour of Heart Attack - how to recognize and what to do?” Dr Kamal Shankar Poddar, through his presentation, covered reasons of incidences of heart attack, life style of a person to remain healthier, ways to recognize possibility of heart attack of a person, immediate actions thereof, life style of a person after one incidence of heart attack, necessity of hospitalization and fast action



Dr Kamal Shankar further explained importance of always carrying certain specific medicine, by aged persons, to be used for immediate relief at the incidence of perceived heart attack

He also suggested regular non-strenuous exercises like a 20 minute normal walk or basic yoga's for the aged and persons.

Appropriate and patient responses to continuous flow of issues from the listeners that lasted several minutes ignoring President Sudha's several attempts to move to next part of proceedings made the meeting lively and vibrant.

President Sudha, in her vote of thanks, acclaimed vibrancy.

PP Uma Shankar offered a memento and PP Umapasrad handed over Vocational Excellence citation to the speaker Dr KS Poddar.

President Dr Sudha thanked visitors that included, among others, AG Samir, members of Rotary Calcutta Kankurgachi, Rotary Salt Lake Central, Rotary Bidhannagar and Rotary Calcutta Labanhrad Guests, visitors and members thereafter enjoyed fellowship on light refreshment.

Leadership library transforms community

Posted on August 13, 2019 by Frederic Nullathemby, 2018-19 president of the Rotary Club of Rose-Belle, Mauritius



The inside of the new Leadership Library in Mare Tabac, looking through the reading room

If you want to be a leader, you have to read. If you want to develop leaders, you have to provide a place for young people to read. When we took on our project to develop the Leadership Library, we very much had the words of Margaret Fuller, a 19th century American journalist and women's rights advocate, at heart: "Today a reader, tomorrow a leader."

We knew of a building in Mare Tabac that had fallen into a deplorable state. The building had once been a pre-primary school where many villagers in Mare Tabac began their education. Due to management issues the school closed and was converted into a village hall. But it was later abandoned when no stakeholders were making use of the building. It became an eyesore until more than a decade later; The Rotary Club of Rose-Belle stepped forward to do something with this building.

Taking our cue from Rotary's vision statement, we set out to unite the local authorities and join together to create the Leadership Library. We were confident our project would create positive and lasting change in our community. We made several site visits and held numerous meetings with local leaders before we were able to secure the approval of the Mare Tabac village council and Rose Belle district council.



Inside the building before work began

It took six months of renovation work to bring the building alive again. Members gave the outside and inside a thorough cleaning, applied fresh coats of paint, and lined up local electricians and workers to wire the building back to life.

We launched the brand new Leadership Library on 18 May with our 2018-19 District Governor Shelly Oukabay. This is easily the largest education project we have ever undertaken, and we are proud to bring it to completion in just under a year. We began to work on the project in July of 2018. We had the collaboration and support of all the members of our club and the various stakeholders including the Mare Tabac UNESCO Club, a local nongovernmental organization that is managing the library for free.

Our aim is to promote young leaders and encourage people to discover Rotary by visiting a special corner inside the building. There are books and materials about Rotary, photos and images on display, and words painted on the walls that capture Rotary truths including our new vision statement.

The Leadership Library's goal is to motivate young leaders to take initiative and share their newly-gained knowledge with the public and local leaders. Eventually the library will be equipped with computers, which will be used for free courses and literacy programs run by the UNESCO Club.

Service project resources to take projects to the next level

Posted on August 14, 2019 by Rotary Service and Engagement

Rotary is founded on the ideal Service Above Self. It's rooted within our guiding principles and at the core of club activity. Every day, you

take on service projects and initiatives to address local community needs. Although members come from diverse backgrounds representing a cross-section of professionals, business and community leaders, you work together to advance international understanding, goodwill, and peace through service.

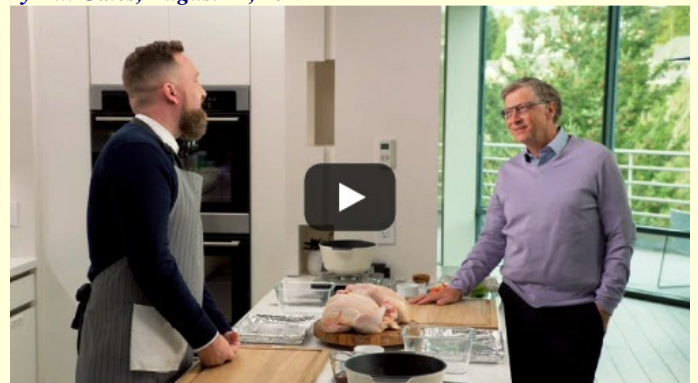
To plan effective projects, it's important to understand community needs and leverage project resources. Take advantage of the Rotary assets below to help strengthen your initiatives:

- **The Avenues of Service** are part of Rotary's guiding principles and are the foundation of club activity. District committees for **community** and **international service** are great resources to help you plan successful humanitarian activities and implement projects. District committee chairs are well-positioned to help clubs by suggesting innovative approaches to address community needs, identifying service-related resources, linking clubs to mentors or subject matter experts, and publicizing initiatives undertaken by clubs.
- Through your district's international service committee, connect with a local mentor experiences in project planning, design, implementation, or Rotary's six areas of focus. Your district leaders can introduce you to fellow district members involved in one of Rotary's 25 **Rotarian Action Groups** or a member of the TRF Cadre of Technical Advisors.
- A **Rotary Community Corps (RCC)** can enhance community engagement and ensure project sustainability by empowering local leaders to pioneer change. RCCs are teams of non-Rotarian community members, men and women who may be farmers, teachers, shop owners, or even retirees, who work in partnership with Rotary clubs to improve their communities. They are committed to their communities' long-term development, and bring enthusiasm, creativity, and sustainability to the projects they design and carry out. By organizing an RCC, you can make a tremendous, long-term impact in your community. Learn more about what you can do through a Rotary Community Corps.



How BBQ chicken can prepare you for life after high school

By Bill Gates, August 12, 2019



I never really learned how to cook. Other than scrambling eggs over a fire during Boy Scout camping trips, it just wasn't something I was

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

Printed by Dr Sudha Chaudhary, President, Rotary Club of Salt Lake Metropolitan Kolkata • Editor: BL Ajitsaria

For private circulation only • Web site: www.rcslmk.org

taught growing up. Because I never learned how to make a healthy meal for myself, I ended up eating a lot more fast food than I should've—especially when I was young and early in my career.



That's not the case for Robert Hand's students.

Robert works at Mount Vernon High School, which is about an hour north of Seattle. He teaches family and consumer science—what we would've called "home economics" when I was in school. In other words, he helps his students learn how to take care of themselves after high school, including how to make a nutritious and delicious homemade meal.

In just six years of teaching, Robert has had such a big impact on his school that he was named the 2019 Teacher of the Year for my home state of Washington. He was nice enough to visit my office earlier this year and show me how to make one of his students' favorite dishes: barbecue chicken.

My lesson in butchering a whole chicken comes from Robert's Beginning Foods class, which is open to every student at any grade level. I was surprised to learn that his cooking classes are some of the most popular at his school, but maybe I shouldn't have been: the kids get to eat what they cook in class.

His students love the opportunity to make something by hand and enjoy the immediate results. Learning to cook not only gives kids a skill they'll use the rest of their lives but can also help build confidence.

"There is a pride in having done it yourself," Robert told me. "I see it in my kids when we do this: the pride that they have of knowing that they put the time and effort and work into this. [Cooking] is something that seemed intimidating or hard, but it's really not that difficult to do."

Although Beginning Foods probably would've been more beneficial to me, I was most interested to hear about Robert's "Life After High School" class for seniors. Students learn practical life skills to prepare them to enter the real world, like how to write resumes and cover letters, put together a personal budget, and get a car loan.

Robert even sends them on a mock job interview (usually with another teacher at the school). Each student in the class has to dress professionally and create a portfolio to take with them. Afterwards, he helps them write and mail a thank you card to the person they met with, just like a real job interview. The whole process gets the kids comfortable with interviewing and sets them up for success.

The real secret sauce, though, is how much of himself Robert puts into the class. Every morning, he greets each person with a fist bump and a "How are you?" If students can't afford to buy a new suit for a job interview, he takes them to a local thrift store and helps them find a professional outfit on a budget. Around 60% of the students at Mount Vernon High School come from low-income families, so he always keeps a pantry stocked with free food in case someone comes to school hungry.

He also talks to his students often about his own professional journey. When Robert was in high school, he had no idea he wanted to be a teacher. After graduating from college, he still didn't know what exactly he wanted to do with his life. It was only after a few years of working other jobs—and a pivotal conversation with his wife—that Robert decided to become a teacher.

A lot of his students are in the same boat. They haven't decided what they want to do after graduation, and Robert uses his own story to help them feel okay about that. "There's a lot of pressure right now to figure out early on what are you going to do," he says. "We don't always know, so the best we can do is prepare kids for every aspect of life and what the next steps are."

Some of his students do know what they want to be when they grow up, though. And for the ones who want to become teachers, Robert is there to help. He leads the school's teacher prep program.

It's just one way that he's advancing one of his personal goals: to help diversify education in Washington. The student body at his school is majority non-white, and Robert hopes that one day its teacher workforce looks less like him and more like the kids they're teaching.

The students at Mount Vernon High School are lucky to have a teacher as passionate, engaging, and creative as Robert. It takes a special kind of educator to get kids excited about filing their taxes! The skills he teaches are essential for any student, whether they plan on going to college, vocational school, or straight into the workforce. If we want to give our kids the best chance possible to succeed after high school, we need more amazing teachers like Robert.

Forming international service partnerships at the Colombia Project Fair

Posted on August 16, 2019 by Steven Kirby, member of the Rotary Club of Hercules, California, USA



In an effort to expand Rotarian involvement in international service, my District 5160's International Service Chair (DISC) introduced a new grant opportunity for clubs to attend a project fair. Clubs could apply for \$2000 USD grants for selected club members to attend a project fair in the Americas or \$2500 USD for a project fair in another region. Funds could be used for registration, transportation, food and accommodations.

Six clubs were awarded grants to fund members who attended project fairs in Costa Rica, Colombia, and Kenya.



I attended the Colombia Project Fair in Bucaramanga. One of the great things about this project fair and the presenters was that each project was selected and organized to address guidelines for international grants. These districts in Colombia were fully prepared to work closely with international partners to meet the requirements for grants. I found all four clubs I met to be very hospitable and highly dedicated to Rotary and their projects. They all expressed interest and willingness to begin communications with other clubs and to begin working together towards relationships which foster cooperation on projects.



I arrived a couple days early and stayed a couple days after the fair ended to attend local Rotary meetings and visit local club projects. I was fortunate to attend four of the local seven club meetings and visit three club projects.



The first project I visited was an elementary school that had contaminated drinking water. The students got sick after the government provided a school food program. Through an assessment, the local club determined that this was caused by the drinking water. They coordinated a project which filtered the water and supported the school. Currently, there is increased attendance and plans by the government to rebuild the school. I started a pen pal letter program with a classroom there, and our teachers, the parent-teacher association (PTA), and local Rotary club plan to raise funds to provide materials based on their list of needs.

The second project I visited was near a food processing center where, unfortunately, the working parents were bringing their children with them to work. As this was a highly unacceptable situation, the local Rotary club worked with the government to build a school nearby and, as a project, helped to provide the school a small activity field. The club now plans to develop the activity area into a mini-soccer field with other sports activities to encourage community participation with the school.

The third project I visited was within an impoverished area of the region where many single-family mothers with pre-school aged children live. There were no facilities for children aged 1-4, so the local Rotary club is working with the government and their community to provide a pre-school for these children. Currently they are fundraising and preparing to build a school fence around the field and the buildings.

Since I was fortunate enough to visit these projects personally, they are part of my basis for explaining and encouraging international involvement to other Rotary clubs. Our area has eight Rotary clubs, and Bucaramanga, Colombia has seven clubs. It has been my goal to encourage all our local clubs to engage in communications with the Rotary clubs in Bucaramanga. After I returned from the fair, I spent the next few months guest speaking at local clubs in the San Francisco East Bay Area.

In conversations with another local Rotary club, I learned that there might be an opportunity to support a dental project through a Rotary club in Bucaramanga. Also, in conversations another local club, I found that we might begin to engage in reciprocal exchanges. Additionally, conversations have begun around the idea that our eight clubs could coordinate a larger project, raise funds together, and apply them to a future Global Grant. There are so many possibilities.

Project fairs are a great way to get involved in international service. These regional events connect clubs that are seeking international service projects with those that are interested in collaborating with global partners. Check out upcoming fairs.

Upcoming Club programs

- Aug 25, 2019 Multi specialty free health camp at Dutta Phulia village near Bangladesh Border, Nadia organized by Dimer Club along with RCC Chakdah, Dt: Nadia
- Sep 8, 2019 25 beneficiaries will receive Cycle Vans under Global Grant 1524507 titled 'Swabalamban 3' at Amta Howrah
- Sep 15, 2019 35 beneficiaries will receive Cycle Vans under Global Grant 1524507 titled 'Swabalamban 3' at Chakhah, Nadia
Free Health camp at Chakdah, Gynae, Paed, Skin, Oral Cancer, Medicine doctors required
Blood donation camp at Chakdah
Project Green: Distribution of fruit plant sapling to 115 people at Chakdah

Birthdays of Rotary members in August 2019

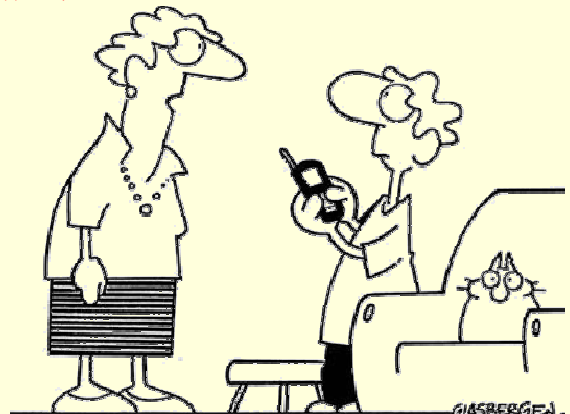
- Archana Goyal on August 11, 2019
- Rajkumar Rajgharia, past Governor on August 15, 2019
- Jhulan Basu, past Governor on August 16, 2019
- Kusum Chamaria, past President on August 23, 2019

Anniversaries of Rotary members & spouses in Aug 2019

- Sp Sunayana & PDG Utpal Majumdar on August 15, 2019
- Sp Sipra & PDG Aniruddha Roychoudhury on August 17, 2019

August is Membership & Extension Month

UNWIND



"Explain again how you can tap out a 500 word text message in six seconds, but it takes you fourteen hours to pick up a pair of shoes?"

TAILPIECE

Someone asked Life: "Why are you so difficult?"

Life Smiled and said "You people never appreciate easy things"