



Rotary Club of Sonarpur

Rotary District : 3291



PRESIDENT :
Rana Safui

RI PRESIDENT :
Sakuji Tanaka

SECRETARY:
Gautam Ray

DISTRICT GOVERNOR:
Uttam Ganguli

R.I. Club No. 23960 Charter dt. 30.06.1986

NO. 20

VOL : XXVII

21st Dec. 2012

Fighting AIDS through the power of Rotarians

Posted on November 28, 2012 by Rotary International

By Marion Bunch, Rotarians for Family Health and AIDS Prevention

World AIDS Day 1 December holds special meaning to me. I lost my second born child, Jerry, to AIDS early in the American epidemic (1994). At that time, the disease was so stigmatizing, I felt quite lonely not being able to discuss Jerry's illness with anyone outside my family. I never thought I'd do anything about it until one day, three years after his death, I felt a tap on the shoulder and a voice in my ear said "mom, get up and get going, you haven't done anything, and it's been three years."

It was an **epiphany** of a moment that completely altered the course of my life.

In 1998, I was propelled into taking the first step to begin a project in my Rotary club. The fact that our club president said 'yes' to my idea made me a passionate Rotarian for life! From the start, I realized that finding partner organizations in the field of HIV/AIDS would be important because Rotarians are not AIDS experts. I created a partnership program with a local AIDS service organization whereby together, we provided AIDS education in the middle schools of Georgia. This sobering program has now been seen by 450,000 students!

My interest ultimately took me to Africa in 2001, where I quickly realized the huge disparities between America and the developing world. I was struck by the hugeness and the filth of the slums in places like Nairobi, Kenya. I realized that there are 20 million orphans living there now because their parents died of the consequences of AIDS. They have little to eat, they are often shunned by their community, and they drop out of school because they don't have the funds to pay the schools fees or get uniforms.

I was also amazed at the reception given me in African countries by fellow Rotarians who were so glad to welcome an American Rotarian woman who

was interested in working on this issue. The year was 2001. I ultimately began a Rotarian Action Group recognized by the RI Board of Directors in 2004. It was so rewarding to meet thousands of Rotarians out in the world that had an interest in doing something about this disease!

Today, I look back and realize what an **incredible journey** I have been on since then. I gained ideas from public health experts, and I met people that I'm sure God put in my path because I didn't have the knowledge or good sense to even know that I should be meeting them. I have gained mentors in many parts of the world on this issue. I got to thinking that the 'partnership' concept was the right way to approach helping the children and their families. We can't do things alone but must work together to really get something done.

The action group (now known as Rotarians For Family Health and AIDS Prevention) is in its third year of doing a huge health event in Africa, which takes place in May 2013. We will provide free health care services of all kinds (from HIV Testing to Polio immunization, tuberculosis and malaria screening, etc.) to 200,000 children and families at 400 different sites in three countries, all during a three-day event led by Rotarians from 365 clubs. The action group has obtained partnerships with The Coca-Cola Africa Foundation, the Center for Disease Control, USAID, at least 100 non-government organizations who provide the medical work, Delta Airlines, and the Ministry of Health in each country. Can you believe it?

I'm certainly not a genius and have faced many challenges along the way. But I have never lost my passion because I remember all the challenges that my son realized when he was alive. That drives me as it would most moms. But most importantly, I have been able to achieve this work because of the power of Rotary's brand and the respect it receives everywhere. I am so proud to be a part of this organization!!

Club Project Report



December 15, 2012

Woollen garments distributed among school going needy children at our RCC, Janakalyan Samity, Usthi.

More than 75 students were benefitted.

QUOTE



The mind is not a vessel to be filled but a fire to be kindled.- Plutarch

We meet every Friday, 7.30pm at Hotel Park Palace, 49/2, Gariahat Road, Kolkata 700019

Looking at your Computer, tablet or smart phone screen for long hours may ruin your eyesight



1. Dim lighting helps minimise eyestrain

2. Use font that's easy to read, like Verdana 12-point

3. Use desktop for longer jobs

4. Dark text on light background easiest

5. Look away for 10 seconds every 10 minutes

Minutes

Meeting no 1168

Dated 14.12.2012

President, Rtn. Rana Safui called meeting no. 1168 to order.
National Anthem led by Rtn Bibhas Kr. Roychowdhury..
Minutes of the last meeting confirmed.

Discussions:

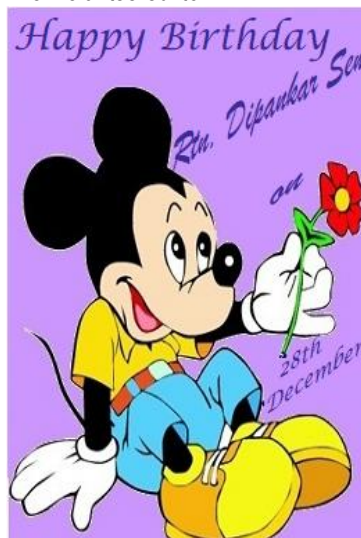
- o Decision on Rtn. Sripati Pradhan's resignation kept pending till any feedback from Rtn Bibhas Kr. Roychowdhury who volunteered to persuade Rtn. Sripati Pradhan for a comeback.
- o Members resolved to disburse Rs.3000.00, as the 1st of the 4 instalments to Ashram Anandam towards Teacher's Honorarium, shortly.
- o Members discussed and decided to disburse the amount, which was decided earlier, towards sponsorship for the sports organized by RCC, Janakalyan Samity, Usthi.
- o Members discussed the details of incumbent project of Distribution of Woollen garments to needy children at Usthi.
- o President discussed with the members, an appeal from a south 24 parganas club for distribution of blankets in their locality and assigned Rtn. Subrata Das to physically verify the status and requirements of the club.

President handed over the business to Secretary Rtn. Gautam Ray, who announced the receipt of bulletins from neighboring clubs, and upcoming District / Club events. Secretary handed back the meeting to the President after announcing the Wedding Anniversary & Birthdays of our members / Anne in the following week.

Having no other business, President terminated the meeting.

Members Present: 10

Sunshine Collected : Rs. 200/-



District Programme

1. 12th & 13th January 2013 : 'Prashanti', Conference of Peace at Swabhumii
2. 20th January 2013 : Sub-National Immunization Day

Health Corner

Treat your earache with a nasal wash using warm saltwater

Most parents know that a *baby* with an *earache* is not fun to be around, so we do everything we can to treat the pain quickly. *Earaches* are typically caused by fluid that causes pressure on the eardrum, and during the *cold*, the tubes which connect the middle ear to the throat tend to become clogged, which also causes pain. There are many safe *remedies* that one can administer right in their own home to help relieve the *pain*. One of these remedies is simply placing a few drops of warm olive oil into the ear, which will soothe the inflamed ear. Another remedy is to have the baby sleep with the ear facing up, which will cause the fluid to drain away from the eardrum. One important treatment that people often do not think of is clearing out the *nose*. This will get the *nasal fluids* moving, which in turn will unplug and drain the ear tubes. The nose can simply be hosed out by gently squirting warm *saltwater* into the *nose* and following up with a gentle suction. Another simple trick is to wiggle the

ears by pulling the lobe down and out a few times. This will sometimes pop open the tube and drain the ear, similar to yawning during air travel. Lastly, one should be looked at by a doctor any time there is an earache in order to guarantee it is nothing serious. Earaches are no fun, but there are plenty of easy and cheap remedies that can be done at home to at least help baby, as well as mom and dad, sleep through the night

Did You Know?

The Snowy Owl (*Bubo scandiacus*) is a large owl of the typical owl family Strigidae. This yellow-eyed, black-beaked white bird is easily recognizable. It is 52-71 centimetres (20-28 in) long, with a 125-150 centimetres (49-59 in) wingspan. It is one of the largest species of owl and, in North America, is on average the heaviest owl species.



Four Way Test

Of the things we think, say or do

- Is it the **TRUTH** ?
- Is it **FAIR** to all concerned ?
- Will it build **GOODWILL** and better **FRIENDSHIP** ?
- Will it be **BENEFICIAL** to all concerned ?

GLOBAL
POLIO ERADICATION
INITIATIVE



every last child