



Rotary Club of Sonarpur

Rotary District : 3291



PRESIDENT :
Rana Safui

RI PRESIDENT :
Sakuji Tanaka

SECRETARY:
Gautam Ray

DISTRICT GOVERNOR:
Uttam Ganguli

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Microcredit conferences in Calgary and Toronto inspire, educate

by Susie Ma Rotary Canada 2013

Rotarians and microcredit are a natural fit. That's the philosophy of Gordon Crann, president and chair of the Rotarian Action Group for Microcredit and a member of the Rotary Club of Toronto-Earlscourt, Ont.

"Rotarians want a way to help people lift themselves out of poverty and to avoid the dependency that traditional ways of giving aid can develop," Crann says. "It's a hand up, not a hand out."

The idea of microcredit – small loans issued to low-income people to help them start their own businesses – caught the attention of Rotarians in Alberta and Saskatchewan about five years ago. A lack of local information on the topic inspired them to organize the first Calgary Microcredit Conference in 2008, cosponsored by the action group. The next year, Rotarians in Toronto held a similar conference, the Toronto International Microfinance Summit. Both became annual events to educate and encourage Rotarians working on microcredit projects.

The fifth Calgary Microcredit Conference was held on 13 October, and the fourth Toronto summit took place a few days later. The events drew a combined 400 Rotarians, students, and community members, who learned about new microcredit strategies from local, national, and international industry experts. The Calgary conference expanded its focus to include domestic as well as international microcredit. Microfinance is making inroads in North America among immigrant populations and with organizations that serve the poor.

Wally Gardiner, chair of the District 5360 Microcredit Task Force and president of the Rotary Club of High River, Alta., attended the event in Calgary and gave it high marks: "The conference generated a lot of enthusiasm for our project – something that at times is needed to make it through the endless filling in of forms to get the job done."

Rotarians in District 5360, which covers parts of Alberta and Saskatchewan, are not newcomers to microcredit. Club members have sponsored microfinance efforts in the Philippines, Haiti, Liberia, and Ghana, and they are now working with a microcredit bank in the Santa Cruz de Yojoa region of Honduras to meet the increasing demand for loans in the community.

They hope to raise US\$150,000 from local clubs and obtain a grant from the government of Alberta to fund the project. Borrowers initially will be eligible for loans of between \$50 and \$200 to help them start small businesses. The investment will benefit 400 people directly, and will indirectly help an additional 2,000 families and community members.

A microcredit bank in San Rafael del Sur, Nicaragua (top). Rotarian Wally Gardiner and filmmaker Holly Mosher spoke at the Calgary conference.



Polio Vaccine Developer Koprowski Dies

By Associated Press, April 14, 2013

(PHILADELPHIA) — Dr. Hilary Koprowski, a pioneering virologist who developed the first successful oral vaccination for polio, died this week at his suburban Philadelphia home. He was 96.

Although not as well-known as fellow researchers Jonas Salk and Albert Sabin, Koprowski in 1950 became the first to show it was possible to vaccinate against polio, the crippling and sometimes fatal disease that's now all but eradicated.

Koprowski's son, Christopher, said Saturday his father liked the scientific recognition his work received without the celebrity of Salk and Sabin.

"He enjoyed not having his scientific work disrupted," said Christopher Koprowski, chief of radiation oncology at Christiana Care Health System in Wilmington, Del. "Not that he was a modest individual, mind you."

Christopher Koprowski said his father had been sick for several months before dying Thursday in the same Wynnewood home he'd lived in since 1957.

Hilary Koprowski self-administered the live-virus oral vaccine he developed before the 1950 clinical trial — about two years before Salk's injectable version using a dead form of the virus began testing with the backing of the National Foundation for Infantile Paralysis, now the March of Dimes.

Sabin, who Koprowski's son said sometimes collaborated with his father, was the first to get the more-effective oral version, which didn't require boosters, licensed for use in the U.S.

Koprowski went on to be the director of The Wistar Institute in Philadelphia from 1957 to 1991. Under his leadership, the independent research institution developed a rubella vaccine that helped eradicate the disease in much of the world, Wistar officials said. It was during that time the institute also developed a more effective rabies vaccine.

A talented musician, the Polish-born Koprowski was a penniless immigrant in Rio de Janeiro making money teaching piano before hooking up with a lab there and eventually moving to the United States, his son said.

"He was a great dad. He was colorful, charismatic," Christopher Koprowski said. "He's still the most brilliant person I've ever met."

Quote

*I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and behold,
service was joy". - Rabindranath Tagore*

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 & Friendship?
- ★ Will it be BENEFICIAL to all concerned?

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

Meeting no 1185

Dated 03.05.2013

In the absence of President Rtn. Rana Safui Vice President Rtn. Samir Ray called meeting no. 1185 to order.

National Anthem sung in chorus by the members present.

Minutes of the last meeting confirmed.

Discussions:

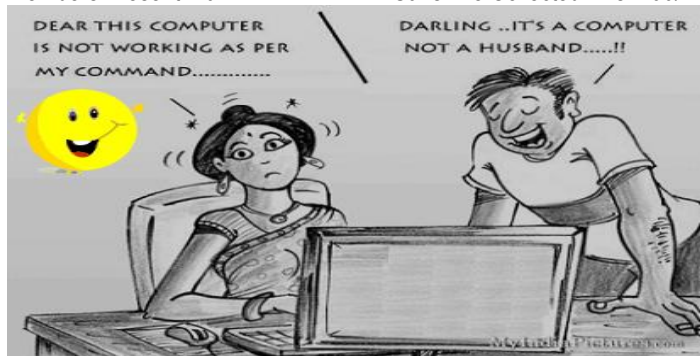
- Members discussed the progress of the Helping Grant project and requested the project committee to expedite the work and submit completion report.
- Members discussed on the Statutory payment of Service Tax as informed by South Asia office and decided to collect the same from the members within current Rotary year.
- Secretary & President Elect, Rtn. Gautam Ray informed members about electronic communication from DRFC, PDG Ravi Sehgal, requesting resubmission of District Grant project application and setting additional Terms and conditions. Members discussed and decided to request PDG Debasish Mitra to visit our club and speak on the new system.

Vice 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.

Having no other business, President terminated the meeting.

Members Present: 10

Sunshine Collected : Rs. 200/-

**Health Corner****3 Simple Tips to Keep Your Kidneys (and Arteries) Clean**

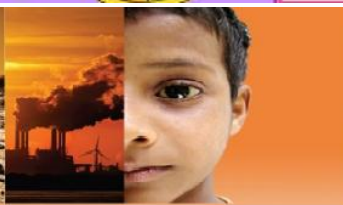
Monday, December 5, 2011 by Health Tips

Kidneys play a key role in cleansing your body, including your arteries. If your kidneys are backed up or clogged, they aren't able to clean out your blood as well as they should, which can lead to aging in your arteries. Follow these easy tips to help keep your kidneys working at their optimal levels.

Drink water. Dehydration can increase your risk of kidney problems by 20%. An easy way to incorporate more water into your day is to carry a BPA-free water bottle with you as much as possible--in your car, at your desk and even when you're eating a meal.

Try yogurt or milk. Keep your blood pressure in check with 2 cups of yogurt and one glass of milk per day. The calcium in yogurt and milk can lower your risk of blood pressure surges by 25%.

Reduce salt. Diets high in salt increase the risk of kidney stone, since extra salt in your diet pushes calcium into your kidneys, rather than into your bones, where it's supposed to be. Try eating less processed food and substituting dried herbs as a food topping rather than table salt.

**Rotary to soon focus on other areas of need too**

Aparna Nair, TNN | Feb 15, 2013, 03.09 AM IST

NAGPUR: Wilfred Wilkinson, the chair of The Rotary Foundation (TRF), who was in the city on Thursday said that Rotary will soon focus on other areas of need. "For years, our focus had been eradication of polio. Now that only three countries come in the list of polio endemic nations, we are planning to focus on other areas too," Wilkinson said. He said that Rotary had been considering six areas of focus including water and sanitation, peace and conflict resolution, disease prevention, health, leprosy and child & maternal care. "Apart from these, the independent Rotary Clubs of the various regions will carry out their own projects according to the needs of the society around them," said Sanjay Meshram, district governor.

"The paths laid in front of us are difficult indeed, but success breeds success. Our polio campaign in India was a success and when it succeeds all over the world, it will be proven that the Rotary is the best and biggest example of how beneficial the public-private partnership is and will give hope for great things to be achieved," said Wilkinson, who was here to celebrate India's polio-free two years. Speaking on the polio campaign, he said that when Rotary had teamed up with World Health Organization (WHO), they had been told that the whole campaign would be done in 5-7 years. "But it is 27 years now, and we are still going on. In some way, WHO misled us," he said. He also said that since the time he had travelled for the first time to India in 1982, a lot had changed. "The biggest difference is in the spirit of the people, of the Rotarians. "At first, I didn't see the confidence in them, they seemed hesitant even in singing their National Anthem. But now, when I saw them sing their National Anthem with pride, it was a completely different experience for me," he said. Rotary International and Rotary Foundation are two different entities. The latter gives the financial assistance to the programmes of various Rotary projects throughout the world. There was a time when India was a receiver of funds from the foundation. Now, today we contribute to the foundation. So a lot has definitely changed," said Ashok Mahajan, TRF trustee.

