



Rotary Club Of Sonarpur

R.I. District - 3291



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PRESIDENT: GAUTAM RAY



DISTRICT GOVERNOR: RAJANI MUKERJI

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Author and microcredit expert shares lessons in sustainability

By Arnold R. Grahl

Years ago, Marilyn Fitzgerald learned valuable lessons about sustainability from an impoverished rice farmer in Indonesia.

Fitzgerald, a past-president of the Rotary Club of Traverse City, Michigan, USA, was visiting a community to which her club was sending money to enable the



Marilyn Fitzgerald, right, meets with Muhammad Yunus, who wrote the foreword to her book "If I Had a Water Buffalo." Fitzgerald serves as microcredit adviser and economic and community development coordinator for District 6290.

children to attend school. But the farmer she encountered didn't want money; he wanted a water buffalo. The events that followed became the subject of her recently published book, "If I Had a Water Buffalo," and have shaped her thinking about sustainability, a key principle of The Rotary Foundation's new grant model. Fitzgerald now shares those lessons with Rotary clubs she visits, which recently included the Rotary Club of Evanston Lighthouse, in Illinois, USA.

Water buffalo, piglets, and hens

Fitzgerald relates how she persuaded her family to give her money as a Christmas gift so she could buy the farmer a water buffalo. The result was that he was able to triple his crop yield, increase his income, and therefore send his children to school.

The next year, women in the village wanted 20 piglets to raise, breed, and sell. Then the children wanted hens so they could make and sell an egg snack popular in the area. Eventually, many community members increased their self-sufficiency.

"For less than US\$1,200, they were [able to send] their own children to school," Fitzgerald says. By contrast, "I was up to a \$72,000 budget on the school project. I had never even asked them what they wanted."

The most important thing any Rotarian can do to make a project sustainable, she says, is to listen. The local community has to be involved in all stages of a project, from identifying a need to coming up with a solution to implementing that solution.

"At the end of the day, they have to feel good about themselves," Fitzgerald says. "They need to feel so good about themselves that they can go on with the effort themselves."

She defines sustainability as the ability of a project to continue once the donations end.

"A lot of people tell me a project is sustainable because they have long-term donors or they have all these clubs involved," she says. "But that's not true. If the donors

walk away, what happens to the project?"

Fitzgerald, a clinical psychologist, is a board member of the Rotary Action Group for Microcredit and serves as microcredit adviser and economic and community development coordinator for District 6290. She says she likes microfinance projects because a well-run program lets the beneficiaries come up with their own business plan, while Rotarians provide the capital and act as mentors.

What they really wanted was cell phones

During her Evanston appearance, Fitzgerald relayed another story, about visiting a village to pursue a sanitation project for her club, only to discover that the villagers really wanted cell phones.

"I thought, no way is my club going to go for cell phones." But when she probed further, she discovered that the villagers wanted the phones so they could relay business decisions – such as what color fabric is really selling well – to their markets more than a day's journey from the village.

"If we provide cell phones and [villagers] increase their income, then they can buy these other things," says Fitzgerald. "We absolutely have to talk to our beneficiaries and ask them what they want. We need to educate them about the possibilities, then let them determine the solution that's right for them."

She says she used to believe that any charity was better than none, but she no longer feels that way.

"I believe we can cause great harm when we build programs that people become dependent on," she says. "Charity robs people of choice, voice, and dignity."

Club Project Report
Inauguration of renovated and extended Rota School building at Ashram Anandan, Sonarpur

PDG Rtn. Debasish Mitra accompanied by AG Rtn. Deep Chanda inaugurated the renovated and extended school building at Sonarpur, a Helping Grant project of RC Sonarpur, on 21st July 2013 in the presence of the club members, villagers and students of the school. Speakers of the occasion including PDG Rtn. Debasish Mitra explored the possibilities of further improvement in the school's infrastructure.

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

Understand drug abuse: Common mistakes parents make

Compiled from Wikipedia & CBS news

Drug abuse, is a patterned use of a substance (drug) in which the user consumes the substance in amounts or with methods neither approved nor supervised by medical professionals. Substance abuse/drug abuse is not limited to mood-altering or psycho-active drugs. Using illicit drugs – narcotics, stimulants, depressants (sedatives), hallucinogens, cannabis, even glues and paints, are also considered to be classified as drug/substance abuse.

The term 'Drug Abuse' have a huge range of definitions related to taking a psychoactive drug or performance enhancing drug for a non-therapeutic or non-medical effect. Some of the drugs most often associated with this term include alcohol, amphetamines, barbiturates, benzodiazepines, cocaine, methaqualone, and opioids.

There are many cases in which criminal or antisocial behavior occur when the person is under the influence of a drug. Long term personality changes in individuals may occur as well.

Substance abuse among young people is a much bigger problem than many parents realize. One in 10 kids 12 to 17 years of age are current users of illicit drugs. Parents can also do a lot more than some realize to help protect teens from drugs or alcohol. Dr. Lee the noted researcher gives some tips:

- 1) Teens who know their parents disapprove of drug use are less likely to use - and vice versa. It's best to let your kids know how you feel about drugs before they hit their teenage years.
- 2) More than two-thirds of young substance abusers suffer from mental health problems, such as anxiety, depression, ADHD, and eating disorders. As a rule, substance abuse and mental health issues come together in young people. If your child undergoes an evaluation for drug abuse, make sure it includes a thorough mental health screening.
- 3) Experimentation doesn't necessarily lead to addiction, and some parents figure that there's nothing especially worrisome about a child trying drugs or alcohol. In fact, even dabbling in substance abuse can cause big problems, such as car accidents, sexual assault, and serious overdoses. It's not a normal rite of passage
- 4) Parents often feel uncomfortable discussing with their children their own experiences with drugs or alcohol. There's certainly no reason to wax nostalgic about the "glory days," but Dr. Lee recommends being honest if kids ask. "I am not aware of research indicating that an informed discussion with kids about your drug use leads to them to use drugs," he says.
- 5) Think teens simply don't pay much attention to their parents? Research suggests otherwise. Model the kind of behavior you want from your teen.
- 6) Do all you can to make your child feel comfortable about coming to you for help, if it's needed.
- 7) Just because a child is smart doesn't mean he/she is mature enough to have good judgment about drugs and alcohol. The brain region responsible for judgment - the prefrontal cortex - doesn't fully mature until a person is in his/her mid-20s.
- 8) Be sure to keep track of all drugs in your home. If you no longer need pills, get rid of them. And pay attention to other substances around the house that have the potential for abuse, including solvents, aerosols, etc.
- 9) Changes in sleep, mood, friends, activity level, academic performance, weight, personal hygiene, etc. can all signal a substance abuse problem. So pay attention. Monitor your child's welfare with particular care at times of transition - moving to a new school, onset of puberty, breakups with boyfriends or girlfriends, etc.
- 10) Two million children between the ages of 12 and 17 need treatment for a substance abuse problem, according to a recent survey. But only about 150,000 get the help they need. If you think your teen may have a problem, have him/her assessed by a child psychiatrist, pediatrician, or another expert. Remember, prevention and early intervention is key.



Health Point

USES OF LEMONGRASS

- *Clean the kidney, liver, pancreas, digestive tract & bladder
- *Kill Cancer Cells
- *Blood pressure
- *Flu and Cold
- *Detoxifier
- *Pain killer
- *Stress
- *Gout



- *Fever
- *Digestion
- *Lose weight
- *Anti-Oxidant
- *Diarrhea and stomachache
- *Antibacterial and antifungal

Minutes of Meeting

Meeting no. 1196

Dated 19.07.2013

President Rtn. Gautam Ray calls meeting no. 1196 to order National Anthem led by Rtn. Swapan Kr. Paul Minutes of the last meeting confirmed.

Discussions

- Members present discussed regarding preparation of inauguration of renovated and extended Rota School at Ashram Anandam, Sonarpur to be held on 21st July " 2013.
- Member present discussed about proposed RCC at Kheadaha Jubak Sangha, and requested Rtn. Sarbendu Datta to visit the above proposed RCC
- Family fellowship decided to be held on 26th July'2013. Awareness programme against Drug. Will be decided after confirmation of Guest Speaker by Rtn. Rana Safui.
- Club Members accepted Mr. Mridul Chanda as would be member of club and decided to induct on 26th July'2013. Regarding induction of Mr. Amitava Biswas, Club will decide later.
- Member present decided to give felicitation to Rotalets Swapnil Das, Aditya Bikram Dasgupta, Sayan Datta and Sushmita Das, children of our club member for their achievement in different activities on 26th July'2013.
- Member present discussed regarding requirement given by Kartick Babu of Janakalyan Samity, RCC Usthi ., and decided to re-investment for Micro Credit.
- Member present requested Rtn . Samir Roy to visit Ballygunge School for their future requirement for club project.
- Member present discussed & decided to change the signatory of second club Bank account of Andhra Bank.
- Member present discussed and decided invite Miss Chandana Ghosh on 26th July "2013 to handover the first monthly installment towards her education

President handed over the business to the Secretary who announced the receipt of letters, bulletin from neighboring clubs and the upcoming District events before handing back the meeting to the President. There being no other business, President terminated the meeting.

Members present: 11

Sunshine collection: 220

QUOTE

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."
- Buddha



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 ti all concerned?

