

Rotary



the Club of Heritage NY

Smart
Rotaract
Club



MEET OUR NEWEST
ROTARACT CLUB ON
THE BLOCK

JUNE 2024

ISSUE 1

GLOBAL GRANTS

INTERNATIONAL
COLLABORATIONS

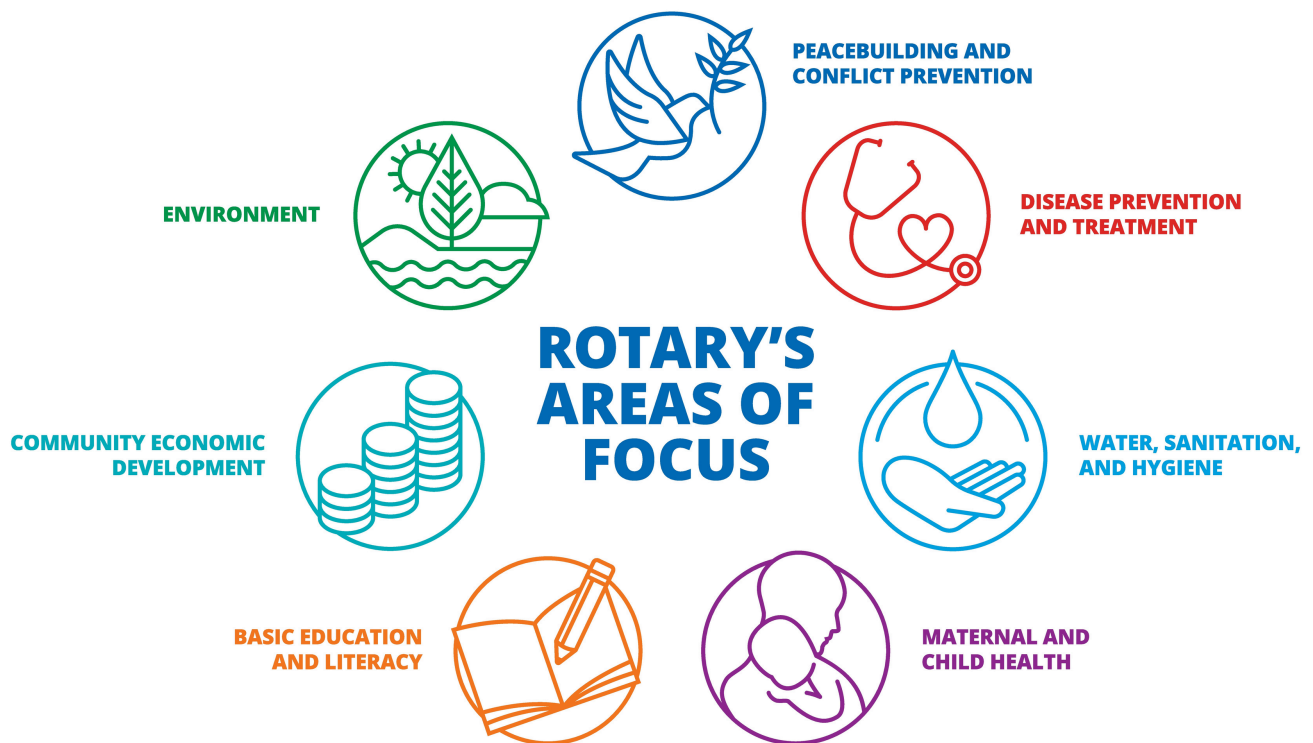
VIRTUAL ACTIVITIES

Club Journal

People of Action



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Club Journal

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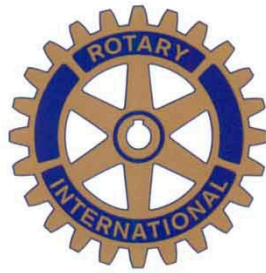
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INSTAGRAM: @SMART.ROTARACT

ROTARY



THE FOUR-WAY TEST

of the things we think, say or do

first

Is it the TRUTH?

second

Is it FAIR to all concerned?

third

Will it build GOOD WILL
and BETTER FRIENDSHIPS?

fourth

Will it be BENEFICIAL to
all concerned?

INTERNATIONAL

MESSAGE FROM THE PRESIDENTS

Dear Fellow Rotarians,

As we embark on another exciting chapter in the history of our esteemed Rotary Club, I am filled with immense pride and gratitude for the remarkable dedication and enthusiasm each of you brings to our mission. Our club has long stood as a beacon of service, fellowship, and leadership, and it is through our collective efforts that we continue to make a profound impact in our community and beyond. Over the past year, we have accomplished many significant milestones. From our community outreach programs and international service projects to our fundraising events and educational initiatives, we have demonstrated the true spirit of Rotary: "Service Above Self." These achievements would not have been possible without the unwavering support and hard work of our members, who tirelessly give their time, resources, and expertise to make a difference. Looking ahead, our vision remains steadfast. We are committed to expanding our reach, deepening our impact, and fostering an inclusive environment where every member feels valued and empowered to contribute. Our focus will be on the following key areas:

1. **Strengthening Membership:** We will continue to grow our membership base, welcoming individuals who are passionate about service and leadership. By diversifying our membership, we can bring new perspectives and ideas that will enrich our club.
2. **Enhancing Community Engagement:** Our projects and initiatives will be designed to address the most pressing needs of our local community. By collaborating with other organizations and stakeholders, we can maximize our impact and create sustainable change.
3. **Promoting Youth Development:** Investing in the next generation of leaders is crucial for the future of our club and community. We will support programs that empower young people with the skills, knowledge, and opportunities they need to thrive.
4. **Advancing Global Understanding:** Rotary's commitment to global peace and understanding will guide our international efforts. Through partnerships and projects, we will work towards creating a more just and peaceful world.
5. **Embracing Innovation:** As the world evolves, so must we. By embracing new technologies and innovative approaches, we can enhance our operations, improve communication, and better serve our members and community.

I encourage each of you to actively participate in our meetings, events, and projects. Your ideas, energy, and enthusiasm are what make our club vibrant and dynamic. Together, we can achieve extraordinary things and continue to be a force for good in the world.

Thank you for your unwavering commitment to Rotary. Let us move forward with confidence, knowing that our shared vision and dedication will lead us to new heights of service and fellowship.

Yours in Rotary Service,
Dr. Maksud Chowdhury,
President, Rotary E-Club of Heritage NY. DGND District 7230



MAKSUD CHOWDHURY





The Heritage Rotary Club

It is with the greatest pleasure that we, the District Leadership team extend our heart felt

CONGRATULATIONS!

On the occasion of your anniversary!

Congratulations on all your accomplishments this year. Your many service projects have positively impacted the lives of many, many people both locally and internationally. We collectively salute you on this auspicious occasion and know that the best is yet to come.

Some people come into our lives and quickly go.

Some people move our souls to dance.

They awaken us to new understanding with the passing whisper of their wisdom.

Some people make the sky more beautiful to gaze upon.

They stay in our lives for a while leave footprints in the in our hearts, and we are never, ever the same.

DISTRICT 7230 GOVERNOR LEADERSHIP TEAM

Rev. Dr. J. Loren Russell
District Governor 2023-24

Maksud Chowdhury
District Governor Nominee Elect

Garrett Capobianco
District Governor Nominee

Syed Alirahi
District Governor Elect

MESSAGE FROM THE PRESIDENTS

Dear Fellow Rotaractors and Rotarians,

It is my pleasure and honor to be initiated as the Founder and Founding President of the Smart Rotaract Club. After high school and college, I never really knew “grown up” clubs existed. The Rotary connects like minds however, and persons with similar interests. And as similar as we may be, we are all different and creative in our own ways. It is such a pleasure to have met and bonded with my mentors and members over the past year.

Many thanks to Dr Maksud Chowdhury for inviting me in to the Rotary family, and allowing me to take on this pleasant responsibility and leadership.

Founded in March 2023, we had a wonderful year filled with CPR events, blood donations, and taking part in various lectures and conferences. Let's continue the great work and keep this new legacy going!

Yours in service,

Rummanu Yeasin MA, MD

President, Smart Rotaract Club, District 7230



RUMMANU YEASIN



MEET THE MEMBER

Dr. Shamim Begum is a distinguished physician and dedicated community leader. She excels as a practitioner of Internal Medicine in New York and holds esteemed positions as Senior Medical Specialist and Acting Medical Director at the Office of People with Developmental Disabilities (OPWDD) in New York State. Additionally, she serves as Director of the Pediatric Education Society International (PEDSI) and President-elect of the Rotary E-Club Heritage, NY (2024-2025). Committed to making a positive impact, Dr. Begum actively engages in various community service initiatives in both New York and Bangladesh. She is also a proud mother of two accomplished children: In her leisure time, Dr. Begum enjoys a variety of creative pursuits, including poetry recitation, artistic endeavors like stitching, and cooking.



YOGA FOR WOMEN



Yoga is a physical, mental and spiritual practice that originates in ancient India. It is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

From fertility, breast cancer, menopause to positive body image, yoga benefits women's health. Regular practice of yoga offers several physical and mental benefits in women.

Several studies have proved that the lifespan of women doing yoga is more compared to women who do not practice yoga.

Women always have to engage themselves in multi-task. Working mothers are balancing between planning birthday parties, childcare drop offs and so many other overwhelming to-do lists, all on top of their regular household jobs, commutes and careers. Multi-task requires rapidly and frequently switching attention from one task to another, that increases cognitive demands. Many experts have recommended yoga for women to help them successfully cater to the multiple demands on their time. Yoga provides balance to the mind and nourishment to the soul.

Regular yoga practice makes women happier, improves posture, removes tension and reinforces discipline. Researchers from the University of Washington found that regular yoga practice is associated with mindful eating, an awareness of physical and emotional sensations associated with eating which helps to lose weight.

Yoga workouts act as an alternative medicine. Regular yoga exercise massages the internal organs of the body that helps to make a healthy immune system, better digestion and helps to boost the body's ability to prevent diseases.

BY SHAMIM BEGUM

YOGA PROVIDES BALANCE TO THE MIND AND NOURISHMENT TO THE SOUL.

Yoga exercise helps to lower blood sugar, high blood pressure, arthritic pain.

Researchers from Harvard found that eight weeks of daily yoga improved sleep quality for people with sleep disorder that makes it difficult to fall and/or stay asleep.

Regular yoga exercise can be your secret weapon to feel better and get out of depression. when you are feeling low with your emotion. Studies done by Duke University Medical Center showed up that people who are suffering and living with stress and depression can benefit a lot from yoga.

Yoga can be very beneficial during pregnancy if it is done correctly. Yoga helps to breathe and relax, which can help to adjust to the physical demands of pregnancy, labor, birth, and motherhood. It calms both mind and body, providing the physical and emotional stress relief of body that is very much needed throughout pregnancy. It could also improve birth outcomes such as reducing delivery time.

Yoga is an art of living. Yoga is suitable for all ages. You can start doing yoga from today and can feel its amazing mental and physical and health benefits.



MEET THE MEMBER

Meet the member

Rahat Hossain has been the membership chair of the Rotary e-club of Heritage since its inception.

Mother of one daughter and grandmother of four grandchildren, she is a retired clinical nutritionist who now spends her time and energy in community service, various charities, and organizing community activities.

“Make a difference in someone else’s life” is the mission of her life.

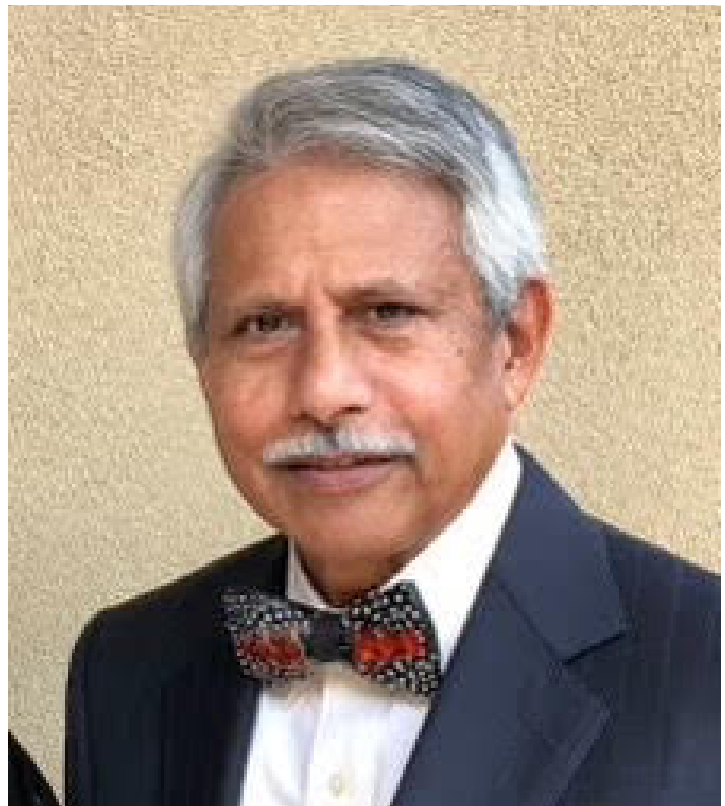


MEET THE MEMBER

Syed Zaki Hossain is a Mechanical Engineer and founding president of the Rotary e-club of Heritage. He is semi-retired and keeps himself busy with numerous charitable activities and projects.

He is involved in two major healthcare facilities as a donor and board member. Hossain is also a father of one daughter and grandfather of four beautiful grandchildren.

“The greatest satisfaction in life is achieved through giving” is his philosophy in life, which happens to match the mission of Rotary.



MEET THE MEMBER

Rummanu is a student doctor, scientist, and lover of books, coffee, and chai. Her favorite human being since 2021 is her nephew. She's interested in pediatric psychology, and loves to do humanitarian work with orphans. The Sorting Hat would most likely sort her into Hufflepuff.

She also founded and runs a medical magazine called The Medical Chronicles, (@themedchron) with a mission to intertwine medicine and the humanities.



CPR Awareness Education and Training in the Community

Dr. Rummanu Yeasin, Dr. Waseem Hafeez and Dr. Maksud Chowdhury

Introduction

Cardiopulmonary resuscitation (CPR) is a life-saving technique that is crucial in emergency situations where someone's breathing or heartbeat has stopped. Community-wide CPR education and training can significantly improve survival rates in cases of cardiac arrest. This synopsis aims to outline the importance of CPR awareness, the key components of CPR training, and the benefits of community education programs.

Importance of CPR Awareness and Training

1. Life-Saving Skill: Immediate CPR can double or triple a cardiac arrest victim's chance of survival..
2. Emergency Preparedness: Empowers community members to act confidently and effectively in emergencies
3. Increases Survival Rates: Wider knowledge of CPR contributes to higher survival rates from cardiac arrests.

Key Components of CPR Training

1. Understanding CPR:
 - Definition: CPR is a combination of chest compressions and rescue breaths that help maintain circulation and breathing until professional help arrives.
 - Purpose: To provide oxygen to the brain and other vital organs until normal heart function is restored.
2. Basic CPR Steps
 - Check Responsiveness: Shake the person and shout to check if they are responsive.
 - Call for Help: Chest Dial emergency services immediately.
 - Compressions: Place hands in the center of the chest and push hard and fast at a rate of 100-120 compressions per minute.
 - Rescue Breaths: After 30 compressions, give 2 rescue breaths (if trained), ensuring the chest rises with each breath.
 - Continue CPR: Keep performing cycles of 30 compressions and 2 breaths until professional help arrives or the person shows signs of life.
3. Automated External Defibrillator (AED)
 - Importance: AEDs are portable devices that deliver an electric shock to help the heart re-establish an effective rhythm.
 - Usage: Training includes recognizing when and how to use an AED.
4. Hands-Only CPR
 - Overview: Focuses solely on chest compressions without rescue breaths, suitable for untrained bystanders.
 - Effectiveness: Hands-only CPR is nearly as effective as conventional CPR in the first few minutes of cardiac arrest.

Benefits of Community CPR Education Programs

Widespread Readiness:

1. Trained individuals throughout the community increase the likelihood of timely CPR intervention.
2. Confidence Building: Training programs boost confidence in performing CPR, reducing hesitation in emergencies.
3. Community Engagement: Promotes a culture of health and safety, encouraging residents to look out for one another.
4. Accessibility: Free or low-cost training sessions ensure that all community members can participate, regardless of economic status.

Implementation Strategies

1. Partnerships: Collaborate with local health organizations, schools, and businesses to offer training sessions.
2. Awareness Campaigns: Utilize social media, local media, and community events to promote the importance of CPR training.
3. Regular Workshops: Schedule regular training workshops at accessible community centers, schools, and workplaces.
4. Incentives: Offer certifications, community service credits, or small rewards to encourage participation.
5. Follow-Up Training: Provide opportunities for advanced CPR training and refresher courses to maintain skills over time.

Conclusion

Community-wide CPR education and training are vital for enhancing emergency preparedness and increasing survival rates from cardiac arrests. By understanding the key components of CPR and promoting widespread training, communities can ensure that more individuals are equipped to respond effectively in critical situations. Investing in CPR awareness and training programs not only saves lives but also strengthens community resilience and unity.

FREE CPR TRAINING FOR THE COMMUNITY

Smart Rotaract was the first Rotaract Club to have been awarded the District Grant in our District. The \$2000 awarded was used to pay for the CPR certificates and purchase new equipment like mannequins, course supplies, and refreshments.



CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

The goal of CPR is to keep oxygen flowing in and out of the lungs and to keep oxygenated blood flowing through the body. This will delay tissue death.



CPR, or cardiopulmonary resuscitation can help save a life during cardiac arrest, when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs.



The main project of 2023-2024 for the Smart Rotaract Club was to hold free CPR training throughout the year for the community. They held events for college students, at churches, mosques, and other local community places.

DISTRICT GRANTS

The Rotaract Club received \$2000 for their CPR project. The other grant we received for e-Club heritage was focused on basic literacy and teaching on social media and online protection of children. Rotary e-club Heritage also were approved for \$1000

As children and teens spend more and more time online, we need to improve the safeguards in place to keep them safe and healthy. A generation of young people is growing up online, a reality that is shaping their opportunities and risks.

For today's children and teens, an ecosystem of internet-connected devices, apps, and platforms is as much a ubiquitous part of daily life as the school cafeteria or the playground.

- o Research has shown that children as young as 2 years old use a mobile device daily, while over 90% of 1-year-olds have used a mobile device.

- o 97% often report using the internet daily and almost half say they use it "almost constantly."

- o 95% often have access to a smartphone.

This digital ecosystem has brought with it new opportunities to learn, socialize, and grow that benefit young people in important ways. For instance, the internet has provided space for community building for young people with shared experiences, backgrounds, or cultures to connect and build resilience.

Navigating Digital Challenges Despite its critical importance to their growth and development, today's digital ecosystem was not designed with young people in mind. Families face huge headwinds using technology platforms that aim to maximize profit and user engagement, goals at odds with a developmentally appropriate approach to technology.

Data collection from children and teens on a vast scale allows companies to monitor, track, and target young people with advertisements and content that exploits their developmental vulnerabilities for commercial gain. The objective of this project is to bring awareness among the Family and young children who are potential targets of abuse digital activities. It will consist of lectures, workshops, therapy, and individual discussion sessions. Estimated budget is \$2000 to cover the costs of speaker's appreciation, Banner for event lecture materials, projector, Journal publications and technological logistics.

INDUCTION CEREMONY OF SMART ROTARACT DEC 2023



INDUCTION CEREMONY OF SMART ROTARACT



Donating an Automatic External Defibrillator (AED) to First Glorious Church

INDUCTION CEREMONY OF SMART ROTARACT

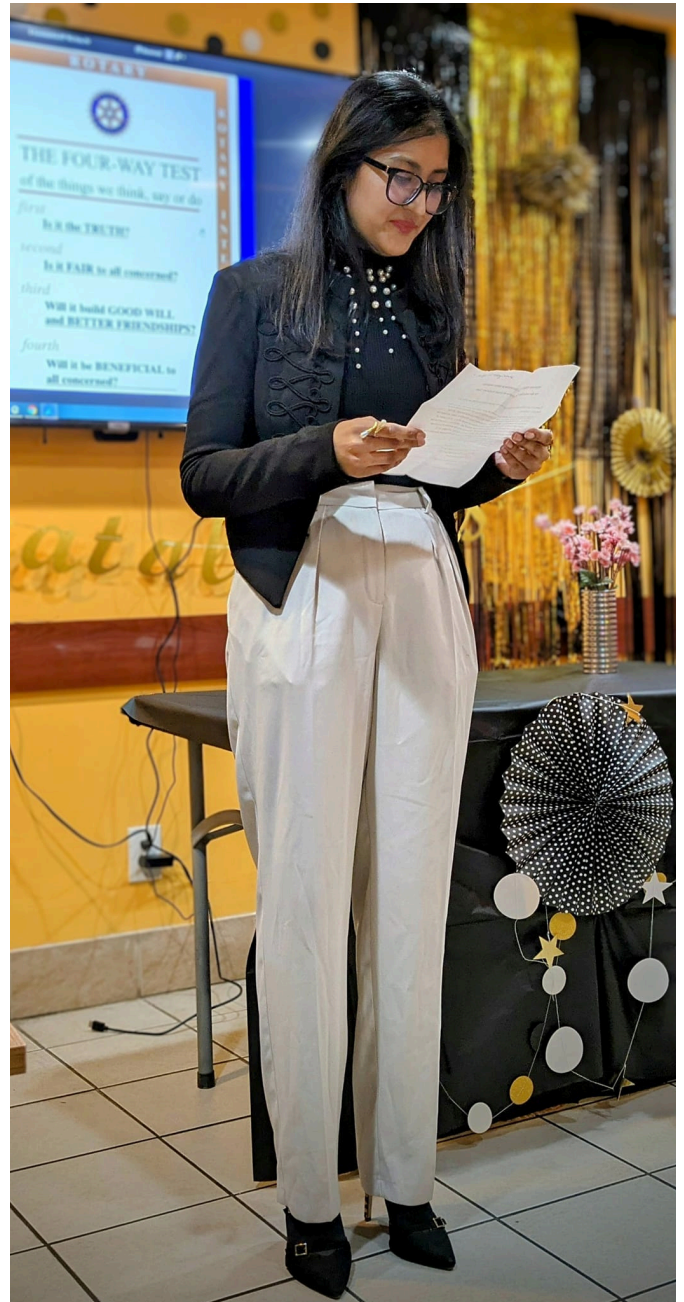
MESSAGE FROM AREA GOVERNOR BINA AHMAD
For the Induction Ceremony of Smart Rotaract Club

It gives me great pleasure to congratulate the Smart Rotaract Club on your first Induction Ceremony. I clearly remember the day when the seed of your Club was planted. At the CPR Training event of your sponsor Club, I requested then DG Marty to talk about Rotaract, since many of those present that day were young people. At my request, Dr. Rummanu, who went on to become your President, went around the room getting the names and contact information of most of you. In a matter of just days, we had 14+ of you, forms filled and signed up. With joy, I presented the Application form to then DG Marty for his signature and forwarded the package to Rotary International. Approval was quick and so today, officially, at 20 members, you are one of 6 active Rotaract Clubs and the 2nd largest Rotaract Club in our District.

You have already distinguished yourselves – with active guidance and assistance from your Sponsor Club The Rotary E-Club of Heritage, NY, particularly, President Dr. Maksud Chowdhury. I have to mention President-Elect Dr. Shamim Begum who has always guided and supported you. They are the ones who will always be by your side. You have demonstrated your active and resourceful spirit by undertaking significant projects in our community. Your Club has received the first District Grant of any Rotaract Club in the District. This is no small achievement. That is why expectations are high and I have no doubt that you will not only meet but exceed these expectations.

I am proud and honored to be part of your inception and your continuing journey in our Rotary world.

Once again, Congratulations. I wish you all Happy Holidays and all success in the coming New Year.



MEET THE MEMBER

Maisoon Chowdhury serves as a Senior Advisor at USAID, and has experience across NGOs, Foundation's and academia.

Maisoon is also a certified birth doula, working with lower-income communities to ensure that expecting families have access to quality care and a safe delivery.

Maisoon received her Bachelor's degree in Biochemistry from Arizona State University and an MPH from Johns Hopkins Bloomberg School of Public Health.



MESSAGE FROM MAISOON ON THE IMPORTANCE OF PRIMARY HEALTH CARE

Global efforts to strengthen primary health care are absolutely essential for meeting country-specific health demands. Primary health care serves as the foundation for equitable and accessible health care and is the direction many countries were headed to prioritize prior to the COVID-19 pandemic.

By prioritizing primary health care, countries can address a wide range of health issues at the community level, working to improve health outcomes, increasing life expectancy, and reducing healthcare costs and also fosters resilience against health crises such as pandemics, ensuring that health systems remain functional and responsive in both crisis and calm.

Global efforts should align and coordinate to ensure that health needs are met through a person-centered approach.

Maisoon Chowdhury

MEET THE MEMBER

Waseem Hafeez MD is a graduate of Dhaka Medical College, an Associate Professor Emeritus of Pediatrics, Albert Einstein College of Medicine, NY and a retired Pediatric Emergency Medicine Physician from Children's Hospital at Montefiore, NY.

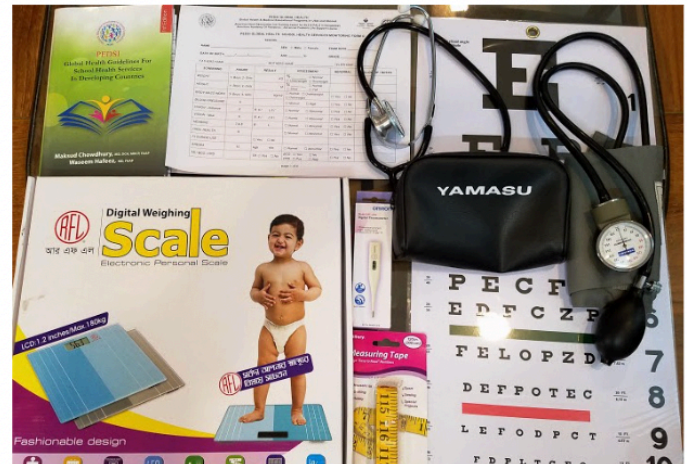
He co-founded PEDSI Global Health, a 501(c)(3) non-profit organization focused on addressing global health inequities through education, advocacy, and social empowerment in the USA, Bangladesh, and other developing countries. Since 2012, he has participated in medical missions in Haiti, as well organized numerous medical training and donation programs in USA, Bangladesh, Zimbabwe and the Philippines.

PEDSI has implemented the School Health Improvement Initiative in Bangladesh, a comprehensive platform for health assessments to identify, track, and address the health and well-being of school children in rural areas. Additionally, they have organized workshops for International Medical Graduates to help them secure Internship positions in the US

PEDSI has partnered with Rotary e-club Heritage to organize multiple CPR training and Blood donation drives in different communities in New York City.



PEDSI SCHOOL HEALTH IMPROVEMENT INITIATIVE IN BANGLADESH (IN COLLAB WITH E-HERITAGE)



PEDSI Global Health (USA) is an IRS 501(c)(3) tax-exempt non-profit organization composed of physicians, nurses, professionals, and volunteers committed to addressing global health disparities. Their primary focus is on supporting the medical needs of children and underserved communities. Since 2012, PEDSI has organized numerous healthcare educational seminars and conducted life-saving training sessions in collaboration with the American Heart Association and the American Academy of Pediatrics in the USA, Bangladesh, Zimbabwe, and the Philippines. Through these partnerships, they actively work to elevate healthcare standards and enhance the well-being of children worldwide.

In Bangladesh, PEDSI has implemented the School Health Improvement Initiative, a comprehensive platform designed to assess, track, and improve the health and welfare of school children in rural areas. The initiative, titled “Healthy Kids = Healthy Community,” aims to enhance every child’s overall well-being, addressing physical, emotional, and general health aspects. Using a sustainability-first approach, it seeks to establish a primary preventive healthcare system for children, focusing on health education and skills training.

The initiative involves PEDSI medical providers overseeing the health improvement proposal, with selected teachers trained to conduct preliminary health assessments in each school annually. PEDSI faculty has published a School Health Manual to standardize child health assessments by non-medical individuals, tailored to Bangladesh’s specific health needs. A health monitoring mobile application with instructions will be provided to school teachers to facilitate these assessments.

PEDSI SCHOOL HEALTH IMPROVEMENT INITIATIVE IN BANGLADESH

PEDSI's medical professionals will carefully analyze the data for each child. If any health issues are detected, the School Health Administrator will promptly notify the parents and guide them in addressing the concerns. For parents needing additional services beyond their means, PEDSI will leverage its resources and contact relevant public and private medical facilities to ensure necessary treatments. This cost-effective approach utilizes existing school infrastructure, equipment, and trained teachers to provide a sustainable care structure.

Rotary Clubs in Bangladesh, already active in multiple community programs, are well-positioned to implement the School Health Improvement Initiative. They will assist in selecting schools, appoint the School Health Administrator, organize teacher training, and monitoring health assessments. PEDSI Global Health, in collaboration with the Rotary e-Heritage Club of New York, will work with local sponsoring Rotary Clubs in Bangladesh to apply for the Rotary International Global Grant to fund the School Health Improvement Initiative. If additional financial support is needed, it will be sought from local donors and non-governmental organizations (NGOs) that share the vision and commitment to this partnership.

This community-driven initiative brings together various stakeholders dedicated to improving the health and well-being of schoolchildren in Bangladesh.

For more information about our programs please visit our website: www.pedsi.org



MEET THE MEMBER

Ryan Chowdhury is a patent attorney with the law firm of Fish & Richardson P.C., a global patent, intellectual property litigation, and commercial litigation law firm with more than 400 attorneys and technology specialists across the US and Europe.

Ryan's law practice emphasizes client counseling, strategic patent prosecution, and legal proceedings before the Patent Trial and Appeal Board (PTAB) of the United States Patent & Trademark Office (USPTO). Before law, Ryan worked as a technology consultant and completed an international research fellowship with the Harvard-MIT division of Health Science Technology.

Ryan holds a B.Eng. in Biomedical Engineering from Stony Brook University, an M.Eng. in Biomedical Engineering from Cornell University, and a J.D. from The George Washington University Law School.



MESSAGE ON THE IMPORTANCE OF ESTATE PLANNING

Estate planning and wealth management are essential concepts that involve an individual asset's strategic organization and distribution. These concepts ensure that wealth is preserved, taxes are minimized, and beneficiaries' financial security is safeguarded. Key elements include wills, trusts, powers of attorney, and advanced healthcare directives, which collectively guide asset allocation and decision-making. The effective implementation of these tools can significantly impact the financial legacy and compliance with legal standards.

Ryan Chowdhury

INTERNATIONAL COLLAB: BLANKET DISTRIBUTION



Distributing blankets in Sylhet, Bangladesh



INTERNATIONAL COLLABORATION: CPR



**CPR training at Chittagong Medical College, Dhaka Medical College,
Dhaka Shishu Hospital, Raozan Quepara Health camp at Quepara**

INTERNATIONAL COLLABORATION: CPR



**CPR training at Chittagong Medical College, Dhaka Medical College,
Dhaka Shishu Hospital, Raozan Quepara Health camp at Quepara**

INTERNATIONAL COLLABORATION: RAOZAN HEALTH CAMP



Raozan Quepara Health camp at Quepara, and CPR for the community

INTERNATIONAL COLLABORATION: CPR



CPR training at Chittagong Medical College, Dhaka Medical College, Dhaka Shishu Hospital, Raozan Quepara Health camp at Quepara

INTERNATIONAL COLLABORATION: CPR



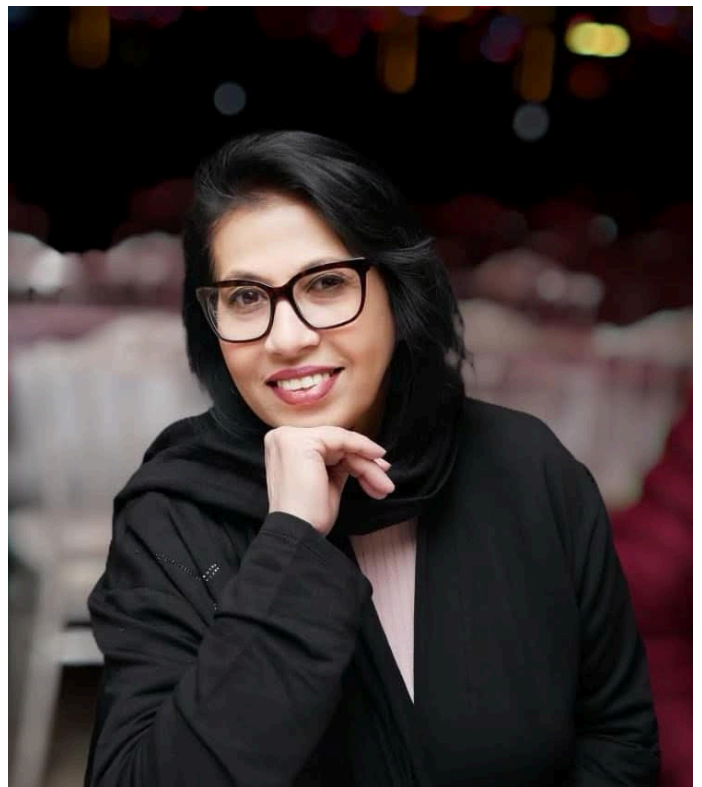
MEET THE MEMBER

Syeda Shahper Khan is a proud member of Rotary E Heritage Club. When this club was formed she was VP club and served my her successfully.

Shahper is a person who love to share thoughts and of course debates ! Her passion is art of all mediums, she is an avid gardener, and she loves to listen and recite poems; her favorite poets are Budhadeb Basu, Maya Angelou. Nazrul is in her heart, and Rabindranath in her soul.

Shahper loves to make jewelries with her own designs, likes to draw and paint and also love paintings. Her favorite is impressionist Vincent van Gogh.

She was a school teacher for 25 years. "Now I do whatever I like, another word for this is retirement."



MEET THE MEMBER

Mohammad Nurul Alam is a distinguished UN international civil servant and an academic with a rich career spanning several decades. He is a graduate of the University of Dhaka and Harvard University. He began as a lecturer at the University of Dhaka in 1973 and later joined the UN Development Program (UNDP) in 1975, serving in senior management roles at its headquarters in New York and various country offices. Post-retirement, he served as the Permanent Observer at the UN for Partners in Population and Development (2012-18). Currently, he is an Adjunct Professor at Columbia University's School for International and Public Affairs (SIPA). A dedicated volunteer, Mr. Alam is the Charter President of the Rotary e-Club of Heritage and has been the Chair of its Grants Committee since 2020, leading efforts to support community projects and initiatives.



RESPOND TO YOUR INNER CALL BY SUPPORTING THE NEEDY OR A SOCIAL CAUSE

Promoting and enhancing social good by supporting the needy or a worthwhile cause fosters a more compassionate society. Acts of kindness and charity create a culture of empathy and solidarity, encouraging others to do the same. When individuals and organizations commit to helping those in need, it demonstrates a collective responsibility towards the well-being of all members of society. This compassion bridges social divides and builds an inclusive, supportive community where everyone feels valued.

Supporting the needy directly addresses poverty and inequality. Providing resources, opportunities, and support to disadvantaged individuals lifts them out of poverty and improves their quality of life. This benefits the individuals and families directly impacted and contributes to the community's overall health and stability. Reducing poverty and inequality leads to a balanced society where everyone has a fair chance to succeed, diminishing social tensions and fostering economic growth.

Communities that actively support the needy are more resilient in the face of challenges. Financial support, volunteering, and advocacy efforts create a robust support network that can mobilize quickly during times of crisis. Enhanced community resilience benefits those in immediate need and strengthens the entire community's capacity to recover and rebuild.

The Rotary e-Club of Heritage exemplifies this spirit through various projects. For instance, their global project in Bangladesh enhances English learning for rural poor students, preparing them for modern service sector jobs. Another project trains social volunteers in artificial respiration techniques, readying them to support communities in emergencies. Additionally, periodic food and provision support for disadvantaged neighborhoods offers vital aid to marginal communities. Small contributions collectively bring significant benefits to those in need. Rotary's value of "service above self" drives these activities, inspiring collective action among its members.

Supporting the needy and promoting social good also brings personal fulfillment and growth. Helping others fosters a sense of purpose and satisfaction, enhancing mental and emotional well-being. Volunteering and charitable activities provide opportunities to develop new skills, meet like-minded individuals, and gain a deeper understanding of societal issues. This personal growth benefits individuals of all ages and enhances their ability to contribute effectively to their communities and causes they care about.

As conscientious human beings, supporting the needy should be an instinctive response and an inseparable social responsibility. This collective effort alleviates poverty, enhances community resilience, and promotes a society where everyone feels protected. By committing to these values, we can build a more equitable, mutually supportive, and thriving society for all.

MEET THE MEMBER

M. Nazrul Islam is a Professor of Computer Security at SUNY Farmingdale. He holds a bachelor's and master's in electrical and Electronic Engineering from BUET and a PhD from Muroran Institute of Technology, Japan. He served as a professor at BUET for 17 years before joining several U.S. universities, including Old Dominion University and University of West Florida, for research projects. Holder of a U.S. patent, he has published over 160 peer-reviewed papers. A dedicated Rotarian, he was Secretary (2019-20) and President (2020-21) of the Rotary E-Club of Heritage New York. He is also passionate about Bangla literature and culture, particularly theater.



Muhammad M. Zaman, MD.

- Fellowship: SUNY Downstate Medical Center, Infectious Diseases, 1995
- Residency: SUNY Downstate Medical Center, Internal Medicine, 1993
- Internship: SUNY Downstate Medical Center, Internal Medicine, 1991
- Medical Education: M.A.G. Osmani Medical College, 1986
- Graduate School: Sylher Government College, 1980

Albertson, NY

Paul Harris Fellow, awarded for public education during COVID pandemic.

My Vision:

1. I will get more involved with the club when I have more free time
2. I would like to see more social work and less energy spent for rotary member's gatherings and meetings.



শিল্পাঙ্গন



রবীন্দ্র-নজরুল জয়ন্তী

Shilpangon

RABINDRANATH-NAZRUL JAYANTI

In cooperation with:

Rotary



**Rotary E-Club of
Heritage New York**

**Sunday
3:00 pm**

June
9
2024

Levittown Hall
201 Levittown Parkway
Hicksville, NY 11801

Center for Bangla Creative Works Inc.



MEET THE MEMBER



Dr. Nasheed M. Hossain is an Assistant Professor of Medicine at the University of Pennsylvania - Perelman School of Medicine. He did his medical training at the Case Western Reserve University School of Medicine in Cleveland, OH followed by an internal medicine residency at the University of Chicago, a hematology/oncology fellowship at the Fox Chase Cancer Center in Philadelphia, a stem cell transplant fellowship and immunology post-doc at Stanford University. Dr. Hossain is a physician scientist within the Cell Therapy and Transplant Program at Penn with a focus on cancer immunotherapies and T-cell biology. Dr. Hossain's research focuses on understanding the factors leading to improving the safety of CAR T cells while retaining their therapeutic efficacy, ways to improve approaches and outcomes to allogeneic stem cell transplant and the prevention and treatment of graft-versus-host disease in stem cell transplant patients. His research spans from basic lab-based research to local and international clinical trials. Dr. Hossain is a member of the American Society for Hematology, American Society for Transplantation and Cellular Therapy, American Association for Cancer Research, Society of Hematologic Oncology and the Blood and Marrow Clinical Trials Network (BMT CTN).

PHILANTROPIC PROJECTS OF ZAKI AND RAHAT HOSSAIN



PHILANTROPIC PROJECTS OF ZAKI AND RAHAT HOSSAIN



"Zaki and Rahat Hossain turned their long-standing commitment to philanthropy into generous support for NSUH. 'I came from Bangladesh and, there, I saw how poverty creates huge problems. It exists even on Long Island, and we all need to help each other,' Zaki says. The couple named the Rahat & S. Zaki Hossain Cardiothoracic Intensive Care Unit at NSUH. 'This is how we can give back in service to the community. The hospital is the best place to make a difference.' Beyond the gift, Zaki recognized an important opportunity to serve as a model for his community through this gift. 'I don't see many Bangladeshi names, and it's a way to make them proud. Naming is important for other people to learn and to come forward — and to feel proud when they go to [NSUH] for care.'"

From the Rotary Club Members, we are immensely grateful to Zaki and Rahat for their generous contributions to the American Society. Several aspects of this philanthropic project have greatly impressed me (Maksud Chowdhury):

1. Zaki himself realizes that the project (and the Hossains) can serve as a model for the Bangladeshi community.
2. We see another model — a model for a minority community contributing to a society predominantly of a different faith and race. As a member of a minority community, I have been promoting this model for the Bangladeshi society: members of my faith must contribute to philanthropic projects benefiting all faiths, not just our own.
3. The Hossains have been involved in several philanthropic projects. This is one of the rare occasions where We see Rahat and Zaki Hossain actively involved together. We are learning societal norms through their example.

This is a very proud moment as a Bangladeshi American!

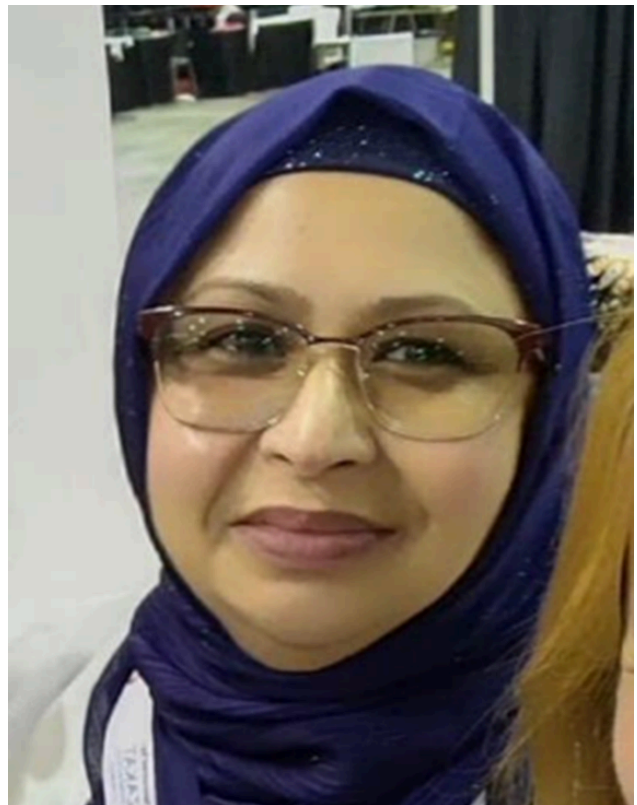
MEET THE MEMBER

Assalamu alaikum. My name is Mursheda Rahman. Originally, she is am from Bangladesh. I live in East Meadow, NY, and I am a mother of 3 kids. I've been a member of the Rotary E-Club of Heritage NY since its beginning.

She is also the Community Outreach Coordinator for Zakat Foundation in the Long Island chapter. With the help of volunteers, I pack hygiene kits, emergency kits, school supplies, and other essential items. She distributes these kits to homeless shelters, senior homes, and mosques in low-income neighborhoods. Community service is my passion. She also collects donations for many international causes, including relief for Gaza.

She is a member of the Executive Committee for the Long Island Muslim Society (LIMS). As a committee member, she organizes the Sister's program, where we do lots of volunteer and charity work. She also organizes suhoor during the last ten nights of Ramadan and with the LIMS Saturday religious school.

During her free time, she cooks for my family, and I also like to knit.



MEET THE MEMBERS

Hi everyone! My name is Asharee Mahmood and my motivations behind joining Smart Rotaract is due to my interest in community service. Through this organization I'm able to directly serve my community and make a tangible impact."



My name is Afwan, and I am the Community Service Director of Smart Rotaract.

I love community service, donating blood, hiking, and working out. I am excited to be working with everyone in and out of Rotaract!



MEET THE MEMBERS

Aneeka Rahman is a recent graduate with a Bachelor's degree in Health Science, aspiring to become a Physician Assistant.

She is passionate about helping others, inspired by the profound impact compassionate care can have on individuals' lives. She enjoys traveling and exploring diverse cuisines, which have enriched her understanding of different cultures. She is dedicated to making a difference in the healthcare field, driven by her commitment to providing empathetic and effective medical care.



Hi everyone! My name is Sreya and I'm just about to start my pediatrics residency in NYC!

As a dedicated advocate for health and wellness, I'm excited to continue helping and making a positive impact in our community through our Rotaract club.

MEET THE MEMBERS

Hello, my name is Nasrin. Driven by a deep-seated passion for community service, I joined Smart Rotaract Club to actively contribute to meaningful causes alongside like-minded individuals. With a background in pediatrics, I hope to foster positive change through local community projects.



Hello everyone, I'm Dilruba. I call myself a humanitarian who always loves art, nature and poetry. I have a Bachelor's and a Master's in Accounting, though I have been working in the healthcare field of late. I am looking forward to teaming up with all of you to bring a positive change in our community with a motto "service above self." I believe there is no better platform than Rotaract to achieve that!



MEET THE MEMBERS

Naema Chowdhury, MD, is a pulmonologist with the Division of Pulmonary and Sleep Medicine at Children's Hospital of Philadelphia. She earned her medical degree from St. George's University and completed her pediatric training at Maimonides Infants and Children's Hospital, followed by a pulmonary fellowship at the University of Chicago. She specializes in pulmonary function preservation and chronic lung disease in children and adolescents.



MEET THE MEMBERS



Dr. Maleka Ahmed is an oncologist in Lumberton, NC and is affiliated with Duke University Hospital. She received her medical degree from Dhaka Medical College and Icahn School of Medicine at Mount Sinai (North General) Residency, Internal Medicine, 1983 – 1985, Zucker School of Medicine at Hofstra/Northwell Fellowship, Hematology and Medical Oncology, 1988 - 1991 has been in practice for 35 years. She specializes in hematologic oncology.

MEET THE MEMBER

Sayeeda Maisha Kamal is an international medical graduate and aspiring US physician.

She is passionate about traveling and connecting with people from diverse cultures. She enjoys watching documentaries and experimenting with new recipes in my free time. She enjoys contributing to meaningful causes, helping others, and fostering education within our community.

An avid tea and dessert lover, she appreciates the simple pleasures of life.



MEET THE MEMBER

Dr. Maksud A. Chowdhury, District Governor Nominee Designee (DGND) for Rotary District 7230 (2026-27), is a charter member of the Rotary E-Club of Heritage, New York. He served as Club President for 2022-24 and was awarded "President of the Year" in 2023 for his dedication and successful membership growth initiatives.

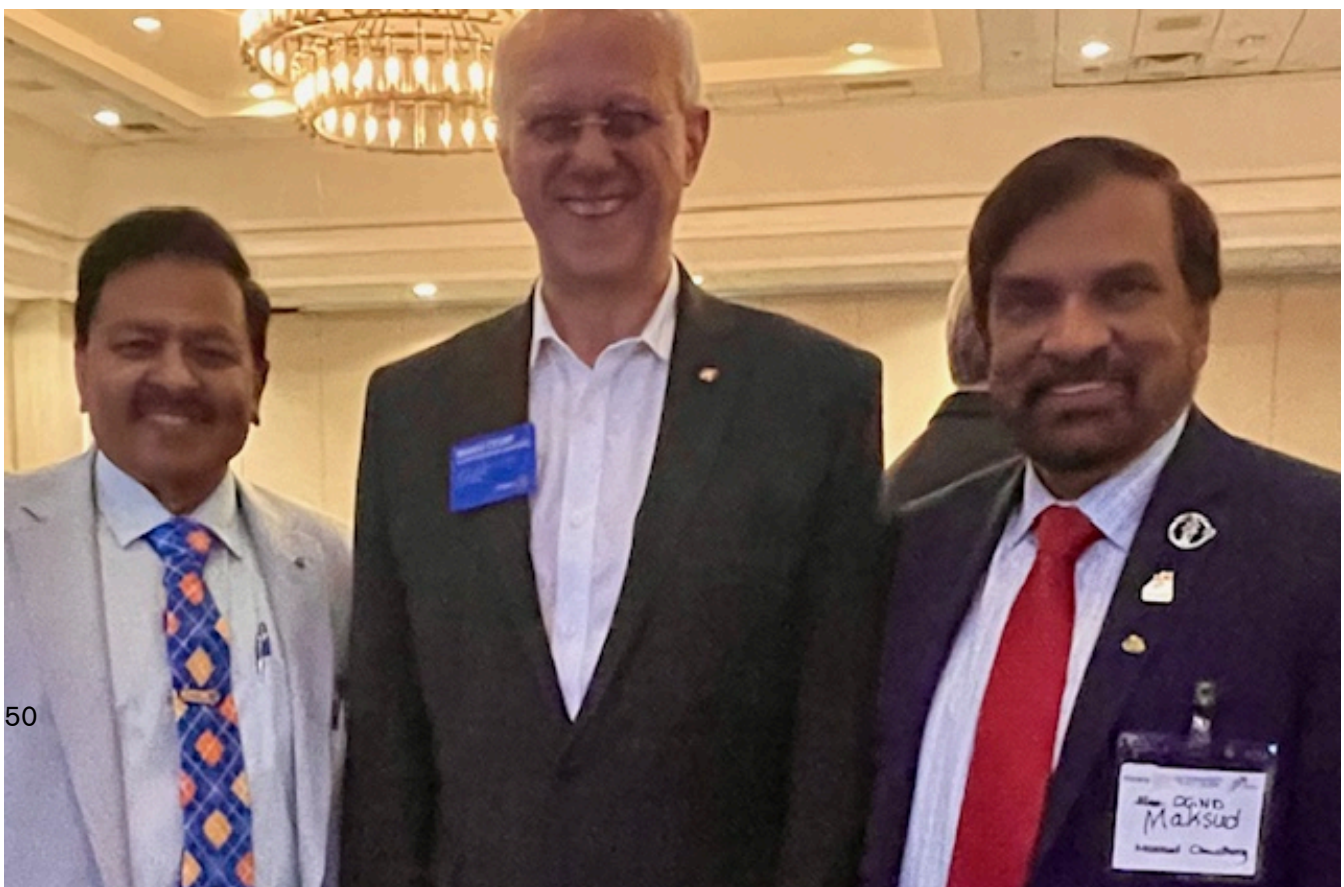
Dr. Chowdhury has been actively involved in district grants and international projects, organizing CPR training courses and various community workshops. Alongside his wife, Dr. Shamim Begum, he is a Paul Harris Fellow and recently established a Donor Advised Fund with The Rotary Foundation.

Professionally, Dr. Chowdhury is an Associate Professor of Pediatrics at St. George's University and Touro School of Osteopathic Medicine, and an Attending Physician at Coney Island Hospital. He holds a medical degree from Chittagong Medical College, MRCP-UK, and a Diploma in Child Health. He completed his U.S. residency at Lincoln Medical Center and a fellowship in Pediatric Nephrology at Mount Sinai School of Medicine. He is co-founder and president of PEDSI Global Health and President VAB and Past President BMANA has contributed significantly to the Bangladeshi American community and global health initiatives. Dr. Chowdhury is married with two children and two grandchildren. His wife, Dr. Shamim Begum, is a physician, his daughter, Dr. Naema Chowdhury, is a Pediatric Pulmonologist, and his son, Ryan Chowdhury, Esq., is a Patent Attorney.





President Dr. Maksud Chowdhury of the Heritage E-Club was the recipient of "President of the Year" Award at the Rotary District 7230 Conference. He was selected for this Prestigious award because of the multiple humanitarian projects his club undertook nationally and Internationally, under his leadership and for sponsoring a new Community Rotaract Club with younger generations, and 'advocating for the protection of children and young adolescents from "Social Media Abuse". District Governor Marty Schulman handing the award to President Maksud. More than 100 Rotarians attended the Conference.'





CPR Training Course to NY state Chaplain Workers Task Force, Metropolitan Chapter, training take place at 2084 Arthur Ave, Bronx NY
In attendance was DG Loren Russell, who also became certified

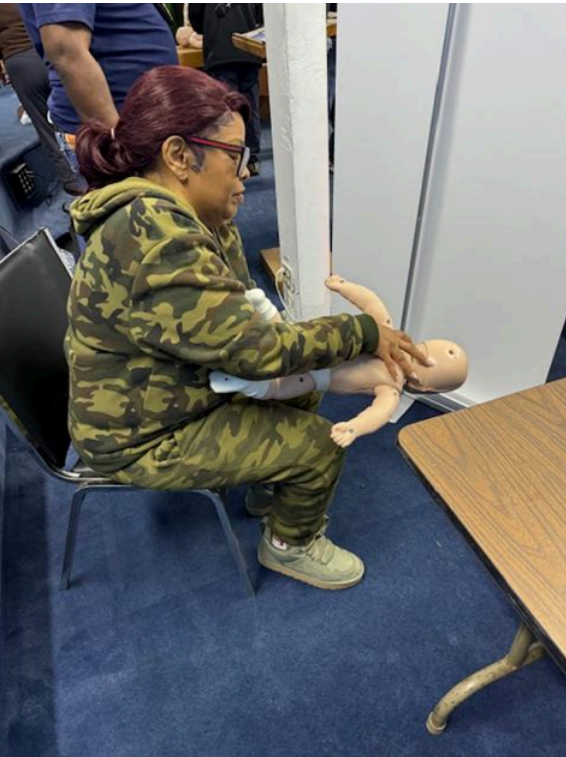


International Medical Graduates (IMG) Workshop in Residency matching and CPR Training, September 2023



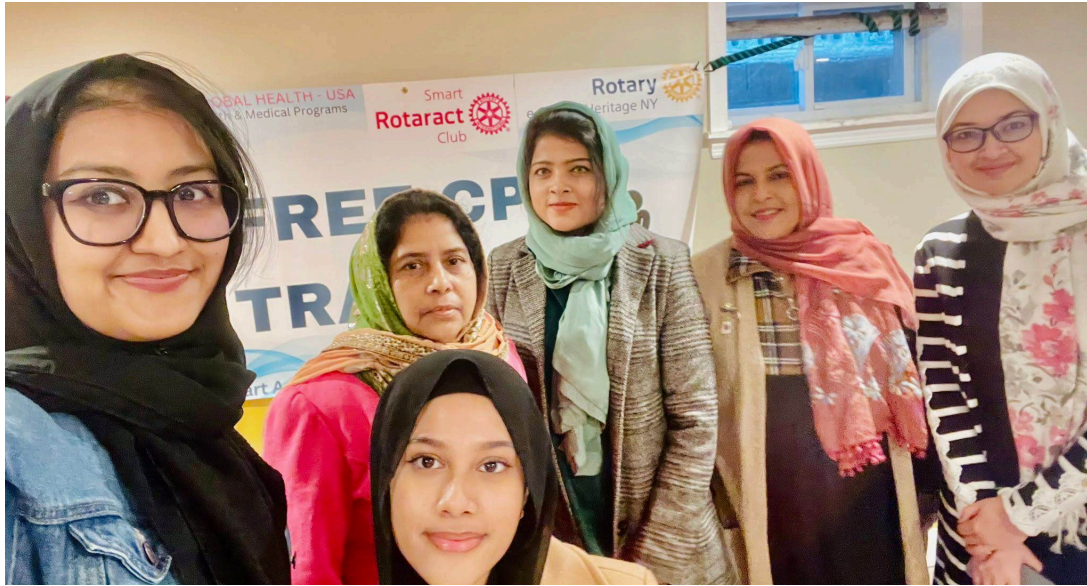
**CPR Training course for Greater Faith Baptist Church,
845 East 167 Bronx NY on May 04, 2024**





CPR Training course for Greater Faith Baptist Church,
845 East 167 Bronx NY on May 04, 2024

All female CPR Training course for Port Washington Mosque



Annual Meeting and Picnic 2023



Annual Meeting and Picnic 2023



Recent Events



Rotary
Club of Heritage NY

Join Zoom Meeting
<https://us02web.zoom.us/j/845196353?pwd=85791767294>

SOCIAL MEDIA AND ITS EFFECTS ON YOUTH

Learning Objectives:

By the end of this presentation, participants will be able to:

1. Describe the impact of media on adolescent health behavior.
2. Understand the American Academy of Pediatrics (AAP) approach to social media for children and adolescents, and
3. Recognize the limitations of current strategies with respect to media use and identify next steps to create a more developmentally appropriate digital ecosystem.

Warren Seigel MD, MBA, FAAP, FSAHM

25 April 2024 08:00 pm

WARREN M. SEIGEL, M.D., Past Chair NY AAP and is the Chairman of Pediatrics and Director of Adolescent Medicine at South Brooklyn Hospital, Brooklyn, New York and an Associate Professor of Clinical Pediatrics at SUNY-Health Science center, Brooklyn

Estate Planning:
Key legal concepts

Rotary Club of Heritage New York

"Together, we are a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves."

A Presentation by RTTN Ryan Chowdhury on Estate plan law

Agenda:

- District grants and global grants application update
- Club activities
- Rotaract activities update
- Club Journal
- Treasurer reports

Date and time:
01/17/2023 at 8pm
Eastern Time (US and Canada)

Next in person meeting on 01/28/24 and CPR training for the communities.

Join Zoom Meeting:


Join Zoom Meeting:
<https://us02web.zoom.us/j/845196353?pwd=82077701345>
Meeting ID: 845 193 6353

Workshop on Teen issues and CPR

PEDSI GLOBAL HEALTH - USA
Global Health & Medical Programs

Rotary Club of Heritage New York

WORKSHOP ON TEEN ISSUES

FREE CPR CLASS
Includes manual, CPR mask, Certificate & Lunch

TEENAGER & PARENTS
Day To Day Activities Guide
Digital Media Overuse

December 4, Sunday
9:00 AM - 2:00 PM

Location: 87-42 168th Street
Jamaica, NY 11432

LUNCH included

CPR

Grades
Friends
Exam
Self esteem
Bullying

Register online:
<https://www.pedsiglobal.org/registration>



SPEAKERS & INSTRUCTORS

Chief Guest, Martin Schulman, District Governor, Rotary District 7230
Dr Quazi T Rahman - Child Psychiatry, Medical director, New York Child City Center
Dr Munibur R Khan - Chief Psychiatrist, Creedmoor Psychiatric Center
Dr Rummanu Yeasin - Sesart Medical, Jamaica, NY
Dr Shamim Begum - Internal Medicine, Long Island Developmental Disabilities Services Office
Dr Maksud Chowdhury - Pediatrics, Coney Island Hospital
Dr Waseem Hafeez - Pediatric Emergency Medicine, Albert Einstein College of Medicine



Blood Donations Sept 2023 and April 2024





Blood Donations Sept 2023 and April 2024



Stay tuned for our next date in August 2024 where we will block off all of 168 St. Our goal is to obtain at least 50 donations then!

Title: Social Media and Its Impact on Children and Youth:

Maksud Chowdhury, MD, DCH, MRCP(UK), FAAP

Introduction: In recent years, the pervasive influence of social media platforms on the lives of children and youth has become a subject of significant concern. This synopsis aims to provide an overview of the effects of social media usage on this demographic group, highlighting both the positive and negative implications.

Positive Effects:

1. **Social Connectivity:** Social media facilitates communication and connection with peers, friends, and family members, fostering a sense of belonging and community among children and youth.
2. **Information Access:** It provides access to a vast array of educational resources, news updates, and learning opportunities, enabling young users to broaden their knowledge and perspectives.
3. **Creative Expression:** Social media platforms offer avenues for creative expression through sharing artwork, music, videos, and other forms of content creation, allowing children and youth to showcase their talents and interests.

Negative Effects:

1. **Mental Health Challenges:** Excessive use of social media has been linked to mental health issues such as anxiety, depression, and low self-esteem, often stemming from comparison with idealized portrayals on social media.
2. **Cyberbullying:** The anonymity and accessibility of social media platforms have facilitated cyberbullying, leading to emotional distress, social isolation, and even suicidal ideation among young users.
3. **Sleep Disruption:** Prolonged engagement with social media, particularly before bedtime, can disrupt sleep patterns, negatively impacting cognitive function, mood regulation, and overall well-being among children and youth.

Impact on Behavior and Development:

1. **Attention Span:** Excessive screen time and constant exposure to social media notifications may contribute to shortened attention spans and difficulty concentrating on tasks, affecting academic performance and learning outcomes.
2. **Body Image Concerns:** The prevalence of curated and filtered images on social media platforms has heightened body image concerns and contributed to unrealistic beauty standards, leading to body dissatisfaction and disordered eating behaviors among adolescents.
3. **Risky Behaviors:** Exposure to inappropriate content, online predators, and peer pressure on social media can influence children and youth to engage in risky behaviors such as substance abuse, reckless driving, and unsafe sexual practices.

Community Awareness: Online Protection Tips for Parents and Families

In the digital age, parents and caregivers may be concerned about the risks new online tools pose to children and youth. Common Sense offers the following tips to help families keep kids and their personal information safe during distance learning:

1. **Make Privacy a Family Value:** Teach children the importance of protecting personal information online.
2. **Be Careful What You Share:** Avoid posting sensitive information about your kids and their classmates on social media.
3. **Use Parental Controls:** Learn about and utilize parental controls to minimize distractions and data collection.
4. **Understand Recording Policies:** Know whether your child's online classes may be recorded or monitored.
5. **Research Educational Apps:** Familiarize yourself with the educational apps and platforms used by your child's school.
6. **Exercise Privacy Rights:** Don't hesitate to ask questions and assert your privacy rights regarding your child's online education.
7. **Stay Calm:** Embrace new digital learning tools positively, recognizing their benefits.

Video Game Safety Tips

Parents can help their children enjoy video games safely by:

- **Avoiding Video Games for Preschoolers:** Refrain from introducing video games to very young children.
- **Checking ESRB Ratings:** Select age-appropriate games by checking the ESRB ratings.
- **Playing Together:** Engage in video games with your children to share the experience and discuss the content.
- **Setting Rules:** Establish clear rules about game content and playing time.
- **Monitoring Interactions:** Keep an eye on online interactions and educate children about the dangers of online contacts.
- **Public Play Areas:** Allow video game play only in common areas of the home.
- **Modeling Behavior:** Be a role model in your own video game use and screen time.
- **Enforcing Limits:** Set and enforce limits on total screen time.
- **Prioritizing Responsibilities:** Ensure homework and chores are completed before playing video games.
- **Encouraging Other Activities:** Promote involvement in diverse activities, especially physical ones.

AAP Recommendations for Families

The American Academy of Pediatrics (AAP) recommends:

- **Creating a Family Media Use Plan:** Define the type and amount of media use appropriate for your family.
- **Promoting Sleep and Activity:** Ensure kids get adequate sleep and physical activity by avoiding device use before bedtime.
- **Designating Media-Free Times and Zones:** Set times and areas where media use is not allowed, such as during meals or in bedrooms.
- **Communicating Guidelines:** Inform all caregivers about your media use rules.
- **Selecting and Co-Viewing Media:** Choose and watch media together with your children.
- **Discussing Online Safety:** Have ongoing conversations about online citizenship and safety.
- **Involving Teens in Rule-Making:** Engage teens in setting family rules and consequences for breaking them.
- **Modeling Appropriate Use:** Demonstrate responsible use of technology by limiting your own screen time, especially during meals and while driving.

Advocacy for Online Protection

The AAP advocates for policies to protect young people online, including:

- Prioritizing children's well-being on digital platforms. Strengthening online privacy protections. Banning
- targeted advertising to minors. Reducing manipulative design practices. Preventing harmful content
- spread through algorithms. Providing families with better tools to control their digital experience.
- Investing in research to understand digital platforms' impact on youth.
- **Conclusion:** While social media offers numerous benefits in terms of connectivity, information sharing, and creative expression, its pervasive influence on children and youth requires careful consideration of the potential risks and challenges. Addressing these issues necessitates a collaborative effort involving parents, educators, policymakers, and technology companies to promote responsible digital citizenship, foster critical media literacy skills, and create safe and supportive online environments for young users. By following these tips and guidelines, parents and families can create a safer and healthier online environment for children and youth.



Rotary E-Club of Heritage New York, USA
Club 89795, District 7230
Bylaws

Article 1: Definitions

1. Board: The Board of Directors of this E-club.
2. Director: A member of this E-club's Board of Directors.
3. Member: A member, other than an honorary member, of this club. A member of a Satellite Club is considered as a member of this E-club for the sole RI purpose of membership count. For all other purposes, only active members of this E-club are considered as Members.
4. Quorum: The minimum number of participants who must be present when a vote is taken:
one-third of the E-club's members for club decisions and a majority of the directors for club board decisions
5. RI: Rotary International.
6. Year: The twelve-month period that begins on 1 July.

Article 2: Board *Section 1 - Governing Body.* The governing body of this E-club shall be its Board of Directors, consisting of the President, Vice-President, Immediate Past President, President-Elect, Secretary, Treasurer, and two Directors elected from among the members, one of who shall be a competent technology person who shall be the Director of Technology. For the first three full years of the E- club's existence, the Rotary Adviser assigned to the E-club shall be ex-officio member of the Board, without a vote.

Section 2 - Authority. The Board shall have general control over all officers and committees and, for good cause, may declare any office vacant, by a two-thirds majority. Board Meeting details are set out in, Article 5 Sections 4 and 5 below.

Section 4 - Board Action Final. Normal decisions of the Board shall be by simple majority. The decision of the Board in all club matters is final.

Article 3 Election of Directors and Officers

Section 1 – Officers: The E-club officers shall be the President, Vice-President, President-elect, Immediate Past President, Treasurer, Secretary and Sergeant-at-Arms, all of whom shall be members of the Board.

Section 2 – One month before elections, members nominate candidates for president, vice president, secretary, treasurer, and two director positions. The nominations may be presented by a nominating committee, by members from the floor, or both.

Section 3 – The candidate who receives a majority of the votes for each office is declared elected to that office.

Section 4 – If any officer or board member vacates his or her position, the remaining members of the board will appoint a replacement.

Section 5 – The term of office for each role is the duration of the Rotary year - 1 July to 30 June of the following year.

Section 6 – Within one week after their election, the Directors-elect shall meet and elect some member of the club to act as Sergeant-at-Arms.

Article 4 Duties of Officers

Section 1 – President . It shall be the duty of the President to preside at meetings of the E-club and the Board and to perform other duties as ordinarily pertain to the office of President, and set out in the Rotary Code of Policies and elaborated in Rotary Publication 222-EN (315).

Section 2 – Vice-President: It shall be the duty of the Vice-President to fill in for the President in the President's absence, preside over the meetings of the E-club and the Board in the absence of the President and any other duties that may be assigned by the President or the Board.

Section 3 – President-elect: It shall be the duty of the President-elect to serve as a Director, preside over the meetings of the E-club and the Board in the absence of the President and Vice-President and to perform such other duties as may be prescribed by the President or the Board. It is also a mandatory requirement by Rotary International (Adopted Enactment 07-46*) as well as of the district for the President-Elect to attend the President-Elect Training Seminar (PETS) prior to their becoming President.

Section – Immediate Past President. It shall be the duty of the Immediate Past President to serve as Director and perform other duties as may be prescribed by the President or the Board.

Section – Secretary. It shall be the duty of the secretary to keep membership records; maintain a current list of members' information and email addresses on the District and RI online records, record attendance at meetings; send out notices of club, board, and committee meetings; record, disseminate and preserve the minutes of such meetings; report as required to RI, including the semiannual reports of membership on 31 December and 30 June of each year, which shall include dues for all members and prorated dues for active members who have been elected to membership in the club since the start of the July or January semiannual reporting period; report changes in membership; and perform other duties as usually pertain to the office of Secretary. Detailed responsibilities of the Secretary are set out in the Rotary International Club Secretary Manual (229-EN).

Section – Treasurer. It shall be the duty of the Treasurer to have custody of all funds, accounting for it to the club quarterly and at any other time upon demand by the board, and to perform other duties as pertain to the office of Treasurer. Upon retirement from office, the Treasurer shall turn over to the incoming Treasurer or to the President, all funds, books of accounts, or any other club property. The retiring Treasurer should be available to the incoming Treasurer and Board to explain any financial items during his/her term. Detailed responsibilities of the Treasurer are set out in the Rotary International Club Treasurer Manual (220-EN).

*Section – Sergeant-at-Arms**. The duties of the sergeant-at-arms shall be such as are usually prescribed for such office and other duties as may be prescribed by the President or the Board.

Section – Director of Technology. The duties of the Director of Technology shall be to manage the Club's online presence and public Image including the Club website, it's domain name, it's Facebook presence and any other social media presence. The Director of Technology shall maintain direct liaison with the District Public Image Team in order to ensure consistent Rotary branding, and with the Club President and Club Adviser.

Article 5 Meetings

Section – Annual Meeting. An annual meeting of this E-club shall be held on the first December meeting in each year, at which time the election of officers and Directors to serve for the next Rotary year shall take place.

Section – Regular Meeting. The regular meetings of this E-club shall be held via video and/or audio conferencing at a day and time designated by the Board. Due notice of the regular meeting shall be given by the Secretary to all members of the E-club. An agenda for the meeting shall be circulated prior to any meeting.

Section 3 – Quorum: One-third of the membership shall constitute a quorum at the annual, and regular meetings of this E-club. One-third of Board members shall constitute a quorum for Board Meetings. Attendance may be in person, through an online meeting, or using an online connection for members whose attendance otherwise would be precluded. Members attending any meeting via conference calling or video-conference shall be considered as present for purposes of a quorum. Should there not be a quorum at any meeting, decisions may be adopted by those present and communicated via email to the rest of the membership. Those not present may vote on the decisions by return email to the Secretary and/or President within a prescribed time-frame. When the total number of votes for the decision(s) constitutes one-third of the membership, the decisions(s) are considered adopted.

Section 4 – Board Meeting: Regular meetings of the Board shall be held on second Wednesdays of every month. Special meetings of the Board shall be called by the President, whenever deemed necessary, or upon the request of two (2) Directors, due notice having been given.

Section 5 –Meeting minutes: Written minutes should be provided for all Board meetings. Such minutes should be available to all members within 30 days of said meeting. Minutes of regular meetings shall be made available to all members via email or via members-only website.

Article 6 Fees and Dues

Section 1 – The admission fee shall be \$25.00 to be paid before the applicant is formally accepted as a member.

Section 2 – The membership dues shall be the sum of RI, District and Club annual dues, as approved by the Board from time to time, based on changes in the RI and District dues. The dues shall be payable annually by the last day of May each year. The total per capita dues for the 2020-21 Rotary year shall be \$200. The dues for Satellite Club Members shall be \$165.

Article 7 Method of Voting

The business of this E-club shall be transacted by *viva voce** vote except the election of officers and directors, which shall be by physical or electronic ballot. The board may determine that a specific resolution be considered by ballot rather than by *viva voce* vote.

(Note: Viva voce vote is defined as when club voting is conducted by vocal assent.

Article 8 Committees

E-Club committees are charged with carrying out the annual and long-range strategic goals of the club. The President is an ex-officio member of all committees. The President-elect, President, and Immediate Past President should work together to ensure continuity of leadership and succession planning. The President-elect is responsible for appointing committee members to fill vacancies, appointing committee chairs, and conducting planning meetings prior to the start of the year in office. It is recommended that the chair have previous experience as a member of the committee. Standing committees should be appointed as follows:

- *Membership*

- This committee should develop and implement a comprehensive plan for the recruitment and retention of members.

- *The Rotary Foundation*

- This committee should develop and implement plans to support The Rotary Foundation through both financial contributions and program participation, including managing Global Grants.

- *Finance*

This committee should conduct activities associated with the effective financial operation of the club, including budget preparation and monitoring.

- *Club Service*

This committee should develop and implement initiatives that improve the performance of the Club, as well as present the public with information about Rotary and to promote the club's service projects and activities.

- *Community Service:*

This committee should develop and implement projects that address the needs of the Community, including preparing, implementing and reporting on District Grants.

- *International Service:*

This committee should develop and implement projects that address the needs of communities in other countries, including working with the Rotary Foundation Committee on Global Grant projects.

- *Vocational Service:*

This committee should develop and implement projects that promote participation in vocational service activities - mentoring, career days, vocational awards, business assistance.

- *New Generations*

This committee should develop and promote plans to involve youth and young adults in service activities including providing programs to closely coordinate with Interact and Rotaract Clubs,

Additional ad hoc committees may be appointed as needed.

(a) Each committee shall transact its business as is delegated to it in these bylaws and such additional business as may be referred to it by the President or the Board. Except where special authority is given by the Board, such committees shall not take action until a report has been made and approved by the Board.

(c) Each chair shall be responsible for regular meetings and activities of the committee, shall supervise and coordinate the work of the committee, and shall report to the Board on all committee activities.

Article 9 Duties of Committees

The duties of all committees shall be established and reviewed by the President for his or her year. In declaring the duties of each, the president shall reference appropriate RI materials and the Avenues of Service when developing plans for the year.

Each committee shall have a specific mandate, clearly defined goals, and action plans established by the beginning of each year for implementation during the course of the year. It shall be the primary responsibility of the president-elect to provide the necessary leadership to prepare a recommendation for club committees, mandates, goals, and plans for presentation to the board in advance of the commencement of the year as noted above.

Article 10 Leave of Absence

Upon written application to the Board, setting forth good and sufficient cause, leave of absence may be granted excusing a member from attending the meetings of the club for no longer than twelve (12) months.

Article 11 Finances

Section 1 – Prior to the beginning of each fiscal year, the Board shall prepare a budget of estimated income and expenditures for the year, which shall stand as the limit of expenditures for these

The budget shall be broken into two separate parts: one in respect of club operations and one in respect of charitable/service operations, unless otherwise ordered by action of the Board.

Section 2 – The Treasurer shall deposit all club funds in a bank, named by the Board. The club funds shall be divided into two separate parts: club operations and service projects.

Section 3 – All bills shall be paid by the Treasurer or other authorized officer and only when authorized by two other officers, or Directors, and a record of the authorization shall be part of the Club's financial records.

Section 4 – A thorough review of all financial transactions by a qualified person shall be made annually. RI recommends an audit of Club financial records by an external auditor every two years.

Section 5 – The Treasurer shall provide an annual financial statement detailing all incomes and expenditures, to all Club members, no later than 30 days after the closing the Rotary Year.

Section 6 – The fiscal year of this club shall extend from 1 July to 30 June, and for the collection of members' dues shall be 30 May. The payment of per capita dues shall be made on 1 July and 1 January of each year on the basis of the membership of the club on those dates, upon receipt of invoices from RI and the District.

Article 13 Method of Electing Members

Section 1 – A prospective Member should find a Sponsor who is a current member in good standing. The Membership Chair will assist in finding a sponsor.

Section 2 – The prospective Member shall submit a one-page resume, a short one paragraph statement of why they want to be a Rotarian in the E-club.

Section 3 – The prospective Member shall attend the first meeting as a guest of the Club and at least two additional regular meetings.

Section 4 - At any time after the candidate has attended two meetings and submitted the above materials to the Membership Chair and the Secretary, the member can be interviewed by two Board Members. This interview can be either in person or otherwise, and may be waived at the discretion of the Membership Chair or the President.

Section 5 - The Membership Chair shall review the materials and forward to the Board for review and vote. A majority of Board Members approving the membership shall allow the Membership Chair to submit the candidate through the Secretary to the entire club for possible objections.

Section 6 - The candidate does NOT have to complete the meeting and project requirements before consideration by the Board, but must complete the requirements prior to being inducted. Also, once all materials and requirements are met by the candidate the Board MUST vote and provide a response to the candidate within thirty days.

Section - Once the Board submits the candidate to the club for objections, club members have a 7 week to object. Otherwise the candidate may be inducted at the following regular meeting. Objections shall be handled by a vote of the Board and can be overruled by a majority of the Board.

Section - Dues and short biography must be collected before induction. Induction shall be 8 accompanied by a pin and a short speech about the meaning and importance of Rotary.

Article 14 Amendments

These bylaws may be amended at any regular club meeting. Amending the E-club bylaws requires sending written notice of the proposed amendments to each member ten days before the meeting, having a quorum present for the vote, and having two-thirds of the votes support the change. Any Amendments to these bylaws must be consistent with the RI Constitution and Bylaws, the Rotary Code of Policies, and the Heritage Rotary E-Club Constitution. In case of any conflict between any provision of these bylaws and: (a) the Heritage Rotary E-Club Constitution, the E-Club Constitution shall prevail; (b) the Rotary Code of Policies, the Rotary Code of Policies shall prevail; (c) the RI Bylaws, the RI Bylaws shall prevail; (d) the RI Constitution, the RI Constitution shall prevail.

Section 9 – The club may elect, individuals of high standing as, honorary members proposed by the Board.

Article 14 Resolutions

The club shall not consider any resolution or motion to commit the club on any matter until the Board has considered it. Such resolutions or motions, if offered at a club meeting, shall be referred to the Board without discussion.

Article 15 Order of Business

The following is a suggested order of business and may be changed as may be determined by the President.

Meeting called to order with Pledge to America, Opening Prayer, Recitation of the Rotary

4-way Test and the singing of our “Rotary Welcome Anthem”.

Introduction of visitors.

Happy Bucks, correspondence, announcements, and information. Committee reports if any.

Any unfinished business.

Any new business.

Address or other program features.

Queens Dowry

Adjournment.

Article 16 Communication

Any communication under these by-laws required to be sent to members of the club shall be sent by email to club members at their email address registered with the Secretary, unless a member has specifically requested an alternate means of communication. It is the responsibility of each member to inform the Secretary of any change in email address.

Article 17 Club Information:

The Club shall maintain an active online presence primarily using the Club website and Facebook as the means to communicate Club information to the Public and members. The Club Webmaster, in consultation with the President, shall set out policies for information to be made available through the communication channels. He/she shall be responsible for (a) ensuring the Club Internet domain name(s) are active, (b) brand- identification and content management (c) preparing news stories for the website and/or other publications.

Article 18 Amendments

These bylaws may be amended at any regular meeting, a quorum being present, by a two-thirds vote of all members present, provided that notice of such proposed amendment shall have been emailed to each member at least five (5) days before such meeting. Members may vote via email as prescribed in Section 3, Article 5. No amendment or addition to these bylaws can be made which is not in harmony with the Standard Rotary Club Constitution and with the Constitution and Bylaws of Rotary International.

August 2017

Proposed Amendments to Rotary E Club of Heritage Bylaws

Article 11, Section 1:

Section 1 - General Provisions. (a) Principal Activity. Each member shall be classified in accordance with the member's Current:

business, profession, or type of community service. The classification shall be that which describes the principal and recognized activity of the firm, company, or institution with which the member is connected or that which describes the member's principal and recognized business or professional activity or that which describes the nature of the member's community service activity. (b) Correction or Adjustment. If the circumstances warrant, the board may correct or adjust the classification of any member. Notice of a proposed correction or adjustment shall be provided to the member and the member shall be allowed a hearing thereon.

Proposed Amendment:

Any active member or club officer who wishes to change their membership status or transfer to another club must provide 10-day notice prior to the effective date. This notice must be sent via email or mail to both the club president and the membership chair. This requirement is in place to ensure the benefit of the club and its members. An exception to this notice requirement is allowed in the case of an emergency health condition.

Reference: Article 14:

Current:

These bylaws may be amended at any regular club meeting. Amending the E-club bylaws requires sending written notice of the proposed amendments to each member ten days before the meeting, having a quorum present for the vote, and having two-thirds of the votes support the change. Any Amendments to these bylaws must be consistent with the RI Constitution and Bylaws, the Rotary Code of Policies, and the Heritage Rotary E-Club Constitution.

Explanation of the Amendment:

The proposed amendment to Article 11, Section 1 is intended to ensure that any changes in membership status or transfers are communicated in a timely manner, allowing the club to make necessary adjustments for the benefit of the entire membership. The addition of a 10-day notice period provides a reasonable timeframe for the club to respond to these changes. The exception for emergency health conditions ensures that members facing urgent health issues are not unfairly burdened by this requirement.

If there are any questions or further clarifications needed, please feel free to reach out to the committee responsible for drafting these amendments.



Heritage Members	
10678251	Ahmad, Abdul Matlub
11301555	Ahmed, Maleka
11523722	Ahmed, Syed Giasuddin
11224945	Ahmed, Sam
10760592	Ahmed, Kamrun
10459251	Alam, Mohammad Nurul
12052687	Ali, Mahfil
10459919	Begum, Shamim
11875497	Chowdhury, Naema M.
10459266	Chowdhury, Fazlur Rahman
10979794	Chowdhury, Naheed
10979792	Chowdhury, Mustafa
11875519	Chowdhury, Maisoon M.
10459915	Chowdhury, Maksud
11875512	Chowdhury, Ryan M.
10979264	Hakim, Adeen
10980367	Hakim, Nausheen Naila
11301559	Hakim, Mir Abdul
10459249	Hossain, Syed Zaki
10981819	Hossain, Mahmud
11589006	Hossain, Roushan
10459264	Hossain, Rahat
11875506	Hossain, Nasheed M.

11597495	Huq, Sayeeda
11886949	Islam, A.K.M. Nazrul
10653077	Islam, Nazrul
11808134	Kabir, Rozina
10585799	Khan, Abdur Razzaque
10661732	Khan, Syeda Shahper
11523716	Khan, Nazmul Hossain
10459927	Mirza, Luna
11886939	Monzur, Mohammed Ali
10459257	Pal, Mati
11513220	Qureshi, Shahnaz
10459909	Rabbi, Laboni
10979785	Rahman, Mujibur
11148698	Rahman, Raihan N.
10459904	Rahman, Abu T.R.
10662310	Rahman, Mursheda Akter
10459262	Saleh, Mohammed
11886945	Shahid, Mohammed Hasan
8875458	Shammi, Mohammad Nahid Parvez
10459899	Sultan, Farjana
12052670	Taluckder, Zurana Alam
11834710	Ullah, Ahsan
10535416	Zaman, Muhammad M.
11886947	Ziauddin, Abu Hena
	Hafeez, Waseem

Vaping and Its Side Effects: Community Awareness and Education Synopsis

Naema Chowdhury, MD

Introduction

Vaping, the act of inhaling vapor produced by an electronic cigarette or similar device, has become increasingly popular, especially among young people. While often marketed as a safer alternative to smoking, vaping carries numerous health risks and side effects that are not widely understood. This synopsis aims to raise community awareness about the potential dangers of vaping and the importance of education on this issue.

The Rise of Vaping

- 1. Popularity Among Youth: Vaping has surged among teens and young adults, partly due to targeted marketing, appealing flavors, and the misconception that it is a harmless activity.**
- 2. Accessibility: E-cigarettes and vaping devices are easily accessible, making it crucial for communities to understand and address the associated risks.**

Health Risks and Side Effects of Vaping

1. Respiratory Issues:

- o Bronchitis and Asthma: Vaping can exacerbate these conditions, leading to chronic respiratory problems.**
- o Popcorn Lung: Some flavorings used in e-liquids contain diacetyl, which is linked to a serious lung condition known as bronchiolitis obliterans.**

2. Cardiovascular Problems:

- o Increased Heart Rate and Blood Pressure: Nicotine in vaping products can cause cardiovascular stress, increasing the risk of heart disease.**
- o Potential for Heart Attacks: Long-term vaping may contribute to the development of heart disease and increase the risk of heart attacks.**

3. Addiction:

- o Nicotine Dependency: Many vaping products contain nicotine, a highly addictive substance that can lead to dependence, especially in young users.**

- **Gateway to Smoking:** Vaping may serve as a gateway to traditional cigarette smoking and other substance use.

4. Mental Health Effects:

- **Anxiety and Depression:** Nicotine addiction and withdrawal can contribute to mental health issues, including anxiety and depression.
- **Behavioral Changes:** Young users may experience mood swings, irritability, and cognitive impairments.

5. Exposure to Harmful Chemicals:

- **Toxic Metals:** Some vaping devices release metals like lead, nickel, and chromium, which can be harmful when inhaled.
- **Unknown Long-Term Effects:** The long-term health consequences of inhaling various chemicals in e-liquids remain largely unknown.

Importance of Community Education

1. Awareness Campaigns:

- **Informing the Public:** Launching campaigns to educate the public about the risks of vaping and dispel myths.
- **Youth Engagement:** Targeted programs in schools and youth centers to educate young people about the dangers of vaping.

2. Parental Guidance:

- **Talking to Kids:** Encouraging parents to discuss the risks of vaping with their children.
- **Setting Examples:** Parents should model healthy behaviors and avoid using vaping products themselves.

3. Regulation and Policy:

- **Advocacy for Stronger Laws:** Supporting policies that restrict the sale and marketing of vaping products to minors.
- **Smoke-Free Zones:** Extending smoke-free laws to include vaping in public places.

4. Support and Resources:

- **Gateway to Smoking:** Vaping may serve as a gateway to traditional cigarette smoking and other substance use.

4. Mental Health Effects:

- **Anxiety and Depression:** Nicotine addiction and withdrawal can contribute to mental health issues, including anxiety and depression.
- **Behavioral Changes:** Young users may experience mood swings, irritability, and cognitive impairments.

5. Exposure to Harmful Chemicals:

- **Toxic Metals:** Some vaping devices release metals like lead, nickel, and chromium, which can be harmful when inhaled.
- **Unknown Long-Term Effects:** The long-term health consequences of inhaling various chemicals in e-liquids remain largely unknown.

Importance of Community Education

1. Awareness Campaigns:

- **Informing the Public:** Launching campaigns to educate the public about the risks of vaping and dispel myths.
- **Youth Engagement:** Targeted programs in schools and youth centers to educate young people about the dangers of vaping.

2. Parental Guidance:

- **Talking to Kids:** Encouraging parents to discuss the risks of vaping with their children.
- **Setting Examples:** Parents should model healthy behaviors and avoid using vaping products themselves.

3. Regulation and Policy:

- **Advocacy for Stronger Laws:** Supporting policies that restrict the sale and marketing of vaping products to minors.
- **Smoke-Free Zones:** Extending smoke-free laws to include vaping in public places.

4. Support and Resources:

- o **Quit Programs: Providing resources and support for those looking to quit vaping, similar to smoking cessation programs.**
- o **Healthcare Provider Involvement: Training healthcare providers to recognize and address vaping-related issues in patients.**

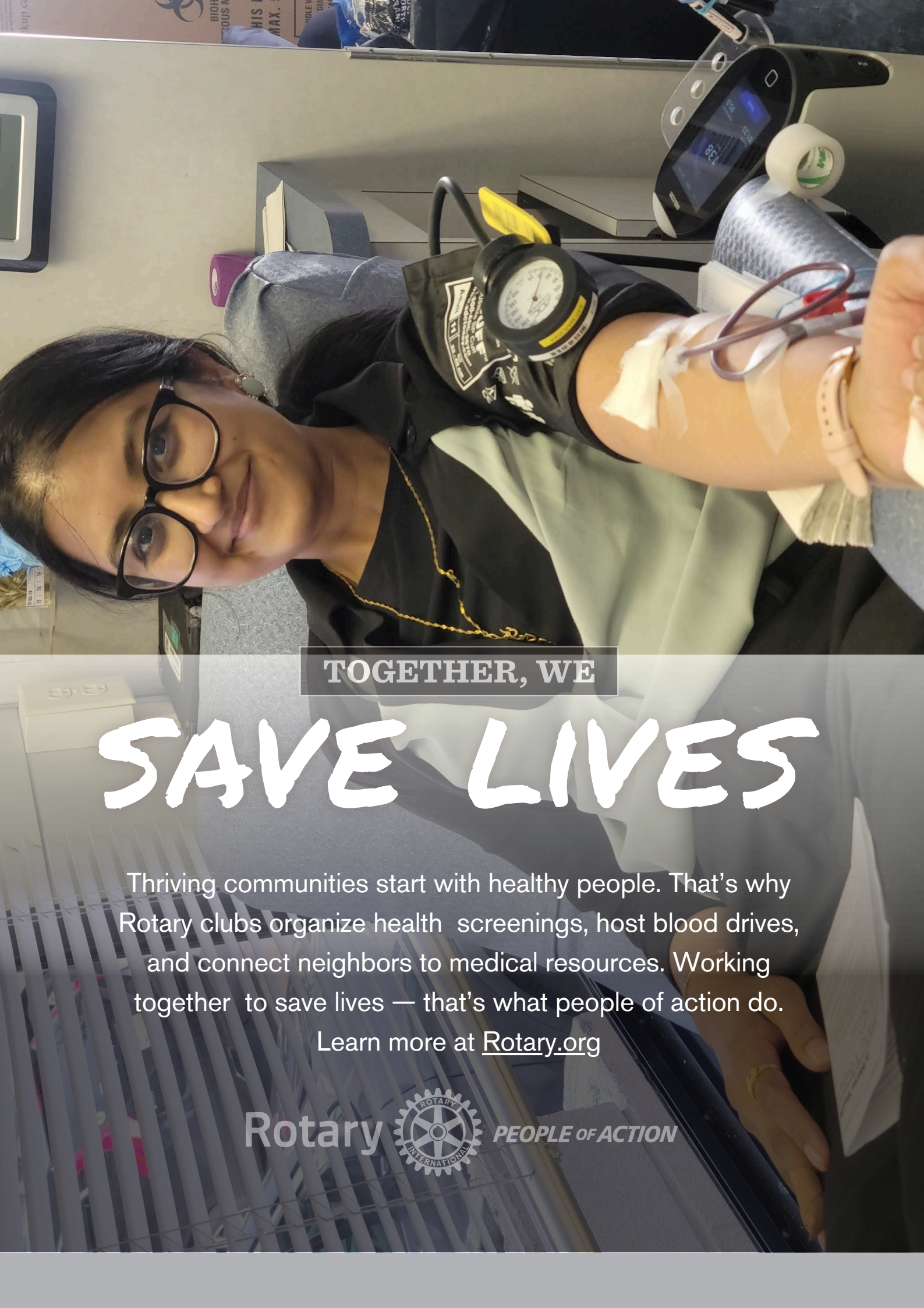
Conclusion

Vaping poses significant health risks, particularly to young people, and requires comprehensive community awareness and education efforts. By informing the public about the dangers of vaping, promoting healthy behaviors, and supporting policies that protect community health, we can mitigate the harmful effects of this growing trend. Community engagement and education are key to preventing vaping-related health issues and ensuring a healthier future for all.

Call to Action

- 1. Join Awareness Campaigns: Participate in or organize local events and campaigns to spread information about the dangers of vaping.**
- 2. Educate Yourself and Others: Stay informed about the latest research on vaping and share this knowledge with your community.**
- 3. Advocate for Change: Support policies and regulations that aim to reduce vaping, especially among young people.**
- 4. Seek Support: If you or someone you know is struggling with vaping addiction, reach out to healthcare providers and support groups for help.**





TOGETHER, WE

SAVE LIVES

Thriving communities start with healthy people. That's why Rotary clubs organize health screenings, host blood drives, and connect neighbors to medical resources. Working together to save lives — that's what people of action do.

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PEOPLE OF ACTION