

TODAY'S PROGRAMME

Club Meeting 2006-07
at Nehru Childrens' Museum
at 6.30 p.m.
on 1st February, Thursday.
Club Assembly

FORTHCOMING PROGRAMMES

8th February Thursday at weekly meeting.

Topic - Freedom of Religion and Secular State in India.

Speaker - PP Rtn. Gita Halder.

IOL CAMP

Rotary Club of North Calcutta is organising an IOL Camp for Cataract & Power Detection with S.B. Debi Charity Home on 18th February 2007 at 10 a.m.

Venue : S.B. Debi Charity Home, 5 Gulu Ostagar Lane, Kolkata - 6.

15th March 2007 Dist. Governor Debashis Mitra will visit our club. All the members are requested to attend the meeting.

GREETINGS OF THE DAY**BIRTHDAY WISHES TO –**

Rtn. Goutam Ghosh 2nd Feb.
 Rtn. Sibani Deb 7th Feb.

WEDDING ANNIVERSARY GREETINGS

Rtn. Jayati Ghosh 5th Feb.
 Spouse Shyamalendu
 Rtn. Balai Chand Mallick 7th Feb.
 Ann Protiva

SMOKERS – “NUCLEAR ASSASSINS”

“Polonium” which Madame Curie discovered over a century ago, and named after her motherland, is currently in the news for the wrong reasons. The bizarre story of the fatal polonium, poisoning of Alexander Litvinenko an ex-Russian spy in England reminds us of smokers, the other not so well known “nuclear assassins”.

Cigarette smoke contains radioactivity. Smokers slowly and surely poison themselves and passive smokers with polonium-210 (Po-210) and lead-210 (Pb-210) two radio-active materials. It may not cause any radiation disease as the Russian Victim but may result in an increased risk of Lung Cancer.

Radioactivity in tobacco came from phosphatic fertilizers, which contained uranium and its decay product radium-226. Radium-226 decays into a series of products which include Po-210 and Pb-210. Sticky, hair-like structures on both sides of tobacco leaves collect these from the atmosphere. Tobacco roots may also absorb some radioactivity from soil. Po-210 levels in Indian tobacco are 10 to 15 times lower than those in US tobacco. Indian farmers do not use phosphatic fertilizers. Pollutants in cigarettes cause cancer in 14 different tissues such as buccal cavity, pharynx, stomach, kidney, bladder etc. Filtered Cigarettes remove benzopyrene and nitrosamine, two well-known cancer inducing compounds but are ineffective against Po-210 and Pb-210.

10% of Pb-210 and 20% of Po-210 contained in cigarettes enter the smoker's Lung through main smoke stream; remaining 90% of Pb-210 and 80% of Po-210 remain in the ambient air for passive neighbors to inhale! Smokers are thus “nuclear assassins” them. Lighted cigarettes produce Po-210 and insoluble Pb-210 in the mainstream. Smokers inhale them deep into their lungs. The airways branch into narrower and narrower passageways. While they smoke cigarette after cigarette, the particles of smoke bearing radioactive residues yet deposited at these branches. These hotspots deliver high radiation doses. Most lung cancers are formed in these regions. Po-210 being soluble gets removed from the inner linings of the lung. Blood circulating in the lung absorbs it partly and carries it to every tissue and cell in the body. Alpha-particles from Po-210 cause mutations in the cell. Many of these cells will die. But a few partly damaged cells may survive and multiply uncontrollably without any rules causing cancer. Smokers' Urine contains six times more polonium than non-smokers'. The cancer inducing capability of Po-210 in cigarettes is too overwhelming to be ignored.

– Rtn. Dr. Hina Karia

Editor's Desk

Hallo Rotarians,

Love is an essential emotion, cherish it. Ego, Anger, Jealousy and Hatred are unessential emotions, renounce it.

If we practice it, it will improve our body and mind and thus make us better person with understanding.

The range of possibilities are only restricted by limited human understanding. Trust the universe, it will show you the answers when you are open to receive them.

In Rotary, February is a "World Understanding Month".

Thank you,



BOARD MEETING

6th Board Meeting was held on 27th January '07 Saturday at 5.30 p.m. at the residence of Rtn. Ganga Prasad Roy. Ann Chaitali welcomed everybody.

IN HOUSE DISCUSSION

On 25 January 2007 at our Weekly Meeting President Anupam asked the house that how one can make the club more attractive? PP Rtn. Dr. Sujit Basu suggested to organise attractive programmes so members will be interested to come to the weekly meeting. He also said to introduce gift for attendance. Dr. Basu said, "Identify those people who can organise various types of functions. Rtn. Parimal discussed about RCC Programmes. PE Rtn. Dr. Amit suggested to organise more community service programme. So members will come and join us for fellowship. PP Rtn. Gopinath Ghosh said "club need more involvement from the members." Rtn. Dr. Hina, VP Sekhar, Rtn. Soumen have also participated in the discussion. The discussion was very interesting.

MINUTES

Minutes of the 1308th regular weekly meeting of the Rotary Club of North Calcutta held on Thursday 25th January 2007 at 7 p.m. at NCM Kolkata.

President Anupam called the meeting to order followed by National Anthem.

Rtn. Sibani, Editor and Rtn. Aroon, Secretary, announced the Birthday and Wedding Anniversary Greetings.

Secy. Rtn. Aroon dealt the club business as under :

- 1st February '07 Club Assembly.
- 15th March '07 DG's visit to our club.
- 6th Board Meeting to be held on 27th January '07.
- IOL Camp was organised at Sanatan Vidya Mandir, Kaspipore, on 21st January '07.

President Rtn. Dr. Anupam requested PE Rtn. Dr. Amit to talk on the improvement of club attendance through club programmes. PP Rtn. Dr. Sujit Basu, VP Rtn. Sekhar, Rtn. Hina, Rtn. Parimal suggested their ideas to increase the number of attendance through different programmes like fellowship/RCC/Guest Speaker & others.

President requested PP Rtn. Gopinath to appraise the members on Matching Grant.

The subject on maintaining the Club Accounts uniformly raised and Rtn. Somen participated in the discussion.

Minutes of 1307 RWM was confirmed by the members.

President thanked all members for their presence and terminated the meeting.

Members Present 16

Rtn. Aroon Roy
Secretary

Rtn. Dr. Anupam
Bhattacharyya
President

FEBRUARY 2007 : WORLD UNDERSTANDING MONTH

Day	Date	Time	Event
Sat	3rd	9 am -9 pm	Multui District RCC Conference. Day I at Digha.
Sun	4th	9 am - 6 pm	Multi District RCC Conference Day II at Digha.
Fri	23rd	9 am - 5 pm 6 pm - 10 pm	Observing world understanding and peace day and inauguration of service projects. District International Night Celebration
Sat	24th	3 pm - 6 pm	District Leadership Seminar.

QUIZ CONTEST

Inter school Quiz Contest (Health) will be organised by S.B. Debi Charity Home on 2nd February '07 from 11 a.m. - 4 p.m. PP Rtn. Gopinath Ghosh will be the quiz master. Venue : Corporation Auditorium behind Shyampukur Thana, Balaram Ghosh Street. All Rotarians are welcome with their families.

FOUR WAY TEST

Is it the truth?
Is it fair to all concerned?
Will it build goodwill and better friendships?
Will it be beneficial to all concerned?

CORRECTIONS IN LAST IOL CAMP

In the last bulletin of 25th January '07 mistakenly printed as 'MP' Mr. Tarak Banerjee which would be corrected as 'MLA' Mr. Tarak Banerjee.