

TODAY'S PROGRAMME

Club Meeting 2006-07

at Nehru Childrens Museum
at 6.30 p.m.

on 4th January, Thursday.

Topic : Credibility of Media

Speaker : PP Rtn. Gopinath Ghosh

FORTHCOMING PROGRAMMES

DG Debashis Mitra will visit our club.
Date will be notified later.

IOL / POLIO CAMPS

IOL along with Polio Plus Camp will be organised on 7th January '07 at 10 a.m. at Vivekananda Yuba Kendra, near Manicktala.

On 21st January 2007 IOL Camp will be organised at Basant Bhawan at Kasipore from 10 a.m. Local MLA Mr. Tarak Banerjee will join hands with us. Contact No. of Rtn. Ganga Prasad Roy – (M) 98310 64465, (O) 2350 0811, (R) 2554 4955.

GREETINGS OF THE DAY

BIRTHDAY WISHES TO – 

Rtn. Shilendu Mukherjee 5th Jan.

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?

MULTI-DISTRICT RYLA 2006-07

Rotary Club of Purulia, R. I. Dist. 3290 & Rotary Club of Bokaro, R. I. Dist. 3250 have come together to Lead AAROHAN, the Multi-District RYLA on 28th, 29th & 30th January, 2007. This event will take place at Ayodhya Hills, the most sought after tourism location in Purulia District.

For details information please contact:
Rtn. Krishna Kishore Hazra, President
Tel. : 94340 18396

2007 DISTRICT CONFERENCE

Dishari - A Conference of leaders to be held on 6th & 7th January 2007 at Swabhumi, Kolkata.

Rotarians and guests will pay Rs. 1,000/-

Collection Centres :-

Rtn. Subrata Biswas

Tel. : 2461-4021, (M) 98301 10280

Rtn. Ashim Halder

Tel. : 2474-5153, (M) 98311 27442

Rtn. Surajit Sanyal

Tel. : 2440-2552, (M) 94330 38400

Dist. Governor's Office

Tel. : 2429-4591 / 52

OBITUARY

President Rtn. Anupam's father-in-law Shibnath Bhattacharyya passed away for heavenly abode on Friday 29th December, 2006. He was a founder and owner of Srirampore distillery and S. Bhattacharyya Pharmaceuticals. He was a self-made man and a loving father. At his young age he was a Champion Weight Lifter and

represented West Bengal. We convey our condolence to First Lady Ratna and her bereaved family.

WHERE IS IN THE WORLD UNLIKELY PLACES TO MAKE-UP ROTARY CLUB MEETINGS?

To make-up missed club meetings, travelling Rotarians can visit Rotary Clubs almost anywhere in the world. In some clubs, however, visiting Rotarians would be a rarity. But then again, you never can tell where you'll journey in life.

When travelling near the South Pole consider dropping in one of the two Rotary Clubs in Antarctica. The 20-member Rotary Club of base Antarctica Esperanza was chartered in November 2005, and the 9-member Rotary Club of base Marambio - Antarctica was chartered in May 1997. Both are Spanish speaking clubs that meet Wednesday evenings.

If Antarctica isn't on your agenda, you can make up meetings in other ways. Rotarians can attend regular meeting of a local Rotaract or Intereact Club, Rotary Community Corps, or Rotary Fellowship. According to Article 8, Section 1a of the standard Rotary Club Constitution, attending one of these meetings counts as a make-up. Another option is to participate in an interactive activity through a Rotary e-Club.

Where's the most interesting place you've made up a meeting? Let us know.

**JANUARY 2007 :
ROTARY AWARENESS MONTH**

Day	Date	Time	Event
Friday	05th	9 AM - 10 AM 11 AM - 1 PM	Inauguration of Major Service Projects Council of Governors' Meeting
Saturday	06th	9 AM - 9 PM	District Conference – Day I
Sunday	07th	9 AM - 9 PM	District Conference – Day II
Friday	19th	4 PM- 9PM	RYLA - III (Day - 1) – Kharagpur
Saturday	20th	9 AM - 9 PM	RYLA - III (Day - 2) – Kharagpur
Sunday	21st	9AM - 6 PM	RYLA - III (Day - 3) – Kharagpur
Sunday	28th	10 AM - 4 PM	District River Cruise & Fellowship Meet
Wednesday	31st	10 AM - 2 PM	Payment of Semi Annual Dues to R.I. (2nd Half).

DOES FOOD AFFECT MEDICINE?

Why are some medicines to be taken on an empty stomach while many are advised to be taken after food or meal?

In the global campaign for 'Health for All', nutrition is one of the eight elements of primary health care. While a balanced diet containing a variety of foods in adequate quantity and proportion met the nutritional requirements of healthy life and prevent dietary deficiency diseases, some of the food that we eat may make some medicines work faster or slower or even prevent them from having any effect.

Foods affect the medicines at different stages of medicines' journey in the body. When we swallow medicine, the food present in the stomach influences its entry into the blood, a process medically known as absorption. The medicine needs to be absorbed adequately and at an appropriate rate to produce clinical effect. For some medicines, there is no influence of food on absorption, while absorption of many medicines is greatly influenced. The presence of food causes a reduction of absorption of anti-infective medicine, amoxicillin, Calcium containing food such as milk, cheese and other dairy products reduces the extent of absorption of tetracyclines, antibacterial medicine. The clinical effects of both the

medicines are reduced. Absorption of most of the medicines is better and more predictable when taken on an empty stomach and with lots of water.

Continue.....

Editor's Desk

Hallo Rotarians,

Hope you had a smashing Day -- 1st January 2007.

This day has a other significance. This day is famous as a "Kalpataru Day" – related with Sree Ramkrishna Pramahangsha Deb. In that very day, at Kasipore Uddyan Bati he said, "Tomader Chaitannya Hoke". He also said "Pray whatever you like and I will give it to you".

As a human being and Rotarians, we can try to give something to those who have not got anything – food, water, clothes, education.

So lets try for it. Shall we?

Thank you,

MINUTES

Minutes of the 1304th regular weekly meeting of the Rotary Club of North Calcutta held on Thursday 28th December 2006 at 7 p.m. at NCM Kolkata.

President Rtn. Dr. Anupam welcomed members/visiting Rotarians from RC Dhakuria and called the meeting to order followed by National Anthem.

Minutes of 1303rd RWM was confirmed by the members. In accordance with our club by laws President Rtn. Anupam requested PP Rtn. Rathindra Narayan Deb, Presiding officer to announce the names of new Board Members 2007-08.

Secretary Rtn. Aroon dealt the club business as under :

- District Conferece 2007 (Dishari) to be held on 6th / 7th Jan 2007 at Swabhumi, Kolkata. Requested the members to register their names in maximum numbers @ the rate of Rs. 1000/-. Visiting Rotarians from RC Dhakuria gave a brief programmes of District Conference.
- "District New Year's Bonanza" to be held on 30th December from 6 pm - 11pm at Rose Gardens, Stadium Complex (VIP Entrance Gate), Salt Lake City, Kolkata.
- Forth Coming IOL/Polio Camps to be held on 7th January 2007 at 10 a.m. at Vivekananda Yuba Kendra, near Manicktala.
- To clear the old/current club dues alongwith semi annual fees for January '07 to June '07. President started Club's Annual General Meeting on club's pending accounts. President requested Club's auditor Rtn. Ranjit Ghosh to inform the members on the status of Balance Sheet. Rtn. Ranjit explained in details the prevailing situation of Balance Sheet since 3 years. The discussion continues with the participation of PP Rtn. Dr. SUjit Basu/Rtn. Jayati Ghosh/ PP Rtn. Rathindra/PP Rtn. Silendu/ PP Rtn. Gopinath and Rtn. Tanmoy.

PP Rtn. Gopinath stressed on the revision of Bye laws as per Rotary International.

Members discussed on the General Community Account in terms of Receipt and Payments for the period from 01.07.06 - 30.11.06. Submitted by Club Treasurer Rtn. Srita Banerjee.

President thanked all the members for their suggestions to resolve the problems of not having Balance Sheet since 3 years and terminated the meeting.

Members Present	15
Guests	2
	17

Rtn. Aroon Roy
Secretary

Rtn. Anupam
Bhattacharyya
President