

TODAY'S PROGRAMME

**Club Meeting 2006-07
at Nehru Childrens' Museum
at 6.30 p.m.
on 22nd March, Thursday.**

Speaker : Capt. Mukuta Mukherjee

**She is conservationist and
amateur flier.**

Topic : Conservation

FORTHCOMING PROGRAMME

IOL Camp will be organised on 25th March, Sunday '07 at 10 a.m. Venue : Momine High School near Rajabazar – Narkeldanga Khal Pool, in front of Chhagal Patty.

All members are requested to come and join the Camp.

Contact Person :

Rtn. Ranjit Kumar Ghosh

Mobile : 98300 39523

Rtn. Ganga Prasad Roy

Mobile : 98310 64465

5th April '07 Thursday joint meeting will be held with Calcutta Metropolitan City at our venue.

Speaker : PDG Sekhar Mehta.

Topic : Theory and Practice of Rotary

WEDDING ANNIVERSARY GREETINGS

Rtn. Sumita Chatterjee 26th Mar.
Spouse P. K.

DG VISIT ON STEAMER



DG Debasish accompanied by First Lady Papia paid his official visit at our club on 15th March '07. In the evening 53 members, anns including District Secretary Rtn. Saibal, few RCC representatives were on board, M.V. Ahalya. This time the venue was bit different. Perhaps in the history of Rotary Dist. 3290, this is the first time DG visit was on board. The meeting started with formal rituals and national anthem. One minute silence was observed in memory of slain people of Nandi Gram. At the club assembly the concerned directors presented their activities till date in respective avenues of services to the DG. Concern Director replied to the various questions raised by DG. DG and Papia were greeted by flower bouquet.

DG laid emphasis on Rotary Foundation and he appeal to the members present there, to contribute generously to Rotary Foundation for various humanitarian projects undertaken by Rotary International through the various Rotary clubs spread all over the world. At the end of the session beautiful mementoes were given to DG Debasish and Papia.

He expects that RCNC will contribute \$ 5,000 to the Rotary Foundation.

The meeting was followed by fellowship and sumptuous dinner on the deck. Members were delighted at their heart content.

CONGRATULATIONS !!

In the zonal Rota Quiz Contest on 8th March '07 Rotary North Calcutta was the winning team comprised by PE Rtn. Dr. Amit Roy, Rtn. Tanmoy Dutta, Secretary 2007-08 and PP/Chartered Member Rtn. Shilendu Mukherjee. Thanks once again to 3 of you. We are proud of you. Wish you best of luck.

BOARD MEETING

Board Meeting will be held on 31st March on Saturday '07 at 6 p.m. at the residence of Rtn. Shibu Kumar Mallick. 4, Sikdar Para Street, Kolkata - 700 007. Mobile - 98300 42075, 2274 0242/1745.

OUR WEBSITE

www.rotarynorthcalcutta.org

Editor's Desk

We convey our heartfelt gratitude and thanks to DG Debasish and Papia for visiting our club and spent few hours with us from their busy schedule.

Mistakes cannot be avoided, but we can learn how to become rich by them.

Thank you,

TEA - A JOURNEY From Beverage to Anti-Cancer Drink

Tea was discovered in the year 2737 BC by the Chinese emperor Sheng Nung. Tea is the beverage obtained from the leaves of the plant *Camellia Sinensis* in hot water. Tea is produced by hand-picking fresh leaves (or to be more accurate, two leaves and a bud) which are subsequently subjected to manufacturing processes called "Withering" and "firing". After withering and before firing tea can be rolled (oolong) or rolled and fermented (black). Tea that has only be "withered" and fired is called green tea. The distinctive color, aroma and flavor of each variety of tea result from chemical changes in the leaf caused by the various processing steps. The leaf contains many chemicals (eg. flavonoids and methylxanthines) that provide a rich and diverse array of biological activity.

In the process of breaking down food for energy, the human body constantly produces unstable molecules called oxidants, also commonly referred to as free radicals and peroxides. To become stable, oxidants steal electrons from other molecules and, in the process, damage cell proteins and genetic material. This damage may leave the cell vulnerable to cancer. Antioxidants are substances that allow the human body to scavenge and seize oxidants and keep these harmful substances that may even lead to cancer, in check. They may also target and repair DNA aberrations caused by oxidants. Naturally occurring antioxidants are nutrients found in most plants, including fruits and vegetables. They bind free radicals and peroxides that, if left unchecked, can damage DNA, cell membranes and other cell components.

All tea contain antioxidants, including a class called flavonoids, which are found in most plants common in the human diet. Of the more common flavonoids,

green teas contain more of the simple flavonoids called catechins, while the oxidization that the leaves undergo to make black tea converts these simple flavonoids to the more complex varieties called theaflavins and thearubigins.

The inhibition of carcinogenesis by tea has been demonstrated in human cancers of skin, lung, esophagus, stomach, liver, duodenum and small intestine, pancreas, colon, bladder, prostate and mammary gland. Furthermore, the Japanese and Chinese populations who regularly consume tea, have one of the lowest incidence of prostate cancer. Tea can regress tumor by i) killing cancer cells directly and ii) Protecting and potentiating the intrinsic defence machineries of the tumor-bearing host.

All teas are produced from *Camellia sinensis*, they naturally contain caffeine. Caffeine content of tea varies within a range of 25 to 60 mg of caffeine in a 6-oz cup. Coffee has about 100 mg per 6 ounces. Antioxidants are equal in brewed black teas whether they are hot or iced but not necessarily in instant teas because some of the antioxidants are lost during the additional processing. Sugars, Sweeteners, lemon and milk do not appear to affect the antioxidant levels of black tea flavonoids. In fact, there are additional nutrients found in lemon and milk as well as unrefined honey. Two cups of tea are equal to one serving of vegetables. All teas contain high levels of potent antioxidants, but it is still important to eat a well-balanced diet. Fruits and vegetables offer vital sources of vitamins, minerals, fiber and various antioxidants not found in other foods in the human diet.

MINUTES

Minutes of the 1315th regular weekly meeting of the Rotary Club of North Calcutta held on steamer - M.V. Ahalya, on Hooghly River, 15th March 2007 Thursday at 7 p.m. on the day of DG's Visit.

President Rtn. Dr. Anupam welcomed DG. Rtn. Debasish and Papia, Dist. Secretary Rtn. Saibal, AG Rtn. Debi along with club members and their spouses.

Then President called the meeting to order followed by National Anthem and announcement of Wedding Anniversary Greetings by Rtn. Ajita.

Secretary Rtn. Aroon completed the club business with the announcement of the performance of RCNC as winning club in Zonal Rota Quiz / congratulated VP Rtn. Sekhar for his selection as Zonal Co-ordinator for RCC 2007-08. Secretary informed about the illness of the father of Rs. Sharmila Ghosh and wished for his speedy recovery.

President announced the names of the participants for RCNC in the Zone Rota Quiz as below :

- 1) PE Rtn. Dr. Amit Roy
- 2) Rtn. Tanmoy Dutta, Secretary 2007-08
- 3) PP / Chartered Member Rtn. Shilendu Mukherjee who scored highest marks in the competition / congratulated them.

Dist. Secretary Rtn. Saibal talked on the activities of District with reference to Zonal Cultural Programme with the objective to bind the club's family.

Then, President requested DG to lead the club assembly. All concerned directors in the respective services – Club Service A/B, Community Service, Vocation Service and International Service presented their activities in their specific area upto June '07.

DG had interaction with Rtn. Ranjit, Rtn. Parimal, Rtn. Shibu, Rtn. Ganga, Rtn. Shampa and PP Rtn. Gopinath on their performances.

Rtn. Dr. Amit Roy PE / Rtn. Hina interacted on DG on selection of members in the District Committee.

AG Rtn. Debi spoke on Rotary Foundation Matching Grant with reference to IOL and members contribution to Rotary Foundation.

Then DG delivered his speech on RCNC's progress and activities in the district and requested the members to maintain their high spirit.

Our new member Rtn. Rupanjan gave Vote of Thanks to DG.

The meeting was ended with thanks by the President followed by tasty dinner hosted by President.

Members Present	21
Spouse / Guest	30
	<u>51</u>

Rtn. Aroon Roy
Secretary

Rtn. Anupam
Bhattacharyya
President