



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)
(Registered under Acts XXI of 1860 and XXIX of 1950)
BRIGADE GAZETTE

GRATIS

No. 655

January, 2018

The Bombay City Ambulance Corps wishes Patrons, Life Members, and Well wishers of the Society a very Happy and a Prosperous New Year (2018)

Final Phase of Renovation of Dr. Moolgaonkar Memorial Hall

Last year renovation of sanitary block of Dr. Moolgaonkar Memorial Hall was carried out to suit need for conferences and various training courses.

The next and final phase of modernization of the hall has started. The job involves, enhancement of stage, Electric wiring of stage, A.C., Audio and Visual systems and safety features.

Philanthropists are requested by members of the Managing committee and in particular the president of our society Dr. Suresh D. Mehtalia and chairman Medical Board Dr. Deepak M. Parikh to donate generously for the next phase. Donations to the society are exempted under section 80G of income tax act.

You may come forward to do give donation in kind such as split AC, Audio Visual aids.

We will place a portrait of the donor who donates Rs. 5 lacs or above, matching with the portraits of founders of the society already placed in the hall.

PART - I

One day Seminars on CPR for Bystanders

No.	Date 2017	No. of Participants	Participants from
17/S/CPR/7	November 18	29	Jindal Textiles, Ahmedabad
17/S/CPR/8	November 19	31	Mangal Textiles, Ahmedabad
17/S/CPR/9	December 2	20	Aatmabodh & BFY

Public Duty

Ambulance Car 12 (MH-01-LA-9420) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football/Hockey Ground for football/Hockey matches as under:

Sr. No.	Organiser	Date 2017	Time
1.	Mumbai Hockey Association	November 1,2,3,4,6,10&13 December 6-8, 9,11-17,19,20	9 am to 2.30 pm
2.	Saran Presents	November 5-6,11,12,18,19,25,26 December 3, 9 & 11	3.30 to 7.30 pm
3.	Phoenix Foundation Sai Baba Palkhi Dadar-Thane	December 9 (7 pm)- 10(up to 9 am)	7 pm to 9 am

Donations to Service Station Fund

Date 2017	Amount (Rs.)	Donations received from:
November 20	8,400/-	Trinity Health
December 4	501/-	Mr. Narsindhas Khushalka
December 4	700/-	Anonymous
December 4	2,000/-	Mr. Ratilal Hirji Dedhia

YOU CAN VIEW BRIGADE GAZETTE ON WEBSITE (bcac.co.in)

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

Date 2017	Amount (Rs.)	Donations received from:
December 6	7,200/-	BFY
December 8	6,600/-	Saran Presents
December 9	700/-	Miss Jalan Chelsa
December 9	4,400/-	Saran Presents
December 11	4,400/-	Saran Presents
December 16	700/-	Ms. Smita Vinodhbhai Parekh
December 21	20,000/-	Mumbai Hockey Association
December 21	6,600/-	Saran Presents
December 21	700/-	Ms. Gayatri Khimji Gohil
December 21	700/-	Ms. Ritu Jalan
December 21	700/-	Karachiwala Abeda S.
December 21	700/-	Phadke Shravani Sachin
December 21	700/-	Rambhia Deesha Mukesh
December 21	700/-	Mr. Rangoonwala Adil Firoz
December 21	700/-	Chaurasia Roshni Mahendra
December 21	700/-	Goradia Moma Yogesh
December 21	700/-	Rajput Sonal Jay
December 21	700/-	Shah Samal Hitendra

Donations to General Fund

We have received with thanks, on December 2, 2017, donation of Rs.5,000/- from Mr. Dilip R. Gandhi.

Donation to Hall Renovation Fund

We have received with thanks on December 2, 2017, an earmarked donation of Rs.1,00,000/- from Mr. Mulraj Kapadia for renovation of hall. We look forward for donations from other donors for the renovation of the hall.

PART II

15 FACTS ABOUT VITAMIN D

Vitamin D is perhaps the single most underrated nutrient in the world of nutrition. That's probably because it's free.... Your body makes it when sunlight touches your skin!!

Drug companies can't sell you sunlight, so there's no promotion of its health benefits... The truth is, most people don't know the real story on vitamin D and health.

An Appeal

Since use of our Ambulance Service is very poor, Members and well wishers are requested to give publicity of our Free Ambulance Service.

Suggestions for improvement of our services are welcome.

Donations for the FREE FIRST AID AND AMBULANCE SERVICE STATION FUND will be appreciated.

OUR TELEPHONE NOS. : 2201 42 95 and 6633 48 97 • Website : www.bcac.co.in

So here is an overview taken from an interview between Mike Adams and Dr. Michael Holick.

1. Vitamin D is produced by your skin in response to exposure to ultraviolet radiation from natural sunlight.
2. The healing rays of natural sunlight (that generate vitamin D in your skin) cannot penetrate glass. So you don't generate vitamin D when sitting in your car or home.
3. It is nearly impossible to get adequate amounts of vitamin D from your diet. Sunlight exposure is the only reliable way to generate vitamin D in your own body.
4. A person would have to drink ten tall glasses of vitamin D fortified milk each day just to get minimum levels of vitamin D into their diet.
5. The further you live from the equator, the longer exposure you need to the sun in order to generate vitamin D. Canada, the UK and most U.S. States are far from the equator.
6. People with dark skin pigmentation may need 20 - 30 times as much exposure to sunlight as fair-skinned people to generate the same amount of vitamin D. That's why prostate cancer is epidemic among black men – it's a simple, but widespread, sunlight deficiency.
7. Sufficient levels of vitamin D are crucial for calcium absorption in your intestines. Without sufficient vitamin D, your body cannot absorb calcium, rendering calcium supplements useless.
8. Chronic vitamin D deficiency cannot be reversed overnight: it takes months of vitamin D supplementation and sunlight exposure to rebuild the body's bones and nervous system.
9. Even weak sunscreens (SPF=8) block your body's ability to generate vitamin D by 95%. This is how sunscreen products actually cause disease -by creating a critical vitamin deficiency in the body.
10. It is impossible to generate too much vitamin D in your body from sunlight exposure: your body will self-regulate and only generate what it needs.
11. If it hurts to press firmly on your sternum (chest/breast bone), you may be suffering from chronic vitamin D deficiency right now.
12. Vitamin D is "activated" in your body by your kidneys and liver before it can be used.

13. Having kidney disease or liver damage can greatly impair your body's ability to activate circulating vitamin D.
14. The sunscreen industry doesn't want you to know that your body actually needs sunlight exposure because that realization would mean lower sales of sunscreen products.
15. Even though vitamin D is one of the most powerful healing chemicals in your body, your body makes it absolutely free. No prescription required.

Other powerful *antioxidants* with this ability include the super fruits like Pomegranates (POM Wonderful juice), Acai, Blueberries, etc.

Diseases and conditions cause by vitamin D deficiency:

- Osteoporosis is commonly caused by a lack of vitamin D, which greatly impairs calcium absorption.
- Sufficient vitamin D prevents : prostate cancer, breast cancer, ovarian cancer, depression, colon cancer and schizophrenia..
- "Rickets" is the name of a bone-wasting disease caused by vitamin D deficiency.
- Vitamin D deficiency may exacerbate type 2 diabetes and impair insulin production in the pancreas.
- Obesity impairs vitamin D utilization in the body, meaning obese people need twice as much vitamin D.
- Vitamin D is used around the world to treat Psoriasis (a chronic skin disease).
- Vitamin D deficiency can cause schizophrenia.
- Seasonal Affective Disorder is caused by a melatonin imbalance initiated by lack of exposure to sunlight.
- Chronic vitamin D deficiency is often misdiagnosed as fibromyalgia because its symptoms are so similar: muscle weakness, aches and pains.
- Your risk of developing serious diseases like diabetes and cancer is reduced 50% - 80% through simple, sensible exposure to natural sunlight 2-3 times each week.
- Infants who receive vitamin D supplementation (2000 units daily) have an 80% reduced risk of developing type 1 diabetes over the next twenty years.

SERVICE STATION STATISTICS		
Year 2017	November	December
Calls Registered	06	03
Removal Services	08	05
Services for which NO donations were received	03	02
Donations received on account of :		
Removal Services	₹ 1,700/-	₹ 700/-
Donations to the Station Fund	₹ 9,100/-	₹ 60,100/-
Run of Ambulance (Car No.12)	359 Kms.	307 Kms.
Total services rendered till date	80,727	80,732

Shocking Vitamin D deficiency statistics:

- 32% of doctors and med school students are vitamin D deficient.
- 40% of the U.S. population is vitamin D deficient.
- 42% of African American women of childbearing age are deficient in vitamin D.
- 48% of young girls (9-11 years old) are vitamin D deficient.
- Up to 60% of all hospital patients are vitamin D deficient.

— Forwarded by Mr. Ghanshyam Kalwani

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BOOK - POST

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