

Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 5. Vol-8 (August, 2011)

Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, MIDDX HA9 9PE



www.nvk.org.uk

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Vinod Parekh

Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai

Navnitlal Shah

Pragna Mandalia

Bhadra Sheth

Chandulal Parekh

Dr Vinod Kapashi

Co-op

Shashikant Malde

Lunch

Celebrating a special birthday, or wedding anniversary! Or in memory of some one dear! Then **Sponsor** a lunch for **£225.00**.

Guest Members:

As we have enough members, we normally do not encourage any outsiders to come to our Thursday gathering. Only **existing members** can bring **guests from out of town**.

Guest fee is £5.00

Sponsorships received with thanks – Month of July

Chhas: Chas for the month of July has been sponsored by Shardaben Surendra Modi.

Biscuits: 21st July – sponsored by Chandrikaben & Bachubhai Mehta.

Donations received with thanks:

1. **£51.00** - Khushibhet from Kishorbhai and Hansaben Mehta on the occasion of their 49th wedding anniversary on 7th July. We congratulate them and wish them a happy anniversary.
2. **£51.00** - from Dr Mahendra & Mrs Meenaben Vora on the occasion of their 40th wedding anniversary on 18/7/2011. Our congratulations and Best wishes to them.
3. **£51.00** - from David & Bina Holden for Cancer Research to coincide with the Cancer Awareness Day on 14/07/2011.
4. **£21.00** - khushibhet from Prabhudas, Rasilaben and Bina Shah for arriving safely from their holiday in Kenya and Tanzania (incl. Zanzibar) – welcome back.
5. **£51.00** - received from Nirmala and Dhirajlal R Doshi on the occasion of their 50th wedding anniversary – our congratulations and best wishes to both of them.

July Programs:

1. 28th June - Our summer day trip to Cotswold Wildlife Park proved a great success. Two coaches with over 100 members took part. While rain and storms had been forecast, we got away with wonderful sunny day. This trip was different from other day trips and was enjoyed by all participants. Water was donated by Kokila & Nanalal Solani and fruit juice packets were donated by an anonymous donor. Our sincere thanks to all three of them.
2. 30th June – we had a game of Bingo, as always it was enjoyed by members.
3. 7th July – Second part of ‘**Jito ya Najito**’ was hosted by Ramesh Shah.
4. 14th July – Cancer Awareness Day (report given below)
5. 21st July – Talk on homeopathy from Dr Sanjay Shah from India.
6. 25th July - 20 NVK members visited Harrow Civic Centre as guest of the Mayor of Harrow. We had a nice presentation on the history of the borough and the civic insignia from Bob Deans, Mayor’s mace bearer in the Council’s Chamber and in the Mayor’s parlour where we also had tea and delicious Gujarati nasto of Gathia/jalebi. We donated £51 to Mayor's Special Appeal 2011/2012 - in aid of HAD & Harrow Mencap
7. 26th July – 98 members visited the Buckingham Palace. We saw change of guards, had picnic lunch on the grounds opposite the palace, visited the state rooms and the display of Kate Middleton’s wedding dress and other items, and finally had tea and nasto in the State Garden. All of us enjoyed the outing.
8. 28th July – full day of laughter program from Comedy Trio. (Hasya Darbar) which was thoroughly enjoyed by a crowd of 250 members. The program was marred by a misunderstanding by the caterer which caused shortage of a few food items at lunch time. (see below)

Our Sincere Apology

There was shortage of a few food items on Thursday 28th July for which we sincerely apologise to all our members. While the mistake was made by the caterers, the managing committee takes full responsibility and apologises to all members. While the caterer was told twice about the much increased order for the day, we are told that the kitchen staff were not informed of the change which caused this blunder. We need to clarify two points :

- There were only 6 paid guests and 8 others (those who gave the show) while rest were all members. The presence was no more than was expected.
- £1.00 charged to members was not to cover the cost of the show, nor to pay for lunch. The fee was charged to control the numbers attending and to cater for them.

Cancer Awareness Week

NVK participated in the Cancer Awareness Week by organising a seminar with the presence of eminent doctors, specialists, consultants and nurses who gave talks and lot of useful information to our members. Also, there were lots of information stalls which were visited by those attending. Our thanks go to Pragnaben Mandalia who put in great efforts over months to organise such a wonderful seminar. She deserves our hearty congratulations on such a wonderful program.

Report from Pragna Mandalia: On Thursday the 14th July 2011 Cancer Awareness event was organised - about 200 members attended. Three main topics were addressed - Breast cancer, Bowel cancer and Prostate cancer. Consultant Colorectal Surgeon and Consultant Urological Surgeon gave very informative talks on symptoms, screening programme, benefits of early detection. Line of treatment was also mentioned. Presenter from North West London breast screening services spoke about importance of early detection self examination and mammography procedure. They also discussed about possibility of breast cancer in man. Two speakers talked about their own journey through cancer illness. Their courage, openness, faith and positive thinking really touched all of us. We had lots of information displayed on stands from various groups-- such as Macmillan cancer support group, Ethnic Minority cancer awareness group, Prostate cancer group, breast cancer Asian woman group, Bowel cancer screening programme, we also had information stands from Brent PCT about no smoking and alcohol misuse. Dr. Vinod Kapashi gave an excellent summary of each lecture in Gujarati which was very useful. Speakers were very impressed with the attendance and interest shown by our members. We also received lots of positive feedback and words of appreciation from our members. On the whole I believe that the event was a great success.

Summary from our Treasurer

No written or spoken words could suffice to quantify excellence of your planning of the event.

Congratulations to Pragnaben on very well planned and executed Cancer Awareness Day celebrated on Thursday 14th July 2011 at Satavis Gam Patidar Samaj Hall

The programme was very well planned, timed and presented by very able selected speakers

The speakers also presented their subjects in very simple understandable manner

Their presentations covered from basic elements of illness to serious level for need of surgery.

Thanks to Dr Vinod Kapashi for providing on the spot Gujarati translation and appreciation of speakers and thanks to our listening members who patiently listened to the speakers.

Once again thanks to Pragnaben and her team for this excellent presentation.

Forthcoming Programms & Events

- 4th August – We will be showing video of the cruise undertaken by NVK – Magic of the Midnight Sun.
- 9th August 64 members go on a very different day trip – steam train to Weymouth, Dorset. The train will leave at 8.30 a.m. from Victoria Station and arrive back at 8.45 p.m at Waterloo station. It is going to be a long day and we ask all participants to be prepared with some food and water for the journey. **However jalebi ganthia have been sponsored by Rasilaben & Prabhudas Shah, and NVK will arrange for some nasto also.**
- We are planning a visit to the London Transport Museum at Covent Garden on Tuesday 23rd August to see the 'Sense and the City' exhibition. The Group discounted price is £6 per person. The exhibition explores how emerging technologies that are changing the way we access and experience London and compares this with past visions of the future
- We are having two programmes in near future. One of them will be a debate on 'Benefits of Joint Family' and the other one on 'role play'. Please give your names to Jasuben Sheth.

Cruise to Magic of Midnight Sun

Twelve members went on the cruise to see the Magic of Midnight Sun. Originally 18 had given their names but 6 had to cancel due to personal circumstances. However the group of 12 did the 16 day cruise and enjoyed the trip. The group was of the right size, bonding and mingling amongst the group created a wonderful trip, the care and service on the cruise was immaculate and the trip gave a great sense of utmost enjoyment and relaxation to those who participated.

Photos of the cruise are on the website and anyone interested in seeing the same can write to jubhai@aol.com to request an invitation to view the gallery. This was a successful trip organised by NVK and hopefully more such trips will be organised in the future.