

Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 5. Vol-7 (July, 2011)

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



www.nvk.org.uk

Honorary Patron:

Manick Choraria

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Joint Treasurer:

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PRO :

Surendra D Mehta

Webmaster :

Madhusinh Rawji

Trip Organiser :

Vinod Parekh

Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai

Navnitlal Shah

Pragna Mandalia

Bhadra Sheth

Chandulal Parekh

Dr Vinod Kapashi

Co-op

Shashikant Malde

LuSponsorship

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 June

Lunch:

- 2nd June - Ashok & Mudrika Mehta on the occasion of the first punya tithi of their father Shantilal Bhanji Mehta. We pray for his soul to rest in eternal peace
- 9th June - Hansa and Hasmukh Parekh on the occasion of their father and our president Pranlal V Parekh's 91st birthday. We wish him a happy birthday and best for the future.

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

Biscuits: Donated on 9th June by an anonymous donor. Thanks.

Donations received with thanks:

1. **£21.00** from Hansaben Mehta on the occasion of her granddaughter Nirali getting the top student award in GCSE and 'Student of the year' award from Mayor of Harrow. We congratulate Nirali.
2. **£21.00** from Bharti Bhanji on the occasion of wedding of her son Dipak Bharat Bhanji to Elizabeth Formosa. We congratulate the newly wed and also convey our best wishes to them.
3. **£15.00** from Ansuyaben Bavisha who won the prize in "Jito ya na Jito" game played on 2nd June.
4. **£25.00** from Manjulaben Patwa on the occasion of birth of baby boy by her daughter-in-law Shilpa (wife of son Parag). We congratulate the Patwa family.
5. **£11.00** – Khushibhet from a guest (Mrs Ramaben Patel). Thanks.
6. **£11.00** from Mrs Premlataben Parekh on the occasion of her 89th birthday on June 3rd. We wish her happy birthday and all the Best for future.
7. **£21.00** - Khushibhet from Daxaben Arunkant Doshi
8. **£51.00** from Manjuben H Shah Parivar on the occasion of her husband Himatbhai's 88th birthday today. We wish him happy birthday and all the Best for the future
9. **£31.00** from Chimanbhai & Ushaben Sheth on the occasion of becoming grandparents again. Their younger son's wife gave birth to a baby boy. We convey our congratulations to the Sheth Family.
10. **£25.00** from Mrs Jasuben K Mehta on the occasion of punyatithi of her husband Kiritkumar Mehta.
11. **£51.00** from Mrs Kiran and Laxmipat Sethia on the occasion of their wedding anniversary on 21st June. We wish them well.

Our Best Wishes

- To Taraben Sheth who came to our weekly gathering on 16th June after a successful knee surgery. We wish her good health and hope to see her regularly.
- To our Vice President Mahendra Kothary who had an operation recently. We wish him speedy recovery and best wishes for the future.
- To Sunita (Sonia) M Mehta who had a knee operation. We wish her speedy recovery and hope to see her soon.

Did you Know :

If you have a medical condition and you are old then you can claim benefit – irrespective of what your income or savings are. If you have problems such as arthritis, diabetes, heart condition, or any similar problem you can claim. Why not call **0800 882200**, get a form and try?

June Programs:

1. 2nd June – Game of “Jito ya na “Jito” (based on ‘Deal or No Deal’) organised and directed by Ramesh Shah. Members enjoyed the game and we are repeating it on 7th July to give chance to those who could not play the game last time. Our thanks to Ramesh Shah for putting great efforts into the planning and execution of the game. Winner Ansuyaben Bavishi donated her winning prize of £15.00 to NVK.
2. 7th June – about 50 members travelled to the Docklands (East London) by underground and Dockland Light Railway (DLR) making full use of their Freedom Pass. First we took the DLR Train in the Docklands area and then visited Excel exhibition centre. Then we travelled to Bank station by DLR and from there we took the ‘Drain’ (Waterloo-City line) to Waterloo and visited “Chowpatty” on the South Bank. Members enjoyed the experience and requested similar outings in future.
3. 9th June – we had a program of ‘full songs’ prepared by members. We have so many good singers and all could not be accommodated on the day and so we repeated the programme on 23rd June. We thank Jasuben Sheth for organising such enjoyable programs.
4. 16th June – Our Dr Vinod Kapashi presented a Game of Memory enjoyed by all. Our thanks to Vinodbhai . Well done to all for such innovative ideas and programs.
5. 23rd June – As everyone could not get a chance the second part of ‘full songs’ presentation took place on this day. We have so many good singers that one day we should put them on stage with musicians and have a full NVK concert.
6. 28th June – A visit to Cotswold Wildlife Park. 106 members visited this new site for our summer day trip.

Cancer Awareness for ethnic minorities

Health service has planned a week of cancer awareness specifically for ethnic minorities. Cancer is a growing and deadly disease and many of us either face it or have a relative who has. We as a community tend not to talk freely about this type of issues which is wrong. By talking you impart your knowledge and learn from others. NVK is taking part in this Cancer Awareness Week by holding a special full day program on 14th July. **It is very important and will be very informative and we request all our members to arrive well in time. Our Pragnaben has put a lot of effort in this program and we hope all our members will participate in this program with enthusiasm.**

Programme

Time	Session	Speakers
10.30am– 10.35am	Welcome /introduction	Pragna Mandalia
10.35am – 11.00am	Breast Cancer Support Group	Bharti Patel
	Breast Cancer Screening	Rashma Kumrai
11.00am – 11.30am	Bowel cancer	Mr.Chopada (Colorectal Surgeon)
11.30am – 11.45am	Personal Experience	Kunji Patel
11.45am – 12.15pm	Prostate cancer	Pancharatnam (Urological Surgeon)
12.15pm - 1.30pm	Lunch / Networking	
1.30pm – 2.00pm	Macmillan Cancer Support	Raj Bhattcharjee
	Personal experience	Damyanti Patel
2.00pm – 2.45pm	Question / Answer	
2.45pm – 3.00pm	Stands / Networking - Breast cancer, Bowel cancer, Prostate cancer, No smoking Alcohol, Skin cancer, Macmillan cancer support,	

Forthcoming Programs

1. 7th July – “Jito ya Njito”, sequel to the one done on 2nd June.
2. 14th July – Full day programme on ‘Cancer Awareness’; very important and informative
3. 26th July – Visit to Buckingham Palace and royal gardens and changing of guards
4. 28th July – “Comedy Trio” or Hasya Darbar – a show of stand up comedians. Members and guests need to get tickets in advance. (For members £1.00 and guests £15.00)
5. 9th August – Nostalgic day out to Weymouth in Dorset by steam train

Your Suggestions Welcome :

We have lived in London for long time – for some over 40 years and yet we have not seen many sites in London. We all have Freedom Pass and we aim to utilise it and taking our members on unusual day trips to see variety of sites in London. We have been giving you a different sort of outing experience during the year. If you have any such ideas please do let us know. Your suggestions are always welcome.