

Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 5. Vol-9 (September, 2011)

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



www.nvk.org.uk

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Jasuben Sheth

Committee:

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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

Mitchhami Dukdam

During the past year, if any of the committee members have knowingly or unknowingly hurt you, then on behalf of all the committee members we seek your forgiveness. If any committee member or a volunteer has used harsh words, or said or done something which the person should not, please forgive them. To forgive is what Jain religion and especially Paryushan teaches us, and in that spirit we seek your forgiveness and expect your forgiveness with big heart.

Our Best Wishes:

Our member Premlataben Parekh (age 83) has done 47 fasts (upvas). To do so many fasts at this age, and still come to our weekly gathering deserves our namaskar, and our congratulations. Most people would find it hard to do even one fast. We wish her Shata and good health and joy in her life. Please accept our "Koti Koti Vandana".

Sponsors received with thanks

- Chhas for the month of August has been sponsored by Shardaben Surendra Modi.
- Ice cream on 4th August was sponsored by Madhuben Doshi on the joyous wedding of her granddaughter Jessel's (daughter of Kalpana & Jaswant Doshi). We wish the newlyweds a happy life.
- Lunch on 11th August was sponsored by Taju Shah on the occasion of her daughter Anisha qualifying as a pharmacist at a young age of 22 and already started work. Our congratulations on this achievement, and wish that she makes lot of progress in life, and best wishes for a healthy happy future.
- Lunch on 18th August was sponsored by Usha Mehta on the occasion of 65th birthday of her husband Surendra Mehta (14th August). We wish him a healthy happy and joyous long life. Jasuben Sheth wrote and recited a nice poem to mark the occasion.

Donations received with thanks:

- £21.00 from Manjulaben Chotai on the occasion her 72nd birthday on 2nd August. We wish her good healthy and many more joyous years to follow.
- £11.00 from Hemlataben and Vinod Mehta. After 40 years Hemlataben, because of a fear, sat for the first time on a train and really enjoyed it and as thanks to NVK to give her support and encouragement.
- £25.00 from Dhirendra Sanghrajka on his birthday on 17th August. We wish him a happy birthday and a healthy, happy life.

Our Forthcoming Programme:

1. 1st we will be closed because of last day of Paryushan.
2. 8th Sept we will have Hasmukh Shah will display his memory and knowledge of Bollywood movies and songs.
3. 15th September will be "ROLE PLAY"...give your names to Jasuben sheth if interested.
4. 22nd Day will be our participation in "National Sewa Day".
5. 29th September has not been confirmed but could be Bingo.
6. 6th October we will celebrate Navratri with Ras Garba.
7. 13th October we have two singers who will be singing Gujarati folk songs and other popular songs.

August Programmes:

1. 9th August - 64 members did the day trip on a steam train. (report below)
2. 11th August - We celebrated Janmashmi, Rakshabandhan and India's Independence Day. (report below)
3. 18th August - Dr Harshad Sanghrajka (our NVK member) presented a power point presentation and a talk in Gujarati on Janmashmi and Paryushan.
4. 23rd August - 18 adults and 10 children went to see London Transport Museum, and some later went to see the National Gallery.
5. 25th August - First day Paryushan, it was decided to close early after yoga and lunch.

Nostalgic Journey on A Steam Train

When the idea was presented originally we did not expect much interest, and we thought even if we get ten then we could take advantage of the discount. But soon the names started coming and in no time we had booked the whole compartment of 64, and disappointed a few late comers. But the day before and the day had moments of panic and tension. The week end before our trip on 9th August saw some ugly riots in parts of London and other parts of the country. And rumours flew faster than the riots. On Monday tensions and rumours multiplied and phones kept ringing. Luckily only one person decided not to take a chance and dropped out. We fully understand his decision.

We started from Victoria station at 8.45 a.m. having left home quite early to make it. Once everyone had settled down in their seats in their groups the journey began. For breakfast we had jalebi and gathia donated by Rasilaben and Prabhudas Shah. And as was to be expected, even though advised not to, bags started opening and different items started coming out and everyone indulged in variety of snacks.

The train was moving along and groups indulged in different activities. More snacks and packed lunch came out. Soon after 2.30 we reached Weymouth where we had a stop of over 2 hours and we went down the road to the beach where some sat to take the fresh sea air while others took a stroll and the mini train ride along the coast. It turned out to be a glorious day.

We came back on the train. Tensions again started. One member got a phone call saying that all stations after Finchley Road were closed. Everyone started making frantic calls to their loved ones to find out the situation. I got a text message "car hijacked and all stations closed." I assumed it came from my daughter and phoned her but she informed me all stations were open and there were no disturbances. She checked and informed that all trains were working normally. In the meantime everyone was served patra and chodafadi and chocolate arranged by NVK.

Still everyone was tense. Those on the Jubilee Line got tense when train kept stopping on the way, and ultimately stopped before Wembley Park for a long time for a signal fault. But ultimately all was fine and everyone reached home safely.

It was a memorable trip and every one enjoyed it. But one participant in particular, Hemlataben, enjoyed it the most because she had a fear of trains from young age and this was her first train journey in 40 years. She thanked NVK volunteers for encouraging her, helping her and convincing her to come, and she added that when next time you do a trip put "my name down first."

11th August – Day of Festivities:

On 11th August we celebrated Janmashmi (birth of Lord Krishna), Raksha Bandhan (day sister wishes well of her brother and ties a rakhi.) and India's Independence Day. Some lady members tied rakhi on all male members followed by a poem written and recited by Jasuben Sheth. Dr Vinod Kapashi explained the significance of the day and rakhi. Some ladies sang songs related to "Raksha Bandhan Day". This was followed by talk by Dr Vinod Kapashi going over the period 1857 to 1947 which encompassed India's Independence struggle. This was followed by a few patriotic songs.

Sewa Day – 22nd September:

This year we are participating in **National Sewa Day**. We hope to get disabled and disadvantaged people to our weekly gathering on Thursday 22nd Sept, show them some yoga exercises, give them lunch and some entertainment. If you know ANYONE of any race of religion who deserves to have day out and enjoy than tell us – and you to take the responsibility