



ઓશવાળ
સમાચાર



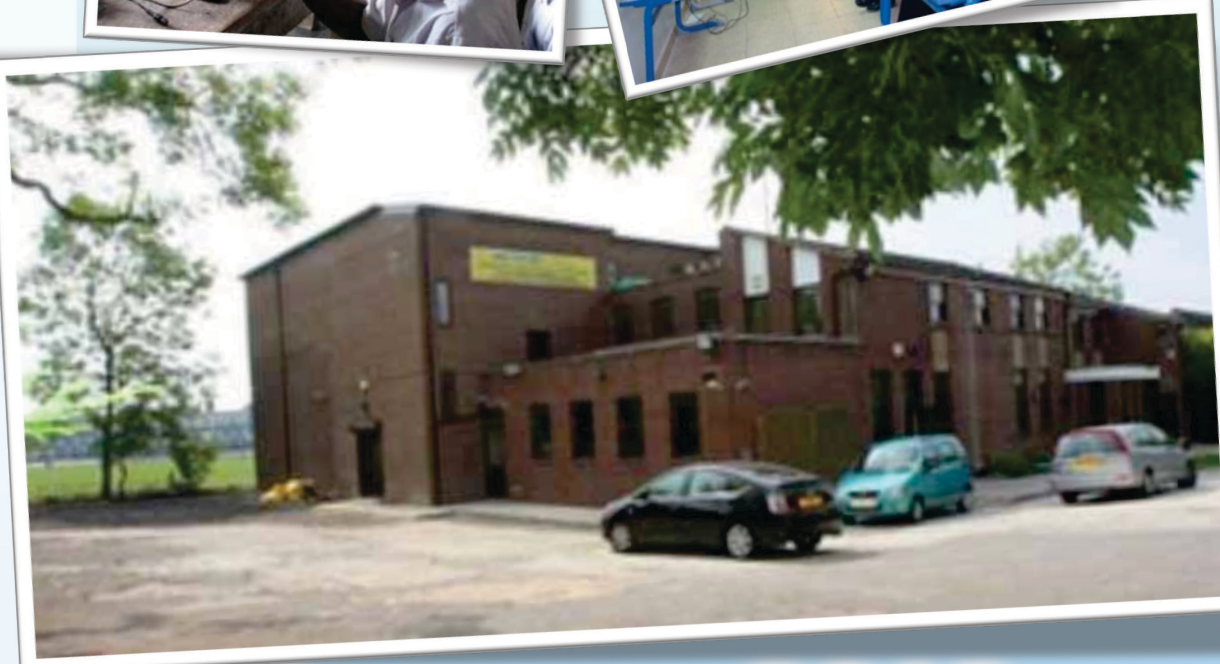
OSHWAL Enabling Education Fair 2012



Sat 18 and Sun 19 August 2012
at Oshwal Centre

OSHWAL

news



June 2012 Edition

www.oshwal.org

Summer 2012

Editor's Note

Jai Jinendra!

Welcome to the **June 2012** Edition of Oshwal News and firstly let me apologise for delay in getting this publication out to Oshwal Member households. The publication date had to be delayed due to the change in the Annual General Meeting dates, so the important information of the new Executive Committee members and the acquisition of the Community Centre in Kingsbury (North West Area) could be included.

We would like to hear from you and your thoughts on the new revamped Oshwal News and Oshwal Youth Magazine as well as any comments you may have on any of the articles in these magazines. Please email: oshwalnews@oshwal.org.

We would like to thank all advertisers and contributors for their continued generous support of Oshwal News magazine. Sometimes it is not possible to include everything sent in and for that please accept our apologies.

Please note the next publication deadlines:

Edition	Estimated Publication Date	Material Submission Deadline*
Summer	6 Aug 2012	1 Jul 2012

Theme: Paryushan 2012

* Please submit material in Word format wherever possible with any pictures in JPEG or BMP format. Any articles in Gujarati should be submitted in Word and PDF format. Submit your material by emailing: oshwalnews@oshwal.org but please note submitting an article does not guarantee publication and articles which do get published will be edited and Editor's decision is final.

Advertisers should contact the Office via email: admin@oshwal.org for any advertising related queries.

Ashish Jayantilal Patani

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Also, check out the third edition of **Oshwal Youth** magazine – a magazine for Young Oshwals!!

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General Information

As an Oshwal Member always first consider hiring facilities at Oshwal Centre (Potters Bars) or Oshwal Mahajanwadi (Croydon) for your functions. By hiring these Oshwal venues you will be supporting your community.

Weddings - Parties - Functions - Dances - Meetings - Conferences - etc.

Phone the Administrators at either booking offices regarding hall availability and charges.

OSHWAL CENTRE

Coopers Lane Road, Northaw
Hertfordshire, EN6 4DG

Tel: 01707 643 838

Fax: 01707 644 562

Info Line: 01707 661 066 (Recorded Messages)

Email: admin@oshwal.org

Website: www.oshwal.org

Office is open 7 days a week from 9am to 5pm

OSHWAL MAHAJANWADI (Croydon)

Oshwal house, 1 Campbell Road
Croydon, Surrey, CR0 2SQ

Tel: 020 8683 0258

(2pm to 5pm weekdays only)

Gujarati School Office

Tel: 020 8664 9807

(9.30am to 12.15pm Saturdays only)

Marriage Registration

Both Oshwal Centre and Oshwal Mahajanwadi are registered buildings for the solemnisation of marriage. Registration of a marriage at both venues will be part of a religious ceremony, i.e. it will take place during and within the Jain / Hindu religious marriage ceremony. For further information, please phone the administrators.

Sadadi

If you would like to find out whether a Sadadi is being held at Oshwal Centre or Oshwal Mahajanwadi, in respect of any deceased Oshwal, you may ring the Information Line at the Oshwal Centre and a Recorded Message will advise of the time of the Sadadi and the name of the person in whose memory the Sadadi is being held.

Information Line Tel: 01707 661 066 (Recorded Message)

Obituary / Shraddhanjali Messages

The rate for inserting an Obituary / Shraddhanjali message in Oshwal News is £150.00 per page per issue.

Please ensure that wherever possible a passport sized photograph (preferably in black and white) is enclosed with the message which also should be **written out very clearly and neatly**. Please enclose your cheque and SAE for the return of any photos. Please note that it will not be possible to entertain any requests for proofs of these messages prior to printing.





President's Message

પ્રમુખ સંદેશો

Jai Jinendra,

Fellow Oshwals, I write to thank you for placing your faith in me and electing me president of Oshwal

Association of the UK. I follow on from Tusharbhai and his team who have worked with such dedication for the benefit of the community.

I am privileged to have with me very experienced and capable office bearers and committee members. We will build on the achievements of the last committee to take the community forward.

Having secured a new community centre in the heart of the North West Area, we must now work collectively to raise funds in order that it can be acquired unencumbered.

We have many more projects to deliver, including the installation of a lift in the assembly halls, the extension of

Oshwal House, future development of Oshwal Centre & South London Oshwal Mahajanwadi. We will also look favourably at acquiring further area facilities, should the appropriate opportunities arise.

All these projects will require substantial funding and we trust that you will support these generously.

It is a privilege to work for Oshwal Association to serve our community.

Together with the Executive Committee, Area Committees, Volunteers and Your support, whatever is a challenge, we can overcome; what is a dream, can become a reality and we can dare to dream new dreams.

Jai Oshwal,

Raaxeet Harakhchand Shah (Rex)

OAUK President

Outgoing President's Message

Jai Jinendra,

At lot has happened over the last few months in our Association, which is shaping a strong and prosperous future for our Community. You will all have received our vision document in early April and the "vision" was presented to a full hall capacity on 29th April 2012 with good feedback received from all of you. On behalf of the Trustees, I thank you all for your positive feedback and the Trustees will carry this work forward in consultation with our Professional bodies.

Firstly, let me congratulate Raaxeet Harakhchand Shah (or "Rex" as everyone knows him as) on being elected as President of our wonderful Association. I have known Rex for a very long time and worked alongside him in the Property Management Sub-Committee for the last 10 years. He has the vision, dedication and determination to continue to take our Association forward.

Along with Rex, I extend my congratulations to Rajnibhai (Vice-President), Saileshbhai (Secretary) and Nileshebhai (Tresurer) on being elected as office bearers. Along with the other Executive Committee Trustees and Area Chairpersons elected, I look forward to work with you once again, over the next two years for the betterment of our Association.

As my final act as President, I'm pleased to report that the first contracts were exchanged for the purchase of a property in Kingsbury (North West Area). Following the approval of Members at the Special General Meeting on 29 April 2012, to go-ahead with the purchase, a team of volunteers, North West Committee Members and EC Trustees, undertook comprehensive due diligence on the property, before the EC Trustees concluded that the property would suit the requirements of the local and surrounding Areas and we signed the first contract of exchange on 18 May 2012. This was a historic moment

for our Community in acquiring its third property, known as Oshwal Ekta Centre. The Completion date for the purchase is 31st August 2012.

I request all Oshwals to support this property purchase by donating generously to the best of your ability.

This is a property that is for the benefit of all Oshwals, so please support the fund raising schemes and also to contact the North West Committee or any of the Trustees if you wish to help in any way that you can to help raise funds for this property. The different fund raising schemes are included in this magazine.

I take this opportunity to thank all Committee Members and volunteers for their hard work and enormous personal sacrifice of time, in volunteering to work for the benefit of our great Community. Working together and sharing ideas will give the next generation the necessary strength to take the pioneering lead of our forefathers and lead this Community to even greater prosperity.

Finally I thank you all, for giving me an opportunity to serve as a President, for the warmth and the support given to me during my term of 2 years as the President of our Association. Much change has happened, yet there are still many hills to climb, paths to take and through all your support and help, our Association will surely remain a great institution, for us all to be a part of!

Jai Oshwal, Jai Mahavir,

Tushar Jayantilal Shah

OAUK President 2010 – 2012



Oshwal Association of the UK – Executive Committee Trustees 2012 – 2014



President

Raaxeet Harakhchand
Shah ("Rex")



Vice-President

Rajnikant Bharmal Shah



Secretary

Sailesh Liladhar Shah



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Nirmal Chandrakant
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(North West)



Rakesh Amritlal Shah
(North East)



Rasik Virpar Shah
(East)



Ex-Officio
Chiman Shamji Shah



જયજિનેદ્ર,

શિક્ષણ એટલે વિચારોનો સુધારો. સારું શિક્ષણ તે જીવન માં મુખ્ય કારકિર્દી ની સફળતા છે. અભ્યાસ એ માનસિક, શારીરિક તેમજ વહેવારિક આબાદી આપણી તેમજ પરિવાર ની ઉન્નતિ કરે છે

ઓસવાળ અસહાય લોકો ને શક્તિમાન કરવા શિક્ષણ મેળો ૨૦૧૨

ઓગસ્ટ ૨૦૧૨ ના ઓસવાળ અસોસિએશન તરફ થી ભવ્ય બે દિવસ ના મેળા નું આયોજન કરેલ છે, તેમાં શિક્ષણ પ્રાપ્ત કરવા ની શક્યતા, આગળ અભ્યાસ કરવા માટે આર્થિક સહાયતા, નિશાળ, રમત ગમત, કલા વિજ્ઞાન વગેરે શક્તિશાળી કે અપંગ લોકોને સહાય થવા પ્રયત્ન થશે.

ખાસ કરી ને અસહાય લોકો ને આ મેળા માં જાણકારી મળે તેમજ અપંગ હોય તેવા લોકો માટે ખાસ સમાજ માં જાણકારી આપવા કે શક્ય અને અશક્ય લોકોને કેવી રીતે કેળવણી આપી શકાય.

મુખ્ય મુદ્દા ઉપર ભાર.

ઓસવાળ પરિવારો માં બાળકો ને સારું શિક્ષણ આપવું તે એક ખાસિયત છે.

બાળકોને શિક્ષણ આપવા માં બાપ પોતે સ્થાયી થયેલ જગ્યા પણ બદલી. આપણા વડીલો એ જે ભોગ આપી ને બાળકો ને શિક્ષણ ની તક આપવાની મહેનત કરેલ તે કદી ભૂલાશે નહીં.

સિદ્ધ મેળવવા એ લેવલ થી પણ આગળ.

હવે દિવસો દિવસ સારું શિક્ષણ મેળવવું તે અઘરું થતું જાય છે. હરીફાઈ ના વાતાવરણ માં ફક્ત એ ગ્રેડ પૂરતો નથી. નિશાળ, કોલેજ, યુનિવર્સિટી કે કામ સારી જગ્યા માં મેળવવા ભણતર સિવાય આજે પોતાની ચતુરાઈ, કળા ને કુશળતા ની સાબિતી કરવી પડે છે.

ભણતર ના ખર્ચ માટે નાણાકીય સગવડ.

વિદ્યાર્થીઓ કોલેજ કે યુનિવર્સિટી માં પહેલી સપ્ટેમ્બર ૨૦૧૨/૨૦૧૩ થી શરૂ કરશે, તેઓ ને નાણાકીય નવી યોજના લાગુ પડશે. ગવર્નમેંટ વેબ સાઇટ(www.direct.gov.uk):

- કોલેજ, યુનિવર્સિટી ટ્યૂશન ફી £9,000 સુધી લેશે.
- ટ્યૂશન ફી ની લોન ભરપાઈ કરવા તેઓ વધારે માગણી કરશે.
- પહેલી વખત થોડા કલાક ભણતા વિદ્યાર્થી પણ આ યોજના માં સામેલ થઈ શકશે.
- વિદ્યાર્થીઓ £ ૨૧.૦૦૦ હજાર કમાતો થાય ત્યાર પછી લોન પાછી ભરપાઈ કરવાની શરૂઆત થશે .
- માટે આપના બાળકો ની નાણાકીય સગવડ પહેલેથી શરૂ કરવી જરૂરિયાત છે.

ક્રમવાર વિષયો પર થયેલ મેળા

ઓશવાલ અનેબલિંગ એજ્યુકેશન ફેર નવીન વિષયો ની માહિતીથી ભર્યું છે.

ઓશવાલ કેરિયર અને ડેવલપમેંટ ફેર ૨૦૧૧ માં થયેલ, તેમાં કારકીદી ની માહિતી મળેલ.

ઓશવાલ મેલા જુલાઈ ૨૦૧૧ માં ફક્ત મનોરંજન નહિ, પણ સાથે નાના ઉધ્યોગો અને કળા ને પણ સહાય થયેલ ઓશવાલ હેલ્થ અવેરનેસ દિવસ નવેમ્બર ૨૦૧૧ માં થયેલ તેમાં શારીરિક સંભાળ વિષે ઘણી માહિતી જાણવા મળેલ હતી.

કાર્ય કરવા સાથે જોડાઈ જાવ

સમાજ માટે બધા કળો ની સફળતા છે ફક્ત વોલ્યંટરો ની સેના, સમય ની કુરબાની અને નિસ્વાર્થ ભાવે કામ કરવા ની ધગશ.

સમાજ સેવા કરવાની મળે, તે તક ને વધાવી લો. તો આવો ઓશવાલ અનેબલિંગ એજ્યુકેશન ફેર ની મિટિંગે

તા-૧૮ જુલાઈ ૨૦૧૨ ના ઓસવાલ સેન્ટરે સાંજે ૭.૦૦ થી ૧૦.૦૦ ભોજન સાથે છે.

વધારાની માહિતી ની જાણ માટે

www.oshwal.co.uk/enabling-education.

આશિષ જિન્તિલાલ પતાણી

Jai Jinendra,
Education is the language of civilisation. It goes without saying that a good education is fundamental to a successful career and a successful life. Education provides us all with skills that prepare us physically, mentally and socially to carve out a prosperous life for ourselves and our families.

Oshwal Enabling Education Fair 2012

In August 2012, our Association will be hosting a mega two-day event which aims to educate and raise awareness about educational opportunities and benefits provided through internships, schools, higher education, sports and technology to name but a few for the purpose of all regardless of ability or disability.

With the emphasis on **“Enabling Education”** this Fair will also go some way towards empowering those with special needs whilst instilling an understanding in the wider community of how able and disabled people can be educated inclusively.

Key Issues to Consider

The provision of good education to our children is a key consideration for all Oshwal families. The sacrifices of our elders for giving us all the opportunity to receive a good education can never be understated.

Speaking from my own personal experience, I'm forever indebted to my parents for having the courage to move continents and leave everything behind, so that my sister and I could get a good education. I am in awe of the amount of work they put in to give us as many education opportunities as possible. I only hope that when it is time for me to provide such opportunities to the next generation, I will be able to do as good a job as my parents.

Beyond Straight A's

The simple truth is that, its getting harder to provide good education opportunities. It is a very competitive environment out there and getting straight A's at school is only the start of your children's education journey not the end.

It is becoming more and more important to be able to demonstrate skills beyond simply academia in order to secure school, college, university places as well as find employment.

Finance for Education

Furthermore, students who start university or college on or after 1 September 2012 (academic year 2012/13) will be on a new student finance scheme. The main changes

are (as per the Government's website – www.direct.gov.uk):

- universities and colleges can charge tuition fees of up to £9,000
- Tuition Fee Loans will go up to cover the higher fees
- part-time students can apply for a Tuition Fee Loan (replacing grants) for the first time
- students don't start repaying your loan until you earn £21,000 (up from £15,000).

It is more important than ever to start planning for the financial impact of higher education.

Series of Topical Fairs

The Oshwal Enabling Education Fair is the latest in a series of topical themes fairs which began with the Oshwal Career & Development fair (in October 2011) which helps arise awareness about career opportunities; then the Oshwal Mela (in July 2011) not only provided great entertainment to all but also helped highlight various cottage industries and talents within our community; and later the Oshwal Health Awareness Day (in November 2011) helped educate us all about many important health matters.

Get Involved

The success of any Fair is depended on the army of volunteers and the time and energy they selflessly dedicate for our Community.

It is never too late to volunteer – so come and get involved in the Oshwal Enabling Education Fair 2012. The next volunteer briefing meeting is on **18th July 2012** at **Oshwal Centre** from **7pm to 10pm** (with dinner).

There is a special flyer with this edition of Oshwal news outlining more details about the Fair and you can also find the latest details on the Oshwal Website:

www.oshwal.co.uk/enabling-education.

And Finally...

Good luck to everyone sitting their exams and remember there is life after exams! Euro 2012 and the Olympics 2012, to name just two major events to look forward to after your exams!

Ashish Jayantilal Patani

Oshwal Media & Communication Team



OSHwal **Enabling Education** **Fair 2012**

Sat 18th and Sun 19th August 2012
at Oshwal Centre, Potters Bar, UK

A unique two-day event which aims to educate and inspire all
to achieve their highest potential.



**Talks &
Debates**



**Practical
Sessions**



**Stalls &
Zones**



**Entertainment
& Arts**

...and much more!

To get involved come to the Volunteer Briefing Meeting (with dinner) on
Wed 18 July 2012 at Oshwal Centre at 7pm

Email: volunteer@oshwal.org

Website: www.oshwal.co.uk/enabling-education

Oshwal Enabling Education Fair 2012

Sat 18 and Sun 19 August 2012

પ્રમુખ શ્રી સંદેશો

ઓશવાળ એનેબલીંગ એજ્યુકેશન ફેર ૨૦૧૨ એક અનોખો બે દિવસનો કાર્યક્રમ છે જેનું મહત્વ છે બધાં ને શિક્ષણ આપવું અને સૌથી ઊંચા પરિણામો મેળવવાની જાગૃતી કરવી.

શિક્ષણ એ સભ્યતા ની ભાષા છે અને તેનાથી એક ખુલ્લો, સહનશીલતા અને સામાજિક સમાવેશ વાળો સમાજ બનાવી શકીએ.

આ કાર્યક્રમ ખાલી શિક્ષણ આપવા વાળા માટે જ નથી. તે સાધનો, પ્રૌદ્યોગિક વિજ્ઞાન, કાયદા અને બધી જ કાબેલિયત માટે શિક્ષણ મેળવવાનો અવસર ઉઘાડવા માટે છે, શાળા થી ઘડપણ સુધી.

સફળ કારકિર્દી તથા જીવન માટે એક સારું શિક્ષણ અગત્યનું છે, અને તે કારણે, આપણા એસોસિએશન એ હમેશા શિક્ષણ માટે પ્રોત્સાહન આપે છે અને આપતા રહેશે.

શિક્ષણ આપવું એટલે ઉત્સાહ વધારવો અને આ ફેર દ્વારા અમને આશા છે કે તમને તમારા બાળકો ના વિકાસ માટે સાધનો અને વિચારો મળશે જેથી તેઓ ઊંચા પરિણામો મેળવવી શકે.

તુશાર જયંતિલાલ શાહ

પ્રમુખ (૨૦૧૦-૨૦૧૨)



ફેર ની વિગતો

પ્રવચન અને વાદવિવાદ

અનેક શિક્ષણ સંબંધી વિષયો ઉપર પ્રવચનો રાખવામાં આવશે, જેમકે :

- બુદ્ધિ માટે ખોરાક - આહાર જે શિખવામાં મદદ કરે.
 - ગુંડાગીરી - નિશાની કંઈ રીતે નજરે પડે અને તેની સાથે શું કરાય.
 - શિક્ષણ ના કાયદા
 - સમાવેશ કરતું શિક્ષણ બધી કાબેલિયત માટે.
 - શાળા અથવા યુનિવર્સિટી ફાયનાન્સીંગ
 - વેલ્ફેર લાભ બધા માટે
- અને બીજા ઘણાં પ્રવચનો છે.



**Talks &
Debates**

શિષ્યો અને મોટાઓ વાદવિવાદ માં ભાગ લઈ શકશે.

અનુભવી સત્ર

કાર્યક્રમમાં અનેક અનુભવી સત્રો રાખવામાં આવશે, જેમકે :

- શિક્ષણ એપ્લિકેશન ના પ્રૌઘોગિક પ્રદર્શન
- રમત ગમતની સક્રિયતા
- શિખાળવાની રીતો
અને બીજા ઘણા સત્રો.



**Practical
Sessions**

મનોરંજન

શિક્ષણ સંબંધી વિષે નાના નાટીકા ભજવવામાં આવશે, જેમકે વર્ગને કેવી રીતે સંભાળાય. સાથે બધી કાબેલીયતના અભિનેત્રીઓ સાથે મળી ને નૃત્ય નું મનોરંજન પણ રજું કરશે.

શનિવાર તા. ૧૮ ઓગસ્ટ ના ખાસ મનોરંજન રાખવામાં આવશે, જેની ટિકિટ રાખવામાં આવી છે.

વિભાગો

એક બીજા ના શિક્ષણ વિષે વિચારો અને અનુભવો જાણવા માટે ઘણાં વિભાગો રાખવામાં આવશે, જેમકે :

- શિક્ષક અથવા શિક્ષિકા વિભાગ
- માતા પિતા નો વિભાગ
- ઉમેદવારી નો વિભાગ
- યુનિવર્સિટી નો વિભાગ
- શિષ્યો નો વિભાગ

સ્વયંસેવકો – તમે ક્યાં મદદ કરી શકો ?

અમને સ્વયંસેવકો ની જરૂરીઆત ઘણી જગા માં છે, જેમકે :

શિક્ષકો નો વિભાગ

કોઈ પણ શિક્ષક અથવા શિક્ષક સહાયક ની જરૂરીઆત છે, જે તેઓ ના અનુભવો આપી શકે.



યુનિવર્સિટી વિભાગ

જે યુકે કે બીજા દેશમાં યુનિવર્સિટીમાં ગયા હોય અથવા અત્યારે ભણતા હોય તેઓ ની જરૂરીઆત છે. તે બીજા ભવિષ્યમાં યુનિવર્સિટીમાં જવાનો વિચાર કરતા હોય તેમને પોતાના અનુભવો આપી શકે.

પ્રોફેશનલ વિભાગ

જેણે યુનિવર્સિટીની બહાર ભણ્યું હોય, અથવા યુનિવર્સિટી પછી આગળ ભણ્યું હોય, તેઓ તેમના અનુભવો આપી શકે.

ઉમેદવારી વિભાગ

જે શિષ્યો ને ઉમેદવારી નો અનુભવ થયો હોય તે બીજા શિષ્યો ને તેઓ ના અનુભવો આપી શકે. આપણા બાળકો ને ઉમેદવારીનો અનુભવ આપી શકે તે વ્યક્તિઓ અને ધંધાઓ ની પણ જરૂરીઆત છે.

માતાપિતા નો વિભાગ

જે માતા પિતા ને શિક્ષણ સમુદાયનું અનુભવ હોય તે બીજા માતાપિતા ને તેઓના અનુભવો આપી શકે.

અભિનેત્રી

કોઈ પણ કાબેલિયતના અભિનેત્રી ભાગ લઈ શકે છે.

રમત ગમત ની સક્રિયતા

જેને રમત ગમત નો શોખ હોય તે મદદ કરી શકે છે. આ ઓશવાળ સેંટરમાં કદી નથી થયું તો જરૂર આવશે.

બાળકો ની દેખભાળ

કાર્યક્રમ માં બાળકો ની દેખભાળ માટે વ્યવસ્થા હશે. તેની માટે સ્વયંસેવકો ની જરૂરીઆત છે.

બીજી વ્યવસ્થા

અમને બીજી ઘણી જગાએ સ્વયંસેવકો ની જરૂરીઆત છે જેમકે નોંધણી, ખાવાનું, ખબર ના સ્ટોલ વગેરે.

આ અનોખા કાર્યક્રમમાં ભાગ ભજવો!!!!

સ્વયંસેવકો ની મીટીંગ (ભોજન સહિત)

બુધવારે ૧૮ જુલાઈ ૨૦૧૨, ૭ વાગ્યાથી, ઓશવાળ સેંટરમાં

ભોજનની વ્યવસ્થા માટે તમારી હાજરી volunteer@oshwal.org પર જણાવશો.



Sat 18 and Sun 19 August 2012

www.oshwal.co.uk/enabling-education

Introduction

PROJECT **EKTA** is the purchase of **OSHWAL EKTA Centre** at 366a Stag Lane, Kingsbury, London NW9 9AA by Oshwal Association of the U.K. in the North West Area.

With the growth of our Association and the increase in local Area activity, it is necessary to find a property that provides a suitable platform from which the Areas can continue to deliver their activities and which forms a focal point for our members and is a suitable local hub. This property joins Oshwal Centre in Potters Bar and Oshwal Mahajanwadi in Croydon as a third Oshwal property in the U.K.



Why EKTA

The strength of our Community is its' UNITY, its' EKTA. Project **EKTA** is a beacon of hope for our community as it will provide a hub where our respected elders, emerging youth and the future of our Community, our children can come together under one roof in peace, harmony and unity. It will engender the community spirit and bring a vibrancy within our Community.

Progress so Far

Members approved the purchase of **OSHWAL EKTA Centre** at a Special General Meeting on the 29th of April 2012. Contracts were exchanged on the 18th of May 2012 at a purchase price of £2,400,000. The completion date is the 31st of August 2012.

Funding

Funding for the purchase of the Property is being raised through the following means: -

- Utilisation of existing North West Area funds
- Raising Donations through the EKTA Centre Takti Schemes
- Raising general donations from all Members – Donations of any amount are welcome.

EKTA Tree Takti Scheme

There will be a painting in the centre of the EKTA tree and Taktis allocated for the parts of the tree are as follows: -

- | | |
|------------------------|--------------------------|
| • Trunk – £20,001 + | • Gold leaf – £2,501 + |
| • Branches – £10,001 + | • Silver leaf – £1,501 + |
| • Fruit – £5,001 + | • Bronze leaf – £1,001 + |



We urge all members to lend their support and to donate generously. To make a donation; Please complete and return the Donation Form;

e-mail: property@oauk-nw.org

or call: Tushar Jayantilal Shah 07816 430 808

Nirmal Chandrakant Shah 07962 177 326

Dipen Shantilal Shah 07881 511 457

VOLUNTEERS REQUIRED

We urgently require volunteers from all Areas to assist with Fund Raising for Project EKTA in their respective Areas. Please contact us on the above e-mail / telephone numbers.



Oshwal Academy-Nairobi -Junior High

(Owned and Managed by: Oshwal Education and Relief Board)

P O Box 1130-00606, Nairobi Tel:3745544/3741918, Fax: 3745544
Email: head-oanjuniorhigh@oerb.org, Website:www.oanjuniorhigh.ac.ke

Our Ref:.....OC/E/122/2012

Date:.....21 May 2012

Your Ref:.....

*'We can do little about the length of our lives.
But we can do a lot about the depth of our lives.'*

Habari,

Did you know that more than 100 million children are uneducated across the world due to poverty. Of these children, 95% are in developing countries, with majority in Africa, which brings us to Kenya...where 40% of our population is illiterate.

With this in mind, students of Oshwal Academy Nairobi, Junior High have joined hands with Shishukunj London, Shishukunj Nairobi and Oshwal Association of London to distribute reading books to the less privileged society of our country by building libraries in the rural areas of Kenya.

We aim at making an everlasting difference in the lives of the people of Kenya and to ensure sustainable development of these areas that are considered to build these libraries in. Structures for the libraries are found within schools and access to these libraries is not denied to anyone at all. It is a source of education -which we believe is the key to success- for everyone regardless of age, gender and status.

To all the Shishukunj Parents, Oshwal Association UK, Christian African Relief Trust UK, Nituben Shah, Sigma Pharmaceutical and everyone else who has kindly donated books for this cause; we have only this to say...there is no limit to education and you have provided the very means for these people, to grow and reach for the sky. What we've learnt and seen through out this experience is something that we shall always remember. But the most important lesson learnt is that an education is the greatest hope you can give to a poor man. Hope is what you have given to these people and we are forever going to be grateful for it. The students and schools thank you from the bottom of their hearts for all your contributions.

ASANTE SANA!

Our task was to stamp these books and sort them according to subjects and complexity. We have managed to sort and stamp cartons of books in three months, having dedicated each Sunday to this. Then came the time to distribute these cartons to the needy schools.

Until now we have donated a wholesome 500 cartons of books to 17 schools across the country- all the way from Kakamega and Kangema to Bungoma and Baringo to Wote and Maseno to Voi and Nakuru- ranging from nursery all the way up to secondary levels.

~ Book Collection Letter ~

Another 80 cartons have been donated to three rehabilitation centers that run entirely on charity and cater for ex prisoners. Many of these prisoners learn and sit for our national exams so that they can join a university once they are able to leave rehabilitation.

Just more than 100 cartons have also been donated to Kitale for distribution amongst schools in this region as we feel it is quite the poorest compared to the other regions within our reach.

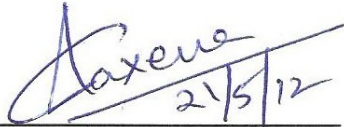
Additionally, we have also managed to locate a school for the internally displaced people that lost everything during the post election violence and have so far donated 20 cartons to this school so that there is no break in their education.

This also brings us to our next venture, where, if we do receive your generous donations once again, we shall take up a task of distributing more books to IDP schools. The situation that the IDP's are currently in has greatly touched the students' souls and hearts and we wish to help these people that are completely dependent on charity. The only way that their children will be able to avoid the utter poverty that they are in now, is only through an education and we hope to provide the resources that are needed for them to learn.

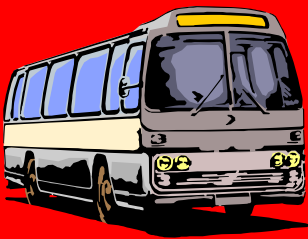
God has truly blessed us with more than we deserve and it is our humble duty to meet the needs of those that are not like us. The lack of basic education sources in our country is devastating and it is unimaginable how far even the least contribution towards the education of a person can go. The reading books you have kindly donated will not only change the life of a youth but even a grown person, maybe an ex criminal or bring the light to a disabled person. With this, we would like to encourage even more contributions towards this cause. We can only empower people through knowledge and it is your donation that will contribute to this.

Once again, a big thank you to all the donors from the Oshwal Academy Nairobi – Junior High.

Regards,


21/5/12
DR G SAXENA (MRS)
DEPUTY HEAD OF SCHOOL





Visit Oshwal Centre & Deraser

At Potters Bar by OAUK Organised Coach

Concept – We want to give all life members an opportunity to visit the OAUK centre and deraser – especially those who do not have transport.

Who – A 50 seater Coach will be organised per area on a rotation basis – one area per week – at the moment will be done for the 3 nearest areas to the centre – North, North East, North West - North West will have the opportunity every other week as they have over half the OAUK members.

When – Fridays

1 st June	North West	starting from Kenton Library (9am) to Queensbury Stn to Canons Park Stn to Edgware Stn to Centre
8 th June	North	starting from Kenton Library(9am) to Lodge Lane (9.30am) to Totteridge-Waitrose to Odeon Cinema to Centre
15 th June	North West	As above
22 nd June	North East	starting from Bounds Green Stn (9.30am) to Southgate Stn to Cockfosters Stn to Centre
29 th June	North West	As above
6 th July	North	As Above
13 th July	North West	As above

Cost – **Part-subsidised by the £120 Scheme** - £4 per member to include transport to & from centre inc Jain lunch – place must be registered beforehand with payment. If members want to come with own transport – £2 for lunch and place must be registered at least 3 days in advance with payment. **LIMITED PLACES.** If we get donations for coach or lunch we will not make charge respectively to the members.

Programme

9.45am – 10.00am – Arrival & Mingle
 10.00am - onwards – Deraser activities – including Snatra Pooja – NO nakro
 10.15am – 11.15am – Yoga – please bring your mat
 11.15am – 12.45pm – Bridge Classes – FREE – pre registration required
 11.45am - 12.45pm – Gentle exercises
 1pm - 1.45pm – Jain Lunch
 1.45pm - 2.15pm – Talk or Discussion or Games
 2.30pm – Depart

Donations

We welcome donations - £200 towards the coach & £201 in total for the lunch – Please contact the office at the centre or Rahul (details below).

Contacts for more info (if phoning please only call between 5pm -9pm):

North

Saroj Shashi Shah

Tel: 020 8420 4606

Email: saroj_45@hotmail.co.uk

Surekha Amichand Shah

Tel: 020 8346 2944

Email: surekhashah@hotmail.co.uk

Ramesh Govindji Shah

Tel: 020 8446 3051

North East

Madhuben Amritlal Shah

Tel: 020 8882 4391

Email: rakeshshah@virginmobile.com

Taraben Ratilal Patani

Tel: 020 8886 4400

Email: tara@keya.co.uk

Ratilal Vidhubhai Shah

Tel: 020 8361 2693

Email: ratilalmalde@googlemail.com

North West

Ramnik Hirji Shah

Tel: 020 8933 7247

Jayantilal Jivraj Khimasia

Tel: 020 8908 0433

Shantilal Ranmal Shah

Tel: 020 8907 0965

Sushilaben Laxman Shah

Tel: 020 8907 1570

Centre

Project Co-ordinator & Pre-Registration for Free Bridge Classes:

Rahul Kachra Haria – 020 8954 3727 or mobile: 07939 076 510 or Email: rahul@houseofharia.com

Deputy Project Co-ordinator: Kishor Fulchand Shah – mobile 07887 500 818 email kishorshah@hotmail.com

Kathiwadi Night

26 NOVEMBER 2011

It was on a bright spring day in April 2011 that the idea to hold an event with a difference was thought up by the Oshwal Wednesday Club (OWC) committee which on the 26 November 2011 became a reality – THE KATHIAWADI NITE.

The detailed planning entailed numerous meetings throughout the year. The pot painting project was started some time in July and it was specifically aimed for the day. The Oshwal Wednesday Club members had fun painting the pots and the comments from some of them were “I have never held a paintbrush before” but managed to make brilliant pieces of art. In fact a few of them have now taken it up as a hobby.

All the artefacts and decorations for the day were collected by the OWC committee, the members and their contacts. We could not believe that some of the pieces collected could still be around namely:

- the ghodio (baby's cot) remember putting the younger siblings to sleep with the rocking motion
- the bumbo (to warm the water) – how many of you still recall filling it up with water and heating it with coals / logs and waiting for the water to warm up
- the gphantudo – (grain grinder) remember waking up early to grind the flour, spices etc and using it fresh for the day
- pots for carrying the water....and so many more

The atmosphere for the evening was electric! The bright beautiful colours worn on the day with the matching jewellery gave a perfect ambience to the evening. The music could not be faulted and not once in the evening did we have a sound cut-off. Everyone enjoyed the traditional food - Kathiwadi food for a Kathiwadi night. Last but not least it was the audience who made the evening perfect with their non-stop dancing and full participation.

The comments and the feed back form the audience has been unbelievable.

With the support from all of you we hope to continue with many more future events

Some of the comments from the night

Congratulations to your Wednesday club committee for organising a great evening. It was very well organised and everything was meticulously thought of and for the first time i felt that our community was coming together and the atmosphere was just amazingly buzzing all over you ladies have

done a function that no other committees in the past have done

Thank you very much for a lovely evening on Saturday 26th November 2011. Raj and I were flabbergasted. Every detail was thought of in the decor, music and the food - absolutely kathiwadi!!! Food was mouthwatering, music was fantastic and I loved the part where we had to join in the singing - that was a good idea!! All these things need a lot of preparations, hard work and I am glad to say that it certainly was fruitful. Well done ladies - Keep up the good work!

“The night was fantastic!!!!!! Everything - the food, décor, music, the people!! I had a fabulous time - every second of it.”

“Thank you for creating an environment and opportunity for all to enjoy themselves and have a memorable evening. It was just so much fun and an event very well organised. You ladies deserve a good earner rest now!”





**For ages
12 to 17
years**



OSHWAL



Association of the U.K.

EC Youth Summer Camp! 17 August to 20 August 2012

Activities

- Archery
- Climbing
- Crag Climbing
- Dragon Boats
- Eco Trails
- Fencing
- First Aid
- Giant Swing
- High Ropes
- Jacob's Ladder
- Kayaking
- Motorsports
- Mountain Biking
- Orienteering
- Raft Building
- Rifle Shooting
- Sensory Trail
- Survivor
- Team Games
- Trampolining
- Trapeze
- Tunnel Trail
- Zip Wire

Price

£175.00 – Oshwal Members

£200.00 for Non-Members

(Includes Full Board – Vegetarian Meals).

For further information please contact:

Raj (Bhuty) on

raj.shah007@btinternet.com

Location

Osmington Bay, near Weymouth in Dorset,

Accommodation

All of the accommodation at Osmington Bay is in chalets with en suite bathrooms. Your group will stay in en suite rooms sleeping 4-6.

Facilities

Osmington Bay has a comprehensive programme of activities. The site includes excellent all-weather facilities including indoor abseiling and climbing walls in the Activity Zone.



Also, check out more details
on the Oshwal Website:

www.oshwal.co.uk/events/summer-camp

Shabri Dalal

Shabri Dalal, daughter of Bharat and Anna, born 25 August 2000, started Tae Kwon Doe in 2006 at the age of six at the Eddie Greenway School in Headington, Oxford, in the White Belt category. Through great effort and determination she worked her way, gaining first the Yellow Belt, then Green Belt, Blue Belt and Red belt. Achieving the award for not only the best performance in her category but also the overall excellence cup award amongst all candidates to gain her Black-Slash Belt at her last grading. She hopes to become one of the youngest Black Belts of the school when she starts her training and preparation later this year. We wish her all the best in her endeavours.



Diwali On Trafalgar Square Sun 28 October 2012

This year the Oshwal Association of the UK will be leading the organisation of Diwali on Trafalgar Square, via the Diwali in London Committee.

Be sure to volunteer for this unique event!
To take part, e-mail:

volunteer@oshwal.org



Pictured team members Standing: Mukesh Shah, Dipak Shah, Dhimant Shah, Nila Gosrani, Kumar Hindocha, Chandu halai. **Sitting:** Viren Hindocha, Amit Shah, Neha Hindocha, Manju Pindolia, Gita Hindocha, Jyoti Patel & Varsha Shah.

Team "KIBOKO" walked 100km from London to Brighton

We are a team of 13 who took part in the London 2 Brighton Challenge – walking 100KM through day and night! On 12-13 May 2012 in aid of Great Ormond Street Hospital Children's Charity. For most of us who have already hung their walking boots this was a real test of endurance, strength and mental resolve – completing the challenge inside 30 hours require us to push ourselves to the limit whilst supporting each other and walk together through the day and night towards the finish line! All this for a great cause and to improve health and treatment for children with complex and life threatening conditions - those not only from the UK but also from across the globe.

Ravi Haria Wins a Chess Medal in Brazil

Last November, Ravi played in the World Youth Chess Championship in Brazil. He represented England in the Under 12 age category. Ravi was seeded 11th in his section and finished on 7/9, in joint third place, winning a medal for England! This was a fantastic experience for Ravi.

This year he is lucky to be selected for the World Junior Under 20, European Youth and World Youth Chess Championships and Ravi will aim for more excellent performances!

Ravi's parents, Jatin and Sonal, sisters, Piya and Maya and the whole family wish him the best of luck in his endeavours and we all support Ravi 100%!



માનનીય તંત્રીશ્રી,

તા. ૧૦/૦૫/૨૦૧૨

ઓશવાળ ન્યુઝ,

લંડન,

બેંગલોર મહાજનવાડીનું કામ ખુબ સારી રીતે ચાલી રહ્યું છે. હાલ પાંચમા સ્ટેબની તૈયારી ચાલી રહી છે. ચોથો સ્ટેબ જેની ઉંચાઈ ૨૦ ફૂટ હતી તે ભરાઈ ગયેલ છે. નીચે બેઝમેન્ટમાં છતનું પ્લાસ્ટર થઈ ગયેલ છે. ગ્રાઉન્ડ ફ્લોરમાં દીવાલો બાંધવાનું કામ પૂર્ણ થઈ ગયેલ છે. તથા પહેલા માળે દીવાલોનું બાંધકામ ચાલુ છે. બેઝમેન્ટ તથા ગ્રાઉન્ડ ફ્લોરમાં ગ્રીલનું કામ ચાલુ છે. ડીસેમ્બર ૨૦૧૨ સુધીમાં મહાજનવાડીનું ઉદઘાટન કરવાની નેમ છે. હજુ ફંડની આવશ્યકતા છે. જે દાતાઓએ તકતી સ્કીમ, જનરલ ફંડ વગેરેમાં લાભ લીધો છે તેમના તરફથી અમને સમયસર ફંડ મળી રહેલ છે, પણ હજી લગભગ ૨ કરોડની આવશ્યકતા છે જેના માટે અમે વિશ્વભરના ઓશવાળ દાતાઓને સહયોગ માટે નમ્ર અપીલ કરીએ છીએ. બેંગલોર વાડીમાં આપણા હાલારના બાવન ગામની તકતીની સ્કીમ રાખેલ છે જેમાં દરેક ગામના આગેવાનો જરૂર વિચાર કરશો અને બેંગલોર વાડીમાં આપના ગામનું નામ સુવર્ણ અક્ષરે અંકિત કરાવીને ભવિષ્યની પેઢી માટે માર્ગદર્શક જરૂર બનશો તેવી નમ્ર વિનંતી કરીએ છીએ. દરેક ગામની તકતીનો નકરો રૂ. ૧,૧૧,૧૧૧.૦૦ (અંકે રૂ. એક લાખ અગિયાર હજાર એકસો અગિયાર પુરા) રાખેલ છે. બેંગલોર સમાજને તન-મન-ધનથી સહયોગ આપનાર દરેક જ્ઞાતિજનોનો અમે હૃદયપૂર્વક આભાર માનીએ છીએ. જે દાતાઓએ બેંગલોર વાડીની તકતી સ્કીમ તથા જનરલ ફંડ વગેરેમાં લાભ લીધો છે તેમને નમ્ર વિનંતી કે જેટલું બને તેટલું વહેલું આપની તકતીમાં જે નામ લખવાનું છે તે વિગત વ્યવસ્થિત સ્પષ્ટ અક્ષરોમાં લખીને મોકલાવશો.

બેંગલોરમાં માંગડી રોડ સ્થિત બિંદુ અમુલ્યા અપાર્ટમેન્ટ ખાતે શ્રી ઝવેરચંદ નથુભાઈ ગલૈયા પરિવાર તથા અમુલ્યા અપાર્ટમેન્ટ ટેમ્પલ ટ્રસ્ટ તરફથી શ્રી વિમલનાથ જૈન મંદિરનું નિર્માણ કરવામાં આવેલ છે જેનો ભવ્ય પ્રતિષ્ઠા મહોત્સવ તા.૧૬/૦૪/૨૦૧૨ થી ૨૦/૦૪/૨૦૧૨ સુધી રાખવામાં આવેલ જેમાં બહારગામથી ઘણા મહેમાનો પધારેલા. હવે બેંગલોરમાં આપણા હાલારીઓ દ્વારા નિર્માણ પામેલા બે દેરાસર થઈ ગયા છે. આ પ્રસંગમાં પધારેલા ઘણા મહેમાનોએ આપણી વાડીનું બાંધકામ ચાલે છે તેની મુલાકાત લીધી હતી અને વાડીના કામની પ્રગતિ જોઈને બધાએ ખુબ ખુશી વ્યક્ત કરેલ. ઓશવાળ શિક્ષણ અને રાહત સંઘના કારોબારી સભ્ય શ્રી ગીરીશ મેઘજી હરિયા, (રાસંગપર હાલ ભીવંડી) અત્રે પધારેલ અને વાડીના કામનું નિરીક્ષણ કરેલ અને કામની પ્રગતિ તથા પ્લાનિંગ જોઈને રાજી થયા

હાલમાં બેંગલોર ખાતે ઘણા કુટુંબોમાં કોઈને કોઈ પ્રસંગે મહેમાનો પધારે છે અને વાડીની મુલાકાત લે છે. હાલમાં જ મુંબઈ સમાજના અગ્રગણ્ય કાર્યકર્તા શ્રી મહેન્દ્ર વેલજી મારૂ તથા રાજકોટ સમાજના આગેવાન કાર્યકર્તા શ્રી પાનાચંદ પદમશી ગુઢકા રવિવાર તા. ૬/૫/૧૨ ના રોજ વાડીની સાઈટ પર પધારેલા અને વાડીના કામની પ્રગતિ જોઈને ખુબ ખુશ થયા અને અમુક અમુલ્ય સૂચનો આપ્યા. વાડીની મુલાકાત લેનાર સર્વે જ્ઞાતિજનો તથા મહેમાનોનો ખુબ ખુબ આભાર.

હાલમાં જ આપણા શ્રી વિમલનાથ જૈન દેરાસર ખાતે આયંબીલ ભવનમાં ચૈત્ર માસની નવપદની આયંબીલની ઓળી સુખરૂપ પૂર્ણ થઈ ગયેલ છે. આ વખતે શ્રી ધીસુલાલજી મુઠલિયા પોરવાલ પરિવારે ઓળી, પુજા તથા પારણાનો લાભ લીધેલ. દરરોજ લગભગ ૫૦ તપસ્વીઓ આયંબીલ કરતા હતા જેમાં ૪૨ તપસ્વીઓની ઓળી થયેલ. શનિવાર તા. ૦૭/૦૪/૨૦૧૨ ના સવારે તપસ્વીઓના પારણાં રાખવામાં આવેલ. દરેક તપસ્વીને રૂ. ૨૦૦ની સામુહિક પ્રભાવના થયેલ તથા રૂ. ૧૦૦ ની પ્રભાવના લાભાર્થી પરિવાર તરફથી થઈ. મેનેજિંગ ટ્રસ્ટીશ્રી દિનેશ કાલીદાસ નગરીયાની મહેનતથી તથા બાકીના ટ્રસ્ટીઓ અને કમિટી મેમ્બરોના સહયોગથી આ પ્રસંગ શાતાપુર્વક પૂર્ણ થયેલ છે. હર વખતની જેમ આ વખતે પણ રસોડું મુરબ્બી શ્રી લાલજી પદમશી ગુઢકાએ સંભાળેલ જેમાં શ્રી કપૂર વેલજી જાખરિયા તથા શ્રી અરવિંદ બેતશી હરણીયાનો ખુબ સારો સાથ મળેલ. તપસ્વીઓને પીરસવા માટે સમાજની બહેનો- બાળાઓ તથા ભાઈઓ - બાળકો આવતા હતા. રસોડામાં પણ આપણા બહેનોનો રસોઈ કરવામાં ખુબ સારો સાથ સહકાર મળેલ, સંઘ દરેકનો ખુબ ખુબ આભાર માને છે.

લી. આપના વિશ્વાસુ,

શ્રી કાંતીલાલ ઝવેરચંદ ગલૈયા - ૦૯૪૪૮૪૫૨૩૮૩

શ્રી છગન રામજી શાહ (ખીમસિયા) - ૦૯૩૪૧૨૩૬૧૯૭

પ્રમુખશ્રી શ્રી હા.વી.ઓ.સમાજ, બેંગલોર

માનદ મંત્રીશ્રી, શ્રી હા.વી.ઓ.સમાજ, બેંગલોર.

Mahavir Janma Kalyanak

Mahavir Janma Kalyanak was celebrated on 7th April and was organised by Avniben Jentilal Shah. The program started with children prayers and chaityavandan. Chirag Narottam Shah, Isha Subhash Shah and Anjeli Sailesh Shah took part in the prayers and navakar dhoon and they also sang one song each of their choice.

Thereafter the adults started singing a few songs each, we had an attendance of approx. 50-60 people.

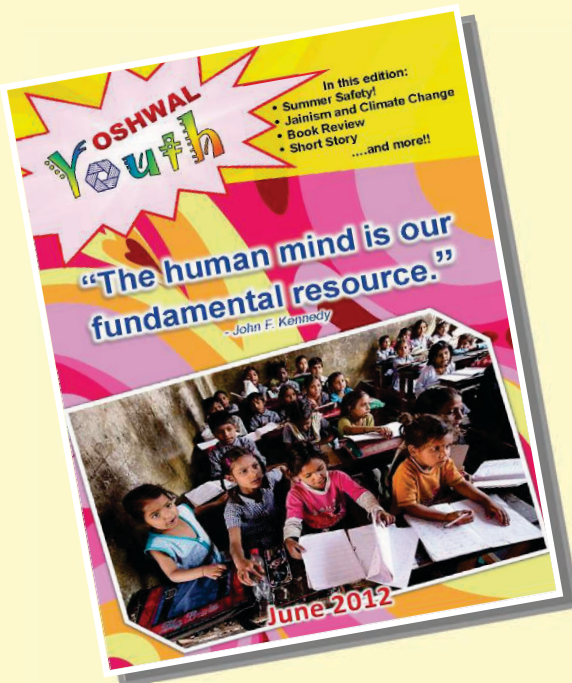
Then the bidding for the arti and mangal divo began. Arti was taken by Meghijibhai Pethraj parivar and the mangal divo was taken by Sureshbhai Manekchand parivar.

In the end prabhavna was given, oranges were provided by East Area, Gathia and Amratpak from Lalitaben.

Finally, thank you to Avniben for once again organising a successful event at the last minute.

Report by,

Narottamlal Raichand Shah



Don't forget to check out the latest edition of

Oshwal Youth Magazine

There are articles on:

Summer Safety

Jainism and Climate Change

Book Reviews

Short Stories

....and much more!!!

LEICESTER AREA

લેસ્ટર એરિયા

This year Leicester Area celebrated the auspicious occasion of Mahavir Janma Kalyanak on Sunday 15th April 2012. As ever there was the Siddhchakra Putt and this year it was our 11th Anniversary. On Saturday evening within one and half hours Sanatan Mandir's empty hall was transformed into a derasar. It was lit by revolving lights, candles and divas.



Leicester area always looks forward to welcoming bhavikos from other areas. This year bhavikos from Edgware Satsang Mandal, Finchley Satsang Mandal and North Area, North East, South Area, and Northampton and Wellingborough joined Leicester members to celebrate MJK.



We were fortunate this year the items for the Siddhchakra Putt were donated by Mrs Maniben Vaghji Merag Parivaar and the donation towards the bhojan was by Mrs Maniben Rajpar Popat Parivaar.

The preeti bhojan was prepared from very early in the morning by volunteers.



Following the warm welcome of the bhavikos from the areas by the Leicester Committee and Leicester members, preeti bhojan was served. Everyone thoroughly enjoyed the food. After the bhojan the bhakti programme started on time. Kaileshbhai and Rambhaben, Chairman and Vice Chairlady respectively, formally welcomed all and then each area sang stavans. Leicester area started with a swagat song which was narrated by Rambhaben.



~ Leicester Area ~

Kaileshbhai introduced the new Leicester Area committee to all. Rambhaben and Kaileshbhai then did sangh bahuman, with a shawl, of Mrs Maniben Rajpar Shah and family, who had donated towards the bhojan. Maniben was double lucky to celebrate her 80th birthday on this auspicious day.



Sushilaben said a few words as an EC Religious Chairlady and on behalf of the Edgware Satsang Mandal. She complimented Leicester that even though being a small area, it managed to organise such a big event successfully.



Sarojben from Finchley Satsang Mandal and North Area congratulated Leicester with a poetic song and presented Leicester with a couple of tamborines. Taraben from North East, Hansaben from Northampton and Dhirubhai from South Area similarly had nice warm words to say to all

the Leicester members for inviting them to celebrate this auspicious occasion.

Kaileshbhai thanked all the areas for their generous donations. Following the speeches uchhavnis for arti, mangal divo and shanti kalash were done. Arti was performed by Edgware Satsang Mandal, mangal divo was by Mrs Maniben Rajpar Popat parivaar and shanti kalash was performed by Mrs Maniben Manilal Shah on behalf of the Merag family.



Thereafter nasta was served again donated by Mrs Maniben Rajpar Popat parivaar. At lunchtime and afternoon tea people got time to catch up with old friends and make new ones. Leicester area bid farewell to the bhavikos from all the areas.

Kaileshbhai would like to whole heartily thank all the members from all the areas who supported Leicester and celebrated with us this auspicious occasion. Also thanks to all the volunteers and members of the Leicester Area committee who gave up their valuable time and helped during the decorating of the hall on Saturday and throughout the day, and making the event a great success.

Message from the Chairperson

Dear Fellow Oshwals,

We had an eventful AGM on the 11th of March 2012, when the new committee was elected. The turnout was good and the debates were healthy with a lot of crosspollination of views. It is pleasing to see that the new committee has returned with some new younger age members. Hopefully they will be nurtured to be our future proactive ambassadors for the Oshwal community.

Prior to this AGM, Luton area's Health and Welfare sub-committee along with the many volunteers had organised the event 'Bhooli Bisri Yadeen Ki Ek Suhaana Safar' at the Oshwal Centre on 26th February 2012. This event was attended by over 430 people and people from all UK areas attended. This was a total success story and our wholehearted thanks go to all the committee, sub-committee members and the volunteers, whom had all put in a lot of hard work and months of planning. It has given confidence to our area members that we can do more large scale events in the future. Well done to everyone who took part and attended this event.

The new committee is encouraged to continue the work and activity started off by the previous committee. The Luncheon Club for the elderly held once a month should continue after the Big Lottery Fund project finishes at the end of April 2012. The Luncheon Club has over 60 registered members and is still growing in numbers. It has a team of dedicated volunteer cooks and now has regular activity going alongside the lunch e.g. medical talks, yoga, satsang, art and crafts etc. The same group of members form most of the core religious activity members i.e. those who attend satsangs and Paryushan. We should therefore put this group of people under a combined Religious & Welfare sub-committee. One of the motions we passed through the AGM was to continue to have our Savantsari Bhojan cooked by our area members as we did last year. The cooks' team would be able to contribute to this.

Our new once a month Friday Club which we launched in November 2011, has had over 40 members of different age groups attending from the beginning. As months have gone by, this group of people have shown that there is definitely a group which is interested in forming a Card players club. The youth have also got a group who have started bringing new ideas to the table. There is some interest in having cookery classes. Currently, the Friday Club is being funded through the £120 scheme and we have kept the attendance free. We should aim to develop this club into different streams of activities with each activity getting a slot on the Friday club's timetable. The frequency of the Friday Club can be more than once a month, and increased as needed e.g. one Friday in the month, could be designated to youth activity and one Friday can be Card Club activity. The current committee members can take leads on each workstream of the Friday Club.

We need to start a new property sub-committee at our area level. This will incorporate the current EC regulations for the remit of this sub-committee and work out our area needs for the property along with the budget. Once that is in place, the committee can then start the process of looking for a property.

I strongly urge all our members to give their e-mail address to our committee members. There is so much progress made by the Media and Communications team at EC level which should be translated to our area. Our members then can have regular Area e-Newsletters, as well as the Oshwal e-newsletter. Areas have now been given autonomy to update the area website so please do check the Oshwal website regularly for your information.

The new committee will have a member representing the Enabling Networks agenda at the EC level. There is major EC event coming up in August 2012 and I urge our members to support this activity which addresses the needs of people with disability and raising our awareness of how to improve services for them.

Our Education team members will have a new agenda, not only to run the Gujarati school but look at providing other forms of education e.g. adult computer classes, adult Gujarati classes, music, dance, singing and art classes. Consider amalgamating our shrinking Gujarati school with our Friday club activity and develop the new educational themes alongside. I am sure that the Friday Club activity will form a platform for one place for most of our activity. The future entertainment programmes e.g Diwali programme, Mother's Day event can be held by Friday Club members.

If our Luncheon club and Friday club both evolve into the new roles, think of one venue for all this activities i.e. our own property in Luton. So folks, make these two activities evolve in the right direction and we would have travelled into a new way of operating and working. Your participation is important.

Please keep on supporting the £120 scheme and our funding will expand if new people contribute to this scheme.

Finally, the take home message is that we will support and facilitate but we need your continued enthusiasm and participation. Together we will succeed.

Jai Jinendra and Jai Oshwal

Dr Dipak Vidhu Shah, Chairperson – Luton Area

Oshwal Gujarati School

Time: 10am – 12pm, every Saturday morning during term time

Venue: Denbigh High School, Alexandra Avenue, Luton

About the school: 8 students will be taking their Asset Language Examination in May and July 2012. We wish them Good luck in their Examination. For more information and details Please contact Nita Pankaj Shah on 01582 734573

Media & Communication

The Oshwal Youth Magazine is looking for new articles! Please encourage your children to submit any poems, pictures, short stories, puzzles and book reviews.

Priya is looking for sub-committee members for the Media & Communications team. Please contact her via phone (07738165564) or email (priya.shah07@imperial.ac.uk or priya.shah@live.co.uk) if you have an interest in this area, or if you would like to submit an article for Oshwal News/Youth Magazine!



Membership & Treasury

Firstly, I would like to thank all the Luton Members for electing me as the Treasurer for the second term running. When I look at the time, I wonder where the two years have gone by. So much has happened in the two years and the Luton Committee and members under the leadership of their Chairperson, Dipakbhai,

have achieved a lot. Times have changed and we need to move on and adopt the views and ideas if they are feasible, but at the same time we should not forget our culture and values. Many a times we take on more of the western values. Why? Our culture is so vibrant, yet we forget and think the grass is always greener on the other-side.

As the Portfolio holder for Membership and hiring of halls and coach booking, I would like to invite members from Luton Committee to join my Sub-Committee. If you are interested and would like to make a difference to the Community, then please contact me on 01582 490885 (after 6.00pm); 07969501259 (after 6.00pm) or via email at beena.oshwal@yahoo.com.

In the meantime, I would like to start updating the database for Luton Members and would appreciate if you can complete the area census form (available online at <http://www.oshwal.co.uk/areas/luton>) for all members of your family and send it to me at the following address:

Beena Shah, OAUk – Membership, 142 Marsh Road, Luton, LU3 2NL

Or by e-mail to: beena.oshwal@yahoo.com

Please pass this information to any other members of your family and friends who may have not received this.

Youth

Luton Youth Committee are looking for new members.

We welcome new ideas – however wacky!!

If you enjoy team games, movies, arts and crafts, quizzes etc why not come and join us? Been following the IPL?? Enjoy playing cricket??

Contact us **NOW** to help organise our annual 6-a-side tournament!

Coming soon – a debate by Young Jains.

Contact us for **MORE** information.

Keval Shah (kevalshah_2000@hotmail.com)

Nina Shah (ninashah_1@hotmail.com)

LUTON YOUTH



NEED YOU

Bhooli Bisri Yadeen Ki Ek Suhaana Safar

Nostalgic Memories of the Past

Review of Luton OAUk Elderly Luncheon Club Event

How often do we say that when the opportunities come, you grab it with both hands and make the change? Likewise, where did the last two years go? If we reflect upon it how did the HW move forward? Let me take you back to the beginning of that journey that my subcommittee started off with. We had difficulty recruiting members into the subcommittee, as many years had gone by with few activities, and understandably, joining a new person's committee can be quite daunting! After regular persistence and persuasion those very people who were committed and saw our vision eye to eye came forward and joined the HW. I was very fortunate that these people had hands on experience as they were already participating within the local community. It was a huge bonus for me as it made my task a lot easier!

The local council was going through the change and applying for the funding to run a luncheon club wasn't easy, but we didn't lose hope. Our determination was rewarded, and we managed to secure a substantial

grant from the 'Big Lottery Fund'. We were lucky to have the full support of Tusharbhair, who has since informed us that other areas now want to apply for funding. We wish them all the best of luck.

Our first year went by testing various grounds and putting together a plan that was much needed, to run luncheon club. We spoke to various luncheon groups; sought advice on food and hygiene, and also tried to be inquisitive into how and where they were getting the funding and on what grounds. We looked into various venues to find the cheapest hourly rate. We tried and tested and scrutinised the kitchen area to make sure that it was safe. This was our journey and no doubt, we had obstacles. We pressed on with total commitment and dedication and started our first luncheon on 20th May 2011 at Lewsey Learning Centre, after getting a secured funding from the Big Lottery. To complete our journey we finished off on a grand note with our programme on the 26th February, presenting organ donation, health talks, music and dinner.

The day started with clear blue sky and the sun shone in the sky delivering its warm light upon our faces on a crisp, cold, frosty morning. Our early morning kitchen team arrived at around 7A.M at Potter Bar, all eager to start the cooking. We had Damuben from Dips Catering to help our cooking team. Other teams followed and joined in their duties. The Foyer was decorated by Pushpaben, a member of our Oshwal Community from the North East area. She was very willing to help out and is an active member in the North East area.



The stall for Organ Donation was organised by Ushaben Shah who is a dedicated volunteer to promote Organ Donor at various events. We met Ushaben during the North area's Health Awareness Day in 2011 and spoke to her if she would come to our programme to promote Organ Donation and without hesitation Ushaben said yes and gave her email address for us to write as soon as we were ready.

Ashokbhai Patel, who is a Consultant Psychiatrist in general adult psychiatry in Luton and Bedfordshire since 1987, gave talks on Depression and Dementia in Asian older people. His presentation consisted of signs and symptoms, assessment, treatment and prevention strategies of these common mental disorders in the Asian population. This talk was very interactive and had a positive participation from the public.

Jayshreeben Shah who is a Fund Raising manager at Northwick Park Institute for Medical Research gave a brief talk on the Heart and stroke (Cardiovascular diseases).

Nehal, the kidney recipient's, speech was striking as she had gone to explain how her life was disrupted whilst she was at University and had to stop her degree course until after she had a kidney transplant. She is back at University achieving her goal studying Psychology with Counselling. Not only that, she has travelled to Egypt, various places in the UK and this year wants to travel to Europe. Nehal waited for the kidney transplant for over 5 years and in 2009 this was made possible. There are no words to describe such bravery. This was the first time Nehal had given a public speech in front of 450 people!!!!

Those who came to our programme had very kind words to say to us because they enjoyed the Health talks, food, and Music. Sadly, Dipakbhai and his family had to go to India, as his bhabhi, Chandrikaben had passed away. He was not here to witness the event, but his guidance from the very beginning of this journey was a key to its success.

~ Luton Area ~

Nituben who presented the Music had a lot of examples and anecdotes to gain people's confidence to sign up. Her music was full of punching flavours and people thoroughly enjoyed listening ... some came on the floor to dance too!!! Pre-lunch the signs ups were at only 40, however after the entertainment, the final figure was 155!! We were delighted that this is the best result that Ushaben's team has ever seen from any programme promoting organ donation.



My thanks goes to every one of you who came to the programme and to every member who helped during the event and my special thanks and good wishes to Damuben (Dips catering), Pushpaben (volunteer for the foyer decoration), Ushaben (setting up the organ donor stall) and Nehal (kidney recipient), Ashokbhai Patel (health talks), Jayshreeben (heart and stroke) for supporting this event.

Jai Oshwal

Article by, Vipin Mulji Shah

Luton's Lovely Treks

Father and Son Climb for Charity

Niraj Shah of Barton Road Luton at age 17 climbed Mount Kilimanjaro in July 2006. He raised a total of £3000 for Sewa International. A total of 23 participants raised a total of £61,800 for various charitable East African Projects. 'It was the most incredible time of my life' says Niraj.



His dad Rajesh, inspired by his son's effort decided to take up a challenge also. A group of 24 people from all areas of the UK, of varying backgrounds and ages (17 to 59), took on the challenge of the high altitude eight-day Ladakh trek in India.

The funds raised for the trek will support an education project. "Education Aid" provides access to a semi-formal system of learning for communities that are outside mainstream education. The project looks to develop basic literacy and numeracy skills in children who are often the first to have an education in their families, and would otherwise remain illiterate. These communities are often exploited and remain marginalised.

'Over the course of the eight day trek we experienced snow and rain, strong winds, fog and blazing sun. We'd be wearing sunscreen and sunhats in the daytime, and huddling in fleeces inside our sleeping bags at night. Each day we would walk for seven to eight hours across terrain ranging from steep, rocky ridges to open grassy planes. The Ladakh trek was like a surreal dream, very challenging and inspiring; a series of never ending mountains, crude and raw beauty, coupled with serenity and peace. Some of the members felt as though they had left their hearts in the mountains and with the Ladakhi people'.

Walking is the closest thing to perfect exercise, the most sustainable and sociable mode of transport and can even help deliver economic prosperity. The Chief Medical Officer recommends at least 30 minutes of moderate physical activity, which could include walking, on five days a week for adults, and at least 60

minutes every day for children. Only around a third of people in Britain achieve the minimum recommended levels. Inactivity is a key factor in the dramatic growth of obesity. 61% of English adults and 30% of children are overweight or obese. All walking is beneficial, but for the greatest benefits to heart, lungs and blood pressure, brisk is best. You should be breathing a little faster, feeling a little warmer and can feel your heart beating a little faster, but you still feel comfortable and are able to talk.

The Benefits of Walking

Regular brisk walking will:

- Improve performance of the heart, lungs and circulation
- Lower blood pressure
- Reduce the risk of coronary heart disease and strokes – inactive and unfit people have double the risk of dying from CHD.

Walking regularly at any speed will:

- Help manage weight
- Reduce the risk of Type 2 diabetes
- Reduce the risk of certain cancers such as colon, breast and lung cancer
- Improve flexibility and strength of joints, muscles and bones, and reduce the risk of osteoporosis
- Increase “good” cholesterol
- Boost the immune system
- Improve mood, reduce anxiety, aid sleep and improve self-image

For most people, walking is the easiest way to meet physical activity recommendations. Walking is...

- Free and requires no special equipment, training or gym or club memberships
- Available to almost everyone
- Safe and low-impact, with a low risk of injuries and accidents
- Easy to start slowly and build up gradually

And, it's one of the easiest activities to fit into your everyday life.

- You can walk from your doorstep at a time that suits you
- You can use walking for everyday short
- You don't need to concentrate on the walking itself, leaving you free to enjoy your surroundings, chat to friends and family or just relax
- You can enjoy a variety of surroundings as you walk in different places and different seasons

“Brisk walking has the greatest potential for increasing the overall activity levels of a sedentary population and is most likely to be adopted by a range of ages, socioeconomic and ethnic groups” (Hillsdon and Thorogood 1996)

Luton is surrounded by beautiful countryside and is the nearest place outside London which has challenging walks and treks for all the family. Whatever you're looking for, be it parks, nature reserves, the Chiltern Hills or long trails down Icknield Way – there's something for all ages.

Article by, Rajesh Zaverchand Shah

North Area Annual General Meeting – 25 MARCH 2012

by, *Daksha Maroo, Caretaker Chairperson of North Area*

The North Area AGM took place on Sunday 25 March 2012. There was a good attendance of members. Unfortunately, a committee was not formed.

At the time of Oshwal News going to press, **a Special General Meeting of the OAUK North Area had been arranged for Sunday 13 May 2012 at 3.00pm at Moss Hall Junior School, Nether Street, Finchley, London N3 1NR.**



Working for the community is very rewarding – it gives members an opportunity to make new friends, take part in making strategic decisions to take our Association further forward and organise various events for the benefit of the people of all ages of our community. Working as a team is great fun and it is an excellent way to broaden your skills and give back to the community. I very much hope that people from the younger generations join the committee.

As Oshwals we should be proud of our achievements – this is all due to the hard work put in by our fellow Oshwals over the years. I would sincerely like to thank the North Area Committee and Sub-Committees of 2010 – 2012 for all their hard work throughout the last two years and organising the various activities and events. It has been a great pleasure to work with everyone.

Bhukhar - Oshwal House – 1st Saturday of every month

Time: 8.00pm until 11.00pm Venue: Oshwal House

For further information please contact:

Bijal Shah: bijal_shah@hotmail.co.uk 020 8906 3389

Ashwin Shah: hasp@hotmail.co.uk 07921 400 328



Bolly Aerobics – A Really Good Way of keeping Fit

The Bollywood aerobics class combines Bollywood dance moves from the traditional style to the latest moves from recent movies, along with a thorough cardiovascular workout.

The Bollywood dance moves require every muscle in the body to be worked, even down to the tiniest of muscles in the tips of your fingers, so you receive a full muscular body workout as well as a cardio workout through the Bollywood

Choice of two sessions – Friday evenings or Saturday mornings

for more details contact Daksha on 01707 657 560 or email maroo@dmaroo.freemove.co.uk



Cookery Demonstration by Roshni & Nimuben Shah – 24 APRIL 2012

On Tuesday 24 April, a mum and daughter talented duo, gave a cookery demonstration on Chocolate Vegetable Muffins, Oat and Vegetable Uttapam and a Thai Style Rice Noodle, Butter Bean and Mango Salad. All the dishes demonstrated were healthy and very tasty. Please see the recipes below.

Chocolate Vegetable Muffins

Ingredients

1 $\frac{3}{4}$ cups flour, $\frac{1}{2}$ cup cocoa, 1 tea spoon baking power, 1 teaspoon bi-carbonate of soda, 2 pinches salt, 1 cup sugar, 1 cup milk, $\frac{1}{2}$ cup sunflower oil, 1 teaspoon vanilla extract, 3 cups grated carrot courgette and beetroot.

Method

Sift the flour cocoa, baking powder, bi-carb and salt into a medium bowl. Stir in the brown sugar. Make a well in the centre. Combine the milk, oil and vanilla extract and pour into the dry ingredients. Add the grated vegetables and stir everything together. Be careful not to over work the mixture. Line a 12 hole muffin tin with muffin cases and spoon in the mixture. Bake at 190C for 20-25 minutes. Stand for 5 minutes before turning out onto a wire rack to cool.

Oat and Vegetable Uttapam

Ingredients

2 cups oat, 1 cup urad dal, 1 cup chana dal, 1 cup tuar dal, salt to taste, oil for frying. Topping – finely cut vegetables – onion, carrot, cabbage, beetroot, tomato, beans, salt, chilli powder.

Method

Powder the oats in a mixer. Soak all the dals together in water for half an hour and then grind to a smooth paste. Add the powdered oats and salt towards the end and grind again to a smooth paste and allow to ferment overnight (approx 16 hours). For the topping gently fry all the vegetables apart from the tomato and add salt and chilli powder to taste. To make the uttapam pour a little batter on a hot tawa and spread it out evenly on all sides to make a thick uttapam. Spread some of the topping over the uttapam. Fry well on both sides and serve hot with coconut chutney.

Thai Style Rice Noodle, Butter Bean and Mango Salad

Ingredients

400 mls tin coconut milk, 1 lemongrass stalk pounded, 6 kaffir lime leaves, 1 very hot red chilli cut in half, 40g ginger/galangal, peeled, 1 tsp palm sugar/caster sugar, 1 tbsp thick tamarind water, $\frac{1}{2}$ tsp sesame oil, $\frac{1}{2}$ tsp soy sauce, 1 tbsp fresh lime juice (approx half a lime), 150 g Thai wide rice noodles, 1 400g tin butter beans, 2 medium mangoes, peeled and cut into 2 cm (400g after dicing), 20g coriander leaves, chopped, 20g mint leaves, roughly chopped, $\frac{1}{2}$ tsp salt 80g cashew nuts, toasted and crushed roughly

Method

First make the dressing. Put the coconut milk in a medium saucepan and add the lemongrass, four lime leaves, half the chilli and half the ginger thinly sliced. Bring to a boil, simmer for 30-40 mins until the coconut milk is thick and reduced by three quarters. Strain through a fine sieve and reserve; you should

have about 100 ml. Pour into a small bowl and whisk in the sugar, tamarind water, sesame oil and soy sauce. Leave to cool. Add the lime juice just before serving.

Meanwhile, cook the noodles according to the packet instructions. Wash in cold water and strain. Put the noodles in a serving bowl and add the beans, mango, herbs and salt. Remove and discard the central vein from the two remaining lime leaves, slice as thinly as you can and add to the bowl.

Finely dice the remaining chilli grate the ginger and add to the bowl. Then add half of the cashews, toss and add the dressing. Add the dressing as required to taste. Toss again and check the seasoning. Scatter over the remaining nuts and serve.

Enjoy!

With compliments from Roshni and Nimuben Shah

North Area Gujarati School Variety Show

Over the years we have never had any problems finding talents among our students for the Variety Show. **What surprised us this year was the hidden talents of our ex-student helpers!** They were given the task of producing and presenting the Variety Show with no adult in charge. They did us proud!!

The variety show is the highlight of the year in the eyes of many of our students. They all look forward to it and there is a buzz in the weeks leading up to it.

This year instead of the usual evening show it was on a Saturday morning (17th March 2012). There was no entrance charge. Even though it was morning show we had full support from the parents and a house full.

The music filled colourful show with items from all our cultural classes, plus some private items from students, was appreciated by all. High light of the show was Bharatnatyom performance by Rohini Kumar, our classical dances teacher.

Our thanks to all the participants, parents, staff and helpers for making it a most enjoyable experience.

When you send your child to our school they do not just learn Gujarati but also our culture. Furthermore they form friendships and as shown by our ex-students who produced the show or by Rickshawallas they learn to work together.



NORTH AREA Teachers Required

Any previous experience in
teaching is a bonus but
full support and training
will be given

Should have good
knowledge of
Gujarati and
English



School time is
Saturday mornings
9.30am to 12.30pm
at Woodhouse College

All six OAK schools are
always looking for
teachers and helpers.
So if you live far from
Finchley please still
contact us and we
will put you in touch
with nearest
OAK Gujarati School.

Contact
Kuntesh Shah
020 8346 1270
Ashwin Shah
020 8346 8473
email:
gujschool@gmail.com

Northamptonshire Area

નોર્થમ્પ્ટનશાયર એરિયા

EVENTS DIARY JUNE 2012 - JANUARY 2013

Month	Date	Event	Times	Venue
June 2012	8 th Friday	Jain Philosophy Class	8.00 - 10.00pm	Dr. Kanti & Vinaben's Residence
	16 th Saturday	Fun Club Evening	6.30 - 10.45pm	Hesketh Centre
July 2012	13 th Friday	Jain Philosophy Class	8.00 - 10.00pm	Dr. Kanti & Vinaben's Residence
	21 st Saturday	Fun Club Evening	6.30 - 10.45pm	Hesketh Centre
August 2012	10 th Friday	Jain Philosophy Class	8.00 - 10.00pm	Dr. Kanti & Vinaben's Residence
	18 th Saturday	Fun Club Evening	6.30 - 10.45pm	Hesketh Centre
September 2012	12 th Wednesday to 19 th Wednesday	Paryushan	7.00 - 10.00pm	Wellingborough Hindu Community Centre & Mandir (details to follow in Oshwal News)
	29 th Saturday	Mousetrap Show & Dinner	To be advised	Milton Keynes
	30 th Sunday	Swamivatsalya Bhojan	To be advised	Wellingborough Hindu Community Centre
October 2012	7 th Sunday	Sewa Day		
	12 th Friday	Jain Philosophy Class	8.00 - 10.00pm	Dr. Kanti & Vinaben's Residence
	20 th Saturday	Fun Club Evening	6.30 - 10.45pm	Hesketh Centre
	28 th Sunday	Diwali Coach Trip	Subject to confirmation from EC	To Trafalgar Square
November 2012	9 th Friday	Jain Philosophy Class	8.00 - 10.00pm	Dr. Kanti & Vinaben's Residence
	10 th Saturday	Diwali Celebrations Rangoli & Sweet Dish Competition	8.00 - 11.00pm	St. Michael's Church Hall
	17 th Saturday	Fun Club Evening	6.30 - 10.45pm	Hesketh Centre
	25 th Sunday	Bhukhar Competition	9.30 - 5.30pm	Oshwal Centre
December 2012	14 th Friday	Jain Philosophy Class	8.00 - 10.00pm	Dr. Kanti & Vinaben's Residence
	15 th Saturday	Fun Club Evening	6.30 - 10.45pm	Hesketh Centre
January 2013	Saturday 12th	Mehfil with Alibhai	To be advised	Northampton Academy

The committee reserves the right to cancel, amend any of the programs listed.

Chairperon's Message

So what's in store for the North East area in 2012....

With the new committee, changing economic climates, diversification and more people holding us accountable I want to change the dynamics of the team and work to our strengths...

Firstly there will be a change in the portfolios. Having observed the area for a long time, I feel now is the time to be more aligned with our objectives, make use of the resources we have at our disposal and of course deliver value for our members. I have also joined people up some of the portfolios as some were closely linked. They are as follows:

- **Vice Chairperson** – [Nishma Shah](#)
- **Treasurer** – [Dilip Shah](#)
- **Public Relations** - Internal and external marketing and canvassing ([Tanvi Haria & Rakesh Shah](#))
- **Membership services and fundraising** – Looking at how we can get more value for our members from services and companies – ([Prity Shah, Nishma Shah & Tanvi Haria](#))
- **Culture, Heritage and Welfare** – More talks, lectures, computer and phone classes ([Pushpa Shah, Madhu Shah & Ramnik Shah](#))
- **Saki Mandal** – ([Bindu Shah](#))
- **Religious Education** – ([Tara Patani](#))
- **Youth Development** – Looking at other aspects of education i.e. applying for university etc. we can add value here, CV workshops etc ([Dipak Shah](#))
- **Education** ([Dilip Shah](#))

As you can see it's a changed line up. We have over 1,000 members in the area. If you have a service or product that the members could benefit from and you can give them a member discount then we want to hear from you. If you are a student looking to take your first steps into marketing or communications then we want to hear from you. If you would like to help us organise events such as Daal Rotli then we want to hear from you. We

have many professional in the area and people who have some great contacts. Do you know anyone in the council who can help us set up adult computer classes? Do you know anyone that can help us set up a blood donor centre at Oshwal Centre or locally? Basically... we want to hear from you. I am sure all of you reading this would like to help but are debating if you have time too. Remember if you can spare an hour then that's better than nothing. Volunteering is not just about giving time, it's about giving advice, support or guidance to us.

I met someone I used to go to youth club with on the train the other day. After exchanging pleasantries, he asked me if I was still involved in NE area. What amazed me was he knew a lot more than I would have imagined about the NE area and EC (talking about the SGM). What struck me was that I had not seen him in a long time at one of our events other than maybe Payusharn or Savantsari!! For all those forgotten faces of North East (you know who you are). I request that you come back, get in touch, write an article on what you're doing now, help organise an event or simply offer your knowledge. We are volunteers, who have other commitments too and we can't do anything without your help. So parents, aunts, uncles, kids, lost faces from the wonder years WE WANT TO HEAR FROM YOU!

Rakesh Shah, Chairperson North East Area



A Team Player by, Mehul Shah

For many people sport is about winning but when you play for a local club there is more to it. My name is Mehul Shah and I have been playing cricket for 12 years. When I first began playing it was just for fun but over the years it has become great passion of mine and I have become more involved with my team and club.

Being part of a team is amazing as it has increased my understanding of other people and it has also taught me how to react in high pressure situations. This is a valuable skill which I will be able to transfer to many other situations in life. There are also some amazing memories and games which I will remember forever.

There are two games which I will never forget. The first game was in Mill Hill Village, and the opposition had set us 206 to win the game and for us it meant staying away from relegation. Having reached 201-5 we were on our way to an important and relegation saving win. What happened next was unbelievable. We lost 5 wickets for 0 runs in the next three overs thus being 201 all out and losing the game by 5 runs. No one could believe what had happened. This was one of my worst feelings as a cricketer however we embraced what happened and learned from our mistakes.

The second game was at home and we had been bowled out for 70. There was a positive buzz in the changing room and everyone was excited as we had nothing to lose. Surprisingly, we managed to bowl out the opposition for 67, I took that final wicket and as soon as the umpire's finger was raised, the whole team went mad and chased me around the field! The feeling was indescribable!

There have been some great games which I have been involved in and met some wonderful people and friends. When playing for a club it isn't just about turning up, playing and going home. At the beginning of the season I have been involved in cleaning and painting parts of the clubhouse to make it ready for the new season. Often after the game we have social nights organised to raise funds for the club. Curry, West Indian and Chinese themed nights are organised to make the club a friendlier and social place for members to unwind after a game. At the end of the season there is an awards dinner to recognise what had been achieved throughout the year and the outstanding performances.

One season can be made special by the people around you and whatever your age or ability you can get involved as well. It is important for everyone to play sport as it obviously improves health and fitness but is also a great social activity!



QUIZ NIGHT

.....AN INTERACTIVE QUIZ NIGHT WITH VARIOUS DIFFERENT 'ROUNDS'

FRIDAY 8TH JUNE 2012 - 8PM TO 10PM

ST MICHAEL'S AT BOWES METHODIST CHURCH
99 PALMERSTON ROAD, LONDON, N22 8QX

£3 Entrance & free entry for children under 10.
Light refreshments will be provided



Sakhi Mandal Update

We have started planning our monthly meeting/events. Please keep the following dates free and keep a look out for more information in the coming months.

Date / Venue	Event
8 th June 2012 - St Michael's at Bowes	Quiz Night
Date TBC - August 2012	Trip to Leicester - derasar visit and shopping
8 th September 2012 - Elm Court, Mutton Lane	Bollywood Night with Jay Kumar
23 rd November 2012 - St Michael's at Bowes	Annual Diwali get together
26 th January 2013 - Venue TBC	Antakshari/Karaoke Night
10 th March 2013 - Venue TBC	Mother's Day

For any further information please contact any of the ladies in the committee:

Binduben - 020 8367 0392

Sushiben Anil – 020 8886 0482

Shila - 020 8807 0606

Madula - 020 8368 3063

Dipti - 020 8361 7222

Mita - 020 8886 0499

Kanchanben - 020 8368 7683

Smita - 020 8889 9630

Hansaben - 020 8368 7527

Ramaben - 020 8886 0871

Nishma - 020 8368 7527

Nina - 02088860482



BOLLYWOOD NIGHT

WITH JAY KUMAR

Saturday 8th September 2012 - From 6.30pm

Elm Court Community Hall, Potters Bar, EN6 3BP

OSHWAL MEMBERS- £12.50 NON-MEMBERS £14
CHILDREN AGED 5-10 £7.50 CHILDREN UNDER 5 FREE



DUE TO THE SUCCESS OF TUESDAY'S KEEP FIT CLASS FOR LADIES,
NE SAKHI MANDAL PROUDLY PRESENT A SECOND

KEEP FIT CLASS ON FRIDAY'S

STARTING IN SEPTEMBER 2012

EVERY FRIDAY 8PM – 9PM (Term Time)

Few places left, so book today to avoid disappointment

Please contact Madula on 0208 368 3063



Note: MANAGEMENT RESERVES THE RIGHTS TO MAKE ANY CHANGES DUE TO UNFORESEEN CIRCUMSTANCES

A day at the DHAMMA DIPA VIPASSANA CENTRE

25 March 2012

The North East Area Cultural & Heritage committee organised a day trip to the Vipassana centre in Hereford. The trip was organised specifically for yoga students to bring awareness of vipassana meditation. Vipassana is one of India's most ancient meditation techniques. Vipassana means 'to see things as they really are'. The technique is a process of mental purification through self-observation.



Early Sunday morning, a group of 55 individuals set off from Bounds Green by coach to the Vipassana centre in Hereford. The group was excited and lively despite the early morning start. Once everyone had settled down, a session of pranayam was conducted by Pratibhaben. This was followed by hand massage and hand exercises. Mudras and some useful acupressure points were demonstrated. Pratibhaben gave some very useful tips on leading a healthy lifestyle. Before we knew it we were in Hereford on a beautiful glorious day.

We were welcomed very warmly at the centre. A delicious and nutritious meal had been prepared by the volunteers. After lunch we were given a brief history of the centre and informed of the various meditation courses that are conducted here. We were then given a tour of the centre. In the meditation hall we heard a recording of Mr Goenka under whose guidance the courses are run.

After tea and biscuits, we left the centre to get back home. Everyone was full of life on the return journey in spite of a long day.



Some comments received on the day ...

A very well organised Vipassana trip on a beautiful day. Will definitely think about exploring more.

A really well organised trip. Enjoyed all the treats. Would like to go on other trips. Enjoyed the day very much meeting new people

Chairperson's message

Jai Jinendra / Pranam,

My Fellow Oshwals, we stand here in front of you again just a little over two years from when you elected a new committee. We are grateful for the opportunity you gave us at the time to serve you. Our community has reached a significant milestone this year. North West area turns 40 years old. We are indebted to all those men and women who have stood here in front of you sacrificing their own personal time to deliver events and activities over the years and holding the bastion of this community for 4 decades – where we stand here today. We Thank You.

The last 2 years have been about learning and understanding how our association works, reaching out to the community and bringing about change, change that will ensure that we have a wider participation in our community matters from all age groups and gender, change that will transform us from a social gathering community to one which supports us in all facets of our lives. While reconnection and change was the theme of the past 2 years, the road ahead is of consolidation and continuity.

Today, we all live in a world and nation that has been gripped by austerity. These are uncertain times for us. Over the past 4 decades we have all lived under the cushion of a nation that will provide for us and our families. However the last 5 years have shown that our appetite for this welfare is unsustainable. Today we are seeing cut backs in welfare, education, health and social programmes many of which are permanent. Under this cloud of uncertainty, we need to stand united and deliver a community that will help us prepare for the challenges, provide us with an edge to become one of the leading communities in this country. While social programmes are also a part of this community and need to continue, we need to ensure that we are constantly educating our members on matters relating to health, education, Business and professional support matters, family support, planning for our future and many other such measures. To this end, over the past year, we have delivered talks on Will writing, inheritance tax planning, wealth management, tax mitigation, planning for the future, health talks and arranged follow-ups with the professionals who have delivered these. The plan is to ensure that these become more regular.

Today, our elders, who sacrificed a lot to ensure that we would have a stable footing in this country, are falling behind in their ability to communicate and try and live a reasonably independent life in this country. To this end we have started the Communicate classes which will help elders in using mobile phones, using computers and be able to communicate in English, which helps them better integrate in the wider society. We have also introduced a monthly social meet for our elders where they will be able to socialise with their fellow Oshwals and also be entertained and educated in current matters that will help them prepare for their golden years.

A dream of a vibrant community can only be realised when all its members, young and old can see this community in light of being their guardian, which will care, protect and prepare them for a world that has become very competitive. While we are playing catch-up in comparison to some of the other communities in this country in the support function, we have very able people who are willing to step up and take this challenge and make up lost ground through our programs like the Oshwal Business and Professional Network. Over the last twelve months we have been building links with professionals and businesses within our community and today we have a working group amongst us to take the lead in providing mentoring for academics, professionals and people who want to start up on their own, we have businesses amongst us who are prepared to provide work experience and work shadow for our youth so that they get a head start on their competitors in the real world and we have a business community amongst us which will be able to identify and work better with other Oshwal businesses with the help of the Oshwal Business Directory.

Change in this community is needed, but for that change to work, we must first be part of that change. This is the ethos on which the current North West area committee works. Over the last 2 years we have been working with the parents of our educational institutions to deliver change. While the work here is not done, change is definitely being noticed. Our education institutions which were ailing when we were elected are now turning the tide and becoming recognised brands in OAUk and the wider community. The same change has seen the youth club transform from a mere babysitting service to a club

which is now a magnet for all age groups. These changes have delivered the club and the area with its first overall winner's trophy in as much as 26 years. In June last year, we introduced a change to the current committee portfolio structure where we introduced age banding to ensure that all portfolios would look at delivering events which would try and cover all age groups where possible in their tenure. This change was introduced to create a more inclusive community and some of the results of this can be seen through the changes at re-active8, communicate, Paryushan4kidz and the recent wealth management talks where we are now seeing a larger demographic band which participates. All of this is only possible because we have your continued and unwavering support and people wanting to be part of this change. Today, we have people stepping up to own and run programmes and projects. At Golden Reconnect, a reconnection exercise with our elders last June, we received a number of thoughts and ideas that the elders shared with us. We are now seeing the fruits of these in the Elders Monthly Meets, which is wholly managed by the elders who have stepped up to take that mantle further. We have seen the same with the Oshwal Business and Professional network, where a number of business and professional people from our community have stepped up to take a project which will change the landscape and future direction of our community in the coming years. Our schools and youth clubs now have

young and very able individuals who are delivering the change which was scoped out in our initial vision.

As this stint of our work comes before you to be judged today, I would like to unreservedly thank all of you for the tremendous support you have given to us over the last 2 years. I would also like to thank our president Tusharbhai, who has stood with us shoulder to shoulder in this incredible journey and has helped us further the reconnect cause. I would like to thank my fellow trustees from the Executive committee and the areas who have made this experience fulfilling. I would also like to thank the past North West area chairs, Ashokbhai, Laxmichandbhai, Prabhulabhai and Nileshbhai for all their help and advice over the last 2 years which made the task in hand manageable. I would like to thank all our children, spouses and parents for putting up with us over the last 2 years with late meetings, long phone calls, cancelled dinner dates and events and times we have missed with our children. Most of all I would like to thank this committee for standing shoulder to shoulder, facing up to the challenges – in all my life this is the best team I have ever worked with.

With this I close my message and ask for forgiveness from all where we have knowingly or unknowingly offended or harmed anyone. "Michhami Dukhdum".

Nirmal Chandrakant Shah

Chairperson – North West Area

40th Annual General Meeting

Your Community! Your Voice!

We are pleased to announce that the 40th AGM of the North West Area took place on Sunday 25th March 2012 with a record number of attendees, including many youth attending for the first time. The Area is grateful for your support and interest and would encourage all its' members to take an active interest in the running of the Area. The AGMs are a vital tool for our members and gives you the opportunity to come and ask questions and make suggestions.

This was an election AGM when the term of the previous committee members came to an end. Each committee serves a term of two years and elections take place every two years.

The results of the election are as follows:

Office Bearers

Chairperson: **Mr Nirmal Chandrakant Shah.** Nirmal was the incumbent chairperson following the resignation of Mr Nilesh Dhanraj Shah in April 2011. Nirmal stood unopposed, but as he will also be a Trustee of our Association, he had to have approval from at least 50% of the members present. The results of the vote were 210 in favour of his appointment, 10 against and 2 spoilt ballots.

Vice Chairperson: **Mr Minesh Venichand Shah.** Minesh was the incumbent vice chair-person following Nirmal's appointment as chair. Minesh stood unopposed.



~ North West Area ~

Secretary: **Mr Chetan Magan Shah.** Chetan was the incumbent Secretary elected in March 2010 and stood unopposed.

Treasurer: **Mr Dipen Shantilal Shah.** Dipen was the incumbent Treasurer elected in March 2010 and stood unopposed.

Committee Members

All the five committee members serving on the committee up to the elections were nominated for re-election. In addition, four other members were nominated for election as committee members. Apart from the Office Bearers, there are eight places on the committee and we are pleased to inform our members that all these places have been filled. Whilst the appointment of committee members is done on a majority basis, we are pleased to announce that every one of the committee members received in excess of 75% of the votes of the members present. The committee members are as follows: -

Mr Prabhulal Narshi Shah
Mr Harishkumar Mepa Shah (new)
Miss Hina Ramesh Gudka (new)
Mr Dixit Dhirajlal Shah

Mr Satish Mulji Shah
Mrs Mina Narendra Shah (new)
Mr Milan Chandravadan Shah
Mr Khilit Mukund Shah

The committee is extremely grateful for the support shown by its' members for the work that has done over the past two years in bringing our Area forward and will continue to work with its' members to ensure that this progress is taken further.

Jai Mahavir. Jai Oshwal.

Be Proud to be Oshwal.

What's been happening in your Area

-
- 25 March 2012 **40th Annual General Meeting of the North West Area**
A record turnout of over 300 members attended.
- 30 March 2012 *Area Committee successfully presented a case for the acquisition of 366A Stag Lane, Kingsbury, London NW9 9AA and obtained EC support for the project.*
- 14 April 2012 *Elderly Monthly Meet – St Anslem's Church, Uppingham Avenue*
- 14 April 2012 *Whist Drive – St Anslem's Church, Uppingham Avenue*
- 17 April 2012 *The Committee presented details of the property to Area Members*
- 21 April 2012 *Bhukhar Club – All Saints Church, Queensbury*
- 29 April 2012 **Special General Meeting**
Another record turn-out! Proposal for the purchase of 366A Stag Lane, Kingsbury, London NW9 9AA received the approval of an outstanding 75% of the members present at the Special General Meeting.
- 6 May 2012 *A special open day held for all Oshwal families at to view the proposed property at 366A Stag Lane.*

Another successful victory for the NW Table Tennis team

In just an hour and half, Oshwal NW4 team claimed victory for the Harry Finch Plate competition. Sushil Shah, Apul Shah and Ajay Shah playing for the Oshwal NW4 beat Brunel University team, 5-1. The competition was part of Harrow and Wembley league which included teams from divisions 6 and 7. Congratulations to Nileshbhai, Prabhulalbhai, Kamleshbhai, Sarit and Dhruv who are also part of these teams. Oshwal NW3 finished as runners up in division 7 and shall be promoted to division 6 next season. Sushil has maintained an outstanding record in division 7, having lost only a single game with an average of 94.44%. Oshwal NW team faced the departure of Dipen Shah halfway through the season. This has left a big hole in our club, Dipen who came second in the division 2 rankings at 88.46%. A hearty thank-you to all the supporters who joined us during this tournament.

PROJECT EKTA – A New Dawn

INTRODUCTION

Ever since our Association was formed over 40 years ago, we have prospered and our Association has grown. There have been significant milestones in our history, such as the acquisition of Church Hall in South London, followed by the subsequent purchase of land in Potters Bar and the building of the halls, followed by the building of the largest traditional Jain Derasar in Europe.

With the growth of our Association and the increase in local Area activity, it is necessary to find a property that provides a suitable platform from which the Areas can continue to deliver their activities and which forms a focal point for our members and is a suitable local hub.

Project EKTA is the proposed acquisition of 366a Stag Lane, Kingsbury, London, NW10 by our Association in the North West Area.

Why EKTA

The strength of our Community is its' **UNITY**, its' **EKTA**. Project **EKTA** is a beacon of hope for our community as it will provide a hub where our respected elders, emerging youth and the future of our Community, our children can come together under one roof in peace, harmony and unity. It will engender the community spirit and bring vibrancy within our Community.

What will we use the Property for?

Weekly	Monthly	Quarterly	Yearly	Ad-hoc
Elderly drop-in centre	Elderly monthly meets	Professionals' networking events	Area AGM's	Elderly special programmes e.g. Diwali
Satsangs	Whist drive	Women's networking events		Children's special programmes e.g. Diwali, Halloween, Xmas
Yoga	Bhukhar	Music nights		Sadris
Mother & toddler drop-in	Bridge			Health talks
Mobile phone classes	Committee meetings			Wealth management talks
Computer classes				Debates
Bollywood dance classes				Competitions e.g. Elocution, Chess, Scrabble
Classical dance classes				Volunteers events
Music classes				Civil marriages
Drama classes				
Aerobics				
Pilates				
Zumba				
Sub-committee meetings				*Local Oshwal Office

The number of Area activities are increasing steadily as more people join us to assist us as sub-committee members and help deliver functions and regular events. Until now, we have been hiring venues. However, the advantage of our own Association owning its own property in the local areas is significant and the main benefits are as follows: -

- It provides a central *congregating place for old and young alike*;



~ North West Area ~

- It engenders the feeling of community spirit;
- It avoids the difficulties that we sometimes face when it comes to booking venues;
- It is of adequate size for the majority of our activities;

The primary purpose for this property is to provide a central hub for our community and to carry out community events. It is not to generate income through lettings.

For the property to be effectively managed so that it does not run at a loss, the day to day operational costs need to be raised. This will be done through a limited number of lettings and the savings made from not having to pay hire charges for other venues.

FUNDING

Funding for the purchase of the Property is being raised through the following means: -

- Utilisation of existing North West Area funds
- Raising Donations through the EKTA Takti Schemes
- Raising general donations from all Members

TAKTI Schemes

There are four areas with indicative bid amounts as follows: -

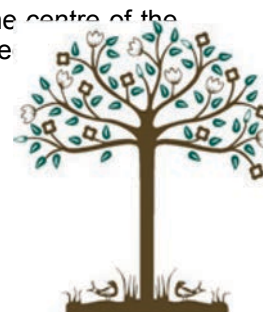
- o Ground floor hall – £250,001
- o Upstairs hall - £75,001
- o Ground floor lobby – £50,001
- o Ground floor kitchen – £35,001
- o Lift – £35,001

There will also be a 'lottery' for the opening of the 'centre' with tickets of £108 each

EKTA Tree Scheme

There will be a Painting in the centre of the EKTA tree and Taktis allocate of the tree are as follows: -

- Trunk – £20,001
- Branches – £10,001
- Fruit – £5,001
- Gold leaf – £2,501
- Silver leaf – £1,501
- Bronze leaf – £1,001



We urge all members to lend their support and to donate generously.

Pledge forms can be downloaded from www.oshwal.org

To make a donation or pledge, please contact property@oauk-nw.org or

Nirmal Chandrakant Shah

07962 177 326

Dipen Shantilal Shah

07881 511 457



Meet the OAUK North West committee

Nirmal Chandrakant Shah

Chairperson

nirmal.shah@oauk-nw.org



Minesh Venichand Shah

Vice-Chairperson

minesh.shah@oauk-nw.org



Chetan Magan Lalji Shah
(Malde)

Secretary

chetan.shah@oauk-nw.org



Dipen Shantilal Jeshang Shah
(Karania)

Treasurer

dipen.shah@oauk-nw.org



Dixit Dhirajlal Shah

Special projects and OR

dixit.shah@oauk-nw.org



Hina Ramesh Shah (Gudka)

Health & Welfare and Women's
Welfare

hina.gudka@oauk-nw.org



Harishkumar Mepa Shah
(Nagaria)

Culture & Heritage

harishkumar.shah@oauk-nw.org



Khilit Mukund Shah (Nagda)

Publications & Communications
and Membership

khilit.shah@oauk-nw.org



Milan Chandravadan Shah

Co-Education Portfolio Holder
and FunSkool

milan.shah@oauk-nw.org



Meena Naren Shah

Women's welfare

meena.shah@oauk-nw.org



Prabhulal Narshi Shah

ReActive8

prabhulal.shah@oauk-nw.org



Satish Mulji Shah

ReActive8 and Religion

satish.shah@oauk-nw.org





**OSHWAL ASSOCIATION
OF THE UK**
North West Area

FunSkool !!!

A new and fun way to learn Gujarati adopting the highly popular

Sansaar method

Of teaching through dance, music and fun
together with Cultural and Religious
education via Music, Art, Storytelling and
Drama



For Further Details:

e-mail: FunSkool@oauk-nw.org

Visit: www.oshwal.org North West Area section

FunSkool is powered by Operation Reconnect



OSHWAL ASSOCIATION OF THE UK | Oshwal Centre, Coopers Lane Road, Northaw, Herts. EN6 4DG | Telephone: 01707 643838
Registered in accordance with the Charities Act, 1960. Charity Reg. No. 267037



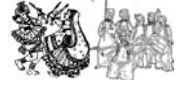
Oshwal Association of the UK
North West Area

Presents

Music Class



Fusion Dance
Class



Now Enrolling

Age: 5 - 15 years

Venue: Main Hall, Bentleywood High School for Girls, Bridges Road, Stanmore,
Middlesex, HA7 3NA

12:15 PM to 1:30 PM every Saturday during School term time

Members Children: £75.00 per term

(Both Parents have to be a Member)

Non Members Children: £100.00 per term

There is a £30.00 registration fee for new students.

For more information please contact Nirmal or Milan at

NWACAS@OAUK-NW.ORG



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Oshwal Association of the UK
North West Area
Presents

Communicate !!!



- Never used a mobile phone before?
- found it difficult to talk to someone in English?
- want to learn how to surf the web and write e-mails?



Do you want to learn to do any of these?

There are 8 week basic and 16 week advanced courses for
the above starting from January.

Courses will be held at
Bentleywood High School for Girls, Bridges Road, Stanmore, Middlesex,
HA7 3NA

11:45 AM to 1 PM every Saturday during School term time

There is a £10 Registration Fee per application

Application forms available from FunSkool and NWACAS
Applications will be on a first-come-first serve basis

For more information or to enrol please contact

Nirmal - 07962 177326 / 020 8907 1517

Dipen - 07881 511457 / 020 83571483

Milan - 07968 817043 / 020 89076096

This programme is only open for OAUK Life Members.

Management will reserve the right of admission



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Oshwal Association of the U.K.



ઓશવાલ અસોસિએશન ઓફ ધ યૂ.કે
નોર્થ વેસ્ટ એરિયા

રજુ કરે છે

કમ્યુનિકેટ !!!



- ક્યારે મોબાઇલ ફોન વાપરીયો નથી ?
- અંગ્રેજી માં વાત કરવી કે અંગ્રેજી સમજવું મુશ્કેલ પડે છે ?
- કમ્પ્યુટર, ઇ-મેલ અને ઇન્ટર્નેટ વાપરતા નથી આવડતું ?



તમને શીખવું છે ?

૮ વીકના બેસિક અને ૧૬ વીકના અડવાન્સડ ક્લાસ જાન્યુઅરી માં સુરુ

થશે

વિડ્યાલય સ્થળ:

બેન્ટલી વૂડ હાઈ સ્કૂલ ફોર ગર્લ્સ, બ્રીડ્જ રોડ, સ્ટાન્મોર, એચ.એ. ૭ ૩. એન. એ

૧૧:૪૫ થી ૧:૦૦ દર સનીવાર

£૧૦ રજિસ્ટ્રેશન ફી

વધારે વિગત કે ક્લાસમાં જગા લખાવા માટે:

નિર્મલ - ૦૭૯૬૨ ૧૭૭૩૨૬ / ૦૨૦ ૮૯૦૭ ૧૫૧૭

દીપેન - ૦૭૮૮૧ ૫૧૧૪૫૭ / ૦૨૦ ૮૩૫૭ ૧૪૮૩

મિલન - ૦૭૯૬૮ ૮૧૭૦૪૩ / ૦૨૦ ૮૯૦૭૬૦૯૬

અરજી ફર્સ્ટ ફ્રમ ફર્સ્ટ લેવા માં આવશે

ફક્ત ઓશવાલ લાઇફ મેમ્બર માટે



ઓશવાલ અસોસિએશન ઓફ ધ યૂ.કે | ઓશવાલ સેન્ટર, કોપર્સ લેન રોડ નોર્થાવ, ઇ.એન.કે. ૪.ડી.જી

ટેલીફોન: ૦૧૭૦૭ ૮૩૮૩૮૩ ચેરીટી રજીસ્ટ્રેશન નંબર: ૨૬૭૦૩૭

June 2012 Edition

Whist Drive

Dates

Saturday 9th June
Saturday 14th July
Saturday 11th August

Venue

St Anselm's Community Hall
Uppingham Avenue, Stanmore
Middlesex HA7 2HW

Timing

Dinner: 7.00 pm to 8.00 pm
Whist Drive: 8.30 pm to 10.30 pm

A fun filled evening with **Dinner and Karata party** for all card lovers. **Limited spaces.** Please book your place soon.

Fee Structure

Members £5.00
Non Members £7.50

NOTE: Proof of individual OAUk membership required at the door.

Failure to produce a valid OAUk membership card will result in paying Non Member rates.

Management Reserve right of admission Non Refundable



Contact:

Dilharbhai D Shah
Tel: 07870 846 729
Email: dilharshah@hotmail.com

Premharbhai D Shah
Tel: 020 8723 8368
Email: drpdvp@hotmail.co.uk

Sailesbhai P Shah
Tel: 07745 871623
Email: bhartisailes@hotmail.com

Vinaben J Shah
Tel: 020 8866 7223
Email: jyotu_dhanani@hotmail.co.uk

Bhukhar Night

Dates

June 16th July 28th
August 18th September 29th
October 20th November 24th
December 22nd (TBC)

Venue

All Saints Church Hall
Queensbury, Waltham Drive
Edgware, HA8 5PQ

Timing

Please arrive by 7.30pm for registration
Bhukhar: 8.00 pm - 11.45 pm

A fun filled evening with **Karata** for all card lovers. **Limited spaces.**

Please book your place soon.

Fee Structure

£30.00 (Members – for 2012)
£50.00 (Non Members – for 2012)
£4.50 (Members – Per Session)
£7.00 (Non Members – Per Session)

NOTE: Proof of individual OAUk membership required at the door.

Failure to produce a valid OAUk membership card will result in paying Non Member rates.

Management Reserve right of admission Non Refundable

Ages 16 & Over



Contact:

Sailes Shah
Tel: 07745 871 623
Email: bhartisailes@hotmail.com

Mahendra Chandaria
Tel: 07714 712 713

Amu Shah
Tel: 07816 368 157

Satish Shah
Tel: 07506 550 448

Minesh Shah
Tel: 07725 707 005



ELDERLY MONTHLY MEETS (EMMs)

Dates

Saturday, 9th June
Saturday, 14th July
Saturday, 11th August
Saturday, 15th September

Venue

St Anselm's Community Hall,
Uppingham Avenue, Stanmore,
Middlesex HA7 2HW

Timing

11.30am – 3.30 pm

Entrance Fee

£2.00 per session

Entry is by pre-registration only. Spaces are limited and will be confirmed on a first come basis.

To register, or for more information, please contact Amubhai on:

Tel: 07816 368 157

Email: welfare@oauk-nw.org

Open to OAUk Members only
(Proof of Membership required at the door)
Failure to produce a valid OAUk membership card will result in entry being refused.



☞ Lunch

☞ Health & Welfare

☞ Board Games

☞ Karata

☞ Bhajans

☞ Yoga

☞ and much more....



Recording our Heritage, History and Roots
for Future Generations

The Oshwal Genealogy Project

Interested in family trees? Want to find the missing links?
Want to store photos and records for future generations?

for more information contact Chetan Shah on
07949 459090 / chetan.shah@oauk-nw.org
to register your interest today

Chairperson's Message to Members

Dear Members,

Namaste, Jai Jinendra and Pranaam!

On Sunday, 11 March 2012, the members of the Oshwal Association of the UK (South Area) elected me as Chairperson for the South Area. Also elected were three Office Bearers and eight Committee Members. It is indeed a great honour and a privilege to serve you, the members of the Association. On behalf to the new Committee and myself, I thank you all.

We have a very enthusiastic and dynamic Committee. The Committee Members have all been allocated their respective portfolios. We will endeavour to ensure that we work together and in harmony as is always the case with any voluntary charitable organisation. Our mission is to work with and serve the community whilst ensuring that we discharge our duties and responsibilities with respect and dignity and attempt to ensure that the decisions taken at the time are the best in the interests of the community and also right in accordance with our constitution.

We are very fortunate in the South Area to have our Mahajanwadi. Many activities have been organised, and we also run several clubs under different committees, viz., Youth, Social, Dal Rotli, Karata and Bridge, Yoga clubs. We also run the Gujarati School, Pathshala, Dance Classes, Music Classes and Satsang Mandal. These activities run throughout the year.

Over the next two years, our aim is to get maximum participation in the activities of the area. There will always be something of interest amongst these activities and that will encourage you to participate. Our aim is to ensure continuity of our cultural and religious heritage and that it does not decline, we have to work together and start giving more responsibility to the younger members. We are also

liaising more and more with Croydon Council and other organisations.

Whilst there are many activities taking place at the Mahajanwadi, we still need to utilise it further and consider developing the facilities to meet today's needs. As changes occur, so we have endeavoured to implement this; the improvements at the Mahajanwadi are self evident. We are striving to continuously improve these facilities. In order to achieve this, we have launched a fund raising scheme for this purpose. This will only be possible if we all work in harmony and together.

Our aim is ascertainable provided everyone is committed and supports in helping to develop the community further. I would like to make an appeal to all members to participate at the Oshwal events. No organisation is successful without the support of volunteers. Please volunteer your services whenever you can. I know we can do it and I can count on your continued support to help our team to bring beneficial changes to all of you. Membership of our Association brings many benefits.

You are most welcome to attend our South Area Meetings as an observer. If you wish to avail yourself of this facility, then please contact me before the meeting. There is a protocol to be followed for this. Our Committee meetings are held (normally) on the third Thursday of the month (subject to change at short notice due to unforeseen circumstances).

I trust that we will be able to fulfil our aim of serving the Oshwal Community to the best of our ability.

On behalf of the South Area Committee,

Yours sincerely,

Dhiru Khetsi Lakhman Shah

Chairperson

About the new South Area Committee

Jai Jinendra & Pranam,

Dear Oshwal Members,

On 11th March 2012 South Area elected a new Committee for the 2012-2014 term. Details of the new Committee, their Portfolios and contact details are on the next page and online:

<http://www.oshwal.co.uk/sites/default/files/SouthAreaCommitteeList2012.pdf>

Culture & Heritage

Portfolio Holder: Kamalbhai Somchand Shah

Yoga Classes, Every Sunday In The Majanwadi. To join the C&H Sub-Committee, please contact Kamalbhai

Gujarati School

Portfolio Holders: Sureshbhai Anandji Shah & Dhirubhai Khetshi Shah (Deputy)

Runs on Saturday mornings at Oshwal Mahajanwadi, Campbell Road, Croydon.

Religion

Portfolio Holder: Shashibhai (Batuk) Lalji Shah

Satsang in the Derasar on Saturday Afternoons, Pathsala on Thursday evenings. To join the Religion Sub-Committee, please contact Batukbhai.

Social & Welfare

Portfolio Holder: Ashok Meghji Shah

Bridge Club on Wednesdays. Daal Rotli Club one Saturday a month. Karata Club on Saturday evenings.

Media & Communications

Portfolio Holder: Ravi Shantilal Shah

If you wish to assist M&C, please contact Ravi or Mitul.

Re-development of Oshwal Mahajanwadi

We would like to re-develop our Mahajanwadi, We would kindly urge you to join up to our £240.00 Mahajanwadi re-development Scheme. For more details contact Shashibhai Premchand Shah.

Youth Club

Portfolio Holder: Mitul Velji Shah

Saturday Activities, Lanfranc School, 6pm-8.15pm for Under 12s, 8.15pm-10.30pm for Over 12s.

Badminton @ Trinity School, Sunday upto end of May. 3.30pm to 5.30pm for all ages, young and old, male and female. Continuing in September, TBC

Friday Activity Evenings (once a month) @ Majanwadi, May date TBA.

Summer Activities @ Majanwadi during school holidays, TBC.

Euro 2012 @ Majanwadi, TBA.

Our **Easter Trip** was a great success! All the parents and children who attended enjoyed the fun activities including archery, wall climbing and day trip to the beach. Check our website (www.oshwal.co.uk) or Facebook group "Oshwal Youth Club- South Area" for photos and updates.

Music Classes

Music Classes run on Monday evenings for adults from 8.30 pm to 9.30 pm. There are 10 lessons per term. At these classes, Hindustani Music (North Indian Classical Music) is taught in group sessions. For further details, please contact Dhirubhai Shah on 020 8684 3592.

Oshwal Volunteers Group

Portfolio Holder: Chunibhai Khetshi Shah

To register your name to help out at any of our events please contact Chunibhai.

Future events

Vegetarian Picnic celebrating the Queen's Diamond Jubilee

Date: Saturday 2nd June 2012. Time: 3pm

Venue: Queens Gardens, Fell Road, Croydon (outside Croydon Council Offices)

Bridge Beginners Classes

Starting July 2012

Beginners course for learning bridge is planned to start in July 2012. The course will be 18 to 20 weeks and Normal Club fees will apply and the course fee will be announced nearer the time. For More info and to register your names please contact Ashokbhai on 020 8679 0153 or Ramnikbhai on 020 8680 3200. We are starting the 2nd term for those who have done course 1 or for those who have played bridge before and want to refresh on Wednesday 11th July. Please Contact Ashokbhai or Ramnikbhai.

Oshwal Gujarati School Reunion

Date: Sunday 2nd September 2012. Time: TBA

Venue: Oshwal Majanwadi South Area

For more info or if you wish to help with planning please contact

Sureshbhai Anandji Shah – 020 8664 9170 or email gosrani2003@yahoo.co.uk

Ashokbhai Meghji Shah – 020 8679 0153 or email ashok_shah@hotmail.com

Kamalbhai Somchand Shah – 020 8684 3792 or email kamalshah33@googlemail.com

Always Consider Using Our Oshwal Majanwadi for Any Private Functions.

For charges enquire with the Office (020 8683 0258) or email adminsouth@oshwal.org

Please kindly support us in any events we do. If you have any feedback or suggestion, please forward it to our secretary by email: rajeshbid@btinternet.com. Also, please visit our website at www.oshwal.org for Regular Updates

Ravibhai Shantilal Shah

South Area Media & Communication Chairperson

Ravishah100@yahoo.co.uk

South Area Committee Contact Details

Committee Post	Name	Portfolio	email	Tel no. (Home)	Mobile
Chairperson	Dhiru Khetshi Shah	Deputy Religion, Deputy Education	dklshah@hotmail.co.uk dshah@lambeth.gov.uk	020 8684 3592	07947 734 647
Vice-chairperson	Shashi Premchand Shah	Property, Fund Raising	shashi.shah@btinternet.com	020 8644 4089	07711 749 842
Secretary	Rajesh Sobhagchand Shah	Deputy Property	rajeshbid@btinternet.com	020 8655 0870	07563 552 914
Treasurer	Paresh Raishi Shah	Fund Raising	Paresh.Shah@gmail.com	0208 296 8157	07958 213 075
Committee member	Kamal Somchand Shah	Culture & Heritage	kamalshah33@googlemail.com	020 8684 3792	
Committee member	Mitul Velji Shah	Youth & Family, M&C	mitsky@hotmail.com	0208 684 7168	07939 106 589
Committee member	Asvin Khetshi Shah	Catering	asvinshah@hotmail.co.uk	020 8405 8469	07956 239 313
Committee member	Ashok Meghji Shah	Social, Welfare & Enabling Network	ashok_shah@hotmail.com	020 8679 0153	07956 502 157
Committee member	Shashikant Lalji Shah	Religion	alphaplumbing@hotmail.co.uk	020 8684 0433	
Committee member	Chuni Khetshi Shah	Fund Raising & OVG	c.shah@ucl.ac.uk	020 8689 7201	07956 361 899
Committee member	Ravi Shantilal Shah	Media & Communication	ravishah100@yahoo.co.uk	020 8689 6280	07947 300 035
Committee member	Suresh Anandji Shah	Education	gosrani2003@yahoo.co.uk	020 8664 9170	07954 178 323
Ex Officio	Nemu Devchand Shah	Public Relations	nemushah@hotmail.com	020 8684 1985	07828 232 691

Fun Day by West Area

On a bright and breezy Saturday afternoon on the 14th of April, West Area held a Fun Day with great enthusiasm. A variety of different activities were organised and geared towards both younger and older generations, which proved to be very successful.

There was a food corner selling delicious bhel, scrumptious paani puries, popcorn, hot samosas and chips, as well as a cupcake decorating stall. Alongside the food there were exciting games stalls ranging from Angry Birds, Sumo Wrestling, Scalextrix, Wii games and Plane Toss to name a few. A large number of West Area youths were taken to the stocks for sponging and this proved to be a great fun, unless you were the one getting soaked.

Everyone present contributed to a fun and friendly atmosphere, and one which was thoroughly enjoyed.

With prices at excellent value for money both for games and food, there was a good uptake of them all. We held a raffle, with prizes including a 43" flat screen TV, Wii console, a photoshoot and makeover and many more. Given it's the year of the Olympics, we had five events/challenges to take part in which were rewarded with our very own Olympic medals. These were: Triathlon with a Twist, Megabowl, 9 Dart Challenge, Skipping Rope Challenge and the Driving School. Additionally we had guessing games with Guess the Cake Weight, Names of teddies and Number of Sweets in a Jar – all making fantastic prizes for the lucky winners!

West Area was well represented and had fantastic support for the area and we would like to thank those people from other areas who also made the effort to come and enjoy the day with us. Unfortunately the attendance from the other areas was limited but nevertheless the event was well received by those who made the effort to attend and more importantly had fun.

After three solid months of planning and coordination, the idea of some became a reality and great pride should be taken in hosting this event given the fantastic feedback from those who came and appreciated the event. Many thanks to all of you who volunteered to help, made donations towards the event, and even attended to make this event such a success.

Our mission was accomplished, we brought all ages groups in from our Oshwal community, hosted an event that catered for the masses and most importantly had FUN!

West Area Fun Day Committee







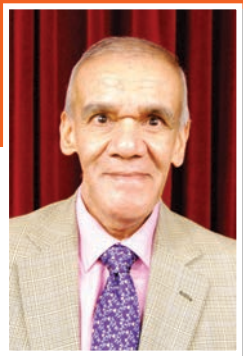
West Area Committee Details

Position	Portfolio	Full Name (include middle name)	Email	Telephone
Chairperson	Education	Bhikhubhai Devchand Shah	bhikhu.shah@devcofireworks.co.uk	0776 865 3387
Vice-Chairperson		Ajit Jayantilal Shah	ajitshah123@btinternet.com	0794 972 9267
Secetary	Publication and Media	Dilip Ramniklal Shah	dil_123@hotmail.co.uk	0776 6108 506
Treasurer	Sports for All	Nikesh Jayantilal Malde	nmalde@live.co.uk	0776 071 7209
Committee members	CULTURE&HERITAGE	Arvind Devchand Vora	arvindvora@hotmail.com	0792 006 8457
Committee members	New Youth	Sarith Kirit Gada	sarithgada@hotmail.co.uk	0778 756 3396
Committee members	MEMBERSHIP,WELFARE,RELIGION and FUNDRAISING	(Colombo) Keshavji Nathoo Shah	kncolumbo@hotmail.com	0743 844 5642 , 0773 538 2657 or 020 8570 7585 After 2pm till 10pm only
Committee members	Sports for All	Preeti Shantilal Shah	preetishah_814@hotmail.com	0777 979 8384
Committee members		Vacancy needs to be filled.		
Committee members		Vacancy needs to be filled.		
Committee members		Vacancy needs to be filled.		
Committee members		Vacancy needs to be filled.		
Ex-Officio		Nilesh Keshavlal Shah	shah.nilesh@talk21.com	0779 911 6554

Please note there are 4 vacancies as Committee Members that needs to be filled in. Contact the West Area Chairperson for more details. Get involved in your Area – be part of the West Area Committee!!

Charity Trustee Liabilities

Article by, Rati Shah MBE



There are a number of reasons why charity trustees have become increasingly concerned about the extent of their potential liabilities.

The first is that the Charities Acts of 1992 and 1993 impose a much greater degree of accountability for charity trustees generally than was the case before. New fundraising and other charity law legislation has increased the regulatory burden on trustees and non-charity specific legislation such as employment and health and safety legislation has introduced greater duties on trustees, most of whom are part time volunteers and who are not remunerated for their services.

S. 97 of the Charities Act states that a charity trustee is someone who has the general control and management of the administration of a charity. This means that any individual who has control over a charity, will under the Charities Act be defined as a trustee. Depending on how the charity is made up, the 'decision makers' will be the trustees for legal purposes. This will be irrespective of whether they are known as directors, trustees, council members or governors.

There are a number of ways in which charity trustees face potential liabilities. The greatest risk of personal liability is where they act in breach of duty or in some way negligently or fraudulently. Trustees of charities have duties imposed on them by both common law and by statute. It is irrelevant whether the charity is a corporate or an unincorporated body as to whether charity trustees risk personal liability when they are in breach of duty or act negligently.

Another area of concern for charity trustees is any contractual liability they may be under. If a trustee fails to comply with the terms of a contract, a liability can arise. Unlike breaches of duty or negligence it does make a difference if the charity is a corporate or unincorporated body. If the charity is a company, then contractual liabilities to third parties will be limited to the value of the company's assets. Provided that the trustee has acted properly they will not face any personal liability even if there are insufficient assets to meet the claim.

Where the charity is an unincorporated body, the trustees themselves are the ones who are a party to the contract and therefore if they fall in breach of that contract they will be personally liable to make up any shortfall if the assets of the charity fail to meet the claim. In some contractual situations, trustees can lose their ability to have recourse against the fund, even if the trust assets are sufficient to meet the claim and they have acted properly.

If trustees act prudently, lawfully and in accordance with the governing document of the charity, then liabilities that are incurred by the trustees can usually be met out of the charity's resources. However, if trustees incur liabilities or debts exceed the value of the charity's assets they may not be able to reclaim amounts out of the charity's

property, even if the liabilities have been incurred properly by the trustee.

If the trustees do not act properly, or are otherwise in breach of the law or the governing document of the charity, the position is somewhat different. Here, trustees may be responsible personally for any liabilities incurred by the charity, or for rectifying any loss to the charity. Since trustees act collectively in running a charity, they will usually be collectively responsible to meet any such liability.

The Charity Commission have the option of taking proceedings in court for the recovery, from trustees personally, of funds lost to charity as a result of a breach of trust by the trustees. However, there is only a small likelihood that trustees will have to pay out of their own pocket towards a financial loss suffered by the charity, or towards compensating a third party who has suffered a financial loss as a result of their dealings with the charity. In cases where a breach of trust causes a loss to the charity, the Charity Commission have the option of relieving trustees of their liability to pay, provided they have acted honestly and reasonably.

It is strongly recommended that trustees are particularly careful when entering into substantial contracts or borrowings to ensure that the charity is able to meet its obligations. If trustees are clear about all the potential risks and identifying the areas, if any, where their charity might be exposed, trustees can take preventative action to lessen the possibility of personal liability. For example, it is highly recommended that trustees:

- take advice from the Charity Commission or a professional expert when unsure about their duties;
- implement effective internal management and financial controls;
- familiarise themselves with the governing document;
- find out what areas of law might affect the charity's activities, such as employment, health and safety, human rights and data protection; and establish effective induction procedures for new trustees;
- take professional advice when needed or required by statute;
- clarify what powers they have to delegate authority either to an agent or employees;
- before they enter into a contract, satisfy themselves that the charity has the resources to meet its part of the contract and understand the consequences of breaching the contract.

Article by,

RATI SHAH MBE

with DARLINGTONS Solicitors



Ashok Shah

The 10 Minute Interview

Editor's Note

In this edition of "The 10 Minute Interview" we are asking some quick-fire questions to Ashok Shah, Chief Investment Officer at London and Capital.

1. What triggered your interest in Actuarial science rather than the well trodden path of "accountancy"?

I was always very interested in maths. When I was young I was more numbers orientated rather than words! Actuarial studies contain a fair amount of maths amongst other things. I like accountants – have some in my family including my wife and brothers. Some of my best friends are accountants.

After finishing my A Levels and waiting for my results a cousin of mine mentioned that I should look at actuarial science. I decided to get a job during that time with an insurance company working in the actuarial department which became a permanent job.

2. You are now an Investment Director at London & Capital. In layman's terms, what is it that you do?

As an Investment Director my role is now:

- Corporate – Board Responsibilities
- To play an active role in all aspects of company management and ensure it abides by all relevant regulations as applicable.
- To ensure a comprehensive framework is instituted to facilitate the above.
- Risk and Investment Management Framework
- To ensure a comprehensive framework is instituted in relation to managing client accounts and portfolios.
- Client management
- To enhance L&C reputation and awareness in the market place.
- To provide support to Sales Team in managing all large clients.
- Special Projects
- To provide support in developing new products.
- To provide full support in integration of new teams acquired into the framework.

3. The whole finance industry has come under scrutiny over the last several years – what is the most satisfying part of your role that gives you the most pride?

London and Capital is focussed on looking after high net worth clients. These clients tend to be in stay rich mode as opposed to get rich. Hence our clients are looking for defensive and conservative strategies in managing their assets. Designing investment strategies to deliver this is very satisfying as evidenced by delivered results as are investment processes that identify opportunities and threats and of course acting on them.

4. What are the factors that have provided you with the stepping stones to success in your career?

Actuarial studies covered life insurance, general insurance, pensions and investments.

My interests in investment lead me to being a correspondence course tutor and an assistant examiner for the Institute of Actuaries investment paper at a very early stage.

Constantly keeping in touch with economic and market developments and enhancing investment knowledge through reading, studying and discussions are a prerequisite.

Early part of my career was spent in Life Insurance and Pensions. This gave me opportunities to better understand the investments as I was actively involved in asset/liability matching.



5. What challenges have you faced in your career and how did you overcome them?

My main initial challenge was breaking into the investment world directly which in the seventies was a closed shop. Opportunity presented when the investment capacity which was outsourced to Investment Banks was brought in-house. Being in touch with the key people making the decisions and ensuring they understood my interest and commitments helped a lot. Joining a new investment department was a massive challenge and the amount of work and areas to be covered were enormous which required total commitment, dedication and perseverance.

6. In the debate between University Education against vocational training, what message of encouragement would you give to aspiring youngsters in our community?

When I was starting perhaps I was lucky to be able to choose between going to university and going in to vocational training. I chose the vocational training route to become an actuarial trainee.

Nowadays very few firms provide the vocational route. Indeed most professions require a basic degree and many require more than that. Universities have risen to the challenge by providing more focused study curriculum with specialist degrees which provide a jump start in particular professions.

When going down a vocational route one needs to be very careful as it is often found by many that this is not what they want to spend rest of their lives doing which can lead to loss of very valuable time at young age.

I believe that it is very important to do the first degree in something one likes even though it may not necessarily lead to gainful employment. The reason for this advice is that most professions involve specialist studies and exams need to be taken. In a lot of instances working in a related area will put the study matter in much better perspective and can be seen to be applicable in one's work directly. This can only motivate one to complete the studies more quickly.

With the increase in university fees the balance between formal education and vocational training has changed. More opportunities in vocational training are dependent on employers providing ready access which has yet to occur.

7. If you were the Chief Investment Officer of UK Inc., how would you reduce the debt burden of our future generation?

There are three basic ways to reduce debt burden.

Austerity: In essence this implies government cutting spending and perhaps raising taxes. The main economic impact of austerity is to reduce demand and hence economic growth. When the growth rate is anaemic it is important to ensure that the economy does not slip into recession making things worse than the starting point. This calls for a fine balance between austerity and potential economic growth.

Debt Default: Countries have defaulted on their debt throughout history. The consequences are that access to market to raise capital can be closed for a prolonged period and even when it is open it could be expensive as investors demand a higher default risk premium.

Inflation: Many countries in past have inflated their way out of debt. In current environment inflation is difficult to create with high unemployment, excess capacity and globalisation where cheap goods are readily available. For inflation to be created requires the banking system to be fully functioning which it is not currently as they try to repair their balance sheet.

As can be seen, the three basic approaches to dealing with debt are very difficult in the current environment. This means the best way to reduce the debt burden is to promote economic growth enabling enhanced cash flow to reduce debt.

8. Which individual has inspired you and what have you learnt from them?

So many people have inspired me. However one of the individuals who inspired me most was a colleague (John Gordon) whom I reported to.

He is a very talented actuary and an investment professional (now long retired). He took great care in mentoring by editing my work and providing me with a sounding board for my ideas and giving me opportunities to work in a range of functions outside of actuarial boxes. This allowed me to develop a very wide range of skill set. Some of the most important things I learnt was how to function effectively in a team by appropriately managing colleagues, taking leadership roles when necessary, the art of persuasion which requires marketing, diplomatic and political skills, the need for widening and deepening one's knowledge bank by continuously studying and trying to understand an ever changing world.

9. What advice would you give our younger generation who wish to pursue a career in the financial services industry?

There is a very wide range of career opportunities in the financial services sector. Some of the professions involved in the 'food chain' of financial services are:

- Investment Professionals (portfolio managers, fund managers, analysts etc)
- Insurance, Pensions, Banking, Brokers etc Professionals
- Lawyers
- IT Specialists (programmers, system analysts etc)
- Administrators
- Marketing
- Sales
- Human Resources

So it is important to be focussed on an area that one is interested in. It is important to read widely about the

financial industry to gain basic knowledge and understanding. One should be willing to take relevant courses and professional exams to further the career. This needs to be done as an on-going commitment as the world around us changes very rapidly.

10. Where do you see the Oshwal community in the next 10 – 15 years?

I think the next decade or two will be very different from the past. The Oshwal community is now well settled in UK. Members of the community are now well represented in the financial, medical, law and business community. We are underrepresented in education (schools/colleges), media/communication (newspapers/TV), politics (local/national/multinational) and security services (intelligence/armed forces/police). I see significant moves to come in these areas since as a community we possess enough skills and intellect. This will lead to the Oshwal community playing a full role (and influencing) in all key areas of the country.

OSHWAL ઓશવાળ media & communication



We are looking for Oshwal Members to volunteer to write more topical articles and help out in editing the Oshwal News and Oshwal Youth Magazines.



We are looking for Oshwal Members to volunteer to write topical articles for the Oshwal Website.



We are looking for two Oshwal Members to volunteer and join the M&C team to help establish new social medias, like Facebook and Twitter.



We are looking for Oshwal Members to volunteer to help out with graphic design for the Oshwal News Magazine and helping with the layout and design style of the Magazine.

So, if you are interested in Media & PR, come volunteer for the Oshwal Media & Communication Team and help bring about change.

Contact the Oshwal M&C team by emailing:

oshwalnews@oshwal.org

Get Fit for the Summer!

The Truth about Exercise

With the London 2012 only round the corner, we all have had the urge to get fitter...this article will give you some gentle exercises you can do at home and also some myths about exercise.

Triceps stretches: lengthen muscles in the back of the upper arm

1. Hold one end of a towel in your right hand.
2. Raise and bend right arm to drape towel down back. Keep your right arm in this position and continue holding onto the towel.
3. Reach behind your lower back and grasp bottom end of towel with left hand.
4. Climb your left hand progressively higher up towel, which also pulls your right arm down. Continue until your hands touch, or as close as you can comfortably go.
5. Reverse positions.
6. Repeat 3 to 5 times each session. Hold stretch for 10 to 30 seconds.

Balance Exercises You Can Do Anywhere, Anytime

These "anytime, anywhere" exercises will help you improve your balance. And you can do them as often as you like, as long as you have something sturdy nearby to hold onto if you become unsteady.

Walk heel-to-toe. Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch.

Practice standing up and sitting down without using your hands.

Stand on one foot. You can do this while waiting in line at the grocery store or at the bus stop. Remember to alternate feet!

Here are some myths about exercise. We are all familiar with them so let's find out the truth..!

Diet and Exercise Myth: You have to sweat to have a good workout.

False. Sweating is not necessarily an indicator of exertion—sweating is your body's way of cooling itself. It is possible to burn a significant number of calories without breaking a sweat: try taking a walk, or doing some light weight training, or working out in a swimming pool.

Diet and Exercise Myth: Sit ups will get rid of your belly fat.

False. You can't pick and choose areas where you'd like to burn fat, "In order to burn fat, you should create a workout that includes both cardiovascular and strength training elements. This will decrease your overall body fat content."

Diet and Exercise Myth: If I'm not sore the next day, I didn't work out hard enough.

False. Many people use muscle soreness as a gauge of how good their workout is. However, muscle soreness is caused by tiny tears in the muscle fibers and, while some soreness is expected if you regularly change your program, being sore for days after your workout most likely means you overdid it. If you're sore after every workout, you're not allowing your body time to recover, which is when you experience the most muscle growth.



Need a kick-start in the morning?? Try this!

Smoothie Ingredients

- 1 cup frozen blueberries
- 1 banana
- 6 ounces plain non-fat plain yogurt
- 3/4 cup unsweetened almond milk
- 1 tablespoon ground flax seeds
- 1/2 cup ice cubes

Instructions

Place your ingredients in the blender and start blending on low speed and then gradually increase the speed until all ingredients are smooth. Add another 30-60 seconds to add air which makes the smoothie lighter. Serves 2 so bring an extra glass.

Enjoy!!

Editor's Note:

Thank to North East Area for contributing this Article.



Are eggs suitable for vegetarians?

Article by, Sagar Kirit Shah

The question of whether eggs are suitable for vegetarians is one which most vegetarians living in the UK will have encountered at one point in their lives. And from the perspective of a young person of an Indian cultural heritage, it is a very confusing one. In India, the norm is that eggs are not vegetarian - if you see the words "pure veg" on an Indian product or at an Indian restaurant, you can generally be sure that there will be no eggs. But in the UK, the official definition of a vegetarian, as set out by the Vegetarian Society, permits the consumption of eggs. As a result, products containing eggs are normally labelled as vegetarian in supermarkets and restaurants in the UK, to the dismay of many Indian vegetarians.

Even though I've been a proud "vegetarian" for as long as I can remember, I've been confused about what I think about eggs for most of my life, and have switched between shamelessly enjoying them and trying to avoid them. I think many young people from the Jain community in the West have faced a similar internal conflict.

Having carefully considered the issue, I now believe that those of us who are vegetarian because we think it is wrong to kill animals for food should not eat eggs, regardless of whether the eggs are free range and/or organic. In this article, I share my experiences of eating eggs and explain why I adopt the position that I do.

As a young child, I loved the taste of eggs, and would eat them several times a week. My dad constantly reminds me of how my favourite meal as a child was scrambled eggs and toast. Then, at the age of eight, I read a book which said Jains shouldn't eat eggs, and immediately decided to stop eating eggs. My mum and ba were very supportive about the decision and decided to stop bringing eggs into the house.

A couple of years later at secondary school, I started to feel unhappy that I was missing out on birthday cakes and had a fairly restricted choice of foods when out and about (most sandwiches, for example, contained mayonnaise so I couldn't eat them). My desire for cakes and brownies got the better of me, and I slowly started to eat eggs when I couldn't see them - when they were hidden away in food. This proved to be a slippery slope.

As I got older, I gradually started to eat dishes containing eggs more often, and occasionally started eating dishes that were predominantly egg based (quiches, omelets). Then, when traveling in South America in a year out between school and university, I started to eat eggs almost every day, initially because they were a filling and easy-to-order option when "pure vegetarian" options were hard to find. Soon I started to order them because I liked the taste, and would choose to eat them even when "pure vegetarian" dishes were readily available.

Initially, I felt uncomfortable eating them, but this soon wore off. I tried to forget about the guilt when eating eggs, just like I did when purchasing/wearing leather. And because I liked the taste of eggs and enjoyed eating them so much, I also tried to justify eating eggs from a moral perspective. Eggs were generally unfertilised, so by eating them I would not be preventing a living being from being born. And even though there was "jiv" in the egg of some form or the other, I argued to myself that the pain/suffering inflicted on eggs would be low, primarily because its nervous system would not be developed.

On our travels in South America, my vegetarian friends and I were occasionally offered the option of eating eggs from animals other than chicken - fish eggs, ostrich eggs, quail eggs, duck eggs and so on. Whenever this happened, our immediate reaction was one of acute

discomfort. We asked ourselves whether fish eggs could ever be suitable for vegetarians. I started thinking about how a mother ostrich would feel if a human came along and stole its eggs.

I soon realised that my position with eggs was inconsistent. I was somehow able to morally justify eating eggs from chickens, but I couldn't bring myself to eat the eggs of other animals, and would even get upset by the idea of humans stealing them. Prior to this moment, I would often highlight the hypocrisy of "animal lovers" who would get angry whenever they hear about cruelty to dogs or the killing of wildlife in Africa, but happily eat the flesh of an abused chicken, pig or cow. I soon realised that I wasn't too different from them.



~ Are eggs suitable for vegetarians? ~

After visiting some farms, I also realised that many traditional breeds of chicken are actually very protective over their eggs. I had previously known that geese would try and attack humans who attempted to go near their eggs, but didn't realise that chickens did the same. On a volunteering visit to Freightliners City Farm in London, I got a bit too close to a silkie chicken that was covering some eggs when trying to refill its water supply. Two of the other chickens in the enclosure kicked and slapped me with their wings in order to protect their broody companion and the eggs it was keeping warm. I was even more amazed when I found out that the eggs the silkie hen was keeping warm weren't even her own or those of a fellow silkie. The hen was looking after the eggs of a brahma (another breed of chicken) in another enclosure that had fallen ill.

After a little investigation, I found out that we humans had selectively bred chickens to produce a lot of eggs and not attack us when we take their eggs from them. But just because a bird doesn't attack us or show anger when we take their eggs from them, it doesn't make the act of stealing the eggs any less bad.

At university I also began to find out more about how animals were treated on farms. Particularly how chickens are often kept in battery cages no bigger than the size of an A4 piece of paper, and how cows are forcibly milked by machine and not given access to outside pasture. I felt deeply uncomfortable about this, and started to eat/drink organic, and persuaded others to do the same, thinking it would reduce suffering.

Then, in the summer of 2007, I did an internship in New York and attended the JAINA convention in Edison New Jersey, an inspirational convention which brought together thousands of Jains from across North America. At the convention, I discovered that a significant number of Jains in North America followed a vegan diet. In addition to not consuming animal flesh, the vegan Jains did not consume any reproductive animal products such as milk, eggs and other dairy products.

Impressed by their commitment and perplexed by their decision not to consume animal products at all (I had thought free range/organic milk was acceptable), I immediately questioned the vegans about the dietary path they had chosen. After interacting with them, I discovered that welfare standards and "stealing" were not the only problems with commercial egg and milk production. I discovered that cows and chickens were actually routinely killed in the production of milk and eggs.

Initially, I was horrified and argued that they were wrong. But now I realise not only what they said was true, but that it also makes perfect economic sense. The truth is that, if these cows and chickens weren't killed, milk and eggs would be far more expensive than they currently are.

While chickens are very efficient at producing eggs in the first year of their life, the rate at which they produce eggs drops soon after. Even though they could live for five to seven years if properly looked after, in order to maximise efficiency and reduce costs, egg-laying hens are normally sent to the slaughterhouse after a year, and replaced with a younger, more productive bird. And while most eggs are not fertilised, in order to ensure a fresh supply of young productive hens, a small proportion are fertilised and hatched. Half of the chicks born are male, and are of little value to a farmer. So they are typically killed when a day old. This killing takes place regardless of whether the chickens live in battery cages or are "free range", and whether the eggs are organic or not.*

Even though it is defensible to argue that the taking and eating an unfertilised egg does not result in the direct killing of a living being, one cannot deny the commercial production process of eggs results in innocent chickens and chicks being killed long before they would naturally leave their bodies. In the UK there are over 29 million egg laying hens, and over the course a year, apart from a lucky few who get saved from slaughter and adopted by a sanctuary or a nice family, each and everyone of these birds will be killed and replaced in order to supply the British population with cheap eggs. Over the course of my life, I have probably eaten a couple of hundred eggs. As a result, I believe that I am personally responsible for the death of about 10 innocent chickens and chicks. Even though I think I have always been good natured and well-intentioned, the death and suffering I have caused is something I have to deal with for the rest of my life.

Most vegetarians I know are vegetarians because they believe it is wrong to kill animals for food when it is perfectly possible to live a healthy life without doing so. And if this is the reason for being vegetarian, given that chickens are killed in egg production process, I find it very difficult to see how eggs can be considered to be suitable for vegetarians, or any adherent of the timeless Jain principle of ahimsa.



The silkie that attacked me.

**Article by,
Sagar Kirit Shah**

૫૦ વર્ષ પૂર્વે અકાળે મુર્જાયેલ કળીસમ

મૃદુલાબેન વાઘજી કચરા શાહ (ગોસરાણી)ના જીવનની ઝરમર

બાળપણ

મૃદુલાબેનનો જન્મ મુરાળા (ફોર્ટહોલ)માં તા. ૦૪/૦૩/૧૯૪૫માં થયો. માતા (રતનબેન), પિતા (વાઘજી કચરા શાહ)ના ઉચ્ચ સંસ્કારોમાં રંગાયેલ, અને પાંચ ભાઈઓ (જેન્તીભાઈ, વેણીભાઈ, રમણિકભાઈ, અશ્વિનભાઈ, મનીષભાઈ) અને ત્રણબહેનો (સવિતાબેન, સુશીબેન, પ્રભાબેન) ની લાડલી બહેન મૃદુલાએ મુરાળાના રણિયામણા ગામમાં બાળપણ વિતાવ્યું.

ભણતર

ફોર્ટહોલ પ્રાઈમરી સ્કુલમાં અભ્યાસ પૂરો કરી, આગળ અભ્યાસ કરવા તે નાઇરોબી ગઈ જ્યાં તેને નાઇરોબીની પ્રખ્યાત 'ડચેસ ઓફ ઝોસ્ટર સ્કુલ'માં એડમીશન મળ્યું અને રહેવા માટે ત્યારેજ શરૂ થયેલ નાઇરોબી વિશ્વ ઓશવાળ કન્યા છાત્રાલયમાં જગા મળી. મૃદુલા ખુબજ હોશિયાર, નીડર, પરોપકારી અને દયાવાન હોવાથી થોડાજ સમયમાં તેને છાત્રાલયમાં 'હેડ ગર્લ' ની પદવી મળી.

ડીસેમ્બર ૧૯૬૧માં મેટ્રિક(G.C.E.)ની પરીક્ષા પૂર્ણ કરી અને આગળ અભ્યાસ શરૂ કે તે પહેલાં લાંબી રજાઓ ગાળવા, મૃદુલા કુટુંબ પરિવાર તથા બાળપણની સખીઓને મળવાની ઉત્કંઠા સાથે ફોર્ટહોલ પાછી ગઈ.

હોનારત - રવિવાર તા: ૨૪/૦૬/૬૨

મૃદુલા અને તેની પાંચ સખીઓ - (સવિતા(લખ્મી) લલ્લૂ છીબા, શાંતા રાઇશી દોઢિયા, પુષ્પા નરશી ભોજા શાહ, ગુરબચનકૌર (ગુડી) અને તેની નાની બહેન સ્વરણકૌર પાલા સીંગ) એક દિવસે ભેગા મળીને રવીવાર, તા: ૨૪/૦૬/૬૨ના રોજ મુરાંગાની નદી કાંઠે પિકનિક પર જવાનું આયોજન કર્યું. નકકી કરેલા સમય પ્રમાણે તેઓ ગામની થોડીક નાની બાળાઓને સાથે લઈને નદી કાંઠે પાણીની ચકકી (watermill) પાસે પિકનિક કરવા ગયા.

નદીમાં બહુ પાણી ન્હોતું તેથી મૃદુલા અને તેની પાંચેય સખીઓએ પહેલાં નાની બાળાઓને કાંઠે બેસાડીને પછી તેઓ નદીની વચ્ચે આવેલ એક મોટી શિલા પર બેઠી અને આનંદની પળો ગુજારતી હતી ત્યાં અચાનક પાવર એન્ડ લાઇટીંગના કાર્યકરે જાણ કર્યા વગર ડેમના દ્વાર ખોલવાથી ઘોડાપૂર પાણી નદીમાં ધસી આવ્યું, દસ-બાર ફૂટ ઊંચા મોજા શરૂ થયા અને ભારે ગતિના પાણીના વ્હેણમાં મૃદુલા અને તેની સખીઓ એક બીજાનો સાથ છોડી ને તણાવા લાગી. નસીબજોગે ફક્ત સ્વરણકૌર 'જ' એક પથ્થર પાસે અટકી જતાં બચી ગઈ પરંતુ મૃદુલા, સવિતા, શાંતા, પુષ્પા અને ગુડીને તરતાં આવડતું હતું છતાં પોતાનો જાન બચાવવા કશુંજ ના કરી શકી અને પાણીનાં તેજ વહેણોમાં તણાઈ ગઈ. પળભરમાં દિલમાં હજારો અરમાનો ભરેલી યુવતીઓને એ કાતિલ કાળે પોતાના સકંજામાં ઝડપી લીધી, તેઓની ઘડીભરની આનંદની પળો શોકમય બની ગઈ.

નદીને કાંઠે બેઠેલી ગભરાયેલી નાની બાળાઓ આ હોનારતની ખબર આપવા ગામ તરફ દોડી. ગામના બધા લોકો તરતજ દોડીને આવ્યા અને પાંચેય યુવતીઓને શોધવાનું શરૂ કર્યું. મૃદુલાનો નિશ્ચેતન દેહ બે દિવસે મળ્યો. સવિતા, શાંતા, પુષ્પા અને ગુડીના નિશ્ચેતન દેહોને મળતાં ચારેક દિવસો લાગ્યા. ગામની પાંચ તેજસ્વી યુવતીઓના અપમૃત્યુથી આખા ગામમાં સન્નાટો છવાઈ ગયો. માબાપ અને કુટુંબ પરિવાર વહાલસોયી દિકરીઓના અચાનક અવસાનથી દિગ્મુહ બની ગયા. એ દિવસ યાદ કરતાં હૈયું ભરાઈ આવે છે. ૬ મૃદુલાના માધુર્ય જીવનની પળો કદી નહીં ભૂલાય. તેના ઊંચા આદર્શો અમારા જીવનમાં પંથદર્શક દિવડા બની પ્રકાશ વેરતા રહેશે.



How to be a savvy employee?

Demystifying Employment Law

**Article by,
Rana Tandon**

DISCLAIMER: This information and commentary does not, and is not intended to, amount to legal advice to any person on a specific

case or matter. You are strongly advised to obtain specific, personal advice from a lawyer about your case or matter and not to rely on the information or comments in this article.

So, the Government's figures show that we are back in recession. This will not come as a surprise to the many employees who are facing redundancy, many of whom call me to ask what they can do when faced with a redundancy situation. Sometimes, my answer is that there is nothing that can be done. Other times, it is clear that the employer has breached the law relating to redundancy and there are various tools and tactics that the savvy employee can use to maximise their gain. These tools and tactics may not get you your job back, but they may just help you secure the financial cushion you need to get back on your feet.

Of course, people's employment problems are not just related to the recession and the prospect of losing their jobs. Even during good times people suffer poor treatment and even discrimination in the workplace, unfair performance reviews, unrealistic targets and bullying. Most people are lucky enough to have decent, caring and reasonable employers. Nevertheless, it is always worthwhile being aware of your rights and responsibilities as an employee.

There is an awful lot of information available on the internet. A lot of it is unclear or out of date, but a good first port of call is the ACAS (the Advisory, Conciliation and Arbitration Service) website (www.acas.org.uk) which can help demystify matters a bit. Another useful source of basic information is www.direct.gov.uk. You should always try to do some research prior to calling a legal professional, as it will at the very least give you some indication as to whether you have good reason to be concerned.

So, what should the savvy employee be aware of? Well, at the very outset, READ your contract of employment. It sounds incredibly simple, but I spend a lot of time telling people what their contract of employment means, often many years after it has been signed. A useful rule of thumb is: if you don't understand it, don't sign it. Get it checked out by a professional adviser. This is especially important if you are a senior employee with benefits such as bonuses, share options, commission and post-

termination restrictions. Even a junior employee can find themselves caught short by a clause in their employment contract that they didn't think was a big deal when they entered into it.

What else should you be aware of? As an employee, your rights fall into two main camps: contractual and statutory. The contractual rights are the ones that are in your contract. The statutory rights are those given to you by the good folks in Parliament, such as the right not to be unfairly dismissed and the right not to be discriminated against.

During the course of your employment, if you are lucky, you will have no cause to enforce these rights. However, if you are having a difficult time at work, you have the right to bring a grievance (a formal complaint) against the organisation/colleague in question. Even if your employer has no official grievance policy, it is still required to follow a "reasonable" procedure. ACAS produce a helpful Code of Practice and there are consequences for any employee or employer that does not follow the provisions of that Code. You would be well-advised to be guided by it.

What if you are subject to an allegation yourself? Perhaps a colleague has brought a grievance against you or your employer is suddenly telling you that your performance is poor or that you are guilty of gross misconduct? Again, look to the ACAS Code of Practice on disciplinary and dismissal procedures to give you an insight. Don't wait for the outcome of a disciplinary meeting before you seek formal legal advice as it can make the difference between keeping your job and losing it.

Some people suffer discrimination in the workplace. You can only be discriminated against because of your age, disability, gender reassignment, marital status, sex, pregnancy/maternity, race, religion/belief or sexual orientation. Contrary to popular opinion, you are not usually being discriminated against solely because your boss does not like you. My suggestion is always to be very careful about allegations of discrimination. They are very emotive issues and such allegations may be counter-productive if not handled carefully. Before raising a grievance or filing a claim, you must have carefully compiled any evidence and thought about the timeline of events that you propose to rely on to underpin your allegations.

Further, on the matter of race discrimination, I must say that these are probably the most difficult claims to bring. In my experience, they are the hardest fought, because absolutely nobody will go down without a fight when the alternative is to be publicly branded a racist. The other reason they are so difficult is that racism is rarely overt

~ How to be a savvy employee? ~

and explicit. In other words, evidencing your claim is usually next to impossible. Other discrimination claims tend to be more successful in my experience. For example, I do a lot of work in relation to age, maternity/pregnancy and disability discrimination.

In the current economic climate many businesses will be looking to reorganise and consolidate their operations. Inevitably, that means job losses. In the event of a redundancy, you would be well-advised to use any consultation meetings to get as many facts and figures about the redundancy as you can. Suggested questions are: What is the business rationale for putting my role at risk of redundancy? How many other people are being put at risk? What procedures are you going to use to make redundancies?

You should also be in a position to put forward credible alternatives to your role being redundant. Would you consider a job share? Would you accept a reduced salary? What alternative roles may be available that you could apply for? Be proactive. It is important that you do not just drift aimlessly through the redundancy process. If you do end up in an employment tribunal, the judge will want to see that you showed a bit of enthusiasm for keeping your job!

So, what if the worst happens and you are faced with taking your employer to court? Remember that before you do that, you should have either used the grievance procedure or gone through all the steps of the disciplinary and dismissals procedure laid down in the ACAS Codes of Practice, including making use of appeals.

Be aware however of very strict, inflexible time limits in which you have to file a claim in the Employment Tribunal in particular. Get specialist advice as soon as you are dismissed or suffer any form of discrimination so as not to miss the deadline. Please don't do what one lady did recently, and call me up ten years after she had been dismissed, wanting to file a claim!

It is so important to know your rights and responsibilities as an employee. Getting up and going to work each day helps fortify self-esteem and builds relationships in the community and in the family. It is to be cherished and defended. As an employee, you are at the heart of your own employment relationship and it is for you to use the tools given to you by the courts and Parliament to protect it to the best of your ability.

About the Author

Rana Tandon is an employment lawyer at Ashby Cohen Solicitors Ltd, a specialist employment practice. Rana advises both employers and employees about UK employment law and has had particular experience of unfair dismissals, discrimination issues, bonus disputes, TUPE issues and post-termination restrictions. She has been involved in bringing and defending employment claims in the Employment Tribunals and the High Court as well as undertaking complex advisory work. Rana is married to Neil Gosrani.

The Unicorn Girl!

Story by, Eesha Sheth

Glistening and glinting, the red fire like ball shone down on a shimmering, cobalt river, cascading down a graceful flowing waterfall. All was serene in the land of magical creatures; however, one day spoiled it forever.

Whimpering cries filled the tense atmosphere as panic-stricken animals fled through the obscure blackness, which was surrounding the once idyllic and peaceful forest. Rushing now, the waterfall became louder and louder until all at once it pounced over the emerald tresses that were swishing in all the havoc. Nothing could be done to save the animals now. BANG!!!!

In the shards of moonlight, a young girl holding an elegant wand appeared, eyeing her surroundings. She stared at an ominous silhouette that was grazing over olive green grass and glanced over to see if anyone had been left behind. Believing that the coast was clear, she tiptoed over, however, stopped in her tracks. She was now face to face with a soft, pearly white baby unicorn!

"Hello there, my name is Jasmine," whispered the girl, timidly. "Why are you out here alone?"

There was no reply but a soft murmur from the delicate unicorn. A quick nibble of the grass and the unicorn ran towards another body of some kind and sniffed it until Jasmine followed. "Oh no, how could this be?" she muttered. It was clear to Jasmine that this dormant unicorn had been slain by evil wizards' purely for her blood. It was said that unicorn's blood would bring back a lost soul. Crouching gently against the perished unicorn, icy tears trickled across the baby animal's cheek. "Don't worry, you've got me," reassured Jasmine "how about we give you a name? How about....Snowdrop"

Suddenly the echo of an alarming gun shot vibrated through the whole forest, causing Jasmine and Snowdrop to shake in panic. Jasmine knew what was going on. They had come back for her. Just at that moment, Snowdrop began to run, run in to the vast depths of the forest. Instantly, Jasmine knew what she had to do. "CRUICO!!" she shouted as crimson sparks flew out of her wand.

SPLASH!!! They jumped into the azure river and swam for their lives. On the other side of the gushing waterfall was a dainty little cottage with a patch of verdant grass to graze on. Jasmine and Snowdrop spent many days and nights in the cottage until they were completely sure they could return to the forest. "Shall I tell you why people are chasing you, Snowdrop?" asked Jasmine, one morning. "It all started when dangerous wizards found their way into the land of magical creatures. They wanted to capture living animals and use them to create more magic, selfishly for themselves," Jasmine went on.

"However, my father and I were able to identify the dark wizards and send them to Azkaban, a prison for wizards and witches. Then I was sent to make sure that all the animals were safe. Despite most of the wizards being imprisoned, two more were lurking the forest, waiting to pounce on any creatures that came their way."

Jasmine gazed up. She wasn't talking to Snowdrop any more. Staring into the livid eyes that stared back at her, she reached for her wand. The indistinct shadow became more and more clear. "STUPEFY" she yelled but missed. "SNOWDROP, SNOWDROP, where are you? We have to run." Snowdrop, on the other hand, did not see a problem and carried on eating.

Jasmine soon realised she was running away from her own father! "Father, you scared me," complained Jasmine as she placed a shivering hand on her father's shoulder.

"There's nothing to be afraid of, my dear, I just came to see if you were alright handling the animals. Ah, and I see you have made one your pet," He whispered, stroking Snowdrop with his gnarled hands. "Well, I suggest you and your friend come back to the manor house with me."

"That sounds like a plan," agreed Jasmine. "And I think Snowdrop likes that too."

The three of them managed to make their way safely home and Snowdrop was freed back into the land of magical creatures. As the years passed, Jasmine became a professional witch who would take care of all the animals. Unfortunately, she never saw her dear friend Snowdrop until the last day of her life. They both died happily together and still remain very close.

Story by,
Eesha Sheth (Aged 10)



Picture Source: www.unicorn-pictures.com/unicorn-howling-at-the-moon

Editor's Note
Thank you Eesha for this wonderful story.

Summer Time – A Personal View

Article by, Jyoti Ajay Gada



This may sound a bit selfish as I am writing about me but the theme is summer and I would like to write to you about how I spend my summer.

Having spent my childhood in farms as we stayed with my dada during summers vacation – I am a nature lover and have always been interested in the crops, the flowers, the animals the different seasons etc.

Because majority of us work in the UK, I don't think we have time to appreciate or admire nature.

This is my routine now that the children have left home. During the weekdays by the time I get home, there isn't much of day light left to do more than cook and perhaps watch the news, catch up on the post and go to bed. However, before bed time I always look at the sky with its beautiful stars, currently there is a yellow star, shining bright, supposedly a planet. My Suryakala masi who lives in London shares similar interest and we often call each other and talk about it.

During week ends – especially during spring and summer – there used to be a time, when I lay in bed and wasted my days over sleeping – when I didn't have any social dos to attend– now I try and get up early, have my bed tea, freshen up and get ready to go to Wellingborough mandir to catch the chaityawandan.

Gangaben, Punjabapa and Ushakaki involve me in every ritual and although this is a ritual, it gives me immense bliss and peace. I always get given the opportunity to recite the namuthunam and they pardon me for any mistakes that I make.

Then we all do aarti to Lord Krishna, Mahadev and Ambaji and Mahvoir swami followed by the mangal diwo, recite Hanumaan chalisa, gayatri mantra and various other prarthnas.

After this we then visit the swaminaryan mandir where after the darshan we do pradakshina to the akshar deri. We sit and listen to the various hymns that are previously recorded.

After that the maharaj offers food to swaminarayan and it is fascinating to hear him mention the names of all the different varieties he is offering to the lords and not missing a single dish.

People often go to India for jatra, I would like them to come to Northamptonshire where we have two beautiful mandirs quite close to each other situated in the beautiful countryside

Every May an organised charity runs a Waendel walk . In 2012, the International Waendel Walk will enter its 33rd year. Friends from around the world are welcome to join us for a weekend of walking, cycling and swimming. This is also an event not to be missed

We then make our way to the Sywell Countrypark where there is a reservoir and nature watch. Here, we take a brisk walk and then sit by the reservoir.

During summer, quite a few people come there and have picnics, some read their books, some play games and there are some also come for fishing.

Watching the birds and listening to the flow of the streams is very soothing.

Depending on the season we often get to pluck black berries, cherries straight off the bushes and they taste delicious.

We often take bread to feed the ducks and the swans.

The parks also hosts various events and themes.

We then make our way home – almost after lunch time and cook our meal together and catch up with the house work and then relax by the fire place.

Ajay often sits to watch the TV, whilst I try and talk to my parents on skype.

We then have our tea and relax for a while and soon it is bed time

This is how I spend my summer days if I don't have any socials or weddings etc to attend and I love my summers.

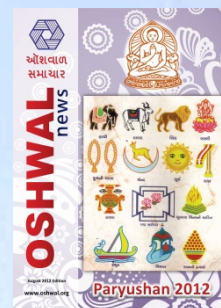
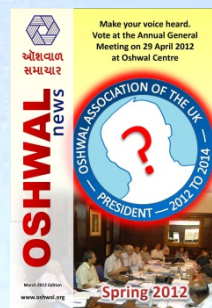
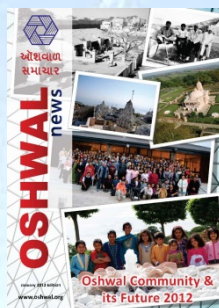
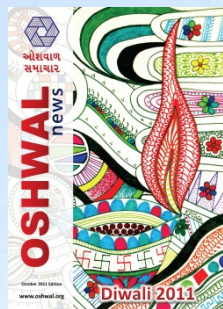
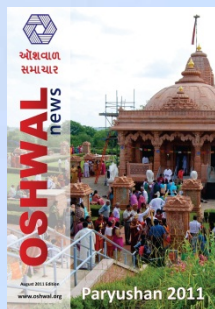
For the like minded people that would like to share this experience are welcome to spend one week-end with me.

Jai Jinendra,

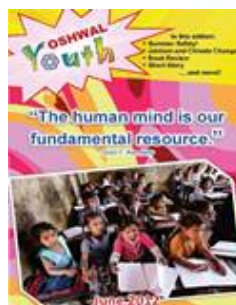
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