



The Queen's Award  
for Voluntary Service

# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 12. Vol-4 (April 2017)

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



www.nvk.org.uk

## Honorary Patrons

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## President

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## Jt Treasurer

Ashok Mehta

## Webmaster

Chiman Sheth

## Entertainment

Jasuben Sheth

## Committee

Indrakant Bakhai  
Dr Vinod Kapashi  
Pragna Mandalia  
Rama Doshi  
Jaykumar Shah  
Ella Shah

## Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then **Sponsor** a lunch for **£351.00**. 10 guests allowed.

**Disclaimer:** Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may Occur during any of its activities/events/outings

## DONATIONS:

- Chaas for the month of March was sponsored by Chandrakanta Parmar.
- £50 from Manjulaben Manubhai Shah who celebrated her 80th Birthday on 3<sup>rd</sup> March.
- £25 from Madhuben Kothari in loving memory of her late husband Vrajlal Kothari, 16/3 was his first 'Tithi'. May his soul rest in eternal peace.
- £101 from Punambhai Patwa, our Treasurer, for the speedy recovery of his wife Jyotiben Patwa. He also thanked all the members who sent "Get Well" wishes and their prayers.

## PROGRAMS IN MARCH 2017

**2<sup>nd</sup> March:** Bingo was played after lunch. Prizes were kindly donated by Rasilaben Prabhudasbhai Shah.

**9<sup>th</sup> March:** Topic was Chai with Jasu, and her guests were Dr. Harshadbhai Sanghrajka and Dhuru Galani.

**16<sup>th</sup> March:** Mother's Day and Women's Day and, instead of tea and biscuits, Kendra gave 'Thandai' specially prepared by Indrakant Bakhai. This was given at lunch time as well. Everybody liked this. Many thanks to Indubhai. (Members sang songs, poems etc. relating to mothers and there was a small play also. Jasuben also recited some nice verses on Mothers.)

**23<sup>rd</sup> March:** We had a cooking demonstration by Ramaben Doshi. Several members had remained after lunch to see her demonstration of the preparation of special chevdo with cereals and also Badam Puri. Everyone was then given a plateful of the chevdo and a piece of the Badam Puri to taste. Both these were very delicious. Jasuben Sheth and Ellaben Shah helped in the preparation.

**30<sup>th</sup> March:** After lunch we played Lootaa-loot a memory game conducted by Sudhaben Kapashi. Many members participated and enjoyed playing the game. The gifts were kindly donated by Sudhaben, Ramaben and Jasuben. Many thanks to them.

## UPCOMING EVENTS

6<sup>th</sup> April: First part of AGM.

13<sup>th</sup> April: Conclusion of AGM.

## CROATIA

We have planned a holiday to Croatia from 15<sup>th</sup> to 23<sup>rd</sup> May. As time is short we need members to decide quickly, as air flights need to be booked soon otherwise we will have to pay more. Please reply quickly if you are interested. Cost is £1075pp (2 sharing a room). Breakfast and Dinner is included. For more information contact Jayantbhai.

## POTTERS RESORT

We also have organized an activity trip to Potters Resort from 12th June till 16th June 2017. Already we have received many names and it is getting full very fast. If you are interested you need to submit your form soonest possible. It is a wonderful "activity Holiday". We have done this many times and members have always enjoyed it. There are lots of activities and lot to do and enjoy the resort.

IT IS IMPORTANT APPLICATION IS MADE SOON AS WE HAVE LIMITED PLACES. WE CAN ACCOMODATE A FEW SINGLE PEOPLE ALSO

(Following are the recipes of cooking demonstration given by Rama Doshi)

## **Badam Puri**

### **Ingredients:**

700gm Ground badam powder

170gm Sugar (1/4 quarter of Badam powder) little water, cardamom, Saffron, sliced pista and badam. (For decoration)

### **Method:**

1. Divide ground badam powder in 4 parts
2. Add milk and ghee in  $\frac{3}{4}$  quarters of badam powder and mix thoroughly and press and keep aside.
3. Take 170gm sugar and add little water in it make sugar syrup on a low heat.
4. When the syrup starts to boil add the reserved three quarter pressed badam powder and mix.
5. When the syrup and powder is mixed well add the remaining  $\frac{1}{4}$  dry powder in it and mix well.
6. Soak the saffron in milk and add that and cardamom in the above mixture.
7. When it is all mixed together and not sticky remove it away from the heat and let it cool.
8. When it's cooled down, on a cling film roll out with another piece of cling film on top.
- 9 Then cut into your desired shapes. For decoration sprinkle sliced pista and badam and put Clingfilm and lightly roll over it. Leave all the puris to dry and when dry store them in an airtight container.

## **Cereal Chevdo**

### **Ingredients:**

Cornflakes, rice crisps, cheerio's and curiously cinnamon, almonds, Cashew nuts, peanuts, split darias (roasted Chana) and kismish (dried grapes).

Spices: Oil, green chillies (finely chopped), bay leaves, chopped coriander (dried) salt, red chilli powder, hing, turmeric powder, sugar, mustard seeds, cumin seeds, cloves, cinnamon sticks, and sesame seeds.

### **Method:**

1. In a big saucepan or a bowl mix all the cereals.
2. Roast all the nuts and darias in the microwave by adding salt.
3. Mix the roasted nuts and kismish in the cereal. Also add salt, red chilli powder, turmeric and sugar to your taste.
4. Heat a little oil in a kadai and add green chilli, coriander, mustard seeds, cumin, cinnamon, cloves and mix well. When the chillies and coriander are crispy add sesame seeds and kismish and when the kismish are fluffed add the hing to the vaghar. Then add the vaghar to the mixed cereals and mix it thoroughly so that every ingredient is mixed in properly. Taste and add anything which is less. (Salt, sugar, chilli powder)

*Let the doctors handle your body;  
Let God handle your life;  
But be in charge of your own moods.*