



**The Queen's Award
for Voluntary Service**

Navjivan Vadil Kendra



www.nvk.org.uk

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 12. Vol-6 (June 2017)

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

Honorary Patrons

Manick Choraria
Pranlal V Parekh

President

Vinod Parekh
020 8537 5592

Vice President

Vinod Kapashi

Secretary

Jayant U Doshi
32 Adelaide Close
STANMORE
HA7 3EN
020 8954 1859

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Jaykumar Shah

P.R.O.

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020 8958 2714

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Dr Mahendra Vora
Purnima Mehta
Kishor Doshi

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then **Sponsor** a lunch for **£301.00**. 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:

- **Chaos** for the month of May was sponsored by late Shardaben Shah. She had already sponsored it in February and she passed away in April 17. Many thanks to their family
 - **5th May:** lunch was sponsored by Cytonn Investment.
 - **12th May:** Special Lunch was sponsored by Prafulla and Bakulchandra Kothari for their love and admiration of Kendra and for the work done by the volunteers for the elderly.
 - £49 from Kunal, son of Bakulchandra and Prafulla Kothari.
 - £25 from Naliniben Pramod Mehta.
 - Chandrikaben and Lalit Mehta celebrated their 36th wedding anniversary on 12/5/17 and their daughter had prepared special donuts.
 - **25th May:** £180 from Jayantbhai Doshi from the Tour Manager's pay for the Croatia tour.
 - £100 from Bhartiben and Pankajbhai Shah.
 - £51 from Sushilaben and Lalitkumar Shah.
 - Faluda was sponsored by an anonymous donor, which was served to everyone during lunch.
- Kendra's thanks to all the above donors.

PROGRAMS IN MAY 2017

5th May: After lunch a brief talk was given by Kenya investment in real estate forum by Shiv Arora and Bakul Kothari from Cytonn Investment.

12th May: Bingo was played after lunch which was enjoyed by the members.

Prizes were kindly donated by Ramaben Doshi

18th May: We had Whist Drive after lunch and many members took part and enjoyed playing it. Prizes were donated by Kundanben Parekh.

21st May: 42 members from Kendra went to see Cricket Match at Lords.

25th May: Dr Vinodbhai Kapashi gave an interesting talk on the historical facts and significance of "Chaar Dhaam Yatra". Vinodbhai explained about the Chaar Dhaam Yatra in detail and where they are situated.

UP COMING EVENTS 2017

1st June: we have invited a psychotherapist from Mumbai and she will share her experience in the field of wellness and mental health.

8th June: Minaben Modi (Vanik Council) has been invited to talk on live Kidney Donation. She will speak through her experiences to raise awareness.

12th June: About 36 Members are going to Potters Resort for a Yoga Retreat.

25th June: We have arranged a Kiran Purohit play **Lagan Ni Viyadhi Divorce Ni Upadhi** on Sun 25th June at 1.00 pm at the Patidar Federation Hall, Wembley. Subsidised Tickets for members are £5 and for guests £8. Only a few tickets are now remaining and if you are interested, please contact Ashokbhai Mehta. ashok_mudrika@hotmail.com

Date to be announced: Jasuben Sheth has arranged a very interesting debate: Buddhapa Ni maja ke buddhapa Ni sajaa

PICNIC - 4th July:

A picnic has been arranged to the VERULAMIUM PARK ST. ALBANS. There will be Yoga in the morning, followed by Brunch and walk around the park. We will have late lunch. Subsidised cost for Members is £10 and for Guests £15. The coach will depart from the Kenton Library at 8.00 am. If you are interested, please give your names with payment to Ashokbhai Mehta. Please bring your own water. This park is an excellent spot for picnic with a nice lake in the middle and to wander about and see various Roman remains, museum, a beautiful massive Cathedral dating back to 1077 with full of historic information. FOR PICNIC THOSE MEMBERS WHO LIVE IN THAT DIRECTION (SOUTHGATE, WATFORD ETC) IT WOULD BE EASIER FOR THEM TO DRIVE THERE.....SO IT IS DECIDED THAT THOSE WHO DECIDE TO COME DIRECT CAN PAY £5.00 FOR MEMBERS AND £10.00 FOR NON MEMBERS BUT THEY MUST INFORM US IF THEY ARE COMING.

CROATIA

Twenty four members and guests went on a tour of Croatia from 15th May till 23rd May 2017. NVK organises such trips so that members and specially those unable or unwilling to go on their own, can participate and enjoy such travel. Croatia is situated on Adriatic coast in East Europe, and it is a beautiful, hilly country with thick covering of forests on hills, rivers and lakes in the valleys. With just a population of 4.25 million, tourism is the main source of income and last year 13.25 million tourists visited the country.

The country has gone through many wars and conflicts and came into existence as an independent country merely 25 years back. Romans occupied the country and left many relics which are a tourist attraction today. It became part of Austro Hungarian Empire until that Empire was dissolved after the First World War. Later it became part of Yugoslavia until that country split into six countries and Croatia was one of them. Later Croatia joined European Union.

Every city we visited had a fortified city centre with wall around it. Our visits to these walled cities were interesting with antique buildings and churches and excavations from Roman times.

For the past few years, we arrange our own lunch and members enjoy the same. We waste less time and food is satisfying. Our secretary takes on the task of manager, and that allows him to talk directly with the guides and make changes where necessary.

We were lucky with the weather and overall it was a very successful trip.

LUNCH

Week after week, we serve lunch to our members and there is always hot discussion and some criticism from members. Some feel that simple answer is to **order more food**.

But is the answer so simple? Consider the following:

- Attendance fluctuates every week. It could be 180 or 250 or 220 OR EVEN 160....it is not easy to forecast what the attendance will be each week.
- Volunteers when serving look at the quantities supplied and they decide on how to serve. Their judgment could be wrong but how do you control this? **If they start**

serving more and food runs out, is it fair on those at the end who might not get anything?

- Members can always go again and get more food. This is better than taking too much and then wasting food.

Before criticising or making any suggestions THINK of how difficult it is to organise and make decisions week after week.

PLEASE TRY TO UNDERSTAND BEFORE MAKING SUCH COMMENTS.