

Vanik Voice



LIVE AND HELP TO LIVE

Issue 28 - March 2009

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Disclaimer

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How you can contact or find out more about the NCVA

www.vaniks.co.uk

www.ncva.co.uk

VanikVoice@googlemail.com

This committee was elected on 12 August 2007

Chairman

Mr. Manharlal L. Mehta
37 Howberry Road
Edgware
Middlesex
HA8 6SS
Tel: 020 8952 1165

E-mail:
mahar_mehta@hotmail.com

Regional Vice Chairmen

North:
Piyush Mehta

Midlands:
Gajendra Chhatrisha

London:
Dhiru Galani

South:
Harkishan Mehta

General Secretary

Paresh Gandhi

Joint Secretary

Ramesh Shah

Editor

Mrs. Heena R. Modi
VanikVoice@googlemail.com

Treasurer

Avanti Jasani

Executive Committee Members

Bina Holden
Dr Jagdish Shah
Bharat Parekh
Dr Natubhai Shah
Vijay Sheth
Saroj Varia
Bharat Varia
Jayman Mehta

Finding out what's going on.....

If you'd like to receive info about the things listed below please email Heena at heena@heenamodi.com stating what you'd like to be informed about with the email address that you'd like the content to go to.

1. News about deaths in the community
2. Events or info from Navnat Bhagini Samaj UK
3. Events or info from Navnat Vanik Association UK
4. Events or info from National Council of Vanik Associations (NCVA) UK
5. Events or info from Navnat Youth Association
6. Stuff about Zanzibar
7. The NCVA newsletter
8. Religious/spiritual events and info

Thanks
Heena

Are you part of an organisation?

We had a NCVA meeting recently and we were discussing all the amazing work (that we know about), carried out by different organisations. We feel that there is a gap because the members of our various groups are not aware our work.

Would you mind listing projects that you are involved in, including a point of contact with an email address and/or contact number? We would love to help spread the good news about what we do via the NCVA website and the Vanik Voice.

Thanks
Heena

Chair of the Multi Faith Group

Namaskar Mitra,

Congratulations to Manharbhai Mehta at being elected as the Chairman for the Multi Faith Group for Healthcare Chaplaincy. He has been responsible for drive to publish our National Directory.

Regards and God Bless
Dhiru Galani

For more info visit - <http://is.gd/IOCU>

Zanzibar Revolution 1964 - Research

"I am an American professor/researcher living in Tanzania. I have a research interest in memory studies. I am interested in interviewing men and women who experienced the 1964 Zanzibar Revolution and who are willing to share their stories of that time with me.

Were you on Zanzibar when the revolution took place? I am interested in interviewing people who supported the revolution and also those who opposed it. I would like to talk with people from all ethnic groups: Arabs, East Asians, and locals. If you are interested in sharing your memories of the revolution with me, please contact me at sacredmandalla@aol.com.

All interviews will be completely confidential"

Groups affiliated to the NCVA

Aden Vanik Association UK
Digamber Jain Visa
Mevada Association UK
Jain Association of UK
Jain Samaj Europe
Jain Samaj Manchester
Jain Sangh Birmingham
Jain Sangh of Europe
Mahavir Foundation
Navnat Vanik Association UK
Navnat Youth Association
Oshwal Association of UK
Shree Jain Sangh East London & Essex
Shree Navyug Jain Pragati Mandal,
Shree Sidhpuria Vanik Samaj
Shrimali Soni Mandal London
Vanik Association UK
Vanik Samaj Leicester
Vanik Samaj Coventry
Vanik Samaj of UK Brighton
Vanik Samaj Southampton
Veerayatan UK
Young Jains

Groups Established by NCVA

Vanik Professional Group
Vanik Business Group

Best Medicine For Blocked Arteries

I received an email about making a homeopathic drink to cure blocked arteries. Here are the responses I got from an experienced doctor and a health professional that is experienced in evaluating medical information, regarding their views on the content of the email.

*Heena - these stories don't merit circulating.
In India currently a lot of people are diagnosed with coronary artery disease that on re-evaluation in UK does not exist.
I regret to say - the doctors there do not have any quality control currently.*

I see that the above wording appears (verbatim) on at least two websites:

<http://yukitee.blogspot.com/2008/06/natural-remedy-for-blocked-arteries.html>

http://www.associatedcontent.com/article/637261/_blocked_arteries.html?cat=5

This drink seems harmless but it's very important that it's taken as a supplement to all the usual medical treatment, rather than instead of it. If it's bringing benefit, then close monitoring will reveal improvement and the medical treatment will be adjusted accordingly. Also, one needs to be very careful about anecdotal stories - one just can't draw conclusions from the odd case one hears about, however compelling it might seem.

I know that Western medicine doesn't always seem the best and doctors don't always agree. It can be frustrating and can leave you feeling disempowered. However, please investigate any information you receive before acting on it, especially if you want to cut everything else out and replace it with whatever's been suggested.

Thanks
Heena

Is eating dairy given the all clear in Jainism?

As far as Jainism is concerned I'm sure (although only guessing) that if we were to examine the Jain scriptures we would find that long distance foods are not permitted. I know that Jain monks are forbidden from using mechanised transport so surely the same must apply to food.

I guess the only reason pesticides are not explicitly forbidden is because they didn't exist in the days of the Tirthankars but the teachings about avoiding injury to all beings, whether one-sensed or five-sensed, have been laid down nevertheless, and if we follow them to their logical conclusion then we would surely say that pesticide foods are unsuitable for a Jain diet.

If we examine the Jain teachings thoroughly we would have to conclude that modern day dairy products are also unsuitable for a Jain diet. It seems to me that Jainism has got all angles covered; it's just that the lack of availability of ahimsa food means that we either have to revive the traditional methods of farming and trading or forgo one or more of the above principles.

Jonathan

Projects in the Hindu community

I am at present working on two projects of our Hindu Community which are very fast required and this are the project of our own community in Zanzibar.

These projects focus on the Crematorium and our Hindu Mandir which needs funding. Can you support by collecting funds and send them directly to The Hindu Union of Zanzibar Bank account.

For further info please contact Mr. Arun, Pankaj Doshi.

Thanks

Kirti Mandalia - eamc2000@hotmail.com

A German's View on Islam

A man, whose family was German aristocracy prior to World War II, owned a number of large industries and estates. When asked how many German people were true Nazis, the answer he gave can guide our attitude toward fanaticism. 'Very few people were true Nazis,' he said, 'but many enjoyed the return of German pride, and many more were too busy to care. I was one of those who just thought the Nazis were a bunch of fools. So, the majority just sat back and let it all happen. Then, before we knew it, they owned us, and we had lost control, and the end of the world had come. My family lost everything. I ended up in a concentration camp and the Allies destroyed my factories.'

We are told again and again by 'experts' and 'talking heads' that Islam is the religion of peace, and that the vast majority of Muslims just want to live in peace. Although this unqualified assertion may be true, it is entirely irrelevant. It is meaningless fluff, meant to make us feel better, and meant to somehow diminish the spectra of fanatics rampaging across the globe in the name of Islam.

The fact is that the fanatics rule Islam at this moment in history. It is the fanatics who march. It is the fanatics who wage any one of 50 shooting wars worldwide.

It is the fanatics who systematically slaughter Christian or tribal groups throughout Africa and are gradually taking over the entire continent in an Islamic wave.

It is the fanatics who bomb, behead, murder, or honor-kill.

It is the fanatics who take over mosque after mosque.

It is the fanatics who zealously spread the stoning and hanging of rape victims and homosexuals. It is the fanatics who teach their young to kill and to become suicide bombers.

The hard quantifiable fact is that the peaceful majority, the 'silent majority,' is cowed and extraneous.

Communist Russia was comprised of Russians who just wanted to live in peace, yet the Russian Communists were responsible for the murder of about 20 million people. The peaceful majority were irrelevant.

China's huge population was peaceful as well, but Chinese Communists managed to kill a staggering 70 million people.

The average Japanese individual prior to World War II was not a warmongering sadist. Yet, Japan murdered and slaughtered its way across South East Asia in an orgy of killing that included the systematic murder of 12 million Chinese civilians; most killed by sword, shovel, and bayonet.

And, who can forget Rwanda, which collapsed into butchery. Could it not be said that the majority of Rwandans were 'peace loving'?

History lessons are often incredibly simple and blunt, yet for all our posers of reason we often miss the most basic and uncomplicated of points: Peace-loving Muslims have been made irrelevant by their silence.

Peace-loving Muslims will become our enemy if they don't speak up, because like my friend from Germany, they will awaken one day and find that the fanatics own them, and the end of their world will have begun.

Peace-loving Germans, Japanese, Chinese, Russians, Rwandans, Serbs, Afghans, Iraqis, Palestinians, Somalis, Nigerians, Algerians, and many others have died because the peaceful majority did not speak up until it was too late.

As for us who watch it all unfold, we must pay attention to the only group that counts; the fanatics who threaten our way of life.

Lastly, anyone who doubts that the issue is serious and just deletes this email without sending it on, is contributing to the passiveness that allows the problems to expand. So, extend yourself a bit and send this on and on and on! Let us hope that thousands, worldwide, read this and think about it, and send it on - before it's too late.

Author Emanuel Tanay, M.D.

Provided by Mansukh Shah

Open Secrets!

Open Secrets - a 17 minute film showing followed by discussion and snacks

Date - Thursday 19th March 2009

Time - from 12 - 3 pm

Where - Safari Cinema, Station Road, Harrow, HA1 2TU

The film director Azeem Khan, will be on site for questions. The idea for the showing was Chandra Shah's, as part of his work with Mental Health Media, and the Open Up project: to address stigma and discrimination within the Asian community.

OPEN SECRETS a film from SHIFT about an Asian family's issues surrounding mental health. Saeed Jaffrey and Valmike Rampersad play leading roles.

Earlier this year SHIFT commissioned Azeem Khan, director & writer, Azko Films, to produce a 17 minute film based on his script. The result is a remarkable and compelling short story describing a family's journey through their son's experiences in and out of hospital.

We would like to invite you to participate in this special event. We will be discussing the film and perceptions and prejudices in Asian society on issues surrounding mental health stories.

We would very much like you to be with us at this event. This is part of the 'PEOPLE LIKE US' campaign by Mind in Harrow. Our aim is to raise awareness about mental health, silence, stigma, and discrimination. We invite you to view the film, and then join us for discussion and snacks afterwards.

Click here for more info - <http://is.gd/IUDG>

NVBS proudly presents a musical extravaganza in honour of Mothers day

On: Saturday 14th of march

At: Navnat centre

From: 6.30pm till late

Dinner will be served up to 8.00pm

Tickets: £12 if bought before 7th march

£15 thereafter

No tickets will be sold at the door

Dress code: pink for ladies and white or blue for gentlemen

Contact: Saroj varia on 0208 445 6305

Vandana Wadhar on 0208 958 1626

The age of Stupid

This is a film about a man living in 2055, looking at 'archive' footage from 2008, asking "Why didn't we stop climate change when we had the chance?"

Find out more here: -

<http://is.gd/IOjB>

<http://is.gd/IOky>

Those were the days

"I would like to encash some travellers' cheques, please." Sameer said to the girl at the Foreign Exchange counter of the Bank of India in Poona. The girl at the desk was deeply engrossed in her work with her head down oblivious to the world around her and was tapping away at the keys on her calculator. "What is today's rate against pound sterling?" Sameer enquired as the girl looked up. "Sameer? She let out with astonishment and disbelief and almost jumped up from her chair. "It is you".

It was some thirty years ago that Sameer had completed his education at Poona University and was boarding the ship, SS Karanja, at Bombay to return to Dar-es-Salaam. The ship was about to depart and Ratti was crying her eyes out and waving her arms as Sameer looked down from the passengers' deck to where Ratti was standing among other people who had come to say their farewells to the friends and relatives who were going on their long voyage from India to East Africa. As the ship was moving away, Sameer saw that Ratti was pointing to the five fingers of her hand and crying so uncontrollably that a couple of kindly looking elderly people were trying to comfort her. He knew what she was trying to say. A few hours ago before he boarded the ship, she had extracted a promise from him that he would write five letters to her every month. Her feelings were vividly expressed in her first letter to him in which she had written '... after your ship left the pier, I do not know what came over me. I went on crying and crying. I think I must have become hysteric, or God knows what. In my whole life I have never felt so miserable as I did when your ship went off taking you away from me forever, forever, forever...' That was a long time ago. More than thirty years had elapsed and Sameer had now moved to England where he had settled down with his family in London.

"Come let's go to the canteen and talk over a cup of coffee" she led him to the staff restaurant where they sat for hours reminiscing about the good old days when they were both studying at the same college. How they would bunk lectures and spend hours together either watching a film in the matinee show, holding hands, or just simply relaxing on the grass near the temple on Parvati Hills. She was a local girl born and brought up in Poona and knew the city like the back of her hand, while he had come from a small town in Africa. Those were the days when she would take him to different places and acquaint him with their history. They would cycle to the Bund Gardens, Shambhaji Park, Deccan Gymkhana, Kirkee and all the way to the far away Sinh Gadh. With her cousins and friends, they would play Antakshari and sing songs and he being a poet at heart would win them over with his emotion evoking songs. How he would cheat at the game of cards and when caught would be forgiven when he would sing the song from "Awaara" – "I am a thief but all I steal is hearts". Then he had written a poem about her that was published in the college magazine and the girls in the ladies hostel claimed that they were the subject of his poem!

Suddenly she looked at her watch. It was getting late. She had to finish work and go home to cook for her husband and daughter! He took a rickshaw to the hotel where his wife and son were waiting for him to take them on a sight seeing tour of the city where he went to college. As the rickshaw made its way in the mad rush hour traffic, he looked inside the brief case he was clutching in his hand. The travellers' cheques were still there. He had forgotten to convert them into Indian rupees!



Dinesh Sheth

Mahavir Janam Kalyank

<http://is.gd/IMZJ> - please click on this link to view the flyer

Mahavir Janam Kalyank is the celebration of Bhagwan Mahavir's birthday, it is a fantastic way for all UK Jains to come together and promote his unique teachings. This in turn, will create an invaluable opportunity for Jains of all ages in the UK to start working together in harmony and understand each other's point of view and traditions, instilling a greater sense of pride and unity in the whole community.

Don't Miss Out: Get your tickets to the Mahavir Janma Kalyanak Celebrations, being held over the Easter Weekend under the united name: Jains UK! This historical event will have something for all ages and is again being celebrated together by all Jain organisations in the UK.

Free Parking, Lunch and Dinner on both days

Renowned International Speakers include: Pujya Chitrabhanuji, Pujya JinChandra Maharaj, Pujya Kumarpal Desai, Pujya Shashikant Mehta, Pujya Acharya Shri Chandanaji, Pujya Sadhvi Shubhamji and Dr Will Turtle.

Date: 10th / 11th April 2009

Venue: Harrow Leisure Center, Christchurch Avenue, Harrow, Middlesex

For more information visit: www.jainsuk.org

A Rough guide to eating out for vegans

Eating out is a pleasure that is not denied to vegans. There are many sources you can turn to for ideas of vegan restaurants. However, when not organising the meal or when going out with non-vegans, it may be harder to go to a vegetarian/vegan restaurant. Here are some rough tips on eating out, broken down by cuisine:

Chinese: Most Chinese people are lactose-intolerant, so the good news is that there is hardly any dairy used in their cuisine. There are also many Chinese restaurants run by Buddhists, which are entirely vegan and often so not even include onion and garlic. In conventional Chinese restaurants, be wary of noodles that often contain eggs. From experience, udon noodles are usually rice-based. When ordering rice be clear about ordering boiled rice only as their rice is often egg-fried by default. If ordering deep fried food, just check that it is not contaminated by being fried with non-vegan food.

Thai: Thai food also rarely uses dairy. The biggest thing to be wary about in Thai food is fish/shrimp paste, which is often the base of their curry pastes. Be clear that you do not want any fish or shrimp derivatives as they sometimes consider seafood to be suitable for vegetarians.

Mexican: True Mexican food would not include cheese, but the American version is often defined by copious amounts of cheese! You can ask for Mexican food without cheese. Mexican food might also be served with sour cream so you can request not to have that either. Guacamole (avocado dip) is traditionally made without dairy, though some people do add yoghurt or sour cream so ask the waiter for advice on this.

Italian: Italian food is often the least suitable for vegans. Traditional pasta is commonly made using egg, so go for the durum wheat pasta option instead. There is a lot of cheese involved in Western interpretations of Italian food, so you can always request food without the cheese. White pasta sauce is usually made from milk and butter so this is one to avoid. In Italy itself, there are naturally vegan pizza options in their cuisine which do not include cheese in the topping!

Bear in mind that not all pizza bases are suitable for vegans. Here is a breakdown of some of the main pizza chains:

Pizza Express – base and tomato sauce both vegan.

ASK – Normal bases and tomato sauce both vegan.

Dominos Pizza – will advise on which pizzas can be veganised.

Pizza Hut – Caution! Their bases contain dairy produce.

Papa John's – Bases and tomato sauce are vegan.

Zizzi – Bases are vegan.

Middle Eastern: Although Middle Eastern cuisine often includes dairy produce, it is usually served on the side rather than cooked with it. For this reason, by asking for vegetarian food without the yoghurt on the side, you will find that much of the food becomes suitable for vegans. Hummous is traditionally made without dairy, although some people choose to add some yoghurt so seek advice on this before eating if you are concerned. Most of their food is cooked in oil rather than butter. If you are lucky, you might even stumble upon vegan-friendly Middle Eastern sweets, particularly those based on dried fruits. There are even some vegan-friendly Baklava, which is made without adding a honey glaze and using vegetable ghee instead of butter ghee.

African: Although a lot of African food will be meat-based, the vegetarian options will rarely include dairy (as most Africans are also lactose intolerant). Look out for Ethiopian fermented bread called 'injera' because that is usually vegan. You will find a lot of maize and bean products in African food. Be warned that in South African food there is often condensed milk which might not be easy to spot! North African food is sometimes similar to Middle Eastern, as far as vegans are concerned.

Indian: Indian food has a colourful history of vegetarian cuisine so you will find lots of inventive and nutritious vegetarian food with no difficulty whatsoever. Some things for vegans to watch out for:

Ghee – butter ghee is often used instead of oil in cooking. From experience, this is more true of richer and fancier food. It is expensive so the cheaper places where locals might eat usually use oil or alternatives such as 'dalda'. There does seem to be a shift away from butter ghee, though Punjabi cuisine still appears to be holding on to the ghee! When ordering chappatis these may come with ghee by default so specify that you want it unbuttered. Although South Indian 'dhosas' are most commonly made without dairy, there are some people who cook them with a few drops of ghee. Watch out for dishes such as Khichadi which may have a spoon of ghee stirred in at the end.

Continued below

A Rough guide to eating out for vegans continued

Bread – amazing as it may sound, bread in India often contains milk, and has also been known to contain eggs. Carefully read the ingredients of bread before buying.

Eggs – the good news is that Indian food which is labelled as ‘suitable for vegetarians’ in India means that it does not contain eggs. This is largely the case in Indian cuisine elsewhere as well. The ‘suitable for vegetarians’ sign in India is a green dot in a green square.

Hidden dairy – Indian food can sometimes disguise dairy fairly well, particularly Gujarati food. Food that may contain yogurt include: Dhokla, Ondavo, Vara, Khandavi, Kadhi, Idli, Chakri (the savoury snack).

Naan – naan is rarely suitable for vegans, often containing milk derivatives or even egg. Pitta bread is a much safer option.

European: European food often is also meat-heavy. Some things to consider:

Stock – stock is often added to a lot of European food, soups for an example. Ensure it is not chicken, fish or meat stock.

Frying – vegan and non-vegan food might be fried together. Particularly be careful with chips.

Glazes – food is sometimes given an egg or honey glaze. More true for baked goods.

Hidden produce – For no apparent reason, junk food like crisps often have added milk powder. Read the ingredients!

By Jyoti Mehta

Asians and their hearts

Dear Community Members,

As Asian migrants we have a particularly high risk of prematurely fatal and non-fatal events such as heart attacks, cardiac rhythm disorders and strokes and we should do all we can to prevent these.

To help with this - the Vascular Risk Assessment Programme for the UK is a massive and critical government initiative to invite for checks 3 million individuals over the next 3 years, who has not already had a vascular event, between the ages of 40 and 74 for cardiovascular risk.

It aims to then help prevent events with appropriate advice and therapies with the potential to save thousands of lives and keep us healthy for longer.

This is one of the biggest initiatives in the world and has had a commitment of about £200 million per annum put into it over the next 3 years.

Numerous other cardiovascular colleagues and I are working to implement the plan across North Central London and we have recently established important prevention guidelines for all GPs in these areas.

Many of you will have heard about the program in the news and I will be providing several regular updates and details in the next year on how our communities can benefit.

Please send this initial note to all in our community members with the attached paper about the program.

Also attached is an invitation to community leaders to be trained as part of that programme in undertaking Social Marketing projects to later be able to tap into the vascular risk program and initiate a vascular risk assessment events and social program for our community.

Jai Jinendra,

Ameet

=====

Dr Ameet Bakhai, MBBS, FRCP

Consultant Cardiologist

Barnet General Hospital

Royal Free Hospital

Bushey Spire Hospital

Please visit <http://is.gd/IUG9> to see the NSMC Training Guide

Please visit <http://is.gd/IUG1> to read about the Vascular Risk Assessment Program

Dates for your Diary – Jain Samaj Leicester

Sthanakwasi Upashraya Celebration Sunday 13th April 2008.
Chaitri Poonam – Siddhachal Yatra Sunday 20th April 2008
Namaskar Maha Mantra (London) Sunday 18th May 2008
20th Dhaja Badali in both Jinalays Sunday 13th July 2008
Digamber Jinalay Celebration Sunday 7th Sept 2008

Provisional

27th April or 4th May Srimad Rajchandra celebration in Leicester

These dates have been planned since August 2007 and we humbly request all organisations to take note when planning their events.

Ramesh Mehta

JVB newsletter – Please visit <http://is.gd/IUEs>

Were all those who fought for Britain welcomed back?

1946 after black people had fought and died all over the world for Britain, those who were still in England were told to go back where they had come from.

On this day we will tell the untold stories of the post-war generation with films, audio clips and testimony from war veterans who were also veterans of the Civil Rights movement in Britain. As a black person in the post-war years you were:

- refused bank loans
- refused jobs
- restricted to live in bombed out areas
- blocked from buying homes
- harassed by police
- refused entry to churches
- refused service in pubs, hotels, restaurants
- forced to pay a higher mortgage than whites
- spat at on public transport
- attacked by the general public
- treated as if stupid in schools

War veterans such as Billy Strachan, Sam King and Connie Marks used their organising skills to fight such discrimination. We will focus on how such obstacles were overcome and if the lessons have been learned/remembered by the present generation

When? - Saturday 21 March 1pm-4.30pm

Where? - Imperial War Museum, Lambeth Road SE1

Tube: Lambeth North.

Cost? - Free entry

White King, Red Rubber, Black Death

King Leopold II of Belgium in the early 20th century turned the Congo into a vast rubber-harvesting labour camp in which he killed millions and amputated the hands of tens of thousands while claiming he was civilising the African.

Although represented in the west as typical “African savagery” the chopping off of hands was promoted by white people as a means of terrorising Africans to collect rubber in order to make Europeans rich. This is why one of the world’s richest countries is home to such misery today.

This award winning documentary sets the context for understanding the crisis in Kivu, the 5 million Congolese deaths in the last ten years and why Patrice Lumumba was assassinated by Western governments. The Congo was also crucial to the winning of World War 2.

Followed by panel discussion

When? - Saturday 21 March 2pm-4.30pm

Where? - BFI Southbank (near Royal Festival Hall), Belvedere Road SE1

Tube - Waterloo.

Tickets £5.

Phone 0207 928 3232

The London Empowerment Partnership

In October 2007, London Civic Forum was delighted to be chosen as the lead body for the London Empowerment Partnership (LEP). When the London Civic Forum was launched in 2000, it brought together London's private, public, community, voluntary and faith communities in order to give a voice to London's civil society and ensure that they have the opportunity to influence decision makers and the decisions which were likely to impact on their lives.

The London Empowerment Partnership, a strategic level initiative which aims to improve the quality, coordination and evidence of community empowerment in the London region, helps to support, broaden and progress the work of London Civic Forum.

The LEP works with a cross sector Regional Consortium to deliver an ambitious action plan which supports regional progress around community empowerment. It works to ensure that a wide range of perspectives are represented in the work that it does.

Key to the success of the LEP is ensuring that the myriad perspectives and experiences of all those involved in community empowerment are heard and learned from.

This e-bulletin will ensure that information about the work of the LEP, the Regional Consortium and all those who are involved in the development of community empowerment in their communities is shared, discussed and disseminated as widely as possible. It will keep readers informed of both national and regional policy developments around community empowerment and ensure that readers are given every opportunity to have their views and opinions heard. It will showcase good practice and offer a forum for debate and discussion in all aspects of community empowerment and community engagement.

Deirdre McGrath
Head of Civic Engagement
London Civic Forum

To find out about the things listed below visit - <http://is.gd/jGB3>

- New Opportunities: Fair Changes for the Future White Paper published by Communities and Local Government
- New legislation to help build stronger communities
- London Councils 'Be a Councillor' campaign to launch nationally
- First Community Asset grant announced
- New funds available for faith-based community groups
- Government publishes response to Improving Local Accountability consultation – find out more here

Results from the Citizenship Survey were released by Communities and Local Government on 29 January 2009. These results cover the period from April-September 2008, and provide a snapshot of the state of community empowerment, community cohesion and prejudice and discrimination in England. A summary of the findings are outlined below.

Empowered and active communities

- In April-September 2008, 39% of people felt they could influence decisions in their local area, a similar proportion to 2007-2008 (38%) but lower than in 2001 (44%).
- White people were less likely than people from minority ethnic groups to feel they could influence decisions affecting their local area (37% compared with 51%). White people were also less likely to feel they could influence decisions affecting Great Britain (19% compared with 39%).
- The proportion of people engaged in some form of civic participation has not changed since 2001 (39% in 2008 compared to 38% in 2001). The proportion of people engaged in consultation about local services or issues has also remained unchanged (20% in 2008 compared to 20% in 2005).
- Levels of formal volunteering (at least once a year and at least once a month) have fallen since 2005, although levels of volunteering at least once a year have risen since 2001.

Community Cohesion

- In April-September 2008, 82% of people perceived their community as cohesive, agreeing that the local area was a place where people from different backgrounds got on well together. This figure is unchanged since 2007-08 (82%), but represents an increase from 80% in 2005.
- In April-September 2008, 76% of people felt they belonged strongly to their neighbourhood. This figure is unchanged since 2007-08 (75%) but has increased since 2003 (70%).
- In April-September 2008, 81% of people were satisfied with their local area as a place to live.
- Young people were more likely than older people to mix with people from different ethnic and religious backgrounds.

Find out more here - <http://is.gd/jGAC>

Cycling for Charity, India Challenge 2008/2009 Agra to Jaipur 300km

Over 45,000 kms in 5 days of Cycling (try and work that out!)

On Saturday 2nd January 2009, an extraordinary sight filled the streets of Jaipur as a spectacular convoy of 155 cyclists, sped towards Amber Fort. There was tremendous elation as the cyclists came to the end of an incredible journey; a journey that started on the 29th December 2008 at Taj Khema in Agra (with a spectacular back drop of the Taj Mahal) with 190 people (inclusive of 35 Volunteers) setting off



The group consisted of 80 children and young adults who had pledged to help less fortunate children by raising funds through personal endeavor, and 75 'apparently fit' adults to help boost the amount raised.

The participants were blessed by Acharya Shri Chandanaji at Taj Khema, one of India's most famous political platforms in the presence of over 50 press journalists. The event was only possible with the help of our Honourable Patron based in Agra, Shri Ashok Jain, who gave us his valuable time and support to arrange this unique ceremony. Acharya Shri Chandanaji, in her address to the participants, portrayed cycling as an ideal Jain mode of transport – occupying minimal space, no fuel, no pollution and no damage to the environment – and that too being used to raise funds for another one of Jainism's principle tenets – compassion through action – for the well being of other living souls. There could not have been a better analogy!

All riders, from the youngest Dhruv Doshi, 11, and Sai Veer (also 11) to the oldest Chandrakant Shah aged 63, successfully met the demanding challenge. It was no mean 'feat'. The terrain in Rajasthan is very tough for cycling, and required enormous amounts of will-power, discipline and commitment, and more importantly the support of fellow riders, without which a number of cyclists would have simply given up only after the second day!

It was the first time that both Adventure World and Aagman, the two Logistics companies specializing in providing camping and tracking holidays in India, had helped to organise a cycling ride for such a large and varied group, and Raj Bajaj (Managing Director) commented: "I was particularly impressed by the discipline of the youngsters and their enthusiasm was overwhelming." He added: "None of the cyclists wanted to give up even when they were struggling very hard to keep up with the rest of the group. This caused huge logistical problems but we just had to work that much harder to deal with them. How could you say 'no' to those cyclists who continued to plead to keep them on the road!"

This event, organised under the Veerayatan umbrella, is part of a much bigger vision for Veerayatan to set up educational centres for the underprivileged in rural India. With matching funds promised by other Veerayatan well wishers and donors, this event is expected to raise many crores of rupees for this very worthwhile cause.

Cycling for Children (c4c) has shown that our children, given the opportunities, can display great courage, discipline and feelings of compassion to raise such a large sum of money for the well being of other less fortunate children around the world. c4c takes great pride in taking a lead in developing this huge potential in these children. Ideas for such future challenging events are already pouring in.

The project was led by Pravina and Rohit Mehta (Pravina conceived the idea about 12 months ago) and Mahendra Mehta, Chairman of Veerayatan UK, helped by a small logistics team as well as the organisation's trustees, well-wishers and their families. The project took nine months of detail planning- from appointing the Logistics Partners to provide route guidance and safety of riders, to arranging accommodation, and luggage and bike transfers, to providing meals enroute, to arranging a gantry 'start' and 'finish', to even arranging the celebratory Elephant Polo game in the grounds of the City Palace in Jaipur!

Pravina hosted no less than 50 meetings at her house, which became the nerve centre for the whole project. She was assisted by Veerayatan Trustee Jayant Doshi (Flight Liaison), Anish Mehta (Newsletter and Logistics), Vikash Patel (Web site and Logistics) and Mahesh Rathod (India Liaison). As the trip came to an end, and as each of the 80 young participants came to say thank you and hugged her affectionately, it was indeed an emotional time for her. "I have just added another 80 children to my family". This says it all about how each of the participants became part of one large family.

Vikash Patel who was also c4c's head of Cycling Logistics, worked tirelessly throughout the event, often managing to catch only a couple of hours of sleep at night. He brought with him a much-needed boyish charm to the whole event, helping to create a fun filled atmosphere in the evenings. Affectionately known as Vikashbhai to all the participants, his down to earth approach often helped to lighten some of the tense moments during the event.

For Veerayatan UK's Chairman, Mahendra Mehta, who incidentally also cycled all the way, to see the last cyclist cross the finishing line was indeed a proud moment in the organisation's history. "Today we are witnessing the culmination of dedication, commitment and hard work of all our supporters, whose combined energies have delivered yet another successful project for Veerayatan. We continue to excel on all fronts. We cannot stop now. We must keep going!!

Cycling for Charity, India Challenge 2008/2009 Agra to Jaipur 300km continued

Staggering 'STATS'

People

155 riders + 35 support volunteers to make 190 people altogether, accompanied by 5 coach Drivers (Long Journeys), 10 tempo Drivers (for non cyclists and drop outs), 5 cluster leaders in open gypsies, 15 motor cyclists, 5 drivers and 5 mechanics managing bicycle trucks, 2 drivers for trucks carrying consumables, 3 doctors, 6 male nurses and 3 female nurses in Ambulances. Only 3 riders had minor injuries! and NO riders with serious injury. 100% completed the route. (Few temporary drop outs when the heat became unbearable)

Cycling Logistics

Cycling Logistics incorporated 5 Cluster leaders, 15 motor cyclists, 5 Tempo Travellers to pick up drop outs, 5 cycle trucks and 3 ambulances. Cyclists were split into 5 groups according to their fitness levels. Each group had about 30 riders. All riders identified by their name badges (which were colour coordinated according to their cycling groups).

Route

300 km of mixed terrain. Rough Roads, Highways, Back Roads, Muddy Roads, Sandy roads, Mountains, Lakes and Valleys. Starting at Taj Khema and ending at Amber Fort in Jaipur. Each day's cycling was preceded by a prayer and a session of warm up exercises, led by Laxmi Patel, a well known Yoga teacher and a very keen and able cyclist. Fourth day's cycling was the toughest, with some very steep gradients. It was also a logistics 'nightmare' for the organisers as the distance between the different ability cycling groups became very stretched. As darkness fell, a significant proportion of the cyclists were still about 6 km away from their camp destination. But as cyclists refused to be 'bussed', security arrangements had to be strengthened to bring the cyclists home in pitch darkness.

Bicycles:

155 Professional quality, International Standard bicycles, most of which were hired locally. We had a total of 152 punctures with a maximum repair time of no more than 3 minutes.

Food

Daily Food and Refreshments – Breakfast, 4 water stops, 2 Snack spots, 1 Lunch spot, 1 High Tea, Dinner every day for 5 days! Each water stop had ice cool mineral water, fruit juices, barley water, glucose, rehydrating salt powder, plenty of fruit (bananas, apples and oranges), energy bars, crisps, dried fruit and nuts, tea and coffee as needed. The troupe consumed, 2500 litres of water, 1500 Bananas, 2000 oranges, 20 kilos of pasta and almost 50 kilos of rice

Accommodation

Huge Camping Sites set up just for one day comprising of 90 en suite tents, Reception Area, Dining Area, and Entertainment Area, providing running hot water (!), electricity, and hot water bottles at night. Participants' sleeping preferences were all accommodated, regardless of the fact that every hotel and camp had a different room template – a major achievement in itself!

Luggage

Each individual was given the following: - 1 Travel bag, 8 T-shirts, 1 cap, and 1 drawstring bag.

Around 400pcs of Luggage were handled twice daily through customs, hotels and campsites; about 6000Kg of luggage moved at each of the 14 Luggage transfers! We did not loose one bag!

Support Vehicles

Cycling Logistics incorporated 5 Cluster leaders in open Gypsies, 15 motor cyclists, 5 Tempo Travellers to pick up drop outs, 5 tempo travelers for non cyclists, 5 cycle trucks and 3 ambulances. Each vehicle was equipped with full details of the route, maps, contact details in emergencies, daily plans, hotel and camping accommodation templates, contact details of all participants and their families, and emergency supplies of water, fruit and light snacks in case they were needed to provide support to the participants at the end of some of the most difficult 'climbs' en route. One of the support vehicles served as a mobile office throughout the event.

What the participants had to say: -

Absolutely brilliant! - Brian Jeeves

Just emailing to say a very big thank you for putting so much time and effort into such a fantastically rewarding trip..... I feel proud to have participated and completed such a challenge and knowing that it will help so many needy children throughout the world. - Avnish Shah

"C4C - Best Trip Ever! III" - Kishan Amin

I just wanted to thank you for such an amazing cycling trip. All the hard work and determination definitely paid off. - Reena Rayani

Fund raising activity could be so charming and so lively I would have never known had you not given me an opportunity to be part of this wonderful mega event. A mere word of "Thanks" is not enough to express my gratitude as it was the ultimate experience shared by me in all my 36 years of life. It was a learning experience for all of us to see the passion, the enthusiasm and the determination of all the cyclists - Kavish Shah

Rohit Mehta

The NCVA Matrimonial Register

For those of you who are unaware, the NCVA have a very professional, anonymous structure in place to help you meet your possible soul mate.

Jayman Mehta is the person to contact if you view details of a person that wish you learn more about. He will check whether you are a member and then pass on our details to the person that you're interested in.

The list is organised so that the reader can learn the height, qualifications, age and reference number of each member. Viewers can see whether the members on the list are male or female by looking at the letter at the beginning of the reference number.

For contact details of members on the list OR to become a member please contact: ~ Jayman Mehta

Contact time: Mon. to Fri. eve. between 5.30 p.m. & 7.30 p.m. ONLY, on Tel. no. 020 8907 2428

Please DO NOT contact outside above days and time

You can also receive this list by e-mailing mehtajayman@yahoo.co.uk or manhar_mehta@hotmail.com

Attention!!

If you are a member and you have got engaged or married, please phone the administrator as early as possible. This will prevent people enquiring about you. It will also save your time, the caller's time and the administrator's time. Above all, it will prevent any embarrassment or awkwardness to you or the caller.

The NCVA Matrimonial Register – males

Ref No	DOB	Ht	Qualifications
M 511	15-Oct-61	5'3"	SSC High School Graduation
M 469	15-Dec-68	5'7"	BA Hons Information management and Finance
M 526	23-Feb-70	5' 5"	BTEC Eng. FPC
M 617	17-Jul-72	5' 10"	BSc (Hons), MSc, PhD
M 636	02-Nov-72	5'11"	B.Sc.(Hon). MBBS. MRCP. FRCR.
M 645	29-May-73	5' 7"	ACA, BSc (Hon)
M 465	10-Jul-73	5'5"	Computer & Accounting
M 538	16-Feb-74	6' 0"	Optometrist
M 635	11-Jul-74	5' 8"	BTEC Nat. Dip. In Business & Finance
M 589	14-Mar-75	5' 4"	BSc (Hons) Management Science
M 631	09-Jun-75	5' 4"	F.Y.B.Com(Ind). GCDL & Partime Courses(UK)
M 621	05-Oct-75	5' 7"	MBA
M 601	18-Feb-76	6' 0"	CIMA Finalist, BA (Hons) Business Studies
M 639	04-Mar-76	6' 0"	B.Sc.(Hon) Optometry
M 590	09-Nov-76	5' 10"	BSc(Hons) Economics
M 505	08-Dec-76	5'10"	MA, BSc Accounting & Finance
M 624	25-Mar-77	5'10"	B.Sc. Multi Media. IT HND
M 623	04-Oct-77	5' 5"	B.Sc. M.Sc. Optician
M 655	26-Oct-77	5' 4"	MBBS. BSc. MRCPGP
M 533	15-Apr-78	6' 0"	MPharmS(Hons), MRPharmS
M 658	05-May-78	5' 10"	GNVQ Computing
M 553	29-May-78	5' 10"	BA (Hons), ACA Chartered Accountant

The NCVA Matrimonial Register continued

Ref No	DOB	Ht	Qualifications
M 643	21-Jun-78	5' 6" 5'	GCSC
M 570	15-Nov-78	10"	BSc (Econ), MSc(Econ), CIMA Finalist
M 593	11-Dec-78	5' 8"	BSc Business Management
M 660	23-Mar-79	5' 9"	Msci Biomedical Sc. Msc Pharma. Technology
M 653	03-Apr-79	5'11"	MA(Cantab) BM; Bch; MRCS(Eng)
M 634	24-Sep-79	5' 9"	Bsc.(Maths & Eco), ACA
M 591	07-Oct-79	5' 6"	BA(Hons) Accounting & Finance, ACCA
M 637	09-Feb-80	5'11"	M.Com.CIMA (Mngmt. Act.)
M 657	03-Mar-80	5' 7"	Master in Info.Syst.Engineeering
M 609	14-Mar-80	5' 9"	Master in Pharmacy
M 627	03-Jun-80	5' 7"	B.Sc.(Comp. Eng), MBA(Finance)
M 641	09-Jun-80	5' 5"	BDS MFDS(Dentistry)
M 651	29-Sep-80	6' 0"	ACCA
M 600	30-Oct-80	5' 8"	BA (hons) Media Production Management
M 630	03-Nov-80	5- 6"	B.Sc.(Hon) Business Info Systems.
M 608	18-Jan-81	5' 9"	BSc (Hons) Business Information Technology
M 644	11-May-81	6' 1"	MBChB,(Manchester), DRCOG
M 642	27-Aug-81	5'11"	MRPharms (Pharmacist)
M 585	18-Sep-81	5' 5" 5'	BSc (Hons) Computer Science
M 614	26-Oct-81	10"	ACA, BSc Maths with management
M 638	21-Nov-81	5' 5"	B.Eng.Computing & Masters in Finance
M 611	11-Feb-82	5' 8"	BSc Bio Chemistry
M 659	11-Apr-82	6' 2"	BA Accounting
M 652	04-May-82	5' 8"	BDS MFDS(Dentistry)
M 647	22-May-82	5'10"	BSc.(Hon) Air Transport studies
M 646	18-Sep-82	5' 7"	ACCA(Finalist), BA(Hon) Accounting & Finance
M 648	30-Sep-82	5'11"	BA(Hons) Business Economics
M 654	14-Oct-82	5' 7"	Degree in Computing/Business
M 656	14-Oct-82	6' 0"	BDS (Bachelor Of Dental Surgery)
M 650	02-Oct-83	5' 7"	M.Eng. With Economics & Management(oxford)
M 649	31-Oct-83	5' 6"	B.Com, Level 2 In Food & Drink Mfg. Food Safety
M 640	28-Jan-84	5' 7"	B.Sc (Upper Sec. Hon) Sta. & Mkt.

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The NCVA Matrimonial Register – females

Ref No	DOB	Ht	Qualifications
F 520	13-Apr-63	5' 0"	Diploma in Business Studies, Management Training
F 744	17-Jul-70	5' 1"	CIMA Qualified.
F 689	18-Jan-73	5' 3"	BSc, ACA (Chartered Accountant), MBA
F 735	29-Oct-73	5' 2"	LLB Law
F 753	28-Feb-74	5' 2"	BA (Hon). Business Admin.
F 612	18-May-74	5' 6"	LLB Solicitor
F 577	22-Dec-74	5' 4"	BSc(French), MSc(Comp.Sc.)
F 728	15-Sep-75	5' 7"	BA (Hon)
F 568	30-Jun-76	5' 2"	MSCI Medical Physics (Hon)
F 749	07-Jul-76	5' 0"	BSc. Comp Sc Undergraduate(3rd Year)
F 534	28-Aug-76	5' 4"	M Pharm, M R Pharm S
F 741	07-Dec-76	5' 2"	Char. CIPD, MA, BA (Hon)
F 733	25-Feb-77	5' 0"	Char. Inst.of Marketing, BA (Hon) Business Stud.
F 672	31-Mar-77	5' 4"	BDS, MFDSRCS, Dentist (Specialist Trainee)
F 736	25-Jun-77	5' 1"	ACCA Part Qualified
F 673	04-Aug-77	5' 5"	BA, MBA
F 555	16-Nov-77	5' 7"	BDS (Dentist)
F 730	02-Feb-78	5' 1"	Diploma in Business Studies
F 682	06-Feb-78	5' 2"	B Eng(Hons) Computer Sy.Eng. (MBCS, MIET)
F 654	24-Jun-78	5' 0"	HND Graphic Design
F 729	09-Aug-78	5' 2"	B.Sc(Hon). IT
F 739	27-Dec-78	5' 3"	B.A.(Hon) Joint Law & Psychology
F 737	10-Jul-79	5' 5"	B.A.(Hon) Visual Merchandising Mgmt.
F 731	13-Jul-79	5' 3"	B.Sc. Medical Biology.
F 637	19-Aug-79	5' 4"	BA(Hons) MGMT Accounting, ACCA
F 757	28-Aug-79	5' 2"	B. Eng (Chemical)
F 747	18-Oct-79	5' 1"	Masters in pharmacy, MRPharms
F 701	02-Dec-79	5' 7"	B.Sc.(Hon), PGC.
F 717	26-Jan-80	5' 1"	Pharmacist (Master)
F 703	15-Feb-80	5' 3"	B.A.(Hon) Business Studies(UK)., MBA (USA)
F 719	10-Apr-80	5' 6"	MBCHB, MRCSed
F 721	17-Apr-80	5' 2"	B.Sc.(Hon), McOptom
F 615	08-Jun-80	5' 1"	BSc(Hons) Biochemistry+Microbiology
F 613	19-Jun-80	5' 3"	B Sc Computer Science
F 587	31-Jul-80	5' 4"	MPharm(Hons), MRPharms
F 726	14-Sep-80	5' 4"	B.A(Hon) Accounting with BIS, ACA

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