



ROTARY CLUB OF MUMBAI CUFFE PARADE

RI District 3140, Club No. 28210

www.rotarycuffeparade.com / info@rotarycuffeparade.com



Cuffe-links

October-2014

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Prez's Desk



Dear Rotarian Friends,

The October month has passed with lots of fun. Very enthusiastic participation of our members at the Diwali party. We also did very noble projects with remarkable support and response from our members.

We also invited very eminent speakers – Shri Amin Sayani [RJ of Geetmala – All India Radio], Dr. Manoj Desai – [Spine Surgen], Pawan Chiudhary – CA [Pawan Choudhary & Co.]

We also had amazing response from our members for TRF contribution. Thank you all for your generous support at every step of the way to make our Country [Community] better.

Warm Regards,
Your Prez.
Mahendra Sundesha

ROTARY CLUB OF MUMBAI CUFFE PARADE WISHES

**aaj se aap ke yaha dhan ki barsat ho,
maa laxmi ka vas ho, sankatto ka nash ho
har dil par aapka raj ho, unnati ka sar par taj ho
ghar me shanti ka vas ho
* HAPPY NEW YEAR**



ROTARY FACT

As a Rotarian, you are WELCOME to attend any Rotary Club meeting, anywhere in the world. Use the Club Locator tool at www.rotary.org or the free mobile Rotary Club Locator app to find clubs, meeting times, and locations.

THE 4 WAY TEST

of the things we think, say or do

Is it the TRUTH?

Is it FAIR to All Concerned?

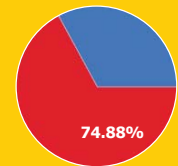
Will it Build GOODWILL & Better Friendships?

Will it be BENEFICIAL to All Concerned?

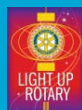
PROGRAMME AT A GLANCE

- 1st & 2nd Nov –Operation Restore - [at National Burns Centre - Airoli]
- 12TH Nov -Felicitation of – Mr. Mangal Lodha & Mrs. Manju Lodha
- 19th Nov -Pre-OCV 2014-15 - with Asst. DG Akshay Mehta
- 22nd Nov –Rotary Race Day
- 26th Nov –Meeting [cancelled]

ATTENDANCE



Attendance 74.88% in October 2014
(100% attendance list on page 11)



Rtn.Ajay Gupta
District Governor-3140
2014-15

Rtn.Mahendra Sundesha
President-
2014-15



BIRTHDAYS & ANNIVERSARIES



Ann Nasira Patel
2nd Nov



Rtn Rajbir Singh
5th Nov



Rtn. Ashalata Bedre
20th Nov



Ann Shailza Jhunjunwala
10th Nov



Rtn. Darshna Doshi
13th Nov



Ann Anisha Shah
9th Nov



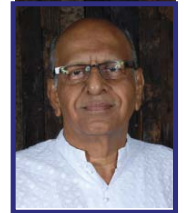
Rtn. Surendra Gandhi
17th Nov.



Ann Meena Sundesha
18th Nov.



Rtn. Mahendra Gandhi
20th Nov.



Rtn. Anil Aggarwal
21st Nov.



Rtn. Aditya Daga
24th Nov.



Rtn. Sunil Mehta
25th Nov



Ann Smita Mehta
22nd Nov



Rtn. Paresh Tejura
25th Nov



Rtn. Gulnar Nabee
25th Nov



Happy Anniversary



Rtn. Yasmin & Imtiyaz Kanga
8th Nov



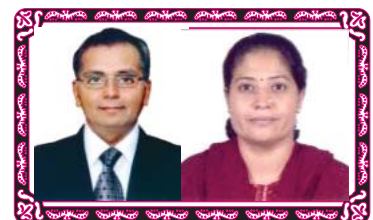
Rtn. Gulnar & Zuhair Nabee
17th nov



Rtn. Rajendra & Shobha Sah
22nd Nov.



Rtn. Sonal & Deepak Somaiya
26th November



Rtn. Rajesh & Pallavi Thakkar
27th Nov.



NOVEMBER - THE ROTARY FOUNDATION MONTH



GRATEFUL ACKNOWLEDGMENTS AND RECOGNITION MULTIPLE PHF AND FIRST TIME PHF OF OUR CLUB



Rtn. Rajendra Sah-\$1000



Rtn. Yogesh Jesrani
\$500



Rtn. Ramesh Kothari
\$500



Rtn. Amit Vora
\$500



Rtn. Rajul Parikh
\$ 500



Rtn. Mahendra Sundesha
\$500



Meena Sundesha
\$500



Rtn. Gulnar Nabee
\$350



Rtn. Namrata Aggarwal
\$350



Rtn. Bharti Bhatija
\$350



Rtn. Yasmin Kanga
\$350



Rtn. Vandana Kamat
\$350



Rtn. Janak Bhimani
\$350



Rtn. Smita Javari
\$350



Rtn. Nayan Shah
\$350



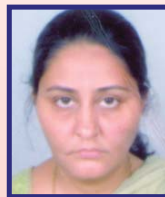
Rtn. Ashalata Bedre
\$350



Rtn. Kamal Kothari
\$250 PHF



Rtn. Brijmohan Bagri
\$100



Rtn. Sangeeta Bang
\$100



Rtn. Shyam Lohia
\$100



Rtn. Sonal Somaiya
\$50

To Be Committed



Rtn. Darshana Doshi
\$500



Rtn. Tarun Aggaral
\$350



Rtn. Paresh Tajura
\$350

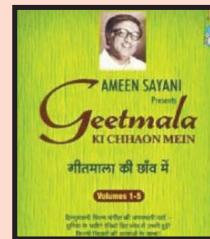
Donate to the Rotary Foundation under the 1:1 District Scheme and join the list of Paul Harris Fellows. Call Rtn. Rajendra Sah / Rtn. Mahendra Sundesha for details

HAPPENINGS IN OCTOBER 2014

01-Oct-2014 - Amin Sayani

Speaker: Mr. Ameen Sayani

This was a meeting full of nostalgia as Ameen Sayani recounted his family's close association with Mahatma Gandhi, the independence movement and publishing of Hindustani newsletters by his mother to unite the people of India. He recalled how his voice was initially rejected by All India Radio and how he rose to popularity with Binaca Geet Mala broadcast over Radio Ceylon, which kept the Indian audience glued to the radio every Wednesday, for several years. It was indeed a wonderful experience for our members to listen to and interact with such an eminent personality as Ameen Sayani.



10-Oct-2014 - VOCATIONAL EXCELLENCE AWARD PRESENTED TO Dr.Indu Sahani, Mrs. Juhi Chawla, Rtn. Manoj Desia.

October being designated as Vocational Month, this was a unique event to recognise some of the people from different fields for the commendable work done by them for the betterment of the society and the underprivileged. Those honoured were:



Dr. Indu Sahani, former Sheriff of Mumbai and Principal of HR College of Commerce & Economics who launched the Women's Helpline 1298, promoted blood donation campaigns and harnessed the students energy for clean and green Mumbai.



Dr. Manoj Desai, a well-known Spine Surgeon from Vadodara who has performed over 3250 Polio Corrective Surgeries free of charge.



Ms. Juhi Chawla, who in addition to her achievements as an actress is actively associated with charities and social causes, particularly thalassaemia and awareness campaign on the effects of radiation from mobile phones.



HAPPENINGS IN OCTOBER 2014

18-Oct-2014- DIWALI DHAMAKA

The Club celebrated the Annual Diwali Party at the BCA with live music, dance and dinner. The hall was beautifully decorated by Meena Sundesha and Sonal Somaiya with floral rangoli and diyas. The backdrop of handmade pichwai contributed by Charoo Mehta added to the ambience. Namrata Agarwal's Diwali Diyas were highly appreciated.

The bonus take-away from the Diwali Party were the announcements that Sarla Parekh and Malini Shroff



HAPPENINGS IN OCTOBER 2014



HAPPENINGS IN OCTOBER 2013

29-Oct-2014-

Mr. Pawan Choudhary who was given the Vocational Excellence Award on behalf of RCMCP.

Mr. Pawan Choudhary, son of a security guard narrated how he started off as a liftman and rose to become a Chartered Accountant through sheer hard work and determination. He now runs his own CA firm and is now an employer. His talk was very inspirational and left the members spellbound at his achievement.



Mr. Pawan Chaudhary was presented the Vocational Excellence Award and the Club wished him greater success in his profession.



29-Oct-2014 -



Felicitated PHF Members



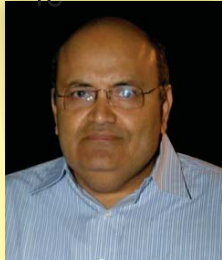
Kanyashala project cheque given



Jaypur foot project cheque given

MEMBER RESPONSE

GRAPEVINE



Finest ever Diwali party of our club. Big thanks to Manubhai and Linaben. Thanks to Prez Mahendra and Charu for coordinating lovely evening- Rtn.Amit Vora



It was a excellent Diwali party – Shyam Lohia



Thanks for a lovely party. We all enjoyed. –Smita Mehta



Mahendra & Leena and Mahendra & Charoo combination spells an awesome Diwali party!- Rtn.Yogesh Jesrani



Congratulations for a lively, fun filled Diwali celebration – Pallavi & Rajesh Thakkar



Of course first thanks goes to linaben and Mahendra Bhai and to prez, Charoo and Sonal for organizing- Rtn.Rajul Parikh



Excellent party by Mahendrabhai& charoo and manubhai&LinabenRtn. Janak



Excellent Diwali Party last evening. Well organised. Thanks Manu Bhai Leena Ben and to the excellent duo of our club Presid And to the excellent S L Mohta

MEMBER RESPONSE

excellent
newsletter-
Rtn.Rajendra Sah



Read the newsletter
good reading.....
you have put in a lot of effort.
-Rtn. Gulnar Nabee



Excellent .
You have compiled
the informations
very thoughtfully.
Regards,
Shyam Lohia



Once again coming up trumps as far as the
range and quality
of the Cuffe Links is concerned.

Thanks and congratulations for another
wonderful edition
of the CUFFE LINKS. I must say I am tending to
look
forward to it ..The current team has made one
look forward
to the editions of Cuffe Links and
that is no mean task... do keep it up...



Really good efforts
you are taking for the issue.
Keep it up.
Best regards
Pinki Dalal



You Will Never Cease to Amaze me
This issue once again bring out the quality
of giving lots of importance to the finer
details
Happy Diwali
and all the very best!!!!-
Ashalata Bedre.



Very well presented,
interesting
and informative -Rtn.Deepak Khicha



I must congratulate you for a very
well covered, well written and well laid out
bulletin. Your determination in bettering
each issue is commendable.
Keep up the good work
of binding our members together with an
all inclusive bulletin- Rtn. Rajul Parikh



lovely bulletin. Month after month
it is an achievement. Regards-
Rtn. Yogesh Jesrani.



UPCOMING EVENTS...

1-2 NOV-14

Operation Restore



at National Burns Centre
- Airoli

[Corrective surgery –
which will make them live
their lives in a normal
way]

[very noble cause. Saw
patients from poor
families burnt by stove
accidents & short circuit]

12-NOV-14



Felicitation of – Mr.
Mangal Lodha & Mrs.
Manju Lodha [MLA from
Malabar Hill Area &
Honorary member of our
club – will speak on
Pleasure of Giving]

5-NOV-14



No meeting in lieu of
Burn Surgery camp

22-NOV-14



Rotary Race Day – at
Mahalaxmi Race
Course

19 NOV-14



Pre-OCV 2014-15 - with
Asst. Gov. Akshay Mehta
[will visit our club]

29-NOV-14



No meeting
In Lieu of
Rotary
Race Day

ATTENDANCE

1 October 2014

78.33%

RJ Amin Sayani

18 October 2014

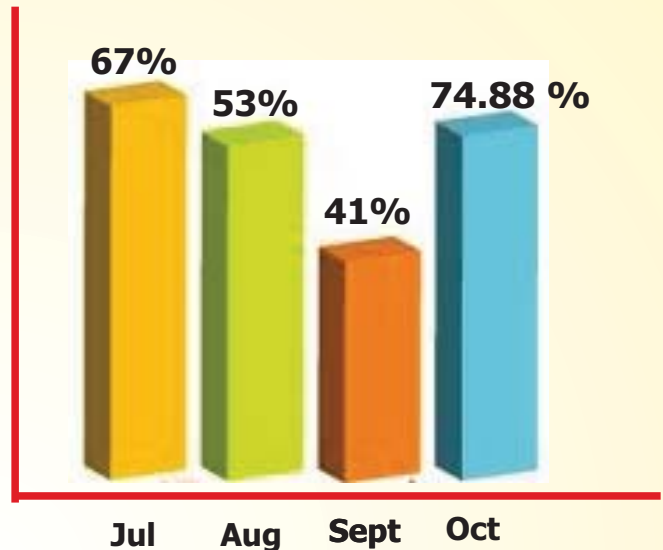
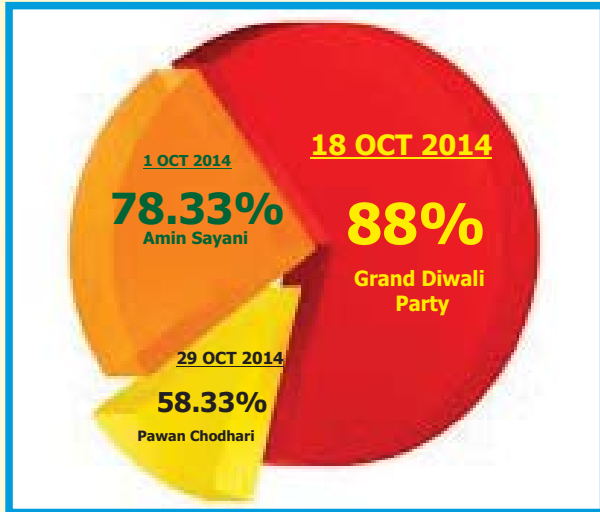
88%

Diwali Party

29 October 2014

58.33%

Pawan Chodhari



Total attendance
in the month of
October 2014
was **74.88%**

* Attendance in 3
meetings or alternate
events have been
considered for 100%

100%ers - Well Done!

1. Rtn. Anil Aggarwal
2. Rtn. Nikhil Bubna
3. Rtn. Charu Mehta
4. Rtn. Gulnar Nabee
5. Rtn. Mahendra Sundesha
6. Rtn. Ashwin Sampat
7. Rtn. Paresh Tejura
8. Rtn. Rajesh Thakkar
9. Rtn. Rajul Parikh
10. Rtn. Dr. Ashiq Patel
11. Rtn. Surendra Gandhi
12. Rtn. Yogesh Jesrani
13. Rtn. Darshana Doshi
14. Rtn. Shyam Lohia
15. Rtn. S. L. Mohta
16. Rtn. Rajbir Singh
17. Rtn. Yasmin Kanga
18. Rtn. B.T. Shah
19. Rtn. Ramesh Israni
20. Rtn. Nikunj Jhaveri
21. Rtn. Mahendra Gandhi

NEWS FROM INTERACT CLUB

Cuffe Paradians,

Good news !

The interact club at St Anthony High School is doing well. Under the stewardship of Rtn PP Kamal Kothari the interact club had meaningful activities details of which are annexed herewith.

Slowly and surely it will grow and serve in their area.



MEMBER UPDATES

Congratulations!



Rtn. PP Yogesh Jesrani and Rtn. PP Rajul Parikh
throw Their hats in the ring for
District Nominating committee 2017-18.



We wish Them good luck!

Heartfelt Condolences



Rtn. Charoo Mehta's Sister in law passes away
on 11th October, 2014.

Heartfelt condolence
to Rtn. Charoo Mehta



PROJECT UPDATE

1st October 2014 Second Rotary Annapoorna

Rotary Club of Mumbai Cuffe Parade did Second Annapoorna day at The Observation Home, Umerkhadi, Old Jail Road, Mumbai.

Under this project 400 children (boys and girls) were provided meals at a cost of Rs. 12,000



1st October 2014

1st October 2014 was also the Second Rotary Annapoorna Day

Rtn. Yasmin Kanga provided meals for relatives of cancer patients at the Tata Memorial Centre



PROJECT UPDATE

National Burns Institute in the OPERATION RESTORE camp.

Our club sponsored 5 Burn Surgeries by donating Rs. 1 lac, which was contributed by our members.



RCMCP President being honored by Dr Sunil Keswani



Prez Mahendra with Dr Keswani and Prez Ravishekar of RC Deonar



President Mahendra talks to a burn survivor after operation restore



Listening to the Doctors about the procedure



Proud participants of RCMCP at Operation Restore



PP Rajendra Sah looking at harvested skin at the skin bank



Avocado Salad

Avocado is a complete food with lots of nutrients. It is a very versatile fruit as it takes on both sweet and savory taste perfectly. Its got a buttery texture and hence can be used as a healthy substitute for butter with bread.

This salad is very refreshing as an evening snack or as a side with roti. For those people under diet this make a wonderful meal all by itself.

Ingredients

Avocado - 2(Chopped)
Red Onion - 1/2(Chopped)
Tomato - 1(Chopped)
Jalapeno Peppers/ Green Chilly - 1 (Minced)
Lemon - 1/2
Salt - to taste
Pepper - 1/4 tsp
Cilantro - handful (chopped)



Method

Mix the onions, tomato and green chilly.
Add few drops of lemon juice to it along with little salt and pepper.
Mix everything nicely with cilantro.
Add the avocado pieces and toss everything gently.

Beauty secrets from your kitchen are a lot more efficient, beneficial and natural, than many creams and lotions that you see on the shelves of countless beauty shops. Today, let's find out what beauty products you can find without quitting your own home; whether you want to get glowing and beautiful skin, luxurious and shiny hair or strong and gorgeous nails, your kitchen can provide you with all necessary ingredients for obtaining the desired result. Let's begin:

Rejuvenating hair conditioner straight from your kitchen



Did you know that you have a hair conditioner right in your kitchen? Mash up one ripe banana and one ripe avocado into a paste, add one table spoon of sunflower oil (it's light) and one table spoon of honey (it attracts and locks in moisture); apply this mix on your damp already washed hair, comb through to spread the product to the lengths, then put on a shower cap and wrap up your head with a towel. Keep it on for 15-20 minutes, then rinse thoroughly. Your hair will like it!



Interviewer: What is a skeleton?

Sardar: Sir, skeleton is a person who started dieting, but forgot to stop it!!



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Today's Thought

life asked death,
"WHY DO PEOPLE LOVE ME
BUT HATE YOU?"
death responded,
"BECAUSE YOU ARE A
BEAUTIFUL LIE
AND I AM A
PAINFUL TRUTH"

Today's Shayri

ये भी एक दुआ है खुदा से,
किसी का दिल न दुखे मेरी वजह से,
ऐ खुदा कर दे कुछ ऐसी इनायत मुझ पे,
की खुशियाँ ही मिले सब को मेरी वजह से...

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