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Issue 73

February 2009

All written correspondence to: Dhirubhai Mistry, 83 Midland Road, Wellingborough, NN8 1LU

Welcome ...

... to the first newsletter of 2009. There's been a lot going on in recent months and a lot more to look forward to this year. This issue is packed full of reviews and previews of all of the latest activity.

New Year means resolutions so please all members, make one special one this year ... **Make a big effort to be more involved in Samaj activities.** It would be fantastic to see some new faces at our events.

We hold plenty of events throughout the year and give plenty of notice when these take place so there are no excuses. We all lead busy lives but we're sure that you can spend a little time every now and again for the Samaj ...

... it's in yours and your family's interest!

So we look forward to seeing you real soon!

Diary Dates

6/2/09	Vishwa Karma Jayanti/Jalaram Bhojan, Wellingborough Mandir
28/2/09	Youth Ball, Birmingham - "Latino Fever"
26/4/09	Mahila Samelan, Nuneaton - "Going Green"
9/5/09	Waendel Walk, Wellingborough
17/5/09	HQ AGM, Walsall
30/5/09	Bhuvaneshwari Mata Samu Katha, Wellingborough
28/6/08	Family Day Out, Wicksteed Park, Kettering
22/08/09	Sports Day, Hatfield University
14/11/09	Annual Branch Party, Club Diana, Wellingborough

National Pratinidhi Meeting

Wellingborough Branch were proud to play host to the National Pratinidhi Meeting on Sunday 18th January at the Hindu Community Centre on Highfield Road, Wellingborough.

Thanks to all of the members and volunteers who put in a lot of effort to organise the event. There were over 100 delegates present from all branches across the country. The day started early with attendees given a warm welcome and some lovely breakfast! A sumptuous lunch was also served.

The Youth and Mahila meetings also took place as well as the main meeting. During the day, we were delighted to present HQ with a donation of £501 for their Navsari Ashram project.



Bhuvaneshwari Mata Samu Katha

This year's katha takes place at the **Hindu Community Centre, Wellingborough** on **Saturday 30th May** from **9am to 4pm**.

More details will be available on the special flyers that will be available from April.

- **Main Yajman cost is £125.25**
- **Normal Yajman cost is £25.25**

Contact Dhirubhai for more information or if you would like to be a Yajman.



Charity Fundraising Projects

We have plenty of fundraising activities lined up for this year. The main events will be the Waendel Walk and Bhuvaneshwari Mata Samu Katha in May, and the Annual Party in November.

Over recent years, we are proud to have presented over £7,000 to local, national and international charities.

This year we are raising funds for 3 charities :

- **BRITISH HEART FOUNDATION**
- **PROSTATE CANCER**
- **NAVSARI ASHRAM**

If you would to make a donation or take part in any of the fundraising activities, please contact Dhirubhai.

In November, we were delighted to present the Swaminaryan Mandir in Wellingborough with a cheque for £501.25 (see picture on the right).

We also made a pledge for similar amounts to the Wellingborough Hindu Mandir and the Northampton Mandir building projects. The money for these two pledges will be presented at a later date when the building work commences.



National Family Day Out

SUNDAY 28th JUNE 2009
WICKSTEED PARK
KETTERING

Annual Branch Party

SATURDAY 14th NOVEMBER 2009
CLUB DIANA, FINEDON ROAD
WELLINGBOROUGH

More details in the next newsletter

Health Corner

We're launching a new feature from this newsletter called Health Corner. In every issue, there will be tips on how to look after yourself so you can have a healthy body and mind. A very big thank you to Hina Mistry for contributing to this section. Look out for some tips and advice in the next newsletter.



Here are some healthy tips for the New Year

- Drink plenty of water
- Eat lots of fruit and vegetables
- Eat more fish
- Cut down on saturated fat and sugar
- Try to eat less salt
- Get active and try to be a healthy weight
- Brush your teeth every morning and before bed using fluoride toothpaste.
- Next issue will be about water

www.eatwell.gov.uk

Waendel Walk - Saturday 9th May

Following the success of last year's walk, we would like to extend an invitation once again to all members to join us in the 30th International Waendel Walk in Wellingborough and the surrounding villages and countryside. Last year we were joined by our friends from Birmingham, Leicester and Rugby. The total number representing SPA (UK) was 47.

You can participate in the following: 3 miles, 6 miles, 9 miles, 16 miles and 26 miles. You can even do a bike ride or swim. To sign up or for more details, please contact:

NANUBHAI MISTRY on 01604 784864 or email him at jamistus@hotmail.com

Deadline date is 30th April 2009.

Further information is also available at www.waendelweekend.com



Tickets still available

Mahila Samelan

26th April 2009

Nuneaton

near Coventry



This year's theme

“GOING GREEN”

Contact Dhirubhai for further details and information