



## वेल्लिंगबोरुग्ले ब्रानचे नदवडोएटर

Issue 75

October 2009

All written correspondence to: Dhirubhai Mistry, 9 Whernside, Wellingborough, NN8 5QQ

Newsletter Editors: English – Satish Mistry, Gujarati – Naresh Lad

### President's Message

Greetings to every member of the Wellingborough Prajapati community. I wish you all a happy Diwali and a prosperous New Year ... Salmubarak!

It is a great honour to be the President of our Samaj as I have great opportunity to serve our proud community. We have already set the wheels in motion for the year ahead, but to achieve what we have set out to do and move forward, we have to work together with unity. With your support, effort and contribution together we can continue the work of preserving our culture and heritage.

SPA(UK) has changed over the last few years. We have moved forward with the support of our youth, who are our future and the Mahila.

With this in mind we are heading in to our 35<sup>th</sup> Anniversary. So I would like to take this opportunity to thank all the members for making this possible.

**JAI SHREE KRISHNA AND ONCE AGAIN HAPPY NEW YEAR – Bhupendra Mistry, President**

## Constitution

SPA (UK) HQ has revised the constitution to comply with the changes in the charity laws and changes within the Samaj.

After a consultation period of over a year the new constitution was approved on 17<sup>th</sup> May at the AGM in Walsall. If you want a copy of the new constitution please contact Dhirubhai.

**Women in Red,**

**Men in Black**

14<sup>th</sup> Annual Branch Party

November Club Diana, Wellingborough



## Wheelchair Project

London Branch are raising funds for wheelchairs in India under their banner of Prajapati London Foundation.

Visit – [www.thplf.org.uk](http://www.thplf.org.uk) or [www.itftennis.com/wheelchair](http://www.itftennis.com/wheelchair) for full details.

Alternatively email

[info@thplf.org.uk](mailto:info@thplf.org.uk)

or call

Raj on 07966 538717

or

Bijal on 07866 493243



# Family Day Out

Report by Satish Mistry

This year's National Family Day Out was once again held at Wicksteed Park in Kettering on Sunday 28<sup>th</sup> June. Thankfully the weather was a massive improvement on last year and this was reflected in the turnout.

Being the nearest branch to the venue, we were tasked to get there first and ensure that everything was ready and set out correctly. This was duly done and the first revellers arrived bright and early around 10am. It didn't take long before the BBQs were lit and this was followed soon after with all the food and drink!

The usual fun and games ensued including football, cricket and tennis. Rugby branch even ran a bingo competition! There was also the added attraction of the fun fair rides and games in the park.

It was lovely to see so many faces from various branches. Well done to everyone who attended and hopefully we'll see you and your friends and family again next year!

To view all the pictures from the Family Day Out, visit the website at [www.spawellingborough.co.uk](http://www.spawellingborough.co.uk)



## Shree Prajapati Association Wellingborough

proudly presents ...

# Women in Red

and

# MEN IN BLACK



Saturday 14th November 2009

from 7.30pm till late

at CLUB DIANA, Finedon Road,

Wellingborough, NN8 4AL

next to Shell Petrol Station

Please come in the dress theme  
*Black for men, Red for ladies*



Registered as part of:

SPA (UK)

Established 1975

Charity no: 802570



Ticket prices:

£12 for adults (over 10s)

£6 for children (5 to 10)

Under 5's FREE

Includes veg or non veg meal

Please come in the dress theme  
*Black for men, Red for ladies*

Once purchased, all tickets are non-refundable

Management reserve the right to refuse entry

**Tickets are selling very fast. Get yours NOW to avoid disappointment!**

Contact: Satish Mistry on 07909 537094  
Naresh Lad 07961 346941

Nanubhai Mistry on 07980 571521  
Bhupendra Mistry on 07958 575632

# Ladies Night Out

Report by Kajal Prajapati

A ladies night was organised at the end of July. Instead of having our usual badminton night, the ladies decided to go out for a meal.

Ladies didn't just mean the mums and the older ladies, it was opened up to the daughters, sisters, mothers, aunties etc, and of all different ages too!

The evening was very successful with more ladies turning up than we had expected. We even had to request another table! This was great because we could sit and chat, have a laugh, take photos without any men nagging us! Hopefully the next time I arrange another ladies' night, you will be able to come. Each and every one who attended enjoyed themselves. This gave us the chance to get to know each other and an excuse to have a naughty dessert and a drink without the men!

Watch this space for the next ladies' night out and don't forget, every Tuesday is Ladies Badminton Club at the Hindu Community Centre in Wellingborough.



# Sports Day

Report by Kajal Prajapati

This year's event was a great success and despite the low number of entries, Wellingborough achieved our best ever trophy haul. We had 4 winners, 1 runner up and we won the Branch Fair Play Award too!

The day started early as every year, which isn't great for me as I need my beauty sleep! We arrived in Hatfield for 8am and the sun was shining which continued throughout the day. In total we had only 14 people take part in various sports including badminton, pool, carom and chess.

Meera, being the youngest player to enter from our branch, managed to go through to the final and win the girls junior badminton. Her brother Vinay just failed to make it a family double as he lost in the boys' junior badminton. The winners from last year in mixed doubles badminton, Hiren and Reena, also did well by reaching the semi-finals but just missed out.

For the last 4 years Vivek has won the chess junior tournament and he made it 5 in a row this year! Congrats! Let's hope he makes it 6 next year. His brother Mikesh went on to win junior pool and Ratilalbhai also won the carom (as he does most years!)

Even though there were many winners, the rest did well too including Ricky (Badminton), Rajan and Nickesh (Pool), Nanubhai and Hiten, and Satish and Harish in the mens doubles badminton. Remember, it's not the winning that counts but the taking part that is the important element as well as getting to meet other people from our Samaj. Overall it was a great day, especially with the supporters there too and I hope that they will continue to come along for many years to come. Maybe even get you there as participants rather than spectators next year! If any of you are interested to know which sports are available or want to take part next year, let me know. I look forward to hearing from you.



# Health Corner

Hope you all had a great summer and are ready for Autumn.

**So, fruit and vegetables, why are they important?**

They contain plenty of fibre, vitamins and minerals.

They help you to maintain a healthy weight.

They can reduce the risk of heart disease, stroke and some cancers.

They taste good and there are many varieties to choose from, all year long.

**Recommendations:**

Fruit and vegetables can be eaten fresh, frozen, chilled, canned and drunk as juice and smoothies!

Eat at least 5 portions of fruit and vegetables a day (a portion is approximately 80 grams, e.g. 1 medium sized fruit such as a pear, 2 small kiwi fruit, 1 tablespoon of raisins, 3 heaped tablespoons of peas, 1 cereal bowl of salad and a glass of 100% fruit juice or smoothies. Please note: Potatoes DO NOT count towards five a day.

Source: [www.5aday.nhs.uk](http://www.5aday.nhs.uk)



Next topic is Fish.

This feature was compiled by: **Hina Mistry**

## Charity Donation

During June members of our branch and community were delighted to hand over a donation of £501.25 to Prost Aid, the Prostate Cancer Charity.

The money was largely raised through the Waendel Walk and the Bhuvaneshwari Mata Samu Katha which were held in May and June.

A similar donation of £501.25 will also be made to the British Heart Foundation at the Branch Party on 14th November.



THE  
**PROSTATE**  
CANCER CHARITY

## Sports

**Badminton Club takes place every Thursday at the Hindu Community Centre from 7.15pm to 8.45pm.**

**£3 for adults, £1.50 for under16s.**

**Ladies Badminton Club takes place at the Hindu Community Centre every Tuesday from 7.15pm to 8.15pm. Further details from Kajal.**

## SPA Youth Ball

The Youth Ball team have worked hard over the years to bring you 13 Official SPA (UK) Youth Balls. They have been wonderfully extravagant, however, the Youth Ball Team want to spend some time to revitalise this event to offer something different and more exciting.

In view of this, please note that SPA (UK) **will not** be holding their Annual Youth Ball during **2010**. Details of the **next event** to be held in **2011** will be circulated next year. Keep your eye on SPA (UK)'s website <http://www.prajapati.org.uk>. If you have any questions please email [youthspauk@btinternet.com](mailto:youthspauk@btinternet.com) for the attention of the Ball Team.