

Reflections

July-September 2013



We, for Women

Inner Wheel Club of Bombay Bayview

District 314

Dwitiya

President's Message

The life of a President is a wholesome experience. Glamour and fame on the one hand, hard work, perspiration and toil on the other. Even the extremely satisfying experiences are sometimes dampened with uncertainties and helplessness.

In all this, the one element that keeps one going is the club members. *What can I do to help? When should I be there? How many times you thank me? I enjoyed being with you.* These are not mere sentences, but the oxygen that keeps me going. Trust me, there have been many occasions when I have gasped for breath and, dear members, you have come to my rescue.

Club

We seem to have had a good quarter. **Back to back fellowships** have kept the club united and in good spirits. Club Correspondent Mitali and Executive Committee Member Anuja ensured that the first event of the year was a 'flawless' affair. Who would have imagined a beach-wear competition in the valleys of Khandala? ISO Smeeta Jhunjhunwala and team re-did a beach themed icebreaker in the beautiful vistas of Duke's Retreat. When it was time for our District Chairman to visit us, Club Secretary Hemal Maskai ensured that the event was up to the Districts' satisfaction.

Additionally, we have introduced 7 new members and taken our strength to an enviable 70.

Projects

Here, we have truly lived up to the Bombay Bayview reputation. Our club's **ongoing projects**- TATA Memorial Cancer Nutrition, Soft Pro Computer Education and Naunihal Organic Kitchen Garden have been supported by us-

We have undertaken a number of **joint projects** to establish our relationships with IW in the District, Nationally and Internationally. 11

Clubs of Zone 1 joined up to conduct a Beach Clean-Up Project on World Peace Day. We have contributed to the projects of IWC of Mumbai Green City in District 314 and IWC of Coimbatore in Dist 320. Internationally, IWC of Mansfield has donated to our club fund.

Under the Association and District thrusts '**P**' for **P**ublicity our club was featured for its generosity in Janmabhoomi.—Besides that, under the Prayaas banner, our hoardings were upon Chowpatty, Peddar Road and Worli Naka.

Under **Self**, we have helped our female students of Badlapur undertake Self Defense classes. For **Health**, we undertook a health camp for 150 students at Shradha Center for Street Children.

We have catalyzed qualitative community service projects such as Retinoblastoma Surgeries, KhelKhel Mein (Kurla), Balwadi Nutrition Programme, Jaipur Foot Project to name a few.

The **club united on a number of occasions**, such as the Cataract the eco-friendly Ganesh Pandal. **Some truly 'intogtherness' moments.**

District

The District saw us often and has been very supportive of our actions. We attended the Rural Project Inauguration and RakshaBandhan celebration. In September, our interpretation of Daler Mehndi's Bhangra won us the 'Best Coordination and Choreography' title.

The Team

The team is well charged and motivated.

- Club Correspondent Mitali ensured that our students from Badlapur had an 'Einstein' of an experience at the 1st CC event. Every member looks forward to her cards with personalized messages.
- ISO Smeeta has impressed the District with her pro-activeness. The monthly Awareness Programmes that she has generated touch the hearts of many IW Members nation-wide. Not to miss an opportunity, she has exchanged flags and courtesies with the ISO of IWC of Delhi North, a stalwart club in our country.

The uphill trek has progressed significantly. Though I cannot see the peak am aware of its scenic beauty. I trudge forward in certainty, in togetherness with my team. The air thins up as I move ahead, but I have my O₂ in abundance. Searching for the summit with my flag on my back. Every foothold I find I climb up with a smile. For I know, yes I do, that when I pole in my flag, they will all read those words that I repeat every day and every night—**"Bombay Bayview"**.

-Nimisha Mirani



The District



- District Seminar - 1st July 2013
- Extra Ordinary Executive Committee Meeting 3rd September 2013

- Rural Project - 23rd Aug 2013 - Kusthrog Nivaran Samiti



- Uttarakhand (Relief Kit)

Fellowships

- OCV



Feeling gratitude and not expressing it is like wrapping a present and not giving it - hence I would like to take this opportunity to express my gratitude & thank IWC of Bombay Bayview on a personal note for letting my wife Ms. Mitali Maniar be a part of the wonderful experience of being the Club Correspondent which has led her to experience newer horizon in learning, growth & personal developments. Also a special mention for the wonderful gift Mitali won from the club and truly enjoyed the holiday with her. THANK YOU from the bottom of my HEART.

-Chetan Maniar



- 9th July 2013



- District Rally 25th September 2013 **Tollywood Masti**



5th July 2013

- Classrooms inauguration at Shivbakt Ashramshala



- Umbrella Distribution



- Inter District project with IWC, Coimbatore (Khana)

- Softpro Education



- Inauguration of Toy Library



- 4th Sept 2013 - Health Camp at Shradhha



- 21st September 2013

We celebrated World Peace Day with the environment, with beach clean up at Chowpatty. There were 11 clubs from the Zone 1. We were 166 in all including the school students. From the District, District Chairman Mrudula Dand and District Treasurer Falguni Mehta attended the event.

- Umang by IWC of Mumbai Green City



- Balwadi - Nutritious Breakfast

- Ganeshotsav

- Retinoblastoma (Eye Surgery)

- Cataract Surgeries

- Past President Project - Vocation Training



- Saree Library - Paridhaan with IWC, Bombay



- 15th August 2013



Projects





"GENDA PHOOL" - Marigolds are an integral part of all the Rituals and Festivals of India. An interesting fact about these flowers is that it is thought that marigolds originated in Egypt and were first introduced to Britain and other countries by the Romans.

It were amongst the earliest cultivated flowers and are now used and grown widely in India. It is associated with the 3 C's of India - Ceremonies, Celebrations and Culture. They often enhance every festival of our country and are most widely cultivated in Andhra Pradesh, Tamil Nadu, West Bengal and Karnataka.

The rich golden-orange color of the Marigold Flower is very useful as it aids cooking as a coloring agent for food, make-up and also a very important ingredient for dying fabrics.

Marigolds are highly useful for medicinal purposes such as headaches, toothache, swelling and strengthening of the heart. The petals of the flower are a highly preferred decorative element and their rich colour adds zing and glamour to every occasion.

These lovely flowers along with being multifunctional are also a favourite amongst our bollywood. To sum up just quoting the famous song of the movie Delhi 6 " Saiya Ched Deve, Nanad Chutki Leve, Sasural Genda Phool "



*Concept & Content -
Club Secretary Hemal Maskai
Club Correspondent Mitali Maniar
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Marigold Herbal Infusion

Marigolds are rich in antioxidants and hence an excellent ingredient for detoxification. The Lycopene present in Marigold also lowers risk of heart diseases, muscular degeneration and cataract.

Thus Marigold Tea or Herbal Infusion is an excellent and refreshing drink to rejuvenate one's self.

To prepare the same take some dried petals of the flower and add in a cup of hot water and steep it for about a minute or two. Now strain it and enjoy your cup of tea rich in antioxidants !!!!



Sisters Are Forever

We are all born with a family that showers us with unconditional love but sisters are a treasure trove who bring a twist to our childhood . With stories to share and secrets to hide, glories to rejoice and strong shoulders to bind. Sister are the guardian angel in disguise who looks after us and treats us as her best friend. she is the most important person in our life who understands our mind that no one can ever do.

Sisters bring nostalgia for a life long, with her spirit that helps us sail, in rough weather being a sis mother, a friend, a confidante but mostly a life line that never fails us down. The journey of life takes us to different paths where seasons come and seasons go, summer rains turn into snow but no matter where one goes sisters remain special.

No one can ever take the place of a sister my sister is my strength who helps me find my smile. I cherish the gift of our connection and am grateful for her irreplaceable presence in my life.

I may not say it so often but I love my sister the most and do look up to her as an idol as she embellishes our journey of life with joyful memories of togetherness forever.

Upcoming Events

- 12th October Prayaas
- 14th October District Dandia
- 19th October Diwali Party Shradha Khar
- 23rd October Diwali Party Geeta Nagar
- 27th October CPAA Medical Project
- 15th November 4th GBM
- 15th December Pinkathon

Bhaiya mere Rakhi ke bandhan ko Nibhana

I am very nostalgic about this song as when I was young I would eagerly look forward to the festival of Rakshabandhan. I have 2 brothers, one elder and one younger. My mom would make sure that I had my Rakhis ready which was a plain white thread, folded 8 times and then dipped in kesar water which would give it colour and just a tiny dot of kunku in the centre. My thali would be ready with kunku, rice, a small diya and my brothers' favourite mithais like a simple barfi or kesar pedas. I would be dressed in my best Indian outfit and my brothers in their formal clothes, sitting on a chair, facing east (being the auspicious position). I would then tie the thread around my brothers' wrists, do a small arti, touch my elder brother's feet while my younger brother touche mine. I'd then sweeten their mouths with mithai in exchange for a small gift. I would await the small envelope which would contain either Rs. 51 or Rs. 101. I felt like I had just robbed the bank and never knew what to do with so much money.

Today, it has become so commercial. Rakshabandhan usually falls on a weekday when everyone is busy with work. The celebration is shifted to the weekend or a day when everyone can make some time in their busy schedules. My younger brother lives in Canada, so there is no chance for celebration. I courier his rakhi 15 days prior to the festival along with a box of chocolates that will last longer. The Rakhee is also bought from the market and has become quite expensive. Various varieties from uncut diamond bracelets to cartoon and super hero rakhees are available for all ages and tastes. The mithai has also been replaced by exotic desserts, chocolates, cup cakes and sugar free mithais.

There is commercialization in every festival now. Simplicity and innocence is lost in the commercial world of ours where everything revolves around economy. The only thing that remains is the bond between brother and sister which is pure and incorruptible.

- Anuja Shah

**We meet on the 1st Friday of the month at The Malabar Hill Club.
For details on the club and its events, please contact Club Secretary Hemal Maskai 9820501970**