



JUHU VILE PARLE GYMKHANA
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BHARGAV PATEL

Editor and
Hon. Secretary

EDITOR'S NOTE

Greeting members...

*It has been one long sweltering summer. Hot and humid, the phrase 'bathing in sweat' was actually experienced by many of us. The arrival of monsoon has not just brought along with relief and joy, it is also a carrier of happy news - **Anushi Desai***

*In this issue, we celebrate the winning of our Anushi Desai, an emerging discus thrower, who is poised for a bright future. She is **India's No.2** and a pride to all of us at the Juhu gymkhana. An interview will be an inspiration for other youngster who wish to follow her footsteps.*

*Many of our youngsters aspire to go to the US for higher education. Our article "**Under graduates studies in USA**" will elaborate the procedure, making it simpler for those who wish to go abroad for higher studies.*

And now for some play time. Children's play ground area is being renovated. There will be some more games and happy moments for our tots. Additionally, the ground floor bar is going to be completely renovated for the pleasure of our members.

In this issue, we will furnish the new timings of the Club, MSD as well as the bar and restaurants we have in the club. We shall also share the rules and regulations for the seamless entertainment of our members.

Now it is the time for some 'nitty gritty' of the club.

*As we know, showing the "**Club Identity Card**" is mandatory for entrance. May we request the members to renew their cards before 30th June 2014. Failing to do so can create undue embarrassment for your entry into the club.*

Knowing your managing committee would be of great help in case you need any assistance. Here we share details and co-ordinates of all our committee members who are there to aid you in case you need them.

In our palette we have an exciting initiative. Aware of the fact that most of our members are of Gujarati descent, beginning this issue, we publish an interesting article in Gujarati to entreat them. Further, we welcome articles in other languages too.

*Lastly, I would like to share that we are taking pro-active steps for the well being of our women members. We have introduced "**Safety Bands**" for our members to be at ease when they visit their "**Second Home**". It will be our constant endeavour to take steps for their security and comfort.*

So, heads up and take the first cooling showers of 'Barkha Rani'

Bhargav N. Patel

Editor



OUR OWN BADMINTON CHAMPION & INDIA NO. 2 DISCUS THROWER **ANUSHI DESAI** WILL BE REPRESENTING INDIA

We at JVPG would like to tell Anushi that we are proud of her and would like to wish her all the best for the upcoming Junior Asian Athletic Championship to be held in Taiwan.

Anushi Desai, though born and brought up in Mumbai, is a global citizen with an urge to explore the world. She is extremely sociable and empathetic, fun and witty with a curious mind. A regular at the Juhu Gymkhana for Swimming, Badminton and the Health Club. She is an avid sports person and is selected to represent India at the Junior Asian Athletic Championship in the Discus Throw. She started this sport at the age of 14 and has constantly brought accolades to not only her school and city but Maharashtra state too. She regularly goes to USA to get her training from the best coach Tony Ciarelli and Mac Wilkins who trains world champions.



Anushi Desai practicing at the Jamnabai Narsee ground in Juhu. PIC/NIMESH DAVE

Juhu girl Anushi confident of an Asian bronze

discus throw

SUNDARI IYER

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BACK after training with former world record holder and 1976 Olympic gold medallist Mac Wilkis, and Tony Ciarelli in the United States, Mumbai's discus thrower Anushi Desai hopes to win at least a bronze at the June 12-15 Asian Junior Athletics Championships in Taiwan.

The India No 2 qualified for the event after winning silver at the 12th Junior Federation Championships

in Chennai last month.

Talking about her forthcoming maiden international appearance, the 17-year-old said, "The Chennai meet was special for me. For years I would make it to the Nationals, but was unable to qualify for an international event. I hope to win at least a bronze there, as the girl who came third last time hurled the disc 41m, whereas I managed 44m in Chennai," said the Juhu resident.

Finishing touch

Talking about how her training with Wilkis and Ciarelli helped her improve her technique she said, "Earlier I was

good, but I lacked finishing. I went for a month-long training to USA before the Chennai Nationals, and I am just back after a short stint with them before leaving for Taiwan.

"They have got me to do the right things like maintaining a proper diet, following a regular schedule for practice, apart from working on my finish. I used to hurl the disc around 43-43.8m. But now my personal best in practice is around 45m, which is a great improvement."

Food preferences

Previously a vegetarian, Anushi turned non-vegetari-

an six months ago. "I am a Gujarati and eating non-vegetarian fare at home is a big no-no. But, both my father (Sanju) and mother (Malini) didn't have any issues with me turning non-vegetarian. As my body needs proteins, I consume grilled fish and chicken."

Talking about the influence of her idol — Olympian discus thrower Seema Antil, she said, "I owe a lot to my school coach Cyril D'Souza who spotted me and my idol Seema Antil who helped me graduate from being a state level thrower to getting to where I am. I train with her husband Ankush Punia when I have time."

FORTHCOMING EVENTS



JVPG CLUB 4 STAR COMBINED DISTRICT RANKING TT TOURNAMENT 2014

**JUN
27**

2014

JVPG CLUB 4 STAR COMBINED DISTRICT RANKING TABLE TENNIS TOURNAMENT 2014



Table Tennis Sub-Comm. organises JVPG Club Combined 4 Star Dist. Ranking T T Tournament 2014 under auspicious of MSDTTA from 27th June to 1st July 2014. Apply online on www.msdtta.org.

**JUN
28**

2014

CINE MAGIC

Entertainment Sub-Comm. presents Cine Magic - Magical romantic songs from 6 decades on Saturday 28th June 2014 at Activity Hall, 7.30 pm onwards. Artists Nanu Gurjar, Priyanka Mitra, Sumit Nagarr and Himali Vyas Naik. Contact MSD for details.

**JUL
2ND**

week

MUMBAI SUBURBAN DIST. BADMINTON CHAMPIONSHIP 2014



Mumbai Suburban Dist. Badminton Championship will be held in July 2014 organised by Mumbai Suburban Dist. Association and conducted by JVPG Club.

**JUL
19**

2014

SHYAM-E-QAWWALI

Entertainment Sub-Comm. presents Shyam-e-qawwali on Saturday 19th July 2014 at Activity Hall, 7.30 pm onwards by well known artists Arif and Zeba. Contact MSD for details.

**JUL
23**

2014

STAND-UP COMEDY NITE BY ATUL KHATRI AND OTHERS

Entertainment Sub-Comm. presents Stand-up Comedy on Wednesday 23rd July 2014 at Activity Hall, 7.30 pm onwards. Age 18 yrs +. Contact MSD for details.



**JUL
26**

2014

SENIOR CITIZEN - SHANTI SHANTI It's a war!!



Senior Citizen Sub-Committee presents "SHANTI SHANTI It's a war!!" hindi play on Saturday, 26th June 2014 at Activity Hall 6.30 pm onwards. For more details contact MSD.

LIQUOR PROMOTIONS JUNE 2014



FINLANDIA VODKA

Buy 2 pegs
get 1 peg FREE
Plus chance to win trip
to Finland for one.



CARIBBEAN LEGEND RUM

Buy 2 pegs
get 1 peg FREE



FOSTER BEER PINT

Buy 2 pints get
1 pint FREE

Offer till stocks last • No promotions on dry day
Kindly maintain decorum • Drink responsibly

IMPORTANT RULES OF JVPG CLUB

Since Club is your second home, we are sure members will adhere to the rules
Members and their guests shall abide by all rules and regulations of the Club as they may be amended from time to time.

CLUB TIMING

CLUB



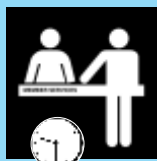
6.00 am



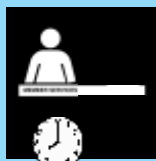
12.00 mid-night
12.30 am respectively

- ◆ Members or guests are allowed to enter the club premises 6am onward only.
- ◆ Club will be closed at 12.00 midnight on weekdays & 12.30 am on Saturday, Sunday & Public holiday.
- ◆ Entry is closed from back gate after 11.30 pm.
- ◆ Monday to Friday guest entry is closed after 11.30 pm. Saturday, Sunday & public holiday guest entry is closed after 12.00 mid-night.

MSD



Open
9.30 am



Close
8.00 pm

- ◆ Lunch time: 1.00 pm to 1.30 pm

BAR & RESTAURANT

Monday to Friday



Last Order
11.00 pm



Music Off
11.40 pm



Closed
11.50 pm

Saturday, Sunday & Public Holiday

Last Order
11.45 pm

Music Off
12.15 am

Closed
12.25 am

RULES FOR BAR & RESTAURANT



- a. Members and Guests of age 21 years to 25 years are permitted to be served Beer and Wine. Persons above the age of 25 years will be served alcoholic Drinks (if desired)
 - b. Alcoholic Drinks will be served to valid permit holders only, if not in possession, one day liquor permit is available at the counter and must be obtained before ordering alcohol.
 - c. To carry drinks out of the Bar, Restaurant and/or Club premises is strictly prohibited. It is violation of State & Excise Rules and Club rules. The Act is punishable under the law and under club regulation.
 - d. Kitchen Order Ticket (K.O.T) for each order including for the guest has to be signed by the members only and not by the guests.
 - e. Members are requested to introduce their guest at the reception and also at counters of restaurants & bar.
 - f. Members should be always present with the guest in the club premises.
 - g. Members guests are requested to carry the Photo Identity proof
 - h. In Bar, DJ music will be played only on Friday, Saturday and Sunday after 10:00 pm.
 - i. Smoking is strictly prohibited in the club premises except in the smoking zone.
 - j. Proper Dress code for Members, Children and their Guests has to be maintained in fine dining and Bar.
- Following are not allowed in the Bar and Fine Dining
1. Shorts/Bermudas/Three Fourth Trousers
 2. Sleeveless T shirts/Singlets/Gym Work out Baniyans and sleeveless Tops
 3. Bath & Rubber Slippers/ Loafers

GENERAL RULES

- a. All members shall be deemed to be aware of all the changes made in the rules from time to time and such changes are first posted on the notice board for the information of the members.
- b. Any question as to the interpretation or administration of the rules shall be decided by Managing Committee whose decision will be final.
- c. All timing of the club in force will be adhered to. The Managing Committee reserved the rights to change these timing.
- d. Entry into the club - All members should carry their membership card while entering the club. The member should alternatively avail the facility of registering the finger print in biometric system for entry into the club.
- e. Club / Office hours - All member shall ensure that they leave club premises before the closing time.
- f. Guest - A member can introduce a guest subject to such rule and bye-laws and on payment of such charges as may from time to time be prescribed by the Managing Committee.
- g. The guest must be registered at the time of the entry at the reception.
- h. The same person shall not be introduced as a guest for more than 4 times in a calendar month by one or more members.
- i. In no circumstances, shall any guest be permitted to order, sign or pay for any supplies.
- j. The members must accompany their guests at all the time while the guest is in the club premises.



MEMBER SERVICE DESK

The Member Service Desk has been started to facilitate the members for the following matters.

- To furnish banquet details, membership details & bill queries.
- Sale of tickets and disbursement of passes for entertainment event.
- Issue of membership card, car passes, membership form and other queries.

BOOKING RULES

- Only member can do the booking and need to produce the membership card at the time of booking with full payment in advance. Phone/Tentative booking is not allowed.
- DJ is not permitted in any halls and terraces except Activity hall upto 10.30 pm (No further extension is allowed).
- Liquor permit is a 'Must' in the event of liquor being served in any hall/terrace.
- Condolence / Political meetings, Gambling, Fire crackers are strictly not permitted on the premises.
- Advance party refund will be transferred to the member's account or a cheque will issued in favour of member.
- Cash payment can be made between 9.30 am to 12.30 pm and 1.30 pm to 5.30 pm.



RENEWAL OF ID CARD

Members are requested to submit their details along with photograph before the 30th June 2014 for renewal of the ID Card.

The entry to the club is strictly on ID card and hence requested to submit their details along with photograph.



**NO ENTRY
WITHOUT ID CARD**

FOR WOMEN MEMBERS SAFETY



Dear Members,

The events of past couple of weeks in the float bar have caught our attention. There have been instances where in there have been gate crashing and unverified entry into float bar. This causes a great concern for the safety of our members, specially our **Women Members**. Imagine an unseen event happening to our lady members, your wife, your daughters, your sisters and mothers. It is very hard to even imagine such an instance. Hence we feel the need to put in some strict measures to curb this unverified entries. We will now implement the following measure to take control of such situation.

- Members and their guest have to be verified and registered at the counter (details of the guest: name and age would be checked and photo ID card / Smart card/Driving licence which can validate such information need to be furnished).
- On verification the members and their guest will be given wrist – hand bands of paper.

(The other option was to use ink stamps, but since we do not encourage chemicals to be put on skin we went for the band options, also with the stamp some members are spoiling the décor of the bar)

- Entry into float bar would only be permitted to people having such wrist bands.
- Service of bouncers have been availed at float bar by the Melting Pot/ Klava management to apprehend nuisance makers and escort them out and to keep decorum inside the bar at all times.



Above rules are mandatory for all members & guests.

We are sure you would agree with us, that for our women member's safety we need to pro-act and not wait for any unwarranted situation. The inconvenience caused with this step is regretted but is much needed. In order to implement the above steps our members would face some difficulties in the initial period but for the safety of our vast number of members this is a small hurdle which can be crossed with ease. We would from time to time monitor the situation and amend the rules to ensure highest satisfaction, service and safety to our members.

TRAITS OF A GOOD FRIEND



Article by
Shivani V. Khetan
Hon. Treasurer & Co-Editor



Live this day as if it will be your last. Remember that you will only find "tomorrow" on the calendars of fools. Forget yesterday's defeats and ignore the problems of tomorrow. This is it. Doomsday. All you have. Make it the best day of your year. The saddest words you can ever utter are, "If I had my life to live over again." Take the baton, now. Run with it! This is your day! Beginning today, treats everyone you meet, friend or foe, loved one or stranger, as if they were going to be dead at midnight. Extend to each person, no matter how trivial the contact, all the care and kindness and understanding and love that you can muster, and do it with no thought of any reward. Your life will never be the same again.

It is said that the true value of friendship cannot be measured, but treasured. If you are among those fortunate few who claim to have good or best friends, you know that this could not have been more correct. You can have many kinds of friends from childhood, school, work or friends who are friends of your friends. Do you treat them all of them on an equal pedestal? Well, obviously not. This is because it is difficult to treat all at par as not all are compatible in nature and attitude. You may strike instant friendship with somebody; however, it may take years for you to maintain it, dealing with its ups and downs before you get to know the person thoroughly. When you reach a level of understanding where you can speak your mind freely without donning an artificial smile, without worrying about calling anytime, without caring to remember who last

paid for lunch and without worrying about being judged, you will know that you have a friend for life. Good friends indeed make life worth living. Friends become good friends only because they possess certain unique traits that make them different from the rest. To know what makes a good friend, read on.

WHAT MAKES A GOOD FRIEND :

Complete Acceptance

The first and foremost quality that distinguishes a good friend is his/her ability to accept you as you are, without seeking to change you in any way. He/she does not make you feel wretched when you make mistakes, and neither does he/she gloss over the fact that you have erred. Even though you may not be at your best, he/she will treat you the way you want to be treated.

Honesty And Sincerity

A good friend does not feel the need to pretend with you. S/he will be in his/her element when you are around. This is because there is no reason to impress you or others for personal gain or objectives. Friendship cannot be fortified if the key elements of sincerity and honesty are found lacking.

No Scores To Settle

If your friend is one who keeps track of who called last, or who spent more money, or who forgot whose birthday, rest assured s/he can never be a good friend. A true friend will not care two hoots for keeping score cards. All that s/he will want is to care for you in the least conspicuous way.

Support Fair

Weather friends will come asking for your help when they need your help and support, but will never be around when you want their help. On the other hand, a friend who is genuine will support you through thick and thin and will never leave your side. S/he will lend all possible support to you and will see to it that you attain your goals.

Togetherness

The desire to be together comes naturally for good friends and they will always be with you if you are experiencing the dullest of days, or having some problems in life, or having momentous occasions such as your graduation or birthday to attend.

No Criticism

If your friend comments on all that you do or say and judges you at the drop of a hat, s/he can never be good friend material. The cornerstone of good friendship is complete acceptance which negates criticism. If you criticize, you cannot be a good friend, and vice versa. Hence, friendship has no place for scornfulness or grudges. Good friends can disagree with you, but they can never make you look inferior for that.

Happy To See You Happy

Your happiness is a source of her/his happiness too. If you have a friend who finds joy in your success and never gets jealous, you indeed have a good friend. They can gauge when you are happy, sad, excited, shocked or upset. If you are down in the dumps for some reason, your friend will know how to make you happy and wipe away your blues.

Hope this article on what makes a good friend gave you an insight into their identifying traits. Even though you have your family to look after you, good friends make your days a lot more fun that too with no strings attached. Blessed are you if you have at least one such friend

UNDERGRADUATE STUDIES IN THE USA

Best known colleges are the Ivy league, namely Harvard, Yale, Princeton, Columbia, Cornell, Dartmouth, Brown and the University of Pennsylvania. Amherst, Williams and Swarthmore are three of the best known Many of the large state Universities such as the University of California, University of Michigan, University of Virginia provide excellent education at reasonable prices.

Every Year, an increasing number of students from India choose to do their undergraduate studies in the USA.

There are two main types of institutions in the USA - research universities which tend to be large institutions of over 10,000 students where the primary focus is on research and Liberal Arts Colleges which are smaller and focused on teaching. Most research universities have degree programs at the doctoral, postgraduate levels along with undergraduate studies. While the liberal arts schools are centered on undergraduate education.



Some of the best known colleges are the Ivy league, namely Harvard, Yale, Princeton, Columbia, Cornell, Dartmouth, Brown and the University of Pennsylvania. Amherst, Williams and Swarthmore are three of the best known. Many of the large state Universities such as the University of California, University of Michigan, University of Virginia provide excellent education at reasonable prices. There are also universities that specialise in engineering and the fine arts.

The annual cost at the best universities can exceed \$50,000 a year. This includes both academic fees as well as housing. Most students are required to live on campus in the first year. Senior students often choose to rent an apartment off campus to save money.



Financial aid for Indian students is usually rather limited and can be competitive. Aid is offered in the form of grants, scholarships and loans. Many students also work on campus while studying. This is a good way to earn money. Job opportunities are limited in the first two years but it is possible for senior students to obtain interesting and challenging jobs. A campus job will pay between \$7 and \$20 per hour depending on the student's skills. A campus job is not enough to pay the university fees.

Most colleges and universities have a holistic admissions process. Therefore admissions are not dependent on test scores but the overall profile of the student. The best universities have acceptance rates below 10%. To be accepted at a top university a student needs a very strong profile. The main parts of an application are as follows:

- ◆ Standardized test scores, namely the SAT and SAT II subject tests
- ◆ Recommendations
- ◆ Student essays
- ◆ Performance in school
- ◆ Involvement in extracurricular activities



Ravi Desai is an alum of Carnegie Mellon University. He is active in the international alumni community and currently is on the Carnegie Mellon Admissions Council and regularly interviews students for undergraduate admissions. If you are interested in applying to an American college for undergraduate studies and would like help, you can reach him at 9820072274 or ravidesai@yahoo.com

ARE WE BEING ROLE MODELS TO OUR CHILDREN?

What children want is a role model for them to follow and that is their moms and dads. But, most parents push their children towards eating good food being active without they themselves wanting to do it. What is the message that the child gets from this? That good health is not a priority for my parents. This will make them not prioritize good health too.



With a change in the overall economic scenario, lifestyle and food patterns are following a trend that promotes obesity and the lifestyle diseases associated with it. At this time it becomes all the more important for parents to instil the value of good eating habits and physical activity in their children for a healthy adulthood. What children want is a role model for them to follow and that is their moms and dads. But, most parents push their children towards eating good food being active without they themselves wanting to do it. What is the message that the child gets from this? That good health is not a priority for my parents. This will make them not prioritize good health too.

When kids eat healthy it not only sharpens their minds but gives them enough energy to be active throughout the day. So, what can we as parents do to be a role model to our kids?

Here are some things which I have followed through the years with my son and found them to be of immense help.

Have a healthy attitude towards food: Do not label foods as “good” or “bad” just because you like them or do not like them. Enjoy all foods especially the fruits and vegetables as your facial expressions and comments can send positive or negative signals to the child and this can have an impact on their thought process.

Do not skip breakfast:

Research has shown that children who have a good breakfast come up with good grades in school. This is primarily because they have the energy needed to be alert and focus in class. When breakfast is a routine at home the message sent to the child is that it is an important aspect of good health.



Keep away the sodas: Having a soda occasionally is fine. But, when children see their parents with a soda or sugary drink at every meal they think it is ok to have it. This will take

them away from the healthier drinks like milk and fresh fruit juices. Opt for water or buttermilk as far as possible with meals.

Dunk the junk: When parents snack on chips, wafers, fried savouries and mithais, the children are automatically steered toward these foods when they are hungry. Instead, snack on fruits, carrot and cucumber sticks, whole wheat sandwiches, peanuts, dried fruits, etc so that children learn to opt for the healthier options.

Turn off the television at meal times: Encourage family meal times without television and mobile phones. This encourages children to interact with family members and share their views on various topics and their feelings. Do not make mealtime a power struggle by pulling up the children for issues happening over the day or trying to discipline them. Introduce new foods with gentle persuasion. This will bring the family close and the children will develop a positive attitude towards food.

Exercise regularly: Set an example by being physically active on most days. When children see their parents healthy they are motivated to exercise too.

Well, its unrealistic to be a perfect role model to our children but if we try to demonstrate good food habits it will go a long way in having a positive effect on the child.



The author Arati Shah # 98207 37677, a nutritionist, is one of the co-founders of Café Nutrition, a company formed to create awareness among the children and youth the importance of nutrition and also children involved in sports through their range of workshops.

વ્યથા વાકપદ્મ પતિઓની પત્નીની

વર્ષા યશશ્વી

સામાન્ય માન્યતા પ્રમાણે પુરુષો કરતાં સ્ત્રીઓમાં વાકશક્તિ વધુ હોય છે. પણ અનુભવે જાણવા મળ્યું છે કે કેટલાક પુરુષો પણ આવી અસાધારણ શક્તિ ધરાવે છે. ઘણીવાર તો તેઓ સ્ત્રીઓને પણ પાછળ પાડી દે છે. જોકે, આવું વાક્યાતુર્ય ધરાવતા પુરુષો જ્યાં પણ જાય ત્યાં બધે છવાઈ જતા હોય છે. જાણે તેમની હાજરીથી મહેફિલ કે મિટિંગમાં રંગત આવી જાય છે. ઘણીવાર તો સમારંભો કે ગેટ ટુ ગેઠરમાં આવા લોકોને ખાસ બોલાવાય છે. આવા પુરુષો સમારંભોમાં પોતાના ચાહકોનું વર્તુળ ઊભું કરી દે છે અને વાતાવરણ હળવું રાખે છે.

આવા વાકપદ્મ લોકોમાં પણ વિવિધતા હોય છે. કેટલાક પુરુષો પાસે નવી નવી જોક્સ કે ટૂંકા અથવા બનેલા પ્રસંગને યાદ કરી એવી હળવી શૈલીમાં રજૂ કરે છે કે વાતાવરણમાં હળવાશ લાગે છે. ખાસ તો સાંભળેલી વાતો કે ટૂંકા યાદ રાખી, પ્રસંગને અનુરૂપ રજૂ કરવા, એ વાત વખાણવા લાયક તો ખરી જ.

કેટલાક પુરુષો પોતાના વ્યાવસાય વિષયક વાતો પણ એટલી અસરકારક રીતે કરે છે કે જાણે એ પ્રસંગ આપણી સામે જ બને છે. જેવા કે રોડ એક્સિડન્ટ, ઇન્સ્યુરન્સનું કામ કરતી વ્યક્તિ કે એરલાઈન, રેલવે જેવા અનેક વ્યવસાયિક ક્ષેત્રમાં કામ કરતી વ્યક્તિ પાસે રોજ બનતા પ્રસંગો હોય છે. જેને સાંભળતા શ્રોતા ખરેખર પ્રભાવિત થઈ જાય છે.

તો વળી કેટલાક સામાન્ય બનેલા પ્રસંગમાં સારો અવો મસાલો ભરી વાતને રસમય અને ચટાકેદાર બનાવી એવી રીતે શ્રોતાઓ સામે મૂકે છે કે શ્રોતા તેનો સ્વાદ માણવામાં બીજું બધું ભૂલી જાય છે.

પણ બહારના વર્તુળમાં પોતાની વાકછટાથી પ્રભાવિત કરી દેતા પતિ મહાશયો ઘરમાં પત્ની સાથે શું વાતો કરે છે? પતિ વાતોમાં ગળાડૂબ હોય ત્યારે આ પત્નીઓ શું કરે છે? તેને વાત કરવાનો ચાન્સ મળે છે? તેઓ શું કહે છે. થોડી પત્નીઓના પ્રત્યાઘાત જોઈએ.

ખાસમાં રહેતી ઈલા કહે છે કે અમારા લગ્નને પાંચ વર્ષ થયા. તેમની વાકછટા જ મને



પ્રભાવિત કરી ગયેલી. લગ્ન પછી શરૂઆતમાં જ્યાં જઈએ ત્યાં એ મુખ્ય કેન્દ્ર બની જતા. પણ ધીમે ધીમે તેમના આ ગુણો જાદુ મારા પરથી ઓસરતો ગયો. અમે જ્યાં જઈએ ત્યાં મારે તો શ્રોતા જ બનવાનું હોય એટલે મને બીજાને મળ્યા જેવી નવીનતા લાગે જ નહિ. એટલું ખરું કે મારા જ પતિને મળવા હું કોઈકને ઘેર ગઈ હોઉં તેમ જરૂર લાગે છે, કારણ કે બહાર ખીલેલા ચંદ્ર જેવા અને ઘેર આવતાં કરમાયેલા ફૂલ જેવા પતિને પૂછો એટલે કહેશે કે ઘરના માણસ સાથે આમેય કેટલી વાત હોય! એક સ્ટાન્ડર્ડ જવાબ.

લગભગ પંચાસી વટાવી ચૂકેલા સુલોચનાબહેન કહે છે કે એ બોલે છે ને એટલે હું શાંત થઈ ગઈ છું. એ બોલે એટલે બીજા કોઈને તક જ ન આપે. મારે તો મૌન ધરી ને બેસવાનું, કારણ કે તેઓ જે વાત કરે તે મેં તો કેટલીયેવાર સાંભળેલી હોય, એટલે વારંવાર હસવું પણ શું આવે? કારણ શું થાય? હવે ટેવ પડી ગઈ છે. હું એકલી બહાર જાઉં ત્યારે મારા વર્તુળમાં વાતો કર્યાનો સંતોષ મેળવી લઉં છું.

તો કોલાભામાં રહેતા પારસી રોશનબાનુ કહે છે એવનને વાતો કરવાની બહુ જ ગમે અને કોઈ બી ઘરે આવે એટલે મારે તો શરૂની બેચાર વાતો પૂછવાની. બાકી તો માઈક એવનના હાથમાં

જ આવી જાય અને પછી તો ‘એકવાર એવું બન્યું’ કરીને જાતજાતની વાતો ચાલુ થઈ જાય. તેમનું આ ‘એકવાર’ વાળું વાક્ય અનેકવાર આવતું જાય. મને ટો ક્યારેક કંટાળો બી આવે. સાંભળનાર તો તેમની વાતોમાં એવા મસગૂલ હોઈની કે હું તો ક્યારેક ઊંઘી બી જાઉં અને તેમને ખ્યાલ પન ન આવે.

આ તો તમામ સામાન્ય ઘટના અહીં નોંધી છે. વાચકોએ પણ પોતાની આસપાસના માહોલમાં આવા વાકપદ્મ પતિઓ જોયા જ હશે. કે પછી કેટલાકની તો આ પોતાની જ કથની હશે. કહેવાનું તાત્પર્ય એ છે કે વાક્યાતુરિ હોવી એક સારી વિશેષતા છે. પરંતુ તેનો અર્થ એ નથી થતો કે જીવનસાથીના સ્વમાન અને વ્યક્તિત્વના ભોગે આ વિશેષતા ખીલે, પાંગરે.

મોટાભાગના પુરુષો જે ભારે ઉત્સાહી અને બોલકણાં હોય છે તેમની પત્નીઓ વધુ પડતી ઓછું બોલનારી કે કોઈક ગ્રંથિથી પીડાતી હોય તેમ વર્તતી જણાય છે. જે માટેનું દોષારોપણ પણ વળી પત્ની પર જ થાય છે.

એ વાત પણ એટલી જ સાચી છે કે આદર્શ શ્રોતા જ આદર્શ વક્તા બની શકે છે. પરંતુ કોઈને પરાણે શ્રોતા બનાવી દેવાની લાલચ કોઈ વક્તાને છાજતી નથી. તેમાં પણ પ્રેમાળુ પતિને તો નહીં જ...



SR. CITIZEN BAR NITE OF THE YEAR



SATISH C. SHAH
Chairman, Sr. Citizen Sub-Comm.



Bhargav Patel - Hon. Sec., addressing the audience along with Satish C. Shah - Chairman, Sr. Citizen Forum, Gautam Bhukhanwala - Managing Committee member and Sr. Citizen Forum members.

On popular demand the first of the half yearly event Bar Nite was enjoyed by nearly 135 Sr Citizen members.

The event began at 7.30 pm only to end at 10.30 pm. The members had a great time dancing on the lively and wonderful music played by the DJ.

The DJ played a mix of old and new songs as well, requests which the members could not have enough of. Throughout the evenings the starters were enjoyed by the members.

Thanks to Shri Kishore Gandhi of Melting Pot for the delicious Chinese cuisine catered for this event.

The members truly enjoyed this sumptuous dinner.



SR. CITIZEN - KISMET (HINDI MOVIE)

On Wednesday May 7th 2014, for the very first time to celebrate 100 years of Kavi Pradip a very popular movie Kismet was viewed by the Members of the Sr Citizen Forum group.

There were almost 71 movie enthusiast who witnessed the memorable screening of this evergreen movie of Indian cinema.

Before the screening began Dr Jatin Damania spoke a few words

about Kavi Pradip and also thanked his daughter who had graciously given the consent to the screening of this movie and had given the DVD of the same. To thank her for his kind gesture Dr Damania presented her with a bouquet of flowers.

After the screening the members enjoyed a delicious dinner of seasonal traditional Gujarati food of Aam Ras, Puri and Dhokla.



MUSIC OF BOLLYWOOD 2



VINOD JOLLY
Chairman, Ent. Sub-Comm.



Music of Bollywood 2 by Anand Palwankar on Wednesday 21st May 2014 was a fully soldout show and was on a greater scale and variety than the earlier show held last year Music of Bollywood 1. In spite of it being held on a week day, Anand Palwankar and his troupe of singers Shefali Taggars, Sameer Vijaykumar, Sangeeta Malekar and group of four chorus singers mesmerised the members with hits after hit beginning with Vande Matram ... and ending with Mile Sur Mera Tumharaa, To Sur Bane Hamaraa. The other favorites were Dil Ke Zaroke Me, Raat Bhi hai, Chunar Sambhal Gori, Tum Hi Ho, Ghar Aaya Mera Pardesi, O Hasina Zulphowali, Ye Kaha Agaye, Hotho Me Aisi Baat Main....

Anand Palwankar rendered Ashok Kumar's Rail Gaadi Rail Gaadi Chhuk Chhuk with great aplomb.

Members were treated to cocktails, starters and later dinner, all courtesy K. Hemani. Many thanks to all Entertainment Sub-Committee members for co-ordinating the show, specially Vijay Mehta and Harish Meswani.



THE BAYER NATIONAL SCRABBLE CHAMPIONSHIP 2014



SANJIV D. SHAH
Chairman, TT & Indoor Game

Scrabble National Championship was held at Activity hall from 30th May to 1st June 2014, which brought together devoted band of scrabble players from all corners of the country. Some of them were familiar faces who had participated in the earlier edition of the tournament held at JVPGC Club and there were also the new comers who were playing the National Tournament for the first time.

It was a happy mix of young and old and the atmosphere in the club's specious hall was lively and cheerful for the assembled participants, to settle down and concentrate on their game quickly. All 3 days the game went on smoothly as

per the schedule and the championship concluded on 1st June with prize distribution ceremony at the hands of Vice President R. Van Der Merwe from Bayer Cropscience. He was accompanied by his wife Lorna. The other dignitaries on the dais were Mr. Alok Pradhan from Bayer, Dr. Ojas Dave - Hon. Jt. Secretary, Rex D'souza - president of Scrabble Association of India and Sanjiv D. Shah the Chairman of Table Tennis & Indoor Games Sub-Comm.

The winners of this important championship were, 1st place Sherwin Rodrigues, 2nd place T. P. Kurien and 3rd Udayan Grover.



Vice President R. Van Der Merwe presenting trophy to the winner Sherwin



(LtoR) Rex D'souza - President Scrabble Assn., Dr. Ojas Dave - Hon. Jt. Sec. JVPGC, Udayan, Sherwin, R. Van Der Merwe - Vice President, Bayer, with his wife Lorna, T. P. Kurien, Alok Pradhan (Bayer) and Sanjiv D. Shah - Chairman, TT



KNOW YOUR MANAGING COMMITTEE MEMBERS



BALKISAN D. SANGHVI
B. Engg.

Membership No.: F-393

D.O.B.: 21.05.1944

Spouse Name: Trupti

Children: 1. Bhishma 2. Udaey

Occupation: Business / Investor

Hobbies: Music

E-mail: bkdsanghvi@gmail.com

ACHIEVEMENTS:

- **School** representing in Cricket and Table Tennis
- **Vice President, JVPJ Club** (Year 2006-07)
- **Trustee** of Jivanlal Anandji High School, Rajula
- **Family Donor** of D.J. Sanghvi College & AJ College of Commerce
- School representing in Cricket and Table Tennis

PROFESSION:

- 1st in **Multi Cavity Moulding** in India.
- 1st in manufacturing of **Felt pen, Microtip pen & Ball pen** in India.
- Atomization of **Metal part and Press stool** for writing instrument.



BHARGAV N. PATEL
B.Sc. (Hons.),
L.L.B. (Gen), D.M.S.

Membership No.: L-312

D.O.B.: 19.11.1955

Spouse Name: Rinni

Children: 1. Parthiv 2. Harsh

Occupation: Business

Hobbies: Reading, Astrology
event management

Email: bhargav220@yahoo.com

ACHIEVEMENTS:

- **Best NCC Cadet** (1968)
- General Secretary, **Mithibai College** (1974-75)
- Hon. Treasurer, **Juhu Vile-Parle Gymkhana Club** (1995-1997)
- Hon. Secretary, **JVPJ Club** (1997-1999) & 2014 to ...
- Hon Secretary, **Juhu Jagruti** (1994-1997)

- Vice President, **Juhu Jagruti** (2003-2005)
- Managing & Executive Committee Member, **Shri Vile Parle Patidar Mandal** (1990- till date)
- Hon Treasurer & Trustee, **Shri Vile Parle Patidar Mandal** (1994-till date)
- Managing & Executive Committee Member, **Shri Vile Parle Kelavani Mandal** (1990- till date)
- Hon Joint Treasurer, **Shri Vile Parle Kelavani Mandal** (1998)
- President, **BJP Gujarati Cell Mumbai**
- Vice President & Trustee of **Shri Vile Parle Gujarati Mandal**

PROFESSION:

- Chairman, **SPH BPO Solutions P. Ltd.**
- Chairman & Managing Director, **Infosystems Intl. India Pvt. Ltd.**
- M.D, **Infosystems Exports P. Ltd.**
- Resident Director, **Infosystems Inc. U.S.A**
- Resident Director, **Infosystems Exports Inc. U.S.A**
- Director, **HBS Developers Pvt. Ltd.**



DILIP J. KATHRANI
Graduate

Membership No.: F-501

D.O.B.: 22/01/1950

Spouse Name: Bandhavi

Children: 1. Kunjam 2. Deepam

Occupation: Business

E-mail: dilipkathrani@gmail.com

ACHIEVEMENTS:

- **Past President** Juhu Vile Parle Gymkhana Club (Yrs. 2003-04, 2006-07, 2009-10)
- **Managing Committee Member** Juhu Vile Parle Gymkhana Club since 1995.

COMMON QUESTIONS ON HIGH BLOOD PRESSURE TREATMENT

DR AKSHAY MEHTA
Interventional Cardiologist
drakshaymehta@gmail.com
26192323, 26192424

Why should one treat high blood pressure (high BP or hypertension) if one doesn't feel any symptoms?

In most people high BP can exist without causing any symptoms. Unless checked for routinely, high BP is discovered only when some complication such as a stroke, heart attack, kidney failure or bleeding in brain occurs. To prevent these complications, it is important to keep BP at desired levels- which is less than 140/90 in most people.

Are medicines the only treatment for high BP?

No. The first and most important treatment of high BP (hypertension) which is applicable to all hypertensives is lifestyle modification, such as salt restricted diet with good portions of fruits, vegetables and milk, weight reduction, regular exercise, abstinence from smoking and alcohol etc. Only if the BP is not controlled with these measures are medications to be taken. However if the BP is found to be severely high, then medications and life style changes mentioned above have to start together without waiting.

Can one stop medications once the BP is under control?



Usually the BP rises again if medications are stopped, hence treatment should be continued as long as the doctor feels that reducing or stopping treatment will cause the BP to rise again-which usually means life-long medications.

Is it true that once BP medicines are started you can never stop them?

Not entirely true. Although it is usually the case that the patient may need some drug treatment or the other life



long, there are exceptions whereby in some patients the drugs may be carefully and under guidance slowly tapered and withdrawn. This is specially so if the BP is only mildly elevated, and there are correctable factors such as increased body weight, high salt consumption, high alcohol intake, sleep abnormalities etc. If one can correct these factors by vigorously making changes in lifestyle, the BP may reduce and one may be able to reduce or even stop all medication. But this should be under medical supervision.

Should one skip the morning dose of medications before going for a BP check up?

No. Please continue your medications as usual when you go for a BP check. Only then will the doctor know the response to treatment and the need to modify the treatment

Should one stop medications if there are side effects?

Yes, but one must immediately inform the doctor who can adjust the medications, suggest alternative medications etc without untoward harm.

What are the side effects of medicines? Can one take them for long time without harm? Will their effect wear off with time?

Most medicines for hypertension have negligible or benign side effects if prescribed and taken properly. One can take them for long term safely. However different people respond or react differently to different medicines. If any side effects are noticed, one should immediately report to the doctor. In almost all cases, a good alternative will be prescribed by the doctor. Usually effectiveness of a drug does not wear off over time, but if it does, due to some cause, adjustment in medications will be done by the doctor.



What diet changes are required to control BP?

The diet recommended for hypertension is one with low salt intake and an increase in fruits, green vegetables, cereals, pulses, and low fat milk products. It is called the DASH diet.

What types of exercises are beneficial, and what types are harmful?

The exercises that are beneficial are the aerobic, isotonic type. Examples of isotonic, aerobic exercise are brisk walking, swimming, cycling, etc. Exercises that may be harmful are isometrics, requiring more force than movement as for example, weightlifting.

How frequently should BP be checked?

This depends on your age, your initial BP readings and your likelihood of having high BP in the future. Depending on these factors your doctor will guide you as to show how often you should get your BP checked. It may vary from 2 or 3 times a week to once a year.

Should one measure BP at home? What is ambulatory BP measurement?

In a few persons, BP is high only when taken in the doctor's clinic or a hospital,

10 WAYS TO CONTROL HIGH BLOOD PRESSURE WITHOUT MEDICATION

By making these 10 lifestyle changes, you can lower your blood pressure and reduce your risk of heart disease.

1. Lose extra pounds & watch your waistline
2. Exercise regularly
3. Eat a healthy diet
5. Limit the amount of alcohol you drink
6. Avoid tobacco products and secondhand smoke
7. Cut back on caffeine
8. Reduce your stress
9. Monitor your blood pressure at home & make regular doctor's appointments
10. Get support from family and friends

but normal when taken at home. This is called "white coat hypertension" and is less of a risk than true hypertension. Conversely, some people have normal BP in doctor's office and high BP at home. So, if accurately done, home BP is a good idea and is a true reflection of one's BP and can be done at different times of the day. Ambulatory BP is

automatic BP measurement at frequent intervals throughout 24 hours by an equipment tied to the patient's arm. It gives an idea about BP levels also while asleep in the night. It can also reveal early morning rises in BP which are detrimental to health. Many times drug therapy can be better tailored to the BP levels by noting these variations throughout the day.


What other precautions should one take if one has hypertension?

Hypertension is one of the most important risk (causative) factors in the development of coronary artery diseases, and its harmful effect are magnified by the presence of other risk factors which commonly co exist, such as diabetes, abnormal blood lipids (cholesterol), obesity and physical inactivity. Hence it is important to identify these other factors, with checkups if necessary, and reduce or eliminate them with proper lifestyle changes and medications. At the present time, proper lifestyle changes together with excellent medications available can almost totally prevent the complications of hypertension.

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a short lived flower
beautiful, because

Day 7
then fall at last, a 10
lived flower of spring
it is the very product
sunshine. We may find
and just in the same
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POEM

LIFE ISN'T EASY FOR ALL

I am a teenager
Living with dreams like every other
I want to be like the rich, the fewer
But I have a soft corner for the poor.
My heart craves for the classy and best
But it beats more for the unfortunate rest.
The rich believe in playing the big money games
While the poor find joy in the self inverted
games with silly names.
I wish to buy the best shoes of the stock
Until I come across a boy who has no
feet to walk
Now even if I grow up to become rich
successful and proudly tall
I will always remember that
life is not always easy for all



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