

Vanik Voice



LIVE AND HELP TO LIVE

Issue 45 ~ August 2010

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This committee was elected on 01 November 2010

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Jyotsna Mehta
Nitin Parekh

Why we shouldn't eat meat - Sarah Stone explains why she hasn't eaten meat for 35 years.

The environment

Last month, Dr Rajendra Pachauri, head of the U.N.'s Nobel Prize-winning climate change agency, urged people across the globe to cut down on meat in order to combat climate change. In an interview with the Observer newspaper, he said: "Give up meat for one day [per week] at least initially, and decrease it from there."

"In terms of immediacy of action and the feasibility of bringing about reductions in a short period of time, it clearly is the most attractive opportunity."

Pachauri did not make his claim lightly. In 2006 the U.N. Food and Agriculture Organization (FAO) found that the world's livestock population generates 18 per cent of the earth's greenhouse gas emissions — by comparison, the earth's entire transport system is responsible for 13 per cent of greenhouse gas emissions. Creating just one kilogram of beef accounts for more greenhouse gas emissions and other pollution than driving for three hours while leaving all the lights on back home.

Deforestation to create grazing for cattle has contributed hugely to global warming. Trees absorb CO2 while they're growing; when they're burned or cut down the greenhouse gas is released back into the atmosphere, creating warming. Since 1950, half the rainforests of the planet have been destroyed to make way for grazing pastures, killing millions of native animal species in the process. In Latin America alone, the FAO estimates that some 70 per cent of forests have been destroyed to make way for grazing, and this deforestation is set to continue as long as demand for meat rises.

In the UK, hedgerows are torn down for the same reason; 98 per cent of the forests that once covered most of the British Isles have been destroyed at the hands of the meat industry.

Another major contributor to global warming is methane emitted by farmed animals belching and, yes, farting. Methane has 23 times the global warming impact of CO2. In the US alone there are 100 million cattle, each producing up to 200L a day of methane.

Then there's nitrous oxide, a potent greenhouse gas generated by animal manure that has 296 times the warming effect of CO2. Nitrous oxide creation is aggravated by intensive factory farming because manure is a more dangerous emitter when it is concentrated. Meanwhile, the earth's water supplies are polluted as slurry seeps into the waterways. In Holland and Belgium, slurry is the single greatest cause of acid rain.

It's a litany of environmental devastation, caused by our selfish desire to raise and eat meat as cheaply as possible.

Source – Prashant Shah

Note – this article has been segmented. Different parts will be and will have been published in recent months.



Groups affiliated to the NCVA

Aden Vanik Association
UK

Digamber Jain Visa

Mevada Association UK

Jain Association of UK

Jain Samaj Europe

Jain Samaj Manchester

Jain Sangh Birmingham

Jain Sangh of Europe

Mahavir Foundation

Navnat Vanik Association
UK

Navnat Youth Association

Oshwal Association of UK

Shree Jain Sangh East
London & Essex

Shree Navyug Jain Pragati
Mandal,

Shree Sidhpuria Vanik
Samaj

Shrimali Soni Mandal
London

Vanik Association UK

Vanik Samaj Leicester

Vanik Samaj Coventry

Vanik Samaj of UK
Brighton

Vanik Samaj
Southampton

Veerayatan UK

Young Jains

Groups Established by NCVA

Vanik Professional Group
Vanik Business Group

Support the Time to Change pledge

More than 6,000 people have added their pledge to end mental health prejudice. If you haven't already, join them and make your pledge today – we need to create the biggest ever show of support for ending mental health discrimination.

Time to Change Champion Gemma Nicholls says of her pledge:

"I made the pledge because there are so many people in this country who are made to feel ashamed of their mental health problems. I have encouraged friends with mental health problem to pledge too as I don't want them to feel they need to hide in the shadows anymore. And I've encouraged my family because they have been very supportive of me, and I want them to show the rest of the world that love and support!"

Why don't you encourage five friends to pledge too? <http://www.time-to-change.org.uk/>

If you have pledged, could you take five minutes to complete a very short survey to help us find out about what impact making a pledge has had. <http://is.gd/cKsDc>

Provided by Chandrakant Shah

The NCVA Matrimonial Register

The NCVA have a professional, anonymous structure in place to help you meet your possible soul mate. Jayman Mehta is the person to contact if you wish to register for this service.

Once you register, you will receive a list of other people who are looking for a partner. The list is organised so that the reader can learn the height, qualifications, age and reference number of each member. Viewers can see whether the members on the list are male or female by looking at the letter at the beginning of the reference number. However, they cannot see the name of any other details that will identify those on the list.

For further information please contact: - Jayman Mehta

Contact time: Mon. to Fri. evening between 5.30 p.m. & 7.30 p.m. ONLY, on Tel. no. 020 8907 2428

Please DO NOT contact outside above days and time

You can also receive this list by e-mailing mehtajayman@yahoo.co.uk or manhar_mehta@hotmail.com

I don't know enough about Jainism & nobody can explain it to me so I can't follow it!

I don't know enough about Jainism & nobody can explain it to me so I can't follow it!" - You've heard this before right?

How about having an interactive session with a tour guide at the V & A museum and finding out what you don't know? LOL :)

I went to the exhibition I mention above at the Victoria and Albert Museum yesterday

It shows 9 pages of the Kalpa Sutra.

They're amazing!

I really recommend for anyone who's interested in Jainism, Jain art, Jain scriptures to go along. If there are 10 or more, you can request for a guide to talk you through the exhibition. That will be of no extra cost and it's really worth it! It makes it a far richer experience :)

If you go to the V and A website and search for under exhibitions, the 7th in the list is called Jain Manuscripts. That's what I saw and explored with Harshad uncle who acted as our tour guide yesterday.

The description of the exhibition is: –

14 May 2010 – 31 December 2012

South Asia, room 41

Free admission

Created to accompany the launch of JAINpedia – an ambitious project digitising Jain manuscripts in the UK – this small display shows finely illustrated Jain manuscript pages from the 15th to 19th centuries. Manuscripts were preserved in temple libraries, however the V&A's collection includes examples in a range of styles, some never displayed before.

For those of you who aren't in London, there'll be a mobile exhibition on the roads soon. :)

Inside the Indian Dairy Industry: A Report on the Abuse of Cows and Buffaloes Exploited for Milk

False Impressions

A cow contentedly chewing her cud may look as though she does not have a care in the world, but there is a lot going on behind those big brown eyes. Just like cats, dogs and humans, cows and buffaloes are individuals: some are extremely bright, and others are slow learners. Some are bold and adventurous, and others are shy. Some are friendly and considerate, and others are bossy and devious. According to organic farmer Rosamund Young, author of *The Secret Lives of Cows*, cows “can be highly intelligent, moderately so, or slow to understand; friendly, considerate, aggressive, docile, inventive, dull, proud, or shy”.

In addition to having distinct personalities, cows are generally intelligent animals who can remember things for a long time, according to recent studies. Animal behaviourists have found that cows interact in socially complex ways – they develop friendships over time, sometimes hold grudges against cows who treat them badly, form social hierarchies within their herds and choose leaders based on intelligence. They are emotionally complex as well and even have the capacity to worry about the future. Researchers have found that cows can not only figure out problems but also, like humans, enjoy the intellectual challenge and get excited – even kicking up their heels when they find a solution. The problem, of course, is that they are raised for milk and will later be slaughtered for meat and leather. As is true for all animals, they do not want to be separated from their families and do not want to die. Cows have been known to use their smarts to perform amazing feats, such as leaping over a 6-foot fence to escape from a slaughterhouse, walking seven miles to reunite with a calf after being sold at an auction and swimming across a river to freedom.

When they are separated from their families, friends or human companions, cows grieve over the loss. Researchers report that cows become visibly distressed after even a brief separation. The mother-calf bond is particularly strong, and there are countless reports of mother cows who continue to frantically call and search for their babies after the calves have been taken away and sold.

After visiting a dairy farm with cow expert Dr Temple Grandin and witnessing the great tumult of bellowing upon their arrival, author Oliver Sacks, MD, wrote, “‘They must have separated the calves from the cows this morning’, Temple said, and, indeed, this was what had happened. We saw one cow outside the stockade, roaming, looking for her calf, and bellowing. ‘That’s not a happy cow’, Temple said. ‘That’s one sad, unhappy, upset cow. She wants her baby. Bellowing for it, hunting for it. She’ll forget for a while, then start again. It’s like grieving, mourning – not much written about it. People don’t like to allow them thoughts or feelings’.”

John Avizienius, the senior scientific officer in the Farm Animal Department of the RSPCA in Britain, says that he “remembers one particular cow who appeared to be deeply affected by the separation from her calf for a period of at least six weeks. When the calf was first removed, she was in acute grief; she stood outside the pen where she had last seen her calf and bellowed for her offspring for hours. She would only move when forced to do so. Even after six weeks, the mother would gaze at the pen where she last saw her calf and sometimes wait momentarily outside of the pen. It was almost as if her spirit had been broken and all she could do was to make token gestures to see if her calf would still be there”.

Cows: Milk Machines?

According to the Compassion in World Farming Trust, around the world, more than 225 million cows are used for milk production. They produce more than 500 million tonnes of milk every year. Dairy farming has become increasingly industrialised in recent decades.

Cows – like all other mammals, including humans – produce milk only when they are nurturing their young. Therefore, cows raised for milk are typically made to give birth every year. Cows are both lactating and pregnant for at least seven months each year. Within three months of giving birth, cows are made pregnant again, often through artificial insemination.

Today, more and more cows and buffaloes in India are milked by machines. The machines tend to take more milk out of the cows than the amount they would yield naturally and easily. Workers often do not pay attention while the machines are on; even after milk has been taken out, the machines often keep sucking the animals’ dry udders, causing them a lot of pain.

Most cows raised for the dairy industry are confined to tiny spaces, leaving them unable to fulfil their most basic desires, such as nursing the calves they love. They are treated like milk-producing machines and are given large doses of hormones that cause them to produce unnaturally large quantities of milk. Oxytocin, a Schedule H drug (a drug which cannot be bought or sold without a prescription) is widely used, even though its use is illegal. The drug makes cows suffer severe stomach cramps that feel like labour pain.

A report prepared by Dr RP Parashar, president of the DAV Research Society for Health, found that “As per the report prepared by Dr. R.P Parashar, President, D.A.V Research Society for Health, in a survey conducted in Uttar Pradesh, Haryana and Delhi, it was found that 82% cattle breeders were using Inj. Oxytocin in the Capital. 62%-68% cattle breeders from adjoining areas of Delhi like Sonipat, Rohtak, Faridabad, Gohana, Bahadurgarh, Loni, Ghaziabad, Hapur, Buland Shahr etc. and 23% to 32% from remote areas of Uttar Pradesh and Haryana were using Oxytocin for milking cows and buffaloes. Due to the effect of Oxytocin, the pressure of milk increases very high into the udder of cattle and even the most obstinate animals give milk easily to get rid of the unbearable pressure. Little quantity of this hormone preparation is secreted with milk, acts as slow poison after regular consumption and with passage of time, may give rise to different diseases. Usually after 5 to 6 months of conceiving, animals stop giving milk but cattle breeders continue milking the cattle three to four months more by injecting Oxytocin.”

Are Jains actually Hindus?

...or is Jainism an offshoot of Hinduism? I have been trying to find an answer to this enigmatic question for some time now but have drawn a blank in my research to arrive at a categorical conclusion. My *prima facie* conclusion is no, Jains are not Hindus nor are they a sub-sect of Hinduism. However, one needs to be convinced and to be able to convince others. So how can we substantiate this assertion that the Jain tradition began anterior to and independent of the Vedic and later Hindu tradition. Hindu scholars have asserted that "from the rich soil of Hindustan long ago sprang various other traditions like Jainism, Buddhism and Sikhism which rejected the Vedas and emerged as completely distinct religions, disassociated from Hinduism, while still sharing many philosophical insights and cultural values with their parent faith."

But Jain philosophers maintain that Jainism is the oldest living religion. It is a fact that Jainism originated in the Indian subcontinent. However, Jainism is as ancient as, or even older than, the Vedic religion since references to its first Tirthanakara (prophet of Jainism), Lord Rishabhdev, is found in the Rigvedic Mantras (one of the four most ancient Hindu scriptures) implying that he existed long before the Rigved. Over the course of centuries, Indian lay Jains have, as part of a social survival mechanism, adopted a number of rites and customs bearing outward similarities with popular Hindu rites and customs.

There is not much scope for exploring this in greater detail in the limited space available here. So where does this leave us? Watch this space.

Dinesh Sheth

Put Gujarati first! Increase in the incidences of suicide in teenagers: Depression? Emotional shock?

In the 21st Century, childhood is a challenging time for so many children. Entry into a school, selection in the school teams, high performance in exams, working parents struggling to earn respect in the community and fighting at home due to increased stress, and the technological progress, of internet and other have increased the chances of disappointments. Recently, 4 or 5 teenagers committed suicide together is not a surprise any more.

In the USA, in the 21st Century, the incidents of depression has grown. Now it has reached the ages of 7 to 11 who are thinking of suicide even more than the adults. Today, this is not limited to Mumbai, Ahmedabad, Delhi or Kolkata.

With the highest concern for desires and ambitions, USA has the highest problems of depression in children and to deal with this they have setup a telephone life line for prevention of suicide. This National centre receives 45,000 calls a month in which emotionally distressed children represent the highest number with 'I am thinking of suicide, what should I do?'. In Istanbul, Turkey, Institute for Forensic Medicine has published that every year, there are approximately 176 incidents of suicide in the age range of 9 to 19.

It appears that suicide by hanging has also become a globalised method! In Turkey, 55% of children use this method of suicide; 15% jump off high buildings. In America and the Islamic countries where guns are available in the homes, 20% use guns to commit suicide. According to World Health Organisation, a study showed that in 2005 a total of 90,000 teenagers committed suicide worldwide.

Suicide amongst 9 to 12 year olds is increasing at a rate of 17% per annum; amongst 12 to 16 it is increasing at a rate of 23% which means that today, over 150,000 must be committing suicide. Anti-depressant drugs causing side effects may also be inspiring children to commit suicide. Okigahara forest in Japan is spread over 3,500 hectares and many Japanese go there to commit suicide by hanging from the trees.

In Australia, 1 million children of school going age are suffering from depression. In America, during the financial crunch one out of seven people due to unemployment and resulting depression was thinking of committing suicide. Adults think for a longer time over committing suicide and also look for some solution, but children run away from home or commit suicide immediately. In America, depression has become a national disease and in 2009 1 out every 3 was suffering from depression.

Especially, when there is a tussle between parents, and the father leaves home, the child prefers to live with the mother. However, when the mother starts an affair or falls in love with another person, the child suffers an emotional shock and thinks about suicide. Children are less prone to think of suicide through mental illness or depression or other diseases; emotional shock and failure in career are more common.

Children who are reminded time and time again not to run across roads or to hang out of the window seem to be doing the opposite and gets killed in car accidents or falling from the windows.

In Switzerland, an organisation called EXIT has been setup to assist people in committing suicide. Each year, approximately 200 Britons travel to Switzerland for assisted suicide.

Our TV channels which broadcast the incidents of child suicide are also inspiring other children to commit suicide.

Kanti Bhatt

UN urges global move to meat and dairy-free diet

Lesser consumption of animal products is necessary to save the world from the worst impacts of climate change, UN report says

global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change, a UN report said today.

As the global population surges towards a predicted 9.1 billion people by 2050, western tastes for diets rich in meat and dairy products are unsustainable, says the report from United Nations Environment Programme's (UNEP) international panel of sustainable resource management.

It says: "Impacts from agriculture are expected to increase substantially due to population growth increasing consumption of animal products. Unlike fossil fuels, it is difficult to look for alternatives: people have to eat. A substantial reduction of impacts would only be possible with a substantial worldwide diet change, away from animal products."

Professor Edgar Hertwich, the lead author of the report, said: "Animal products cause more damage than [producing] construction minerals such as sand or cement, plastics or metals. Biomass and crops for animals are as damaging as [burning] fossil fuels."

The recommendation follows advice last year that a vegetarian diet was better for the planet from Lord Nicholas Stern, former adviser to the Labour government on the economics of climate change. Dr Rajendra Pachauri, chair of the UN's Intergovernmental Panel on Climate Change (IPCC), has also urged people to observe one meat-free day a week to curb carbon emissions.

The panel of experts ranked products, resources, economic activities and transport according to their environmental impacts. Agriculture was on a par with fossil fuel consumption because both rise rapidly with increased economic growth, they said.

Ernst von Weizsaecker, an environmental scientist who co-chaired the panel, said: "Rising affluence is triggering a shift in diets towards meat and dairy products - livestock now consumes much of the world's crops and by inference a great deal of freshwater, fertilisers and pesticides."

Both energy and agriculture need to be "decoupled" from economic growth because environmental impacts rise roughly 80% with a doubling of income, the report found.

Achim Steiner, the UN under-secretary general and executive director of the UNEP, said: "Decoupling growth from environmental degradation is the number one challenge facing governments in a world of rising numbers of people, rising incomes, rising consumption demands and the persistent challenge of poverty alleviation."

The panel, which drew on numerous studies including the Millennium ecosystem assessment, cites the following pressures on the environment as priorities for governments around the world: climate change, habitat change, wasteful use of nitrogen and phosphorus in fertilisers, over-exploitation of fisheries, forests and other resources, invasive species, unsafe drinking water and sanitation, lead exposure, urban air pollution and occupational exposure to particulate matter.

Agriculture, particularly meat and dairy products, accounts for 70% of global freshwater consumption, 38% of the total land use and 19% of the world's greenhouse gas emissions, says the report, which has been launched to coincide with UN World Environment day on Saturday.

Last year the UN's Food and Agriculture Organisation said that food production would have to increase globally by 70% by 2050 to feed the world's surging population. The panel says that efficiency gains in agriculture will be overwhelmed by the expected population growth.

Prof Hertwich, who is also the director of the industrial ecology programme at the Norwegian University of Science and Technology, said that developing countries – where much of this population growth will take place – must not follow the western world's pattern of increasing consumption: "Developing countries should not follow our model. But it's up to us to develop the technologies in, say, renewable energy or irrigation methods."



Source
<http://bit.ly/dv7ISs>

An cattle ranch in Mato Grosso, Brazil. The UN says agriculture is on a par with fossil fuel consumption because both rise rapidly with increased economic growth. Photograph: HO/Reuters

Jain Funeral Rites Services

Death in a family is the time when support from friends and community is most needed. Bereaving family is emotionally suffering the loss of the beloved one, yet has to run around to get all formalities completed to get the dead body cremated.

Every community in the world has a set procedures laid down by their religion of conducting last rites. Hindu families employ services of priests (Brahmin Pandits) to conduct last rites but Jains have no priests to conduct such services.

In the Jain community, it is a practice to request the support of an experienced person to conduct last rites (antim Vidhi) at home and at crematorium.

There has always been a few in the community who are willing to offer their voluntary support to the bereaving family by conducting the cremation rites.

In London particularly Harrow and Brent area, we have been fortunate to have services of Babulal Ratanshi Mehta, Pranlal Vithalji Parekh and Jayantilal Mulji Shah for many years, they are now unable to support because of their age. Jayantilal Ghelani is doing this humanitarian work in Harrow and Brent Area for many years. Vijaybhai Sheth has also made himself available many a times.

Now as a part of its Jain Spiritual Care (Hospital Chaplaincy project), NCVA is providing service for conducting funeral rites for Jains.

The following people have offered their voluntary services and are fully knowledgeable in conducting Antim Vidhi at home and at crematorium.

They are listed by the area they live in. Their contact telephone numbers are also given.

When required, please contact the person in your area, if he is not available then contact others on the list

Harrow /Brent :

Jayantilal Ghelani	020 8357 4029
Anil Modi	020 8427 1064
Madhusinh Rawji	020 8416 3532
Manhar Mehta	020 8952 1165
Ramanlal Shah	020 8200 5761

Barnet:

Hitesh Rayani	07779 164134
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Watford:

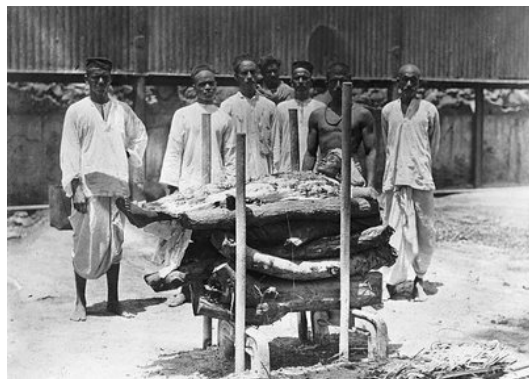
Vijay Sheth	01923 446673
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Ilford:

Hullas Mehta	020 8590 4342
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Leicester:

Jayesh Shah (Jain Centre)
Shashikant Mehta



Mother Love for Labour

Political venom spiked tender relationship between one of the most liked Asian women politicians and her son after Mr Gordon Brown was described as the 'worst PM' by his own candidate. The Former Lord Mayor of the Leicester City, Councillor Manujula Sood described her own son as "distraught" after his outburst against Gordon Brown. Her son, a Labour candidate at the General Election representing the constituency of North West Norfolk, Cllr Manish Sood said the Prime Minister owed an apology to the British people and the Queen.

The comments came only a couple of days from the voting day, plunging Gordon Brown's election hopes into turmoil by describing him the "worst prime minister". The 38 years old candidate said that the Conservative-held seat he was fighting for was "unwinnable".

Late Paul Sood, husband of Cllr Sood was a popular Councillor in Labour party in Leicester, an area with high Asian Population Asians who had arrived in 70s from Uganda and Kenya. Since the expulsion of the Asians from the Uganda by the then the President Idi Amin, Leicester has shown to be a thriving multiracial community. Mrs Sood was replaced as a local councillor after his death.

Cllr Manish Sood, the son was critical of the Government, saying that the rise in immigration has was creating friction within communities and the country is getting messier. He openly criticised the Labour Party commenting, "The role of ministers has gone bureaucratic and the action of ministers has gone downhill - it is corrupt. And the loss of social values is the basic problem and this is not what the Labour Party is about.

David Collis, chairman of North West Norfolk Constituency Labour party in a statement said that Manish Sood did not represent the views of his party members. He said, "This is the latest in a series of bizarre comments which he has made over a long period of time". Adding that Manish has been divorced from this campaign for some time but clearly determined to get as much attention for himself as possible. The opponents say why the Labour Party has failed to take step to replace him till it is too late..

Asked by the media Cllr Sood stood by his comments, "Absolutely, yes." Mr Sood said he wanted to become a "one man battle" in cleaning up Labour and Parliament: "I have been brought up with true social, moral Labour values and that is what's gone missing throughout the whole of the system because they have become too bureaucratic and too corrupted."

His mother was shocked and told the media that she was trying to gather her thoughts together. She reacted, "He hasn't really ever come out of grieving for his father Paul, who died suddenly in 1996, and I think he has a lot of anger inside him." This was considered extraordinary when a mother who has been eager to promote her son in to a parliamentary career suddenly turned against her own son on matter of political disagreements and labels him as a distraught figure! Critics say that it is a worst thing a mother can do is to 'tarnish' her own son in public as someone with 'mental health' problem. Some of the friends felt that the political ambition of Cllr Manujula Sood had taken better side of her judgment!.

Buddhdev Pandya MBE
Tel: 0777 629 1298
Email: buddhdevp@googlemail.com

By Buddhdev Pandya

Speed dating

Hi to all

At previously advertised, our next speed dating event is on **21st november 2010** at Premier House Banqueting in Harrow.

The registration fee is only **£15.00** for one person and **£12.50x2=£25.00** for joint booking (1 male and 1 female).

Many people have already registered and every day we are receiving more and more. To ensure that we have equal number of boys and girls, once we hit 75 of either male or female, we will start putting people on a waiting list until we have equal number of males and females

This will guarantee your place and lower price. We refund in full up to 14/11/2010 if you unable to attend speed dating event

This year in feb 2010 we rejected over 100 people as they applied after we had **hit our capacity**, don't let this happen to you. To avoid disappointment I would suggest that you **"DO NOT DELAY, BOOK TODAY"**.

Ramesh J Shah 020 8422 8988 07742 045 154