

Reflections

February-April 2014



Gabriella Adami-IIW President • Pushpa Suryamurthy-Association President • Mrudula Dand-District Chairman • Nimisha Mirani-Club President

Inner Wheel Club of Bombay Bayview *Chausar* District 314



President's Word

In the twilight, we can see the silhouette. Sparkling like a crystal under the rising moonlight. Flatland and circular it looked sufficient to hold maybe 13 bodies. There it was, The Summit. How sweet that sounded!!

Whilst unfurling the flag and preparing for the pole-in at midnight, we chat. From the narrow ridge on the mountainside, we can see all the way down. Circling the ridge the entire pathway is visible to us. We could see cornices and crevices that we navigated around. We even spotted the campsites where we had rested our weary bodies recouping from the strenuous uphill trek.

From here it all looked very different though. There was a gushing waterfall flowing down from where we had pitched in our tents once. It was taking sweet nectar-like water to the drought-ridden villages on the foothills.

Where we had cooked our meals and dropped food crumbs, little birds were nesting and caring for their young.

The patches that we had dug out for shelter against the storm now offered

shade to a weary mountain goat and her kids.

Silver birches grew tall where we had slept under the stars, laying thick carpets for the harmless deers.

The barren and rocky mountain that we had begun on 10 months ago was coated with a thick green moss transforming the vista into a natural paradise thriving on the fruits of nature.

Such joy to the mind and soul. This quarter of the year was reassuring and summative. Read about it in Chausar, our fourth edition of Reflections.

-Nimisha Mirani



Partner's in Service – Rotary Club of Bombay Bayview

Behind every successful man is a woman, likewise, beside every unique and successful Rotary Club is its counterpart, The Inner Wheel Club.

Rotary is unique in many respects, but I believe that its greatest strength is its members and the supporting clubs. Our members are people who care about their communities and are leveraging their strengths into the

ability to make a truly global impact.

I am thankful to have worked with President Nimisha Mirani and all the efforts she has done to sparkle the name for IWCB. She is always brimming with enthusiasm and ideas for all club projects. Her committee, as a team, has supported in all the planning and execution. RCBB has worked on various projects along with IWCB to energize the lives of underprivileged people.

- Like the construction of toilet blocks at Badlapur Adivasi School.
- RCBB and IWC have been doing a joint project every year: PRAYAAS (a community project with a cause).
- We also have had a joint distribution at Geetanagar where IWC distributed snack boxes to the children.
- I was honored to be the Chief Guest at the IWC project INDRADHANUSH, a painting competition hosted for the underprivileged children.

In a closed door meeting, our very own DG Lata Subraidu praised our IWC team for the excellent work done by them through the year for the poor and underprivileged people under the Presidentship of Nimisha Mirani.

IWC has been a constant support to me and RCBB by helping in various projects and their completion. This was truly a memorable year full of activities, projects and fellowships.

-Rajesh Sheth
President - RCBB

The District



District Chairman's Message

Greetings to all my dear jewels of IWC of Bombay Bayview.

You know your club is rightly named Bayview which opens the window to world like how the bay leads to the ocean. In your short time you have marveled in all fields and I always give your example to other clubs to look at you young budding ladies who are on their toes par excellence in spite of several commitments in life. This is clearly visible in your success stories. So enjoy Inner Wheel and March on path of service with all endeavors. May God bless you all.

Remember, "You get best if you are the best of yourself".

-Mrudula Dand

Zonal Fellowship Zone 1

The theme was 'Wives of Tomorrow' and 'Fashion Walk' for Bayview. We engaged trendy and young designer Zuilee and chose Indian print Ikkat, in Silks and Cottons. The styling was futuristic. We had segments on Valentine, Formal, Semi-formal, Informal, Resort and Club Wear. The women showed the various moods of a future wife, traditional, bold, sadistic, provocative, demure, smart, simple and masochistic.



District Rural Project Inauguration

IIWP Gabriella Adami, AP Pushpa Suryamurty and District Chairman Mrudula Dand together inaugurated the Outdoor Kitchen Block that was sponsored by IWCBB. The entire Dining, Kitchen, Storeroom and Outdoor Kitchen Block turned out well. IWCBB was one of the main sponsors of the project.



South Asia Rally

Professional performances, jewelry shows, articulate orators and a variety of shopping options at a very nice venue was what the SAR was all about. SAR Committee Members were appreciated for their support to the event. Our club was recognized as a contributor to the Fund Raising Committee and for the jewelry stall in the shopping gallery.



Winners at Bayview

C ISO Smeeta won 2nd Prize in the Recipe Competition of Dist 301. Members Dipa Kapadia and Sejal Shah got their recipes published in the special health cookbook released on the occasion of SAR.



Smeeta



Dipa Kapadia

Recipe :
Caramelized Pear Salad with Chilli Honey Mustard Dressing



Sejal Shah

Recipe :
Tofu Quiche

CARAMELIZED PEAR SALAD WITH CHILLI HONEY MUSTARD DRESSING:

PREPARATION TIME: 45 min
COOKING TIME: 1 min

INGREDIENTS: (Serves 4 people)
For the salad:
• 1 cup (100g) sliced golden bosc (Bosc) pears
• 1 cup (100g) sliced green (Granny Smith) pears
• 1 cup (100g) sliced red onion
• 1 cup (100g) sliced red bell pepper
• 1 cup (100g) sliced red chili
• 1 cup (100g) sliced red capsicum
• 1 cup (100g) sliced red chili
• 1 cup (100g) sliced red chili
• 1 cup (100g) sliced red chili
• 1 cup (100g) sliced red chili
• 1 cup (100g) sliced red chili

FOR THE DRESSING:
• 1 cup (100g) olive oil
• 1 cup (100g) honey
• 1 cup (100g) mustard
• 1 cup (100g) vinegar
• 1 cup (100g) salt
• 1 cup (100g) pepper
• 1 cup (100g) chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili

TOFU QUICHE

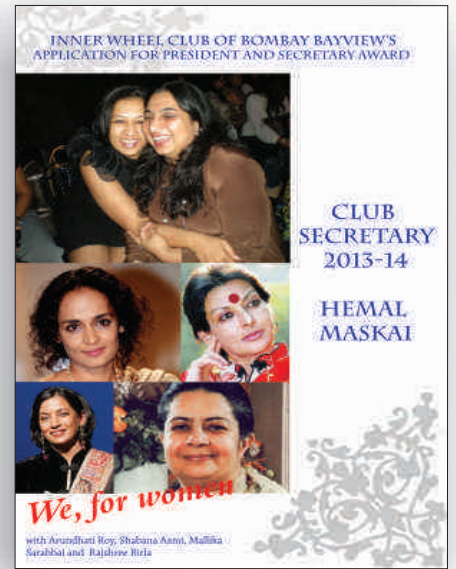
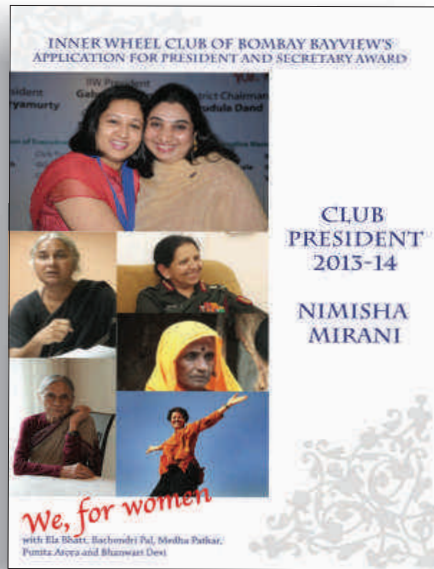
PREPARATION TIME: 10 min
COOKING TIME: 10 min
CHICKENING MEMBER: Low sodium diet

INGREDIENTS:
For the crust:
• 1 cup (100g) flour
• 1 cup (100g) butter
• 1 cup (100g) salt
• 1 cup (100g) pepper
• 1 cup (100g) chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili

FOR THE FILLING:
• 1 cup (100g) tofu
• 1 cup (100g) onion
• 1 cup (100g) bell pepper
• 1 cup (100g) chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili
• 1 cup (100g) red chili

Sent Reports

We have sent all the Reports as requested by the District

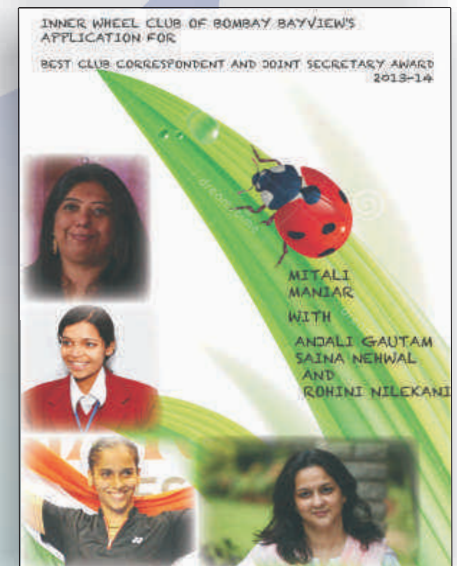
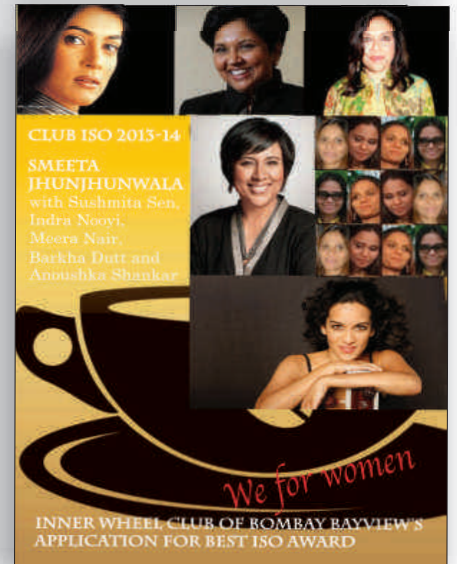


Joint Project with IWC of Palghar

A joint project with Inner wheel Club of Palghar to donate a Dialysis Machine (There is no Dialysis Facility around the 60 sq kmtrs radius in Palghar) along with their RC of Palghar to Dawle Hospital, Palghar.

Joint Project with IWC of Borivli

We assisted trauma victim, 27 year old Reshma Waghmare who had sustained severe burns when she met with an accident a few months back. This is a joint project with IWC of Borivli.



The District

Others

Club President Nimisha and CC Mitali attended the Fellowship of Zone 6 at Dombivli

Paintbox

We have painted 4 classrooms at Manohar Joshi Vidyalaya, Dharavi. It was a Joint Project with IWC of Bombay Hanging Garden partnered us by funding a classroom.



Priyanj Special School

We celebrated World Autism Day on Thursday, 3rd April by visiting Priyanj Special School and hosting the children to lunch. We have helped the center with a Photocopying Machine and a Printer. The children enjoyed the session and played on the musical instruments we had donated last year.



Playground in Shantivan

We helped add to the playground of the Adivasi School at Wakadi by giving them a See Saw, Merry Go Round and Swing. The school caters to 300 odd students.



Shraddha at Esselworld

33 Students of Shraddha Center for Street Children will visit Esselworld on the 11th of April. 30 children and 3 Adults will make the trip to the Theme Park and enjoy the thrills of the rides. Here's hoping they have a 'hot and happening' time.



KKM Annual Day Umang

We were invited for Umang, the Annual Day Celebrations of Khel Khel Mein where all the centers of KKM got together to put up song and dance performances, each center trying to get the of better the others. From the club, we encouraged the students by assisting them with Shiamak Davar coaching session's support.

Summer Camp

We are conducting a fun filled Summer Camp for students of Shraddha Khar. Every Friday the children are either entertained or taught an activity.

Solar Lamps

After successful completion of the first phase of providing Solar Lamps in the villages of Karjat, we have undertaken the next phase. We have provided their Urja Kendra with an additional 17 lamps to be sold to the villagers with a subsidy.



Naunihal Kitchen Project

Organic and homegrown vegetables are made available for the girls of the Naunihal Center at Kharghar. Palak, Methi, Kothmir, Okra, Green Chilly can be found in their green patches. New residents weeded the patches, added compost, dampened the soil, sowed seeds and are now nursing them. This time round, we have encouraged them to be self-sufficient and undertake the second sowing themselves.

4 Computers to Badlapur

We have donated 4 Computers and a CPU to the Shivabhakta Adivasi Ashramsala, Badlapur. These have already been transported and assembled in the school.

Other Projects

- Employment for Soft-Pro trainees of Naunihal-5 Girls successfully employed
- Second stage of the Solar Lamp Project implemented at Karjat-25 lamps
- Sanitary Napkins to the Advasi Schools of Parali ad Mann-190 girls
- Distributed fans to Shivabhakt, Ashramsala

Intogetherness

Toilet at Badlapur

We will be building a girls toilet for the students of Badlapur. Currently they have to walk a distance for accessing hygienic sanitation facilities.

Purple Rain – GBM 7

In aubergines, mauves, lilacs, lavenders and violets, we gathered and enjoyed the session on 'Our Body Speaks'. A very interactive session by Guest Speaker AG Rtn Anita Shantaram left the members engaged for three quarters of the hour.



Club Charter Celebration - GBM 8

We began with a small cake cutting celebration as a gesture of sharing our happiness. We conducted the GBM via written communication, sharing all the information we had to on paper. Most members appreciated the personalized Inner Wheel pins that were handed out. We gifted back presents to all the attendees. Rtn. Chetan Maniar won himself 'Dinner for Two' at the Taj Mahal Palace Hotel, by digging out the coin in the cake.



Burma in Bombay – GBM 9

It was more of Vietnam and Thailand in Bombay. Though shy by nature, celebrity and NDTV Chef Nikhil Chibb had the ladies of Bayview under his spell. With a mortar and pestle, he showed us how to make a mean Som Tam Salad and Cold Spring Wrap. He recapped on the ingredients that would make the perfect Burmese Khow Suey. The ladies enjoyed their lunch at Busaba, one of Mumbai's ethnic and consistent South East Asian specialty restaurants. The Bayview '50 Shades of Grey' was a somber reminder of the impending hot and humid summer.



The Club

Executive Committee Meeting

We held our 4th Executive Committee Meeting on 3rd April at Picante Restaurant. The meeting was followed by lunch.

All through the year, Club ISO Smeeta has been communicating with many IW Clubs around the world. She used the Awareness Programme Emails to stay in touch with the other ISO's of the world.



Dieter's Delight

- Serves 4
- Calories 945

Ingredients:

- ◆ 200gm Home made Paneer
- ◆ 1/2 cup Spring Onion
- ◆ 1 Spoon Lime Juice
- ◆ 200gm Beansprout
- ◆ 1/2 cup diced Cucumber and Tomato
- ◆ 100gms Curd

Method:

Mix the Paneer with half the portion of the onion and salt.

In an oven friendly bowl spread this mix as the bottom layer.

Mix the beansprouts the rest of the onion, salt and lime juice.

Layer this over the Paneer.

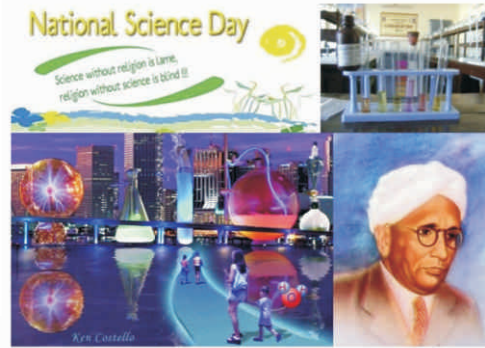
Beat the curd, add in salt, cucumber tomato mixture, and make this the 3rd layer.

Bake and serve hot.


Club ISO Smeeta
Jhunjhunwala
- Prize Winner Inter District ISO Competition

Awareness Programme

National Science Day



HAPPY BIRTHDAY TO YOU!! YESSSSSS.... Its our Clubs Charter Day today. And it makes me extremely proud and happy that our club is young dynamic and

I present to you a write-up consisting of the feeling and thoughts of the District time and read it till the end.

DISTRICT CHAIRMAN MRUDULA DAND -

Greetings to all my dear jewels of IWC of Bombay Bay View.

You know your club rightly named bay view which opens the window other clubs to look at you young budding ladies who are on their own inner wheel and March on path of service with all endeavors. May I

Science surrounds us. It is everywhere in our daily lives - all day, every day! Science is making impossible things possible.

The Black Dot

Indian Polls 2014 - Thursday, 24th April

YOUR COUNTRY'S FUTURE IS IN YOUR FINGER TIPS.

Vote for a better tomorrow



best represents my thoughts, my ideals.

So why don't some people vote? **Are they disillusioned, disappointed or plain disinterested?** Well, maybe. They feel that their single vote will not make much difference. But do they realize that if everyone started thinking on these lines and nobody voted, what a farce it would make of the whole electoral process?

Every adult is entitled to one vote, be it young or old, rich or poor, male or female,



Flag Exchanges at SAR

C ISO Smeeta exchanged flags with 50 other clubs and also assisted the SAR ISO committee. She was a part of the Registrations Committee for the ISO Meet.

Club ISO



Aam ka Mausam



In India we welcome the scorching summer heat only to welcome the its delicious fruit, The Mango. Also known as the king of fruits it Hindu Vedas it is known to be the food of the Gods.

Mangoes are a gift of nature in the summer. A winner with its sweet taste, its nutritional values are many. Rich in Vitamins A and E that are very essential for the eyes Mangoes help prevent dryness of the eyes and night blindness. These vitamins also help us maintain clear skin opening up clogged pores.

Most importantly it boosts memory and helps enhance concentration levels in children.

Season & Human Relationships

Garmiyon ki Chhuttiyan

The thought of summer brings back numerous childhood memories alive....

Summer meant vacations and spending time with cousins in Mumbai and Kolkatta...getting together enjoying and relishing outdoor games though the heat was scorching. It also meant that it was time of the year that helping my mother make pickles and papads was exciting, which helped me learn a range of things. Summer was most awaited for it was a season of MANGOES and relishing each mango as it's the last of the season.

But sadly today such moments have passed by and it's a pity that today we don't see children enjoying the outdoor life. Instead they desire and choose to travel aboard to cooler places or send time in a/c rooms with their gadgets. They tend to miss out those precious moments that they could cherish their whole life. This really saddens me.

Penning down my thoughts and reliving those joyous moments of my childhood..... really made me very nostalgic. I am confident that each of you will be having such valuable memories as I do.

To sum it up, I would like to say "THE TAN WILL FADE ...BUT THE MEMORIES WILL LAST FOREVER."

-Member *Mona Shah*



Tu kitni achchi hai, kitni bholi hai, pyaari hai o Maa...

Mother, it is a single word with a million emotions attached to it. No numbers of words are good enough to describe a mother. She has the power of a horse; strength like no one else and still is the most loving and sensitive person.

Being a mother myself, I can proudly say that it is the most wonderful experience a woman can experience. How my mother was with me, as loving and caring as she was, I try the same with my children. They can be hard to deal with sometimes especially when they are older but no matter how they are your love for them is unconditional.

With the birth of a child, the mother is reborn because now all your focus is on the child and the process of bringing up a child changes you for the better. You become like a shield that will protect the child from anything and everything. For every mother including me, their kids are their world. Even when they grow up, the kids might move on but for the mother they still are everything. No matter how old you are, your mother is like a security blanket for you. However bad your day goes, just one conversation with your mother or just knowing that she is with you no matter what gives you peace of mind.

Mother being the supreme lover, loves her child like she has never loved before. She is the one who turns a house into a home. She is the first school cum teacher for the child, teaching them values, the difference between right and wrong and how to face the world.

Nothing in the world can give a mother more satisfaction and pleasure than knowing that your child is happy, safe and successful.

- Member *Shilpa Solanki*



Upcoming Events

May	Summer Camp ever Friday at Shraddha Center for Street Kids
6th June	Annual General Meeting of IWCBB
19th June	District Assembly 2014-15 Manzil
24th June	Club Celebration of IWY 2014-15
26th June	Project Visit Inauguration of Rural Projects IWY 2014-15

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