



AIR views

Bulletin of THE INNERWHEEL CLUB OF BOMBAY AIRPORT Dist. 314

IHW PRESIDENT
LILLIAN PETTIGREW
ASSOC. PRESIDENT
RENU BALJEE

Dist. CHAIRMAN
PUSHPA MURTHY
PRESIDENT
HARSHA MEHTA

SECRETARY
RUMA AMIN
EDITOR
PRITI DOSHI

Volume 3 : Issue 1

FOR PRIVATE CIRCULATION ONLY

JULY, 1999



Dear Harsha,

"Life is short, live it up!" is the motto, your club members live upto. This can be seen in the jump your club has made in a short span of two-and-a-half years. Prabha and Amita have worked hard for the club, and now it's your turn.

You have worked hard as an I.S.O., and doing different costumes in various fellowships, and now is the time for you to gear up in all avenues.

I wish you and your team the best for the year,

PUSHPA SURYAMURTY



Once again the New Year stands before us. In this year, we have to reach new horizons, explore new skies, and grab all opportunities to serve the society. During the last two-and-a-half years, Presidents Prabha and Amita have taken our Club to great heights and made their marks in the District. I also hope to do the same with your co-operation and motivation.

My strength is you all, your support, and your constant encouragement. With your unflinching dedication and support behind me, I hope to scale greater peaks this year, and thus, take our Club to even greater heights.

This year's theme is "Reach Out, Keep Hope Alive, Turn Giving into Living". So let us all "Reach Out" to each other, Keep our Hope alive for a better tomorrow, a better place to live in, and with dedicated service towards our Society, let us try to light a smile on every individuals face, and this will make our lives worth living.

Yours friendly,

HARSHA



My Dear Innerwheel Members of Bombay Airport,

The new year has begun and there is the change of Guards. Amita will install Harsha as the new President of the Club 1999-2000.

In the year that was, 98-99, Innerwheel Club of Bombay Airport successfully completed many projects in the benefit of the community.

My congratulations to Amita for giving such a splendid year 98-99 and Harsha for becoming the new chief for the coming year.

The Club has made a mark of distinction in the District 314. The reigns of this outstanding Club will be now in the hands of its worthy beholder Harsha. It is more than once that I have been told of her immense capability and perseverance. And we all know that Perseverance is the key to success. I am sure she will raise the level of the service of this Club to its new heights, from where service to community will flow naturally.

I, as a President of Rotary Club of Bombay Airport, look forward to her year and say :

"Hey ! We'll be in touch"

Yours in Rotary,

SHACHIN NANAVATI

Dear I. W. Members,

In the beginning of the year, when I accepted to lead the Club as President, I was a bit nervous. Now at this stage, I feel extremely elated with an euphoric sense of achievement and hence contentment.

I know that no President can be successful without the co-operation of Members. I take this opportunity to thank all of you for helping me throughout the year. Now, I strongly believe that we are part of one family and the bond among members is not only very strong but also unrecoverable.

The coming year is going to be very important to all of us, as this is a year of transition, which will take us to the new decade, new century and new millennium. The transition period is always memorable and hence full of challenges. I know it for sure that the in-coming President, Harsha is absolutely capable of accepting and fulfilling the challenges. I offer my best wishes to Harsha and to all of you for the coming year. I also thank Pres. Shiv Luthra and all the Members of Rotary Club of Bombay Airport for their constant support. In the end, I would just say **"It was great fun"**.

Yours in Inner Wheel,

AMITA TIMBADIA

HIGHLIGHTS OF THE YEAR 1999

COMMUNITY SERVICE

- Borewell at Marvan village.
- Towards water pipeline project to the district.
- Donated water purifier at ISCON.
- 125 sets of dishes, bowls, glasses and spoons to the children of Chandarpur village.
- Distributed sweaters and blankets to 125 adivasi children of Barakhada village- Vapi.

EDUCATION

- School uniform, stationary and accessories to Balwadi children.
- Renovating classrooms of Balwadi.
- Training of teachers to improve results in English at Marol Pragati School.
- Organised sports and judo competitions and demonstration on Independence day and distributed sports kit and prizes.

ENVIRONMENT AND POLLUTION CONTROL

- Organised 40 workshops o handmade paper from waste material for school children, college children, street children, hearing impaired and mentally challenged children and Inner Wheel members.
- Donated plants, pots, soil and manure to Sane Guruji School and Disha Karna Badhir School children.
- Manufacturing and selling of 3500 environment friendly bags.
- Purchased paper bags made mentally handicapped children and distributed to fruit and vegetable vendors and shopkeepers. So far 83kg of bags are purchased.

HANDICAPPED CHILDREN

- 'TALENT CONTEST' for mentally challenged school children and demonstration by def and dumb children of their talents to celebrate WORLD INTERNATIONAL HADICAP DAY. Prize distribution by Dist. Ch. Pushpa, Cine Star Mukesh Rishi and Rotary Pres.Sachin Nanavaty.
- Felicitated winners of special olympics help in USA.
- Given HEPATITIS B vaccine and held audio visual show for challenged children.

- Purchased greeting cards and paper bags for most of the festivals.
- Held drawing competition for greeting cards on Independence Theme.

DONATION OF SPORTS EQUIPMENTS HEALTHY BABY COMPETITION AT BALWADI HALDI KUMKUM CEREMONY DURING SANKRANTI FOR BALWADI MOTHERS

OLD AGE AND SENIOR CITIZENS

- Celebrated 15th August with Senior citizens at Juhu Park.
- Donated tea and sugar to Home for Aged.

MEDICAL

- Organised HEPATITIS B vaccination camps at Kalyandeeep, Sane Guruji Nanavati an Marol Pragati School.
- MMr Vaccine to 363 children of Sane Guruji school
- Blood group and Haemoglobin check up at S.G School.
- Donation of 15 needle crushes and 4000 needles and syringes.
- Donation of TB Drugs to 20 child patients for 6 months.
- Donated surgical masks to Tata Cancer Hospital on 10th January, 2000 , the International Inner Wheel Day.

CONGRATULATIONS

To PP Prabha Mathur on her son's wedding. Extending best wishes to the newly wed couple.

WELCOME BACK

To Daksha Pandit from her fruitful trip from Kampala on teacher's Ambassadorial Scholarship.

ALL THE BEST

To Priti P Doshi on her forthcoming trip to Manila- Phillippines on Teacher's Ambassadorial Scholarship.

HISTORY OF INNER WHEEL CLUB

1924 : 10th January 1924 Celebrated as WORLD INTERNATIONAL INNER WHEEL DAY as at HERRIOTS BATH the inaugural meeting of MANCHESTER CLUB.

The name 'INNER WHEEL' was adopted with Mrs. Oliver Golding as the founder President and six rules laid down.

1931 : The first overseas club was founded in BALLART.

1936 : Newly formed IWC'S were given a certificate of membership called 'THE CHARTER'.

1955 : The fist IWC was founded in India at Ahmedabad.

1966 : Malti Rana was appointed the first IIW representaive.

1986-87 : Minna Kapur was the first Indian Lady to honour the hostess office of IIW President with Anita Agrawal to follow her in 1993-94.

ONE DAY IN PEACE, JANUARY 1ST, 2000

This a 24 hour concept where no guns are fired anywhere on earth, including on television. What if : for 24 hours, whosoever was at war in December 1999, agrees that for one whole day no guns would be fired. **The silence would be GOLDEN.** What if Television programmers agreed not to air any program with a violent content? At the present this ONE DAY IN PEACE concept is beginning to get further circulation, can you spread this concept so that a possibility might become a reality?

This a 'thought wave campaign' that is to say the more people who grasp this thought the more it comes into reality.

PASS IT ON!

WISE VIEWS

"THE SMILE YOU SEND OUT RETURN'S"

ANSANA SOHANY

"FEEL BEAUTIFUL TO LOOK BEAUTIFUL"

MANISH MALHOTRA
STAR DESIGNER

COMMUNICATING KINDNESS

*LIFE IS MOSTLY FROTH AND BUBBLE,
TWO THINGS STAND LIKE STONE,
KINDNESS IN ANOTHER TROUBLE
AND COURAGE IN ONE'S OWN*

Each line of the verse is full of thought. It gives no advice but only states a value. It is for us to take to heart or leave it. What shall we take from it?

If we take a good look at the task and activities that we do everyday, we realise that quite some of them do not have much **ULTIMATE VALUE**. If we ask who benefits from this activity and how enduring is that benefit, we may find it hard to answer the question. But we like to believe that what we are doing is of earthshaking importance. Do we ask importance to whom? In whose life are we making the rose blossom?

But there are things in life that are abiding and powerful...thank God! There are things that are strong and enduring like stone, not just airy bubbles. Whatever values we choose to live by at the core of the values, there is the enduring spirit that stirs in the heart of each one of us.

Strength is build up in small steps, we must do it consciously, watch ourselves and positively taking a step towards strength. We may begin by practicing any one virtue in which we believe. The four lines at the top provide as good a beginning as any.

No one escapes trouble, it comes at some time or the other in everyone's life. How we respond to it makes the difference between victory and failure. Successful overcoming of trouble is very important to human life and spirit. If we succeed we recover and continue well with our life, if we fail, our spirit may be crushed and we may become burden to others and to ourselves. What is an effective response to **TROUBLE**? When another is in trouble, we can try to understand his/her feelings, we express words of support and encouragement say "*I can see you have a lot of courage; I know you will come out of this successfully; you can count on me for help I'm able to give.*" These words can put bright stars in dark sky. When someone has through difficult times of trial an admiring remark like "*You have tremendous endurance and patience, I admire your courage!*" can help the person to regain some of the used up strength. Sympathetic remarks are more useful to the other person when they are spoken in a supportive tone and show

confidence in the person's courage, patience, endurance and such other strong qualities. Remarks like "*I am feeling sorry for you*" or "*You are really going through a lot of trouble*" or "*How sad for you*" sound negative, most people do not want pity, we feel strengthened by appreciative words, not by pitying words.

True kindness and **sympathy** shows confidence in the other person's strength and ability. **Pity** reduces the other person and suggests that the person is broken down.

Above all never to disclose to others what we know or hear or learn about the troubles of one, unless it is to enlist more help. Human curiosity makes us talk about other's troubles (**we call it gossip**). Not talking idly about other's troubles is an act of kindness and consideration, maintaining confidence demonstrates respect for their privacy, it protects them from painful exposure to sight when they do not want it.

When the trouble is our own, courage gives us dignity. **Trouble** makes us lonely, we may not want to talk about it to anyone, others may not understand our trouble, some who do not understand how heavy we feel may make light of it. We need courage to endure our troubles, alone if necessary.

But let's do it together.....

Sharing love multiplies it.

Sharing trouble divides it.

Dr. Urmila Rai.

LAUGH A LITTLE!

- The most effective way to remember your Wife's birthday is to forget it once.
- God made man before woman, to give him time to think of an answer to her first question.
- If you owe the bank \$100 – that's your problem, you owe the bank \$100 Million that's bank's problem.
- I think men who have a pierced ear are better prepared for marriage, because they have done both experienced pain and bought jewellery.
- Any married man should forget his mistakes. There is no use two people remembering the same thing.

RECIPE

LOW CALORIE SINDHI SAI BHAJI

INGREDIENTS:

1 Medium bunch palak leaves
1/4 cup kasoori methi leaves
1/2 cup chana dal (soak for 15 min)
100 gms brinjals + 100 gms dudhi
100 gms potatoes + 100 gms onions
300 gms tomatoes + 2 small green chillies
3 flake garlic + 1 tsp red chilli powder
1/4 tsp haldi powder
1/2 tsp amchur powder (optional)
1 1/2 tsp coriander powder + salt to taste
1 tsp oil

Clean the palak and methi leaves, wash thoroughly and chop finely. Chop all the vegetables finely. Put the palak, methi, Vegetables. Chana, dal, green chillies in a pressure cooker. Put salt & haldi powder & 1/2 cup water & pressure cook for 15-20 minutes off the gas and let the pressure come down naturally.

Open the pressure cooker and mash the vegetables. Put 1 1/2 tsp dhaniya powder, 1/2 tsp amchur powder (optional). Chop the garlic, heat oil for tempering, add garlic & 1 tsp red chilli powder & pour over the sai bhaji and cook for 2-3 minutes.

Serve hot with chappatis or pulao.

Sudha Tejuja

THE 'K' KONFLICT

PoKhran : The Nuclear Testing got Yankies Smarting and Pakis' Blasting.

Kargil : Crossing of LOC by POK, Forcing Indian Army to test the thunder and make them wonder for their blunder!

CricKet : Kapil's devil truly down under!

Kashmir : Heaven on earth, is it a BANE or a BOON of India?

YuKta : Truly a Krowning glory for the Indian WOMEN!

Kandhar : Talibaan's Tandav & Terrorists Tamasha, Indian Ideologies exchanged for extremies!

Y2K : We are OK, are you OK?

Karmapa : Once again India forcibly drawn into a tug of war between China and Buddhists world over!

Kick PlastiK : The Millennium Mantra of IWC of Bombay Airport!

Kick PalstiK and kick 'K' virus,
Bring in the LucK by self-less worK!

Priti Doshi.



**GLITERING INSTALLATION!
AT THE HANDS OF DIST. CHAIRMAN**



**'TALENT COMPTITION' FOR
MENTALLY CHALLENGED.
PRICE DISTRIBUTION BY
MUKESH RISHI - CINESTAR**



**CHARTER NIGHT CELEBRATION
CUM DANDIA FELLOWSHIP**



**HEPATITIS - B - VACCINATION CAMP
AT NANAVATI SCHOOL**



**DONATED PLANTS, POTS, SOIL AND MANURE TO
SANE GURUJI SCHOOL CHILDREN**



**WORKSHOP OF HAND-MADE PAPER FOR
'SUPPORT' AN ORGANISATION FOR
STREET CHILDREN**



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Volume 3 : Issue 2

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JAN, 2000

DISTRICT CHAIRMAN'S MESSAGE

Dear Harsha,

"When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one which has been opened for us."

Under your Presidentship, you have truly opened the doors, not only of the normal and mentally challenged children but also of the citizens of the city.

You and your club members have been educating the people in our city in the advantage of using the paper and cloth bags and also educating children in the advantages of taking Hepatitis B vaccine.

Your workshops in teaching the children in the art of making handmade paper speaks in volume your dedication to the improvement of this city of ours i.e MUMBAI.

I wish you and your club members all the success in your other endeavors and open the doors to many.

Pushpa Suryamurty
District Chairman

WOMEN EMPOWERMENT IS THE MILLENNIUM MANTRA! WOMAN'S POWER IS NATION'S POWER!

Yes, it is the **millennium** of the WOMEN for the WOMEN and by the WOMEN! A Journey of the THOUSAND miles begins with a FIRST STEP! Success doesn't mean the absence of failures, it means winning the war , not every battle. To know that **even one life breathes easier** because you have lived, this is to have succeeded.

A duty which becomes a desire will ultimately become a delight.

I SLEPT AND DREAMT THAT LIFE WAS JOY, I WOKE AND SAW THAT LIFE WAS DUTY, ACTED AND BEHOLD DUTY WAS JOY!

Editorial – *Priti Doshi.*

PRESIDENT'S MESSAGE

Dear Friends,

Congratulations to all of you for experiencing the Dawn of *New Millennium*. This new era has brought extra zeal and enthusiasm in our life , so let's vow together to take away worries from the world and to fill each and everyone's life with love and laughter.

With your continuous encouragement and support and of course with the guidance from the District Chairman Pushpa and her team, through rain and shine we have sailed smoothly these 6 months. I am sure my next 6 months will also be full of support and service with smile from each of you.

How can I forget our own Rotarians who offered help for all our Medical Projects, either as Doctors or Volunteers. Their support made all these projects possible in a short span of time.

In the end I would like to quote a poem that is very dear to me :

*Set your standard high , You deserve the Best,
Try for what you want, and never settle for less.
Believe in yourself, No matter what you choose,
Keep a winning attitude, And you can never loose.
Think about your destination, But don't worry if you stray,
For the most Important thing, Is what you have learned along the way
Take all that you have become, To be all that u can be,
Soar above the clouds, And let your dreams set you free.*

Harsha
President



Donation of Wheel Chair at Mumbadevi Homeopathic College



Competition on 'Kitchen Garden', where Disha Karna Badhir School for Hearing Impaired bagged 3rd prize



Invocation at District Rally Co-hosted by us



Lecture arranged at Shishu Kalyan Kendra for the parents of Mentally Handicapped girls on Leprosopic Tubectomy by Dr. Raju Sahetya

"RECENT ADVANCES IN THE FIELD OF IMMUNIZATIONS"

There can be no two opinions when it is said that "Prevention is better than Cure". Human mind is on the constant move and everyday it's catching greater movement. Science & Technology has been adding phenomenal and conceptual changes. Medical field is no exception. Though various modern techniques and medicines are being made available to combat various diseases, the field of Immunization is advancing by leaps and bounds. Everyday newer vaccines are put in action which impart a broad spectrum protection to the human body.

We all are aware of existing vaccines like B.C.G., Polio, Triple, Small pox, Measles, Tetanus Toxoid, Typhoid and Cholera. There is a new addition of some vaccines in the family of vaccines viz.

1. MEASLES & MMR: The measles and MMR vaccines are protective against above mentioned diseases. Measles vaccine can be given after 9 months and MMR after 1 year 3 months to 1 1/2 year.

2. HEPATITIS B (HB): Every individual should receive it.

Dose- 10 microgram below 10 years, 20 micrograms above 10 years. 3 doses at 0, 1, 6 months. It is 95% effective and protection lasts for 8 years. One should receive 2 or 3 booster doses at the interval of 5 years.

3. HAEMOPHILUS INFLUENZA B VACCINE (HIB): Haemophilus bacteria normally inhabit in the upper respiratory track. One should not confuse with Influenza Virus. Hib can cause all invasive diseases highest incidence below one year is 50%, below 2 years 0.5%, children below 5 years suffer from Hib infection. It can

cause meningitis, pneumonia, arthritis etc. Mortality & Morbidity is very high. Therefore vaccination is very essential. Doses are 3 below 6 months, 2 below 2 years, 1 below 5 years. Hib and Triple (DTP) combination is now available in India. (TETRAMUNE)

4. HEPATITIS A VACCINE (HAVIRIX): Transmission is because of bad sanitation and hygiene. So personal protection is important, children below 2 years may not receive this vaccine. Children from better sanitary and hygienic conditions lack natural immunity. Inactivated Hepatitis A Vaccine is safe, well tolerated and highly immunogenic.

Doses- 3 doses at 0, 1, 6 months show persistence.

5. CHICKEN POX VACCINE (VARILRIX): Dose- 0.5 ml (1 dose) above 1 year, 2 doses above 12 years at 6 to 10 weeks interval. It is 98.6% effective. Protection lasts for 10 years or more. It is well tolerated, safe and recommended in population who has not suffered from the disease.

Compiled by

DR. (MRS.) SUREKHA B. DHURANDHAR

(From Journal of Rural Pediatrics, March'99)

TAEAM OF THE YEAR 1999-2000

President	: Harsha Mehta
IPP	: Amita Timbadia
Vice President	: Himadri Nanavati
Secretary	: Roopa Amin
Treasurer	: Prem Bohra
I.S.O.	: Gargee Vaidya
C.C.	: Priti Doshi

EXECUTIVE MEMBERS

Amla Mehta	Asha Kothari
Chetna Shah	Renu Gupta
Surekha Dhurandhar	Urmila Gupta



Leprosopic Tubectomy camp of 180 ladies at Vasai, Wada & Dahanu by I.W.C. of Bombay Airport



Inauguration of our new Balvadi at Vakola



Medical check up camp at MIDC slums



Disha Karna Badhir students participate in the painting Competition on Environment



Donating a hospital bed to the Homeopathy Hospital – Irla



Blood Donation Camp at Nanavati school



Tree plantation at our Balvadi



Pres. Amita bags Trophy for the various Immunization Projects



Trophy for work in Family Planning – 2nd consecutive year



Felicitatation of 10 teachers of Shishu Kalyan Kendra for Mentally Handicap children on Teacher's Day



Felicitating balvadi teacher on our Official Club Visit

FLASHBACK

COMMUNITY SERVICE : Adoption of New Balwadi – Milind Nagar Balwadi at Vakola Slums, Santacruz (East) where Balwadi was equipped with all the basic amenities, classroom materials, furniture etc. Tree plantation was carried out, Navratri Celebration and healthy baby competition was also conducted.

Teacher's Day celebrated by felicitating 10 teachers of Shishu Kalyan Kendra for Mentally Handicapped children.

Arranged Musical Entertainment Program for 250 Senior Citizens. Six of our members entertained them, which was followed by tea and snacks.

For the upbringing of rural families.

Nutritional garden know-how and money given to 10 families through Public Service Committee.

Bal Mela at Don Bosco Shelter Home for street children where by they were given sugar, tea leaves, wheat, rice, soaps etc.

At the Home for the Aged, cooking range and washing machine was donated also rice, sugar, tea leaves, soaps were given and played games with about 200 inmates.

Rakshabandan celebrated at Disha Karna Badhir School for Hearing impaired with the children of Interact Club of Utpal Shanghvi School and at Sirur Balak Ashram – Orphanage with the Interact Club of Parle Tilak Vidyalaya – Independence Day & Dahi Handi celebrated at Shishu Kalyan Kendra for Mentally Handicapped children.

100 Woolen Sweaters were given to the children at Adivasi Gurukul in Babarkharak Village near Vapi.

Mehndi Certificate Course training was given to 25 ladies from Milind Nagar Balwadi – Vakola.

HANDICAPPED

Lecture arranged for the parents of Mentally Handicapped girls at Shishu Kalyan Kendra on Advantage of Leproscopic Surgery.

Bal Din celebrated at Disha Karna Badhir School for Hearing-Impaired children, where Eight Institutions of the Handicapped children participated in Mehndi, Rangoli and Collage Competition.

Donated electrical iron, sugar, rice and banyans to Cheshire Home for Handicapped.

MEDICAL :

Blood Donation camp was arranged where by 50 bottles of blood were collected.

Hepatitis B Vaccination Camp for 85 children and adults at Disha Karna Badhir School for Hearing-Impaired Children free of cost.

Audiometry of 230 children were done at Gyan Kendra School.

Donation of Bed & Wheel Chair at Mumbadevi Homeopathic Hospital.

Hepatitis B Vaccination open Camps arranged at 2 Slums – Gundavli Village & Telli Galli at Andheri (East), where totally 1450 children were vaccinated.

3 Laproscopy Tubectomy Camps at Vasai, Wada & Dahanu were arranged whereby 180 ladies underwent Family Planning Operations.

2500 syringes with needles were given to health post at K-East Ward, Andheri (East), Sambhaji Nagar. This was the full stock of 1 year given for immunization.

30000 Hand bills were given on World Leprosy Day.

Conducted complete Medical Check-up of 50 ladies at MIDC Slums with the help of Cancer Patients Aid Society, which includes Pap Smear Test, ENT, Blood Test, General Examination and Gynac.

On going Project of Sterilised Disposable Delivery Kits (called Mamta Kits) distributed in Rural & Adivasi areas where hospitals are not available.

On both NID days total of 12009 children were immunized from both the health posts. 101% of immunization was done.

ENVIRONMENT :

Jute bags were made and distributed to our Club Members to use instead of Plastic bags.

Paper bags made by the handicapped of Cheshire Home were distributed to local vendors and banias free of cost to use instead of plastic bags.

Drawing Competition on environment at Disha Karna Badhir School for Hearing Impaired children.

PRIZE WINNERS AT INTER CLUB FELLOWSHIP

1. Fellowship of I.W.C of Bombay North. Our Members Amla, Snigdha, Harsha, Malti, Manisha won 2nd Prize.
2. I.W.C of Queen's Necklace - Treasure Hunt Chetna, Harsha, Renu
3. I.W.C of North Island – Dress & Quiz : Harsha, Surekha, Nandita
4. I.W.C of Film City – Treasurer Hunt Roopa, Chetna, Madhu – Won 1st Prize
5. ISO Competition at Rally – Daksha Patel for Garland making.
6. I.W.C of Bombay West - Daksha Patel & Nandita Thakore in Dancing. Prabha, Daksha, Nandita & Manisha in Singing

LAURELS :

1. Awarded Ramona Lalwani Trophy for Community Projects in the field of Family Planning
2. Awarded Kishore Zaveri Trophy for Immunization for Polio and other vaccine preventable disease.

PASSED WITH FLYING COLOURS

Amrita daughter of Amla
Gaurav son of Swati
Jay son of Jasmine
Vikesh son of Ratnavali
Oolloopi daughter of Parul

I.S.C.E
I.S.C.E
H.S.C
H.S.C
H.S.C