

# AIR VIEWS



INNERWHEEL CLUB OF BOMBAY AIRPORT Dist.314

IIW President - Metje Van Der Kamp

Dist. Chairman - Jyoti Doshi

ISSUE - 1

FOR PRIVATE CIRCULATION ONLY

JULY-AUG 2004

## AIRMESSAGES

## WORK TOGETHER & GIVE HOPE



*President  
Renu Gupta*

*Few things are harder to put up with than the annoyance of a good example!*

Friends, it is time to thank an Inner Wheel sister for taking precious time out to care take our club. And our past President **has** nurtured it with love, toil & money, much as a parent would her children. In hindsight, it may seem to the outgoing team as if one could have achieved much more, but I assure you that all that could have been humanly possible has been done by the IPP & her team. Thank you, Gargi! Thank you, Team 2003/4.

*What you do speaks so loudly that I cannot hear what you say!*

As President of our illustrious club, I pray that I can meet the examples my predecessors have set for me. Make no mistake, to lead a club as ours is both a gratifying & formidable task. Gratifying, because I am hoping to get to know each one of you a little better this year. Formidable, because when I see the achievements of our past presidents, I feel awestruck & incapable all at once. But friends, I draw heart in the fact that we are one family, this Inner Wheel club of B'bay Airport & Dist 314. I am confident that differing flocks will come together to soar as one formation towards a common goal.

*A clenched fist cannot receive a gift, and a clenched psyche--grasped tightly against the reality of what must not be accepted--cannot easily receive a lesson.*

The world today is a changed scene from yester years' comfortable pattern. Globalization demands efficiency & results. There are no excuses. Women must & can achieve socio economic independence. We must prove ourselves as equal citizens of this world. Remember, the fear of change is bigger than change itself. Be open to change. Draw freely upon whosoever strength you wish, but stay focused. It is now time to break the bad habit of expecting something for nothing. We must give as much as we receive. We must gather in our fold the weaker sisters of the world & make sure they move with us. It is time to take pride in our identity as women of substance!



*District Chairman, D314  
Jyoti Doshi*

I.W.C.Bombay Airport  
President Renu & Members,

Congratulations. It is time to celebrate with joy and enthusiasm as your club has made a special place for itself in the District. It is time to count your blessings in the form of your beautiful structure based on solid foundation laid by the Past Presidents. Numerous services to the community and innovative projects have created a significant impact in the society. History is a good teacher, as it helps to build a better future. Your club newsletter will effectively prove this, as the Inner Wheel Family will share the fragrance of your work.

IPP Gargee Vaidya has done the club proud. All the projects undertaken have been in keeping with the Ideals of Inner Wheel. Well Done!

President Renu, now it is time for you to set new goals. The Opportunity, which you and your members have, of being Inner Wheel Members, should be made good by doing your best to the community around us. Success is yours if you plan the future carefully and remember, Success is not hereditary. So put in your best..

Yours in Inner Wheel  
Jyoti Doshi



*Immediate Past President  
Dr Gargee Vaidya*

*It has been a wonderful experience being Club President for the past year, and I really appreciate the confidence that you have all placed in me. It has been a busier year than normal for me, but I certainly wasn't alone. I owe each and every one of you a debt of gratitude for making my year as president a smooth and productive one! Thank you all!!!*

*While working on the theme of the year 2003-04, 'Make The friendship Positive', I was delighted to get many new links in my Inner Wheel chain of friendship. Thanks to the enthusiasm and ingenuity of members, we have utilized every opportunity of service for the betterment of social conditions. Let us cherish the memories of this year and continue our journey of friendship to Work Together and Give Hope.*

*Congratulations President Renu, and Club correspondent Manisha, on the occasion of publishing the first issue of Air-views bulletin. My sincere best wishes to your team for the year 2004-05. Under the able and enthusiastic leadership of President Renu Gupta, I look forward to another productive year of club accomplishments.*

## AIRVIEWS

- Inner Wheel Theme

### WORK TOGETHER AND GIVE HOPE

Pooja Doshi

*Together we rise, divided we fall*

This age-old adage rings a bell of hope even today

No man is an island unto himself

Man feels no fear when in the company of his own beings

It is easy to break one stick, but difficult to break a bundle of sticks tied together!

*But what is this togetherness?*

Often one feels alone in company or in a crowd, often one is not able to connect with others and their thought processes.

*Why so?*

To stay together we need to firstly be together within ourselves from tip to toe from head to heart. Then being together, staying and working together with others comes naturally, leading to a blissful bond.

Once the famous Narada asked Lord Vishnu, *Placed in a similar situation, why do some men look happy & some sad?* The lord took him to Hell first, where the tables were lined with delicious meals but here the men looked starved and unhappy because their hands were tied & they were unable to feed themselves with two and a half feet long wooden spoons. Then the lord took him to another room with a similar situation; however here the men looked happy and well fed. On closer look, Narada saw that instead of trying to feed themselves with two and a half feet long wooden spoons and failing, they were trying to feed each other across the table. Yes, they stayed together happily ever after.

*What keeps us together?*

The only drive that has made man successfully travel from Stone Age to space age is the spirit of hope

It is this hope, which brings light at the end of the tunnel,

It is this hope, which propels men to fly higher and higher

It is this hope, which differentiates men from animal

It is this hope, which gives birth to a dream

It is this hope, which makes the world go round

It is this hope, which binds us all together.

*What better gift one can give to a sick man except hope for a cure?*

What better gift one can give to a child except hope for a better future?

What better gift to mankind than this ray of hope?

*'There is always morning after the night and sunshine after a heavy downpour'*

Our lives will be worth lived if together we can light a ray of hope & bring a smile on the face of at least one person!

*Friends, it is time to work together!*



*Armed with Vaccinations,  
Rubella for girls at Sane Gurnji School*

## BODY ATTACK

BE BREAST AWARE

Dr. Raju Sahetya

### WHAT IS BREAST AWARENESS?

Breast awareness is part of general body awareness. It is a process of getting to know your breasts & becoming familiar with their feel & appearance. Learning how your breasts feel at different times will help you to know what is normal for you.

Being breast aware & knowing what is normal for you will help you to be aware of any changes from normal, should and when these happen.

### THE NORMAL BREAST

Before menopause, normal breasts feel different at different times of the month (cycle). The milk producing tissue in the breasts become active in the days before the period starts. In some women the breasts at this time feel tender & lumpy, especially near armpits.

After Hysterectomy, the breasts usually show the same monthly differences until the time when your periods would have stopped. After menopause, activity in the milk producing tissue stops. Normal breasts feel soft, less firm & not lumpy.

### CHANGES TO LOOK OUT FOR

#### Appearance:

- Any change in the outline or shape of the breast, especially those caused by arm movements or by lifting the breasts.
- Any puckering or dimpling of the skin.

#### Feelings:

- Discomfort or pain in one breast that is different from normal, particularly if new & persistent.

#### Lumps:

- Any lump, thickening or bumpy areas in one breast or armpit which seems to be different from the same part of the other breast and arm pit. This is very important if new.

#### Nipple change:

- Nipple discharge new for you & not milky.
- Bleeding & moist reddish areas, which don't heal easily.
- Any change in nipple position- pulled in or pointing differently.
- A nipple rash on around the nipple.

*If you are aware of any changes in you breast from what is normal for you, tell your doctor without delay.*

Breast cancer is very rare in women under the age of 40. The likelihood of developing breast cancer increases with age.

### IMPORTANT

Routine self-breast examination

Three yearly mammography

In a problem, report to your doctor without delay!

### BREAST AWARENESS - A 5- POINT CODE

Know what is normal for you.

Look & feel Know what changes to look for.

Report any changes without delay.

Attend for breast screening if aged 50 or over.

### Inner Wheel Club of Bombay Airport Team for the Year 2004-2005

EXECUTIVE COMMITTEE	
President	Renu R Gupta
Vice President	Dr. Gargi Vaidya
Secretary	Tehmina Khandwala
Treasurer	Amala Mehta
Publicity	Sandhya Sathaye
Membership	Bharti Mulchandani
Publicity	Manisha Udeshi
Publicity	Yogini Sheth
Publicity	Jyoti Gandhi
Publicity	Vishakha Gandhi
Publicity	Malti Sahetya
Publicity	Pallavi Choksi
Publicity	Urmila Gupta



*Passing on the Mantle!  
Outgoing Pr. Dr. Gargi Vaidya presents  
club charter to Pr. Ms. Renu Gupta*



*District Appreciation!  
Dr. Sunita Deodhar with  
Dr. Surekha Dhurandhar*



*Inner Wheel Dist. 314 with  
Inner Wheel Club Bombay Airport*



*Make the Friendship Positive!  
Dr. Raksha Mehta with  
Dr. Gargi Vaidya*



*An armful of awards!*



*Club Awardees..... ISO Sandhya Sathaye*



*Dr. Parul Kamdar*



*Ms. Jyoti Gandhi*



*Dr. Yogini Sheth*



*The Main Hoon Na Girls!  
Office Bearers of IWCBA!*



*President Renu Gupta pins IPP Dr. Gargi Vadya, VP Tehmina Khandwala, Sec. Amala Mehta,  
Treas. Sandhya Sathaye, ISO Bharti Mulchandani, CC Manisha Udeshi*



*Team 2004/05 Office Bearers of IWCBA*



*First Project of the Year!  
Doctors Day Gift - Inauguration of Water Cooler Women's of India at Seminar, Nanavati College*



*Inner Wheel Honoring Contemporary  
Doctors Day Gift - Inauguration of Water Cooler Women's of India at Seminar, Nanavati College*



*Handwriting Improvement Workshop!  
At Shri Bansidhar Aggarwal  
Model High School*



*Breast Feeding Week Celebration!  
With BPNI & Mother Support Group  
at Nanavati Hospital*



*Well done, Siddon!  
We will support you by  
sponsoring your computer education*

## BODY ATTACK

LIVE GOOD  
LIVE HEALTHY

Dr. Ranga Doshi

Absorption of calcium in the absence of vitamin D or early sunrays is very difficult. You may consume it but it will get excreted.

**Take calcium with vitamin D only**

2. There are two schools of thought, to take calcium in the morning or at night? Calcium absorption is better at night so **drink warm milk at night**, [this is also a good sleep inducer] and a **calcium tablet in the morning with breakfast**

3. Vitamin C is very important for absorption of other vitamins so do not forget to **take your vitamin tablet along with your multivitamins and iron tablets.**

4. **Exercise with weights or resistance** is very important to reduce weight faster, to strengthen muscles and to develop your calcium bank against osteoporosis.

5. **Brisk walk** is good only for your lower limb, heart and lungs. You have to **exercise separately** for back, upper body and abdominal.

6. If you can't walk briskly with long strides & swinging arms where your heart rate & pulse rate is steadily going to increase, you are not going to burn any calories and will not reduce any weight. **With an easy walk, you are just taking fresh air and wasting your time.**

7. **Menopause** in females is a major physiological change but **has lots to do with the state of mind.**

8. **Detoxify your system periodically** with fruits, fruit juices, salads, pranayam, taking lots of fluids and sweating through exercises.

9. **Pelvic floor muscle exercises** are a must for young girls to pregnant women to menopausal women.

10. **Exercise as a part of routine life, good sleep, healthy nutritious food, positive outlook and meditation** are the holistic approach to a healthy life.

## Air Exchange

**Air Return:** Outbound IYE Young Airporters  
Kahan Gandhi, Devang Dalal & Sneha Dedhia

**Welcome Home:** Rebound Young Airporter  
Devanshi Gandhi

**Welcome To India:** Inbound IYE Airporters

Audrey, France Janet, Mexico  
Lean, Denmark Lukas, Germany  
Mara, Poland Rebecca, USA  
Susanna, Switzerland

## Air Achievers

**V R Proud Of:**

• Kahan Gandhi, Devang Dalal, Kuna  
Aditya Mehta. - Tel:

Dr. Surekha Dhurandhar  
Prize Winning Essay



## Human Cloning: A Boon Or A Curse

The word "clone" is derived from the Greek term "klon" meaning a sprout or a twig. Cloning by definition implies exploration. It means creating life forms for economic or other benefits. The issue of cloning or genetic duplication has existed in human imagination since Frankenstein. "Dolly" the sheep cloned in Scotland has the same genetic make up as her mother.

Feelings are mixed. A group of intellectuals/scientists advocate further research. The proponents of the cloning assets are that only human cloning can give solutions to several health problems. Scientists believe research will lead to new treatment for many degenerative diseases like leukemia. In fact, whenever a new technology has been developed, people have responded with fear.

When experimenting with genes and hybrid crops started, there were visions of mutants who would take over the earth. Actually, the science of genetics has given us disease resistant crops and new medicines. Animals that were endangered can now be saved. Farmers could clone cows that yield more milk and meat.

On the other hand, a large section of the human community has been making a big hue and cry since the beginning of this concept. Perhaps cloning of crops is acceptable but of animals and human beings is disgusting. It is also unethical. Someone may want to clone Einstein for his intelligence or Hitler for his bad qualities. We should not have the power to play God in this fashion. Moreover, reproductive cloning in the hands of scientists can open up a trade in human beings like human organs.

Some fears are genuine, but technological progress cannot be stopped by individuals, the challenge is to use it properly. This technology represents a giant stride for mankind, but there no clear-cut answers. And just as nuclear technology is not junked but allowed to be researched into with strict regulation, human cloning research should be allowed, subject to stringent regulations.

• New Addition, Vidhi Sanghvi Secured 96.02%

The Highest Score In Manekji Cooper School.

• Paraj Dhurandhar, Sonam Gupta,  
Radhika Timbadia - Twelfth Std Cleared

**Our Hardworking Specializers**

• Vishesh Churiwala secured his MBA from US  
• Nishad Dhurandhar graduated from Drake Univ, US  
in MIS & Finance

• Shraddha Sahetya stood 3<sup>rd</sup> in Dental Coll  
• Eesha Sheth passed 2<sup>nd</sup> year Dentistry

## Kudos

Prati Doshi takes over as Vice President of  
Russell International College, Juhu.

**Our Increasing Family**

Prerit Borra's Son Sameer Engaged To Ruchi  
Dakaria Patel's Daughter Prachi To Vishal

## Air Wins

**A District Recognizes**

Congratulations to President Gargi & her  
team for bagging the following from Dist. 314

1. Kishore Zaven Rotating Trophy for National Immunization.
2. Past President Usha Oza award for Best ISO Sandhya Sathaye
3. S.K Gupta Trophy for female education: Runner-up
4. Ramona Lalwani Trophy for Community Project in Family Planning: Runner Up
5. Aruna Sheth Trophy for Rehabilitation of Street Children: Runner-up
6. Certificate of Appreciation: Promotion of Rainwater Harvesting Project
7. Certificate of Appreciation: Protect, Promote & Support Breast-Feeding RC Chidambaram
8. Certificate of Appreciation: A Healthier and Cleaner tomorrow.
9. 1<sup>st</sup> prize, Essay Competition, D314 on "Human Cloning... boon or curse" -IPP Dr. Surekha

**Interclub / Inter-District Competitions**

- D326- Essay Writing 2nd Prize  
Manisha Udeshi
- D311- Snack Recipe 1st Prize  
Hima Nanavati
- D303 Kit Bag 2nd Prize  
Bimla Lohia
- D306 Newspaper Names 1st Prize  
Harsha Mehta
- D 306 Essay 1st Prize  
Harsha Mehta
- ISO Comp. Dish Presentation 1st Prize  
Tehmina Khandwala

**A Club Recognizes**

- Maniben Nanavati Award for Highest Attendance in Club Projects  
Mina Thakkar
- Shri Ratilal Rewa Shankar Memorial Trophy for All Round Performance  
Jyoti Gandhi
- Late Smt. Ratna & Late Shri Hotchand Mulchandani Memorial Trophy for Unique Community Project  
Dr. Yogini Sheth
- Late Shri Uma Sadashiv Dhurandhar Trophy for Most Innovative Project  
Dr. Parul Kamdar

## Our New Projects

This year, Inner Wheel Club of Bombay Airport has come up with 3 new concepts:

### INNER WHEEL WEEK

To celebrate Inner Wheel Week at all the schools we normally work with. The idea behind this project is

- 1] To ensure continuity.. We can monitor the progress of children & arrange different projects with them in the future-very necessary for establishing a closer link between the children & teachers on one hand & Inner Wheel on the other.
  - 2] To make IW presence felt.. The children look forward to our working with them. This was clearly evident when the children started recognizing us & calling us by names. We established a good rapport with the teachers & the school felt encouraged by our support.
  - 3] To ensure attendance.. Members found it easy to attend as they knew that some or the other activity was going on at the same premise everyday at the same time. So they made their own groups & came enthusiastically for the project. We have had fantastic attendance at these projects.
- Our first week was celebrated at Udaan School, which is a center for 47 Mentally Challenged children.



*From India with Love*



*Decorated thalis of Udaan children*

6 dedicated & untiring teachers assume the huge responsibility of imparting educational skills commiserate with their ages, vocational training to help them earn, counseling to rehabilitate the

maladjusted. [One child came to them after going thru several special schools. He finally bonded with this group]

The children enjoy each other's company & are always looking forward to field trips. They love to dance & play games. We arranged workshops & competitions for them.

We had already given them a fun day with toys in June & they were thrilled to bits. It then occurred to us to take them to a disco as part of the INNER WHEEL WEEK. Thus came the Dance with Joy Day which they thoroughly enjoyed. In fact, by the end of the week, it was quite a sad departure for both us & the children of Udaan School.



*Bhaiya mere raakhi ke bandhan ko nibhana*



*Gita saar during IW Week*

### BRING A SMILE PROJECT

The project was specially conceptualized by us for no apparent benefit except to bring joy & for other reasons:

- 1] For better mental health.. Occasional recharging of our nervous batteries is very vital for the well being of our body. In today's busy life, relatives & friends fulfill their duties towards their old or diseased but often lack time for their entertainment & this naturally makes them dull & depressed. A day out with strangers is a good tonic for the weary mind!
- 2] To spread some joy & cheer. In humdrum routine, there comes a time when we all need to de-stress. At such times, when a fun time is simply imposed on you, you have no choice but to smile &

take part in the activity.

3] To ensure IW participation.. What way of serving the community better than by sharing our joyous time with the less fortunate? It gives a sense of worth if we can have a good time ourselves as well as give it to other people like the mentally challenged or the old. We have had record attendance at these projects.



*Toys R Us!*

*Our Bring a Smile Project - Fun day with toys n games, Udaan School*

Our first Bring a Smile Projects happened at 2 schools for mentally challenged.. Udaan & Kalyandeep. The children were thrilled to find a bus full of toys just landing on their doorstep. 4 attendants brought toys n games for all ages & sizes & played with the children for 3-4 hrs. We donated sweets & biscuits to them. Even the most sorry faces brightened up. As for us, we felt envious at never having had this facility in our childhood days.

Put On Your Dancing Shoes!  
Dance With Joy With Inner Wheel



*Hum se bach ke rahna! We are the Best*

Our next BaS came upon us when we decided to sponsor a Disco Day for the mentally challenged children of Udaan School. The kids love to dance & look for occasions to dress up n show off & we thought they would simply love it. Anshul Gupta, who has recently opened a specialty dance studio called the Arts in Motion in mid city Sion, immediately agreed to the idea & called a halt to her

morning batch to adjust to a busload of mentally challenged children looking to groove or simply chill out in a disco atmosphere. It was fun from the word Go. Right from the time they sat in the bus at Parla, the children were singing n dancing. All togged up in dark glasses, chains, the entire disco regalia, u name it they wore it, they trooped into the studio, requested for disco lighting & started in front of the mirrors until the time



**WE Lends a Hand!**

They kept showing off when Anchal taught them ball room dancing. This was followed by Macarena & the techno song interspersed with Hindi remixes. Inner Wheel ladies guided them & encouraged them. There was one child who refused to participate in any activity during the week. He was the first one to be on the stage much to the surprise of his friends. Their infectious



Shri Doshi distributed prizes for the Best Dressed/ Best Dancer .



**Working together & Giving Hope**

PDC Pallavi Shah donated 500/- for the project. Armed with food packets n drinks sponsored by members, the children departed for their school.

As for us, we at Inner Wheel, not only enjoyed our selves thoroughly, but we felt blessed!



**A Sing along with Senior Citizens**

Our next project was with Senior Citizens. 23 members braved a black n rainy day to sing n play with 28 ladies from Sneha Sawli group. Antakshri was followed by games n we had the

speaking ladies singing along with us to gay Hindi numbers. We told them about our organization n our work & gave several. The ladies even came forward to donate for one of our projects. We were glad to fuse our work with theirs.

**FOR EDUCATION PROJECT**

Conditions in our country often leads to deprivation of basic facilities in certain sections of society. When food, clothing, shelter and other necessities are in short supply, then education takes a back seat. But it is a fact

that Education is the only way we can combat several ills at one time. Education provides food for the brain. Past experiences prove that a nutritious diet is necessary for the proper working of the brain. Efficiency is automatically pushed up & the quality of life naturally improves. Therefore we decided to sponsor the food for education project for 35 slum/street children. These kids come diligently every day, are fed on the premise on the condition that they study for 1 hr. a teacher helps/ teaches the children from Stds 4 to 7. It helps them on several counts.

- 1] Financial help to 1 family: The parents make sure they send the kids because they have one less mouth to feed. This leaves the money for other essentials.
- 2] Commitment to studies: it teaches the children to take their studies seriously. They manage to finish the homework during the time they would have simple spent playing or working for their parents.
- 3] Overall health improves: Nutritious food cooked in hygienic conditions ensures better health. Fixed time & fixed quantity regularizes the body balance thus make for more strength.

**Air Recipes** Just Corn

*Dr. Daksha Pandit.*

**MAKAI HANDVA**

- Ingredients**
- 1 cup Dhokla flour
  - ½ cup Gram flour
  - 2tbsp Green chilli ginger paste
  - 1 ½ cup Sour curds
  - 6 Tender corn cobs
  - ¼ tsp Asafetida (hing)
  - Pinch Baking soda
  - ½ Lemon
  - Salt, red chili powder, turmeric powder
  - Oil for vaghar, mustard seeds

- Method**
1. The flour mixture with curds should be soaked overnight.
  2. Next day grate corncobs & add to mixture.
  3. Add all other ingredients.
  4. Heat 2 tbsp of oil mustard seeds & hing in a nonstick pan.
  5. Slowly add the mixture from side of pan.
  6. Cook for 20 mins.
  7. Turn the handwa cake again and cook for another 20mts.
  8. When both sides are crisp and red, cut into triangular pieces
  9. Serve with mint chutney.

**Nutrition value of 100gm corn**

Protein	4.7gm
Fat	0.9gm
Fibre	1.9gm
Carbohydrates	24.6gm
CA, Fe	present
Energy	125kcal/100gm

**MAKAI ZATPAT SHEERO**

- Ingredients**
- 4 Indian makai
  - 2tbsp Chili ginger paste
  - 2½ Katoris milk
  - 1tbsp ghee
  - Salt to taste

- Method**
1. Grate the makai.
  2. Heat ghee.
  3. Add chilli, ginger paste,
  4. Add grated makai.
  5. Stir till makkai softens lightly.
  6. Pour ½ katori milk.
  7. Add salt stir well.
  8. Add remaining milk.
  9. Simmer for 5 mts or till makai is tender.
  10. Garnish with chopped coriander.
  11. Serve hot.

**ROTARY CLUB OF BOMBAY AIRPORT  
INNER WHEEL CLUB OF BOMBAY AIRPORT**

**AN APPEAL**

**"REPORT AFP - ERADICATE POLIO"**

**WHAT TO REPORT?**

Any case of ACUTE FLACCID PARALYSIS within 2 months of onset of paralysis for age 0-15 years. All AFP irrespective of diagnosis and before you arrive at any diagnosis.

You are requested to report even if the patient is not hospitalized with you or has been referred to other hospital or has been referred by other Doctors to you.

AFP includes: G.B.S. + Transverse Myelitis + Traumatic Neuritis + Paralytic Poli + Other I.M.N Lesions.

**WHOM AND HOW TO REPORT?**

Only a phone call to:

- Local Government or Municipal Health Authority
- or Health Officer of local Municipal Corporation, or P.H.C. Medical officer.
- Surveillance Medical Officer. You can do it even at odd hours.
- Give Full name and full address of the patient.

FORM 10 - 2011 211

**YOUR LIABILITY - None**

**YOU DO NOT HAVE TO FILL any forms**

- Worry about collection of samples having a positive etiological diagnosis of AFP

**YOUR REWARD - Sense of fulfillment towards ERADICATION OF POLIO**



**Editor**  
**Manisha Udeshi**

Hi friends. A very Happy New Inner Wheel Year to you all. Our club has entered its 9th year & a new team has been installed in IWCBA. I have taken over rein as Club Correspondent & I feel privileged to bring you this bulletin with all our Past achievements as well as the Forthcoming projects of our club. I hope to spice it up little Inner Wheel tidbits to add little masala in it. It is indeed a pleasure & a privilege to compile our very 1st issue of Airviews in this month, which will be released by DC Jyoti Doshi on OCY day.

I extend warm Congratulations to President Gargee & her team for the successful year they gave to IWCBA & I wish President Renu All the best for the coming year.

Dear members, I look forward to working together with all of you & hope you will support us in achieving our common objective of serving the community for which we are here together today. I would like your blessing & take leave with these few words:  
What you focus in your life, grows  
What you think about, expands.  
What you invest your attention in, grows in importance.

**P D C. D314**  
**Dr. Pallavi Shah**



Dear President Renu,  
Congratulations on taking up the leadership of your IW Club. As you begin your journey from one end of the rainbow, I am sure you will witness amazing moments & personal growth by the time you reach the other end. Have a wonderful Year!  
May happiness keep u sweet,  
Trials keep u strong,  
Sorrows keep u human,  
Failures keep u humble,  
Success keep u glowing  
And God keep u going



**Air flag**

**SPEAKING OF FLAGS**

Fascinating facts about how some national symbols were created, their histories and other significant facts:

**ARGENTINA:** blue and white stripes come from the cockades (hat decorations) worn by the troops of General Belgrano.

**Air Partners**

**District Governor, D3140**  
**Rahul Timbadia**

My dear friends from Inner Wheel Club, Have you ever felt a deep sense of pleasure after serving somebody? Have you ever thought or tried to analyze the root of that pleasure? Yes, that pleasure is nothing but spiritual celebration.

Celebration is the nature of spirit. Any celebration must be spiritual. A celebration without spirituality has no depth. And that is the reason that celebrating with loud music or celebration without silence does not give you lasting pleasure.

Silence gives depth to celebration. Spirituality is harmonious blend of outer silence and inner celebration, as well as inner silence and outer celebration.

The theme of the Centennial Year is "Celebrate Rotary". Let us celebrate Rotary through Service to Mankind.

May you enjoy everlasting spiritual pleasure,

With warm regards,

Yours in Rotary  
**Rahul Timbadia**

**Rotary Club of**  
**Bombay Airport**  
**Sitaram Churiwala**



**From Sitaram Churiwala To Renu Gupta**

A truly strong person lets other people be who they are and doesn't feel pushed around by their strength. Such a person is likely to be mild-mannered and easy going, with an air of quiet confidence, a charming smile and impeccable manners. Your President Renu Gupta is one such person. With all these qualities and an excellent team, you are on a rock solid foundation. Congratulations!

I extend a warm hand of friendship to all of you and assure you on behalf of Rotary Club Of Bombay Airport that together we will celebrate 100 years of Rotary and 50 years of Inner Wheel. By avoiding duplication of our work, and by channelizing our energies, we will ensure that a larger number of people benefit. When we work together hand in hand with compassion, the life energy of two organizations will flow as one. I hope to see many projects between us this year.

We once again reiterate the vow that all of us have taken, of service to community, towards the upliftment of our less fortunate brethren, through 'Sustainable Development that Makes a Difference'.

May God bless all of us to serve the mankind!

The golden sun in the centre was shining on 25th May 1810 when crowds gathered to demand independence.

The flag of Brazil depicts the night sky over Rio de Janeiro in 1889 when it became a republic.

**AUSTRIA:** the horizontal triband of red, white, red represents the tunic of Duke Leopold V after the Battle of Acre in 1191, completely bloodstained except for over the sword belt.

**DENMARK:** the Danneborg apparently fell from the sky in 1219 after King Valdemar II won the battle of Lyndaniz during his crusade against the pagan Estonians

**FRANCE:** blue and red - of Paris combined with the white of the Bourbons.

**GREECE:** nine stripes - correspond to a syllable in the Greek for "liberty or death", a battle cry used in their successful Byron-assisted war of independence

**ITALY:** designed by Napoleon as the French tricolour with blue replaced by green, his favourite colour

**IRELAND:** used by the Young Ireland rebels in 1848 and symbolising peace (white) between northern

Protestants (orange) and Catholics (green)  
**JAMAICA:** based on the national motto, "hardships [black side triangles] there are but the land is plentiful [green triangles] and the sun shines [yellow saltire]"

**MACEDONIA:** a radiant sun - has now replaced the controversial 16-pointed gold star of Vergina. This had been lifted from the tomb of Philip of Macedon, father of Alexander the Great so Macedonia was only allowed to join the United Nations on the unique condition that its flag would never be displayed there.

**MEXICO:** an eagle standing on a cactus holding a snake in its mouth - This was a sign that persuaded the Aztecs to found Tenochtitlan, where Mexico City now stands, even though the site was then an island in a lake.

**MONACO:** red-white horizontal bicolour - is distinguished from the Indonesian flag only by being squarer. Similarly, the flag of Luxembourg is also slightly squarer than Netherlands but with a lighter shade of blue. In contrast, the flags of Chad and Romania have exactly the same design (vertical tricolour of red, blue and yellow) and the same aspect ratio, making them identical.

## Air Projects

PROJECTS COMPLETED, JULY 1 - AUG 18

- July 1 *Fellowship* - Film show, Movie Lakshya was organized for members & their families.  
July 1 *Donation* -Water Cooler, Oshiwara Maternity Hospital  
July 1 *Felicitatation*-Doctors on Drs Day, Oshiwara Maternity Hospital  
July 2 *Donation* -Juicer Blender, Nanavati College  
July 5 *Donation* -Tea, Sugar, Mithai, Hair Oil, Nalasopara  
July 5 *Donation* - Books, Nalasopara  
*Donation* -12 Uniforms, Nalasopara  
July 12 *Donation* -30 Kgs Wheat, Shanti Avedna Hospital  
July 12 *Donation* -50 Dresses, 40 Sheets, Neonatal Ward, Sion Hospital

### INNER WHEEL BRING A SMILE PROJECT

- July 14 *Fun Day* - with Toys n Games, Udaan School  
July 14 *Distribution* - Sweets  
July 14 *Fun Day* - with Toys n Games, Kalyandeeep School  
July 14 *Distribution* - Biscuit Packets

### FOOD FOR EDUCATION DAILY FOR 1 WHOLE YEAR

- July 15 *Donation* - Food for 35 children,  
*Teaching* - 35 children, Bansidhar School.

### FIRST GENERAL BODY MEETING

- July 18 *Felicitatation* - cerebral palsy & dyslexia afflicted child Siddon D'Souza  
*Sponsorship* - Computer Education, Siddon D  
July 18 *Felicitatation* - 2 IYE Children  
*Competition* - Corn Snacks, for Members  
July 18 *Donation* - 300 Kgs Rice, Shanti Avedna Hospital  
July 24 *Donation* - 30 Coconuts, Cooper Hospital

### INNER WHEEL POLIO AWARENESS DRIVE

- July 25 *Release* - Poster on Polio Surveillance Pulse-Polio Workshop, CCI. This was a joint project with RC Bombay Airport.

### INNER WHEEL WEEK

- For Special Children at Udaan School, V Parle E  
July 26 *Spread of Sanskar* -Gita Shlokas  
July 27 *Demonstration* -Jam Making, Pickle Masalas  
*Donation* - 16 board games

### INNER WHEEL BRING A SMILE PROJECT

- July 28 *Arts In Motion*, The Dance Studio, Sion  
*Workshop* - Ballroom Dancing  
*Competition* - Best Dance/ Best Dress 4 Prizes each  
*Special Prize*  
July 29 *Competition* - Raakhee Making, 4 Prizes  
*Competition* - Thali Making Competition, 4 Prizes  
July 30 *Demonstration* - Flag Making, Special Prize  
*Competition* - Shloka Competition, 5 Prizes

### INNER WHEEL BRING A SMILE PROJECT

- Sneha Saawli Senior Citizens Ass. Vile Parle E  
July 30 *Music Dhamaka* - Antakshri / Housie/ Games.  
July 30 *Distribution* - Biscuits, Tilak Mandir Creche

### INNER WHEEL FOR FEMALE EDUCATION PROJECT

- Maniben Nanavati Women's College  
July 30 *Seminar* - INTERDISCIPLINARY APPROACH TO UNEXPLORED ISSUES OF WOMEN  
*Keynote Speaker* - Dr. Ranjana Harish  
*A Single Woman* - Dr. Harshada Pandit  
Dr. Ritu Dewan / Dr. Harsha Parikh  
*Projection of Women In Mass Media* - Ms. N a d i r a Babbar / Dr. Raja Raman / Mr. Amrit Gangar  
July 31  
*Women As Senior Citizens* - Dr. Dhairyabala Vora / Ms. Latika Ghotke / Ms. Kartika Anthony / Ms Neha Dalal  
*Sexual Harassment* - Dr. Ila Pathak / Dr. Rehana Ghadiali / Ms Mini Mathew  
*Understanding Women Through Confessional Writing* - Dr. Mangesh Kulakrni / Dr. Himanshu Shelat / Dr. Madhuri Chheda / Ms Rinki Bhattacharya

### BREAST-FEEDING WEEK

- Aug 1 *Competition* - 100 papers for Quiz on Breast Feeding, Jivan Vikas Kendra.  
Aug 2 *Talk* - Dr. Prashant Gangal, BPNI, Chennai  
Reshma Chidhaye, Mother-Support Group  
Aug 2 *Competition* - Quiz. 70 Nurses From Nanavati College were given on the spot Quiz & 5 Prizes were distributed,  
Aug 6 *Immunization* - Rubella, 150 girls, Sane Guruji  
Aug 9 *Donation* - Non-formal education for 20 girls @ 500/- each. This is a D314 Project.  
Aug 9 *Donation* - 50kg jaggery, 25 kg poha, old clothes, cash 400/- to flood afflicted Bihar  
Aug 10 *Talk* - Breast Feeding Awareness by Reshma Chidhaye, Mother-Support Group at Maniben Nanavati Junior College  
Aug 10 *Talk*-Polio Awareness by PPC, Hima at Nanavati Junior College. 90 girls benefited from this talk.  
Aug 12 *Competition* - Quiz, 3 Prizes, Bansidhar Aggarwal School, Wadala.  
Aug 12 *Workshop* - Handwriting Improvement, BA school  
Aug 13 *Workshop* - Handwriting Improvement, BA School  
Aug 13 *Immunization* - MMR, Sane Guruji  
Aug 14 *Talk* - How to administer First Aid, Parle Tilak Vidya Mandir, VP East.

### INNER WHEEL LEARNING FOR SECURITY PROJECT

- Aug 14 *Workshop* - Cooking, Vocational training, every Sat For Ladies, 2. 30 4.00 p.m., Sane Guruji School

### INNER WHEEL WEEK For YOUTH

- Aug 16-20 Maniben Nanavati Junior & Senior Women Coll.

OF BOMBAY EXTENDS A HEARTY WELCOME TO  
DOSHI FOR HER OFFICIAL CLUB VISIT ON AUG 18.

Register yourself Today for  
District Rally September 8, 9.00 a.m.  
Manik Sabhagraha Hall, Bandra