

# Vanik Voice



**LIVE AND HELP TO LIVE**

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Page 1 Contents

Page 2 Your committee

Page 2 Tax, Jainism and childhood!

Page 2 Desi dawa

Page 3 Groups affiliated to the NCVA

Page 3 The NCVA Matrimonial Register

Page 3 2011: UN International Year of People of African  
Descent

Page 3 Moving on to Pastures New

Page 3 Changes in the Executives of the NCVA

Page 4 Why we shouldn't eat meat - Sarah Stone explains  
why she hasn't eaten meat for 35 years.

## **Disclaimer**

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This committee was elected on 01 November 2010

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Tax, Jainism and childhood!

A child instinctively grabs anything that which comes to hand. It puts this in the mouth and learns. As it grows it learns that it should consume certain items and discard others. Then it learns beyond immediate needs and stores that which will be useful and ignore that which is not. If it has siblings the parents teach lessons, such as, the older one should give some to the younger one and hence he/she learns a degree of altruism. The path of giving to others is paved as good practice which enables each of us to survive.

At one point or another each child will have grown up and illustrate generosity because someone was generous to them for whatever reason, a parent, a teacher, a good employer, a good guru and the list is endless. However, a malfunctioning chocolate dispensing machine mistakenly dishing out 2 bars for the price of one will remain more delightful, as it is the old instinct same as is getting a few lottery numbers right.

You are wondering by know as to what this is leading to. Not Amhinsa (Non Violence), the first Jain principle, Yes the second principle Aparigraha.

Is growing up anything to do with this? – Do we remain children or like the older child do we grow to share with others what we do not need? How much one needs depends on the individual's perception, the level of security suffered or enjoyed during the formative years till the present, their time of life, state of health and so on.

The British government and its systems, far from practicing Ahinsa, teaches us Aparigraha. The revered paper currency devalued by the day as the purchasing power is vanishing.

A bottle of water costs the same as a litre of petrol,

A TV with all its technology is cheaper than a cardboard box that we call a cupboard, High earners pay more tax, and low earner get benefits. (People of my generation will recall a childhood story 'Taka sher Bhaji Taka sher Khaja - Puri ek andheri ane Gandu Raja'

The forced altruism which is not liked by some of us, result in a system of manipulation, but counts on the fact that no one lives for ever. In our communities we find it difficult to pay for get-togethers, and we part with the most precious tokens if our vanity can be satisfied. Value for Money is the words.

We can not argue against high taxation and pay with tears in our eyes.

We do not mind erosion of savings through low interest rates

We continue to accumulate pennies like a honey bee for someone else

We teach our children to be good Jains – and so they should be.

Would they learn from us or be confused? – I think as they grow-up they will learn hypocrisy – justify that life is full of grey areas and like me these should not seek Black and White answers. Some would claim that they did not invent the system it is imposed on them.

Well I say thanks to the British for enforcing Jainism on us all excluding the Bankers that were made an exception to the rule because of small print.

Do not ignore the community. Be a little charitable. Many drops fill up a lake.

Hasmukh Sanghvi

Desi dawa

Home Remedies for Asthma:

Take 1 tsp honey and 1/4 tsp cinnamon powder and mix them well before consuming.

For people who are in their early stages of asthma, a perfect home remedy is to boil 8-10 cloves of garlic in 1/2 cup of milk and consume it during night time.

Take very hot water and add a tsp of honey in it. Consume it just before sleeping and take small sips.

More remedies to come in future issues

**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

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 [matrimonial.register@ncva.co.uk](mailto:matrimonial.register@ncva.co.uk)

2011: UN International Year of People of African Descent

On 10 December the UN declared 2011 as the International year of People of African Descent. It is urging member states "to become involved in development through positive action that will ensure equality for people of African descent".

There is a "Working Group of Experts on People of African Descent", and the Chair of the WGEPAD, Mirjana Najcevska, (you read right) posited that the International Year should be used to recognize the role of people of African descent in global development and address the issue of justice for current and past acts of discrimination. Mirjana also noted:

"We need to talk about the past and the present racial hierarchy that exists in societies and to encourage countries to become involved in development through positive action that will ensure equality for people of African descent."

January 2011 E-News from the 100 Black Men of London

Editor Jonathan - [jonathan@100bmol-org.ccsend.com](mailto:jonathan@100bmol-org.ccsend.com)

Moving on to Pastures New

Our General Secretary Paresh Gandhi has migrated to warmth of Australia with his family. Paresh has been very active in NCVA work for last four years and has seen through the registration of the National Council as a Charity.

We all wish him and his family success in their move.

I personally thank him for the support I received in conducting the business of NCVA.

Manhar Mehta  
Chair NCVA

Changes in the Executives of the NCVA

The post of General Secretary had become vacant when Paresh Gandhi resigned as he and his family were due to migrate to Australia.

At the council meeting of 21 November 2010, Dhuru Galani, our London area Vice –Chairman, at the request of all present at the meeting, agreed to act as the General Secretary for the remaining term of the current Executive Committee. Council members thanked him for taking on the additional responsibility.

Manhar Mehta  
Chair NCVA

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

### Health

Going vegetarian is the single greatest thing you can do for your health. Eliminating animal foods from your diet reduces the risk of cancer (cancer rates among vegetarians are 25-50 per cent less than non-vegetarians), heart attack and other chronic degenerative diseases.

Don't take my word for it. Professor T. Colin Campbell, a researcher, lecturer and policy advisor in the field of diet and cancer for nearly 40 years, has said: "The vast majority of all cancers, cardiovascular diseases and other forms of degenerative illness can be prevented simply by adopting a plant-based diet."

Red meat has been proved to significantly increase the risk of bowel cancer. A recent study by an international scientific board found that those who eat two portions of red meat a day, the equivalent to a bacon sandwich and a fillet steak, increase their risk of bowel cancer by 35 per cent over those who eat just one portion a week.

A British study which followed 6,000 vegetarians and 5,000 meat eaters for 12 years found that vegetarians were 40 per cent less likely to die from cancer during that time and 20 per cent less likely to die from other diseases.

Other research has shown that vegetarians live on average seven years longer, and vegans 15 years longer, than meat eaters.

Vegetarian women have been shown to have lower blood levels of oestrogen, which may help to protect them from breast cancer. Our skeletons, too, benefit from a vegetarian diet. The average bone loss for a vegetarian woman at age 65 is 18 per cent; for non-vegetarian women it's double that.

Meat is the leading cause of food poisoning, which if serious enough can kill. More than 50,000 cases of food poisoning are reported in the UK every year and the actual incidence of food poisoning is estimated to be ten times this figure. Professor Richard Lacey of the University of Leeds has stated that: "More than 95% of food poisoning is derived from meat and poultry products". Not surprising, really, when you hear that a study by the United States Department of Agriculture found that 98 per cent of broiler chicken carcasses had detectable levels of E. coli, indicating faecal contamination.

Although extremely rare, fruit and vegetables can cause food poisoning too, but the irony is this will be because they have been contaminated by bacteria that started out in the gut of an animal.

### Vegetarian food is delicious

The thing I have always found impossible to get my head around is how, unless you're a vulture or hyena, anyone can actually gain pleasure from eating lumps of decaying flesh.

When I see people tucking into the likes of sticky ribs (and how revolting is that name for a start?), I think: 'Don't they realise/care that they're gnawing on a skeleton?' I have lost count of the number of times when, at a dinner, one person will piously chastise another for 'putting them off their food' with some anecdote they deem disgusting, all the while devouring a meal that contains some poor, damned creature's lungs, liver, muscle or kidneys.

Vegetarian food offers taste, aroma, colours, health benefits and, above all, is free from rotting flesh. From sumptuous Indian curries and dhals to the Far East's love affair with soya, from countless pasta dishes to good old meat-free sausages and burgers, there's a vast wealth of delicious vegetarian food.

Forget the addled old cliché about vegetarians being wan-faced, hessian-wearing mung bean munchers; I've been a vegetarian for more than 30 years and I'd be hard pressed to recognise a mung bean if I slipped on one in the street. Instead, my diet is a smorgasbord of delectable tastes and textures, and I've been told many times by meat-eating friends that the meals I make are delicious.

Vegetarian options have never been more widely available. Long gone are the days when the most you could hope for in a restaurant was an omelette or –and, boy, did this one seem to rule menus for decades - a vegetable lasagne. Vegetarian options are no longer rudimentary and, would you credit it, even places such as the Aberdeen Angus steakhouse chain and McDonald's have wised-up enough to offer non-meat options.

Take a wander through the aisles of your local supermarket and you'll find hundreds of vegetarian products, from the ubiquitous Linda McCartney line and vast range of Quorn products to smaller specialist and ethnic manufacturers.

So there we are: just a few of the reasons why I choose to live a compassionate, healthy vegetarian lifestyle. Of course, there's no way that all the statistics above will come tripping off my tongue at the next family gathering. So perhaps I'd better distil them all into one simple sentence: I'm vegetarian because I care. And, if I've overdone it on the Bordeaux, I may even add, "Rather than you constantly asking me why I'm a vegetarian, perhaps I should ask you why you're not."

Source – Prashant Shah

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