



Monthly Newsletter

August 2024



WELCOME TO THE AUGUST EDITION OF THE GAAL NEWSLETTER

☀️ Member Spotlight

A heartfelt thank you to Ramila and Ashish Parmar for their generous donation to GAA London in memory of Nat Solanki.

🌞 Funday Recap

Our recent FUNDAY was a huge hit. On a glorious July Sunday, over 260 people enjoyed a packed afternoon of fun, with family and friends.

🌸 Mahila Mandal Spotlight

The Mahila Mandal is essential in promoting our culture and traditions, as well as raising funds for our Community.

🛒 Diwali Basket Brigade - Charity opportunity

We are providing lots of food parcels to families this Diwali. Please help us by generously donating to buy food for our event on 26th October.

🏆 Pool Event

A great start with trophies and medals awarded to youngsters in our Community. Excited for more sports events ahead!

🚩 Kids Corner

Focus on the special month of Shraavan, dedicated to Lord Shiva.

📅 Events to look forward to:

- 6-a-side Walking Football. Please sign up?
- Children's Garba - 12th October. Save the Date!

Funday Recap

What an absolutely fabulous afternoon we had with friends, family, and our GAAL community on 28th July!

We basked in glorious sunshine all day, enjoying endless chit-chat and mouth-watering food. The BBQ was a feast, and the activities kept the kids (and adults!) entertained and laughing while listening to DJ Prash playing his popular tunes 🎵. The face painting and mehendi designs were stunning, and the bubble tea and ice cream van were instant favorites! The bar was buzzing with cold beer and Pimms, while table tennis and carrom brought out everyone's competitive spirit, taking us back to the good old days. Masala chai and cake were the perfect sweet treat to wrap up the day.

It was a blast from start to finish, and we can't thank you enough for joining us and making it such a memorable day!

Diwali Basket Brigade

Saturday 26 Oct. 2024

Thank you to those that have volunteered to help pack over 1500 food parcels for families in need, at Kenton Hall. We would also like to raise £1000 to buy essential food items and would like your help in contributing towards this target. If you would like to help why not pop over to our GAAL Justgiving page via the link or QR code below.



<https://www.justgiving.com/page/gaafordiwalfoundation>

For any queries please contact

Dee Vara on 07951 726958.

HIGHLIGHTS FROM JULY



GAAL Golf at Chiltern Forest GC

Event 4 proved to be truly enjoyable with 36 golfers facing a hilly course challenge. Supported by generous sponsorship from Mahesh Solanki, financial advisor at Whitefield Financial Services Ltd.

Congratulations to Dharmesh Chouhan for winning, Kiran Parmar as the runner-up, and Rad Chavda in third place. Special mention to Dilip Kalyani for an incredible "Hole-In-One"! Looking forward to Event 5 at Winter Hill on 10th August.

Opportunity for Sponsorship

We are seeking a sponsor for the Overall Leaderboard and Par 3 competition. Interested parties, please email gaagolf2009@gmail.com



Inaugural Pool Event - Watford Shots

GAAL held its inaugural Pool Tournament, featuring 16 participants of all ages, including one female competitor. The tournament was **organised by Aman Chauhan**.

All competitors were put into groups of 4 with the top two in each group going through to the next round.

Third and fourth placed players went into the plate competition.

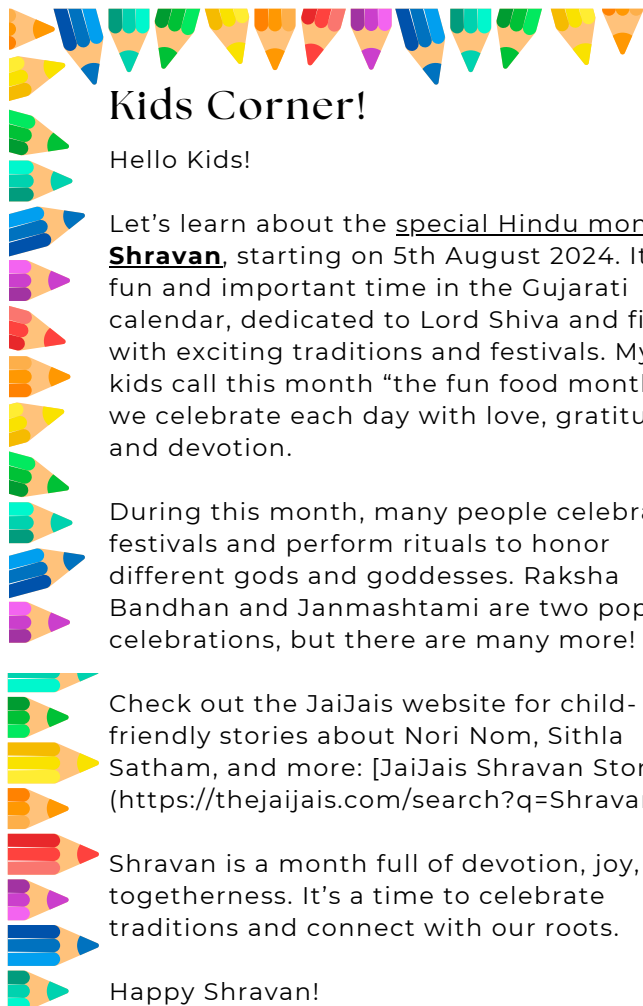
The results of the tournament are as follows:

- Winner: Rishi Parmar
- Runner-up: Rakesh Parmar
- Plate Winner: Nikhil Chauhan
- Plate Runner-up: Dipak Parmar

In addition to the main prizes, medals were awarded to the younger participants, acknowledging their enthusiasm and skill.

The event was marked by a tremendous amount of positive energy, with participants and spectators alike expressing excitement for future tournaments. Everyone is eagerly looking forward to the next GAAL Pool Tournament.

We would also like to thank Ramniklal and Kusum Vara for providing all the refreshments for those attending on the day.



Kids Corner!

Hello Kids!

Let's learn about the special Hindu month of **Shravan**, starting on 5th August 2024. It's a fun and important time in the Gujarati calendar, dedicated to Lord Shiva and filled with exciting traditions and festivals. My kids call this month "the fun food month" as we celebrate each day with love, gratitude, and devotion.

During this month, many people celebrate festivals and perform rituals to honor different gods and goddesses. Raksha Bandhan and Janmashtami are two popular celebrations, but there are many more!

Check out the JaiJais website for child-friendly stories about Nori Nom, Sithla Satham, and more: [JaiJais Shravan Stories] (<https://thejajais.com/search?q=Shravan>)

Shravan is a month full of devotion, joy, and togetherness. It's a time to celebrate traditions and connect with our roots.

Happy Shravan!

Member Spotlight



We are pleased to highlight Ramila and Ashish Parmar for their generous donation of food items and £50 cash to GAA London, in loving memory of Nat Solanki. Thank you for your kindness and support!

If any of you would like to donate towards the youth room, sports equipment or wellness events, please contact us on info@gaalondon.org.uk

Upcoming Events

- 10th August (Saturday)** **GAA Golf at Winter Hills GC.**
Contact **Sanjay Gohil on 07843 601748**
- 20th August (Tuesday)** **Senior Citizen Luncheon**
Sponsor - Parbhubhai Bhana Chauhan & Family
Contact **Somchand Parmar on 07753 759747**
- 31st August (Saturday)** **GAKM Mahasabha Golf** at Collingtree Golf Club, Northamptonshire.
Contact **Vijay Oza on 07878 342494**

Sports Calendar

Badminton

Every Tuesday 7-8 pm at Harrow Leisure Centre.
Contact **Pradeep Chavda on 07802 400404.**

Squash

Every Wednesday 7:30-8 15 pm at Harrow Leisure Centre.
Contact **Amar Parmar on 07799 441188.**

Yoga

Every Monday 11 am-12 pm at Kenton Hall.
Men and Women, of all abilities welcome.
Please contact **Kalaben Parmar on 07956 122109.**

Spotlight on GAAL Mahila Mandal (MM)



The main role of the MM is to support GAA London, in promoting our culture, traditions and religion, as well as in raising funds towards our community hall.

The MM is made-up of volunteers who organise both religious and social events for all age groups within the community. Events include: Dinner and Dances; Mehfil Night; NYE Party; Shraadh Bhajan; Nori-nem; Navratri; Friday Social Bar and Neighbours Xmas Party

Nori-nem is a annual flag-ship event for the MM. Unfortunately, it has not been possible to celebrate Nori-nem recently, but we look forward to bringing this event back to our community members next year.

MM: Bhagwati S Umeria, Jayshri S Parmar, Manisha P Parmar, Mina B Chauhan, Mina R Vara, Ranjanben J Bulsara, Shardaben A Pardiwalla, Sharda U Parmar, Smita S Solanki, Sumitraben Hargovan, Taruna N Morar. And not forgetting the invaluable support from Rashik P Vara.

If any community members are interested in joining the MM, or would like to volunteer their time, please speak to a member of the MM

Save the Date!

Bala Navratri - Sat 12th October, 2024,

GAAL are delighted to be running our popular children's garba on the afternoon of 12th Oct., the last day of Navratri, with Kay Kay & Co, leading on the music front. Please put the date in your diary and watch out for the event flyer..

Volunteering & Contributions

- If you are interested in contributing to the monthly newsletter, please contact **Seema Parmar on 07944 305750**
- If you would like to Volunteer or provide help in any way at GAAL please contact **Kamlesh Vara on 07796 940057**

Walking Football!

For all you budding football fans who'd love to play some footy, but feel those days are long gone! Well, how does the thought of playing 'Walking Football' sound? With no running, heading or tackling involved, walking football is a fun and safe way for players of all abilities, ages and genders to enjoy football.

We want to start 6-a-side teams to play at Kenton Hall, midweek. Demand is expected to be high so please call **Pradeep Chavda on 07802 400404**, if you are interested in taking part. We would like Ladies to sign up too!

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