



# Oshwal Waaaz

31<sup>st</sup> Edition, October 2019

## TREE PLANTING BY SENIORS TO MARK 75TH ANNIVERSARY OF VISA OSHWAL COMMUNITY, NAIROBI.

The Visa Oshwal Community, Nairobi, held a tree planting ceremony at the Oshwal Centre grounds on Sunday, 3<sup>rd</sup> November 2019 in celebration of the 75 years of its existence. The tree planting was done by 75 senior most members, the eldest being Mrs. Panchiben Juthalal Shah who is 100 years old. The seniors attended the event with enthusiasm and zeal and appreciated such a gesture by the Community to honour the seniors.

Various species of the trees were planted on the grounds and the seniors were helped by the enthusiastic volunteers who assisted those seniors in the wheelchairs, with walking sticks and guiding them to plant the trees. This was then followed by an address by the Vice Chairman, Mr. Jinit Shah and thereafter the seniors were treated to a scrumptious brunch.



# SENIOR SOCIAL COMMITTEE



Senior Social Committee Members, Judges – Javed Khanna & Nikunjben Khotari.

Sponsors – Late Nemchand Popat & Late Shantaben Nemchand Popat Family Members.

1<sup>st</sup> Prize - Shantiben- Mahavir Janma Vaachan

2<sup>nd</sup> Prize - Amratben - Mama Mboga

3<sup>rd</sup> Prize - Bharat & Shirish - Elvis Presley Band

Highly Recommended - Manherbhai Shah India's Independence day



# Oshwal Awaaz

## DIWALI ART COMPETITION



## 5 THINGS YOU DIDN'T KNOW CONTAINED PLASTIC

### *Tinned Foods*



A thin plastic coating on the inside of tin and aluminum cans contain an endocrine-disruptor called bisphenol A, or BPA for short. BPA is known to cause a Myriad of health issues.

While many manufacturers have begun phasing out BPA-lined cans, many of them still come with a plastic lining. This plastic can be avoided by purchasing fresh produce and meat instead of canned foods.

### *Tea Bags*

Some paper teabags are heat sealed using polyethylene, which is a type of plastic and some are made of woven plastic/polythene.

Not only does this mean that you're steeping plastic in your favorite mug when you make tea, but that the teabags cannot be composted.

Purchasing bulk, loose-leaf tea and a diffuser is the quickest and easiest way to avoid this plastic.



### *Glitter*



In the past 5 years, micro plastic beads in face washes and other cosmetics have been largely phased out. These tiny pieces of plastic were finding their ways into our waterways and oceans, which created huge problems for the natural environment. They aren't our only harmful plastics.

Glitter, which can be found in the arts and crafts aisle of stores around the world, is also a micro plastic that has the same negative impact as micro beads.

Glitter is a type of plastic that can't be recycled, but many glitter manufacturers are working on producing more environmentally friendly glitter that can biodegrade.

Until then, it might be best to leave the glitter off your next big art project.

### *Paper Cups*



While paper cups have been viewed for years as an excellent alternative to plastic, many of them contain small amounts of plastic. Like food and beverage cans, paper cups are typically lined with a plastic film that helps prevent corrosion and makes the cups waterproof. So while the paper decomposes, the plastic layers do not, and pollute the environment for a long time after.

The solution to this one is easy: bring your Reusable own mug to the coffee shop instead of using one of their paper cups.

### *Chewing Gum*



This one is quite shocking as you wouldn't expect chewing gum to contain plastic, but most gum does. Gum manufacturers don't typically disclose their ingredients, not just to hide the fact that they're plastic, but because many "gum bases" are protected trade secrets.

Even so, most gum bases contain polyethylene, the same plastic that makes plastic bottles and shopping bags. Some also contain polyisobutylene, which is the rubber used to make the inner tubes of tires.

# INFORMATION

*Visa Oshwal Community presents*  
*Dance Centre Kenya in*  
 The Fifth Annual Full Length Performance of  
**THE NUTCRACKER**  
 with the Nairobi Philharmonic Orchestra and  
 International Guest Musicians  
*Artistic Director: Cooper Rust*  
*Guest American Conductor: Jonathan Taylor Rush*  
*Changing Lives through Ballet*



*Opening Weekend Matinees*  
*Oshwal Centre Auditorium*  
 Sunday, 1st December 2019 - Show times 1.00 pm and 4.30 pm  
 Tickets: Ksh 1800 for adults | Ksh 1500 for children  
 Live Orchestra at all Performances  
 All Sunday Performances include a Sugar Plum Tea Party one hour before the show.  
 For sponsorship please contact Sonal Shah on 0702 170 107

**PALACINA** **Chandaria Industries** **APA** **Dr. Mattres** **BARCLAYS** **yava**

Ref No. 104/2019  
 November 4, 2019

Shree Visa Oshwal Community  
 Library Committee  
 presents

*handlettering  
 workshop*

SUNDAY, DECEMBER 8, 2019  
 11AM TO 12PM  
 For ages 12 and up  
 All materials provided  
 Registration closes December 5.

Library members - 1,200/-  
 Non-members - 1,400/-

Contact the library on 020 2364403  
 or library@oshwalnairobi.org

**Bindi R. Shah**  
 Secretary

Bob's Words: Nobody knows what tomorrow brings  
 By loving, giving, caring and sharing today  
 Lets one know that if tomorrow does not come  
 Today is a good day to be the last

Greg Noack  
 PICTUREQUOTES.COM

**SHREE VISA OSHWAL COMMUNITY**  
 Ref. No. 111/2019 22<sup>nd</sup> November 2019

**CORPORATE SOCIAL RESPONSIBILITY  
 WHEELCHAIR & JAIPUR FOOT  
 DONATION  
 COME AND BE PART OF**

The Wheelchair & Jaipur Foot Donation Drive on **Saturday, 7<sup>th</sup> December 2019** at the **Oshwal Centre** at **09:00am** in the spirit of giving back to the society and helping the less fortunate members of the society by giving them a gift of movement.

Donations are welcome for the following:

AIDS	COST OF EACH WHEELCHAIR
STANDARD WHEELCHAIR	KSH. 6,500/=
JAIPUR FOOT	KSH. 10,000/=

**FOR FURTHER DETAILS, CONTACT ON 0733469517**

**BANK DETAILS AS BELOW:**  
 Account No. 0100006236324  
 Account Name: Visa Oshwal Community  
 Bank Name: Stanbic Bank Ltd  
 Branch: Chiromo Road Branch  
 Branch Code: 000  
 Bank Code: 31  
 Swift Code: SBICKENX

**MPESA AS BELOW:**  
 Paybill No. 781609  
 Account No. Name of Sender

**Bindi R. Shah**  
 Secretary



Ref No. 107/2019  
 November 14, 2019

Shree Visa Oshwal Community  
 Library Committee  
 presents

**\* CHRISTMAS MEMORY MAKING  
 JOURNAL WORKSHOP:  
 'Keeping Merry Memories'**  
 Tuesday, 10th December 2019  
 10am to noon

All materials included.  
 For ages 8 and up. 'Adults' welcome too!

\* Library Members - 1,200/-  
 Non-members - 1,500/-  
 Registration deadline: 9th December 2019  
 Contact the library on 020 2364403 or  
 library@oshwalnairobi.org

**Bindi R. Shah**  
 Secretary

If you wish to contribute an article to the Oshwal Awaz please send it to

✉ [info@oshwalnairobi.org](mailto:info@oshwalnairobi.org)  
 📍 Visa Oshwal Community  
 ☎ 0732377475/0724177293  
 🌐 [www.oshwalnairobi.org](http://www.oshwalnairobi.org)