



# અંકુર ગુજરાતી સમાજ Ankur Gujarati Samaj Inc.

Ankur Newsletter, January 2013



## 2013 Operating Committee

**President - Bharti Noticewala**

bnoticewala@gmail.com 563-2007

**Vice President – Rajal Bhutta**

rajalbhatta@yahoo.com 791-0362

**Treasurer/Membership – Hema Shukla**

Hema Shukla 232-6448

**Cultural Director - Sangita Desai**

sangitasdesai@gmail.com 874-1190

**Youth Director - Rupal Patel**

rupal60@gmail.com 886-4242

**Editor/Secretary – Shilpa Desai**

sdesai4peace@gmail.com 252-6730

**Building Rental Manager - Devas Desai**

devasdesai@hotmail.com 307-0185

## 2013 Board of Trustees

Dorothy Joshi 489-1077

Jyoti Hegde 791-0210

Shashank Patel 733-8838

Vijay Parikh 733-0245

## Coming up in 2013!

- **Ladies night with food, fun & games on January 25<sup>th</sup>**
  - **Valentine's Dinner & Dance on February 15<sup>th</sup>**
- Look for your Evite invitation.



*Newly renovated Ankur upper floor.*



*Happy New Year to your family  
from Ankur family.*

**Hearty thanks to the dedicated and diligent**

**Ankur Building Renovation Committee -**

Kamlesh Kothari,

Mayur Kadakia,

Nayan Noticewala,

Rajan Desai,

Shashank Patel as well as supportive and generous members of Ankur community for making this renovation project a success. We now have a beautifully renovated Ankur upper floor to be proud of and enjoy for years ahead.

**THANK YOU**



# 2012 ANNUAL GENERAL BODY MEETING MINUTES



**Date: December, 16<sup>th</sup> 2012 Time: 4 PM**

Members started gathering at Ankur around 4 pm, enjoyed tea and snacks while waiting for enough number of members for a quorum. Within an hour, quorum was formed. Bharti Noticewala welcomed members, announced unveiling of the new renovations and ushered everyone upstairs for ribbon cutting ceremony at the entrance of the new upper floor. After the ribbon cutting ceremony, everyone entered the new upper hall with cheer and admiration of the beautiful space as well as compliments to the Renovation Committee for an excellent renovation project. Kamlesh Kothari gave an overview and demonstration of the special features installed during renovations including lights, vents, fans, speakers etc.

1. **Open the AGB meeting - Vijay Parikh** called the meeting open. Read the Agenda and welcomed members with remarks about strong community spirit at Ankur, brief history of Ankur, importance of teaching the next generation to look after our community hall as well as responsibility for all members to be mindful of our conduct in society at large in context to violence in the US.
2. **President's address - Bharti Noticewala** gave her 2012 President's address which included thanks to the 2011 Fogana Fundraising Committee, 2012 OC, BOT, Renovation Committee, Vice President Rajal Bhutta and Ankur community as well as recap of a successful year with variety of activities and events.
3. **Treasury Report - Rasila Parikh** gave a complete Treasury report including Membership collection in 2012 including 3 Life members. Treasury report is to be published in the newsletter.
4. **2013 OC Election - Bharti Noticewala** extended members an invitation to join the 2013 OC and BOT. Announced Membership/Treasurer Hema Shukla and Editor/Secretary Shilpa Desai, both positions from 2012 to be maintained in 2013. Announced Sangeeta Desai to join 2013 OC.
5. **Renovation Committee Introduction – VijayParikh** introduced the Renovation Committee: In attendance - Nayan Noticewala, Shashank Patel, Kamlesh Kothari, Rajan Desai and Mayur Kadakia (not present)
6. **Renovation Committee Report - Nayan Noticewala** gave an in-depth report on the Renovation project including total cost, leftover funds and projection for the next phase of renovation to rest of Ankur building including the kitchen, bathrooms etc and estimated cost of these next phases. Renovation report is to be published in the newsletter.
7. **Thanks :** Nayan Noticewala extended thanks to:
  - Kamlesh Kothari, Project Contractor for the excellent renovation and hard work to finish the project on time.
  - 2011 Fogana led by Mehul Parikh & Pallavi Patel as well as Fogana Fundraising Committee – Suren Hegde, Pravin Bhutta, Arti Budev, Abhijit Desai, Hemant Jain, Pradip Patel & LATE Damayanti Vasudevan for all the funds raised making this renovation possible.
  - Interior decorator Preeti Joshi–Thakar for volunteering her creative design skills
  - Vasu Patel (not present) for volunteering time and architectural expertise on creating a blue print for Ankur building and help with acquiring building permit.
  - Sharad/Kiran & Arti Budhdev for donating all the beveled glass doors
  - Shashank Patel for donating the projector screen
  - Mayur Kadakia for donating the 10 diffusers and 2 A/C grills.
  - Pallavi Patel for creating the Ganesh picture for the hallway
  - Asha Parikh for creating Om art work which got a new home in the new hall.
- Nayan Noticewala's proposal to donate \$500 per family to cover costs of the next phase of renovation prompted members to start a list of pledges initiated by Rekha Budev. Few members presented their \$500 checks to Bharti Noticewala and many more have pledged donations for phase 2 of Ankur renovations.
8. **Conclusion of AGB Meeting – Vijay Parikh** eloquently facilitated the AGB meeting. Meena Mehta was invited to share her idea of raising money for Road Project at the Hindu Temple to be named "Gandhi Marg". Meeting was adjourned after Meena Mehta's fundraising pitch for the Hindu temple.
9. **Dinner:** Pizza donated by Smruti & Amol Shukla and Salad - donated by Trupti Shah (not present) was enjoyed by all present at the 2012 AGB meeting.

**Building Renovation Project 2012-2013. Following members have given their support and pledged/paid donation amounts to go ahead with the 1st floor renovation.**

Name	Pledge	Status
1. Abhijit & Julie Desai & Hansaben Gokli	\$1,001.00	
2. Amul & Smruti Shukla	\$ 500.00	\$500.00 Paid
3. Asha & Vijay Parikh	\$ 500.00	
4. Bharat & Meena Shah	\$ 500.00	
5. Bhupen & Dorothy Joshi	\$ 500.00	\$ 500.00 Paid
6. Chandu & Manju Budev	\$ 500.00	
7. Dilesh & Neeta Patel	\$ 500.00	\$ 500.00 Paid
8. Hari & Rekha Budev	\$ 500.00	
9. Hema & Chitu Shukla	\$ 500.00	\$500.00 Paid
10. Hemansu & Preya Rampuria	\$ 500.00	\$ 500.00 Paid
11. Jyoti & Jayesh Mehta	\$ 500.00	
12. Jyoti & Indravadan Parikh	\$ 500.00	
13. Ketan & Mala Patel	\$ 501.00	
14. Kirti & Kishu Parikh	\$ 500.00	
15. Kishor & Kusum Patel	\$ 500.00	\$ 500.00 Paid
16. Lilam Stanley	\$ 501.00	
17. Mina & Kush Karamchandani	\$ 501.00	\$ 501.00 Paid
18. Minaben Patel	\$ 501.00	
19. Monal & Kausha Mehta	\$ 500.00	
20. Nalin & Ila Mehta	\$ 500.00	
21. Narendra & Sarla Parikh	\$ 151.00	
22. Pravin & Rajal Bhutta	\$ 500.00	
23. Rajan & Shilpa Desai	\$ 501.00	\$ 501.00 Paid
24. Rashmikanth & Jyoti Patel	\$ 500.00	\$ 500.00 Paid
25. Rasila & Tushar Parikh	\$ 101.00	\$ 101.00 Paid
26. Shahank & Pallavi Patel	\$ 501.00	
27. Sudha & Arun Mehta	\$ 500.00	
28. Sujata & Prakash Rai	\$ 500.00	\$ 500.00 Paid
29. Suren & Jyoti Hegde	\$ 501.00	
30. Vijay Sanghvi	\$ 500.00	
31. Kiran & Arti Budhhdev	Front Doors	



Total pledges As of Dec.16 2012 & Status **\$ 15,761.00**

**\$5,103.00**

## **Ankur Building Renovation Update**

2011 was a very busy year for our organization. We undertook a major fund raising event under the leadership of Mehul Parikh and Pallavi Patel; Pravin Bhutta, Abhijit Desai, Arti Buddhdev, Pradip Patel, Suren Hegde, Hemant Jain and the late Damayanti Vasudevan supported their efforts. This event raised in excess of \$60,000.

We offer our sincere thanks to the fund raising committee and all the contributors for their generous donations.

A building renovation committee was organized to formalize plan for the second floor. This committee - Natvar Noticewala, Rajan Desai, Mayur Kadakia, Shashank Patel & Kamlesh Kothari spent a great deal of time and with the help from architect Vasu Patel & Interior decorator Preeti Joshi completed this task.

Our 2012 general body meeting was held in the renovated second floor after a ribbon cutting ceremony. Everyone present was extremely impressed with the work accomplished and congratulated the team. A total sum of \$45,000 was spent for this improvement.

A proposal was put forward to the group present at the AGB meeting that the first floor should be renovated, including the kitchen, in the same manner as the second floor. A budget price of \$45,000 was offered for consideration. Many members present gave their pledge to support the project. Pledges for the evening totaled \$15,000. We were missing a large portion of the membership that evening and now a team of fundraisers will call upon you for your contribution.

A fully renovated Ankur facility will promote more rental revenue and increased activities, so be generous in your support of this worthy cause. A list of pledges is published in this newsletter and this list will be updated every month. We thank you for your support.

**-Submitted by Vijay Parikh**



## 2012 ANKUR PHASE-2 BUILDING RENOVATION PROJECT

### STAGE-1

We could not get the permit to build a unisex (ADA) bathroom at first floor from city of Blue Ash as stated at our last General Body meeting.

First and second floor bathrooms renovation.

We are thinking about the idea for a men's and women's bathroom on each floor with common sink. We will also replace the toilet tanks, new urinal(second floor only), new sensor lights and paint. We will keep the same sink on both floors unless they require some fixing.

### STAGE-2

Remove all existing tube lights and replace with recessed lights controlled by dimmer switches. This requires the ceiling to be dropped by six inches. The ceiling as well as the vent ducts will be dry walled and painted. We will also add new fans (similar to upstairs).

### STAGE-3

Drywall all the walls to make it look similar to the second floor. Also add speakers, scone lights etc.. Add a storage cabinet near the stage for the storage of the PA system. Add track lights for the trophy case.

### STAGE-4

Remove the tiles from the floor and kitchen and replace with new epoxy floor (like hallway and steps) OR new floor vinyl tiles.

### STAGE-5

Remove all blinds from both floors and replace with window shade. Working with Preeti for the color and prices.

### STAGE-6

Remodel kitchen with all new heavy duty appliances, new refrigerator and sink.

Add cabinets if needed and exhaust system if required.

### STAGE-7

In future make storage area bigger by moving wall in computer room. Convert the computer room to be the coat room.

To complete the Phase-2 renovation in one shot, we need to do lots of fund raising. One suggestion is to collect at least \$500.00 donation per family.

Ankur would really appreciate it if someone wants to donate money for one of the stages mentioned above. Please contact Nayan Noticewala 563-2007 for interest in supporting the Phase 2 Ankur Building Renovation Project.



*Phase 2 of Ankur renovation will be a reality only with your solid support and donations.*

## Eat well to beat high Blood Pressure.

Cut out calories to improve heart health. You can estimate the number of calories you need based on your age, sex, current weight, level of physical activity and weight goals. Go to "Trihealth.com", Click "Health Library" Click "Wellness Library" Click "Nutritional Needs Calculator".

You already know that diet plays a huge role in preventing or controlling high blood pressure and experts recommend eating lots of fruits and vegetables, reducing amounts of red meats and salt and choosing low-fat or nonfat dairy products. Get started by trying this delicious heart-healthy recipes.

### Creamy, Low-Fat Dip - Submitted by Rajal Bhutta

**Ingredients:** One 15 ounce can of Northern beans - rinsed and drained, ¼ cup water, ½ cup plain low fat yogurt, ½ tea spoon garlic powder, Pinch of cayenne pepper, 1 table spoon chopped fresh chives, 1 table spoon chopped fresh parsley, ¼ tea spoon dried tarragon, 1 table spoon lemon juice

**Directions:** Mix beans and garlic in a blender, adding enough water to achieve desired consistency. Blend for 2 minutes or until smooth and creamy. Use a spatula to scrape the mixture into a bowl Stir in the yogurt, cayenne, chives, parsley, tarragon, salt and lemon juice Serve in a bowl with radishes, carrots, sliced green peppers, cauliflower or other favorite vegetables.

Nutrition information per serving: 40 calories, less than 1 g fat, 0 g saturated fat, 8 g carbohydrates, 101 mg sodium, 2 g dietary fiber



## Health is Wealth!



### • **Mixed Baby Kales & Farro Salad with Mustard Vinaigrette - Submitted by Jyoti Mehta**

- **MUSTARD VINAIGRETTE:** 2 tablespoons lemon juice, 1 table spoon Dijon mustard, 1 table spoon tamari (wheat-free soy sauce), 2 tea spoons minced shallot, 1 small clove garlic (minced), 1/2 cup olive oil, 2 teaspoons chopped fresh Italian parsley, 1/2 tea spoon salt. Freshly ground black pepper (to taste)

- **SALAD:** 4 1/2 cups Organic Mixed Baby Kales chopped, 1 1/2 cups cooked farro, 1 cup cherry tomatoes, 3/4 cup grated carrot, 1 cup cooked corn kernels, 4 table spoons Mustard Vinaigrette (or to taste)

- **Directions:** Whisk the lemon juice, mustard, tamari, shallot and garlic in a bowl. Slowly add the olive oil in a thin stream, whisking constantly to emulsify the mixture. Stir in parsley, salt and pepper to taste. Set aside. Bring 6 cups of water to boil. Add farro and salt. Cook over medium heat for 20 -25 minutes till farro is puffed and chewy but not mushy. Drain farro in cold water and add to a large salad bowl. Add rest of the vegetables including the kales and mustard dressing. Mix well and serve immediately. Serves 8 as a side salad



# Ankur Activities



## YOGA



**Weekly – Monday, 6:30 - 8 PM**  
Taught by **Herman Ranpuria**

### Monday Yoga Classes at ANKUR

2 month Yoga session:

January & February, 8 classes, 1/7 - 2/25

Jan & Feb Session fees: Ankur Members \$35 (*Due before 1/31/13*)

Whole Year Session fees: Ankur members \$180 (Due between 1/1/13 to 2/25/13)

Ankur membership is \$35 for 2013 (January to December 2013) due with first session of this year.

Single class fees: Members \$5, Non Members \$6

Please contact Jyoti Mehta at 518-0677 or [jjmweare@gmail.com](mailto:jjmweare@gmail.com) for more information.

**Weekly – Saturday 9 AM**  
Taught by **Pallavi Patel**

### Saturday Yoga Classes at ANKUR

2 month Yoga session:

January & February, 8 classes, 1/5 - 2/23

Jan & Feb Session fees: Ankur Members \$25

Single class fees: Members \$4, Non Members \$5

Children of Ankur members (18 and under): \$3

Please contact Pallavi Patel at 733-8838 or [patelps@ucmail.uc.edu](mailto:patelps@ucmail.uc.edu) for more information.

***Please join Ankur Yoga and commit to a healthy mind and body.***

*Seasoned yogis, beginners, and everyone in between is invited to attend **Ankur Yoga** taught by excellent Yoga teachers. Along with reducing stress, Yoga increases flexibility, strength, circulation and concentration.*

2 month Yoga session –  
November & December

Please bring your  
own yoga mat



## Bridge

**Weekly – Wednesday 6:45 PM – 10:30 PM**

Anyone who enjoys **Bridge** is invited to come and play on Wednesday nights at ANKUR.

Players should arrive at 6:45 PM so everyone can help set up tables and equipment downstairs. The aim is to be seated with partners by 6:50 PM so play can begin. A prompt start is to achieve a timely finish. All bridge players are invited to come, play, and have fun. Join us!

Please contact Hari or Rekha Budev at 793-5951 or Bhupen Joshi at 489-1077 for more information.



## Ankur Book Club

Monthly, January 16<sup>th</sup>

**Time: 2 PM**

**Venue: Minal Patel's residence, 7396 Red Oak Ct, Mason OH 45040**

**Ankur Book Club** this month will be discussing the book "Difficulty of Being Good" by Gurucharan Das. Please contact Minal Patel at 234-0569 for more information



## Ankur Activities



### Mahila Bhajan Satsang

First Sunday every month: 1/6, 2/3, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, 12/1

You are invited to monthly **Mahila Bhajan Satsang**. Singers and avid listeners are most welcome.

**Date: Sunday, January 6<sup>th</sup>**

**Time: 2 to 3-30 PM**

**Venue: ANKUR**

Please contact Rajal Bhutta at 791-0362 [rajalbhatta@yahoo.com](mailto:rajalbhatta@yahoo.com) or Pallavi Patel at 733-8838 [patelps@ucmail.uc.edu](mailto:patelps@ucmail.uc.edu) for more information



### Drop-In Center – Homeless Shelter Lunch

**Second Wednesday every month. January 9<sup>th</sup>**

For over 12 years, Ankur volunteers have quietly and consistently served monthly lunches to those who are homeless in Cincinnati serving society and those in need. Thanks to these generous members of Ankur community who discreetly donate funds and time making these monthly lunches possible. A true spirit of giving!

A truly dedicated group of Ankur volunteers led by Bharti Noticewala donate, prepare and serve lunch to over 150 homeless people every month at **The Drop-In Center** which is Greater Cincinnati's largest homeless shelter, located in Over-the-Rhine.

To help serve and/or contribute towards purchase of lunch items please contact Julie Desai 560-2232 or Bharti Noticewala 563-2007.

**2013 ANKUR ANNUAL MEMBERSHIP (January to December 2013) IS NOW DUE.**

**Ankur Annual Membership - \$ 35 (before March 31<sup>st</sup> 2013) OR \$45 (after March 31<sup>st</sup> 2013)**

**Ankur Life Membership - \$501**

**Please promptly mail your Ankur membership check payable to “Ankur Gujarati Samaj”) and membership form (attached) to:**

**ANKUR, c/o Hema Shukla, 9502 Highland Avenue, Cincinnati, OH 45242**

**Please contact Hema Shukla at 513 232 6448 or [hema1993@aol.com](mailto:hema1993@aol.com) for membership related questions.**



**ANKUR** thrives with on-going activities like Yoga, Bridge, Pranayam, Book Club, Bollywood Zumba, Silver Innings, Mahila Bhajan Satsang, Drop-In center lunch as well as social and religious events, thanks to a strong **Ankur community**.

*If you know anyone who does not receive Ankur newsletters, email updates and/or Evites, please contact Shilpa Desai at [anknewsletter@gmail.com](mailto:anknewsletter@gmail.com)*

***Your support and involvement is much appreciated.***





# Ankur Gujarati Samaj Membership Form

9502 Highland Avenue, Cincinnati, OH 45242



Date \_\_\_\_\_

Life membership \$501 [ ]

Before 3/31/13 Annual membership \$35 [ ]

Life membership renewal (optional) \$10 [ ]

After 3/31/13 Annual membership \$45 [ ]

Name \_\_\_\_\_

Spouse \_\_\_\_\_

Children: Name

Do not publish\*\*

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Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email address\* \_\_\_\_\_

Email address\* \_\_\_\_\_

\*Your email address will not be shared with any other party or an organization. It will be strictly used by Ankur's current committee members only.

\*\*Please check box if you do NOT wish specific data printed in the Ankur Member Directory

Please mail your check and membership form to:

**Ankur Gujarati Samaj Inc.**  
Ankur Membership and Treasurer  
9502 Highland Avenue  
Cincinnati, OH 45242

Checks can be made payable to "Ankur Gujarati Samaj"