



# અંકુર ગુજરાતી સમાજ Ankur Gujarati Samaj Inc.



Ankur Newsletter, March 2011

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## 2011 Ankur Events

Please note Ankur events for 2011 in your calendars! Holi and Diwali events will be scheduled in coordination with the temple.

### March

**Holi Dinner and Cultural Program 3/20**

### April

Ramnavmi Dinner and Bhajan 4/15

Ankur Clean-up Day 4/23

FOGANA Gala Dinner 4/24

### May

Mother's Day Dinner & Movie 5/13

### June

Father's Day Picnic @ Sharon Woods 6/19

### July

Midwest FOGANA Competition 7/16

### August

Janmashtami, Nand Mahotsav and Matli breaking 8/26

### September

Ankur 25<sup>th</sup> Building Anniversary Gala Dinner 9/24

Navratri Celebrations 9/28 - 10/6

### October

Navratri Celebrations 9/28 - 10/6

Sharad Purnima Dinner 10/14

### November

Diwali Show 11/5

### December

TBA



Cincinnati will be represented by 5 teams at FOGANA!

## Save the Date: FOGANA Gala Dinner

Support this year's FOGANA by attending the fund raising dinner. \$100 per person donation includes a fabulous night of dinner and entertainment followed by dancing.

**Where:** The Elements, Sharonville

**When:** April 24<sup>th</sup> 2011, 7 PM



# Holi Dinner and Cultural Program



**What is Holi?** Holi is a spring festival celebrated by many Indians, and undoubtedly the most fun-filled and boisterous holiday. The main day of Holi is known as Dhuli Vandana in Sanskrit, also Dhulheti, Dhulandi or Dhulendi.

Every year it is celebrated on the day after the full moon in early March and glorifies good harvest and fertility of the land and signifies that it is time for spring harvest. The new crop of food restores every household and this abundance was the cause of celebration during Holi.

**How is it celebrated?** Bonfires are lit the day before Holi, also known as Holika Dahan (burning of Holika) or Chhoti Holi (little Holi). Holi is celebrated by people throwing colored powder and water at each other, and partaking in plenty of music and dancing.

**When is it?** Holi is celebrated at the end of the winter season on the last full moon day of the lunar month Phalguna. Phalgun Purnima usually falls in the later part of February or March. This year Holi is on March 20<sup>th</sup> and Holika Dahan is on March 19<sup>th</sup>.



Come celebrate the color and fun of Holi with Ankur at this year's dinner and cultural program on March 20<sup>th</sup> at 5:30 PM. Dinner sponsored by Bharti Noticewala will be served at 7.

Price:

Members:



Couples \$15

Singles \$8

12 and under are free

Non-Members:



Couples \$20

Singles \$10



# Ankur Activities



## Yoga

### Monday Session:

March 7<sup>th</sup> – April 25<sup>th</sup> (8 sessions/\$27)

Weekly – Monday 6:30 - 8:00 pm

Taught by Herman Ranpuria

### Thursday Session:

March 10<sup>th</sup> – May 5<sup>th</sup> (9 sessions/\$27)

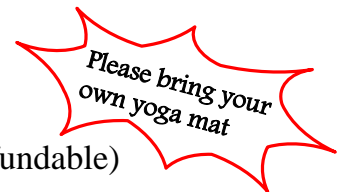
Weekly – Thursday 7:00 - 8:15 pm

Taught by Kamal Sekhon

Seasoned yogis, beginners, and everyone in between are encouraged to come and learn the benefits of yoga, such as increased flexibility, strength, fitness, circulation and concentration, and reduced stress. Let us all commit to regular yoga exercises and determine to improve and remain healthy throughout the year. Please encourage your spouses, children, friends, and family members to join yoga. Come experience the benefits of yoga! If you have any questions, please contact Jyoti Mehta at 518-0677.

**Herman Ranpuria will be running a yoga workshop on “Developing Your Personal Yoga Practice” at the Simply Power Yoga studio on March 26<sup>th</sup> (1-3 PM). For details visit [www.vinyasa.org](http://www.vinyasa.org)**

- **Session:** 2 months, 8-9 classes per session
- **Cost:**
  - **Full Session:** Ankur Membership (\$35/yr) + \$27 per session (non-refundable)
  - **Single Class:**
    - **Monday:** Members: \$4/class, Non-members: \$5/class
    - **Thursday:** Members: \$3/class, Non-members: \$4/class
  - **Children of Ankur members (18 and under):** \$3/class



## Bridge

Weekly – Wednesday 6:45 - 10:30 pm

The weekly bridge game has a great turn-out, come and enjoy this game Wednesday nights at Ankur. Players should arrive at 6:45 so everyone can help set up tables and equipment downstairs. The aim is to be seated with partners by 6:50 so play can begin. A prompt start is to achieve a timely finish. All bridge players are invited to come, play and have fun. Ankur is pleased to congratulate one of our oldest groups on their continued progress and success! If you have any questions, please contact Hari or Rekha Budev at 793-5951 or Bhupen Joshi at 489-1077.



## Book Club

Monthly - Thursday

This month the Book Club will discuss Life on the Color Line, by Gregory Howard Williams on March 24<sup>th</sup> at Ankur if the weather permits. For additional information, please contact Minal Patel at 234-0569.



# Ankur Activities



## Drop-In Center – Homeless Shelter

Monthly - Wednesday

Volunteers take lunch to the Drop-In Center Shelter House the 2nd Wednesday of every month where lunch is served to over 150 homeless people in downtown Cincinnati. Volunteers share the duties of making spaghetti, salad and bringing bread, bananas, cookies or ice cream. Helping the less fortunate to receive a warm meal is a great cause and a perfect way for you to donate towards something charitable. If you have the time to help, please do. If not, a donation is also useful to buy items if you are not available. To contribute towards or help provide lunch dishes please contact Bharti Noticewala (563-2007) or Julie Desai (560-2232).



## Gujarati Classes – Archana Shah

Weekly – Sunday 4:00 – 5:30 PM

Archana Shah currently teaches Gujarati classes in her home on Sundays from 4-5:30, and would like to open the classes to the Ankur community. If anyone is interested in attending these classes, please contact Archana at [archanashah@hotmail.com](mailto:archanashah@hotmail.com) or 276-4364. If your child is in FOGANA, the class time might be changed in the future to accommodate participants' practices.

# Ankur Supports YWCA of Cincinnati

**eliminating racism  
empowering women**  
ywca

In 2001, the Legal Aid Society of Greater Cincinnati formed the Alliance for Immigrant Women, to respond to the increased number of immigrant women who were seeking services or injured as a result of domestic violence. Over 20 agencies have joined to develop prevention and intervention programming and to coordinate services for immigrant/non-English speaking victims in the community to ensure they have access to necessary resources.

The YWCA provides the community with:

- **Community education:** training to services, law enforcement, immigrant community-based organizations, and medical personnel that serve immigrant victims of domestic violence. Trainings focus on such topics as: abuse tactics used against immigrant women; working with international victims of domestic violence; language accessibility; cultural competency; public benefits for battered immigrants; and immigration remedies for domestic violence victims.
- **Material development:** producing culturally and linguistically appropriate resource materials on domestic violence.
- **Technical assistance:** guidance of programs to make services more accessible to immigrant victims
- **Advocacy:** the Alliance advocates for immigrant victims through participation on local, regional and state coalitions with the aim of creating and implementing policies that address the unique needs of battered immigrants.
- **Outreach & referrals:** increase awareness about domestic violence and community resources. We also draw on a strong membership network to provide culturally appropriate referrals for immigrant victims of abuse.

**YWCA of Greater Cincinnati, 898 Walnut Street, Cincinnati, Ohio 45202**  
email: [website@ywcacin.org](mailto:website@ywcacin.org) • Phone: 513-241-7090 • [www.ywca.org](http://www.ywca.org)

Ankur will be working with the YWCA to provide help in anyway we can, providing language translations, food, employment clothes, and friendship for these women and children in need.

Domestic violence is not frequently discussed in our culture, and Ankur is hoping to make a change by showing support. If you or anyone you know is in need of help, contact the YWCA Domestic Hotline at 872-9259.

