

Ankur
Independence Day



For ...children and youth
Date ... August 16th, Saturday evening

Contact ... Smita Patel (513)259-4717
Nita Parikh (513) 237-3757

smitasm@aol.com
nitamehtaparikh@yahoo.com



Talent Show Categories...

Stand up comedy
Short Skit
Performance by parents with children
Vocals in language of choice
Dance (no solo)
Musical instruments

Showcase your unique talent! Spots are limited; pelase sign up at the earliest.



Just a friendly reminder that the 2014 Annual membership is now past due.

2014 Ankur Annual Membership (January to December 2014) is now past due.

Annual Membership: \$45

Life Membership: \$501

Please 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 for membership related questions.



Mid West Regional FOGANA 2014

July 19th in Detroit

Update!

Mandatory Meeting was held on Sunday March 30, 2014 2-4pm to meet the choreographers and to answer any questions regarding Fogana. Parents and Participants attended the meeting.

Thank You for the overwhelming response from the community!
All Teams have been formed and waiting to rock the stage in Detroit!

Interested Choreographers and Participants for all groups – Minor, Junior, Senior and Adults to participate in the competition

Please contact: Nita Parikh nitamehtaparikh@yahoo.com or

Smita Patel smitasm@aol.com

2014 ANKUR CALENDAR

- March 9th Sunday - Gujarati play “2 Idiots” Muntz hall
- May 17th Saturday - Mothers day at Ankur
- June 13th Friday - Movie Night at Ankur
- July 19th Saturday - Fun Mela and used Indian clothing sale
Childrens art and craft showcasing
- August 16th Saturday - Independence Day Talent Show
- August 23rd Saturday - Janmashtami celebration
- September 13th Saturday - Health Fair
- September 24th Wednesday - Navratri begins
- October 3rd Friday - Dashera, Havan and Puja at Ankur
- October 10th Friday - Sharad Purnima
- tentative October 24th Friday - Diwali dinner



WELCOME!

Operating Committee

President: Bharti Noticewala
bnoticewala@yahoo.com 563-2007

Vice President: Rajal Bhutta
rajalbhatta@yahoo.com 791-0362

Treasurer: Hema Shukla
Hema1993@aol.com 232-6448

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Board of Trustees

Rasila Parikh 247-9404
Shashank Patel 733-8838
Vijay Parikh 733-0245

Building Renovation Committee

Kamleash Kothari 791-5559
Mayur Kadakia 697-9211
Nayan Noticewala 563-2007
Pravin Bhutta 791-0362
Rajan Desai 683-2410
Shashank patel 733-8838

Fund Raising Committee

Monal Mehta 505-5445
Pallavi Patel 733-8838
Pravin Bhutta 791-0362

Ankur^{1st} floor renovations have started. While the renovations are in progress, the first floor will not be available for use.

Call out to the community!

2014 Ankur Committee is being formed now and few positions are still open. Please step up, get involved and volunteer to be part of 2014 Operating Committee or Board of Trustees. Please contact Bharti Noticewala at bnoticewala@gmail.com or (513) 563 2007 to sign up or for further information.



Seasoned yogis as well as beginners are invited to join **Ankur Yoga** taught by excellent certified Yoga instructors. Along with reducing stress, Yoga increases flexibility, strength, circulation and concentration. **Embrace Yoga and commit to a healthy mind and body.**

Please bring your own yoga mat

Monday Yoga
With Herman Ranpuria
Weekly – Monday, 6:30 - 8 PM

YOGA FEES:

March & April: Ankur Members \$35
 Single class: Ankur Members \$5, Non Members \$6
 Whole Year Session fees: Ankur Members \$170

Please contact Jyoti Mehta at 518-0677 or
 jjmweare@gmail.com for more information.

Saturday Yoga
With Dilruba Rahman
Weekly – Saturday, 8:30 – 9:30 AM

YOGA FEES:

March & April: Ankur Members \$25
 Single class: Ankur Members \$4, Non Members \$5
 Whole Year Session fees: Ankur members \$100

Please contact Dilruba Rahman at 513-519-0631
 dilruba6120@gmail.com for more information.

Zumba at Ankur with Smita Patel, Licensed Zumba Fitness Instructor.



Join in for an hour of high-energy workout.

Every Thursday from 6-7pm
 Please contact Smita Patel at 513-259-4717 or
smritasm@aol.com for more information

Single class fees: Members \$4, Non Members \$5
 Whole Year Session fees: Ankur members \$100

No Zumba April 24th



PLEASE BRING LIGHT WEIGHT AND BELLY-DANCING SCARF FOR MORE FUN



Ankur Book Club Monthly: Date to be announced



Ankur Book Club members meet once a month at Ankur or Minal Patel's residence. Book club is led by Minal Patel and members enjoy reading and meeting for discussion an array of interesting books. Please contact Minal Patel at 234-0569 to join Ankur Book Club or for more information.



BRIDGE



Weekly – Wednesday 6:45 PM – 10:30 PM

Bridge for beginners at Ankur.

Interested in learning Bridge? Come over to Ankur Bridge Club in a group of 4 players and Bhupen Joshi will teach the basics of this game for a nominal charge.

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.



Drop-Inn Center – Homeless Shelter Lunch **Monthly: Second Wednesday every month**



For over 12 years, Ankur volunteers have quietly and consistently served at The Drop-Inn Center monthly lunch, traditional Thanksgiving meal, winter wear at Christmas as well as donations to those who are homeless in Cincinnati serving society and those in need.

We will be serving Pizza in May. If you would like to contribute towards Pizza, please send a check to:

Bharti Noticewala
3286 Boxwood circle
Cincinnati OH 45241

A group of truly devoted Ankur volunteers led by Bharti Noticewala and Rashmikanth Patel donate, prepare and serve lunch to over 150 homeless people every month at The Drop-Inn Center which is Greater Cincinnati's largest homeless shelter, located in Over-the-Rhine. Thanks to this generous and caring group from Ankur community who donate funds, food items and time making these monthly lunches possible. A true spirit of charity!

To help serve lunch or donate food items or money, please contact Julie Desai 560-2232 or Bharti Noticewala 563-2007.

ANKUR thrives with on-going activities like Yoga, Bridge Club, Book Club, Silver Innings, Drop-In center lunch as well as youth events, social, religious and charitable events, thanks to a strong Ankur community.

Your support and involvement is much appreciated!

Super easy and healthy Recipe

Recipe: Dahi Bajri by Jyoti Hegde



Ingredients:

- 1 cup whole Bajri (available in Indian grocery stores)
- 2 cups yogurt
- 2 green hot peppers finely chopped
- 1 inch ginger finely chopped
- 1 tbsp cilantro finely chopped
- 1 tsp olive oil
- 8/10 curry leaves
- 1 tsp mustard seeds
- 1 tsp udad dal

2/3 dry red chillies

Pinch of 'hing'

Salt to taste

Serves 4 people

Method:

Soak Bajri overnight & drain.

Let it sprout for another day (remember to wash the grain a few times to avoid decay)

Pressure cook the sprouted grain until soft. Let it cool.

Just before serving, add beaten yogurt, salt, hot peppers, ginger & cilantro. Heat the oil & season with mustard seeds, udad dal, hing, curry leaves & dry red chillies. Mix well & serve.

Note: this dish can be also made with sprouted Jowar & Whole Wheat.

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***What would you like added to Ankur community?
Would you like to share a recipe, activity idea, interesting article,
uplifting words of wisdom etc. to Ankur newsletter, Facebook page or
website? Please email your ideas and suggestions to Julie Desai at
anknewsletter@gmail.com***



Numerous big hearted Ankur members gave voluntarily, their pledges, donations and support for Phase 2 of Ankur building renovation.

Many thanks to all the donors!

This endowment is a foundation for Phase 2; however for complete renovation of Ankur building, funds from the whole community are vital.

Be part of Ankur vision and transformation “A new modern Ankur building – A center for our community” and PLEASE DONATE GENEROUSLY!



Please mail donation check payable “Ankur Gujarati Samaj” to ANKUR, 9502 Highland Avenue, Cincinnati, OH 45242. Please contact Vijay Parikh at 733-0245 or Bharti Noticewala at 563-2007 if you have any questions.

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PLEASE DONATE GENEROUSLY FOR ANKUR RENOVATIONS

Donor List for Phase 2 of Ankur Building Renovation.(* tax receipts – mailed to donors)

<u>Paid Name</u>	<u>Pledge</u>	<u>Status</u>
1. Sheth, Uday & Nandita - 131	\$ 500.00	\$500.00 Paid
2. Shukla, Amul & Smruti -117	\$ 500.00	\$500.00 Paid
3. Shukla, Chitu & Hema - 118	\$ 500.00	\$500.00 Paid
4. Stanley, Lilam - 119	\$ 500.00	\$500.00 Paid
5. Bhutta, Pravin & Rajal – 137*	\$ 500.00	\$500.00 Paid
6. Budev, Chandu & Manju - 129	\$ 500.00	\$500.00 Paid
7. Budev, Hari & Rekha - 130	\$ 500.00	\$500.00 Paid
8. Budhdev, Sharad/Kiran & Arti -120	Front Doors	Front Doors
9. Desai, Abhijit & Julie, Gokli, Hansaben -135	\$1,001.00	\$1001.00Paid
10. Desai, Shwetal & Sangita	\$500	\$500.00 Paid
11. Desai, Rajan & Shilpa - 101	\$ 501.00	\$501.00 Paid
12. Hegde, Suren & Jyoti -133	\$ 501.00	\$501.00 Paid
13. Hemani, Haresh & Geeta – 134	\$ 500.00	\$500.00 Paid
14. Joshi, Bhupen & Dorothy - 102	\$ 500.00	\$500.00 Paid
15. Karamchandani, Khush & Mina - 103	\$ 501.00	\$501.00 Paid
16. Mehta, Jayesh & Jyoti	\$ 500.00	\$500.00 Paid
17. Mehta, Monal & Kausha -139	\$ 500.00	\$500.00 Paid
18. Mehta, Nalin & Ila - 104	\$ 501.00	\$501.00 Paid
19. Mehta, Arun & Sudha	\$ 500.00	\$500.00 Paid
20. Noticewala, Natver & Bharti - 141	\$ 501.00	\$501.00 Paid
21. Noticewala, Chandrakant & Daksha - 123	\$ 501.00	\$501.00 Paid
22. Pai, Prakash & Sujata - 105	\$ 500.00	\$500.00 Paid
23. Parikh, Indravadan & Jyoti - 106	\$ 500.00	\$500.00 Paid
24. Parikh, Kishu & Kirti -126	\$ 500.00	\$500.00 Paid
25. Parikh, Narendra & Sarla - 107	\$ 151.00	\$151.00 Paid
26. Parikh, Tushar & Rasila - 108	\$ 101.00	\$101.00 Paid
27. Parikh, Vijay & Asha - 109	\$ 500.00	\$501.00 Paid
28. Patel, Dilesh & Neeta - 110	\$ 500.00	\$500.00 Paid
29. Patel, Hiten & Rupal -142	\$ 150.00	\$150.00 Paid
30. Patel, Jagdish & Nita - 122	\$ 501.00	\$501.00 Paid
31. Patel, Jayant & Kapi -124	\$ 501.00	\$501.00 Paid
32. Patel, Ketan & Mala - 111	\$ 501.00	\$501.00 Paid
33. Patel, Kishor & Kusum - 112	\$ 500.00	\$500.00 Paid
34. Patel, Minal - 113	\$ 701.00	\$701.00 Paid
35. Patel, Pradip & Kumud - 125	\$ 501.00	\$501.00 Paid
36. Patel, Rashmikant & Jyoti - 114	\$ 500.00	\$500.00 Paid
37. Patel, Shashank & Pallavi - 140	\$ 501.00	\$501.00 Paid
38. Ranpuria, Hemansu & Preya - 115	\$ 500.00	\$500.00 Paid
39. Rathod, Hardas & Asha – 127	\$ 500.00	\$500.00 Paid
40. Sanghvi, Vijay -132	\$ 500.00	\$500.00 Paid
41. Shah, Bharat & Meena - 116 and 143	\$ 500.00	\$500.00 Paid
TOTAL	\$19,616	\$19,616 Paid

Thank You!