



# અંકુર ગુજરાતી સમાજ Ankur Gujarati Samaj Inc.

Ankur Newsletter, May 2013



## 2013 ANKUR CALENDER

**MAY** 17<sup>th</sup> - Mother's Day, 19<sup>th</sup> Silver Innings Picnic

**JUNE** 16<sup>th</sup> - Father's Day Picnic at Sharon Woods

**JULY** 20<sup>th</sup> - Midwest FOGANA Competition

**AUGUST** 16<sup>th</sup> - Ankur Dinner

**SEPTEMBER** - Health Fair (Date to be announced)

**OCTOBER** 5<sup>th</sup> – 10<sup>th</sup> Navratri at Ankur, 13<sup>th</sup> Vijaya

Dashmi Havan, 19<sup>th</sup> Sharad Purnima

**NOVEMBER** 2<sup>nd</sup> - Diwali Celebration

**DECEMBER** – 15<sup>th</sup> Annual General Body Meeting

## 2013 OPERATING COMMITTEE

**President - Bharti Noticewala**

bnoticewala@gmail.com 563-2007

**Vice President - Rajal Bhutta**

rajalbhatta@yahoo.com 791-0362

**Membership/Treasurer – Hema Shukla**

hema1993@aol.com 232-6448

**Treasurer – Rasila Parikh**

rasilaparikh@hotmail.com 247-9404

**Cultural Director - Sangita Desai**

sangitasdesai@gmail.com 874-1190

**Youth Director - Rupal Patel**

rupalcinci@yahoo.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

Jyoti Hegde 791-0210

Rasila Parikh 247-9404

Shashank Patel 733-8838

Vijay Parikh 733-0245

## 2013 Building Renovation Committee

Kamlesh Kothari 791-5559

Mayur Kadakia 697-9211

Nayan Noticewala 563-2007

Rajan Desai 683-2410

Shashank Patel 733-8838

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

*Your support and involvement is much appreciated.*

## Mother's Day!

Let's celebrate MOTHERS and share the best gift of all.....Time Together and Sweet Memories!

**FREE admission for all Ankur Member MOTHERS with accompanying Member Spouse or Friend**

**Ankur Members \$ 8**

**Non Members \$ 15 per couple**

**Mothers and guests are in for a grand treat by Sponsors and Star Chefs - Suren Hegde and Guys who will cook a delicious dinner, as always.**

**Community spirit at it's best!**





## ***Ram Navmi Celebration at Ankur.***

*Devotees enjoyed bhajans, music, spontaneous garba, delicious farali lunch and prasad in honor of Ram Navmi.*



## Churna Powder Mixture – Submitted by Tara N Panchal (Rita Panchal's mother)

Tara Panchal has been an avid follower of Ayurveda in daily life for many years.

### Ingredients:

50 gms Methi (Fenugreek seeds)

20 gms Ajwain (Caraway seeds)

10 gms Kala Jeera (Black Cumin)



### Directions:

Roast Methi, Ajwain and Kala Jeera separately in a pan

Mix well and then grind to fine powder.

Store the ground powder in an airtight jar.

Before going to bed take 1 teaspoon Churna powder mixed with lukewarm water.

Should be taken at least 3 months continuously to see results

### Benefits:

- Strong bones.
- Delay wrinkles.
- More energy
- Delay graying of hair
- Delay cataract
- Increase memory
- Fat reduction after pregnancy and child birth
- Weight loss
- Reduce menopause related symptoms
- Better digestion
- Reduce cholesterol



HEALTH CORNER – Featuring Ayurveda



### **ATTENTION: ALL FOGANA FAMILIES & PARTICIPANTS!**

Phase 2 of Ankur Renovation is to commence shortly. This renovation includes the downstairs space, trophy cabinets etc. Ankur is offering our prized Fogana Trophies and Fogana Team pictures to anyone interested in taking these treasures as a family keepsake.

To arrange a time for pick-up, please contact Bharti Noticewala at [bnoticewala@gmail.com](mailto:bnoticewala@gmail.com) or 563-2007





# Ankur Activities



## YOGA

### Monday Yoga with Herman Ranpuria

Weekly – Monday, 6:30 - 8 PM



### Saturday Yoga with Pallavi Patel

Weekly – Saturday, 8.30 – 10 AM

May & June Session fees: Ankur Members \$35  
Whole Year Session fees: Ankur Members \$180  
Single class fees: Members \$5, Non Members \$6

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

May & June Session fees: Ankur Members \$25  
Whole Year Session fees: Ankur members \$100  
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 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.*

Please bring your  
own yoga mat

2 month Yoga session –  
May & June

**Required  
minimum  
attendance is  
6 people to  
conduct class.**

2013 Ankur Membership  
(January to December 2013)

**\$45 Annual**

**\$501 Life Membership**

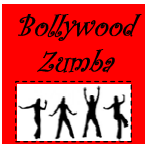


### PRANAYAMA with Jyoti Hegde Weekly – Wednesday 7 to 8 PM

Come over to ANKUR for an hour of Pranayama, a deep breathing technique of yoga for optimum health. Jyoti Hegde brings a vast knowledge of Pranayama (breath control) for Ankur members every Wednesday. In Sanskrit, “Prana” means energy or vital force and “yama” means control. So, this translates to “control of the vital breath”. Important aspects of Pranayama: regulating the breath, controlling the vital force, and channelizing the Pranas in the right directions. Please contact Jyoti Hegde at jhegde9030@gmail.com for more information on Pranayama classes at Ankur.

**Single Class Fees: Members \$3, Non Members \$4**

**May & June Session Fees: Ankur Members \$ 20** *Please pay Pranayama fees to Jyoti Hegde.*



### Bollywood Zumba with Jyoti Hegde

**Weekly – Saturday 10 - 11 AM** For ages 18 and up

Come over to ANKUR Saturday mornings for a great work-out to the beat of Bollywood melodies and groovy dance moves with Jyoti Hegde who brings her expertise and experience of dance to Ankur. **Interested in Bollywood Zumba? Please contact Jyoti Hegde at jhegde9030@gmail.com or Rajal Bhutta at rajalbhatta@yahoo.com to confirm. Required minimum attendance is 6 people to conduct class.**

**Single Class Fees: Members \$3, Non Members \$4**

**May & June Session Fees: Ankur Members \$20**

*Please pay class fees to Jyoti Hegde.*



## Ankur Activities



### Ankur Silver Innings

**Sunday May 19<sup>th</sup> , 6 pm at Weller Park**



The Spring has sprung, and we are excited to resume another exciting season of Ankur Silver Innings. There are exciting new changes coming this season and we can't wait to share the plans with you!

We will have our first gathering of this year in the outdoors at the Weller Park, at 6 pm on Sunday, May 19. 8832 Weller Rd Cincinnati, OH 45249, (<http://www.montgomeryohio.org/things-to-do/parks/weller-park/>)

We plan to have picnic fare for dinner and summer sports for activity. If you would like to help out with fruits, dessert, or anything else, please get in touch with Julie Desai (JDesai@cinci.rr.com) latest by Thursday, May 16.

If the weather is hostile (rain, thunderstorms, uncomfortable temperature etc.), we will convene at our usual venue, Ankur Samaj and send an email out as soon as we know.

This event is open for everybody with Ankur membership. Membership to Ankur is required to cover the liability exposure. For the visiting parents, their children's' membership to Ankur would suffice. We will be glad to make necessary arrangements if acquiring the Ankur membership is an issue for any reason/s - please let us know.

Do respond by Thursday, May 16 so we can better plan the logistics. We hope to see everybody,  
- Ankur Silver Innings Committee (Julie Desai, Jyoti & Suren Hegde, Haresh Hemani, Mehul Parikh, Pallavi & Shashi Patel, Mina & Bharat Shah and lots of friends)



### Bridge

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

**Bridge for beginners at our Ankur Club.**

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.

**2013 ANKUR ANNUAL MEMBERSHIP (January to December 2013)**

**Ankur Annual Membership - \$45**

**Ankur Life Membership - \$501**

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

Please mail your Ankur membership check, payable to "Ankur Gujarati Samaj"

and membership form to: ANKUR, c/o Hema Shukla, 9502 Highland Avenue, Cincinnati, OH 45242



## Ankur Activities



### Mahila Bhajan Satsang

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

**Date:** Sunday, May 5<sup>th</sup>

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

**Venue:** ANKUR

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



### Ankur Book Club

Monthly, Wednesday, May 15<sup>th</sup>

Time: 2 to 4 PM, Venue: ANKUR

Ankur Book Club will be discussing the 2 books “How Starbucks saved my life” by Michael Gates Gill and “The seven daughters of eve” by Bryan Sykes .

Ankur Book Club will meet every 5-6 weeks from now on. Please contact Minal Patel at 234-0569 for more information



### Drop-In Center – Homeless Shelter Lunch

**Monthly: – Tuesday, May 7<sup>th</sup>**

(Please note change in date/day for this month)

*Ankur volunteers will serve lunch on Tuesday, May 7<sup>th</sup> to good folks at the Drop-Inn Center sponsored by Rasmikant bhai and Jyoti ben Patel. A complete lunch with pizza, drinks and other items will be provided in honor of Rashmikant bhai's 75<sup>th</sup> Birthday.*

***Hearty Thanks to Rashmikant bhai and Jyoti ben - Pillars of Ankur Community!***

For over 12 years, Ankur volunteers led by Bharti Noticewala and Rashmikant Patel, have quietly and consistently served at The Drop-In Center monthly lunches, traditional Thanksgiving meal, winter wear at Christmas as well as donations to those who are homeless in Cincinnati serving society and those in need. The Drop-In Center which is Greater Cincinnati's largest homeless shelter, located in Over-the-Rhine. This group of truly devoted Ankur volunteers donate, prepare and serve lunch to over 150 homeless people every month at Thanks to these generous members of Ankur community who discreetly donate funds, food items and time making these monthly lunches possible. ***A true spirit of charity!***

You may donate money for next month's lunch if you wish.

To help serve on May 7<sup>th</sup>, please contact Julie Desai 560-2232 or Bharti Noticewala 563-2007.



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

# Building Renovation Project 2012-2013

★ ★ Following members have given their support and pledged/paid donation amounts to go ahead with Phase 2 of Ankur building renovation. Utmost gratitude for the generosity of these members of Ankur community.

**Please follow up your pledge with a check donation payable to "Ankur Gujarati Samaj" mailed to ANKUR, 9502 Highland Avenue, Cincinnati, OH 45242 as soon as possible.** ★ ★  
**Please contact Vijay Parikh at 733-0245 or Bharti Noticewala at 563-2007 if you have any questions. (\* Tax receipt number)**

<u>Name</u>	<u>Pledge</u>	<u>Status</u>
1. Bhutta, Pravin & Rajal	\$ 500.00	
2. Budev, Chandu & Manju	\$ 500.00	
3. Budev, Hari & Rekha	\$ 500.00	
4. Budhdev, Sharad/Kiran & Arti -120*	Front Doors	
5. Desai, Abhijit & Julie, Gokli, Hansaben	\$1,001.00	
6. Desai, Rajan & Shilpa - 101	\$ 501.00	\$501.00 Paid
7. Hegde, Suren & Jyoti	\$ 501.00	
8. Joshi, Bhupen & Dorothy - 102	\$ 500.00	\$500.00 Paid
9. Karamchandani, Khush & Mina - 103	\$ 501.00	\$501.00 Paid
10. Mehta, Jayesh & Jyoti	\$ 500.00	
11. Mehta, Monal & Kausha	\$ 500.00	
12. Mehta, Nalin & Ila - 104	\$ 501.00	\$501.00 Paid
13. Mehta, Sudha & Arun	\$ 500.00	
14. Noticewala, Chandrakant & Daksha	\$501.00	\$501.00 Paid
15. Pai, Prakash & Sujata - 105	\$ 500.00	\$500.00 Paid
16. Parikh, Indravadan & Jyoti - 106	\$ 500.00	\$500.00 Paid
17. Parikh, Kirti & Kishu	\$ 500.00	
18. Parikh, Narendra & Sarla - 107	\$ 151.00	\$151.00 Paid
19. Parikh, Tushar & Rasila - 108	\$ 101.00	\$101.00 Paid
20. Parikh, Vijay & Asha - 109	\$ 500.00	\$501.00 Paid
21. Patel, Dilesh & Neeta - 110	\$ 500.00	\$500.00 Paid
22. Patel, Jagdish & Nita	\$501.00	\$501.00 Paid
23. Patel, Jayant & Kapi	\$ 501.00	
24. Patel, Ketan & Mala - 111	\$ 501.00	\$501.00 Paid
25. Patel, Kishor & Kusum - 112	\$ 500.00	\$500.00 Paid
26. Patel, Minal - 113	\$ 701.00	\$701.00 Paid
27. Patel, Pradip & Kumud	\$ 501.00	
28. Patel, Rashmikant & Jyoti - 114	\$ 500.00	\$500.00 Paid
29. Patel, Shashank & Pallavi	\$ 501.00	
30. Ranpuria, Hemansu & Preya - 115	\$ 500.00	\$500.00 Paid
31. Sanghvi, Vijay Sanghvi	\$ 500.00	
32. Shah, Bharat & Meena -116	\$ 500.00	\$250.00 Paid
33. Shukla, Amul & Smruti -117	\$ 500.00	\$500.00 Paid
34. Shukla, Chitu & Hema - 118	\$ 500.00	\$500.00 Paid
35. Stanley, Lilam - 119	\$ 500.00	\$500.00 Paid
<b>Total pledges &amp; Status</b>	<b>\$ 16,963.00</b>	<b>\$ 9,710.00</b>

★ ★  
**THANK  
 YOU!**



***A plea to Ankur community!***

***This is a great opportunity to invest in our community center by donating with an open heart. Phase 2 of Ankur renovation will be a reality with your solid support and generous donations.***

