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Ankur Gujarati Samaj Inc.

Ankur Newsletter, July 2013

2013 ANKUR CALENDER

JULY 20th - Midwest FOGANA Competition
AUGUST 16th - Ankur Dinner
SEPTEMBER - Wellness Fair (Date to be announced)
OCTOBER 5th – 10th Navratri at Ankur, 13th Vijaya Dashmi Havan, 19th Sharad Purnima
NOVEMBER 2nd - Diwali Celebration
DECEMBER – 15th Annual General Body Meeting

CHESS CAMP for Grades 3 - 6

Conducted by Nimit Desai

- Dates: Saturday, July 20th, July 27th and Aug 3rd
- Time: 1 pm to 2:30 pm
- Venue: ANKUR

This youth activity is FREE for Ankur member kids. Minimum 6 kids required to run chess camp.

Please contact Nimit Desai at 513 600 9397 or ndesai444@gmail.com to sign up for Ankur Youth Chess Camp.

In every community, there is work to be done.
In every nation, there are wounds to heal.
In every heart, there is the power to do it.
-Marianne Williamson

ANKUR community thrives with on-going activities like Yoga, Pranayama, Bollywood Zumba, Bridge, Book Club, Silver Innings, Mahila Bhajan Satsang, 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.

What would you like added to Ankur community?
Please email your ideas and suggestions to Shilpa Desai at anknewsletter@gmail.com

2013 OPERATING COMMITTEE

President - Bharti Noticewala
bnoticewala@gmail.com 563-2007
Vice President - Rajal Bhutta
rajalbhutta@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

Thanks to our beautiful new upper floor, Ankur building has been rented four times this year.

Father's Day Picnic and Oklahoma Tornado Fundraiser.

On June 16th, Ankur community celebrated Father's Day with a charity event and fun filled picnic in the park. Ankur is blessed to have charitable members who donated before, during and after this event including Kishor and Kusum Patel who donated $1000 after the event. Total collection of $2000 will be sent to American Red Cross for Oklahoma Tornado Charity. About 60 people were in attendance from ages 6 to 86 who enjoyed nature, games, good company and delicious food – hot pakoras, hot puris, watermelon, grilled corn, khichdi, and vegetable curry donated by Tandoor Restaurant.

A big hearty thanks to Ankur members for support and generous donations.

Recipe: Aam Panna ~ Mango Cooler

Aam Panna is a rejuvenating and refreshing cooler prepared using raw green mangoes during the hot summer months when mangoes are in season. This sweet and sour summer drink, also known as Kairi Panha or Khatiu works as a digestive with many other health benefits to enjoy during hot summer days.

Ingredients

Raw green mangoes - 4 medium sized
Roasted cumin powder - 1 1/4 tsps
Black salt - 1/4 tsps
Sugar syrup
Black pepper corns – 5 or 6
Mint leaves – 6 or 7
Chilled water - as required

Health Corner

Method

Boil peeled mangoes in 3 cups of water
Cool and remove the soft mango pulp from the seed and skin.
Grind to a smooth paste.
Strain the pulp with a sieve.
Prepare sugar syrup by boiling 1/4 cup sugar in 3/4 of water till it is completely dissolved.
Simmer for 4 more minutes.
Cool the mixture.
In a blender, add mango pulp, sugar syrup, cumin powder, black salt, black pepper corns and mint leaves and blend well.
Add 2 cups chilled water and continue to blend for few seconds.
Pour into tall glasses with crushed ice and serve.

Ekal Vidyalaya Fundraising Event at Ankur– Sunday, June 30th 2013

Ankur Youth Event

-Submitted by Nimit Desai

Last Sunday, Ankur hosted a fundraising event for the Ekal Vidyalaya Charity. Ekal builds schools in extremely rural areas of India in hope of developing the area both socially and economically. The cost of building and maintaining such a school for one year is $365 – one dollar a day. That was the fundraising goal of the event at Ankur which featured food, cricket, and a movie for those who came. Led by Nimit Desai and Shivani Desai, the event was geared mainly toward Ankur's youth in an attempt to get them involved in giving back to their community. Over $1000 was raised by this small fundraiser which far exceeded the original goal. We as the Ankur community hope that such an event can continue at Ankur annually so that we may be able to sponsor a school in India indefinitely. We would like to thank Curries Indian Restaurant for their delicious food donation and would like to give a special thanks to the Parikh family for their generous donation.

Congratulations to Nimit Desai and Shivani Desai for organizing and leading this youth charity event. Big thanks to youngsters and adults who made this event a success.

Thanks to Jignasa Desai who stepped forward and initiated this youth event. With such enthusiasm and leadership, we are bound to see variety of events at Ankur.

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 or 563-2007

Ankur Activities

YOGA

Monday Yoga with Herman Ranpuria at Ankur

Weekly – Monday, 6:30 - 8 PM

July & August Session fees: Ankur Members $35
Single class fees: Members $5, Non Members $6

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

Saturday Yoga with Pallavi Patel at Swaim Park

Weekly – Saturday, 8.30 – 10 AM

July & August 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 for more information.

2 month Yoga session – July & August

Please bring your own yoga mat

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

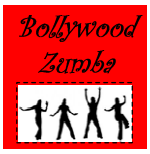
*Seasoned yogis, beginners, and everyone in between is invited to attend **Ankur Yoga** taught by excellent Yoga teachers. Along with reducing stress, Yoga increases flexibility, strength, circulation and concentration.*

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
2 Month 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 rajalbhutta@yahoo.com to confirm. Required minimum attendance is 6 people to conduct class.

Single Class Fees: Members $3, Non Members $4
2 Month Session Fees: Ankur Members $20 *Please pay class fees to Jyoti Hegde.*

Required minimum attendance is 6 people to conduct class.

No Zumba class on July 20th

Ankur Activities

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.

Ankur Book Club

Monthly, Thursday, July 25th

Time: 2 to 4 PM
Venue: ANKUR

Ankur Book Club will be discussing the book "AND THE MOUNTAIONS ECHOED" by KHALED HOSSEINI.
Please contact Minal Patel at 234-0569 for more information about Ankur Book Club.

Drop-In Center – Homeless Shelter Lunch

Monthly: – Wednesday, July 10th
(Second Wednesday every month)

For over 12 years, Ankur volunteers have quietly and consistently served at The Drop-In 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. .

A group of truly devoted Ankur volunteers 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
Thanks to these generous members of Ankur community led by Bharti Noticewala 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 Activities

Mahila Bhajan Satsang

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

Next Mahila Bhajan Satsang
Date: **Wednesday, July 10th**
Time: 8pm
Place: Ankur
Singers and avid listeners are most welcome to Ankur Mahila Bhajan Satsang.
Ankur Mahila Bhajan Mandali will present bhajans on Sunday July 14th; 6.30 pm onwards at Sai Baba Temple of Greater Cincinnati (9405 Columbus Cincinnati Rd, West Chester 45069) Complimentary dinner sponsored by Curries Restaurant will be served after bhajans and aarti.

To participate in Sai Temple bhajan session, join Ankur Mahila Bhajan Mandali or for more information, please contact Pallavi Patel at 733-8838 patelps@ucmail.uc.edu or Rajal Bhutta at 791-0362 rajalbhutta@yahoo.com or Jyoti Hegde at 791-0210 jhegde9030@gmail.com

Ankur Silver Innings

A truly generous and dedicated group of Ankur volunteers put together regular events for seniors, complete with interesting activities and delicious dinner.
Next event via Evite invitation. If you would like your name in the distribution list for Ankur Senior Events, please send an email to Ankur.Seniors@gmail.com.

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 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

If you know anyone who does not receive Ankur newsletters, email updates and/or Evite invitations, please contact Shilpa Desai at 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 generousity 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 reciept number)

Name		Pledge	Status
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, Kishu & Kirti	$ 500.00	$500.00 Paid
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	$ 501.00 Paid
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	$501.00 Paid
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	$500.00 Paid
Total pledges & Status		**$ 18,465.00**	**$ 11,212.00 Paid**

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.