

2013 ANKUR CALENDER

AUGUST 18th – Pyramid Hill Sculpture Park Outing
SEPTEMBER 29th - Health & Wellness Fair
OCTOBER 5th – 10th Navratri at Ankur, 13th Viaya
Dashmi Havan, 19th Sharad Purnima
NOVEMBER 2nd – Gala Diwali Celebration
DECEMBER – 15th Annual General Body Meeting

Pyramid Hill Sculpture Park Outing

- **Date: Sunday, August 18th**
- 9 am - Carpool from ANKUR
- 10 am - Arrive at Visitor Center
- Explore the Sculpture Park
- 12 pm - Picnic lunch near Visitor Center



Pyramid Hill Sculpture Park & Museum,
(1763 Hamilton Cleves Rd, Hamilton, OH 45013
<http://pyramidhill.org/>) is a 335 acre sculpture
park and outdoor museum combining the lure of
nature with the dynamic presence of monumental
art. It is a setting where landscape and art come
together in natural galleries among vast meadows
and woodlands.

Contact: Sangeeta Desai at 874 1190,
sangitasdesai@gmail.com or Rupal Patel at
886 4242, rupalcinci@yahoo.com

RSVP to your Evite



*Let's enjoy time together at this
awesome outdoor gem studded
with beautiful artwork.*

2013 Operating Committee

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

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

SAVE THE DATE: NOVEMBER 2nd 2013

Ankur Gujarati Samaj and Hindu Temple of Greater Cincinnati join for Gala Diwali Celebration on November 2nd, 2013, 6 pm onwards.

- Cocktail Hour with an array of appetizers
- Festive Diwali Dinner
- DJ Dance Party



DIWALI 2013

PLEASE NOTE:

Format for Diwali Celebration 2013 will NOT include numerous dance items as per several community requests for a change in the cultural program.



Ankur Shakti Mandal at The Sai Baba Temple

Ankur Mahila Bhajan Satsang presented harmonious bhajans on Sunday July 14th at The Sai Baba Temple of Greater Cincinnati. Ladies from Ankur Shakti Mandal group were aglow, adorned in yellow gold sarees, full of enthusiasm and devotion. Sai temple devotees were serenaded by Shakti Mandal group with variety of melodious bhajans accompanied by manjiras, dholak, kartal and lively beats of clapping hands. Jingling payals were swirled in the air for Radha Rani's payal song. Family and friends in attendance, as well as Sai Temple devotees joined in these joyous bhajans.

After bhajans and aarti, complimentary full Gujarati dinner of rotis, sabzis, daal, rice etc sponsored by Curries Restaurant was enjoyed by all in attendance. Our hearty thanks to Manal Rawal and Hiral Agrawal of Curries Restaurant for their generous donation of delicious dinner for this event.

Thanks to Pallavi Patel and Jyoti Hegde for organizing this event and an opportunity to seasoned as well as novice singers to present their favorite bhajans at The Sai Baba Temple.

To join Ankur Mahila Bhajan Satsang, please contact Pallavi Patel at 733-8838 patelps@ucmail.uc.edu or Rajal Bhutta at 791-0362 rajalbhatta@yahoo.com



Mahila Bhajan Satsang is held on the 1st Sunday of every month at Ankur

Dates: 8/4, 9/1, 10/6, 11/3, 12/1



Damni Dhokla

-Recipe submitted by Rupal Patel

Ingredients

- 1/4 cup chana dal (split bengal gram)
- 1/4 cup masoor dal (split red lentil)
- 1/4 cup urad dal (split black lentils)
- 1/4 cup yellow moong dal (split yellow gram)
- 3/4 cup par-boiled rice (ukda chawal)
- 1 cup sour curds (khatta dahi)
- 1 tbsp methia kerī sambhaar
- 1/2 tsp chilli powder
- 1/4 cup grated jaggery (gur)
- 1/2 tsp green chilli paste
- 1/2 tsp grated ginger
- salt to taste
- 1 tsp fruit salt
- 1/2 cup boiled kala chana (brown chick peas)

Directions:

- Combine all the dals and rice together and wash well. Drain well.
- Dry on a kitchen towel and blend in a mixer to a coarse powder. Keep aside.
- Add the sour curds and approximately 1/2 cup of water and mix well to make a thick batter.
- Cover and keep aside to ferment for 4 to 6 hours.
- Add the methia kerī sambhaar, chilli powder, jaggery, green chillie paste, grated ginger and salt
- Mix well.
- Just before steaming add the fruit salt and add 1 tsp of lemon juice over it.
- When the bubbles form, mix gently.
- Pour into a round container or idli stand and sprinkle a few boiled chanas.
- Steam for 10-12 minutes. Serve hot.

*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?

Would you like to submit a recipe, activity idea, interesting article etc to Ankur newsletter?



Please email your ideas and suggestions to Shilpa Desai at anknewsletter@gmail.com



**Health
Corner**



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



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

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

Daily Positive Thoughts – Submitted by Rajal Bhutta

Practice Gratitude

The intention and the action of gratitude is the inner symphony of the heart. It opens to sing with thanks for the smallest of things. To hear a bird sing, to see a child laugh, to receive a friend's affection - are all invitations to practice the attitude of gratitude. Gratitude is the kind of loving thanks which touches another's heart in a place where they will allow you to reside for a long time.

Be Truthful

When you are truthful, you are loved and trusted by all. When you are truthful your words and actions will become equal. You will do what you say and say what you do. Because of this you will continue to receive love and regard from everyone. Just take up one thing that you have not been able to fulfill and today take up this thought that you will do it. Tell yourself that you have the power of truth within which makes your words and actions equal.

The Law of Belief

Beliefs are concepts that you consider real and true, and you do not question them, even though they have no logical explanation. If we believe in something strongly, if we think that we can achieve something, then we will. What we believe will come true.

Beliefs about defects and weaknesses: These beliefs produce thoughts in our consciousness like: * I am no good, * I cannot do this, * I am useless, * I won't manage to complete it.

Beliefs of survival: These beliefs produce thoughts such as: * Life is short. Get whatever you can at any cost whenever you can. Life's decisions are taken based on these beliefs without taking into the account the repercussions (effects) they may have on our health, our relationships and our future.

Beliefs that create blocks: When we label someone, we are no longer open to try and understand them. e.g.: * My boss is really egoistic. This type of belief blocks the flow of our positive energy and stops us from connecting openly with these people.

Beliefs that strengthen the self: e.g.: * I am capable, * I can do it, * There is nothing I cannot be or do if I really want to, * I will overcome the difficulties and meet the challenge.

True beliefs about ourselves: They are connected to eternal certain truths, such as: * I am a spiritual being, I am eternal. God is my spiritual father. To assure us that a belief is true, we must first believe in it. Then we check it in our consciousness and if a belief is true it will become an experience. If this does not happen, we are doing something wrong or this belief is not correct.

Patience brings harmony in relationships

Projection: When there is a misunderstanding in a relationship we hardly put in any effort in order to understand the other person. We tend to become impatient and we don't listen to the other person to understand them. Because of which we start inventing things about them. This only further increases the misunderstanding.

Solution: When we have a difference of opinion with someone, we need to give some time to understand and listen to the other person. Only then will we be able to understand the other person's point of view. This practice will enable us to finish any misunderstanding we have with others and brings harmony in relationships.

Soul Sustenance

World Transformation (Change) As we activate our **subtle (non-physical) energy field (aura)** that surrounds us through **conscious positive thought**, we carry it with us wherever we go. Then we can positively influence those who come into contact with us in our office or at home. The positive vibrations influence those who interact within our energy field very powerfully and on an unlimited level.

If you know somebody who might need a little bit of help, support or guidance experiment by going into silence and sending out your positive thought energy to him/her. As a first step, practice with the following positive thoughts: **Adopt the consciousness of a living being, a soul, full of light, love and energy, situated at the centre of the forehead. Send a very powerful protective light to a friend or to family.**



Ankur Activities



YOGA

**Monday Yoga with
Herman Ranpuria at Ankur**
Weekly – Monday, 6:30 - 8 PM



**Saturday Yoga with
Pallavi Patel at Swaim Park**
Weekly – Saturday, 8.30 – 10 AM

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.

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.*



Mahila Bhajan Satsang

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

Date: Sunday, August 4th

Time: 2 pm to 3: 30 pm

Place: Ankur

Singers and avid listeners are most welcome to Ankur Mahila Bhajan Satsang.

To join Ankur Mahila Bhajan Satsang or for more information, please contact Pallavi Patel at 733-8838
patelps@ucmail.uc.edu or Rajal Bhutta at 791-0362 rajalbhatta@yahoo.com



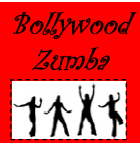
Ankur Silver Innings

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.



**No PRANAYAMA classes at Ankur in August & September due to
Pranayama instructor Jyoti Hegde's travel**



No Bollywood Zumba classes at Ankur anymore due to sparse attendance.



Ankur Activities



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.



Ankur Book Club

Monthly, Thursday, August 29th

Time: 2 to 4 PM

Venue: ANKUR

Ankur Book Club will be discussing the book “The End of Your Life Book Club” by Will Schwalbe. Please contact Minal Patel at 234-0569 to join Ankur Book Club or for more information



Drop-In Center – Homeless Shelter Lunch

**Monthly: – Wednesday, August 12th
(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.



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, Arun & Sudha	\$ 500.00	
14. Noticewala, Chandrakant & Daksha - 123	\$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 -126	\$ 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 - 122	\$501.00	\$501.00 Paid
23. Patel, Jayant & Kapi -124	\$ 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 - 125	\$ 501.00	\$501.00 Paid
28. Patel, Rashmikanth & Jyoti - 114	\$ 500.00	\$500.00 Paid
29. Patel, Shashank & Pallavi	\$ 501.00	
30. Ranpuria, Hemansu & Preya - 115	\$ 500.00	\$500.00 Paid
31. Rathod, Hardas & Asha - 127	\$500.00	\$500.00 Paid
32. Sanghvi, Vijay Sanghvi	\$ 500.00	
33. Shah, Bharat & Meena -116	\$ 500.00	\$250.00 Paid
34. Shukla, Amul & Smruti -117	\$ 500.00	\$500.00 Paid
35. Shukla, Chitu & Hema - 118	\$ 500.00	\$500.00 Paid
36. Stanley, Lilam - 119	\$ 500.00	\$500.00 Paid
Total pledges & Status	\$ 18,965.00	\$ 11,712.00



*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.

