



Ankur Newsletter - September, 2013

2013 ANKUR CALENDER

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



ANKUR Navratri Garba

To add your name to Navratri Sponsors - \$35 per family (prasad optional) please contact Bharti Noticewala 563-200 or bnoticewala@gmail.com



DIWALI 2013 NOVEMBER 2nd

Ankur Gujarati Samaj and Hindu Society of Greater Cincinnati come together for a Gala Diwali Celebration

Date: November 2nd, 2013,

Time: 6 pm onwards.

Venue: Mason High School

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

PLEASE NOTE: Format for this Diwali celebration will NOT include numerous dance items as per popular demand for a change in the cultural program.



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

Thanks to our beautiful new upper floor, Ankur building has been rented several 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

Ankur Health & Wellness Fair

Sunday, September 29th Time: 3-6 pm

9502 Highland Avenue, Cincinnati OH 45242

FREE EVENT

- **3.30 - 4.25 pm, REIKI & MERIDIAN YOGA WORKSHOP**

Jeff Emerson & Zeynep Yilmaz

- **4.30 - 5.25 pm, FUNCTIONAL MEDICINE LECTURE**

Dr. Sachin Patel

- **5.30 - 6 pm, MINI SPA TREATS with Sanctuary DermaSpa**



- **Healthy Food Tasting**



Health Is Wealth!



Reiki is spiritually guided life force energy. The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". **Meridian Yoga** works to systematically activate and balance energy in the fourteen major meridians or energy pathways and aids in fostering physical health, ease of motion, mental peace and joy, and a feeling of connection with the creative infinite. **Jeff Emerson** is a Reiki Master, Yoga Teacher, Certified Thai Yoga Massage therapist and for the past 8 years, Komyo Reiki and traditional Japanese Reiki practitioner who is currently studying elemental yoga therapy with Will Bradshaw. **Zeynep Yilmaz** is a Reiki Master and Yoga Teacher and for the past 10 years Komyo Reiki and traditional Japanese Reiki practitioner.

Dr. Sachin Patel's lecture on **Functional Medicine** will guide us through the ancient wisdom that is built into your very cells. Dr. Patel will discuss the effects of stress, diet and exercise on the body as well as improving communication, improving mental health and so much more. He will use references such as the Bhagwad Gita and other ancient scriptures combined with science to drive home one simple fact; you were built with the intelligence of the entire universe within you, it is your responsibility to learn how to use your body as a tool to serve your family, community and god. Dr. Sachin Patel is an expert in digestive health, food allergies, immune health, nutrition, exercise and addressing chronic disease through The Living Proof Program and has successfully helped thousands of patients who suffer from diabetes, IBS, heartburn, chronic pain and many other chronic diseases through a combination of diet, lifestyle and nutraceutical therapy.

Sanctuary DermaSpa is a full-service medical spa based in the greater Kenwood area providing such services as Laser Hair Removal, Chemical Peels, Cosmetic Fillers, and Botox. Sanctuary DermaSpa staff will give complimentary mini spa treats and cards for in-spa treatments at Ankur Health & Wellness Fair. www.sanctuarydermaspa.com

Food Tasting includes an array of healthy and nutritious food items like Baked Falafel Wrap (with salad and sauces), Hearty Khichdi (with cracked wheat, quinoa, brown rice, mixed lentils and vegetables), Dhokla (with lentils, bajra, quinoa and fenugreek leaves), Greek Yogurt Parfait, Barafi (with dates and dry fruits), Carrot-Oat Cake (eggless), 7 Color Salad and more.

For further information, please contact Dr Rajal Bhutta at 513-791-0362 rajalbhatta@yahoo.com



Mind Body Spirit



Health Corner

Healthy eating ideas
submitted by
Sangeeta Desai

5 foods
to prevent your arteries from clogging

Cranberry juice Red-skinned grapes
Cantaloupe Kiwi Shrimps

Healing Herbs and Spices

Medicine Cabinet in Your Kitchen

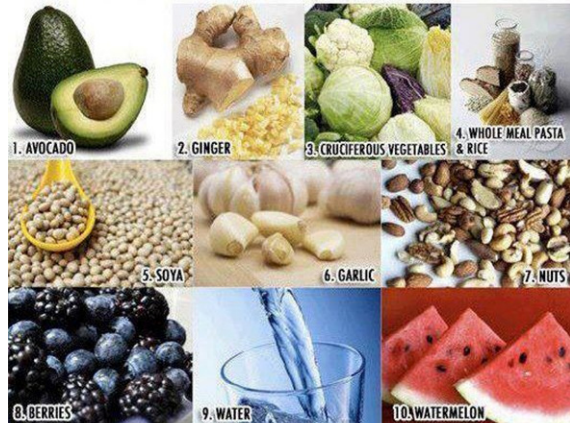
OREGANO helps soothe stomach muscles		Thyme relaxes respiratory muscles
MINT can ease hiccups		TURMERIC anti-cancer
GINGER anti-nausea remedy		BASIL can relieve gas and soothe stomach upsets
GARLIC natural antiseptic		BLACK PEPPER help relieve indigestion
FENUGREEK helps flush out harmful toxins		CAYENNE can stop a heart attack
Fennel can reduce bad breath and body odor		CINNAMON helps lower blood pressure
CLOVE anti-microbial		Dill treat heartburn, colic and gas
SAGE antiseptic and antibiotic		Rosemary antioxidant

**Explore
Healthy Living
at Ankur Health
& Wellness Fair
on Sunday,
September 29th
3 to 6 pm**



TOP 10 ANTI-AGING FOODS

FACEBOOK.COM/WORKINGOUT101 VIA FACEBOOK.COM/FREEFITNESSCOACH



HEALTHY JUICES FOR TOTAL WELLNESS:-

Recommend below are the secret recipe for healthy drinking.

	Carrot + Ginger + Apple > Boost and cleanse our system.	
	Apple + Cucumber + Celery > Prevent cancer, reduce cholesterol, and improve stomach upset and headache.	
	Tomato + Carrot + Apple > Improve skin complexion and bad breath.	
	Bitter gourd + Apple + Milk > Avoid bad breath and reduce internal body heat.	
	Orange + Ginger + Cucumber > Improve skin texture and moisture and reduce body heat.	
	Pineapple + Apple + Watermelon > To dispel excess salts, nourishes the bladder and kidney	
	Apple + Cucumber + Kiwi > To improves skin complexion.	
	Pear + Banana > To regulates sugar content.	
	Carrot + Apple + Pear + Mango > Clear body heat, counteracts toxicity, decreased blood pressure and Fight oxidation!	
	Honeydew + Grape + Watermelon + Milk > Rich in vitamin C + Vitamin B2 that increases cell activity and Strengthen body immunity.	
	Papaya + Pineapple + Milk > Rich in vitamin C, E, Iron, Improve skin complexion and metabolism.	
	Banana + Pineapple + Milk > Rich in Vitamin with nutritious and prevent constipation	

TOP CANCER CAUSING FOODS



TOP ANTI CANCER FOODS



THE HEALTHIEST FOODS ON THE PLANET

THE POWER OF PAPAYA

INCREASES ENERGY
AIDS IN WEIGHT LOSS
ANTI INFLAMMATORY
BOOSTS IMMUNE SYSTEM
HELPS ALLEVIATE ARTHRITIS
SUPPORTS DIGESTIVE HEALTH
PREVENTS CATARACT FORMATION
SUPPORTS CARDIOVASCULAR SYSTEM
HELPS THE RENEWAL OF MUSCLE TISSUE

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.

**Pick up your favorite trophies and Fogana team pictures on
Sunday, September 15th from 4 pm to 5 pm**



Please contact Rajal Bhutta at 791-0362 rajalbhatta@yahoo.com
or Bharti Noticewala at bnoticewala@gmail.com or 563-2007



*Regrettably, Pyramid Hill
Sculpture Park Outing
scheduled last month on,
August 18th had to be
cancelled due to lack of
interest from the community.
It is unfortunate that despite
efforts to bring interesting
events for the community
there was no positive
response. We missed out on
time together at this awesome
outdoor gem studded with
beautiful artwork.*

*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, 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



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



Ankur Activities



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

YOGA



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

September & October 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.

September & October 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: September & October

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: 10/6, 11/3, 12/1

Date: Sunday, October 6th

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 Haresh Hemani, Mehul Parikh, Julie Desai, Jyoti Hegde and friends put together regular events for seniors, complete with interesting activities and delicious dinner.

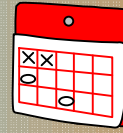
If you would like your name in the distribution list for Ankur Senior Events, please send an email to
Ankur.Seniors@gmail.com.



No PRANAYAMA classes at Ankur in September due to Pranayama instructor Jyoti Hegde's travels



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, Wednesday, October 16th

Time: 2 to 4 PM

Venue: ANKUR

Ankur Book Club will be discussing the book “INFERNO BY DAN BROWN at the next meeting. Please contact Minal Patel at 234-0569 to join Ankur Book Club or for more information



Drop-In Center – Homeless Shelter Lunch

Monthly: Wednesday, September 11th
(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.



Uma and Yatendra Shah donated \$150 for Pizza lunch at the Drop-In center in August. Ankur is proud to have generous member who serve the needy in our city. Thank you!



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 - 129	\$ 500.00	\$ 500.00 Paid
3. Budev, Hari & Rekha - 130	\$ 500.00	\$ 500.00 Paid
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, 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. 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. Sheth, Uday & Nandita - 131	\$ 500.00	\$ 500.00 Paid
35. Shukla, Amul & Smruti -117	\$ 500.00	\$500.00 Paid
36. Shukla, Chitu & Hema - 118	\$ 500.00	\$500.00 Paid
37. Stanley, Lilam - 119	\$ 500.00	\$500.00 Paid
Total pledges & Status	\$ 20,465.00	\$ 13,212.00



*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.

