



9502 Highland Avenue Cincinnati, OH 45242

www.ankurcinci.org

April 2010

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Vice President

Hari Budev MD 793-5951

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Facilities Manager – Building Rental

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Member

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Anand Mehta 833-4966

Message from the Board of Trustees Chairperson

Dearest Ankur Gujarati Samaj,

Ankur is purely a voluntary organization founded and funded by our community members, and has operated by the committed members' intensive help and efforts. As a Non-Profit Organization, Ankur has not only survived through the years, but in fact, has thrived magnificently, fostering a sense of community, and being the center of culture for all generations: younger, older and in between.

We all notice Winter has gone finally, and Spring is here. The vibrant colors are coming into this fresh season! Daffodils and Day Lilies are blooming, and similarly we encourage a fresh change in our life styles too. Members also, are beginning to realize, that clouds can be replaced with blue skies and sunshine for our children, our seniors and all other members. We can fraternize and interact with each other at Ankur's many functions during the year, and in the future. This is the main reason your Board of Trustees and your Operating Committee are committed to join efforts for all the different activities at Ankur.

I am fortunate to be part of an excellent team with our committed Board of Trustee members. The Board of Trustees will work on Long Term Planning for Ankur Gujarati Samaj. We will incorporate ideas and input from the past members and future members. We will carry on various other functions and responsibilities to achieve a positive goal with your help.

We extend our full support to Ankur's 2010 Operating Committee. I am really happy to have an Operating Committee which consists of younger members with a 21st century outlook, and veteran members with the wisdom and experience of the past. These are energetic and dynamic committees.

I think this is what we were looking for all these years; first and second generation leaders, working together, with guidance and suggestions from our community, as needed. We hope to offer quality programs and services to our community long into the future and for generations to come. Let us feel a sense of community and support Ankur with enthusiasm, knowing Ankur Gujarati Samaj will always be at our heart.

Kindest Regards,

Nayana A. Trivedi

Chairperson of Ankur's Board of Trustees

Jai Shri Krishna to all



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**Join us for Community, Culture and Cuisine
at the Ankur Spring Dinner**

Friday, April 23, 2010 at Ankur Community Center at 7:00pm

Sponsored in full by Tandoor Restaurant

Dinner Menu : Butter Naan, Navratan Korma, Palak Paneer, Daal, Raita, Saffron Rice, Jalebi

Cost: \$7 adult / \$4 children under 12 / Free under age 3

Everyone is welcome, please come and bring your friends. We are also trying the Evite RSVP to get a predictable count of attendees, so if possible, we thank you for responding through the Evite.

We are already expecting over 100 people!

A BIG Thank You to Bharti and Nayan Noticewala

for their Sponsorship of the March Monthly Dinner. The homemade Gujarati dinner was excellent and the Ramnavmi celebration was enjoyed by many. About 100 people attended the dinner and **over \$1,000** was collected in membership dues and dinner fees.



Health Awareness Forum

To promote health awareness and address health concerns in the Asian Indian community, Ankur is planning to sponsor 15 minute guest panel discussions on medical topics that are of interest to our members. To plan such activities a committee is being formed which is led by Manushi Desai. She is in her final year of Nursing School, here in Cincinnati, and is a niece of one of our Ankur members. Ankur is planning a **Health Fair** later in the year, to discuss obesity, high blood pressure, diabetes, preventative health guidelines, cardiovascular disease and any other medical topic of interest to our community. If you are interested in participating and/or would like to add yourself as a resource personnel for the Asian Indian community then please contact Manushi Desai at manushi2005@hotmail.com., Pankaj Desai, or Monal Mehta MD.

To kick off this project, Ankur's Vice President, Hari Budev MD (OB/GYN), and President, Monal Mehta MD, along with his mother, Sudha Mehta MD (in dedication to Mothers Day!) will have a **brief discussion on Women's Health, after the Mothers Day Dinner on May 14th**. The women's health topics will be prevention and screening for breast cancer by Dr. Budev, and osteoporosis in women, by the Drs. Mehta.



March 26 Monthly Dinner at Ankur



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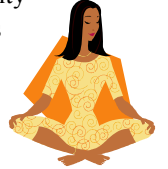
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Ankur Activities

Monday – Yoga - Weekly - 7:00 pm – 8:30 pm

The form is Ashtaang yoga. The yoga instructor is Sarvani Prasad. This is a stretching and breathing exercise. This is a wonderful exercise for great health, especially to decrease joint pains, stress, high blood pressure, and heart disease. This activity has been going on for over 5 years, weekly, and on the average, 15-20 people attend. Walk-ins welcome and there is no age limit. Please bring your own Yoga Mat. There is a \$5 charge per individual class or \$25-\$30 for a 2 month session depending on the number of weeks in the 2 months. Children have a discounted charge. If you have any questions, please feel free to contact Jyoti Mehta at 518-0677. We look forward to seeing you!



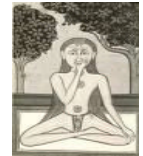
Tuesday – Bridge Club -Weekly - 7:00 pm - 10:30 pm



The Ankur Bridge Club has been going strong for over 12 years, with over 20 people in attendance. Members play duplicate bridge. Enjoy playing this fascinating strategic game. You can even come to learn this game and you don't need to have a bridge partner. If you are ready to challenge your brain, join us and have fun! If you have any questions, please contact Hari Budev or Bhupen Joshi.

Wednesday – Pranayama – Weekly – 7:00 pm – 8:30 pm

Pranayama (breath control) is the deep breathing technique of yoga that works wonders in increasing physical and psychological performance. In Sanskrit Prana means energy or vital force and yama means control. So, in English, this would translate into control of the vital breath. Pranayama essentially involves three things: regulating the breath, controlling the vital force and channelizing the Pranas in the right directions. Come and try this spiritual experience. If you have any questions, please contact Jyoti Hegde.



Wednesday – Once a month - Drop-In Center – Homeless Shelter



Volunteers take lunch to the Drop-In Center Shelter House the 2nd Wednesday of every month. Lunch is served to over 150 homeless people in the downtown area of Cincinnati. About 10 volunteers divide the duties to make spaghetti, salad and bring bread, bananas, cookies or ice cream to the Drop In Center. Sometimes they make hoagies, sandwiches or buy pizza for lunch. This is a great cause and a perfect way for you to donate on someone's birthday in your own family. In the past, the children have taken food to the food shelter during the summer. It is a wonderful teaching experience for them, and this is a good way to engage them and get volunteer hours, if they need this for school. This activity has been going strong for over 9 years and currently, an average of 10 active members are involved. If you do have time please help, money is also useful to buy items if you are not available in person. To help please contact Julie Desai or Bharti Noticewala

Thursday – Once a Month – Book Club



The Book Club meets the second Thursday of the Month at **4:00pm** at Ankur for a lively discussion. In May they will discuss Princess by Jean Sasson. Please note the May meeting will take place **Wednesday May 5**, a change from the regular schedule. The next books to read and discuss will be:

June 10th, Thursday, Princess Sultana's Daughter, by Jean Sasson

July 8th, Thursday, Princess Sultana's Circle, by Jean Sasson

If you have any questions, please contact Minal Patel at 234-0569 or you are always welcome to just come to Ankur and discuss this book.



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Thursday – Once a Month – “Silver Innings”, a Mixer for our Seniors!

The next planned event with dinner, is **April 15th, the third Thursday of April at 7:00pm.**

After the wonderful opening session for the new year on March 18, we are all ready for the next event on Thursday, April 15, 7:00 pm, at Ankur Gujarati Samaj premises. Based on popular demand, the highlight of this session will be the exciting and fun game of Bingo. The evening will begin with a Pranayam session conducted by Jyoti Hegde and then a simple dinner will be served.

The agenda for the evening is as follows:

7:00 - 8:00 Pranayam (led by Jyoti Hegde)

8:00 - 8:45 Prarthana and Dinner

8:45 - 9:00 Book Talk (by book club member/s)

9:00 - 9:30 Bingo (led by Radhika Jakatdar)



As always, this event is open for all seniors. You need not be, but are always encouraged to be, an Ankur member to attend, and there is no cost for this event. We also will be glad to arrange for transportation, if needed (let us know, please). Do call and invite your friends and acquaintances, in case we have not been able to reach them. These evenings are planned by Mehul Parikh, Julie Desai, Haresh Hemani, Vijay Sanghvi, and Sarla Mody. If you are interested in joining or helping please feel free to call them or email them at Ankur.seniors@gmail.com

FOGANA Garba / Raas / Folk Dance Competition



We have two FOGANA groups, one a Minor Group with 16 girls for Garba and the second, a Junior Group with 8 boys and 8 girls for Raas. If you are interested in attending the Regional FOGANA competition it will take place Saturday, July 31 in Chicago. We are currently working on getting an adult group organized; if anyone wants to perform or teach they may contact Kamini Jain at 769-7964 or via e-mail kaminijain@yahoo.com. Preliminary discussions have begun for the possibility of hosting the Midwest Regional FOGANA Competition next year, July 2011, in Cincinnati.

Monthly Youth Activity

Youth ages 5-16 will have the opportunity to make a surprise gift for their moms during the **May Mother's Day Dinner at Ankur on Friday May 14th**. The activity will take place upstairs for the youth starting at 7:00pm. Mark your calendar for the Youth Bowling and Pizza event from **4:00pm- 6:00pm on Saturday June 5th**. Seniors are also welcome to join the youth in bowling! Details to follow in the next newsletter. If you would like more information, contact Sanjita Kothari at 604-6467.

Sunday Weekly Gujarati School

We would like to start Gujarati school again on Sunday mornings, but we need teachers who would enjoy teaching different age groups of children. This is a wonderful way for our children to learn the Indian language, culture and heritage. If you are interested, please contact Sanjita Kothari at 604-6467.



Health Awareness Forums

As mentioned earlier, Ankur is organizing ongoing panel discussions on medical topics. We are also organizing a directory of healthcare resources for the Asian Indian community. We encourage all healthcare professionals as well as survivors and their families to volunteer to help in our goal to spread health awareness in the Asian Indian Community and to provide resources to members of our community. If you are interested in participating and/or would like to add yourself as a resource personnel for the Asian Indian community then please contact Manushi Desai at manushi2005@hotmail.com, Pankaj Desai, or Monal Mehta MD.



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Mark Your Calendars Now!

2010 Events – Fixed

- April 23rd** Friday Monthly Dinner, 7:00 p.m., sponsored by Tandoor Restaurant, at Ankur
- May 14th** Mother's Day - Dinner , 7:00 p.m. at Ankur
- June 19th** Saturday - Father's Day Picnic / American Concert, Lunch
- Oct. 17th** Sunday Dashera Havan, Dinner, Garba at Ankur
- Oct. 23rd** Saturday, Sharad Purnima Dinner and Garba, at Ankur

Future Events-Tentative

- July 23rd** – Friday - Evening Dinner with Youth Cultural Performances
- September 3rd** – Friday - Janmastami Celebration Snacks or Dinner
- September 18th** – Saturday - Evening “Gala Dinner at Ankur
- October 10th - 17th** – Sunday thru Thursday - Navratri Snacks at Ankur
- November 6th** – Saturday - Diwali Program - Dinner
- December 10th** - General Body Meeting / Elections - Dinner

E- Newsletter

If you would like to receive the E Newsletter, please contact Nandita Sheth at anknewsletter@gmail.com. Feel free to forward the newsletter to your friends who are interested in becoming new members of Ankur. The newsletter will be sent via email monthly. Of course, if you wish to receive the newsletter by regular mail, this will be mailed quarterly, in the spring, summer, fall and winter. Your email address will be protected and used for this purpose only, and will not be given to others.

Ankur Gujarati Samaj - Membership Dues

Annual Membership - \$35 Life Membership - \$501

Checks are made payable to **Ankur Gujarati Samaj**
Mail Membership Dues to
Ankur Gujarati Samaj
9502 Highland Avenue
Cincinnati, Ohio, 45242.

If you wish, you may give your check directly to the Treasurers, Sarla Mody or Rasila Parikh. If this is not possible, give your dues to an Operating Committee member or a Board of Trustees member. All checks will be deposited within 1 month. Do not deposit any checks directly to the bank, to ensure proper record keeping.