



CONGRATULATIONS FOGANA TEAMS!

Ankur is proud to announce both our teams brought home trophies to Cincinnati! The Junior Team from Cincinnati won First Place in the Raas Competition and the Minor Team won Third Place in the Garba competition during the FOGANA Regional Competition in Chicago, on July 31st. Congratulations to all participants on their hard work and accomplishments! Our appreciation and thanks go to Choreographer, Neeti Choksi, Team Managers, Dipti Joshi and Shweta Swali, and Cultural Director, Kamini Jain, for their involvement and constant dedication to the FOGANA teams. Also, thank you to all the parents who supported the teams throughout the summer. When you see these children, congratulate them for an excellent job! They definitely had fun!

Junior Raas Team



Junior Team Members are Animesh Bapat, Avni Bapat, Nimit Desai, Shivani Desai, Aneesh Jain, Sheena Kothari, Devina Manek, Amar Mehta, Anand Mehta, Shyam Parikh, Anushka Patel, Prianca Patel, Rishi Shah, Anjani Sheth, Arjun Sheth, and Misha Swali. Also shown, are Choreographer, Neeti Choksi, and Team Manager, Shweta Swali.



Minor Garba Team

Minor team members are Kiran Desai, Reeya Dighe, Sonali Doshi, Sehar Jain, Divya Joshi, Diya Joshi, Shaina Kadakia, Reeya Kaneria, Nikki Kesav, Ritika Mistry, Nikita Morjaria, Ria Parikh, Mira Prabhakar, Naina Prabhakar, Ria Purani, and Priya Rajan. Also shown, are Choreographer, Neeti Choksi, and Team Manager, Dipti Joshi.



Ankur Gujarati Samaj to Host 2011 FOGANA Midwest Regional Competition!

At the FOGANA competition in Chicago, this summer, it was announced that the Ankur Gujarati Samaj of Cincinnati was selected as the Host City for the 2011 FOGANA Midwest Regional Competition. Thank you to Mehul Parikh, and the 2011 FOGANA Exploration Committee, for all their pre-work and dedicated efforts! Many volunteers from the community will be needed to make this dream a reality. Look for announcements in future newsletters for ways that YOU can become involved in this exciting event!



Janmastami & Nand-Mahotsav Celebration and Dinner!

Friday, September 3rd, at Ankur Community Center

Dinner begins at 8:00 pm

Garba-Raas, Bhajan, and Krishna Janam, begins at 9:30 pm

Dress Code – Chania Choli and Kurta Pyjama

Sponsors – Too Long to List!

If you would like to help with Dinner or Prasad,

Contact Bharti Noticewala, Meena Shah, Minalben Patel, Pallavi Patel,

Asha Parikh, Jyoti Hegde, or Rita Panchal

Cost - \$7, ages 12 and up



***Ganesh Clay Classes
offered in September!***

***See page 6 for
details...***

***Sponsor an October
Navratri Evening...***

Contact

Bharti Noticewala



Ankur Annual Gala Dinner

Enjoy an Elegant Evening of Dinner, Drinks, and Dancing!

Saturday, October 2, 2010

Ankur Community Center

Look for the Evite for further details



**Mark your Calendars for
Ankur's Diwali Celebration**

November 6th, 2010

Location:

Mason High School

**More details to come in the
September Newsletter.**

**For registration of entries,
Contact Kamini Jain**

At 513.769.7964 or

Email at

kaminijain@yahoo.com



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Ongoing Ankur Activities

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



Seasoned yogis, beginners and everyone in between are encouraged to come and learn the benefits of yoga such as: increased flexibility, strength, fitness, improved circulation, improved concentration, and reduced stress with teacher Herman Ranpuria. The Drop-in fee is \$4 and you may buy a 2 month pass for \$31. There is no age limit. Please bring your own Yoga Mat. If you have any questions, please feel free to contact Jyoti Mehta at 518-0677. Come experience the benefits of yoga!

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

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 come and 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 – 7:00pm – 8:30pm



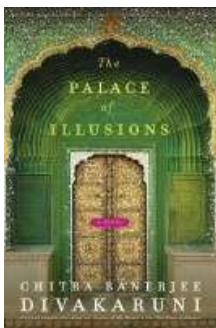
Pranayama (breath control) is the deep breathing technique of yoga that works wonders in increasing physical and psychological performance. In Sanskrit Prana means energy or vital force and yama means control. So, in English, this would translate into control of the vital breath. Pranayama essentially 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, serving over 150 homeless people in downtown 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. 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 Ankur Book Club meets the second Thursday of the month at 4:00 pm at Ankur Gujarati Samaj. **On Thursday, September 9th, the Book Club, will discuss The Palace of Illusions, by Chitra Banerjee Divakaruni.** If you have any questions, please contact Minalben Patel at 234-0569, or you are always welcome to come to Ankur and discuss the current book.



Ongoing Ankur Activities

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

On August 19th, the Silver Innings Seniors had a gathering at the Pioneer Park Gazebo in Montgomery. For information on future events, please watch your email, for Evite invitations. Your replies will help with planning each event. If you have any questions contact the Silver Innings Committee at ankur.seniors@gmail.com

Ankur Health Fair

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. Ankur is having a **Health Fair on October 24**, to discuss obesity, high blood pressure, diabetes, preventative health guidelines, cardiovascular disease and any other medical topic of special interest to our community. If you are interested in participating in the Health Fair, being a resource to the community or giving a short panel discussion on medical topics; please contact Manushi Desai at manushi2005@hotmail.com, Pankaj Desai, Hari Budev, MD, or Monal Mehta, MD. We wish all our members good health!



Sunday Weekly Gujarati School

Are you interested in having your children learn Gujarati? These classes will be a wonderful opportunity for them to learn the language, culture and heritage. If you would like to participate in Gujarati classes, please send in the names and ages of your children (they must be 5 and older) to Sanjita Kothari at 604-6467 or e-mail her at sanjitakothari@yahoo.com.

Ganesh Clay Class

Pallavi Patel has kindly offered to teach a class on sculpting a Ganesh figure from clay. The class will take place over two days, one day to sculpt the figure and the second day to paint it. The completed figures may be displayed at the Diwali celebration. The classes will take place Tuesday September 7 and Thursday September 9 from 7:30pm to 9:30pm at the Ankur Community Center. Children ages 5 and up are welcome to attend, as well as adults. The class will be free and the class size will be limited to 10-15 members. Please email Sanjita Kothari at sanjitakothari@yahoo.com by August 30th if you are interested in attending, include name of member(s) attending and their age.





Mark Your Calendars Now!

2010 Ankur Events

Sep. 3 – Friday, **Janmastami and Nand-Mahotsav** Celebration/Dinner.

Oct. 2 – Saturday, - **Gala Dinner**, at Ankur

Oct. 10 - 14 – Sunday thru Thursday -
Navratri, Snacks, at Ankur

Oct. 17 - Sunday, **Dashera Havan**, Dinner
and Garba, at Ankur.

Oct. 23 - Saturday, **Sharad Purnima**, Dinner
and Garba, at Ankur.

Oct. 24 – Sunday – **Ankur Health Fair**
At Ankur

Nov. 6 – Saturday - **Diwali Function**
At Mason High School

Dec. 10 – Friday – **Holiday Dinner** with
General Body Meeting and Elections

*We hope you are enjoying the Programs
this Year!*

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. We thank you for your support.

Email 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. Your email address will be protected and used for this purpose only and will not be given to others. If you have moved from Cincinnati and would NOT like to receive the newsletter please send an email request to anknewsletter@gmail.com.