



**Thank You to the outgoing
2010 Operating Committee**

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Facilities Manager – Building Rental

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President's Message

*The Cold might be Back, but
Ankur is Warm with Love!*

Dearest Ankur Members,

Wow! What a Wonderful 2010 Year for Ankur Gujarati Samaj! Our community enjoyed so many activities this year! Ankur Gujarati Samaj is full of warmth, strong and profitable. This is all from its members. Our community center is becoming beautiful, with a full paint makeover.

It has been a pleasure serving as your President this year. All Ankur members should be proud of themselves to support a civic organization that will sustain our community, and continue our Indian culture. This year would not have been possible without the support of the 2010 committees, and the Ankur members in our community. Let us all give a warm welcome and support, to the 2011 Operating Committee. Our Samaj has been in existence for 30 years. I would like to sincerely thank all of you, and let us keep this spirit and warmth in Ankur, for years to come! Get Involved!!

Sincerely,

Monal Mehta MD

Monal Mehta MD
President
Ankur -2010



A Warm Welcome to the 2011 Operating Committee

Bhadra Parikh
Bharti Noticewala
Kamini Jain
Kishore Mehta
Shalvi Desai
Rajal Bhutta
Amisha Doshi

*Please note changes in the Yoga Class Schedule and the
Bridge Club Day in the Ankur Activities Section.*



A Wonderful December Holiday Dinner!

Thank you to sponsors :
Sheela and Raj Bodalia,
Kausha and Monal Mehta,
Meena and Jayesh Ruparel,
Kusum and Kishore Patel,
Mala and Ketan Patel,
Uday and Nandita Sheth .
for a delicious meal. Thanks
also to **Minal Patel and**
Bharti Noticewalla for their
special help. During this
dinner, the Annual Ankur
Scholarship
was presented to **Saloni**
Hemani. Congratulations to
Saloni and her family on her
many accomplishments and
best wishes for her future
endeavors!





Diwali 2010



Cultural Director, Kamini Jain, would like to thank the following people for their help backstage and at the entrance during the successful Diwali Program in November:

Hemant Jain,
Pankaj Joshi,
Dipti Joshi,
Pankaj Bothra,
Mayur Kadakia,
Herman Ranpuria,

Sanjita Kothari, Kamlesh Kothari, Parul Patel, Prianca Patel, Kashmiri Bapat, Vishaka Manek, Deepak Shah, Naren Parikh, Kishore Mehta, Aneesh Jain, Ajay Agrawal, Anami Patel, Vijay Parekh, Dorothy Joshi, Tushar Parikh, Rasila Parikh, Sarla Mody, Prakash Pai, and Sujata Pai. The talented MC's were also volunteers. Thank you to the MC's: Rohan Hemani, Saloni Hemani, Priya Parikh and Aditi Manglik.

Bharti Noticewala would like to extend her thanks to the following people who helped with the food and decorating for the Diwali program: Minal Patel, Raj and Sheela Bodalia, Kusum Patel, Mala and Ketan Patel, Meena and Jayesh Ruparel, Anita, Anjani, Arjun and Kishan Sheth, and Nandita, Uday and Maya Sheth.

Last but not least, a huge thank you to Monal Mehta, M.D. and Nayana Trivedi for their leadership, time, and commitment.





Ankur Members at Drop In Center in Over the Rhine

In November, many Ankur members, led by Bharti Noticewala and Julie Desai, brought a meal and warm winter hats and scarves to the Drop in Center to help the homeless in our community. If you would like to assist this group with their ongoing efforts in the future please contact Julie Desai or Bharti Noticewala.





A Family in Need

A couple from Baroda came to Cincinnati on May 18th, 2010. They have a 14 year old son who has a kidney condition and is on dialysis. The family is awaiting a kidney transplant. The Father has a job for only 20 to 25 hours a week at McDonalds. He does want to work more hours. He needs to find a full time job so that he can earn enough to support his family. They do not have transportation. He walks to work. His wife cannot work because she busy looking after their son but she can do catering to earn some money. They do not need clothes. **How can our community help the family?**

The first thing they need is a **CAR**. It would be great for us to raise funds to provide a used car for the family in the \$3500 to \$4500 price range. Anant Bhati and Ajay Bansal are looking for a used car.

To send a tax deductible donation:

Make checks out to: Ankur Gujarati Samaj, in memo: "For family in need"

*Mail to: Ankur Gujarati Samaj
9502 Highland Avenue
Cincinnati, Ohio, 45242*

There are plans to have a fund raising dinner in next 4 to 6 weeks for the family. For more information please contact Nalin Mehta at email: nhmehta@cinci.rr.com Home: 513-247-9247 or Cell: 513-417-0918. You may also contact Anant Bhati 513-793-7300 or Ajay Bansal 513-792-9811.

Consider sharing your Blessings during this Holiday Season with those in our community that need our help.

Warm wishes for a Happy Holiday and New Year,

The Ankur Operating Committee and Board of Trustees



Ongoing Ankur Activities

Monday – Yoga - Weekly - 6:30-8:00pm



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. Each session lasts for 2 months. Each session will have 8 or 9 classes. In accordance with Ankur Regulations, regular participants will pay Membership fees of \$35 per year. Ankur members will be charged \$ 24 or \$27 per session, depending upon number of classes per session. Walk-in participants will be charged \$4 per class if they are Ankur members and \$5 if they are non-members. Children of Ankur members 18 and under will be charged \$3 per class at any time. The new yoga session will be from Jan 3rd till Feb 28 for a total of 9 classes and the fees will be \$27 for the 2 months. Let us all commit to regular yoga exercises every Monday for the whole of 2011 and determine to improve and remain healthy throughout the year. Please encourage your spouses, children, friends, and family members to join yoga classes. Those who are interested in joining a Thursday session of yoga classes, should convey their interest to Jyoti Mehta. 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!

Wednesday - Bridge Club - Weekly - 7:00pm - 10:30pm

The Ankur Bridge Club is making a change! The weekly game at Ankur is moving to Wednesday night at 6:45pm, starting December 1st. Since its inception more than 10 years ago, bridge players have met on Tuesday night at 7 pm. Recently, at their annual Diwali dinner, the group decided to change to Wednesdays. They also decided to begin slightly earlier, to facilitate the earlier finish time that many members desired. It was agreed that players should arrive at 6:45 and everyone shall help set up tables and equipment downstairs. They aim to be seated with their partners by 6:50 so that play can begin. A prompt start to achieve a prompt finish time was discussed and accepted as a worthy goal. The Bridge Club also discussed becoming certified, so their scores can be recognized officially by the American Contract Bridge League. Ankur is pleased to congratulate one of our oldest groups on their continued progress and success! If you have any questions, please contact Hari Budev or Bhupen Joshi.





Ongoing Ankur Activities

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

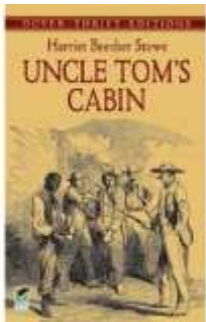


Pranayama (breath control) is the deep breathing technique of yoga that works wonders in increasing physical and psychological performance. In Sanskrit, Prana means energy or vital force and yama means control. So, in English, this would translate into control of the vital breath. Pranayama essentially 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.

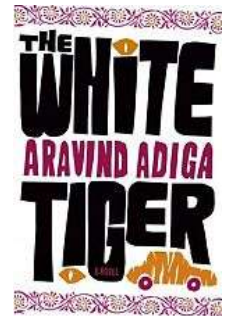
Wednesday – Once a month - Drop-In Center – Homeless Shelter

If you would like to contribute towards or help provide lunch at the Drop In Center, please contact Bharti Noticewala (563-2007) or Julie Desai (985-9005).

Thursday – Once a Month – Book Club



The Book Club will discuss The White Tiger, by Aravind Adiga, on Thursday, December 16. The book chosen for January is Harriet Beecher Stowe's, Uncle Tom's Cabin. For the location and any questions, please contact Minal Patel at 234-0569.



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

Look out for emails regarding this groups upcoming activities.

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.