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Fun for Father's Day!

The annual Ankur Father's Day picnic in June was enjoyed by all ages. Strong community spirit was evident in the wide range of delicious food items brought by many members of the Ankur community. Thank you to all who participated and contributed!





FOGANA 2010 UPDATE

Two teams are currently hard at work, practicing for the Regional FOGANA competition to take place on Saturday, July 31st in Chicago. Both teams are choreographed by Neeti Chokshi. Dipti Joshi is the manager of the Minor team and Shweta Swali is the manager of the Junior team. The Ankur community wishes good luck to both teams!

FOGANA 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.

Minor Team Practice





FOGANA 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, Priyanka Patel, Rishi Shah, Anjani Sheth, Arjun Sheth, and Misha Swali.

Junior Team Practice





Ongoing Ankur Activities

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



Our previous teacher, Servani Prasad, has been replaced by Hemansu Ranpuria who just completed his yoga teacher training. Seasoned yogis are welcome and beginners are particularly encouraged to come and learn the benefits of yoga such as increased flexibility, strength, fitness, improved circulation, improved concentration, and reduced stress. 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



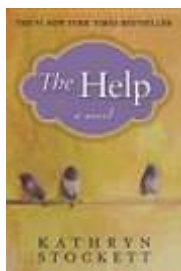
Pranayama (breath control) is the deep breathing technique of yoga that works wonders in increasing physical and psychological performance. In Sanskrit Prana means energy or vital force and yama means control. So, in English, this would translate into control of the vital breath. Pranayama essentially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

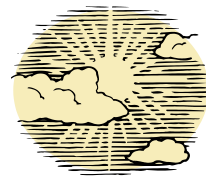


The Ankur Book Club meets the second Thursday of the month at 4:00 pm at Ankur Gujarati Samaj. The book discussed on July 8th was Inferno by Aayan Hirsi. **On Thursday August 12th, the Book Club will discuss The Help by Kathryn Stockett.** If you have any questions, please contact Minal Patel at 234-0569, or you are always welcome to come to Ankur and discuss the current book.



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

The June Senior picnic at Swaim Park was very enjoyable! Thanks to Mala Patel and her associates from the Asian Community Alliance (ACA) for an informative presentation on ACA activities of interest and benefit to our members. The next Senior event took place on July 15th, at the Ankur Community Center. It was a wonderful evening with over 70 seniors present at Ankur. The adults enjoyed a short prayer and breathing exercise followed by a wonderful dinner. Dinner was sponsored by Rekha and Hari Budev, and friends. Fortunately, both children's teams were practicing the Garba/ Raas dances upstairs and they gave special performances for the seniors!



It was a lively night, with over 150 people total, ages 5 – 90, at Ankur!

As always,

- These events are open to all seniors. There is no charge, but a voluntary donation may be given to Ankur.
- You need not be, but are always encouraged to be an Ankur member, to attend all seniors' functions.
- Let us know if you – or anybody you know – can help with food preparation, or help during the events.
- We will be glad to arrange for transportation, if needed (let us know by email, please).
- Do call and invite your friends and acquaintances, in case we are unable to reach them.

Please watch your email for Evite invitations for future Senior events. Your replies will help with planning each event.

Health Awareness

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 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 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.



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.





Mark Your Calendars Now!

2010 Events – Fixed

- September 3rd** – Friday, Janmastami
Celebration and Dinner.
- Oct. 17th** - Sunday, Dashera Havan, Dinner,
Garba at Ankur
- Oct. 23rd** - Saturday, Sharad Purnima Dinner
and Garba, at Ankur
- Nov. 6th** - Saturday, Diwali Program

Future Events-Tentative

- August 29th** – Sunday – Family Canoe Trip
- September 18th** – Saturday - Evening
“Gala Dinner”
- October 10th - 14th** – Sunday thru Thursday -
Navratri Snacks at Ankur
- October 24th** – Sunday – Ankur Health Fair
- December 10th** – Friday – Holiday Dinner with
General Body Meeting and Elections

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.

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. 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.