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Ankurs Annual Father's Day Picnic

SATURDAY Afternoon, June 19th

2:00 pm onward

Let's Celebrate with our Fathers
Some Fun in the Sun!

We have a BIG Picnic Menu including:

*Kichidi, Batata nu Shak, Kadhi, Salad, Pav Bhaji,
Dhokla, Chutney Sandwiches, and
Subway Sandwiches, Vegetarian Pizza,
Chips, Cookies, Brownies, and more...
Tasty Ice Cold Drinks, and, of course,*

Grilled Corn on the Cob and Sweet Watermelon!

*Lots of fun with games including Frisbee,
Nature Walks, Volleyball and
Water Balloon Toss!*

*Bring your sports equipment if you wish.
American concert in the evening!*

Fathers and Youth under 18 are Free!

Mothers - \$10

*A Voluntary Donation of \$10 by Fathers
is appreciated, IF Mothers are unable to join in the
picnic fun! We will miss you.*

Feel free to invite your friends. Picnic is open to all.

Directions: Bechtold Park is only 2 miles from Ankur Gujarati Samaj.
From Ankur, drive 1 mile West on Hunt Road or Cooper Road, towards
Reed Hartman Highway. Turn Left going South on Reed Hartman
Highway, which will turn into Plainfield Road. Entrance of Bechtold
Park is ½-1 mile South on Plainfield Road on the left side.

We are expecting over 100 people! RSVP soon. We hope to see you!

Sincerely,

2010 Ankur OC and BOT Committees



Message from the Board of Trustees

**Ankur GENERAL BODY MEETING was held on JUNE 13TH, 2010
From 3:00PM TO 5:00PM at Ankur Gujarati Samaj**

Earlier this year, a FOGANA Exploratory Committee was formed to investigate the possibility of hosting this prestigious event in our city. As the event involves expenditures over \$10,000, as per Article XIV of the Ankur Constitution, approval by the Ankur General Body was required.

On behalf of the Fogana Exploratory Committee, Mehul Parikh presented a feasibility report and proposed a budget for the hosting of FOGANA 2011 in Cincinnati. After careful consideration, the Board of Trustees accepted the report and proposed the motion to our Ankur Members:

Members voted unanimously that Ankur Gujarati Samaj of Cincinnati shall HOST the Mid West Regional FOGANA Dance Competition held in July of 2011 in Cincinnati, if the bid is won. Other cities are in the competition. FOGANA will notify Ankur on July 30th, 2010, if we win the bid for 2011. Let's hope!

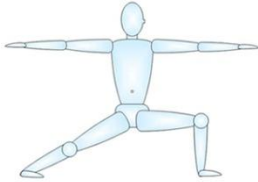


Ankur members, guests and the Mothers enjoyed a delicious South Indian Mothers Day Dinner on May 14th! Dads served food, and the children made a special bracelet for their mothers. Dr. Hari Budev, Dr. Monal Mehta, and his Mother, Dr. Sudha Mehta gave interesting and informative presentations on medical topics of special interest to women. The community enjoyed the program.



Ankur Activities

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



Hemansu Ranpuria has 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



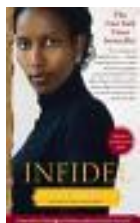
Pranayama (breath control) is the deep breathing technique of yoga that works wonders in increasing physical and psychological performance. In Sanskrit Prana means energy or vital force and yama means control. So, in English, this would translate into control of the vital breath. Pranayama essentially 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 are not available to volunteer, financial contributions are also appreciated to buy items necessary for the needy. Please contact Julie Desai or Bharti Noticewala to help.



Thursday – Once a Month – Book Club



The Book Club will be meeting on **Thursday, July 8th at 4:00pm at Ankur**, for a lively discussion of the book INFIDEL, by Ayaan Hirsi Ali. This is a New York Times bestseller.

On **Thursday, August 12th at 4:00 pm at Ankur**, the Book Club will discuss the book, THE HELP by Kathryn Stockett.

If you have any questions, please contact Minal Patel at 234-0569. You are always welcome to just come to the Ankur Community Center and discuss the book of the month.



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Ankur Gujarati Samaj Inc.



9502 Highland Avenue Cincinnati, OH 45242

www.ankurcinci.org

June 2010

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

Namaste! Hope everybody is well!

The picnic at the Montgomery Park was wonderful! Celebration of the mothers and wonderful accolades by their children made the event even more special. We also got to witness some serious Musical Chairs Talent!

For better communication, from now on, we will start using Evite invitations. Watch out for them and do let us know if you plan to (or cannot) make it. This will only help us prepare better for the event.

In celebration of the wonderful (and short-lived) Summer, we will continue to meet outdoors. **The Seniors Outdoor Get Together is Thursday evening, June 17th.**

This month we have reserved the large shelter in the Swaim Park (Montgomery). It is a short distance from the Ankur premises, off Cooper Road, before the junction of Zigzag Rd. going East towards Montgomery downtown (please see directions from Ankur included below).

We hope to build up on the success of the last event and will continue to play light outdoor games. We will also have Mala Patel-from the Asian Community Alliance (ACA)-provide a brief presentation about ACA's mission, activities, and areas of potential interest for our seniors. Dinner will be provided.

In case of inclement weather, we will meet at Ankur Gujarati Samaj premises (our usual location).

As always,

- These events are open to all seniors. There is no charge.
- 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.

We are looking forward to meeting with everybody!

Thanks,

Ankur Silver Innings Committee

Directions: June Seniors Outdoor Get Together at Swaim Park from Ankur Community Center.

Distance is 1.2 miles, about 3 minutes from Ankur Gujarati Samaj, whose address is 9502 Highland Ave. Blue Ash, Oh. 45242.

1. Head North on Highland Ave toward Cooper Rd. (0.1 mile)
2. Turn right at Cooper Rd. (1 mile).
3. Destination will be on the left. Swaim Park, Montgomery, Oh. 45242



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June 2010

FOGANA Garba / Raas / Folk Dance Competition



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 are practicing regularly. For more information, contact Kamini Jain at 769-7964 or via e-mail at kaminijain@yahoo.com. There are 100 people going to Chicago, the weekend of July 30th to support our youth! If you are interested in tickets, please contact Nayana Trivedi at 779-9670.

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

At the Mothers Day Dinner, we had a very informative, well received, discussion on Mammograms, Pap smears, Osteoporosis, and Information on Calcium and Vitamin D intake. Drs. Hari Budev, Vijay Sanghvi, and Manish Bhandari, discussed breast cancer screening and prevention. Drs. Monal and Sudha Mehta discussed Pap smear recommendations and osteoporosis prevention. Pamphlets were distributed, including calcium levels in Indian foods. If you would like a copy of the updated menu with current recommendations of calcium and Vitamin D intake, or other information found in the pamphlets, please contact Manushi Desai, Registered Nurse.

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. 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, or Monal Mehta, MD.

The 2010 Operating Committee and the Board of Trustees Committee would like to thank the Community of Ankur Gujarati Samaj for all the support provided to our organization so far this year!

**We are planning exciting programs for the second half of this year!
If you have any suggestions, on making Ankur more successful, please contact a
Committee Representative.**



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June 2010

Youth Member Accomplishments

Suraj Komatineni, son of Mona Bhatia and Venkat Komatineni, won Second Place at the **State Finals** of the “Destination Imagination” competition.

Let’s congratulate our Ankur youth!

We would like to recognize the accomplishments of our members’ children from the past school year in our newsletter. Please email: anknewsletter@gmail.com with your child’s name and accomplishment details. We will include graduations, college plans, awards, and other honors of interest. Please note that information may be edited to accommodate the newsletter requirements.

Mark Your Calendars Now! 2010 Events – Fixed

Oct. 17th - Sunday Dasher Havan, Dinner and Garba.

Oct. 23rd - Saturday, Sharad Purnima Dinner and Garba.

Dinner and Garba at our Ankur Community Center

Future Events-Tentative

September 3rd – Friday - Janmastami Celebration
Snacks or Dinner

September 18th – Saturday - Evening “Gala Dinner”

October 10th - 17th – Sunday thru Thursday - Navratri
Snacks at Ankur

October 30th – Saturday - Diwali Program - Dinner

December 10th - General Body Meeting / Elections -
Dinner

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. Thank you.

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.