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Ankur Mother's Day Dinner

Honor and celebrate with your Mother!

Friday, May 14, 2010

at Ankur Community Center at 7:00pm

Menu: Idli, Vada, Utthapum, Bisi Bele Bath, Sambar,

Chutney, Paysam (Kheer)

Kid's Menu: Cheese Pizza

Youth Activity: Youth please meet upstairs at Ankur at 7:00pm to make a special surprise for your mother.

Cost: MOTHERS ARE FREE! \$10 per adult,

\$4 per child 5 to 12 years old, and

Free under for children under age 5

After dinner : Ankur's Vice President Hari Budev MD, OB/GYN, will discuss prevention and screening for breast cancer. Monal Mehta MD and Sudha Mehta MD will discuss osteoporosis in women.

Everyone is welcome, please come and bring your friends.

Please RSVP by EVITE.

Look for information on these topics in this newsletter:

FOGANA 2011, General Body Meeting, page 2

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Message from the Board of Trustees

**NOTICE OF GENERAL BODY MEETING
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. On behalf of this committee, Mehul Parikh presented a feasibility report and proposed a budget for the hosting of FOGANA 2011. After consideration, the Board of Trustees accepted the report and has proposed the following motion:

Ankur Gujarati Samaj shall host the Mid West Regional FOGANA Dance Competition to be held in July 2011 in Cincinnati.

This motion has been unanimously approved by the Board of Trustees. As the event involves expenditures over \$10,000, as per Article XIV of the constitution, approval by the Ankur General Body is required. All Ankur members are requested to attend the General Body Meeting to vote on the motion.



Enjoying North Indian Cuisine at the April 23rd Monthly Dinner



Tandoor Indian Restaurant

A big thank you to Tandoor Restaurant owners, Naren and Varsha Patel for their generous sponsorship, in full, of the April Monthly Dinner. Visit Tandoor Restaurant located in the Market Place, behind Camargo Cadillac on 8702 Montgomery Rd.

Phone : 513-793-7484. Hours: Mon.-Thurs. 5:30pm-9:30pm, Fri and Sat 5:30pm-10:30pm.
Lunch Buffet served Monday-Saturday 11:30am to 2:00pm.



અંકુર ગુજરાતી સમાજ
Ankur Gujarati Samaj, Inc.



9502 Highland Avenue Cincinnati, OH 45242

www.ankurcinci.org

May 2010

Ankur Gujarati Samaj Education Scholarship



The Ankur Gujarati Samaj Education Scholarship Committee (ESC) is pleased to announce a competition for **two Ankur scholarships in the amount of \$500 each for high school seniors, Class of 2010**. The eligible candidates must be children of current Ankur members with minimum of 2 years of consecutive membership, and must have been accepted for admission in an institution of higher education in USA.

The scholarship will be awarded in June at an appropriate function and the winners will be informed of the date and place of the function. The scholarship is merit-based, and each student is asked to complete all requirements of the application. The application form and related information will be made available in two ways. Hard copies will be available at Ankur Hall on **Tuesdays, beginning May 11, 2010 from 8:00 to 9:30 PM**. Please contact **Dr. Amul Shukla at Ankur Hall** to pick up the application form and related material. You may also email **Kirti Ghia** at kghia@cfdril.uc.edu to receive the forms by email.

Selection Criteria: Applicants will be evaluated on the following criteria:

- Academic record
- Community service
- Extracurricular activities, School activities, Leadership skills, and Work experience
- Compelling essay on the topic listed in the Scholarship Application Form
- A letter of recommendation from teacher or administrator of the applicant's high school, detailing academic record, career goals, personal strengths and weaknesses; community service and extracurricular activities
- Resume (one type-written page, minimum font size 11)

Eligibility Requirements: To be eligible for this merit-based scholarship, the applicant must be:

- child of a current Ankur Member
- graduating high-school senior
- **accepted** in a baccalaureate degree-awarding program at an accredited college or university in the U.S. for the Fall term beginning immediately after graduation

Deadlines

The submission deadline is **5:00 pm, Monday, June 7, 2010**. The completed application must be mailed to the address provided below. Please do not hand-deliver the application to anyone including Executive members of the Board of Trustees, Operating Committee of Ankur Gujarati Samaj, or to the members of Ankur's Education Scholarship Committee. Also, email a note to Kirti Ghia informing of your submittal of the scholarship application package so that we can be on look out for your application.

Ankur Gujarati Samaj, Inc.
9502 Highland Ave,
Cincinnati, OH 45242
Attn.: Education Scholarship Committee



For further information, please contact the Education Scholarship Committee.
The 2010 ESC members are listed below:

Anami Patel
(513) 745-9061
anamip@gmail.com

Nutan B. Shah
(513) 755-1789
nutanbs@yahoo.com

Kirti N. Ghia
(513) 556-3243
kghia@cfdril.uc.edu



Ankur Activities

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



Our previous teacher, Servani, 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 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 2nd Thursday of the Month at **4:00pm** at Ankur for a lively discussion. On Thursday, June 10th they will discuss Princess Sultana's Daughter, by Jean Sasson.

Upcoming books to read and discuss will be:

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.



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

It was nice to see everybody enjoying the extended Pranayam session and highly entertaining Bingo at the last get-together. The coming session on **Thursday, May 20, 7:00pm**, is in honor and celebration of the wonderful mothers! We plan to meet outdoors at nearby **Montgomery Park Shelter** to enjoy the wonderful weather. We hope everybody will enjoy playing light outdoor games. A South Indian themed dinner is planned. In case of inclement weather, we will meet at the Ankur Gujarati Samaj premises (our usual location).

As always, this event is open for all seniors. You need not be (but are always encouraged to be) an Ankur member, to attend. There is no cost for this event. We will be glad to arrange for transportation, if needed (let us know, please). Do call and invite your friends and acquaintances. 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. We look forward to seeing you!

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 information, contact Kamini Jain at 769-7964 or via e-mail at kaminijain@yahoo.com.

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 starting at 7:00pm.

Mark your calendar for the **Youth Bowling and Pizza event from 4:00pm- 6:00pm on Saturday June 5th**. Grandparents/Seniors are welcome to join the youth in bowling! The cost will be \$5.00 per child and will include bowling, shoes and pizza. This event is for children ages 5 and above. An EVITE for Youth Bowling will be coming soon, please RSVP by May 26th. If you have any questions 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

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 panediscussion on medical topics; please contact Manushi Desai at manushi2005@hotmail.com, Pankaj Desai, or Monal Mehta, MD.



Call for Youth Member Accomplishments

We would like to recognize the accomplishments of our members' children, from the past school year, in the June 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

- June 13th** General Body Meeting at Ankur Gujarati Samaj, from 3:00 pm-5:00pm.
- June 19th** Saturday - Father's Day Picnic/American Concert, Lunch
- Oct. 17th** Sunday Dasher Havan, Dinner, Garba at Ankur
- Oct. 23rd** Saturday, Sharad Purnima Dinner and Garba, at Ankur

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
- November 6th** – 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.

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.