



2010 Operating Committee

President

Monal Mehta MD 505-5445

Vice President

Hari Budev MD 793-5951

Secretary

Sujata Pai 376-8904

Treasurer

Sarla Mody 563-9309

Cultural Director

Kamini Jain 769-7964

Youth Director

Sanjita Kothari 604-6467

Editor

Nandita Sheth 247-9088

Membership

Bharti Noticewala 563-2007

Facilities Manager – Building Rental

Kishore Mehta 671-5305

2010 Board of Trustees

Chairperson

Nayana Trivedi 777-9670

Secretary

Naren Parikh 479-5147

Treasurer

Rasila Parikh 410-0860

Member

Taruna Damani 779-4898

Member

Dorothy Joshi 489-1077

Youth Volunteer

Anand Mehta 833-4966

Amazing Diwali Celebration!

On November 6th, over 1,300 community members celebrated Diwali together at Mason High School! A delicious dinner was served and a varied and interesting Cultural Program was presented.

Many thanks go to Kamini Jain for her great work as Cultural Director of this Program and all the volunteers that assisted her. Also thanks to the many participants for their hours of practice and amazing performances that enthralled the audience. Many thanks also to Bharti Noticewala for her hard work in arranging the mouth-watering multi-item dinner and her team of volunteers for set up and décor. Thanks also are extended to the Hindu Temple of Greater Cincinnati and to the Panditji for blessing this auspicious event. We are indeed fortunate to be part of such a talented and strong community. And finally the 2010 Operating Committee and the Board of Trustees of Ankur would like to thank the audience for coming and supporting this event and for the community's enthusiastic and generous support of Ankur throughout 2010!



Beautiful Rangoli created by Taruna Damani and friends Rekha Gandhi and Kirti Parikh. Thank you to Uma Shah for the flowers.



2010 Navratri Garba at Ankur Community Center

Many people celebrated and enjoyed Navratri Garba, Dashera, and Sharad Purnima at Ankur this October.



Garba and Sharad Purnima





2010 NAVRATRI GARBA SPONSORS

Sponsors contributed \$3459 in total, the Navratri Aarti Collection was \$295, the Dasher Haven Collection was \$242, and the Sharad Purnima Collection was \$207. **The 2010 Navratri Collection in total was \$4,203.** Thank you to the following sponsors for their contributions and support.

Ankur Bridge Club Members	\$301.00	Ajay & Daksha Munsif	\$31.00
Umakant and Minaxi Patel	\$125.00	Natver and Bharti Noticewala	\$31.00
Devas & Meena Desai	\$101.00	Rita and Mahendra Panchal	\$31.00
Minalben Patel	\$101.00	Indravadan and Jyotika Parikh	\$31.00
Uday and Nandita Sheth	\$101.00	Krishanakumar and Kirti Parikh	\$31.00
Yoga Group Members	\$75.00	Mehul and Nita Parikh	\$31.00
Bhupen, Dorothy & Kavita Joshi	\$62.00	Narendra and Sarla Parikh	\$31.00
Virendra & Uma Ashar	\$51.00	Tushar and Rasila Parikh	\$31.00
Bhupen and Kalpana Joshi	\$51.00	Vijay and Asha Parikh	\$31.00
Jayant and Kapi Patel	\$51.00	Bhadra Parikh	\$31.00
Jayesh & Jyoti Mehta	\$51.00	Anami and Hansa Patel	\$31.00
Manubhai & Deviben Patel	\$51.00	Ketan and Mala Patel	\$31.00
Yatin & Sumita Pema	\$51.00	Kishor and Kusum Patel	\$31.00
Krishna Patel	\$40.00	Pradip and Kumud Patel	\$31.00
Kirti & Urmila Ghia	\$35.00	Rashmikant and Jyoti Patel	\$31.00
Jagdish & Jayakumari Bhatt	\$35.00	Shashank and Pallavi Patel	\$31.00
Bharat & Sudha Chasmawala	\$35.00	Hiten & Rupal Patel	\$31.00
Ashwin & Parul Joshi	\$35.00	Jayant & Nayana Patel	\$31.00
Vikram & Nayana Parikh	\$35.00	Jagdish & Savita Patel	\$31.00
Narendra & Panna Patel	\$35.00	Ramesh & Induben Patel	\$31.00
Hansa Thaker	\$35.00	Bhaidas & Usha Patel	\$31.00
Ashwin and Dolar Zumkhawala	\$35.00	Natubhai & Neelaben Patel	\$31.00
Gaurang & Bakula Bhatt	\$31.00	Ramesh & Savita Patel	\$31.00
Akshay & Kalpana Buch	\$31.00	Suresh & Jyotsnaben Patel	\$31.00
Chottubhai & Madhu Bhakta	\$31.00	Atul & Jolly Purani	\$31.00
Sharad and Aarti Buddhdev	\$31.00	Bhadrayu & sadhana Pandya	\$31.00
Rajan and Shilpa Desai	\$31.00	Harish & Rashmi Papat	\$31.00
Kartik & Shweta Desai	\$31.00	Hemansu and Preya Ranpuria	\$31.00
Jaykumar & Binita Desai	\$31.00	Vinod & Bharti Rawal	\$31.00
Bhal & Jyoti Desai	\$31.00	Bharat and Meena Shah	\$31.00
Suren and Jyoti Hegde	\$31.00	Niranjan and Vina Shah	\$31.00
Kaushal & Anita Gokli	\$31.00	Lilam Stanley	\$31.00
Pankaj & Dipti Joshi	\$31.00	Bipin and Kailas Sheth	\$31.00
Pratap & Triguna Jani	\$31.00	Pranav & Anita Sheth	\$31.00
Kamlesh & Sanjita Kothari	\$31.00	Bipin & Poornima Shah	\$31.00
Babu & Bharti Lengde	\$31.00	Bhanukumar & Manju Shah	\$31.00
Kishore & Sushila Mehta	\$31.00	Amul and Smruti Shukla	\$31.00
Harshad & Asha Mehta	\$31.00	Chitu and Hema Shukla	\$31.00
Arun and Sudha Mehta	\$31.00	Ajitkumar and Nayana Trivedi	\$31.00
Monal and Kausha Mehta	\$31.00	Abhijit and Julie Desai	\$30.00
Sudhir and Geeta Matani	\$31.00	Bharat & Pravina Bhakta	\$25.00
Raj & Sheela Mehta	\$31.00	Kalpan & Mona Desai	\$21.00
Jagdish & Meena Mistry	\$31.00		
Jaydeep & Ketki Mody	\$31.00		



Health is Wealth!

Fun, Exciting, Educational and most of all FREE !! Yes, I am talking about the Health Fair that was hosted at the Ankur Community Center on October 24, 2010. **Almost one hundred individuals** attended the health fair and every single person left with something: their health screening results, information booklets, raffle prizes, and bags full of lotions and other free giveaways.

From the end of September the health fair committee members: ***Dr. Abhijit Desai, Dr. Monal Mehta, Dr. Hari Budev, Dr. Rajal Bhutta, Dr. Pankaj Desai, and Manushi Desai, RN***; collaborated to organize the Health Fair 2010 for our community. The event was open to the public as signs posted around Ankur welcomed neighboring residents to participate.

The health fair provided a variety of free health screenings. Registered Nurses from the Cincinnati Public Health Department and Good Samaritan Hospital provided screenings for Blood Pressure and Body Mass Index, or BMI. Kroger Pharmacy graciously donated free Cholesterol and Blood Sugar checks as well as their professional staff. Pfizer and Abbott Vascular Pharmaceutical companies provided tables of information as well as generous grants. Herman Ranpuria presented the benefits of yoga and gave demonstrations. Preya Ranpuria, RN, along with her colleague, demonstrated Healing Touch, bringing relaxation and peace to the members of our community.



After two hours of Health Screening, members were directed upstairs for food and guest panel discussions. Volunteers provided healthy home-made snacks and Indian dishes, such as Handvo, Spinach Dip, healthy legumes and lentils, Brown Rice Pulav, Carrot Cake, homemade Chevdo, Chhash, Dhokla and lots of other unique and healthy food items. We would like to thank all the ladies who worked so hard to create these fantastic dishes for the health fair. We appreciate their support for the community and health.



Health is Wealth...continued

The discussion panel served to educate the community about their own health and address questions. Dr. Monal Mehta was the moderator for the panel discussion. Dr. Abhijit Desai presented on Cardiovascular health in the Asian Indian community and addressed concerns related to risk factors and primary prevention for Cardiac health. Dr. Hari Budev spoke about Women's health pertaining specifically to advantages and disadvantages of Hormone Replacement Therapy use. Dr. Monal Mehta presented the topic of Diabetes and informed the audience of risk factors, signs and symptoms, treatment, as well as prevention of Type 2 diabetes. Manushi Desai, RN as well as Dr. Mehta addressed standard preventive guidelines as there are many questions and controversies attached to them. Dr. Pranav Sheth presented on Skin diseases, their prevention, and treatment as they impact the Asian Indian community. Dr. Chandu Budev addressed issues related to aging, specifically, Dementia. Dr. Budev presented the understanding of the disease, prevention, and treatment.

Guest panelists then came together to answer questions from the community members. We would sincerely like to thank all the guest speakers for spending valuable time to educate our community. We appreciate their enthusiasm and support.

During the Guest panel discussions a variety of raffle prizes were given out. Raffles were sponsored by Five Seasons and Tri-Health Pavilion. A table full of different lotions, sunscreens, and creams were donated by Dr. Pranav Sheth. Guided-imagery relaxation cds were donated by American Association of Heart Failure Nurses. Lastly, an Idli and Sambhar dinner, brought by Dr. Pankaj Desai and Sangita Gupta, was served.

Ankur's Health Fair 2010 was a huge success based on feedback from the audience. If you are interested in being part of our health awareness forum and participating in our future projects and discussion panels, then please send Manushi Desai an e-mail at manushi2005@hotmail.com. We encourage unique and different ideas for health awareness and education in our community.





Come enjoy a December Holiday Dinner and Party!
Friday, December 10th, 2010
7:00 pm

At Ankur Gujarati Samaj

Sponsored by : Raj and Sheela Bodalia, Monal and Kausha Mehta,
Jayesh and Meena Ruparel, Kusum and Kishore Patel, Mala and Ketan
Patel, Uday and Nandita Sheth

Followed by General Body Meeting and Elections
further details in Evite....

Health Awareness News

The National Osteoporosis Foundation has three informative webinars about Bone Health online for FREE to all individuals.

The topics include:

EXERCISE FOR YOUR BONE HEALTH WEBINAR

HOW STRONG ARE YOUR BONES WEBINAR

NUTRITION FOR YOUR BONE HEALTH WEBINAR

Go online to <http://nof.peachnewmedia.com/store/provider/provider09.php> to register and to watch the presentation.

Yoga News

The weekly Yoga class held a Diwali dinner Monday November 15th. There were 27 people who attended. Classmates shared dishes that included fruits, puri, shrikhand, mithai, rice, fruits, salads, kathol, khandvi and other items. Dinner was served after hard core yoga for 1.5 hours! Every one enjoyed the delicious and healthy meal. This will be an annual tradition to have yoga dinner at Diwali time.



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. As of January 2011 all yoga participants will need to pay membership dues for Ankur Gujarati Samaj. For non members, fees will be \$5 per class and members fee will be \$4 per class. 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!

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

Please note that **starting in December the Bridge Club will meet on Wednesdays** (not Tuesdays). The Ankur Bridge Club has been going strong for over 12 years. Members play duplicate bridge. Enjoy playing this fascinating strategic game. 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

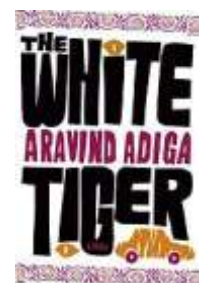
The Drop In Center Group will be sponsoring a Turkey lunch on Sunday, Nov.21st. at 12pm at the Drop in Center. In addition, they will be donating winter hat, gloves and scarf sets to about 150 people at the Drop-in-Center. Many of our Ankur families have contributed towards this lunch. This event is open to everyone (including our youth) who would like to join us to serve the lunch and give out winter sets, Many thanks to all the people who contributed (food or money) for this lunch and the monthly lunches throughout the year. Our special thanks to Bharti Noticewala, Julie Desai, & Geeta Matani for arranging this month's turkey lunch at the drop-in center. If you would like to contribute towards these lunches in the future, you can contact Bharti Noticewala (563-2007) or Julie Desai (985-9005).



Thursday – Once a Month – Book Club



The Book Club will not meet in October. In the meantime they will be reading the classic, To Kill a Mockingbird, by Harper Lee and The White Tiger, by Aravind Adiga. The Book Club will meet next in November. If you have any questions, please contact Minal Patel at 234-0569.





Ongoing Ankur Activities

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

For details look out for the Evite.

Ankur Needs YOU in 2011!

The Nominating Committee: current Ankur President Monal Mehta and Ankur Members: Geeta Hemani and Smurti Shukla are searching for qualified people who are interested in taking on positions on the 2011 Operating Committee. Please contact them.

Home Away from Home

It is kindly requested that all members keep the Ankur Building fresh. Please keep the bathrooms clean, flush toilets and throw papers in the trash cans. Dispose of garbage in the big dumpster outside and replace plastic bags in garbage bins. When you leave, make sure the lights are off and all the doors are locked. Ankur is a place where you can have a dance practice, take a yoga class or have a nice dinner with your community; let's treat Ankur like our home!

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 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.