



## 2010 Operating Committee

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Monal Mehta MD 505-5445

### Vice President

Hari Budev MD 793-5951

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Sujata Pai 376-8904

### Treasurer

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### 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

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### Youth Volunteer

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## President's Message

Fall is the time of harvest and color. The summer is over, and children are back to school. In the next few months, cooler and darker days will come.

This is the time of the year, to celebrate our achievements in the past year, and to reflect what we have in our lives; our family, friends, careers and health. We will brighten these days with Colorful Festivals, Holidays, and Parties, such as Navratri, Diwali and Ankur's own Gala Dinner!

I, the Operating Committee, and the Board of Trustees, of the Ankur Gujarati Samaj, personally invite each and every one of you to take part in some, or all of these activities, full of **Color, Dance and Light!**

Brighten your fall with Good Company, Delicious Food, and Exciting Entertainment! Most important, is we should be content, as we are all blessed with what we have in our community.

Sincerely,

*Monal Mehta MD*

Monal Mehta MD  
President - 2010  
Ankur Gujarati Samaj

***In this newsletter look for FOGANA 2011 Message, AGB Meeting Minutes and other important information.***



### *Janmastami & Nand-Mahotsav Celebration and Dinner*

This event took place at Ankur Community Center on September 3. Thank you to Bharti Noticewala for her organization of this event, and all the Sponsors who provided a Spiritual Purpose, Delicious Dinner and an Entertaining Time for our Community!



*Sponsors pictured below: (left to right) Pallavi Patel, Minal Patel, Jyoti Hegde, Nita Parikh, Bharti Noticewala, Rita Panchal, Meena Shah, Asha Parikh*



*(Pictures kindly taken by Amit Sheth)*



***Ankur Gujarati Samaj  
cordially invites you to the  
Elegant GALA Dinner and Dance!!  
Saturday October 2nd,***

*Social Hour begins at 7:00 pm*

*A Lovely Evening of Mingling,  
Appetizers and Drinks, with Formal Dinner, and Dancing!  
D.J. will be present, to provide Soft Music for Dining,  
and Fast Music for your Dancing Pleasure!  
Formal Attire Recommended  
Adults only - Ages 21 and Over*

*Couples: \$151 donation  
Single: \$75 donation*

*This Ankur Fundraiser is for an Exciting  
2010 Building Beautification Project  
If you cannot attend, you surely will be missed.  
An Ankur Donation would be  
Sincerely Appreciated.  
RSVP by evite.*

***We Hope to See Everyone There!  
This will be a Night you won't Forget!!***



## 2010 Navratri Garba at Ankur Community Center

Navratri Garba begins at the Ankur Gujarati Samaj Building on Friday, October 8th. Since Hindu Society of Greater Cincinnati hosts Navratri Garba at Cincinnati Mills Mall on October 8, 9, 15 & 16, only Aarti will be done at the Ankur Community Center, on these dates, so people can attend the large function if they wish. We will have Garba and Raas, at Ankur Community Center, on the following days from 8:00 pm to 10:00 pm:

**Sunday, October 10.**

**Monday, October 11.**

**Tuesday, October 12.**

**Wednesday, October 13.**

**Thursday, October 14.**

**Please Sponsor an Evening of Garba/Raas/Aarti and Prasad.**

**Sponsorship is \$31.00 per Family.**

***There is No Charge to Celebrate Navratri at Ankur.***

### *Dashera Havan, Sunday October 17*

Dashera Havan will take place Sunday October 17, beginning at 7:00pm. After the Havan we will have Garba, Raas, Aarti and Dinner. The cost of this event is \$3.00 per person, children under 12 are free.

### *Sharad Purnima, Saturday October 23*

Sharad Purnima Garba, Raas, Aarti and Dinner will take place on Saturday October 23 from 7:00pm. The cost of this event is \$3.00 per person, children under 12 are free.

We need sponsors for every day and volunteers to bring Prasad. An Evite for Dashera and Sharad Purnima dinner will be sent, in order to assist the organizers in their planning. Should you have any questions, please contact Bharti Noticewala at 513-563-2007, or email [bnoticewala@gmail.com](mailto:bnoticewala@gmail.com), or feel free to contact any other committee members.





## *Asian Community Health Fair*

*at Ankur Gujarati Samaj*

*October 24, 2010*

*3:00pm -6:00pm*

- Licensed Volunteer Physicians, Nurses, Pharmacists, and Students: will check: blood pressures, body weight, height, body mass index, do finger stick blood sugars, and if possible, finger stick cholesterol checks. All tests will be done in a manner to ensure patient privacy and confidentiality.
- If there are any abnormalities, the Ankur Health Care Committee will give references to our members to pursue better health at medical offices.
- We will have experienced community physicians discussing Coronary Artery Disease, Hypertension, Hyperlipidemia, Diabetes, Issues related to the Elderly, Arthritis, Preventative Health Care Guidelines, and Healthy Nutritional and Exercise Lifestyles.
- During the Health Fair, healthy snack food options, that are specific to the Asian culture, will be served.

**Plan on attending this informative and FREE event!**



*Ankur Gujarati Samaj  
And  
The Hindu Society of Greater Cincinnati  
Invite you to celebrate*

## **Diwali 2010**

**Saturday, November 6<sup>th</sup>**

Social Hour and Dinner - 5:00 pm onwards  
Cultural Program – 8:00 pm

Mason High School

6100 Mason-Montgomery Rd.  
Mason, Ohio 45040, Warren County

**Tickets go on Sale October 1<sup>st</sup>, 2010**

### **Ticket Sales Contact:**

**Mr. Anami Patel** (513) 745 – 9061  
anamip@gmail.com

**Mr. Deepak Dixit** (513) 769 – 3556  
dndixit@hotmail.com

**Mr. Raneshwar Gupta** (513) 232-3331  
rgupta@tapohio.com

**Tickets: \$20.00 per person**

**Tickets go on Sale October 1<sup>st</sup>, 2010**

Please make all checks payable to “Ankur Gujarati Samaj”

Includes Dinner and One Assigned Seat for the Program

*Children under 5 years of age will have dinner for free, but will not have an assigned seat.*

The Diwali Function has been sold-out in the past, so buy your tickets soon!

Tickets are available by phone, email, and at Ankur, or Hindu Temple on  
Sundays, beginning October 1<sup>st</sup> 2010.

***Come and Enjoy the Festival of Lights!!!***

*Please note that new entries for the Diwali Cultural Program will no longer be accepted.  
In the case accepted entries are withdrawn, they may be replaced from entries on the waiting list.*



## *Mid-West FOGANA 2011*

*Coming to a Cincinnati auditorium near you!!*

Many of us, either as participants or friends and family of the participants, have enjoyed the fun and festivities of Mid-West FOGANA competitions as an annual tradition, and enjoyed the hospitality of many Mid-West cities. Many times we have moved on to the National Championships, bringing pride and glory to our home town community. The participants, the majority of them our children, have cultivated fine friendships, an appreciation for our culture, nifty dance moves, many many happy memories, and we have enjoyed lovely dances true to our cultural heritage. The last time Ankur Gujarati Samaj had hosted this event was in 1996, and it was spectacularly successful! Now we have the pride and the privilege to do it all over again. **Ankur Gujarati Samaj is to host the 2011 FOGANA Mid-West Competition.**

Now that this dream has become a reality, I am both eager and excited to initiate our collective odyssey for hosting the Mid-West FOGANA competition in July 2011. The buzz has begun and everybody is excited about this momentous opportunity to showcase our beautiful city and vibrant community by staging a memorable event. With strong community involvement and the help of a multitude of talented, motivated, committed, and experienced folks around us, we will succeed in putting together a grand event that will make our kids, our community, and our city very proud. A lot needs to be done and it is going to take a large and strong team of dedicated volunteers to make it happen.

A small group of people have begun to chart the course for this endeavor. We would like to invite you to join us. Various committees that will benefit from your participation are:

- Finance
- Marketing & Advertising
- Ticketing
- Fund Raising
- Public Relations
- Program Management & Judging
- Stage Management
- Auditorium Management
- Souvenir/Video/Photography
- Hospitality Management
- Food Management

If you have an interest in participating in various stages and roles throughout the execution of this entire event through participation in one or more of the above committees, please send an email to [mwfogana2011@gmail.com](mailto:mwfogana2011@gmail.com) at your earliest convenience. Please let us know at least three preferences, so we can accommodate your interest as best as possible.

**Mehul Parikh**  
**Chairperson, 2011 Cincinnati FOGANA Steering Committee**



## 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!

### 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

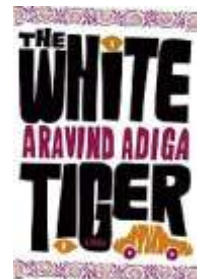


Volunteers take lunch to the Drop-In Center Shelter House the 2<sup>nd</sup> Wednesday of every month. Lunch is served to over 150 homeless people in the downtown area of Cincinnati. About 10 volunteers divide the duties to make spaghetti, salad and bring bread, bananas, cookies or ice cream to the Drop 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. 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 will not meet this September and 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!

The seniors gathering on Thursday, 16th September, at the Blue Ash Presbyterian Church was a "rocking" success! Mala Patel helped organize the "Health & Wellness Drum Circle" by The Asian Community Alliance and the Greater Cincinnati Music and Wellness Coalition. Guided by the experienced and enthusiastic experts, a group of more than sixty participants created wonderful music with the help of multiple drums and percussion instruments. In the process, they relieved stress and created a joyful atmosphere.

Next month, the seniors are invited to join the celebration of the upcoming Indian festivals, shortly after the Dussehra and just before the Sharad Poonam. Mark your calendars for Thursday, October 21, at 7:00 PM. Dinner will be provided. Further details, including the location, will be shared through the email and the e-vite. We hope to see you all there!!

### *Ganesh Clay Class*



Special thank you to Pallavi Patel for her time, effort and for providing all the supplies (at no cost) to teach a class on modeling clay Ganesh figures in September.

Everyone had a great time and they came up with some very artistic Ganesh!

*Teacher: (on left) Pallavi Patel.*

*Also Pictured: (left to right) Kamini Jain, Rita Panchal, Sanjita Kothari and Ankur Youth.*



**ANKUR GUJARATI SAMAJ  
Board of Trustees  
AGB MEETING MINUTES**

Place: Ankur Building

Date: Sunday, June 13, 2010

Time: 3.00 PM thru 5.00 PM

Meeting was called to order at 3.10 PM. There was no quorum so as required by Ankur Constitution the meeting was reconvened after postponing for an hour, at 4.10 PM. Dues paying members present were considered as quorum of the AGB and the meeting was conducted as planned.

**AGENDA**

1. Ankur Education Scholarship awards
2. Chairperson Statement
3. Treasurer Financial Updates
4. FOGANA 2011 Financial Proposal Presentation
5. Question/Answer
6. FOGANA 2011 Motion for vote

**Agenda Item: 1**

1. Dr Ghia presented a brief history and status of the Ankur Education Scholarship awards for the year 2010. He mentioned that the recipient of the award is out of town. Presentation of the award was differed for the next suitable Ankur's event.
2. At present Ankur Scholarship Funds invested in Bonds \$ 10,000, this is not the final figure. Reconciliation of this account will be done later this year.

**Agenda Item: 2**

1. Nayana gave general review of Ankur's activities. She mentioned that outgoing 2009 BoT had constituted an Exploratory Committee with Mehul Parikh as Chairman to prepare a feasibility study for Ankur hosting FOGANA 2011 in Cincinnati. On 4/25/10 BoT meeting he presented a Financial Projection for the event. BoT considered optimistic and pessimistic budget forecast for the event. BoT accepted these reports and passed a motion to host FOGANA 2011 and renamed Exploratory Committee to FOGANA 2011 Steering Committee. The purpose for this AGB meeting is to get approval of the Budget for the event, as required by Ankur's constitution since it exceeds \$10,000.

**Agenda Item: 3**

1. Ankur's Financial Status over next 14 months  
BoT/OC balance as of 5-31-2010 \$ 26, 800  
Average known expenses @\$1400/mo \$ 21,000  
Estimated Income \$ 15,000  
Estimated Net Income <- \$ 6,000 >  
Estimated BoT and OC  
Ending Balance) as of 7-31-2011 \$ 20,000  
Ankur Investment in Bonds \$ 35,000



**ANKUR GUJARATI SAMAJ**  
**Board of Trustees**  
**AGB MEETING MINUTES**  
**(continued from previous page)**

**Agenda Item: 4**

Every members enthusiastically spoke to support hosting this event in Cincinnati.

One major question was asked – If there was a negative income, what are the plans to deal with that- answer by Mehul was that we can approach the community to cover that situation, at this point Suren Hegde assured the members that he will take care of it...members appreciated this very generous offer.

**Agenda item: 6**

(a) Rashmikant proposed the following motion, seconded by Sudha Mehta

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

AGB approves the FOGANA 2011 projected budget of \$56,940 + 10% including a component of seed money not to exceed \$10,000 provided by BoT.

This motion shall be null and void if Ankur Gujarati Samaj is not awarded FOGANA 2011 event.

The motion was passed unanimously by show of hand.

(b) Sudha Mehta proposed the following motion, seconded by Nutan Shah

(Mehul Parikh proposed as Chairman of the FOGANA 2011 Steering Committee.

No nomination was received from the floor.

Mehul Parikh was unanimously nominated Chairman of the FOGANA 2011 Steering Committee and he gracefully accepted the responsibility.

(c) A motion from the floor by Nutan Shah and seconded by Anami was proposed:

FOGANA 2011 Steering Committee shall report directly and responsible to AGB regarding Budget and any issues the committee encounters. BoT and OC shall have no say.

The motion was passed unanimously by show of hand

**Agenda Item: 7**

Meeting was adjourned at 5.20 PM by unanimous voice vote

1. Mehul Parikh presented the financial projection for hosting Mid West regional FOGANA 2011 in Cincinnati.

Following is the summary:

All the \$ figures are estimated

**Expenses \$ 56, 940**

Net Hall Capacity: 2200

**(a) Income based on 80% ticket sold + Misc Income \$ 59,600+\$ 13,250 = \$ 72, 850**

**Net Profit \$ 15,910**

Mehul stressed the point of benefits for the community at large by hosting this event...

**Agenda Item: 5**

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**ANKUR GUJARATI SAMAJ**  
**Board of Trustees**  
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**(continued from previous page)**

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**Mark Your Calendars Now!**

*December 10<sup>th</sup> – Friday – Holiday  
Dinner with General Body Meeting and  
Elections*

**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**.

**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.