



અંકુર ગુજરાતી સમાજ
Ankur Gujarati Samaj Inc.

Ankur Newsletter, March 2013



Ankur Presents Gujarati Comedy Drama

“Wah Mummy Wah”

7 PM, March 30th TICKETS: \$25 and \$20
Muntz Hall in Blue Ash

Khel Rangara's (Mumbai)
ફરી એક વાર U.S.A. નાં પ્રેક્ષકો ને
હસાવા આવી રહ્યા છે.....

ગુજરાતી રંગભૂમિની
એકમાત્ર અભિનેત્રી
જેણે વિશ્વના વિવિધ દેશોમાં
“ફૂડ” વખત ગ્રીક બોલાવી
Comedy Queen
Lady Amitabh:
PRATIMA T.

વાહ મમ્મી વાહ

Parin Shah
Aarti Zala
Archan Pathak
Amit Trivedi
Jitu Kotak

COMEDY QUEEN PRATIMA T.
POONERI
Costumes
PAABAR

અવ. શ્રી ગુરુદેવ પિત્તલ
મોંગલીયાના આશીર્વાદ થી

Website: www.poonerinfo.com Email: info@poonerinfo.com

DATE: Saturday, March 30th

TIME: Doors open: 6:30 PM Show time: 7 PM

TICKETS: \$20 & \$25

VENUE: Muntz Theater at (Raymond Walters)

UC Blue Ash College

9555 Plainfield Rd. Blue Ash, OH 45236

Refreshments available

*Don't miss this entertaining evening with
Comedy Queen "Pratima T"*

**BOOK
NOW!**

CONTACT:

Bharti Noticewala 563-2007 bnoticewala@gmail.com

Rajal Bhutta 791-0362 rajalbhatta@yahoo.com

Sangita Desai 874-1190 sangitasdesai@gmail.com

Rupal Patel 513-886-4242 rupalcinci@yahoo.com

TICKET OUTLETS:

Bombay Grocers: 733-5050, 11965 Lebanon Rd Cincinnati, OH 45241

Patel Brothers: 769-0400, 11985 Lebanon Rd Cincinnati, OH 45241

Niva Grocers: 234-0888, 6182 Tylersville Rd Mason, OH 45040

2013 Operating Committee

President - Bharti Noticewala

bnoticewala@gmail.com 563-2007

Vice President – Rajal Bhutta

rajalbhatta@yahoo.com 791-0362

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hema1993@aol.com 232-6448

Treasurer – Rasila Parikh

rasilaparikh@hotmail.com 247-9404

Cultural Director - Sangita Desai

sangitasdesai@gmail.com 874-1190

Youth Director - Rupal Patel

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devasdesai@hotmail.com 307-0185

2013 Board of Trustees

Jyoti Hegde 791-0210

Rasila Parikh 247-9404

Shashank Patel 733-8838

Vijay Parikh 733-0245

2013 Building Renovation Committee

Kamlesh Kothari 791-5559

Mayur Kadakia 697-9211

Nayan Noticewala 563-2007

Rajan Desai 683-2410

Shashank Patel 733-8838



**Ankur invites you to
Ram Navmi Celebration**

Date: Saturday, April 20th
Time: 11am – 1pm Bhajans
followed by Farali lunch.





2013 FOGANA MEETING for

Choreographers, Managers, Participants & Parents

All those interested in being part of Fogana, please attend this

MANDATORY PRELIMINARY FOGANA MEETING for information, to form teams for all ages, registration for participants, sign-up for choreographers, managers etc

Sign up now

**Step up,
Dancers and
Dance Lovers!**

- **DATE: Saturday, March 16th 2013**
- **TIME: 2 - 3 pm**
- **VENUE: ANKUR, 9502 Highland Avenue, Cincinnati OH 45242**

- FOGANA - Federation Of Gujarati Associations of North America.
- 33rd MIDWEST FOGANA Raas, Garba, & Folk Dance Competition is hosted by GMOCO (Gujarati Mandal Of Central Ohio) on Saturday July 20th, 2013 in Columbus, Ohio.
- For further information, please contact Cultural Director - Sangita Desai at 874-1190, sangitasdesai@gmail.com or Youth Director - Rupal Patel at 886-4242, rupalcinci@yahoo.com.
- Let's assemble awesome Cincinnati Ankur teams for Fogana 2013

Power Pudas – Gujarati Savory Crepes • • • • •

Ingredients:

1 cup gram flour
1/2 cup favorite healthy flours – rye, flax meal, whole wheat, oats, bajra, ragi etc
1/8 cup semolina
1 tbsp olive oil
Pinch of asafetida/hing
1 tsp salt
1/8 tsp sesame seeds or flax seeds
1/8 tsp ajwain seeds
1/8 tsp red chili powder
1 tsp yogurt
1/4 lemon juice
2 tbsp chopped spring onions
2 tbsp chopped cilantro
1 tbsp minced green chilies
1/2 cup chopped fresh methi leaves or baby kales or spinach
1/2 cup cold water
Olive oil for shallow frying



Method:

Sift the gram flour
Add semolina and mixture of healthy flours
Add olive oil, dry ingredients and mix gently
Add rest of the ingredients
Add enough water to make a thick batter
Keep aside for at least 30 minutes.
Heat a non-stick pan or crepe pan on medium heat
Grease the pan slightly
Place 1 ladle full of the batter in the center of the pan
Swirl till mixture is spread thinly and evenly with a ladle
Smear little olive oil (1/4 tsp) around the puda/crepe and cook for 1 minute
Flip on the other side and cook for 1/2 a minute
Pudas/crepes should have a lacy light brown crispy look
Repeat for the remaining batter.
Serve hot with Raita, Mango Pickle, Cilantro/Mint Chutney, Chai, or Plain Yogurt.



**HEALTH
CORNER**



Drop-In Center – Homeless Shelter Lunch

Monthly: March 7th

For over 12 years, Ankur volunteers led by Bharti Noticewala and Rashmikant Patel, have quietly and consistently served monthly lunches, traditional Thanksgiving meal, winter wear at Christmas as well as donations to those who are homeless in Cincinnati serving society and those in need. This group of truly devoted Ankur volunteers donate, prepare and serve lunch to over 150 homeless people every month at The Drop-In Center which is Greater Cincinnati's largest homeless shelter, located in Over-the-Rhine. Thanks to these generous members of Ankur community who discreetly donate funds, food items and time making these monthly lunches possible. A true spirit of giving!

To help serve and/or contribute towards purchase of lunch items for March 7th lunch, please contact Julie Desai 560-2232 or Bharti Noticewala 563-2007.

ANKUR thrives with on-going activities like Yoga, CardiYoga, Bridge, Book Club, Silver Innings, Mahila Bhajan Satsang, Drop-In center lunch as well as social and religious events, thanks to a strong Ankur community.

Your support and involvement is much appreciated.

If you know anyone who does not receive Ankur newsletters, email updates and/or Evite invitations, please contact Shilpa Desai at anknewsletter@gmail.com





Ankur Activities



Weekly – Monday, 6:30 - 8 PM
Taught by **Herman Ranpuria**

Monday Yoga at ANKUR

March & April Session fees: Ankur Members \$35
Whole Year Session fees: Ankur Members \$150
Single class fees: Members \$5, Non Members \$6

Please contact Jyoti Mehta at 518-0677 or
jjmweare@gmail.com for more information.

YOGA

▲ **Weekly – Saturday, 9 – 10 AM**
Taught by **Pallavi Patel**

Saturday Yoga at ANKUR

(Due now)

March & April Session fees: Ankur Members \$25
Whole Year Session fees: Ankur members \$100
Single class fees: Members \$4, Non Members \$5
Children of Ankur members (18 and under): \$3

▼ Please contact Pallavi Patel at 733-8838 or
patelps@ucmail.uc.edu for more information.

Please join Ankur Yoga and commit to a healthy mind and body.

Seasoned yogis, beginners, and everyone in between is invited to attend Ankur Yoga taught by excellent Yoga teachers. Along with reducing stress, Yoga increases flexibility, strength, circulation and concentration.

Please bring your
own yoga mat

2 month session –
March & April

2013 Ankur Annual Membership
(January to December 2013) is now due.

\$35 Before March 31st

\$45 After March 31st

\$501 Life Membership



PRANAYAMA

resumes this Wednesday, March 13th onwards
Weekly – Wednesday 7 to 8 PM

Come over to ANKUR for an hour of Pranayama, a deep breathing technique of yoga for optimum health. Jyoti Hegde brings a vast knowledge of Pranayama (breath control) to Ankur every Wednesday. In Sanskrit, “Prana” means energy or vital force and “yama” means control. So, this translates to “control of the vital breath”. Important aspects of Pranayama: regulating the breath, controlling the vital force, and channelizing the Pranas in the right directions. *Please contact Jyoti Hegde at jhegde9030@gmail.com for more information on Pranayama classes at Ankur.*

Single Class Fees: Members \$3, Non Members \$4

March & April Session fees: Ankur Members \$ 20



CARDIYOGA with Sujata Pai

Weekly – Thursday 6:30 PM – 7:30 PM

NEW

Please bring your
own yoga mat

CARDIYOGA!! A combination of Cardio with bollywood beats followed by soothing stretches. Every Thursday evening, please join Ankur CARDIYOGA with Sujata Pai who brings high energy and yoga training for a combo class of Cardio and Yoga. Get your heart pumping, feet stomping and round off with yoga stretches for a great workout. *Please contact Sujata Pai for more information and RSVP if you plan on attending CARDIYOGA at 477-6213 or spai@cinci.rr.com.*

Single Class Fees – Members \$3, Non-members \$4

March & April Session Fees: Ankur Members \$20



Ankur Activities



Bridge

Weekly – Wednesday 6:45 PM – 10:30 PM

Anyone who enjoys **Bridge** is invited to come and play on Wednesday nights at ANKUR. Players should arrive at 6:45 PM so everyone can help set up tables and equipment downstairs. The aim is to be seated with partners by 6:50 PM so play can begin. A prompt start is to achieve a timely finish. All bridge players are invited to come, play, and have fun. Join us! Please contact Hari or Rekha Budev at 793-5951 or Bhupen Joshi at 489-1077 for more information.



Bollywood Zumba resumes Saturday, March 16th onwards

Weekly – Saturday 10 -11 AM For ages 18 and up.

Come over to ANKUR Saturday mornings for a great work-out to the beat of Bollywood melodies and groovy dance moves with Jyoti Hegde who brings her expertise and experience of dance to Ankur for Bollywood Zumba. *Please contact Jyoti Hegde at jhegde9030@gmail.com for more information on Bollywood Zumba*

Single Class Fees: Members \$3, Non Members \$4

March & April Session fees: Ankur Members \$20



Ankur Book Club

Monthly, Wednesday, April 3rd

Time: 2 to 4 PM, Venue: ANKUR

Ankur Book Club will be discussing the books “Paris” by Kati Marton and “The Miracle of Mindfulness” by Thich Nhat Hanh. Ankur Book Club will meet every 5-6 weeks from now on; there is no meeting in March and the next one on April 3rd. *Please contact Minal Patel at 234-0569 for more information*



Mahila Bhajan Satsang

First Sunday every month: 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, 12/1

Date: Sunday, March 3rd

Time: 2 to 3:30 PM

Venue: ANKUR

You are invited to monthly **Mahila Bhajan Satsang**. Singers and avid listeners are most welcome. Please contact Rajal Bhutta at 791-0362 rajalbhatta@yahoo.com or Pallavi Patel at 733-8838 patelps@ucmail.uc.edu for more information

2013 ANKUR ANNUAL MEMBERSHIP (January to December 2013) IS NOW DUE.

Ankur Annual Membership - \$35 (before March 31st 2013) OR \$45 (after March 31st 2013)

Ankur Life Membership - \$501

Please promptly mail your Ankur membership check, payable to “Ankur Gujarati Samaj” and membership form to:

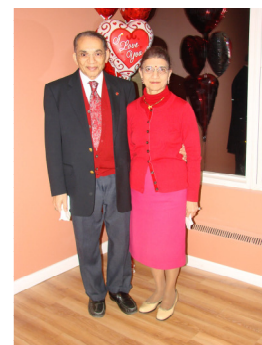
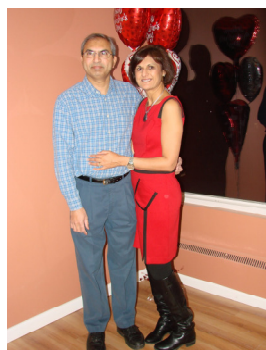
ANKUR, c/o Hema Shukla, 9502 Highland Avenue, Cincinnati, OH 45242

Please contact Hema Shukla at 513 232 6448 or hema1993@aol.com for membership related questions.

***Valentine's Dinner and Dance** on February 15th was an evening of dearly beloveds, best friends, soulful music, luscious food and groovy moves. Guests enjoyed social hour over drinks and tasty hors d'oeuvres followed by a delicious traditional Indian dinner. Guests enjoyed romantic songs, danced to grooves by DJ "KK" and sang amorous melodies late in the night.*

Celebration of Love..In Style!

*Valentine's Dinner was donated by **Naren Patel, Tandoor Restaurant** and DJ service provided by **Kamlesh Kothari**; Ankur is extremely thankful for the generosity and constant support to Ankur community. **THANK YOU!***



Building Renovation Project 2012-2013

Following members have given their support and pledged/paid donation amounts to go ahead with Phase 2 of Ankur building renovation. Utmost gratitude for the generosity of these members of Ankur community.

Please follow up your pledge with a check donation payable to "Ankur Gujarati Samaj" mailed to ANKUR, 9502 Highland Avenue, Cincinnati, OH 45242 as soon as possible.

Please contact Vijay Parikh at 733-0245 or Bharti Noticewala at 563-2007 if you have any questions.

Name	Pledge	Status
1. Bhutta, Pravin & Rajal	\$ 500.00	
2. Budev, Chandu & Manju	\$ 500.00	
3. Budev, Hari & Rekha	\$ 500.00	
4. Budhdev, Kiran & Arti	Front Doors	
5. Desai, Abhijit & Julie, Gokli, Hansaben	\$1,001.00	
6. Desai, Rajan & Shilpa	\$ 501.00	\$501.00 Paid
7. Hegde, Suren & Jyoti	\$ 501.00	
8. Joshi, Bhupen & Dorothy	\$ 500.00	\$500.00 Paid
9. Karamchandani, Kush & Mina	\$ 501.00	\$501.00 Paid
10. Mehta, Jayesh & Jyoti	\$ 500.00	
11. Mehta, Monal & Kausha	\$ 500.00	
12. Mehta, Nalin & Ila	\$ 501.00	\$501.00 Paid
13. Mehta, Sudha & Arun	\$ 500.00	
14. Pai, Prakash & Sujata	\$ 500.00	\$500.00 Paid
15. Parikh, Indravadan & Jyoti	\$ 500.00	\$500.00 Paid
16. Parikh, Kirti & Kishu	\$ 500.00	
17. Parikh, Narendra & Sarla	\$ 151.00	\$151.00 Paid
18. Parikh, Tushar & Rasila	\$ 101.00	\$101.00 Paid
19. Parikh, Vijay & Asha	\$ 500.00	\$501.00 Paid
20. Patel, Dilesh & Neeta	\$ 500.00	\$500.00 Paid
21. Patel, Ketan & Mala	\$ 501.00	
22. Patel, Kishor M.	\$ 500.00	\$500.00 Paid
23. Patel, Minal	\$ 701.00	\$701.00 Paid
24. Patel, Rashmikant & Jyoti	\$ 500.00	\$500.00 Paid
25. Patel, Shashank & Pallavi	\$ 501.00	
26. Ranpuria, Hemansu & Preya	\$ 500.00	\$500.00 Paid
27. Sanghvi, Vijay Sanghvi	\$ 500.00	
28. Shah, Bharat & Meena	\$ 500.00	\$250.00 Paid
29. Shukla, Amul & Smruti	\$ 500.00	\$500.00 Paid
30. Shukla, Chitu & Hema	\$ 500.00	\$500.00 Paid
31. Stanley, Lilam	\$ 500.00	\$500.00 Paid

Total pledges As of Dec.16 2012 & Status	\$ 14959.00	\$ 8,207.00
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A plea to Ankur community!

This is a great opportunity to invest in our community center by donating with an open heart. Phase 2 of Ankur renovation will be a reality with your solid support and generous donations.

