

GSC Times - Fall Newsletter

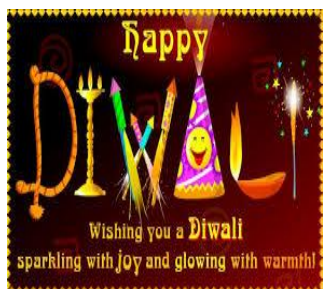
Celebrating 30th Anniversary (1984 – 2014)



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Starting 01-Nov-2014 GSC will start accepting Visa, MasterCard, American Express, Discover or PayPal for Membership Fee and Donations, online or at the Diwali venue



2014 – A Year of Progress and Achievements

As we celebrate the 30th anniversary of Gandhi Samaj of Chicago, we should take pride in our achievements and progress in the last 30 years and thank all of the past presidents and members for keeping GSC strong, united, and progressive. Let us all take a pledge to make GSC even stronger over the next 20 years for our kids and the generation beyond, so one day we can celebrate it's Golden Anniversary in 2034.

I'm happy to report the achievements of Gandhi Samaj of Chicago during 2014. This could not have been possible without my team's contribution and your support.

Everyone present at the Summer Picnic will agree that this year's picnic had lots of fun, excitement and great food for the entire family. Kids loved the prizes and the games.

We had our first successful Community Service Day that was attended by 21 GSC



members. Together, we helped pack 70 food boxes with over 1700 meals to serve the needy around the world. Thanks to all the participants - members like you make GSC great!

We launched our much anticipated re-designed GSC website. The website is the new face of Gandhi Samaj of Chicago that will help spread awareness, educate members and share information online with our members. We also launched a revised GSC profile on Facebook. Today, we have over 450 friends of

GSC from all over the world and this number is increasing each day.

We also launched our first newsletter that was very well received by all of the members.

We are planning on having an education seminar for our youth in January, so look out for more details and plan to attend with your kids.

Lastly, let's make our Diwali celebration grand by your overwhelming participation.

Happy Diwali to Everyone.
– Ashwin B.

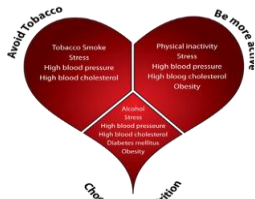
Diwali Program – 15th November 6pm - 11pm

Diwali – Festival of lights and beginning of Hindu New Year is a great way to celebrate our tradition where we greet people a healthy and prosperous New Year. We are looking forward to another great Diwali show from kids and adults, similar to 2013. I encourage everyone to

participate in dance and acting. Please signup online in advance to avoid being left out at the last minute. We will have great gift for every participant. Also, do not forget to sign your kids up for the Education Achievement Award and to nominate someone from the

community for the Community Service Award and President's Award. This is our way of recognizing our kids for their efforts and leaders who lead and support the community. All signups are now Online on our website. D/L is 31-Oct-14.

– Ashwin Bodalia



The South Asian Cardiovascular Epidemic

South Asians who derive their ethnic origins from the Indian subcontinent hold a high risk for heart attack and stroke that has often been overlooked. The increased risk is due to a variety of factors ranging from family history/genes to lifestyle choices.

Here are some facts on the South Asian Cardiovascular Epidemic:

- South Asian are at 4 times greater risk for heart disease than general population;

- Amongst South Asian Men, 25% of heart attack occur under the age of 40 and 50% occur under the age of 50;
- South Asian Women have a 30% increased risk of heart disease when compared to Caucasians and 25% increased risk when compared to Chinese.

You may be at risk for a heart attack if you:

- Use tobacco products such as cigarettes, bidis, or tambaku paan;

- Have a large waist (>36 inches for men, > 32 inches for women);
- Have high blood pressure- more than 130/85;
- Have high blood sugar or diabetes-Fasting glucose greater than 100 or hemoglobin A1c > 6;
- Have bad cholesterol - HDL < 40 in men, < 50 in women, LDL > 100;
- Have a family history of heart disease;

– Pravin (Dilip) H. Gandhi

Youth Career Planning Seminar



Education = Knowledge
Knowledge = Power
Power = Respect
Respect = Happiness

Education is an important part in all of our lives. For those of us who have kids in high school, we know that it isn't easy to figure out which career path is right for them as they enter college. With that in mind, we are planning a career-planning seminar to help kids in our community better understand the different career paths and make an informed decision.

Please join us on Sunday, January 11, 2015 between 12:30 pm and 3:30 pm for GSC's Youth Career Planning Seminar (Location: TBD)

At this career planning seminar, we will bring together four to five different professionals with a focus on the medical field, engineering, business, and education. Each professional will discuss

their background and offer personal experiences, so your child can have a better understanding of what to expect in each field and ask questions during this meeting.

Please sign up during Diwali function or online on the website if you're interested.

DO NOT MISS THIS ONCE A YEAR OPPORTUNITY FOR YOUR KID'S FUTURE!!

- Keyur Ghayal



Community Service Day – A Success!

Back in July, we partnered with **Feed My Starving Children** in Schaumburg to help package meals for malnourished kids across the world. We had 100% participation from our GSC volunteers, and I'd like to thank them for their help and support for making this event a great success and supporting GSC and helping the community.

The volunteers were a mix of kids and adults, and everyone enjoyed spending 2 hours of their time to help the community. The event started with an introduction of the organization and its impact on kids throughout the world. We learned about the nutritional benefits of each meal, and what our support meant to the organization and the

kids themselves.

In just a few hours, we helped pack 70 food boxes and over 1700 meals.

Given the success of this event, we will be planning another community service event next year for our members and help our community!

- Keyur Ghayal

Hinduism: An Overview

Hinduism is one of the oldest religions in the world. About 80 percent of India's population is Hindu and 30 million more Hindus live outside of India. There are a total of 900 million Hindus worldwide, making Hinduism the third largest religion in the world.

Hindu philosophy is a spiritual science that was developed by Rishis thousands of years back. Hinduism recognizes that

there are various spiritual paths to reach God, like several rivers merging into the ocean. Hindus believe that God is everywhere. The presence of God in all living beings is called Atma (soul). There are three aspects of God, each represented by a letter in the word "God." The letter "G" represents generating power, the "O" represents organizing power, and the "D" represents destroying power.

Hindus gave each of these powers its own name (Brahma, Vishnu, and Siva). Brahma is the creator of the universe and represents generating power, Vishnu is the sustainer and represents organizing power, and Siva is the redeemer and represents destroying power.

Vishnu has to maintain this universe. Therefore, he took several Avatars (incarnations) in different timings to destroy the evil and to protect the good.

– Roma Bhagat



Raksha Bandhan – A Knot of Protection

Raksha Bandhan in Sanskrit literally means "the tie or knot of protection."

It is an ancient Hindu festival that ritually celebrates the love and duty between brothers and sisters. The sister performs a Rakhi ceremony by tying a Rakhi on the brother's wrist, and then prays to express her love and her wish for the well-being of

her brother; in return, the brother ritually pledges to protect and take care of his sister under all circumstances. It is one of the several occasions in which family ties are affirmed in India.

The festival is also an occasion to celebrate brother-sister like family ties between cousins, friends, or distant family members.

To many, the festival brings together men and women across different religions, ethnic groups, and ritually emphasizes harmony and love.

It is observed in the Hindu calendar month of Shravana, and typically falls in August every year.

– Roma Bhagat



Youth Corner: Join Habitat for Humanity!

Habitat for Humanity is a worldwide, non-profit organization that helps build homes for families. Volunteers and community members work together to raise money, build homes, and spread awareness.

There is a Windy City Habitat for Humanity in Chicago that you can join! The ultimate vision of the

organization is to create a world where everyone has a comfortable place to live.

This is a terrific opportunity for our youth members to get involved in because it not only leaves you with a great feeling knowing that you helped deserving families, but also created an everlasting experience.

Further, becoming a dedicated volunteer will help advance your future in all aspects of your education.

**Windy City Habitat for Humanity, 2201 South Halsted, Suite 1251
Chicago, IL 60608
312.563.0296**

– Hiren Ghayal



Gandhi Samaj of Chicago – A Non-Profit Organization under section 501 (c)(3) of IRS

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We're on the Web!

www.gandhisamajchicago.com

Check out our New & Improved Web site!



Do you have any comments/feedback?

Write to us at:

GandhiSamajChicago1984@gmail.com

Obituary Support for GSC Members

One of the most difficult times in our life is when we lose someone dear to us. In this moment of loss, there are many things which need to be taken care of and not everyone may have all the help they need. Gandhi Samaj of Chicago is here to assist families in their time of grief by offering services such as:

- Finding a funeral home, a priest, or a place of Besnu;
- Prepare Bhajan CD, Photo Collage of the deceased and his/her family;

Please fill-out online form on the www.gandhisamajchicago.com website and someone will reach out to you to help you out with the above.

This service is offered FREE to all current active members of GSC and for their immediate family in the Chicagoland area.

GSC Membership

Do you know someone who is not a member of GSC but would like to become a member? If so, please pass the word on to your friends and family members who are interested so they can enjoy the many benefits GSC has to offer. Also, GSC now offers the opportunity for past members to re-join GSC as new members by paying the current annual membership fee. **Another convenience for our members...Starting 01-Nov-2014 GSC will accept any Payment via Credit Card (Amex, Visa, MasterCard, Discover or PayPal) on our website or at Diwali Venue. All transactions are secured through PayPal.**

30th Anniversary Hat Sale

Did you miss out our super Hat Sale during Picnic or Navratri? This will be your opportunity to get part of our history and 30th Anniversary celebration. Please stop by during Diwali Program to buy one or more hat for you and your family.

...Lastly

The festival of Diwali is just around the corner.

GSC is planning for its Annual Gala evening where we come together as one family under the roof of GSC and share the happiness and love with others.

This year we are looking for Sponsors for the following.

1. Educational Achievements Award to kids who graduated from college/university
2. Water Sponsor
3. Soda Sponsor
4. Participant Gift Sponsor

Your support in whatever form is very important for

us, so please do not hesitate to contact us if you are interested in donating for above.

Please contact Ashwin Bodalia or Nitin Gandhi to donate for Diwali.

GSC greatly appreciates your continued contribution and support.



Nominate people you know for GSC President's Award, Community Service Award on our Website by 31-Oct-2014.

GSC Thanks following members for their sponsorship & donation

during 2014 Navratri.

1. Jagdish Chahwala – Kids' Dance Prize Sponsor
2. Ketan Baman – Paper Products
3. Nitin Gandhi – Dandiya
4. Jayesh Pastakia – Water & Ice

Now Online On Our Website

1. Members Directory
2. Gujarati Newspapers
3. Obituary Information
4. Chicago Temple List
5. Indian Festival Calendar
6. Diwali Participant Signup
7. Educational Award Nomination
8. Volunteer Signup
9. Matrimonial Advertisements
10. Community Award Nomination
11. And much more...