

GSC Times - Spring Newsletter



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Finally....Spring is here and so is our 1st Newsletter

We are happy to inform you that the 1st **Gandhi Samaj of Chicago Newsletter** "GSC Times" is out with the arrival of spring. The intent of this newsletter is to stay connected with the members of our community and while sharing news creating awareness about social issues of interest.

Gandhi Samaj has brought us together under its big umbrella and we continue to grow from few members in 1984 to over 600 active members who benefit from it year round.

Last month, we asked members of GSC to join the new Facebook group. We are thankful for your incredible response. You can now view all past pictures and benefit from community updates via Facebook. If you or anyone from your family is not a "Friend" of GSC on Facebook, please send the request via Facebook.



We also started to work on building a new GandhiSamajChicago.com website. This new website will help communicate with all the members and co-ordinate various events and activities during the year. We plan to launch this website during Picnic, so please stop by the booth to get a glimpse and overview of the new website.

We look forward to an exciting **GSC Picnic on Sunday 22-June-2014**

where you will find great games, exotic food and lots of fun under the sun. **DO NOT MISS GSC PICNIC.** More in the Flyer in May.

Finally, I encourage you to invite other "Gandhi" families from Chicago to join our great Samaj and reap the benefits of its prosperity. Together we are stronger for a better tomorrow. – **Ashwin Bodalia**



Summer Picnic: Games

Do you all love playing games? I heard a big YES... From our past experiences, we have found that our members, including young kids and adults, have enjoyed the games at the Picnic. Hence this year we are

planning on having lots of games during the Picnic. It is one way of bonding with one another and it creates an atmosphere of fun and excitement!

Some of the games we plan on having are traditional games like

limbu-chamchi, musical chair, potato sack, and new ones like shaving cream relay, mummy contest, hula-hoop, watermelon relay, etc.

Come along with your entire family to enjoy and win these games!!



Health Topic: Colon Cancer

Colon cancer is cancer of the large intestine (colon), which is in the lower part of your digestive system. The majority of people diagnosed with colon cancer are **older than 50**.

Most cases of colon cancer begin as small, noncancerous (benign) clumps of cells called adenomatous polyps.

For this reason, doctors recommend regular screening test such as **colonoscopy** to help prevent colon cancer by

identifying and removing polyps before they become colon cancer.

Signs and symptoms:

A change in your bowel habits, including diarrhea or constipation or change in the consistency of your stool. Other signs include rectal bleeding or blood in your stool. There is also persistent abdominal discomfort, such as cramps, gas or pain, weakness or fatigue, unexplained weight loss and anemia.

Risk Factors:

Older age (age > 50), Personal or family history of colon cancer or polyps, inflammatory intestinal conditions such as ulcerative colitis and Crohn's disease, diabetes, obesity, smoking, alcohol. **By taking the right regimens, one can avoid colon cancer. So, if you are over 50 years of age, please consider getting a colonoscopy!**

- Bhumika Gandhi



"The best way to find yourself is to lose yourself in the service of others."

— [Mahatma Gandhi](#)

Community Service Day: Saturday July 26

As we continue to expand Gandhi Samaj of Chicago, one of the areas we are focusing on is community service. As dedicated committee members, we aim to give back to our community not as individuals but as part of a larger group made up of Gandhi Samaj of Chicago members.

I am excited to inform you

that the 2014-2015 committee has partnered with **Feed My Starving Children** organization for a group volunteer opportunity. Feed My Starving Children is a well known organization that helps provide 150 million nutritional meals each year for starving people in 70 countries.

We are looking for 20

volunteers to join us in **Schaumburg on July 26, 2014**. We have two time slots available, **11:30am to 1:30pm** and **2:00pm to 4:00 pm**. We will help package meals for starving children across the world. Please e-mail gandhisamajchicago1984@gmail.com or sign up during our picnic event if you're interested in volunteering.

- Keyur Ghayal



Picnic Food Donation Drive

We are also excited to announce our first Food Donation Drive during Picnic this year. As a responsible and committed member of Gandhi Samaj, we need to recognize communities around us who are not as fortunate.

We have partnered with

local food pantry to collect any non-expired dry food items or consumables that can be donated to a charitable organization.

Some of the items you can donate are canned food, cereal, baby food, rice, oatmeal, etc.

We will have a Food Donation Box near the

Food area for collection.

Let us take this opportunity to make a difference in the life of the underprivileged and get the feeling of "Giving" and "Sharing" with others around us.

DO NOT MISS THIS OPPORTUNITY.

Festivals: Holi

Festival of Holi is celebrated all over India since ancient times. Holi is a time when man and nature alike throw off the gloom of winter and rejoice in the colors and liveliness of spring.

Holi also commemorates various events in Hindu mythology. According to one legend, evil king named Hiranyakashipu forbade his son Prahlad from worshipping Vishnu,

but he continued to offer prayers to the God. Getting angry with his son, Hiranyakashipu challenged Prahlad to sit on a pyre with his wicked aunt Holika who was believed to be immune to fire. Prahlad accepted the challenge and prayed to Vishnu to keep him safe. When the fire started, everyone watched in amazement as Holika was burnt to death, while

Prahlad survived without a scar. The burning of Holika is celebrated as Holi.

The festival of Holi is also associated with the enduring love between Lord Krishna and Radha. According to the legend, the young Krishna complained to his mother Yashoda about why Radha was so fair and he so dark. Yashoda advised him to apply color on Radha's face and see how her complexion would change. – Roma Bhagat



Upcoming Festivals/Holidays

Mother's Day 11-May

In America on the second Sunday in May, children of all ages treat their mothers to something special. It is the one day out of the year when children, young and old, try to show in a different way how much they appreciate their Mother, "Giver of light and life".

Krishna Janmashtami 17-August

This festival is celebrated on the eighth day (Ashtami) of the Krishna Paksha (dark fortnight) of the month of Shraavana (August–September) in the Hindu calendar. Krishna was the 8th son of Devaki and Vasudeva. Based on scriptural details and astrological calculation, the date of Krishna's birth is known as Janmashtami.

India Independence Day - 15-August

India gained freedom from British rule after 100 years of struggle. Independence Day is a moment of pride and glory. It is also homage to freedom fighters like Mahatma Gandhi, Jawaharlal Nehru, Vallabhbhai Patel, Nehru, Lokmanya Tilak and Bhagat Singh.

– Roma Bhagat



Youth Corner: Start Volunteering Today!

Summer is just around the corner and this is the perfect opportunity to think about getting involved in the community.

One of the ways to get involved in the community is through volunteering. It is not just a way of giving back; but it is also an opportunity to explore new paths, learn something new, meet different people

and build confidence.

Volunteering is also a great way to explore career options and build leadership skills. Further, if you are an aspiring high school or college student, this is a valuable experience that can help strengthen your applications. Volunteering is also a great way to explore career options

and build leadership skills.

Parents: please encourage your children to seek advice or guidance from any of the committee members and to learn more about volunteer opportunities.

– Hiral Gandhi

"Life is never so busy that there is no time to serve."

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

Coming in June Improved Website

Like us on
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Got comments/feedback...

Write us at

GandhiSamajChicago1984@gmail.com

In Memoriam

Gandhi Samaj of Chicago acknowledges family members of our community who have lost their loved ones during the past 6 months (October 2013 – March 2014).

Gandabhai Jeenabhai Gandhi

Father of Ashok Gandhi, Sushila N. Gandhi, Gita J. Gandhi, Jayanti Gandhi and Late Ramesh Gandhi

Passed Away On - December 21, 2013

Age – 83 years

Place Deceased - Glendale Heights, Illinois, USA

Navinbhai Ghelabhai Gandhi

Husband of Sushila N. Gandhi and Father of Nirav Gandhi

Passed Away On – February 12, 2014

Age – 67 years

Place Deceased - Bloomingdale, Illinois, USA

Ruxmaniben Ramanlal Gandhi

Mother of Dinesh Gandhi, Hasmukh Gandhi, Jayesh Gandhi, Anita Gandhi

Passed Away On – February 24, 2014

Age - 83 years

Place Deceased - Navsari, Gujarat, India

Advertisements, Donation for Summer Picnic

Advertisement with GSC

Do you have a business or startup that you want to kick-start or give it a boost to increase sales? Are you looking for an opportunity to market your service to future customers in the Chicagoland area?

If your answer to these questions is Yes, now is the time to showcase your service or business to over 600 members and their friends in Chicago for as little as \$100.

Gandhi Samaj of Chicago offers great advertising/

marketing opportunities to members and outsiders for a very reasonable price. If you or anyone you know is interested please contact one of our committee members or email us at gandhisamajchicago1984@gmail.com

Don't let this wonderful opportunity pass by and miss the "boat".

Donation for Picnic

As you may know we are dependent on donation from generous members for various items for Picnic and GSC appreciates their support.

This year we are looking for sponsors/donors for following items.

Tea - \$100

Ice-cream - \$150

Kids Toys / Juice - \$100

Soda - \$200

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.

