

# GSC Times - Fall Newsletter



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## "Thank You" and Welcome Team 2016 & 2017

Congratulations to Keyur Ghayal for being elected as the 17<sup>th</sup> President of Gandhi Samaj of Chicago. I'm very happy that an accomplished professional and a leader with bright vision for our community will be leading us in the second half of this decade. Please extend your support to the new team as they transition into their roles in January 2016.

Talking about the Presidency, let me first "Thank" all the members of GSC for providing support and opportunity to take Gandhi Samaj further in its journey of 32 years. I am "Thankful" of my team for their full support in executing my responsibilities. It's hard to believe we are at the end of our term. When I first began 2 years ago, my vision was to make GSC more progressive, interactive and fulfilling experience for all our members. I hope to have lived up to your expectations



and delivered richer experience through various events such as Picnic, CSD, Navratri, Diwali and YCPS.

In January 2016 GSC will host 2<sup>nd</sup> annual Youth Career Planning Seminar for high school kids. Last year we had great speakers from our community, who guided the kids with their experience and provided insight on various professional careers. I encourage all the parents and their children to take

advantage of this once a year opportunity that can help you with your career choices.

Another aspect that is close to my heart is "**Vision 2020**" which empowers us as we move forward into the next decade and beyond. Let's aim to make Gandhi Samaj a stronger community that makes a difference in our lives and helps foster culture and heritage in our kids. Thank you.

- Ashwin Bodalia

## Message from the new GSC President

As the newly appointed President of GSC for the 2016 & 2017 year, I'd like to share my vision and commitment with you for the next two years. My focus will be to continue to support the values and tradition of our culture, as well as empowering the next generation of youth to become the leaders of tomorrow. Given the continued support from all of

our members, I am certain that we can help our Samaj succeed and foster a culture and heritage that is rich in tradition for years to come. For the next two years, we will continue to have all six events that you have come to enjoy each year, including Summer Picnic, Picnic Food Drive, Community Service Day, Navratri, Diwali, and Youth Career Planning Seminar. As you know,

organizing and executing these events require tremendous amount of time and planning, but my newly formed committee and I will do our best to make sure that all of these events are successful. Together we can make 2016 and 2017 two more years in our Samaj's history that we can be proud of, two more years of continued growth and prosperity. - Keyur Ghayal



## Health Topic: Breast Cancer

This year, over 230,000 women are expected to be diagnosed with breast cancer, and nearly 42,000 will die of it. This makes breast cancer not only the most common cancer in women, but also the second deadliest cancer for women in the US. In fact, 1 in 8 women in America is expected to develop breast cancer in her lifetime. The news is not all bad, however. Survival rates for breast cancer have steadily increased since the 1970s, and today, it is one of the most curable cancers. Part of this is due to early

detection. Breast cancer can be found in its early stages by mammograms, which are recommended every 1 to 2 years for women starting between 40 to 50 years old. Studies have shown that women who undergo regular mammograms have up to 25% less chance of dying from breast cancer than those who do not.

Treatment for breast cancer has also improved significantly. Treatment for breast cancer typically involves a combination of surgery performed by a surgical oncologist, systemic hormone therapy and/or

chemotherapy administered by a medical oncologist, and radiation therapy provided by a radiation oncologist. Great strides have been made in all three fields in recent years, with advances in each field leading to treatments with less adverse effects and greater benefits. For example, today, radiation treatment can be delivered extremely precisely, targeting specific areas while avoiding critical organs just millimeters away. This has meant that the serious radiation treatment reactions that many patients hear about in the past are rarely actually seen today.

**-Dr. Ying Zhang**

## Reflection on Community Service Day at "The Grove"

Back on July 26th, we partnered with The Grove of Skokie for our second Community Service Day event. The Grove of Skokie is a rehabilitation and long-term care facility, with over 150 residents. From the start, it was evident that simply our presence there brought a smile to their faces. The seniors were excited to see all of us, and they appreciated our support. We spent our time talking to them, helping celebrate their

birthdays, singing songs, and most importantly - bringing smiles to their faces!

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! Special thanks to Alpesh and Divyesh for singing melodious songs throughout the afternoon, certainly taking many back to their younger years. We ended the afternoon with

cutting a cake in celebration of all of their birthdays and passing out food and drinks.

Thank you to **Jayeshbhai Pastakia** for sponsoring the food for the seniors. It's amazing the memories we can help create with a few hours of our time. 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**

## Reflection on Picnic

Picnic is the event where every member is excited to come out and enjoy after the harsh Chicago winter.

GSC organized its annual summer picnic on June 21st. The day was filled with lots of sun and delicious food. GSC served tea and snack (Fafda-Jalebi) in the morning. Breakfast was followed with tasty vegetarian and non-

vegetarian dishes for lunch. We wrapped up the evening with strawberry and chocolate ice-cream. Our Samaj members enjoyed food and exciting games at the picnic. Children and Adults played games such as limboo-chamchi, musical chair, potato shake race and volley ball. Prizes for winners and toys for the kids were distributed. Kids and adults also enjoyed science show

from Mr. Jerry Zimmerman aka "Mr. Freeze". He performed mind blowing science experiments using liquid Nitrogen gas. It was an atmosphere full of fun and excitement. Finally, we announced the next GSC President Mr. Keyur B. Ghayal for the year 2016 and 2017. Congratulations to Keyur and his team!!

**- Nitin Gandhi**



## Diwali Festival

### Why do we celebrate Diwali?

Many Hindu-Americans are asked this question during this time of the year. Diwali or Deepavali, literally means "row of lights," and most people explain Diwali as the festival of lights. What they often don't understand is the symbolism behind the oil lamps, the fireworks, and the beautiful Rangoli sand art, all of which are hard to miss in most Hindu households on Diwali night.

"We celebrate Diwali to commemorate the day when Lord Rama returned to his kingdom, the city of Ayodhya." Why all of the lights? Diwali, like the day Lord Rama returned to Ayodhya, is a new moon, a moonless night. In order to light his path in the pitch black, the residents of Ayodhya lit diyas (small oil lamps) lighting up the city in divine splendor. Tulasidas, the famous Hindu saint, describes: "The shining pinnacles of white palaces put to shame

the effulgence of the sun and the moon. Latticed windows made of diverse precious stones shone here and there; while every house was lit up with jewels that served as lamps."

Wishing you all a Happy Deepavali and prosperous New Year!!!!!!

– Roma Bhagat



## Hindu Ritual and Routines

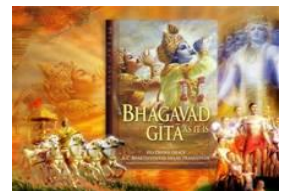
Hinduism is not a religion but rather a way of life. Unlike other religions, Hindu dharma has many specialties. This is known as the dharma; Sanaathana Dharma. Sanaathana means, according to Bhagavad Gita, which cannot be destroyed by fire, weapons, water, air, and which is present in all living and non-living being. Dharma means, the way of life, which is the 'total of all aacharaas or customs and rituals'.

Aacharaas are to be followed based on their merits available from the self experience; you need not blindly follow a teacher or someone who gives advice without reasoning. All these aacharaas are mentioned for the prosperity of the human beings and it should be the prime focus for practicing the Hindu aacharaas. Aacharaas are followed for the psychological and physiological health and long life; Aacharaas are

followed for prosperity and wealth; Aacharaas are followed for strong family and social bondage and following the Aacharaas give a fine personality, dharmic outlook and vision, says our dharmasastra.

In India everyone followed Aacharaas for the above mentioned psychological, physiological, family relation, social benefits and national integration based benefits.

– Roma Bhagat



## Youth Corner: Stress Management in Youth

### DID YOU KNOW?

Top causes of stress in youth:

- 1) Academic Pressure
- 2) Parents/Family Expectations
- 3) Social Life/Sports
- 4) Lack of Sleep

Children and adolescents are prone to stress just as often as adults. According to the American Psychological Association (APA), 5 out of 10 teens are stressed out-

mentally, physically and emotionally. In fact, teenagers report that their stress levels are the highest during the academic school year.

It is crucial to identify stressful triggers and manage symptoms of acute and chronic stress. Inability to manage stress leads to psychological and medical consequences including memory loss, anxiety,

depression, headaches, ulcers and difficulty falling and staying asleep. In order to combat intense feelings of stress, individuals should learn several key strategies in what health professionals term, Stress Management, such as Exercising, Walking, Relaxation, Talking to Peers, Walking Pets and such.

– Hiren D. Ghayal





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## In Memoriam

Gandhi Samaj of Chicago acknowledges family members of our community who have lost their loved ones during the past 6 months (April 2015 – September 2015).

### Akshay Chandulal Gheewala

Husband of Manisha, father of Diya Gheewala

Passed away on – August 31, 2015, Age – 51 years, Place deceased - Illinois, USA

Note: Please email information about your immediate family who passed away in Chicago to [gandhisamajchicago1984@gmail.com](mailto:gandhisamajchicago1984@gmail.com) or via our website in order to broadcast information to the GSC members in Chicago about funeral and besnu. This is a free service.

## Matrimonial Advertisement

GSC started a new matrimonial service for its members in 2014. If you are interested in placing matrimonial advertisement for your son, daughter or a relative on our website, kindly contact one of our committee members. Take advantage of this opportunity to reach fellow members who may be looking for a bride or a groom that matches your needs. This facility is also open to relatives of GSC members living outside of Chicago.

## Nepal Earthquake Relief

Earlier this year Nepal, India's neighboring country in the Himalayas was rocked by a powerful earthquake that claimed thousands of lives and destroyed millions of homes. GSC sprang into action with partnership with "Direct Relief" to help collect donation for the victim. Within 2 weeks we collected over \$1000. GSC matched this amount upto \$500. GSC has once again proved that it cares for the community around us and is ready to provide help in the time of crisis. Thank you to all the members for your generous donation to "GSC Nepal Earthquake Relief Fund".

## ...Lastly

The festival of Diwali is just around the corner.

Please register for your dance, act or item online on [www.gandhisamajchicago.com](http://www.gandhisamajchicago.com) website.

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.

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. Donation in any amount is welcome and appreciated.

**Please contact Ashwin Bodalia or Nitin Gandhi or Jayesh Pastakia to donate for Diwali. You can also donate online on our website by Credit Card.**

GSC greatly appreciates your continued contribution and support.

### Picnic Donors

We would like to "Thank" our donors for their donations during Picnic.

1. **Sushila Gandhi**
2. **Vimal Gandhi**
3. **Ketan Baman**

### 4. Jayesh Pastakia

### Now Online On Our Website

1. **Members Directory**
2. **Obituary Notices**
3. **Gujarati Newspapers**
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...**

