

GSC Times - Spring Newsletter



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GSC "Vision 2020"

First, let me welcome new members to Gandhi Samaj of Chicago. My team is excited to bring you another year of activities and programs that we hope you all can participate in and brings joy to your families.

In my email early this year, I shared my vision of GSC namely "Vision 2020". I believe that GSC is a stronger community that has grown in the past 31 years and has helped maintain our heritage and culture thriving throughout the Chicago land area. However, the challenge we face is to keep that momentum going, so our kids and grand-kids can have same joyous and cultural experiences that we all have loved. In addition, we need to equip them to meet the challenges of this century by providing them guidance and platform to succeed.

I envision Gandhi Samaj as a progressive community that values our tradition and



culture as well as nurturing our next generation. I envision Gandhi Samaj that stands for each other and reaches out to its members to help. I envision Gandhi Samaj that helps our younger generation succeed in the 21st century. I envision Gandhi Samaj that not only participates in cultural activities, but also supports other community events. I would like all of you to join me in fulfilling **"Vision 2020"** that empowers us to lead into this decade and beyond. Let us make Gandhi Samaj one

that makes a difference in our lives and help foster culture and heritage in our kids. Let us make Gandhi Samaj that is more collaborative and supportive of initiatives that help our community succeed.

Finally, I encourage all of you to participate in this vision and a journey. It is our responsibility to make GSC a great community that we can all be proud of.

- Ashwin Bodalia

Mr. Freeze coming to GSC Picnic!!

Some of you may have seen Jerry Zimmerman also known as Mr. Freeze performing science demonstrations at school or science events. We are fortunate to have Mr. Freeze come out to our Picnic this year and perform some mind blowing cryogenics science

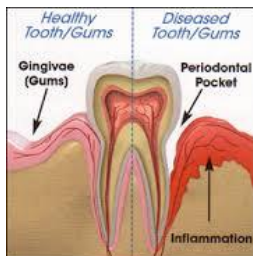
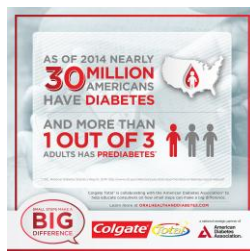
experiments using liquid Nitrogen. Cryogenics is the science of how you make things really cold and what happens when you do that!!

Come out to see Jerry break his hand and eat "cyro-mallows" dipped in liquid Nitrogen. Watch him perform

explosions and soak himself with a bucket of soap!!

See Jerry's amazing work in science at 2pm near the Picnic shade.

In addition we will have games for everyone.



Health Topic: Diabetes and Gum Disease

According to the American Diabetes Association, there are more than 20 million Americans with diabetes. As this number continues to increase, the short and long-term effects of diabetes on the body are becoming apparent such as heart attack, stroke, blindness and oral health disease.

Studies have shown that subjects with uncontrolled diabetes (prolonged blood sugar of over 120 mg/dL) are 3x more likely to have periodontal disease, or gum disease, than those with well-controlled diabetes. The reasons behind this

have to do with the inflammatory response of the body. The cells which successfully fight against an infection are altered in people with diabetes. As these cells, called neutrophils, monocytes, and macrophages, are impaired; the body's first line of defense is in jeopardy. The bacteria then are able to survive within the pockets between the gums and teeth, causing destruction.

Despite all this information, having diabetes does not automatically mean you will have gum disease. There are many ways of preventing

gum disease. If a person's diabetes is well-managed by diet, exercise, and medication, they are less likely to see some of these harmful effects. Maintaining good oral hygiene by brushing and flossing twice a day can significantly reduce the amount of bacteria that has been shown to cause gum disease. It is also important to visit a dentist 2-3 times a year for an examination of the gums and professional cleaning. Keeping all of this in mind, anyone with diabetes can keep their healthy smile for their entire lives.

- Dr. Akshi Gandhi

Community Service Day: Sunday, July 26 at 1.30pm

Gandhi Samaj of Chicago is excited to organize the annual community service day at The Grove of Skokie Senior Care and Rehab Center in the heart of Skokie.

The Grove of Skokie rehab is one of the only elderly skilled care centers serving Indian-Pakistani community in Chicago area. They offer short-term and long-term senior living as a "Home" away from home.

On Sunday, July 26, 10-15 GSC volunteers interested in community service will visit the Grove of Skokie in Skokie from 1.30pm – 4pm and celebrate monthly "Birthdays" of the residents, spend time with them playing Bingo and other games.

As you may be aware, some of the GSC members have lived at this rehab center and this would be

our opportunity to meet and greet them and bring happiness in their lives. As a caring member of GSC, this is a time to give back 2 hrs of our time in a year to bring joy in the lives of people who are under care.

We encourage members to sign up for this event on the GSC website and during Picnic. Address information will be in the summer flyer.

Reflection on Diwali Program

As we reflect on the 2014 Diwali program, most of you would agree that this function was just as enjoyable as previous programs. We had a great participation turn-out across different generations. We even witnessed many new faces for the first time! This is one function that requires efforts from both, team members as well as participants, and as a result,

we were able to provide entertaining programs, such as classical dance, Bhajan, acts and Bollywood dances.

Additionally, we introduced latest technology to process membership fees in a convenient manner. We related to the younger generations by using projector and other equipment to share GSC's website and all the

information that's available for our members.

Over the past 30 years, Diwali program has influenced many members to take an active role in our community and has been a stage for members to showcase their talent. I hope that this engagement continues and we see many more new participants in the 2015 Diwali Program.

- Bhumi V. Gandhi

Why do we ring a Bell in Temples?

Before you enter a temple – to awake and prepare you for the taste of awareness is the real reason behind the temple bell. In other words, "it helps to ring in order to wake yourself up!" To an extent fragrant generators, low light lamps all form ecosystem to help create awareness.

The Bell is an indispensable part in most Hindu pujas. Bell is sounded before the actual puja and worship begins. A well-designed bell produce long strains of the sound 'OM.' A bell is rung in a Hindu temple, during the

waving of light in front of the deity, while bathing the deity and while offering food. Hindu devotees upon entering the temple also hit the bell hung in front of the sanctum sanctorum.

A Temple bell is another scientific phenomena; it is not just your ordinary metal. It is made of various metals including Cadmium, Lead, Copper, Zinc, Nickel, Chromium and Manganese. The proportion at which each one of them mixed is real science behind a bell. Each of these bells is made

to produce such a distinct sound that it can create unity of your left and right brain. The moment you ring that bell, it produces sharp, but lasting sound which lasts for a minimum of seven seconds in echo mode good enough to touch your seven healing centers or chakras in your body.

– Roma Bhagat



Festivals – Ganesh Chaturthi

Thursday, 17-September

Ganesh Chaturthi or "Vinayak Chaturthi" is one of the major traditional festivals celebrated by the Hindu community. It is observed in the Hindu calendar month of Bhadrapada, starting on the shukla chaturthi (fourth day of the waxing moon period). Typically the day falls sometime between

August 20 and September 15. The festival lasts for 10 days, ending on Ananta Chaturdashi, and is traditionally celebrated as the birthday of Lord Ganesha.

It is believed that Lord Ganesh was born on a fourth day (chaturthi) of the bright fortnight of the Hindu lunar month of Magh. Since then, an association between Ganesh and chaturthi has

been established. Thus the festival dedicated to the worship of Lord Ganesha on this chaturthi day is named as Ganesh Chaturthi.

Many people bring Ganesh murti to their home for 1 to 10 days where they worship the Lord Ganesha. The Ganesh Chaturthi 'Visarjan' ceremony is marked with great pomp and vivacity with distinct music, dance and drum-beat element.

– Roma Bhagat



Youth Corner: Youth Career Planning Seminar

Earlier this year, we held our first ever Youth Career Planning Seminar. It was an educational event, with many intelligent speakers from our very own community. We had highly qualified individuals from our Samaj with successful careers; and we were delighted that they shared their experiences with those who attended this seminar. We covered various careers, ranging

from Doctors to Nurses to Engineers. Each speaker spoke about their journey, from how they selected their field, to navigating U.S. colleges, and finishing their presentations by sharing their daily routines in their career. Our speakers parted some valuable knowledge and insight, even providing helpful tips to those applying to colleges. Aside from the speakers, Manhar Gajjar (an engineer)

shared the products his company manufactures in the plastics space.

Overall, it was a great event for our community. We plan on providing another seminar next year, and we look forward to strong involvement from our younger members and community in general.

– Keyur Ghayal



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

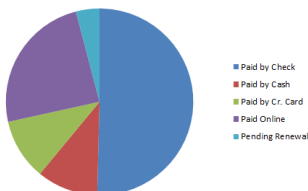
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**Facts: Here is how
2014 membership was
paid?**



We're on the Web!

www.gandhisamajchicago.com



Gandhi Samaj-Chicago

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 2014 – March 2015).

Chandulal Dhanjibhai Gheewala

Husband of Chanchalben, father of Malaben Dineshbhai Gandhi, Sunil/Purvi Gheewala and Akshay/Manisha Gheewala
Passed away on – January 15, 2015, Age – 78 years, Place deceased - Justice, Illinois, USA

Note: Please email information about your immediate family who passed away in Chicago to 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.

GSC Membership Fee Increase

Please be informed that starting year **2015 Annual Membership Fee** for GSC will be \$100 per family. I.e. in Diwali 2015 our annual membership fee will be \$100. This is to accommodate increase in cost of living, food and rental expenses. Last increase in GSC Membership fee was 5 years ago in 2010. We hope our members will welcome this change with understanding that this fee will still cover only 60% of our Annual Operating Budget. This fee increase was approved by the Board of GSC Presidents during last Fall meeting.

GSC Accepts Credit Card

We would like to "Thank" our members for their overwhelming support of payment via credit card on the website and at the Diwali venue last year. About 1 out of 3 members paid their dues via credit card. Let's make this 60% this year as it's convenient, safe, instant receipt and self service with no waiting in line at the Diwali venue.

GSC Election, Donations

GSC Elections

This year we will be electing our President for 2016, 2017 term. Application form for President's position is attached with this newsletter and also available on the GSC website.

Interested candidates should submit their completed application via US Mail to the President Ashwin A. Bodalia before 5-June-2015 (no exceptions).

If there are more than one candidates, an election will be held during picnic with one vote per family (No proxy voting). Best of luck to the candidates and let's support our next President.

Diwali Donors

We would like to "Thank" our donors for their donations during Diwali Program/ YCP Seminar.

1. Bharat Gandhi
2. Navin Gandhi
3. Jitendra R Gandhi
4. Vinod Gandhi
5. Reshma Gandhi
6. Tushar Modi
7. Ashok Gandhi
8. Devry University
9. Ketan Baman
9. Jayesh Pastakia

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
Ice-cream
Kids Toys /Juice
Soda
Popcorn Machine Rental**

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. **You can donate online too!**

"Big Thanks" to all volunteers for their help during 2014 Picnic, Navratri and Diwali.

