

GSC Times - Fall Newsletter



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GSC President's Update

I hope all of you have had the time to enjoy the beautiful weather we've had so far this year. With the summer almost over and kids going back to school, there is still some time to squeeze in that last small outing.

As the president of GSC, I've had the pleasure of working with my 2016/2017 committee this year on planning the events including picnic, as well as getting ready for the Navratri and Diwali.

I hope all of you enjoyed the picnic as much as we had fun planning for it. Between the food and games, it was a successful event! This year, we decided to change things up a bit by hiring chefs from Sankalp to prepare the food on-site. This turned out to be a great idea, since many of you reached out to us after the picnic letting us know how much you enjoyed the



food and the picnic in general. This event was successful because of your support, our sponsors, and the hard work from this committee.

With the picnic behind us, we have great events planned for Navratri and Diwali. This year, we will have a live band during Navratri to keep us all on our feet doing raas and garba, so come prepared to dance. We're also working on bringing another successful Diwali party.

I can assure you that both events will be filled with excitement, dancing, fun and enjoyment to bring our community together and have a good time.

I am proud of our GSC community and all of its members for supporting each other year after year and helping build a culture for our kids that we can all be proud of. Thank you.

- Keyur Ghayal



Picnic Food Drive

In our spring newsletter, we noted a striking statistic: studies show that 1 in 7 Americans rely on food banks to feed themselves.

To help address this issue, we hosted a Food Drive during the picnic in July to help those in need.

Members of our community recognized this effort and brought with them non-perishable food items that

they donated during the picnic in July. It showed tremendous support from our community, to come together to help the less fortunate by bringing food to donate. Members donated items including canned vegetables, soups, as well as dry cereal, whole grain pasta, rice, etc.

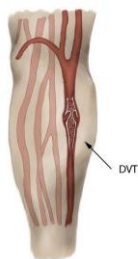
The Food Drive helped a local food shelter prepare meals for those in need.

Once again, the GSC community has stepped up its effort to help those who are hungry and need our help. Thank you for making the GSC Food Drive another successful event.

Your contribution is greatly appreciated.

-Keyur Ghayal





Health Topic: Being Safe When You Travel

What is a deep vein thrombosis?

Our legs are made up of several blood vessels that supply nutrition to our thigh and calf muscles. A DVT is a **life-threatening blood clot** that forms in the deep blood vessels of our legs.

What is the relation between long distance travel and DVT?

Long journeys (usually greater than 4 hours) by train, plane, car, etc, can lead to an increased risk of DVT. When we sit for long

periods of time, **like when traveling overseas**, our blood moves very slowly, and sometimes even stops flowing. When blood stops, it collects in the lower parts of our legs as they are in the hanging position, and it forms a **clot**.

Is a DVT serious?

Yes, it can be **life threatening**. If the clot travels in the blood stream, it can go up towards the heart and lungs, and **block** blood flow to our vital organs.

Can I reduce risk of DVT?

When taking a long trip, bend and straighten your legs, feet, and toes every half hour or so. Also, try to take a walk up and down the aisle and take every opportunity to get up and stretch your legs. Make sure you have enough legroom and avoid having bags under the seat in front of you. Make sure to drink a lot of water, avoid alcohol, and keep away from sleeping pills. A DVT can be prevented if you take charge and stay mindful of your activity!

- **Priya Ghayal**

Community Service Day: Shree Jalaram Mandir

Back on August 14th, we partnered with Shree Jalaram Mandir in Hoffman Estates for our third annual Community Service Day event.

Since a number of our members attend this mandir, this was a great way to help out and volunteer during the Shrimad Bhagvat Katha. A number of our Samaj members volunteered during the event. This was a rare opportunity to help the

Mandir and many in our Samaj were delighted to take this opportunity. We spent our time helping serve lunch to the hundreds of people who attended the event.

As we did last year, we had another year of good 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

Jayshreeben Thakkar for reaching out to us on behalf of the Mandir with this opportunity and helping us coordinate the event.

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!

- **Manhar Gajjar**

Reflection on Picnic

Gandhi Samaj of Chicago celebrated its summer Picnic on Sunday, July 17, 2016 at Bunker Hill Grove, Chicago with close to 300 members, friends, and well-wishers participating in this event.

Members enjoyed fafda and jalebi for breakfast, and hot lunch was prepared on-site this year – something new and exciting from the committee. Kids had fun

playing games like lemon- spoon race, three legged race, and musical chair. Adults had a good time playing volleyball, cricket, and bean bags throughout the day. Many members took opportunity to sign up for our upcoming volunteer event at Shree Jalaram Temple. A good amount of dry/canned food was also collected for the food pantry donation. The day concluded

with ice cream for all! Overall it was a fun event where members of our Samaj came together to celebrate and enjoy each other's company. It was joyous to see children and adults alike having a good time. Our sincere thanks to all of our picnic donors and event helpers; without everyone's positive effort, it would not have been possible to execute such a successful event.

- **Bhumika 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 Customs: Namaste

Indians greet each other with namaste. The two palms are placed together in front of the chest and the head bows whilst saying the word namaste. This greeting is for all – people younger than us, of our own age, those older as well as friends and strangers.

There are five forms of formal traditional greeting enjoined in the shastras of which namaskaram is one. This is understood as

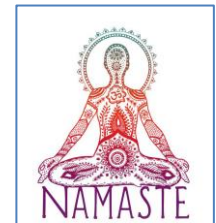
prostration but it actually refers to paying homage as we do today when we greet each other with a namaste.

Namaste could be just a casual or formal greeting, a cultural convention or an act of worship. However there is much more to it than meets the eye. In Sanskrit namah + te = namaste. It means - I bow to you - my greetings, salutations or prostration to you. Namaha can also be

literally interpreted as "na ma" (not mine). It has a spiritual significance of negating or reducing one's ego in the presence of another.

When we know this significance, our greeting does not remain just a superficial gesture or word but paves the way for a deeper communion with another in an atmosphere of love and respect.

– Roma Bhagat



Youth Corner: Academic Stress

DID YOU KNOW?

"Reducing academic pressure may help children succeed" (American Psychological Association, 2012).

With recent increases in competition amongst high school students applying to college, academic pressure is at an all-time high. Children of all ages experience academic pressure. Academic

pressure consists of worrying about grades, obtaining enough credits to graduate, desire for perfection, parental pressure, and taking accelerated or AP courses.

What can parents do?

As a parent, it is important to provide support and guidance for your child. This means to encourage your child to put in their best effort, instead of striving for perfection.

Encourage your child to explore their interests and set appropriate goals throughout the academic year. Time management skills will also help lower academic pressure. Your child may excel in school and ultimately feel better emotionally, physically and mentally if they reduce their academic pressure.

– Hiren D. Ghayal



**Gandhi Samaj of Chicago
– A Non-Profit
Organization under
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Got comments/feedback...

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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 2016 – August 2016).

Thakorbhai P. Mehta

Husband of Bhagwatiben T. Mehta

Passed away on – July 29, 2016

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 Donations

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

1. Neil Bhagat	2. Rajnikant Bharucha
3. Aashish Desai	4. Manhar Gajjar
5. Jay Gandhi	6. Paresh Gandhi
7. Jayesh Pastakia	

Special thanks to Mr. Suresh Bodiwala for his coverage of GSC during Picnic!

We are looking for Sponsors for the following for Navratri and Diwali.

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

...Lastly

The festival of Diwali is just around the corner.

Please register for your dance, act or item online on 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.

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 Keyur Ghayal, Hitesh Gandhi, or Ashwin Bodalia to donate for Diwali. You can also donate online on our website by Credit Card.

GSC greatly appreciates your continued contribution and support.

Nominate people you know for GSC President's Award, Community Service Award on our Website by 9-Oct-2016.

On Our Website:

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

