

GSC Times - Fall Newsletter



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2017 GSC Member Payment Profile



"Thank You" and Welcome Team 2018 & 2019

As I come to the end of my term of leading the Samaj as President during 2016 and 2017, I'd like to take this time to say "thank you" to my family, committee members, and the Samaj for the continued support. It has been truly a team effort, to put successful events together and to find a balance between offering something new and keeping in line with traditions. GSC members have been especially great with supporting the change in the timing of dues collection this year and overwhelmingly paying online and on-time, with close to 70% of the members paying their dues online!

Congratulations to Hiteshbhai Gandhi for being elected the 18th President of Gandhi Samaj of Chicago. I'm looking forward to new and exciting ideas he will bring to the table over the next two years under his leadership. Please extend



your support to him and his new team as they transition into their roles for the next two years in January, 2018.

We're excited about the next event we have planned in November! Diwali will be just as exciting, especially this year since we're planning on hosting the Diwali function at Waterford Banquet in Elmhurst on November 4th.

We have a great foundation in

place. Let's continue to build on it by maintaining our values and traditions, helping support the younger generation, and remaining involved in the community.

Let's work together, and lend a helping hand whenever needed. We'll have fun, share a few laughs together, and enjoy each other's company.

- Keyur Ghayal

Message from the new GSC President

As a newly elected president for the year 2018-2019, I will be focused on supporting the values and tradition of our culture and also support next generation of youth to become the leaders of coming years.

With the help of my talented and hard-working team and of course with support of

members, I am sure we can help our Samaj promote a heritage and culture that is rich in tradition for years to come. For next two years, I am planning to have a BAR-B-QUE party in our summer picnic and BANQUET STYLE Diwali celebration.

As you know, organizing and executing events require

tremendous amount of time, planning, and money. I promise I will do my best with my team to make all events a success. Together we can make 2018-2019 two of the most memorable years by taking Gandhi Samaj to next level.

- Hitesh Gandhi

Health Topic: Substance Abuse in Youths & Adults



What is substance abuse?
Substance abuse is known as the use of addictive drugs, such as drugs and alcohol, in ways that lead to dependence and impair functions. Abuse of these drugs can lead to addiction, physical and mental health complications, & even death.

Unfortunately, children are at higher risk of being influenced by substance abuse. Of the many reasons, typically it is due to peer pressure from friends, easy access to drugs, or even stressors involved with school, sports, and family pressure.

Within the Indian community, there is a stigma associated with substance abuse and mental health problems. Do not ignore or deny the problem. You must address it immediately, and seek help from trained professionals. They are well equipped to help you, your child, or others negatively impacted. Remember, it is never too early or too late learn or teach about substance abuse. Be available, listen openly, and provide your child with the tools to choose the right path.

- Dr. Hiren Ghayal

Key Facts:

- Over 24.6 million surveyed reported to be substance abusers.
- Over 136.9 million over the age of 12 reported to abusing alcohol. That's more than half of America's population.

So what can we do?

- Communicate with each other and your kids.
- Be more involved as parents, talk to your kids.
- Teach your kids the type of behavior you want them to learn.
- Don't judge.

Health Topic: Cholesterol



Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. However, too much of cholesterol in your blood can stick to the walls of your arteries.

It is one of the major risk factors for coronary heart disease, heart attack, and stroke. Smoking, high blood pressure, and diabetes may increase the risk.

There are usually no signs

or symptoms that you have high blood cholesterol, but a simple blood test called complete fasting lipoprotein profile is performed to check for HDL < LDL < Triglycerides and Total blood (or serum) cholesterol.

American Heart Association recommends that all adults age 20 or older have their cholesterol checked every four to six years, and work with their healthcare

providers to determine their risk for cardiovascular disease and stroke.

The good news is that cholesterol can be lowered, reducing the risk of heart disease and stroke. Certain lifestyle changes such as eating a heart-healthy diet, regular exercise, avoiding tobacco smoke, and maintaining appropriate level of weight will also help!

- Bhumika V. Gandhi

Reflection on Picnic



Gandhi Samaj of Chicago celebrated its summer Picnic on Sunday, July 16, 2017 at Bunker Hill Grove, Chicago with close to 300 members participating in this event.

Members enjoyed sev-khaman and jalebi with hot chai and bhajiya for breakfast, and lunch was prepared on-site again this year – something exciting from the committee. Kids

had fun playing games like lemon-spoon race, three legged race, and musical chair. And, adults had a good time playing volleyball throughout the day. A good amount of dry/canned food was also collected for the food pantry donation.

The day concluded with the selection of a new GSC president (Mr. Hitesh

Gandhi) for next two years. Congratulations to Hiteshbhai and his team!

Overall, it was a fun event where members of our Samaj came together to enjoy each other's company. Our sincere thanks to all of our picnic event helpers; without everyone's effort, it would not have been possible to execute such a successful event.

- Keyur Ghayal

Celebration of Diwali

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."

Diwali is one of the happiest holidays and a reminder of the importance of knowledge, self-inquiry, self-improvement, knowing and seeking the good and the right path. It is the celebration of good ultimately triumphing over evil.

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

– Roma Bhagat



GSC Diwali Celebration – NEW format this year!

We're excited about the upcoming Diwali event we have planned on November 4th! Diwali will be just as exciting, especially this year since we're planning on hosting the Diwali function at Waterford Banquet in Elmhurst.

Social gathering and dinner will begin promptly at 6:30 pm, so please plan on arriving on time since seating is on a first-come, first-served basis.

However this year, we're changing this up a bit and looking to get all of our members involved and on the dance floor! The new format this year will have the cultural program during the first half of the evening and then open dance for everyone during the second half of the evening.

We're excited to provide this format to allow everyone to

dance the night away, so bring your dancing shoes!

The team has been working hard to put all of the performances together. We can't wait to see everyone. We hope you enjoy the program as much as we have had fun putting it together. See you on November 4th!

– Roma Bhagat



Youth Corner: Internships

How important is it really to do an internship?

During the school year, students may feel overwhelmed with coursework, sports, or extracurricular activities. Many students also feel that they need to make money to pay for their expenses and may not have time for an internship.

Internships are a proven way to gain relevant knowledge, skills, and experience while establishing important connections in the field.

Internships are a way to get your feet wet and find out about a specific field that you may be interested in pursuing. Some colleges may even offer funded internship programs that may meet your coursework requirements.

Internships make candidates more competitive in the job market. In addition to gaining exposure in the field, it also provides an opportunity to develop relationships with employers. By being well rounded, it may open many doors for a successful career post-graduation.

- Dr. Hiren Ghayal



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

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Gandhi Samaj-Chicago

Comments/Feedback?

Write to us at:

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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.

Shri Ramanbhai Gandhi (Lightwala) (husband of late Ruxmaniben Gandhi)
Passed away on – July 31, 2017, Age - 88

Shri Chhabildas Vanmalidas Modi (husband of late Kamlaben Modi)
Passed away on – August 27, 2017, Age - 95

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.

Important GSC Event Date

- **GSC Diwali – Saturday, November 4th at Waterford Banquet;**

GSC Donations

We would like to say "Thanks" to Mr. Jayesh Pastakia for providing the toys during picnic and Mr. Nitin Gandhi for sponsoring water during Navratri. Also, thanks to all of the advertisers for their support.

We are looking for sponsors for the following for Diwali:

- Educational Achievement Award;
- Gifts for participants during the Diwali program;

...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 and may be tax deductible.

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 15-Oct-2017.

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...

