

# GSC Times - Spring Newsletter



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## GSC President's Update

We have a great number of events planned again for this year, including the upcoming **GSC Picnic on Sunday, July 16<sup>th</sup> at Bunker Hill**. Please keep this date open and plan on attending!

We're excited about rest of the events we have planned for this year as well! Navratri will be fun with Raas and Garba, and 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 4<sup>th</sup>. Stay tuned for more info!

In order to plan for attendance and catering for the various events, we have changed the timing of our collection process and will be collecting the annual membership dues prior to the picnic starting with this year. The change to the timing of our collection process is



detailed in the attached letter. Please make sure to make your payment by June 30<sup>th</sup> since we will not be collecting dues at the end of the year.

Also this year, we will be electing the new President of GSC for the next two years. It's a great opportunity to get involved with the Samaj! If you are interested, please complete the application on our web site or reach out to one of the committee members.

We have a great foundation in place. We will 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, take it one step at a time, and lend a helping hand whenever needed.

We'll have fun, share a few laughs together, and enjoy each other's company.

**- Keyur Ghayal**

**DILIP TAILORS**  
SPECIALIST LADIES TAILOR  
- Sari Blouse - Sari Pants -  
- Kurta Pajama -  
&  
**ALTERATION**

Regal Sari Sagne  
2621, W Devon Ave  
Chicago IL 60659  
11am to 7pm  
Tues Closed

**DILIP RATHOI**  
Tel: 947-791-8821  
Home Address: 9620 Golf TER APT 2N  
DES PLAINES, IL 60016, 1920



## Picnic Food Drive

Hunger is more prevalent now than ever in America. Studies show that 1 in 7 Americans rely on food banks to feed themselves.

As responsible members of our community, GSC will be hosting a Food Drive during the picnic in July to help

those in need. Please bring non-perishable food items that you'd like to donate to the picnic in July. These items can include canned vegetables, soups, meats, as well as dry cereal, whole grain pasta, rice, etc.

We have partnered with a

local food shelter that will accept our food donation. Let's all do our part and bring at least one item so we can lend our support to those who are hungry and need our help.

**- Hitesh Gandhi**

## Health Topic: American Stroke Awareness



### What is Stroke?

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than 65.

### Key Facts of Stroke:

- Every 40 seconds someone has a stroke
- Leading cause of Disability in the U.S.

- 1 out of 6 people will suffer a Stroke in his or her lifetime
- Stroke is the 5<sup>th</sup> leading cause of death in the U.S.

### So what can we do?

Remember F.A.S.T.:

- **F:** face drooping
- **A:** arm weakness
- **S:** speech difficulty
- **T:** time to call 911

Be ready to spot signs and act by calling 9-1-1. This might help make the difference between life and death or between full recovery and permanent disability.

Despite the tremendous toll stroke takes, the vast majority of Americans do not think of stroke as a major health concern. One in three Americans is unable to identify all the F.A.S.T. stroke warning signs.

We need to make more people aware that stroke threatens millions of American lives, young and old, male and female, from every background. At the same time, stroke is largely preventable, treatable and beatable.

- Dr. Priya Ghayal

## Community Service Day: Northern Illinois Food Bank



Gandhi Samaj of Chicago is excited to organize the annual community service day with a partnership with Northern Illinois Food Bank in Geneva.

It's a great organization that helps provide nutritious meals to those in need – over 71,500 people each week in the Northern Illinois community. Its mission is to solve hunger in our 13-county service area!

We are looking for twenty volunteers to provide their time in August, to help sort and package food. Kids 8 and above can participate.

The GSC CSD event will be held on August 5<sup>th</sup>.

### Here are the event details:

**Date:** Saturday, August 5<sup>th</sup>

**Time:** 9:00am to 12:00pm

**Address:** 273 Dearborn Court, Geneva, IL 60134

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

Since a number of our members are involved in the community, this is a great way to help out and volunteer. Please reach out to committee members with any questions.

- Dr. Hiren Ghayal

## Reflection on Diwali Program



Gandhi Samaj of Chicago hosted its 32<sup>nd</sup> Annual Diwali Program on November 5<sup>th</sup> at Hanuman Temple in Glenview.

This is a long-time tradition observed by GSC, where families come together to socialize and attend the cultural program showcased by the members of GSC. As I look back on the 2016 Diwali program, the banquet style

function was different and exciting. The event started with Social hour accompanied by traditional Gujarati cuisine dinner and followed by our cultural program.

The cultural program touched everyone's hearts as imaginations of performers showcased their talents. The children and adults of

Gandhi Community performed Classical and Bollywood Dance, songs and showed many other talents.

This function requires efforts from both team members as well as participants to make this event successful. We are looking forward to another great event in 2017!

- Bhumika V. Gandhi

## Hindu Rituals and Routines

Touching the feet is a sign of respect for age, maturity, and divinity that our elders personify. It symbolizes our recognition of their selfless love for us and the sacrifices they have done for our welfare.

It is a way of humbly acknowledging the greatness of another. This tradition reflects the strong family ties, which has been one of India's enduring strengths.

The good wishes (**Sankalpa**) and blessings (**aashirvaada**) of elders

are highly valued in India. Good thoughts create positive vibrations. Good wishes springing from a heart full of love, divinity and nobility have a tremendous strength.

When we prostrate with humility and respect, we invoke the good wishes and blessings of elders, which flow in the form of positive energy to envelop us. This is why the posture assumed whether it is in the standing or prone position, enables the entire body to receive the energy thus received.

The different forms of showing respect are:

- **Pratuthana:** Rising to welcome a person.
- **Namaskaara:** Paying homage in the form of Namaste.
- **Upasangrahan:** Touching the feet of elders or teachers.
- **Shaashtaanga:** Prostrating fully with the feet, knees, stomach, chest, forehead and arms touching the ground in front of the elder.
- **Pratyabivaadana:** Returning a greeting.

– Roma Bhagat



## Upcoming Indian Festivals

### Important 2017 Dates:

- Guru Purnima - July 9<sup>th</sup>
- Nag Panchami - July 27<sup>th</sup>
- Raksha Bandhan - August 7<sup>th</sup>
- Ganesh Chaturthi - August 25<sup>th</sup>

### Guru Purnima

Guru Purnima is observed as an auspicious day during the full moon day in the Hindu month of Ashad, a day sacred to the memory of the great sage Maharshi Veda Vyasa. All disciples perform a puja of their respective "Gurudevs."

### Nag Panchami

Nag Panchami is celebrated in many parts of India on the fifth day after Amavasya of Sraavana month. The snake god NAG is worshiped. The last day of the Shraavana is celebrated as POLA, where the BULL is worshiped by farmers from Maharashtra.

### Raksha Bandhan

The festival of brothers and sisters, is celebrated on Sraavana Poornima (Full Moon).

### Ganesh Chaturthi

Also known as Vinayaka Chaturthi, it is the Hindu festival that reveres god Ganesha. It is celebrated with great delight across the world.

– Roma Bhagat



## GSC's Impact – Near and Far (Direct Relief to Nepal)

GSC recently received a "thank you" message from a member of the Direct Relief program, the group that worked hard to help those in need in Nepal when the earthquake hit back in April, 2015.

When the news broke of the earthquake, members of the GSC community came together to donate money to help those in

need. With everyone's support from around the country, Direct Relief was able to deliver 170 tons of medicine and supplies worth more than \$50 million to healthcare facilities caring for earthquake survivors in Nepal.

In addition, more than \$3 million in cash grants have been provided to locally run organizations to help rebuild local health systems.

Thank you again to the GSC community for being involved through different ways. Whether it's through donating your time or donating money, it goes a long way to help people in need. This is a great example of the GSC Chicago caring for the community, so thank you!

– Ashwin Bodalia



**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:**

[GandhiSamajChicago1984@gmail.com](mailto: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.

### **Harkishanbhai Vithaldas Bodalia (husband of Jasuben Bodalia)**

Passed away on – February 8, 2017, Age - 81

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.

## Important GSC Event Dates

- GSC Picnic - Sunday, July 16<sup>th</sup> at Bunker Hill;
- GSC Community Service Day - Saturday, August 5<sup>th</sup>;
- GSC Navratri – Saturday, September 23<sup>rd</sup> (Tentative, at Maine East);
- GSC Diwali – Saturday, November 4<sup>th</sup> at Waterford Banquet;

*Please remember to pay your annual 2017 membership dues by June 30<sup>th</sup>.*

## GSC Donations

### Diwali Donors

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

1. **Dipak Shah**  
(Direct Floor)
2. **Syed Hussaini**  
(Wintrust Bank)
3. **Puneet Sawney**  
(Ashton Palace)
4. **Sunil Shah (NY Life)**
5. **Anil Shah**  
(World Money Exchange)
6. **Gagan Suri**  
(Shree Restaurant)
7. **Manish Gandhi**
8. **Neil Khot**
9. **Ketu Amin**
10. **The PrivateBank**

### Donations for Picnic

As you know, we are dependent on donation from generous members like you for various items for Picnic and related events. Without your continued support, our events would not be as successful. Thank you!

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

- Tea
- Ice-cream
- Kids Toys /Juice
- Soda

### **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.

**A "Big Thanks" to all volunteers for their help during 2016 Picnic, Navratri and Diwali.**



**Remember –  
You can donate**

**Online**

**too!**