



# Gujarati Samaj

Montréal - Canada

જ્યાં જ્યાં વસે એક ગુજરાતી ત્યાં ત્યાં સદાકાળ ગુજરાત

## Message from the President



January 2011

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Dear Members.

Namaskar and happy new year to all the members.

We, the executive members, are happy to know that the events in 2010 were enjoyed by all. The feedback has been positive and encouraging. Thanks for your moral and physical support.

I would like to announce the first event of the year "VALENTINE PARTY" which is scheduled on Saturday, Feb 12/2011. I request you to please have your name reserved with any one of the executive members. There are only 125 chairs available, and we already have 60 names.

Please do not forget to wear any of the following suitable color of your choice to spice up the party.

Red, Pink, White or Black.

So let's take a break from the cold, long winter and warm our hearts. Enjoy the dinner and dance night out.

Yours truly

Dilip Shah  
President

## YEAR ROUND EVENTS

✿ Valentine's Dinner	February 12, 2011
✿ Dhuleti – Rangotsav	March 20, 2011
✿ Anand Bazaar	April 30, 2011
✿ Summer Picnic	July 17, 2011
✿ International Day	August 14, 2011
✿ Navaratri Garba	October 1, 8, 15, 2011
✿ Diwali Show and Dinner	November 5, 2011

Dates are subject to Change. For more Details Please read upcoming newsletters

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## **Uttarayan (Makar Sankranti)**

*Sankranti* is celebrated since last 6000 years, as archeological findings in Latin America prove that the Mayans celebrated something similar to *Sankranthi* with Pongal, Pala kayalu, as some kind of spring festival.

Makar Sankranti is a major harvest festival celebrated in various parts of India. According to the lunar calendar, when the sun moves from the Tropic of Cancer to the Tropic of Capricorn or from Dakshinayana to Uttarayana, in the month of Poush in mid-January, it commemorates the beginning of the harvest season and cessation of the northeast monsoon in South India. Sankranti is a Sanskrit word which is the movement of the earth from one zodiac sign into another and as the Sun moves into the Capricorn zodiac known as Makar in Hindi, this occasion is named as Makar Sankranti in the Indian context. It is one of the few Hindu Indian festivals which are celebrated on a fixed date i.e. 14th January every year.

Makar Sankranti, apart from a harvest festival is also regarded as the beginning of an auspicious phase in Indian culture. It is said as the 'holy phase of transition'. It marks the end of an inauspicious phase which according to the Hindu calendar begins around mid-December. It is believed that any auspicious and sacred ritual can be sanctified in any Hindu family, this day onwards. Scientifically, this day marks the beginning of warmer and longer days compared to the nights. In other words, Sankranti marks the termination of winter season and beginning of a new harvest or spring season.

Great importance is attached to the use of TIL (Sesame seeds) during Makar Sankranti. Therefore, this Sankranti is also called TIL Sankranti. People make Laddoos (round balls) from Til. It is said that Til emanates from Vishnu's body and that the above described usage wash away all kinds of sins. Sankranti period is held to be very auspicious and any good deeds during this time will produce merits. Gifts of clothing, blankets etc., on this day are productive of merits in both this life and in the next life.

Kite flying has been associated with this festival in a big way. It has become an internationally known event. Brightly colored kites dot the skies, in celebration of Makar Sankranti. It is considered quite a sport and you will see many competitions held on that day.





# VALENTINE'S DAY TRADITIONS FROM AROUND THE WORLD

Valentine's Day is celebrated around the world, but each country has its own traditions and customs. See how different countries differ from your own celebration!

The most common story of Valentine's Day dates back to Saint Valentine, a Christian martyr who died in Rome on February 14th, having left (so legend says) a note for the jailer's daughter which read "Your Valentine." Today, Valentine's Day is consistently considered a day for loved one to present one another with similar tokens of love.

While India and most Middle Eastern countries have banned the holiday due to its focus on sexual overtones and its religious ties to Christianity, most Western cultures still embrace the message of the day and celebrate it in their own distinctive ways. Common sentiments around the world seem to echo in flowers, chocolates, red or pink hearts and messages of love. But every country has variations of these common threads with unique traditions and celebrations of this special day of love. Why not take some Valentine's Day cues from another country?

## IDEAS

- One idea can be to present your loved one with a tradition typically celebrated in his or her country of heritage.
- Another idea may be to create a themed date night, decorating a room in the aesthetic indicative of a country and follow the traditions of that country. Perhaps you and your loved one have visited one of these countries together—what a special memory-filled day that would be!
- Take a proposal idea from Japan or celebrate a "singles day" like Korea!

## Japan



In Japan, Valentine's Day is celebrated on two different dates...February 14 and March 14. On the first date, the female gives a gift to the male and on the second date...known as White Day and supposedly introduced by a marshmallow company in the 1960s...the male has to return the gift he received on February 14. Thus, strictly speaking, a Japanese female has the luxury of actually choosing her own gift. Chocolate is the most popular gift in Japan. However, since most Japanese females believe that store-bought chocolate is not a gift of true love, they tend to make the confection with their own hands.

## Korea



The traditional gift of candy takes place in Korea on February 14, but only from females to males. There is another special day for males to give gifts to females and this is celebrated on March 14. Very similar to the custom in Japan, March 14 in Korea is known as "White Day." On "White Day," many young men confess their love for the first time to their sweethearts. For those young people who have no particular romantic partners, the Koreans have set aside yet another date...April 14, also known as "Black Day." On that date, such individuals get together and partake of Jajang noodles, which are black in color, hence the name of the day.

## Taiwan



Valentine's Day is celebrated in Taiwan on February 14, but it is also celebrated on July 7 of the lunar calendar. Both dates are equally as important. Many men purchase expensive bouquets of roses and other flowers for their sweethearts. According to Taiwan tradition, the color and number of the roses holds much significance. For example, one red rose means "an only love," eleven roses means "a favorite," ninety-nine roses means "forever," and one hundred eight roses means "marry me."

## Denmark



The "Lover's Card" is the most popular gift-exchange in Denmark—What was formerly a transparent card that pictured, when held up to the light, a man presenting a woman with a gift is now considered any colourful card given on Valentine's Day. Another type of card known as "gaekkebrev" is a romantic custom where a man will send this card to his woman of interest. The card contains a rhyme, written by the man but is not traditionally signed by him—only a dot for each letter of his name will appear on the note. If the woman guesses the correct name, she will receive an egg from him on Easter.

## United States and Canada



In the United States and Canada, Valentine's Day is an extremely popular festival. Here, the day is observed as a holiday. Originally held to honor St Valentine and express love to sweethearts, the scope of the day has come to be so widened that it has now become an occasion to express gratitude and love to not only sweethearts and spouses, but also to teachers, parents or any other close relation or acquaintance. The modern celebrations of the day see people complementing their dear ones with gifts that include popular items as cards, fresh flowers like rose, chocolates and candies. Dinner and dance parties are specially organized all over the country to celebrate the occasion. Many couples hold private celebrations in homes or restaurants and gift flowers, a box of candy, or some other present to one another. Sending candies on Valentine's Day has been a very popular tradition and it still is. Most valentine candy boxes are heart-shaped and tied with red ribbon. These contain tiny pastel-colored candies shaped like hearts with some lovely messages like "Be Mine", "Thank You" or "Cool Dude" printed on them.

# Gujarati Samaj of Montreal

Gordially Invites you to

## VALENTINE'S DAY

## DINNER AND DANCE EVENT

Date: February 12, 2011

Time: 6 p.m. to 12 a.m.

Venue: Tandoori et Grille Restaurant

4690 Boul. des Sources,

D.D.O. H8Y 3C4 Tel: 514-683-4878

Tickets: \$25 per person (Parking included)

Soft drinks included.

### હાંઘી જીવી જાણો

લાંબી આ સફરમાં હાંઘીના ઘણા રૂપ જોયા છે  
તમે એકલા સાને રડો છો સાથી તો અમેય ખોયા છે

આપ કહો છો આમને શું દુઃખ છે આ તો સદા હસે છે  
અરે આપ શું જાણો આ સિતમાં કેટલા દુઃખ વસે છે

મંજીલ સુધી ના પહોંચ્યા તમે એ વાતથી દુઃખી છો  
અરે ચાલવા મળ્યો રસ્તો તમને એટલા તો સુખી છો

આપને છે ફરિયાદ કે કોઈને તમારા વિશે સુજયુ નથી  
અરે અમને તો “કેમ છો?” એટલુય કોઈ એ પુછયુ નથી

જે થયું નથી એનો અફસોસ શાને કરો છો  
આ હાંઘી જીવવા માટે છે આમ રોજ રોજ શાને મરો છો

આ દુનિયામાં સંપૂર્ણ સુખી તો કોઈ નથી  
એક આંખતો બતાવો મને જે ક્યારેય રોઈ નથી

બસ એટલુંજ કેહવું છે હાંઘીની દરેક શ્વષ્ઠ દિલથી માણો  
નસીબથી મળી છે હાંઘી તો એને જીવી જાણો...



### આજના એસ.એમ. એસ.

ફૂલની પાંખડી બની મહેકવું છે,  
પાણીની બુંદ બની વરસવું છે,  
નથી વહેવું કોઈની આંખના આંસુ બનીને  
બની શકું તો દરેકના ચહેરા પર  
સ્મિત બનીને મહેકવું છે.

ક્યારેક આ જિંદગી હસતા મૂકી દે,  
ક્યારેક આ જિંદગી રડતા મૂકી દે,  
ના પૂર્ણવિરામ સુખોમાં,  
ના પૂર્ણવિરામ દુઃખોમાં,  
બસ જ્યાં મજા આવે ત્યાં  
અલ્પવિરામ મૂકી દે...

સુખનો સૂરજ, સ્નેહની સવાર,  
મેઘની મહેર, પ્રેમની પોકાર,  
દિલની ધડકન, મનની મુરકાન  
ખુશીનો ખજાનો લઈને આવ્યું  
આ પ્રભાત....



## આત્મસુખ

એક વાડીની અંદર એક આંબો અને એક આસોપાલવનું ઝાડ બાજુબાજુમાં હતાં. સમય અને ઋતુઓના આવન-જાવન સાથે ગ્રીષ્મ ઋતુમાં આંબાના ઝાડમાં કેરીનો પાક શરૂ થાય ત્યારે બાળકો આંબાના ઝાડને ઈંટોના ઢેખારા તેમ જ નાના પથ્થરો મારી મારીને કેરીઓ તોડવાનું શરૂ કરી દેતા હતાં. છોકરાઓ જ્યારે આંબાને મારતા ત્યારે આસોપાલવના ઝાડને મઝા પડતી. આંબાનું વૃક્ષ માર ખાય ત્યારે પોતાને ખૂબ નસીબદાર માનતું અને આંબા માટે દયા આવતી.

એક દિવસ તેણે આંબાને કહ્યું, 'જ્યારે જુઓ ત્યારે કોઈ ને કોઈ તમને પથ્થર મારીને કેરી તોડતું જ રહે છે, ત્યારે તમને બહુ જ પીડા થતી હશે.' એનાં કરતાં કેરી ઊગતી ન હોય તો કેવું સાફ ? આ વાત સાંભળીને આંબાના વૃક્ષે કહ્યું, 'એવું ન કહે, મારી ડાળીઓ પર કેરી ઊગે છે એનાંથી મને બહુ ખુશી થાય છે. આ જ કેરીને કારણે તો બાળકો તેના ઊગવાની રાહ જુએ છે અને ઊગે ત્યારે મારી પાસે આવે છે, તેનાથી મને બહુ ખુશી થાય છે.'

આસોપાલવ કહે, 'પણ એમાં તને શો ફાયદો? કાયમ માર ખાતો રહે છે. મને તો કોઈ એક કાંકરી પણ મારે નહીં. તારા કરતાં હું ક્યાંય વધુ ખુશ છું. એ સાંભળી આંબાએ કહ્યું, 'તારી ડાળી પર કોઈ ફળ ઊગતા નથી એટલે તને એનો આનંદ નહીં સમજાય.' જેની પાસે કંઈક હોય એ જ બીજાને આપી શકે અને એજ તેનો ધર્મ છે. કંઈક આપવાથી આત્મસુખ મળે છે અને જો તમે આનંદથી આપતા હો તો તેમાં કોઈ પ્રકારની પીડા કે દુઃખ થતાં નથી.' આ વાતનો જવાબ આસોપાલવ પાસે નહોતો અને તેથી તેણે આંબાને ધન્યવાદ આપ્યા.

આપણી પાસે ભગવાને જે કંઈ પણ આપ્યું હોય તેમાંથી બીજાને તેની જરૂર મુજબ આપવાથી આપણને આનંદ મળે છે અને સાથે સાથે આત્મસુખ પણ મળે.

### Hey Gujaratis, Did you know?



- ...that 80 per cent of all diamonds sold anywhere in the world are polished in Surat's 10,000 diamond units?
- ...that an average income of a Gujarati family in North America is three times more than the average income of an American family?
- ...that Gujarat is having highest no. of vegetarian people compared to any other state in India?
- ...that the first ALL VEG PIZZA-HUT was opened in Ahmedabad?
- Gandhinagar is the Greenest Capital City in whole Asia

### Ambaji Temple



Ambaji temple is situated at Ambaji town, in the Banaskantha district of Gujarat. The temple, the holy the seat of Ambe Mata - the Mother Goddess, is a popular pilgrim place for Hindus. Ambaji temple is also considered as one of the Shakti Peethas in India. The Goddess is a manifestation of Shiva's consort, Parvati. Ambe Mata is the Adya Shakti- the primordial female power, the Mother Goddess. A short distance from Ambaji, there is a hill named Gabbar Hill. People believe that the Goddess revealed herself on the hill and left the imprints of Her feet.

**Ambaji Temple Website:**  
<http://www.ambajitemple.org/>

### વિદાય / Departures

- Nayanbhai Patel, Vineet Unadkat's father-in-law
- Diwaliben Patel, Ami's grand-mother and Jagdishbhai & Manubhai Patel's mother.
- Jayantilal Shah, Manubhai Shah's father
- Natverlal Ajmera, Prashant Ajmera's father
- Kanchanben Shah, Ajitbhai and Hiranben Shah's mother

એ અંતિમ વિદાય લીધી છે.  
પ્રભુ સદ્ગત આત્માને શાંતિ આપે.

...have departed for the heavenly abode. May God bless them with eternal peace.

આપણાં કર્મોએ આપણો દેહ બાંધ્યો છે, જેવાં કર્મ કરીશું તેવો દેહ મળશે... – નાનક

મૃત્યુ એ ચાલવાનો માર્ગ છે, અને ચાલવાનો અંત નથી... – શ્રી અરવિંદ

અનુભવ એ સારામાં સારો શિક્ષક છે, પણ એની ટ્યુશન ફી બહુ ભારે છે... – થોમસ કાર્લિલ

## Heavenly Valentine's Day Chocolate Cheesecake

### Ingredients:

- 2 c Vanilla Wafers, Fine Crush
- 1 c Ground Toasted Almonds
- 1/2 c Butter, Melted
- 1/2 c Sugar
- 12 oz Milk Chocolate Chips
- 1/2 c Milk
- 1 Envelope Unflavored Gelatin
- 16 oz Cream Cheese, Softened
- 1/2 c Sour Cream
- 1/2 tsp Almond Extract
- 1/2 c Heavy Cream, Whipped
- Whipped cream and chocolate shavings (optional).



### Method:

In large bowl, combine vanilla waver crumbs, almonds, butter and sugar; mix well

Pat firmly into 9-inch spring form pan, covering bottom and 2 1/2 inches up the sides. Set aside.

Melt over hot (not boiling) water milk chocolate chips; stir until smooth. Set aside.

Pour milk into small saucepan; sprinkle gelatin over top. Set aside for 1 minute.

Cook over low heat, stirring constantly until gelatin dissolves. Set aside.

In large bowl, combine cream cheese, sour cream, and melted chocolate chips; beat until fluffy.

Beat in gelatin mixture and almond extract. Fold in whipped cream. Pour into prepared pan.

Chill until firm (about 3 hours). Run knife around edge of cake to separate from pan; remove rim. Garnish with whipped cream and chocolate shavings, if desired.

***We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made. - Albert Einstein.***

***India conquered and dominated China culturally for 20 centuries without ever having to send a single soldier across her border.***

***- Hu Shih (Former Chinese ambassador to USA)***

***"India - the land of Vedas, the remarkable works contain not only religious ideas for a perfect life, but also facts which science has proved true.***

***Electricity, radium, electronics, airship, all was known to the seers who founded the Vedas."***

***-Wheeler Wilcox (American poet)***

## ગ્રીન બીન્સ ટીકકી

**સામગ્રી :** ૧ કપ-ઘઉં,

૩/૪ કપ-મગ, ૧/૨ કપ-ચોખા,

૧/૨ કપ-ચણાની દાળ,

આદુ-મરચાંની પેસ્ટ,

ઝીણી સમારેલી પાલક,

લીલું લસણ, મીઠું, સ્વાદ અનુસાર.



**સ્ટફિંગ માટે :** ૧૦૦ ગ્રામ-લીલા ચણા, ૧૦૦ ગ્રામ, લીલા વટાણા,

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કોબીજ, ૫૦ ગ્રામ-પનીર, ૨ ચમચી-આદુ-મરચાંની પેસ્ટ, કુદીનો,

કોથમીર, ૧. ૧/૨ ચમચી દાળિયાનો ભૂકો, ટોપરાનું ખમણ, ૧

ચમચી-કિસમિસ, આમચૂર પાવડર, ખાંડ, મીઠું, સ્વાદ અનુસાર, ગરમ મસાલો-૧ ચમચી .

**રીત :** સૌ પ્રથમ દરેક દાણાને અધકચરા ક્ષ કરી લેવા તેમાં કોબીજ, ગાજર, બધું ઉમેરી દેવું. હવે બે ચમચી તેલ લઈ તેમાં આ સ્ટફિંગને સાંતળવું. પછી તેમાં બધા મસાલા ઉમેરી હલાવી તેમાં પનીર ખમણીને નાંખી દેવું.

હવે એક વાસણમાં ૨ વાડકી પાણી લઈ તેમાં ઉપર જણાવેલ દરેક ધાનનો કરકરો લોટ મિક્સ કરી તેમાં ઉમેરવો. (પાણી ખૂબ ઉકળવા દેવું) પછી તેમાં પાલક, લીલું લસણ તથા આદુ-મરચાંની પેસ્ટ તથા મીઠું ઉમેરી હલાવી સીઝવા દેવું. હવે તૈયાર કરેલા ખીયાના લોટને હથેળી પર ટીકકી બનાવી તેમાં સ્ટફિંગ ભરવું, પછી ટીકકી ગોળ ચપટી બનાવી તેને પેનમાં બે ચમચી તેલ મૂકી સેલોફાય કરવું. સેલોફાય કરતાં પહેલાં તેને કરકરા લોટમાં રગદોળવી.

**નોંધ :** ઉપરના ખીયાના લોટમાં પાણીનું માપ લોટથી દોઢ ગાણું જ રાખવું. આ ટીકકી લાપસીના લોટમાં તથા રવામાં બનાવી શકાય છે.

હેમાલી વાય. રીંડાણી, જમનગર



## Foods that Heal

What we eat has a direct impact on our bodies so it's essential not only to fuel it with the right quantity and quality of food, but also the most potent. Functional foods like berries, nuts and darkly coloured fruit and vegetables contain thousands of compounds, pigments, and natural antioxidants, many of which have been associated with protection from heart disease, hypertension, cancer, and diabetes. This is probably why the Food Guide pyramid recommends five servings per day of fruits and vegetables. So what should we be eating?

**Berries:** These yummy pie fillers are a triple threat, helping to fight against cancer, heart disease and cholesterol. They contain phytochemicals called anthocyanidins and ellagic acid, both of which act as antioxidants, helping to protect cells, and are also full of fibre, which helps reduce cholesterol.

**Turmeric:** In India turmeric is applied on wounds to help promote quicker healing or is dissolved in glass of warm milk to reduce chest congestions. The primary ingredient, curcumin, which is what gives it its yellow colour, has anti-inflammatory and antioxidant qualities and protects the liver from toxins. Studies have also shown that it can help fight against cancer and promote optimal heart function.

**Cruciferous Vegetables:** Broccoli, kale, cabbage and cauliflower are wonderful sources of vitamin C, folate and carotenoids, which are all believed to be cancer fighters. They neutralise cancer-causing chemicals that damage cells and also interfere with tumour growth. The phytochemical, indole acts to make oestrogen less potent and thus may reduce the risk of breast cancer.

**Beetroot:** High in vitamin A (an antioxidant), it is not only good for the eliminative system, but also benefits the digestive and lymphatic systems. In addition, beetroot improves circulation, purifies the blood and strengthens the heart. It can also be used to eliminate pocket acid material in the bowel, ailments in the gallbladder and stagnancy in the liver.

**Tomato:** The good news is that it's not just fresh ones that count - canned tomatoes are just as good, and purée is actually higher in vitamins and minerals. Tomato increases the alkalinity of the blood and helps remove toxins, especially uric acid from the system. Its vitamin A is great for vision disorders and has also proved beneficial for morning sickness and stomach problems.

**Garlic:** The smelly compound of garlic, allicin, is actually an antibiotic that can help lower the risk of stomach and colon cancer. It regulates the balance between HDL (good cholesterol) and LDL (bad cholesterol), stimulates the immune system, and acts as an expectorant and decongestant for common colds and as a 'mucus regulator' for chronic bronchitis. It also thins the blood and prevents embolisms and contains cancer-preventive chemicals.

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	૨૯			૩૦
			૩૧	

### શબ્દ કસોટી

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૧. નાદાન, ઘેલું (૨)	૧. અકધાનસ્તાનનું એક પ્રાચીન નામ (૩)
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૩. કાસીજોડા (૩)	૪. શાહેદી, સાક્ષી (૨)
૪. સ્વચ્છ (૨)	૫. લિલામ (૩)
૫. મૂર્ખ, ઠોઠ (૨)	૬. મુસાફરી, પ્રવાસ (૩)
૭. સત્ય મોર્ગે ચાલનારો (૨)	૮. સંગીત સાથેનું નૃત્ય (૨)
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૧૨. સ્વાભાવિક, કુદરતી (૩)	૧૩. આડ-વહેણો, આડકથાઓ (૨)
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૨૩. વિજયની દેવી (૩)	૨૭. જીવન પથ પર ગુલાબ અને ... બંને પથરાયેલા હોય છે. (૨)
૨૦. ભભકો, દબદબો (૩)	૨૮. લંબાઈ, પહોળાઈ, વજન વગેરેનું પ્રમાણ (૨)
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૨૯. નદીની પહોળાઈ (૨)	૩૧. ગુંબજ (૩)



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