



Gujarati Samaj

Montréal – Canada

જ્યાં જ્યાં વસે એક ગુજરાતી ત્યાં ત્યાં સદાકાળ ગુજરાત



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(2010-2014)
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Message from the President

Dear Members.

Namaskar and HAPPY NEW YEAR to all the new and existing members.

We, the Executive Committee, receive pleasure in knowing that all the members enjoyed the events that took place in the year 2009. Events such as the Valentines Party, Holi, Anand Baazar, the ever popular yearly picnic, International day, Navaratri and as well as Diwali were all a success. To make it even more successful in the future we hope to bring in even more members. Thus far we are happy and proud to announce that the Gujarati Samaj already consists of 750 members.

I would like to thank each and every one of the members for their moral and volunteer support. Without your help the events that were organized would not have been possible. We are also thankful to youth committee for their hard work and outstanding effort throughout all events of the year.

I, along with executive committee am happy to announce the **first event of the year. The Valentine Party**, which takes place on the 13th of February. So let's take a break from the cold outdoors and come and join us for the Valentine's party and enjoy the dance and dinner night.

This year we have decided to spice up the party with a **dress code** in one the following colors of your choice. **Red, Pink, White or Black.**

Non-members are also welcome to join us and enjoy the Valentines party.

Remember, your participation and support as well as feedback will help the Samaj to improve all the events that we host and hopefully make it much more enjoyable and exciting for all of us.

Your happiness is our success.

Yours truly,

Dilip Shah

President (2010-2011)

January 2010

Inside this issue:

Committee Members	2
Valentine's Day info	3
Upcoming Events	3
Kids Corner	4
Membership Form	8

GO GREEN PROJECT:

In order to help the Environment and Going Green, Gujarati Samaj of Montreal will now be Sending Emails to the Members of Gujarati Samaj instead of regular Post Mail starting February 2010.

To ensure that you receive all the Correspondences, Please make sure that you provide your Valid Email Address to our Webmaster at Webmaster@gujaratisamaj.ca

For those members who do not have an Email address and wish to continue receiving Correspondences through Regular mail will have to contact one of the committee members for confirmation.

Please help us in our Project

Thank you

GUJARATI SAMAJ OF MONTREAL

Valentine's Day Celebration in Present Times



In present times, Valentine's Day Festival celebrations are massive in several countries across the globe. The festival has emerged as a popular dating and gift-giving festival and therefore has a major social and economic significance. It may be noted that Valentine's Day started as a romantic festival but today the festival has increased in scope. These days, Valentine's Day is essentially regarded as festival that celebrates love between individuals and not just lovers. People therefore wish 'Happy Valentine's Day' to parents, teachers, siblings, friends or any other person special to them.

Though there are various traditions and customs associated with the festival, the most popular way of celebrating Valentine's Day is by expressing love to sweethearts and dear ones with an exchange of gifts. Some of the most traditional Valentine's Day gifts exchanged between lovers are fresh flowers, chocolates and cards. Jewelry is also fast emerging as the most sought after Valentine's Day gift for women. In the modern technologically advanced age, exchange of text messages between friends and loved ones has become a norm.

Going on dates with beloved is the other major way of celebrating Valentine's Day Festival. Restaurants see a busy time as people celebrate the day of romance with a candle light dinner. People also participate in Valentine's Day dance parties and balls organized by various clubs and hotels. Private parties are also organized in homes and farmhouses where young and the old have a blast. Some couple use the occasion to propose their beloved while some chose to get engaged on the festival that celebrates love and lovers.

Foods that Heal

The common cold is very common yet it has no easy cure. Vitamin C is wonderful for the cure of common cold. It can make the symptoms less severe or can shorten the length of a cold from seven days to two or three days with less coughing, sneezing, and other symptoms. If you feel a cold coming on, you should start taking Vitamin C. Here are a few home remedies to treat the common cold.

- ❖ Eat fruits and vegetables rich in vitamin C.
- ❖ One lemon should be diluted in a glass of warm water, and a teaspoon of honey should be added to it. This should be taken once or twice daily.
- ❖ Get plenty of rest, when you rest up your immune system is boosted up and it quickens the process of getting better.
- ❖ Fill a glass with warm water and mix in 1 tsp of table salt and gargle several times a day to cure throat soreness. This is a good treatment.
- ❖ Inhaling steam will also provide relief from congested nasal tissues. You can also steam with Vicks.
- ❖ Hot fomentations over chest and head cold are a good remedial method of getting rid of common cold.
- ❖ A mixture of onion juice and garlic juice consumed by diluting it in warm water helps in solving influenza problem.
- ❖ Drink ginger tea. It can be made by boiling ginger in normal tea.
- ❖ Drink a teaspoonful of ginger juice mixed with equal quantity of honey.
- ❖ Half a teaspoon of fresh turmeric powder mixed in 30 ml of warm milk, and taken once or twice daily, is a useful prescription for these conditions.
- ❖ For congested colds, mix tulsi powder, turmeric, salt and honey. This remedy should be taken 3 times daily.

Volunteers and Ideas Wanted

Gujarati Samaj is only as strong as the participation of its members. If you want to get involved, or help in any of our events, or have any thoughts or ideas, email us at info@gujaratisamaj.ca. We welcome your time, efforts and ideas.

Community Events / Announcements

If you wish to announce any community events, promotions, your business, or announcements regarding career milestones or birthday announcements, please send them to announcement@gujaratisamaj.ca.

We will publish all appropriate announcements in the next issue.

Recipes/Articles

If you wish to place an article, a recipe, jokes or drawings, please send them to webmaster@gujaratisamaj.ca.

Funeral Committee

Mr. Kumar Malde (Chairman)	514-333-1810
Mr. Narottam Pattni	514-630-9702
Mr. Lalit Vora	514-631-1393
Mr. Ashok Vashi	514-855-9235
Mr. Avnish Rughani	514-694-1676
Mr. Mahendra Mandavia	514-676-3994
Mr. Kantilal Lad	514-630-7834
Mr. Narendra Parmar	514-277-6660

Constitution Committee

Mr. Ashok Chauhan	514-626-4145
Mr. Prashant Ajmera	514-697-1597
Mr. Umesh Mehta	514-426-2122

Web/Newsletter Committee

Mrs. Prity Jariwala	webmaster@gujaratisamaj.ca
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Youth Committee

Jitesh Chauhan (President)	Jay Shah
Vijayeta Patel	Manasi Shah
Maulik Kantawala	Jai Patel
Shivam Gandhi	Saajan Rana
Farhan Fancy	Raj Rana
Kishan Rana	

UP-COMING EVENTS

Valentine's Dinner (DDO Civic Centre)	February 13, 2010
Dhuleti - Rangotsav (Hindu Mandir DDO)	March 06, 2010
Anand Bazaar (TBA)	May 01, 2010
Summer Picnic (TBA)	To be Announced
International Day	August 15, 2010
Navaratri Garba	October 9, 10, 16
Diwali Show and Dinner	November 13, 2010

Dates are subject to Change. For more Details Please Read upcoming Newsletters.

Gujarati Samaj of Montreal Proudly
Presents:

LOVE AAJ KAL
VALENTINE'S DAY
DINNER AND DANCE EVENT
WITH SURPRISE GIFT

Date : February 13, 2010

Time: 6:00pm to 12:00AM

Venue: Banquet Hall (Next to library)
DDO Civic Center
12001 Salaberry Blvd.
DDO

Tickets: \$25 per Person (Parking Included)
Soft Drinks Included

For Ticket Booking Call any Committee Member Latest by Sunday, February 7th

KID'S CORNER

Here's a quick test of intelligence. There are no tricks to the test, and it looks pretty simple. But let's see how YOU do!

Read this sentence:
 FINISHED FILES ARE THE
 RESULT OF YEARS OF
 SCIENTIFIC STUDY COMBINED
 WITH THE EXPERIENCE OF
 YEARS.

Now count aloud the F's in that sentence. Count them **ONLY ONCE**. Do not go back and count them again. What is your answer?

Now, check the correct answer below

Answer:6

Very Tricky math! Note: This riddle must be done in your head only -- do NOT write it down

Take 1000 and add:

- 40;
- 1000;
- 30;
- 1000;
- 20;
- 1000;
- And 10.

What is the new total?

Answer: Did you Get 5000, **The Answer is actually 4100**. Don't believe it, Check with your Calculator. The Decimal Sequence confuses our Brain, which always jumps to the highest decimals (100s instead of 10s)

MANDAPS, WEDDING INVITATIONS AND HALL DECOR

YOUR ONE STOP WEDDING SERVICE!!!



- Chairs
- Doll
- Backdrops
- Fresh flowers
- Jaymalas
- Corsages / Bouquets
- Statues
- Treasure chests
- Guest books
- For Mehndi, Walima, Ladies Sangeet setup
- Hats / T-Shirts
- Business cards
- Calendars
- Pens
- Flyers / Brochures
- Key chains
- Magazines
- Menus
- Passport Jackets



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Great Truths about Life That Little Children Have Learned

1. When your Mom is mad at your Dad, don't let her brush your hair.
2. If your sister hits you, don't hit her back. They always catch the second person.
3. Never ask your 3-year old brother to hold a tomato.
4. You can't trust dogs to watch your food.
5. Reading what people write on desks can teach you a lot.
6. Don't sneeze when someone is cutting your hair.
7. Puppies still have bad breath, even after eating a tic-tac.
8. Never hold a Dust-Buster and a cat at the same time.
9. School lunches stick to the wall.
10. You can't hide a piece of broccoli in a glass of milk.
11. The best place to be when you're sad is Grandpa's lap.

Great Truths about Growing Old

1. Growing old is mandatory; growing up is optional.
2. Insanity is your only means of relaxation.
3. There is always a lot to be thankful for, if you take the time to look. For example, think how nice it is that wrinkles don't hurt!
4. One reason to smile is that every seven minutes of every day, someone in an aerobics class pulls a hamstring.
5. Car sickness is the feeling you get when the monthly car payment is due.
6. The best way to keep kids at home is to create a pleasant atmosphere for them, and let the air out of their tires.
7. Families are like fudge...mostly sweet, with a few nuts.
8. Today's mighty oak is just yesterday's nut that held its ground.
9. Laughing helps. It's like jogging on the inside.
10. You find that if you just hang something in your closet for a while, it amazingly shrinks two sizes.
11. You realize that if you can remain calm, you just don't have all the facts.
12. Raising teenagers is like nailing Jell-O to a tree.
13. Your mind not only wanders; sometimes it leaves completely.
14. You choose your cereal for the fiber, not the toy.
15. You forget about health food because you need all the preservatives you can get.
16. When you stoop to tie your shoes, you wonder what else you can do while you're down there.
17. You get the same sensation from a rocking chair that you once got from a roller coaster.
18. You realize you were put on earth to accomplish a certain number of things, but you're so far behind you might have to live forever.
19. You know all the answers, but nobody bothers to ask you the questions.
20. You finally get your head together, but your body has fallen apart.
21. You recognize that time may be a great healer, but it's also a lousy beautician.
22. The older you get, the tougher it is to lose weight because by then your body and your fat are really good friends.
23. You discover that age doesn't always bring wisdom. Sometimes age comes alone.
24. You think you understand everything, and then you regain consciousness.

Recipe: KHAMAN DHOKLA



Ingredients:

- 2 Cups Besan
- 1 tsp Sugar
- 2 tbsp Lemon juice
- 2 tbsp Curd
- 4 Green chillies
- 1/2 tsp Mustard seeds
- 1/2 tsp Sesame seeds
- Shredded coconut powder
- 6 tsp Oil
- Fresh coriander leaves
- 1 Pinch soda

Method:

- Mix besan, oil, salt and sugar.
- Add chilli powder, lemon juice, curd and boiled water to make a paste.
- Now add soda.
- Take a container and pour the paste in it.
- Steam cook it in a pressure cooker it for 15 minutes.
- Keep it for cooling.
- Khaman is ready.
- Heat the oil.
- Add mustard seeds, sesame seeds and green chillies.
- Fry it for minutes.
- Cut the khamman into square pieces.
- Spread fried green chillies and seeds on pieces.
- Adorn with shredded coconut powder and coriander leaves.

Recipe: Paneer Makhani

Ingredients:

- 250 gms Paneer
- 200 gms Fresh Cream
- 200 gms Tomato Puree
- 2-3 tblsp Butter
- 2 tblsp Fenugreek leaves (dried kasuri methi)
- 1/2 tsp Red chilli powder
- 1/2 tsp Garam masala powder
- 2-3 Green Chillies
- Salt as per taste

Method:

- Melt the butter in a pan, add slit green chillies, tomato puree, kasuri methi, salt, red chilli powder and simmer for 4-5 minutes.
 - Add the cream and garam masala powder and cook further for 2-3 minutes.
 - Add the paneer pieces and cook for a minute.
- Serve hot garnished with coriander.

JOKES



CIRCUIT: Bhai, Bapu ne bola tha ke kabhi jhoot nehin bolna mangta hai. Apun aaj se kabhi jhoot nehin boleگا Bhai.

MUNNA BHAI: Aye Circuit, woh Sabrina ka baap aya hai tere ko dund rehla hai.

CIRCUIT: Bhai usko bolo apun gaon gayea hai, kheta karne ko.

MUNNA BHAI: Par Circuit, abhi to tu bola kabhi jhoot nehin boleگا.

CIRCUIT: Bhai, apun jhoot nehin boleگا, par tum to bol sakta hai na



Membership Renewal / Application Form

Gujarati Samaj Montreal Inc.
P.O. Box 38120, 3347 Boulevard Des Sources
Dollard-des-ormeaux, QC H9B 3J2
Phone/Fax: (514) 694-0476

Member Information

Surname:		Given Name and Initial:	
Address*:		Apt No:	
City:	Province:	Postal Code:	
Tel (Home):		Tel (Work):	
Fax:	E-mail**:		
* If two or more families live at the same address, please list the names on separate forms.		**By filling in your e-mail address you will be able to receive all the news and announcements instantly.	

Membership Fees

2010 Membership

Before May 31, 2010

\$12 per member - 12-64 yrs old
\$ 8 per member - 11 yrs or younger
\$ 8 per member - 65 yrs or older

After May 31, 2010

\$15 per member - 12-64 yrs old
\$10 per member - 11 yrs or younger
\$10 per member - 65 yrs or older

Same fees are applicable for new as well as renewing members.

Family Members 12 – 64 Years

Surname	Given Name	Relationship	E-mail
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			

Family Members 65 Years and Over

Surname	Given Name	Relationship	E-mail

Family Members 11 Years and Under

Surname	Given Name	Relationship	E-mail
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			

- I am enclosing a cheque made out to the **Gujarati Samaj of Montreal Inc.** for the amount of \$_____ being the membership fee for above listed members. **(Please do not send cash)**

☐ Please **DO NOT** include my name in the Samaj directory to be published as part of the Diwali Publication.
(Put an X in the box if you do not want your name published)

- **Signature:** _____ **Date:** _____
It will not be possible to renew or apply for membership at the door during the Navratri festivals.

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