



Gujarati Samaj

Montréal – Canada

આં જ્યા વસે એક ગુજરાતી લ્યા ત્યા સદ્ગુરી ગુજરાતી



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Message from the President

Dear Samaj-Members,

Jai Shri Krishna!

Thank you very much for making our first two events, Valentine Party and Holi, successful by showing up in big numbers. Our committee received lots of compliments from you and we truly appreciate your encouraging words. For those who missed the fun, may visit our picture-gallery on our Samaj's website to catch the wave of excitement and joy from those lovely photos.

Spring is finally here! That means it is time for blooming like a flower, having fun at our favorite event – Anand Bazaar! What do we Gujjus want anyway – not much, just “Khao, Pio Aney Moj Karo!” If you don't believe me, try viewing our Anand Bazar flyer and tell me if your mouth does not start watering simply by looking at your favorite dishes! So, please do not miss this year's Anand Bazaar!

We have one very informative session arranged for those who are health conscious and are curious to understand sudden forgetful behavior of their loved ones. Please join us on April 19 at Blue Heaven (DDO) chalet to learn more about Alzheimer from Dr. Nair.

Of course, we can not complete a summer without our Samaj picnic. Please don't forget the deadline for our 2009-membership is May 31. If you did not send your membership forms yet, you may save the postage by bringing it to any of the events. We will see you soon.

Yours Truly,

Hitendra Rana,

President (2009-2010)



April 2009

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THE GUJARATI SAMAJ WEBSITE
HAD A MAKEOVER! PLEASE VISIT
OUR NEW WEBSITE AND SEND US
YOUR COMMENTS AT
WEBMASTER@GUJARATISAMAJ.CA

THANK YOU AND HAVE FUN ON THE
WEBSITE,
WEB COMMITTEE

UPCOMING EVENTS

Anand Bazaar
MAY 2, 2009



Samaj Picnic
JULY 12, 2009



Info Session on Alzheimer's disease

Alzheimer's disease is the most common form of dementia, accounting for approximately 64% of all cases. Alzheimer's disease is progressive degenerative disease of the brain that destroys and damages brain cells. It results in impaired memory, thinking, judgments and behavior. There is no known cause and no cure. It is not part of normal aging. Alzheimer's disease can last from a few years to over twenty years after symptoms are first recognized. The average duration is eight to twelve years. The disease manifests itself differently from person to person although there are many commonalities. Not everyone will exhibit the same problems at the same time in the disease. There is no one description of a "typical" person with Alzheimer's disease. Every person is unique in severity and range of symptoms experienced. Symptoms depend on many factors, such as the stage of the disease, the person's pre-existing personality and coping strategies, environmental and social supports, and the presence of other diseases, high blood pressure or heart disease.

The Alzheimer's Disease Info Session is on

April 19 between 2:30 and 4:30 pm

**Location: 345 Blue Haven St,
Dollard-des-Ormeaux H9G 1S5**

It is between St-Jean blvd. and Boulevard des Sources crossing through Salaberry.

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

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Ram Navami is a festival that celebrates the birth of Lord Rama, the son of King Dasharath. It was a joyous occasion in Ayodhya all those centuries ago when King Dasharath's heir was finally born. It was like a dream come true for the king as the lack of an heir had troubled him sorely for many years.

Lord Rama is an avatar of Lord Vishnu who came down to earth to battle the invincible Ravana in human form. Lord Brahma had been receiving complaints from all the gods about the havoc that Ravana was wreaking on earth, but because Lord Brahma had granted Ravana so many boons, he could not be killed by a god. But Ravana had become so overconfident that he would never expect an attack from a human being. So Lord Vishnu agreed to go to earth in the guise of Prince Ram, the son of King Dasharath and Queen Kaushalya.

The story of Lord Rama as told in the great epic Ramayana is one that most Indians know irrespective of caste, creed and religion. Lord Rama is a legendary figure, the epitome of all that is good and true, the man who vanquished the demon king Ravana. Lord Rama is not just a hero, but has been given the status of a god by the Hindus. Therefore, it comes as no surprise that his birth is celebrated year after year with great pomp and enjoyment on the ninth day of the Chaitra month, which is the spring season. In some parts of India, it is celebrated as a nine-day festival that coincides with Vasanta Navratri, dedicated to the female.

Lord Rama was the ideal son, a righteous King, an upright husband and a loving brother. He also led an ideal life of a householder. He was also the true embodiment of humanity. Ram Navami is therefore a special reminder of the noble ideals for which Lord Rama stood.

Mr. & Mrs.

D. P. VERMA



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Easter Word Hunt

PALM	HUNT	LIP	SH
PNAE	BYLLE	JAY	VIR
OPMR	RABBIT	TRY	DXB
CPB	DECORATE	YEYSC	
CSUNDAY	DLBCELM		
VLQSGGE	BOUHPID		
JNUBSS	SORCTOHD	I	
BEFFRYAY	OTYCOZ		
UACLR	CWLHEGRF	J	
NSSHOC	CICRUA	F	
NTSKIW	LLLFT	EAC	
YEARECE	OXLISDF		
GRRNITK	RCYONEC		
XSGGNIR	PSPBFWDN		

BASKET	EGGS	NEST
BUNNY	FIND	NEWCLOTHES
BUTTERFLY	FLOWERS	PALM
CHICK	GRASS	PARADE
CHOCOLATE	HIDE	PUSSYWILLOW
COLORFUL	HOTCROSSBUN	RABBIT
DAFFODILS	HUNT	SEARCH
DECORATE	JELLYBEAN	SPRING
DYE	LAMB	SUNDAY
EASTER	LILY	TULIPS



A



Spot the Difference

Bunny with Easter Eggs (8 differences)

B



GOOD MOOD FOOD

Recipe: Gobi Manchurian

Ingredients:

1 medium sized cauliflower, cut into florets, placed in salted hot water for 10-12 min., drained
 2 tbsps maida/all-purpose flour
 2 tbsps cornflour
 1/2 tbsp rice flour (optional)
 1 tbsp ginger-garlic-green chili paste
 approx a little less than 1/2 cup warm water
 salt to taste

For the sauce:

1/4 cup spring onions, finely chopped
 1/2 capsicum, finely sliced
 1 1/2 tbsps finely minced garlic
 1/2 tbsp finely sliced ginger
 2 finely chopped green chillies
 1 tsp red chilli powder (preferably Kashmiri)
 2 tbsps soya sauce
 1 tbsp chilli sauce
 2 tbsps vinegar
 3 tbsps tomato sauce
 1/2 tsp brown sugar (optional)
 salt as required
 1 1/2 tbsps sesame oil
 1 tbsp finely chopped coriander leaves



Method:

1. Heat oil for deep frying in a heavy bottomed vessel.
2. In a bowl, combine maida, corn flour, rice flour, salt, ginger-garlic-green chili paste and water to make a thick paste. Dip the washed and drained florets into the batter such that it is well coated. Place each floret that is well coated with the batter into the hot oil. Do not crowd the vessel. Reduce flame and deep fry till the gobi is almost cooked. Increase the flame towards the end of the cooking process and fry the gobi till it turns golden brown. Remove onto absorbent paper and keep aside.
3. Heat oil in a large wok and once the oil is piping hot, add the chopped garlic and stir fry for a few seconds. Add the green chillies and ginger and stir fry on high for a few seconds.
4. Add the whites of spring onions and stir fry on high for 3-4 min, constantly tossing them. Add the sliced capsicum and stir fry for another 3 min. They should retain their crunch.
5. Reduce to medium heat and add the brown sugar, soya sauce, tomato ketchup, chilli sauce and vinegar. Combine well and cook for 2 min. Add 3-4 tbsps of water and cook for 2 min
6. Add the deep fried gobi and combine. Toss on high flame for 1-2 min. Turn off heat. Garnish with the chopped spring onion greens and coriander leaves
7. Serve with Rice

Recipe: FARARI HANDVO

Ingredients:

Potatoes	250 gr
Samo	200 gr
Ginger-Chili Paste	1 tbsp
Roasted crushed peanuts	50 gr
Green squash (doodhi) or carrot	200 gr
Yogurt	2 tbsp
Coconut	
Sugar	2 tsp
Coriander leaves	
Sindho Salt (Salt used on fasting days)	
Jeera and Sesame seeds for Vaghari	

Method:

1. Soak the samo for 2 hours. Boil the potatoes and remove the skin.
2. Grate the green squash or carrot. Also grate the coconut. Cut the coriander leaves.
3. Mash the potatoes and the samo together. Mix in ginger-chili paste, peanuts, yogurt, coconut, sugar, sindho salt, coriander leaves, and the green squash or carrot.
4. Heat oil in a small tapeli...Put the jeera in the tapeli once the oil is heated. When the jeera has popped, put the vaghari in the potato mixture.
5. Heat oil in the frypan. Put the jeera in the frypan once the oil is heated. When the jeera has popped, put the sesame seeds in the oil. Then put the potato mixture in the fypan. Cook till done on medium heat

JOKES

MUNNA BHAI :

Circuit, bole toh yeh Ford kya hai?

CIRCUIT :

Bhai, gaadi hai.

MUNNA BHAI :

Toh phir, yeh Oxford kya hai?

CIRCUIT :

Bole toh, simple hai bhai, Ox mane Bael, Ford mane gaadi. Oxford bole toh Baelgaadi.

Circuit takes a flight to Singapore and he is seated next to an Englishman. Circuit opens his tiffin and serves himself a roti.

ENGLISHMAN : What is this?

CIRCUIT : Bread India

Circuit then open the box of jalebi.

ENGLISHMAN : What is this?

CIRCUIT : Sweet India

With all the food he hogged on, Munna farts. The Englishman is offended and in shock asks ...

ENGLISHMAN : What is that?

CIRCUIT : Air India



PROFESSOR : Akal badi ki bhais?

MUNNA BHAI : Bole toh pehlay date of birth bata mamu.

Circuit: Bhai america mein address puchega tho kya bolne ka

Munna: Dhobhi Ghaat

Circuit: Bhai english mein bolnega tho?

Munna: Washington

Gujarati Samaj of Montreal

Presents

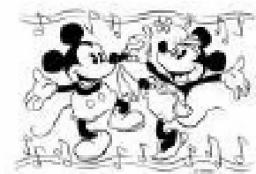
Anand Bazaar 2009



Variety of Snacks



Fun & Games



SATURDAY
MAY 2, 2009



Lucien-Page High School: 5 pm to 10 pm
8200 Blvd. Saint Laurent



www.gujaratisamaj.ca



If you would like to reserve a booth at the Anand Bazaar, the prices are:

Members: \$25 per table (1 item per table). Every additional item is \$10.

Non Members: \$30 per table (1 item per table). Every additional item is \$10.

Commercial/Non Food Items: \$40 per table



For more information or for reservations,
please call an Executive Committee Member.

Membership Renewal / Application Form



Gujarati Samaj Montreal Inc.
 PO Box 631, 15 Donegani
 Pointe Claire, QC H9R 4S7
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**:	
<small>* If two or more families live at the same address, please list the names on separate forms.</small>		<small>**By filling in your e-mail address you will be able to receive all the news and announcements instantly.</small>

Family Members 12 – 64 Years

▶ Surname	Given Name	Relationship	E-mail

Family Members 65 Years and Over

▶ Surname	Given Name	Relationship	E-mail

Family Members 11 Years and Under

▶ Surname	Given Name	Relationship	E-mail

- ▶ 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.

Membership Fees

2009 Membership

Before May 31, 2009

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

After May 31, 2009

\$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.

HOLI CELEBRATION



Holi is an ancient festival of India and was originally known as '**Holika**'. Holi is also called Vasant Utsav or Spring festival. It celebrates good harvests and fertility of the land. There are many legends and history associated with the origin of this festival.

The most popular among these legends is the one about the story of Bhakt Prahlad, the son of the evil King Hiranyakasipu. This legend signifies the victory of good over evil, of devotion surpassing ambition. King Hiranyakashipu was an ambitious ruler, one who wanted absolute power so that he would be worshipped as God. When this wish was made known, the King's own son, Prahlad, refused to obey his father. Prahlad was an ardent devotee of Lord Vishnu, and it was only to his Lord that he gave allegiance. The proud King was enraged by Prahlad's disobedience and decided to punish him severely. He asked his sister Holika for help. It was believed that Holika was immune to fire and would never be burnt, so the King asked Holika to sit in the centre of a bonfire with Prahlad on her lap, so that the fire could devour him. The bonfire was lit, and young Prahlad sat in Holika's lap, in its centre, praying to Lord Vishnu. His devotion saved him, leaving him untouched by the flames, but Holika was burnt to ashes. Even today, bonfires are lit on the eve of Holi in memory of the event and burning of the evil Holika.

Holi also celebrates colors. It is called the festival of colors. Legend of Lord Krishna is also associated with play with colors as the Lord started the tradition of play with colours by applying colour on his beloved Radha and other gopis. It is the immortal love of Krishna and Radha, which is associated with the celebration of colors in Holi.

The day after burning the Holika people put the ashes from the fire as Vibhuti on their forehead often mixed with Chandan paste (Sandalwood paste). Around the same time of the year as Holi, Catholics also celebrate ash ceremony called, Ash Wednesday. It is believed that on the day Holika was burnt Lord Shiva opened his third eye and burnt Kaamdev (the God of Love) to ashes because once Kaamdev in his foolish pride aimed his love arrow at Lord Shiv who was in deep meditation. Sensing his presence Lord Shiv opened his third eye and burnt Kaamdev to ashes. Rati, Kaamdev's wife, beseeched Lord Shiv to take pity on her and restore her husband to life. Shiv relented and granted her the boon that she could see her husband but he would remain without a physical form. Hence, the songs sung during Holi tell the tale of Rati and her lamentations.

These are the few legends, which tell us the origin of Holi festival and its celebration.

Rang Barse → Celebrating Holi

'Rang Barse – Celebrating Holi' was an event organised by the Gujarati Samaj of Montreal. This event took place on March 14, 2009 at the Kirkland Arena in the West Island.

Many people came with their children to celebrate Holi with us. The attendees enjoyed very much the different activities planned for the afternoon. Most of us enjoyed colouring others but would try to defend ourselves not to get coloured by someone else.

There was a coconut decorating contest for the ladies and a T-shirt painting contest for the kids. The winners for the coconut decorating contest are. The winners for the T-shirt painting contest are.

Thanks to all who made this event successful and a BIG Thanks to all who came to make it successful. We hope to see you all again next year!





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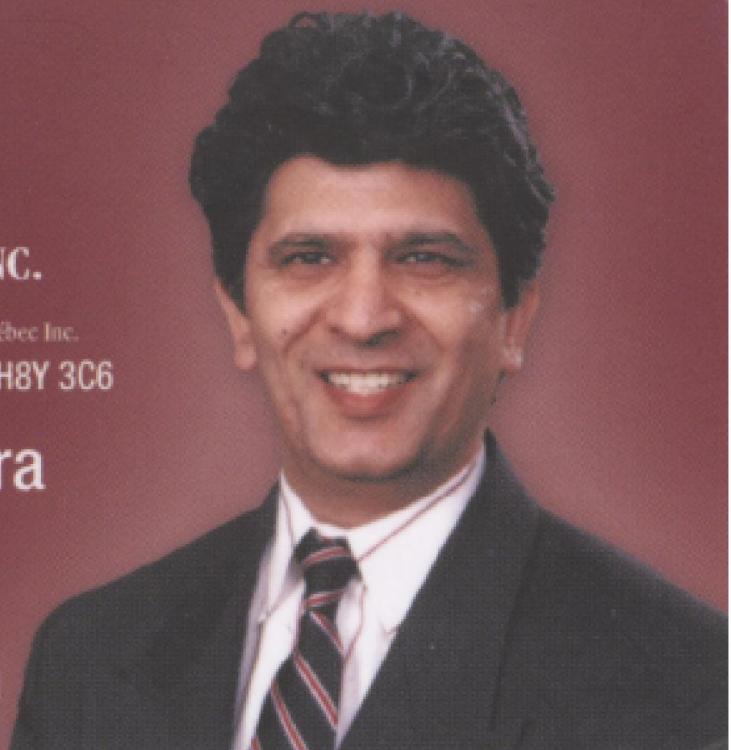
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