



# Gujarati Samaj

Montréal – Canada

જ્યાં જ્યાં વસે એક ગુજરાતી ત્યાં ત્યાં સદાકાળ ગુજરાત



## Message from the President

April 2011

### Inside this issue:

Chaitra Navratri	2
Anand Bazaar	3
Kid's Corner	4
Good Mood Food	5
Membership Form	7

### Executive Committee

**Mr. Dilip Shah**  
President

**Mr. Pulkat Kantawala**  
Vice-President

**Mr. Bipin Shah**  
Treasurer

**Mr. Vijay Patel**  
Secretary

**Mr. Zahir Fancy**  
Executive Advisor

**Mr. Vinod Gandhi**  
Membership Promotion

**Mr. Nilesh Gandhi**  
Cultural Activities

**Mr. Minesh Jariwala**  
Publishing

**Mr. Paresh Patel**  
Cultural Activities

**Mr. Dhiman Patel**  
Cultural Activities

### Board of Trustees

**Mr. Raoji Patel**  
(2009-2013)  
514-620-5601

**Mr. Kantilal Shah**  
(2010-2014)  
514-421-6553

**Mr. Shirish Suchak**  
(2010-2014)  
514-933-4066

**Mr. Avnish Rughani**  
(2007-2011)  
514-694-1676

**Mr. Naresh Gandhi**  
(2008-2012)  
450-466-4324

Dear Samaj Members,

Jai Shri Krishna,

Finally, winter is over. That means..... we will have our ever popular event, ANAND BAZAR. Yep, that's right; it is being organized on Saturday, 7th of May, 2011. We have been organizing the event at Lucien Pagé High school for last few years, but lately the parking has been a headache for many of us. We are glad to inform you that we have succeeded in finding an alternate location with plenty of parking, and still quite close to a metro. Please note the address of our new venue:

La Fabrique de la Paroisse de Saint-Sixte  
1895 rue l'Eglise  
Ville Saint Laurent, H4M 1E6

We are confident that everyone will like the new location. Like every other good thing in the life, we must take care not to lose it. We have agreed to two main conditions:

- No tapes on the wall
- No cooking on the spot, just reheating with certain restrictions

No one is allowed to use tape to put up posters as it peels the paint off the wall when removed. We can definitely announce our mouth watering dishes with a poster on the table itself, or use sticky-tack (the blue paste) on the wall. Also, only limited number of stalls requiring microwave or hotplate will be allowed.

**HURRY**, reserve your stall with Bipinbhai Shah or Vijaybhai Patel to avoid any disappointment.

**Dilip Shah**  
President (2011)

**UPCOMING  
EVENTS**

**Anand Bazaar  
Samaj Picnic  
International Day**

**MAY 7, 2011**

**JULY 17, 2011**

**AUGUST 14, 2011**

### **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

### **Web/Newsletter Committee**

Mr. Minesh Jariwala	<a href="mailto:webmaster@gujaratisamaj.ca">webmaster@gujaratisamaj.ca</a>
Mrs. Prity Jariwala	<a href="mailto:webmaster@gujaratisamaj.ca">webmaster@gujaratisamaj.ca</a>

### **Youth Committee**

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

### **Constitution Committee**

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

## **Chaitra Navratri**

Chaitra Navratri, as the name indicates is observed during the Chaitra month (March – April) in a traditional Hindu calendar followed in North India. The festival is dedicated to Goddess Shakti and three of her most popular forms— Goddess Durga, Lakshmi and Saraswati – are worshipped during the period. It begins on the first day of the Chaitra month and ends with Ram Navami. Chaitra Navratri is known by different names like Ram Navaratri, Vasant Navratri, Basant Navrathri and some people also refer it as Spring Navaratri.

### **The Story Behind the Origin of Vasanta Navaratri**

In days long gone by, King Dhruvasindhu was killed by a lion when he went out hunting. Preparations were made to crown the prince Sudarsana. But, King Yudhajit of Ujjain, the father of Queen Lilavati, and King Virasena of Kalinga, the father of Queen Manorama, were each desirous of securing the Kosala throne for their respective grandsons. They fought with each other. King Virasena was killed in the battle. Manorama fled to the forest with Prince Sudarsana and a eunuch. They took refuge in the hermitage of Rishi Bharadwaja.

The victor, King Yudhajit, thereupon crowned his grandson, Satrujit, at Ayodhya, the capital of Kosala. He then went out in search of Manorama and her son. The Rishi said that he would not give up those who had sought protection under him. Yudhajit became furious. He wanted to attack the Rishi. But, his minister told him about the truth of the Rishi's statement. Yudhajit returned to his capital.

Fortune smiled on Prince Sudarsana. A hermit's son came one day and called the eunuch by his Sanskrit name Kleeba. The prince caught the first syllable Kli and began to pronounce it as Kleem. This syllable happened to be a powerful, sacred Mantra. It is the Bija Akshara (root syllable) of the Divine Mother. The Prince obtained peace of mind and the Grace of the Divine Mother by the repeated utterance of this syllable. Devi appeared to him, blessed him and granted him divine weapons and an inexhaustible quiver.

The emissaries of the king of Benares passed through the Ashram of the Rishi and, when they saw the noble prince Sudarsana, they recommended him to Princess Sashikala, the daughter of the king of Benares.

The ceremony at which the princess was to choose her spouse was arranged. Sashikala at once chose Sudarsana. They were duly wedded. King Yudhajit, who had been present at the function, began to fight with the king of Benares. Devi helped Sudarsana and his father-in-law. Yudhajit mocked Her, upon which Devi promptly reduced Yudhajit and his army to ashes.

Thus Sudarsana, with his wife and his father-in-law, praised Devi. She was highly pleased and ordered them to perform Her worship with havan and other means during the Vasanta Navaratri. Then She disappeared.

Prince Sudarsana and Sashikala returned to the Ashram of Rishi Bharadwaja. The great Rishi blessed them and crowned Sudarsana as the king of Kosala. Sudarsana and Sashikala and the king of Benares implicitly carried out the commands of the Divine Mother and performed worship in a splendid manner during the Vasanta Navaratri.

Sudarsana's descendants, namely, Sri Rama and Lakshmana, also performed worship of Devi during the Sharana Navaratri and were blessed with Her assistance in the recovery of Sita.



# Gujarati Samaj of Montreal

Presents

## Anand Bazaar 2011

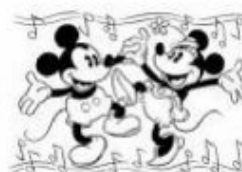
All the **FUN** under **ONE ROOF**



Variety of Snacks



Fun & Games



**SATURDAY**  
**MAY 7, 2011**



5 pm to 8 pm  
1895 rue l'Eglise,  
St. Laurent H4M 1E6  
[www.gujaratisamaj.ca](http://www.gujaratisamaj.ca)



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

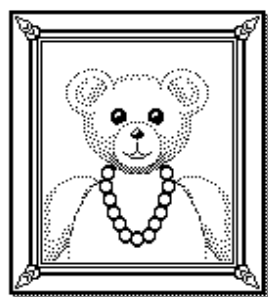
- 1 item : \$25 per table
- 2 items : \$30 per table

Max 2 items per table

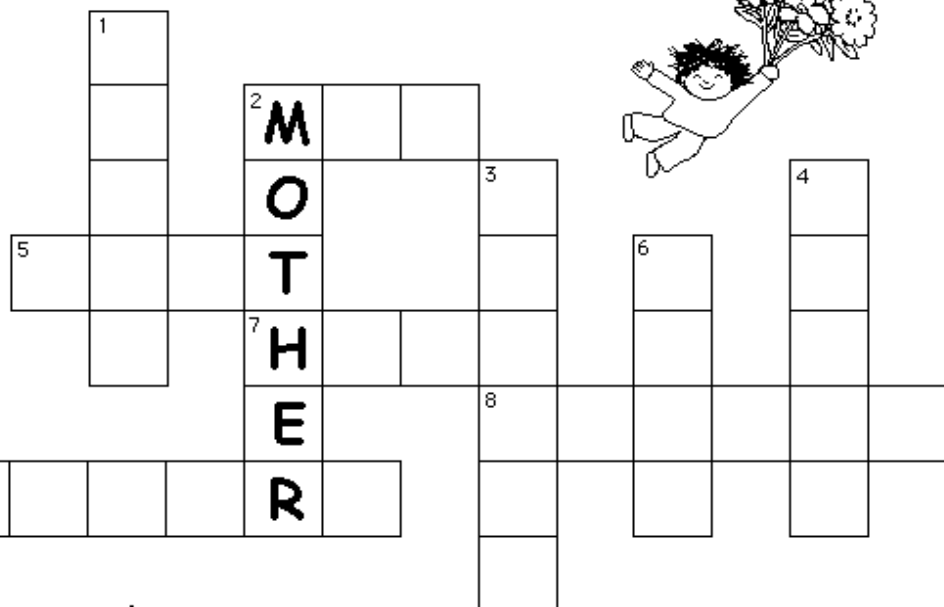
For more information or for reservations,  
please call an Executive Committee Member.



## Mother's Day Crossword



Mother



### Word List

card  
gift  
mom  
visit  
hugs  
kisses  
thank  
spring  
flowers

### Across

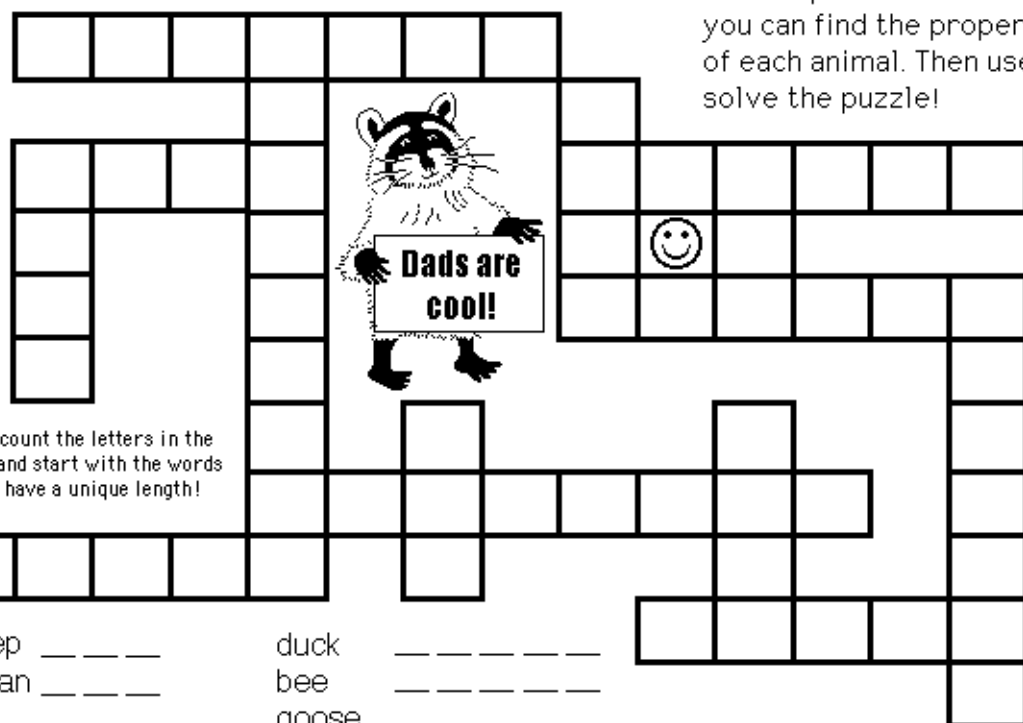
2. A short name for Mother  
5. A present  
7. How about some \_\_\_\_\_ and kisses  
8. The season is \_\_\_\_\_  
9. She might plant these in her garden

### Down

1. We might go \_\_\_\_\_ Grandma  
3. How about some hugs and \_\_\_\_\_  
4. We say \_\_\_\_\_ you for the gifts  
6. Mail a \_\_\_\_\_ to Grandma

## Animal Kingdom Fathers

Many father (male) animals in the Animal Kingdom have a different name than their counterparts the mother (female). See if you can find the proper name of the male of each animal. Then use the answers to solve the puzzle!



Hint: count the letters in the words and start with the words that have a unique length!

sheep \_\_\_\_\_  
human \_\_\_\_\_  
pig \_\_\_\_\_  
deer **s** \_\_\_\_\_  
rabbit \_\_\_\_\_  
cow \_\_\_\_\_

duck \_\_\_\_\_  
bee \_\_\_\_\_  
goose \_\_\_\_\_  
cat \_\_\_\_\_  
chicken \_\_\_\_\_  
turkey \_\_\_\_\_

horse \_\_\_\_\_  
moose \_\_\_\_\_





## Paneer Cigar Rolls



### For the wrapper

- 2 cups all purpose flour (or use wheat flour)
- 1 tbsp ghee/oil (optional)
- salt to taste

### For the Stuffing

- 1 cup crumbled paneer
- 1/4 cup approx of finely chopped red onions
- 1-2 green chillies, chopped finely
- 1-2 cloves of garlic, finely minced
- 1/4 cup fresh mozzarella, grated
- 1/4 cup tomatoes, finely chopped
- 1 inch ginger, peeled and grated
- 1-2 drops of rice vinegar (or use regular – optional)
- few sprigs of cilantro, chopped
- salt to taste (little since wrapper also has salt)

### Method

- Add all the ingredients for the wrapper together in a bowl.
- Add enough water to make it into pliable dough. Knead well until smooth.
- Meanwhile prepare the filling. On a stove top in 1 tsp oil, add all the ingredients together except the cheese. Sauté until soft. You can do a taste test and change the seasoning according to your taste.
- Remove from heat and add fresh mozzarella along with cilantro. I find that adding the fresh ones make this so much tastier. But regular grated one will work just fine. Toss until well mixed.
- Take the dough (divide into two or three smaller pieces) and roll it out into a large rectangle
- Cut them into smaller rectangles. The thickness should be medium – not too thin nor too thick (too thin will break after you fill it up with stuffing, too thick will not make a crunchy snack, but will be more soft)
- Take one piece. Add the stuffing in shorter end of the rectangle making sure to leave few inches near the edges.
- Roll it twice, bring the edges of the filling together (this is to prevent the filling from seeping out during frying) and then continue rolling until you reach the end. You can use a beaten egg or water mixed with flour mixture to bind the dough. I applied flour water mixture at the end. And continued rolling till it resembled a cigar roll.
- Now fry these up in hot oil until crisp and reddish brown.
- Serve hot with ketchup or chili sauce of your choice.

## ખસ્તા કચોરી



### સામગ્રી

#### કણક માટે

2 કપ મેંદાનો લોટ, 1/2 ટીસ્પૂન મીઠું, 1/4 કપ ઘી

#### પૂરણ માટે

1/2 કપ પીળી મગની દાળ, 1 ટીસ્પૂન જીરું

1/4 ટીસ્પૂન હીંગ, 1/2 ટીસ્પૂન આદુની પેસ્ટ

1/2 ટીસ્પૂન લીલા મરચાંની પેસ્ટ

1 ટીસ્પૂન લાલ મરચાંનો પાવડર

1 ટીસ્પૂન ગરમ મસાલો, 1 ટેબલસ્પૂન આમચૂર

2 ટેબલસ્પૂન બેસન, 3 ટેબલસ્પૂન તેલ

સ્વાદ અનુસાર મીઠું, તળવા માટે તેલ, પાણી જરૂર પ્રમાણે

#### ગાર્નિશ કરવા માટે -

2 કપ દહીં, લીલી ચટણી

ખાટી-મીઠી ચટણી (આંબલી-ખજૂર)

લાલ મરચાંનો પાવડર જરૂર પ્રમાણે

શેકેલા જીરુનો પાવડર, સમારેલા લીલા ધાણા, સ્વાદ અનુસાર મીઠું

#### રીત - કણક

- બધી જ સામગ્રીને મિક્સ કરો અને થોડા પાણી સાથે કઠણ કણક બાંધો.
- 5-7 મિનીટ સુધી બરાબર ગૂંથો.
- કણકમાંથી 12 એક્સમાન લુઆ વાળો અને તેને કોટનના કપડામાં વિંટાળીને રાખી દો.

#### રીત - પૂરણ

- એક પેનમાં તેલ ગરમ કરો. તેમાં જીરું અને હીંગ ઉમેરો.
- ત્યારબાદ તેમાં મગની દાળ નાંખીને થોડી ક્ષણ માટે હલાવીને પાકવા દો.
- તેમાં લીલા મરચાંની પેસ્ટ, આદુની પેસ્ટ, ગરમ મસાલો, બેસન, લાલ મરચાંનો પાવડર, આમચૂર અને મીઠું ઉમેરો.
- બધી સામગ્રીને મિક્સ કરો અને 5-7 મિનીટ સુધી સતત હલાવતા રહો.
- આ મિશ્રણને 12 સરખા ભાગમાં વહેંચી દો અને બાજુમાં રાખી દો.

#### રીત - કચોરી

- દરેક લુઆને હાથથી દબાવીને 2 ઈંચની નાની રોટલી જેવું બનાવો.
- પૂરણના 12 ભાગમાંથી 1 ભાગને તેમાં વચ્ચોવચ્ચ મૂકો.
- પૂરણને પેક કરવા માટે રોટલીના બધા છેડા ભેગા કરીને વચ્ચેના ભાગમાં દબાવી દો.
- આ છેડાને બરાબર બંધ કરો જેથી તળતી વખતે કચોરી ફૂટી ન જાય. વધારાનો કણક કાઢી શકો છો.
- હવે કચોરીને બન્ને હથેળી વચ્ચે રાખીને સહેજ દબાવી દો જેથી તેના આકારમાં આવી જાય.
- કચોરીના મધ્ય ભાગમાં અંગૂઠાની મદદથી સહેજ દબાવી દો.
- બાકીના કણક અને પૂરણમાંથી આવી જ રીતે કચોરી વાળી લો.
- તેલ ગરમ કરીને ગોલ્ડન બ્રાઉન થાય ત્યાં સુધી તળી લો.
- કચોરીને સર્વ કરવા માટે એક પ્લેટમાં કચોરી લો અને તેની વચ્ચે કાણું પાડો.
- તેની અંદર ચટણી, દહીં અને જીરા પાવડર અને લીલા ધાણા ઉમેરીને સર્વ કરો.

## આજની ઘડી રણિયામણી

પોળ, શેરી, સોસાયટી, ગામ, શહેર, રાજ્ય, સમગ્ર દેશ અને આખું વિશ્વ જ્યારે આજે આનંદના હિલ્લોળે ચઢ્યું છે ત્યારે કોણ કોને કેટલા અભિનંદન પાઠવે ? આખી રાતભર ચાલેલા આનંદોત્સવ દ્વારા ભારતનું એક નવું રૂપ વિશ્વ સમક્ષ પ્રગટ થયું છે. પોતાનું દુઃખ, સમસ્યાઓ બધું જ ભૂલી જઈને સૌ એકમેકને હર્ષથી ભેટી પડ્યાં છે. સમગ્ર વિશ્વના ભારતીયોને ચરણે આ ઉલ્લાસની ભેટ ધરનાર 'ટીમ ઈન્ડિયા'ને લાખ લાખ સલામ ! ભારતીય ટીમ સહિત વિશ્વના તમામ ભારતીયોને અભિનંદન ! આ આનંદનું 'પાવર પ્લે' વર્ષભર ચાલ્યા જ કરે તેવી શુભકામનાઓ....

બસ, આજે આટલું જ.....

# CONGRATULATIONS!!! TEAM INDIA







## 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) 400-2476**

### Member Information

<b>Surname:</b>		<b>Given Name and Initial:</b>	
<b>Address*:</b>		<b>Apt No:</b>	
<b>City:</b>	<b>Province:</b>	<b>Postal Code:</b>	
<b>Tel (Home):</b>		<b>Tel (Work):</b>	
<b>Fax:</b>	<b>E-mail**:</b>		
* 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.	

### 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"/>			

### Membership Fees

#### **2011 Membership**

##### **Before May 31, 2011**

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

##### **After May 31, 2011**

\$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.

► 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.



## Listening to your needs

Your mutual fund representative analyzes your needs and guides you throughout your lifetime.

› Tax-Free Savings Accounts (TFSA) › Registered Retirement Income Funds (RRIF) › Life Income Funds (LIF) › Registered Retirement Savings Plans (RRSP) › Registered Education Savings Plans (RESP) › Mutual Funds

## A partner you can trust.

**Vijaykumar Patel**

Mutual Fund Representative

83 Mulberry DDO, QC, H9A 1Y6

Phone: 514-683-1944 Cellular: 514-799-7732 Fax: 514-620-7002

Email: [jaipatel123\\_1999@yahoo.com](mailto:jaipatel123_1999@yahoo.com)

[www.investia.ca](http://www.investia.ca)



MUTUAL FUND DEALER

Investia is a member of the Industrial Alliance group.

Mutual funds are not guaranteed. Their values change frequently, and past performance may not be repeated. Mutual fund securities are not covered by the Canada Deposit Insurance Corporation (CDIC) or any other government deposit insurer. Please read the fund prospectus carefully and seek professional advice before investing. Commissions, trailing commissions, management fees and expenses may be associated with mutual fund investments. There can be no assurances that the full amount of your investment in the fund will be returned to you.