



# Gujarati Samaj

## Montréal – Canada



## Message from the President

Dear Members,

Namaskar and warm welcome to all new and renewing members.

It gives me great pleasure to introduce you our new Executive Committee members for the years of 2009 and 2010. As we are aware there is lack of participation and leadership in the Samaj for past couple of years. However, by going through the list of our new Committee members, you would realize that our Samaj is not short of dedicated members, who can work for you. The sail of our Samaj is set for the exciting future ride! It is in the hands of leaders and volunteers, who served you in the past with enthusiasm. As well, we have some new members, who agreed to support us with their innovative ideas and to perform valuable service. We are looking for youth committee members, please contact us and we will provide our best support to make it your pleasant experience.

Our primary challenge is to bring back the momentum and to get our members willingly involved in the Samaj's activities. Please help us to serve you by attending all the special events designed only for you and your families. This committee promises you that we will listen to you and will make sure that we provide quality entertainment through our vibrant cultural events. How about starting this year with a Ski-N-Tubing trip to Mont Avila? Why don't we take break from job and family responsibilities on the Valentine's Day? How about attending a Couples Dinner and Dance Night with your Valentine?

Please don't forget we are there only because of your support. We will see you soon.

Yours Truly,

Hitendra Rana,

January 2009

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## Up-Coming Events

✓ Ski/Tubing Trip (Mont Avila)	February 7, 2009
✓ Valentine's Dinner (Bombay Palace)	February 14. 2009,
✓ Anand Bazaar (TBA)	May 2, 2009
✓ Summer Picnic (TBA)	To be announced
✓ Navratri Garba (TBA)	September 19, 26
✓ October 3, 2009	
✓ Diwali Show and Dinner (TBA)	To be announced

Dates are subjected to change. For more details, please read upcoming newsletters.

# COMMITTEE MEMBERS

<b>BOARD OF TRUSTEES</b>	
Mrs. Veena Gujrathi (2006-2010)	450 659 6225
Mr. Avnish Rughani (2007-2011)	514 694 1676
Mr Naresh Gandhi (2008-2012)	450 466 4324
<b>EXECUTIVE COMMITTEE 2009-2010</b>	
Mr. Hitendra Rana (President)	514 421 7005
Mr. Pulkit Kantawala (Vice President)	514 784 0130
Mr. Dilip Shah (Treasurer)	514 421 1872
Mr. Vijay Patel (Secretary)	514 683 1944
Mr. Zahir Fancy (Executive Advisor)	514 336 2823
Mr. Vinod Gandhi (Membership Promotion)	514 335 8422
Mr. Bipin Shah (Fund Raising)	514 747 9707
Mr. Nilesh Gandhi (Cultural Activities)	514 626 8936
Mr. Vineet Unadkat (Marketing/Promotion)	514 746 8465
<b>FUNERAL COMMITTEE</b>	
Mr. Kumar Malde (Chairman)	514 333 1810
Mr. Narottam Pattni (Member)	514 630 9702
Mr. Lalit Vora (Member)	514 631 1393
Mr. Ashok Vashi (Member)	514 855 9235
Mr. Avnish Rughani (Member)	514 694 1676
Mr. Mahendre Mandavia (Member)	514 676 3994
Mr. Kantilal Lad (Member)	514 630 7834
Mr. Narendra Parmar (Member)	514 277 6660
<b>CONSTITUTION COMMITTEE</b>	
Mr. Ashok Chauhan	514 626 4145
Mr. Prashant Ajmera	514 697 1597
Mr. Umesh Mehta	514 426 2122
<b>WEBSITE COMMITTEE</b>	
Mrs. Prity Jariwala & Mr. Minesh Jariwala	webmaster@gujaratisamaj.ca

VOYAGES

# SKY

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# LAWN

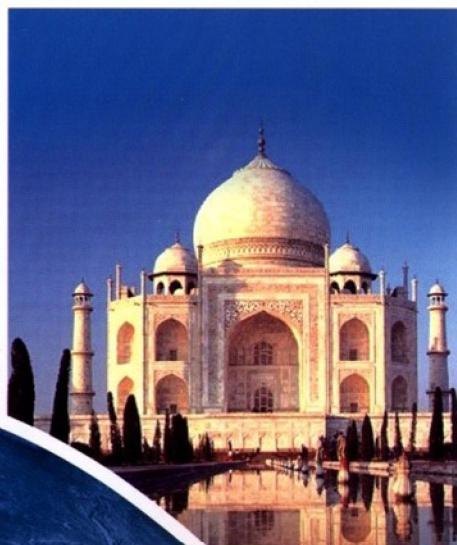
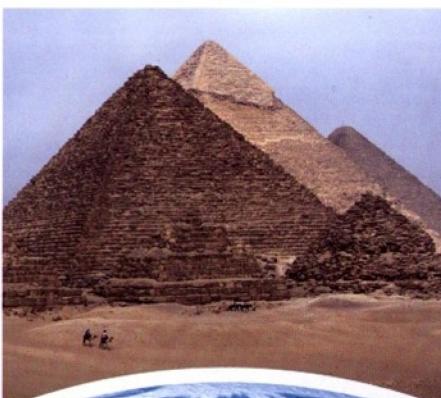
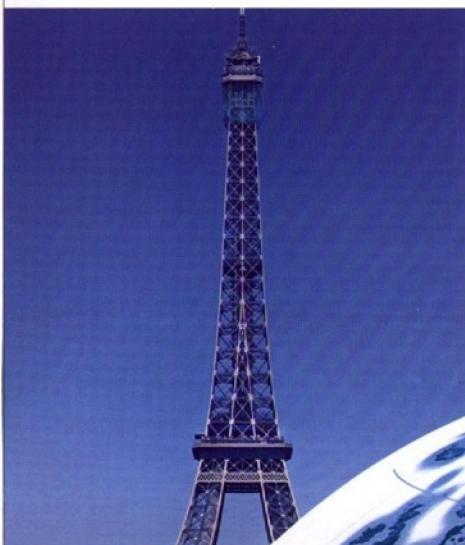
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For reservation, please contact

Ajay Bhargav

Vinit Shah or Yogesh Patel



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## A Whole Family Event - Skiing and/or Tubing !!

Date: Saturday, February 7<sup>th</sup> 2009

To take advantage of discounted price, we are counting on your presence. Higher the number of participants, more are the chances to get better rates!. Please join us at 9.30 AM near Cinema Guzzo parking lot at the corner of Brunswick and Des Source Boulevard.

Listed price for Tubing: Adult(13+) - \$22, 6-12 - \$18 , 5-under - \$10.

Skiing: Adult(13+) - \$29, 6-12 - \$22 , 5-under - \$11.

Contact any committee members for registration/reservation. Car pooling available upon request.

### DIRECTION FROM MONTREAL:

Take 15 North, exit 60. At the light turn left .Take Rte 364 West .Keep going until you are in Morin Heights. Turn left at the second light (Chemin Bennett). Address: 231 Chemin Bennett



# The history of Valentine's Day

Every February, across the country and world, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day is a mystery. But February has been known as a month of romance. So, who was Saint Valentine and how did he become associated with this special day?

One legend states that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young. Valentine, realizing the injustice of

the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl — who may have been his jailor's daughter — who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a

sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.



♥ Gujarati Samaj of Montreal proudly presents: ♥

# Ishq Vishq

## Valentine's Day

Dinner and Dance Event  
with surprise gift

♥ Valentine's Day ♥ Valentine's Day

**Date : February 14, 2009**

**Time : 7:00pm to 12:00 am**

**Venue : Bombay Palace**

1172 Bishop St., Downtown Montreal

514-932-7141

**Tickets: \$50.00 per couple (Drinks not included)**

For Ticket Booking Call any committee member latest by Sunday, February 8th



# KID'S CORNER

**Word Search**

Cupid has misplaced 16 words below. Help him find them by looking up, down, backwards, and diagonal.

ALKGJBESTFRIENDSDFLKJEW
ALKGJLWVJREIOUPBOIUVXCIS
FALSDFJAALDFJLNBIXPNUOHUV
BEMINEOVDLIXBOBUOPOXIUVK
LKJALKJNBOEUCVPEQOIEBCOL
SWEETHEARTANAEOILULYUOBR
ASLDKJLKJOPITBOIQOOPOLB
LPZTURIEOKBJKICIUVOXAUV
LKAALKJNBOIUCRNBOQEEBTOK
AIFIRYCANDYOIAODOEFUYGDERO
CSLDRJLKJOPSIUSOISUOPOSBS
UAZOUOIEOKBJKSCIUBOXIUE
PKNAWKWNBOIRCPHQOKEBT
OCILIDYEASBPOOAUOIEUPORIGR
ISLDKJRKJOPSUPOIQAEPOIBE
LPZTURISOKBEKLCIUBROXIUT
LKJALKJNBOIISCUPBOOKTBOK
ALICUPIDBPOIADMIRERLIGHO

CUPID	BE MINE	SWEETHEART	BEST FRIENDS
ROSES	CANDY	ARROWS	VALENTINES
SECRET	LOVE BIRDS	I LOVE YOU	CHOCOLATES
HEART	ADMIRER	FLOWERS	BELOVED

Find a spot for all the words listed in the boxes above.

**VALENTINES**  
**HAPPY**  
**FAMILY**  
**FLOWERS**  
**ARROW**  
**CARD**  
**FEBRUARY**  
**CUPID**  
**LOVE**  
**FRIENDS**

**આડી ચાવીઓ**

- રસોઈ અથવા ભોજનની થતો ગંધવાડ (૪)
- આભાર, ઉપકાર (૩)
- એક પ્રકારનું પણી (૩)
- શક્તિશાળી, શ્રીમંત (૩)
- કોઈની અંગત વાત બીજાને કરવી તે (૨)
- કિનારો, કાંઠો (૨)
- દારુ, મટિરા (૩)
- ટૂંકુ, રોષક (૩)
- આરામ (૩)
- એક મેટાની રમત (૨)
- બંધુ, સંપૂર્ણ (૩)
- શરીરની અંદરની ખાંડ, સોજો (૩)
- નાની રોટીની કે ભાખરી (૩)
- આકાશ (૨)
- પર્વત (૩)
- યુલ જહાજ (૪)
- શરીરનું એક અંગ (૨)
- અનાથ (૩)
- દશિષ્ઠ ભારતનું એક તીર્થાત્મક (૪)
- મોહુ અંતર્દર્દુ (૨)
- પર્વત કે સરોવરમાંથી ઉદ્ભવનો વિસ્તૃત જળપાડ (૨)
- તંતુ, રેણો (૨)

**ઉલ્લિ ચાવીઓ**

- અગિયારસ (૪)
- પૂનારો, બદયાસ (૨)
- યેટાં-બકરાં રાખવાની જગ્યા (૨)
- સ્વશ્ર, નિર્મેણ (૨)
- ખેતી (૪)
- સ્ત્રીઓનો એક પહેરવેશ (૨)
- ખબરઅંતર (૬)
- કોરડો, માર્મિક બોધવચન (૩)
- રમપાણી (૩)
- રમપાણી, ફેંક કદર્દુ (૩)
- સીમંતનો વિષિ (૫)
- ભગવાન શંકરના મુખ (૪)
- મહાન, મોહુ (૨)
- મૂલ્યવાન, બારે કિમતનું (૩)
- નમસ્કાર (૩)
- ભગવાન વિષ્ણુનું વાહન (૩)
- ભગવાન વિષ્ણુનું વાહન (૩)
- વિશ્વાસ, ભરોસો (૩)
- સંવત્સરીનો દિવસ (૨)
- વેલ (૨)

# GOOD MOOD FOOD

**Recipe: Strawberry Roll**
**Ingredients:**
For the sponge cake:

Condensed Milk	100 gr.
Baking powder	½ tsp.
Baking soda	a pinch
Flour	70 gr.
Vanilla essence	½ tsp.
Margarine (melted)	30 ml
rind of 1 large orange or 1 teaspoon marmalade	


For the soaking syrup:

Water	¾ cup
Icing sugar	3 tbsp.

For the strawberry filling:

Strawberries	½ cup, coarsely chopped
Icing sugar	6 tbsp.

For the custard:

Milk	1 cup
Custard powder	2 tbsp.
Sugar	1 tbsp

For the garnish:

Strawberries	¼ cup
Castor sugar	2 tbsp

**Method:**
For the sponge roll

- Preheat the oven to 200 degree C (400 degree F).
- Line a 200 mm. into 300 mm. (8" into 12") Swiss roll tin with grease-proof or waxed paper and set aside.
- In a bowl, mix the ingredients with the orange rind and 30 ml. of water and beat well.
- Spoon the mixture into the prepared Swiss roll tin and smoothen the edges.
- Bake in the preheated oven for 15 to 20 minutes until the sponge is golden brown and springs back when lightly pressed with the fingertips.

For the custard

- Dissolve the custard powder in a little cold milk.
- Boil the rest of the milk with the sugar.
- Add the custard powder and simmer for a few minutes.
- Cool and keep aside in the refrigerator.

How to proceed

- Soak the sponge lightly with the refrigerated soaking syrup.
- Spread the cold custard on the sponge.
- Spoon the strawberry filling evenly over the custard.
- Carefully lift one end of the greaseproof paper and roll up the sponge.
- Transfer to a serving dish. Arrange the whole strawberries over and around the roll. Sprinkle the castor sugar over it.
- Serve chilled.

**Recipe: ALOO TIKKI CHAAT**
**Ingredients:**
For Patties:

Potatoes	4
Salt	to taste
Oil	to shallow fry

For filling:

Black gram split (urad dal), soaked and boiled	1 cup
Fresh coriander leaves, chopped	1 tbsp.
Green chillies, chopped	2
Black salt (kala namak)	to taste
Asafoetida	a pinch
Ginger, chopped	½ inch piece
Chaat masala	½ tsp.
Red chilli powder	½ tsp.

For Topping (one portion):

Matara	½ cup
Yogurt	¼ cup
Sweet date and tamarind chutney	2 tbsp.
Green chutney	½ tbsp.
Roasted cumin powder	¼ tbsp.
Black salt (kala namak)	a pinch
Chaat masala	¼ tsp.
Red chilli powder	¼ tsp.
Papdis, crushed	a few

**Method:**

- For the stuffing take urad dal in a bowl.
- Add green chillies, ginger, red chilli powder, salt, coriander leaves and mix well.
- Add salt to mashed potatoes and mix.
- Divide into eight equal portions.
- Heat a tawa.
- Take a portion of mashed potatoes in your palm, spread slightly, place a portion of the dal mixture in the centre and gather the edges and shape into a tikki.
- Shallow fry the tikkis on medium heat with a little oil till both sides are evenly golden brown. If the potato covering breaks up, add a little cornflour and mix.
- To serve place a tikki on a plate.
- Pour some chilled yogurt, green chutney, sweet tamarind chutney over it.
- Sprinkle roasted cumin powder, chaat masala, red chilli powder and coriander leaves.
- Crush a few papdis and put on the top and serve immediately.





# Republic Day – January 26



Republic Day is one of the greatest national celebrations observed over the country on January 26 every year. India became Republic on the 26<sup>th</sup> Jan, 1950. On this day India became a sovereign democratic republic with a written constitution and an elected parliament.

## The History: Republic Day of India

Republic Day is one of the most important national events celebrated on January 26 every year in India. The constitution of India came into force on this day in 1950 and India became a truly Sovereign, Democratic and Republic country. Although India obtained its independence on August 15, 1947, the Constitution of India came into effect only on January 26, 1950. On this day India finally enjoyed the freedom of spirit, rules of law and fundamental principle of governance.

## India -Origin of name:

The name India is derived from Sindhu, the historic local appellation for the river Indus and is the most internationally recognizable of the country. The Constitution of India also recognizes Bharat as the other official name of equal status.

## Official language of India: Hindi & English

After being declared a Democratic Republic in 1950, Hindi & English was selected by the government as the official language for all types of work done in his units.

## The Great Flag of India:

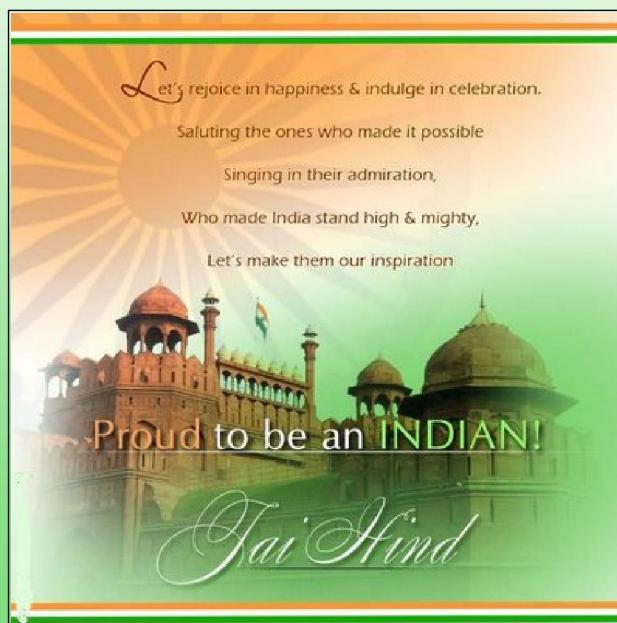
Flag is a symbol targets with the powers, wisdoms, & changes of nature from ancient India. Officially the Orange color stands for sacrifice & courage. The White color sign of Peace and truth while Green color symbol of Faith and Chivalry.

## Parade Celebrations in Republic Day:

To show our new generation the importance of this occasion, every year a grand parade is held in the capital of India, New Delhi. The parade showcasing India's military might and a cultural diversity covers an eight-km from the Raisina Hill which is near the Rashtrapati Bhavan (The official house of President), along the Rajpath, than down to India Gate and on to the historic Red Fort in front of Chandni Chowk, old Delhi (Lal Qila). The regiments of the Indian Army, the Navy and the Air Force march past in with all their finery and official decorations.

We wish all the Indians all over the world a very-very happy Republic Day.

Salute the nation. Say "**Mera Bharat Mahan**".





# GUJARATI YOUTH CONFERENCE 9

We are very proud to invite you to the 1st Gujarati Youth Conference, Calgary on the weekend of April 10, 2009.

- Purpose:** To provide Gujarati Youth the opportunity to meet, mingle, and maybe find their perfect match
- Who:** Single Gujarati Youth from North America aged 18 to 35. The minimum number of participants allowed is 40 and the maximum allowed will be 100 participants.
- Venue:** EXECUTIVE ROYAL INN HOTEL & CONFERENCE CENTRE CALGARY  
2828 - 23 Street NE  
Calgary, AB T2E 8T4  
Toll Free: 1-888-388-EXEC(3932)
- Time:** Day 1: April 10th, 2009 – Conference Day  
Day 2: April 11th, 2009 - Optional Day where participants can partake in suggested group activities
- Price:** \$125\* Early Bird Registration Fee before December 31, 2008  
\$150 Regular Registration Fee after December 31st, 2008

\* Since this is a non-profit conference, the price of registration includes meals and the venue for Day 1. Room rates have been negotiated and are at \$119 per night plus the cost of taxes. Participants are urged to book rooms early with the Executive Royal Inn Hotel to take advantage of the room rates. The name that registrants will give to the Hotel under the preferred rate will be "Gujarati Youth Conference 2009". Deadline for registration is January 31st, 2009.

\*\* Please note that if we do not achieve our target of 40 participants for this event, the event will be cancelled. We will notify and give a full refund to the registrant should this occur prior to the registration deadline of January 31, 2009\*\*

**For more information please visit <http://www.gujaratiyouth09.com/>**

### 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](mailto:info@gujaratisamaj.ca). We welcome your time, efforts and ideas.

### Community Events / Announcements

If you wish to announce any community events (starting a new business/venture, organizing/bringing a special event to the community, achieving a career milestone or promotion), please send your announcements to [announcement@gujaratisamaj.ca](mailto:announcement@gujaratisamaj.ca). We will publish all appropriate announcements in the next issue.

## 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

##### 2009-2010 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.

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**[info@fancyfinancial.com](mailto:info@fancyfinancial.com)**

We are looking for Youth Committee Members.  
If interested, please contact us. All are welcome!