



Sandesh

The Gujarati Samaj
of Western Australia (Inc)



Issue 56



June 2004

The President's Pen

Namaste to all members and their families.

Firstly, on behalf of my team, I would like to acknowledge and extend our appreciation to the previous committee which under the leadership of Aniket Maroo has done a fantastic job in managing the affairs of the Samaj.

I would also like to thank the members present at the last Annual General Meeting for electing me to the position of the President of the Samaj. It is an honour and a privilege to work for the Samaj.

Finally, I would like to thank all the very many messages of congratulations and well wishes but more so to the members who have extended their hand to say please count on us to help in the very many events and functions that we have set up for you and which are highlighted in this issue of the Sandesh- A newsletter from the people, by the people and for the people!

From the experience of the past committees and the feeling amongst members of the community, the challenges facing the Samaj are very many as we live in an environment where we are all time poor and as such need every member to contribute whatever time they can afford to help in the functions be it in organising the event or helping during the event.

So please come forward and register your name so that we can set the ball rolling and let's all have fun!

Bye for now till the next one.

Dilip Shah

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***Check out the
Gujarati Samaj
Website and keep up
to date with
community events!***

You will find useful
information on
forthcoming events and
great links
on the web-site.

So...go to:

www.gujarati.org.au

Editorial Comment

Dear Readers

A warm welcome to the newly elected committee of the GSWA. Their task of planning events for another exciting year has already begun, with the Bhangra/Dandia night approaching rapidly. The many volunteers in the community who have indicated their willingness to help during the year will I am sure, make their workload lighter. We have all enjoyed the events hosted previously by the GSWA and are looking forward to another fun-filled year! It is important to bear in mind that your feedback on events or any community issues would be appreciated and would assist in the planning of these events.

The past year has seen a relatively poor feedback from the community for contributions to the Sandesh. This is a huge pity because as pointed out in the Presiden's Pen, the **Sandesh is a newsletter from the people, by the people and for the people!** I have no doubt that there is a huge talent out there for story writers, poets, artists, sportsman, organizers, etc..... So share your stories, talents or knowledge with others, and write to us.

The Editors

2004-2005 Committee

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MEMBER	Jiten Bhatt	H: 0400 910 084	jiten.bhatt@cr2.com
MEMBER	Sunit Raichura	H: 9313 4630	SunitRaichura@hotmail.com

Forthcoming Events:

Bhangra/Dandia Night - 24th July 2004, Scarborough Civic Centre

8.00pm onwards with DJ BISHI

Entry fee: \$3 members, \$5 non-members

Venues and Times for the following events will be announced in future issues of the Sandesh:

Navratri 2004:	Friday 15 th October 2004
	Saturday 16 th October 2004
	Saturday 23 rd October 2004
	Sunday 24 th October 2004
Rangoli 2004:	Saturday, 13 th November 2004
Diwali Brunch 2004:	Sunday, 14 th November 2004

Change of Addresses

❖ Vipin & Alka Mohanlal	6 Hiltaba Court, Tapping 6065. Tel.: 9206 0207
❖ Rajesh & Anuradha Sarna	15A Cervantes Place, Sorrento, WA 6020, Tel: 9246 3652
❖ Kiran Kerai	1 Cattlegate Mews, Caversham, WA 6055, Tel: 9377 6453
❖ Tribhovan (TB) & Jayshree Chavda	349 Bennett Springs Drive, Beechboro, WA 6063
❖ Vishram Devji Pindoria	10 Lena Crescent, Beechboro, WA 6063
❖ Chitrajan & Anita Patel	22 Dakar Way, Mindarie 6030. Tel: 9305 7917
	Mobile: 0424 287 922 (Chitrajan) 0424 054 625 (Anita)

Samaj Notices

New literature at the Scarborough Library

The Samaj is pleased to announce that a selection of Gujarati novels and magazines are available for borrowing from the Scarborough Library. The procedure to borrowing this reading material is as follows:

- Become a member of the Scarborough Library. This can be done even if you are not a resident of the City of Sterling. For this you require proof of identity and address (e.g. driver's license)
- You can then request the items online from home at the following address:
www.sterling.wa.gov.au
- The reading material is listed under the broader category of Gujarati Books
- In addition to books, CDs of Gujarati songs and jokes, and copies of the annual Geetanjali events are also available

Gujarati Radio program

Sangam radio is an Indian ethnic radio station organised by ISWA. A half hour Gujarati program is relayed on the second Saturday of every month from **3.30pm to 4.00pm on FM95.3**. Members will be notified of the content of forthcoming programs via e-mail. **Requests for songs and messages for special events** should be e-mailed to Pushpa (pushpa@iinet.net.au) 10 days prior to date of broadcast.

Renew your membership!

Friends, if you haven't renewed your Samaj membership, please do so quickly. Otherwise you will miss out on all the benefits of being a member; such as discounted entry to some "must attend" functions, including of course the 'members' only Diwali brunch, the sizzling Sandesh (this is your last complimentary copy!) and the emails that give you breaking news.

Of course, being a member also means you are keeping good company and gives you the chance to meet old and new friends on a regular basis.

There is an application form on page 11 of the Sandesh, so get that cheque book out and send the completed form and the cheque to the Samaj. Feel free to ring any of the Committee members if you have any burning questions.

ZAWA NITE

A variety entertainment program of songs, dances, skits and a Gujarati play is being organized and presented by the Zoroastrian Association of WA Inc. on

Saturday, 24th July at 6:00 pm

North Perth Town Hall

27 View Street, North Perth.

Adult \$15, Child \$10 (children under 4 years free)

Price of ticket also includes light snack served during interval.

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WOMEN

Women have strengths that amaze men. They carry children, they carry hardships, they carry burdens, but they hold happiness, love and joy.

They smile when they want to scream. They sing when they want to cry. They cry when they are happy, and laugh when they are nervous. Women wait by the phone for a "safe at home call" from a friend, after a snowy drive home. They are childcare workers, executives, attorneys, stay-at-home moms, biker babes, and your neighbours. They wear suits, jeans, and they wear uniforms.

They fight for what they believe in. They stand up against injustice. They go to the doctor with a frightened friend. Women are honest, loyal, and forgiving. They are smart - they know that knowledge is power. But they still know how to use their softer side to make a point. Women want to be the best for their family, their friends, and themselves. Their hearts break when a friend dies. They have sorrow at the loss of a family member, yet they are strong when they think there is no strength left.

A woman can make a romantic evening unforgettable. Women come in all sizes, in all colours and shapes. They live in houses, apartments and cabins. They drive, fly, walk, run or e-mail you to show how much they care about you. The heart of a woman is what makes the world spin. Women bring joy and hope. They give compassion and ideals. They give moral support to their family and friends. And all they want in return is a hug, a smile, and for you to do the same for people you come in contact with.

MEN

Men are good at lifting heavy stuff and killing spiders

You know you're living in 2004 when...

1. You accidentally enter your password on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of 3.
4. You e-mail the person who works at the desk next to you.
5. Your reason for not staying in touch with friends is that they don't have e-mail addresses.
6. When you go home after a long day at work you still answer the phone in a business manner.
7. When you make phone calls from home, you accidentally dial "0" to get an outside line.
8. You've sat at the same desk for four years and worked for three different companies.
10. If you don't have your mobile on you, you have no idea what your wife's phone number is.
11. You learn about your redundancy on the 11 o'clock news.
12. Your boss doesn't have the ability to do your job.
13. Contractors outnumber permanent staff and are more likely to get long-service awards.

From Everywoman Chatterbox vol 7 June 2004

Household Hints

- Leave a bottle of soap in a newly painted room to rid it of the smell of paint.
- Freshly cut flowers will have a longer life if aspirin tablets and ice cubes are added to the water. Alternatively, two tablespoons of sugarcane juice or two tablespoons of vinegar also act as preservatives.
- To remove oil stains from clothes, wet the soiled part, place a piece of blotting paper over stain and iron with a hot iron.
- Cheese kept in a polyethylene bag with a little sugar keeps it free from fungus and will prevent it from getting dry.
- Used lemons can be placed in the fridge to eliminate strong smells. They also lend a lovely lemon fragrance.
- To prevent silk or chiffon from being destroyed by silverfish or moths, keep a clove in the fold of the material.

Health issues

તંદુરસ્ત માટેની માર્ગદર્શિકા

હૃદય રોગ અને હાર્ટ એટેકનો પ્રતિકાર

હૃદય રોગ એટલે શું?

હૃદય પોતાના અને આખા શરીરને માટે લોહીની નળીઓ દ્વારા પંપ કરીને લોહી બધે ધકેલે છે. ઓક્સીજન એ હૃદયનો ખોરાક છે. અને તે લોહી દ્વારા વહે છે. હૃદય ને પહોંચાડવાવાળી આ નળીઓમાં જ્યારે ચરબીનો જમાવ થાય છે ત્યારે હૃદય રોગ થાય છે. લોહીની નળીઓમાં ચરબીનો જમાવ વધુ પડતો થાય ત્યારે હૃદય તરફ વહેતા લોહી ગતિ રોકાય છે. આ ને હિસાબે એન્જાઈના અથવા હાર્ટ એટેકની તકલીફ થઈ શકે છે.

આવતા સંદેશમાં : ચિંતાનું કારણ શા માટે?

Kantaben's cooking corner

Chocolate Sponge

230g	Self-raising flour
60ml	Cocoa
140g	Castor sugar
1ml	salt
115g	Butter
20ml	golden syrup
2ml	bicarb soda
2ml	vanilla essence
125ml	milk

Method

- Sieve flour, cocoa, sugar, & salt
- Melt butter, syrup, and add bicarb
- Add liquid to dry ingredients then add vanilla essence
- Pour into 2X23cm round baking tins and bake at 160°C for 20min

Chef's Tips

- Add a pinch of turmeric powder to oil before adding green vegetables. The vegetables will remain a luscious green even after cooking.
- To freeze green leafy vegetables (methi or spinach), blanch in boiling water for two minutes. Hold under cold running water, press out excess water and freeze.
- For softer and lighter idlis, add a cupful of soaked pauwa to five cups of soaked rice. Grind together and allow fermenting overnight.
- Set curds in earthenware or stoneware for firm and better quality curds, because these vessels are porous and absorb excess moisture.
- Add a few drops of lemon juice while cooking cauliflower to retain its white colour.

Send in your favorite cooking or household tips or your tried and tested recipes. The entry selected for publishing in the Sandesh will WIN two movie tickets.

Kantaben and Kanjibhai

Kantaben and Kanjibhai were discussing their wallpaper, which had just been hung up. Kanjibhai was annoyed at Kantaben's indifference to what he thought was a poor job. "The problem is that I am a perfectionist, and you're not" he told his wife. "Exactly" replied Kantaben, "that's why you married me and I married you!"



Some Hinglish to make you smile

What did the lonely banana say?
I'm a'kela'

What did the green peas say?
Nothing. They just "mutter"ed

What did the potato say when it answered the phone?
"Aaloo"

Where do cabbages hang out?
In the Gobi Desert

What are call boxes for ghosts called?
B(h)ooths

What kind of sweaters do grapes wear?
Angoora

What did the flower say to his girlfriend?
Why do phools fall in love?

What did the fat car say?
I'm a mota car

What did the confused egg say?
I don't unda-stand

What do shmrps sing for Christmas?
Jinga Bells

What did the half-eaten naan say"
I wish I were a puri

What did the lonely potato sing?
"Aaloo lonesome tonight?"

What language do carrots speak?
Gajjarati

What do you call a bald poet?
Ik-Bal

What is a vegetable's favourite song?
Love me tinda

Where do earrings go on holiday?
Bali

By Himanshu Thakraar

College Life

You know you've been in college too long when...

- You consider "MacDonald's" real food
- You actually like doing laundry at home
- 4.00 a.m is still early on the week-ends
- It starts getting late on week nights
- Two miles is not too long to walk to a party
- You wear dirty socks for three days running and think nothing of it
- You'd rather clean than study
- Mortal Combat is more than a game - it's a way of life
- You schedule your classes around sleep habits and soaps
- You know the pizza boy by name
- You go to sleep when it's light and get up when it's dark
- Looking out of the window is a form of entertainment
- You wash your dishes as a last resort to procrastination
- You are sitting around making lists about how you've been in college too long

Understand your Parents:

<i>When they say:</i>	<i>They mean:</i>
Pasadi	Prashad
Sufaria	Saucepan
Sano	Snow
Tikit	Ticket
Egg-joss	Exhaust
Fota	Photos
Paast	Fast
Philam	Film
Gero	Zero
Cancel	Cancer
Moff	Mop

Let's learn Gujarati

Thank you	aabhar/dhanyavaad
Hello	namaste
Please	Krupa
Excuse me/sorry	Maaf karjo
Goodbye	Aavjo
So long	fari malshoo
How do you do?	Kem chho?
I am well	Saroo chhe
Welcome	Bhale padharo
Come in	Aavo
Take a seat	Beso

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Food for thought

TURNING POINT

We all set goals and work hard to achieve success but when we don't get the desired results we become disheartened or blame other factors. To achieve the best results, we have to perform actions with a pure and selfless motive. When we let go of our selfish desires and do a task with good wishes for the benefit of all it brings great success!

GODS BLESSINGS

People pray to God and ask Him to bless them with peace, power, wisdom and prosperity. However, we have to become worthy of earning Gods blessings. By having true love for Him, by following His elevated directions, and by eschewing vices we earn unlimited blessings from Him. Gods blessings make it very easy to accomplish all tasks and remain very happy!

PRAVIN RUPARELIA

MARRIAGE

- Marriages are made in heaven. But so again, are thunder and lightning.
- When a man opens the door of his car for his wife, you can be sure of one thing: either the car is new or the wife.
- Marriage is when a man and woman become as one; the trouble starts when they try to decide which one.



An invisible man married an invisible woman. Nobody could figure out what they saw in each other. The kids were nothing to look at either.

**Do you remember these facts about the land of your ancestors?
We continue our journey from the era of the Muslim invasions (Issue 55) to**

The Marathas

The power that came closest to imperial pretensions was that of the Marathas. Starting from scratch, the non-Brahmin castes in the Maharashtra region had been organised into a fighting force by their legendary leader, Shivaji. Diminutive in height, clever beyond his enemy's imagination, Shivaji led everyday of his life like a drama in which he was always a step ahead of his adversaries. The Marathas moved like lightning and appeared in areas where least expected, at times hundreds of miles away from their home. They always went back with their hands full of plunder.

Gradually, states began to pay them vast amounts in "protection money," insurance against their plundering raids. By the third quarter of the 18th century, the Marathas had under their direct administration or indirect subjection enough Indian territory to justify use of the term "the Maratha Empire", though it never came near the dimensions of the Mughal empire. The Marathas also never sought to formally substitute themselves for the Mughals; they often kept the emperor under their thumb but paid him formal obeisance.

When Nadir Shah of Persia attacked Delhi in 1739, the declining Mughals were even further weakened, but the expansion of the Maratha power came to an abrupt halt in 1761 at Panipat. There, the Marathas were defeated by Ahmad Shah Durrani from Afghanistan. Their expansion to the west halted, they nevertheless consolidated their control over central India and their region known as Malwa. Soon, however, they were to fall to India's final imperial power, the British.

Coming of the Europeans

The next arrival of overwhelming political importance was that of the Europeans. The great seafarers of north-west Europe, the British, French, Dutch and Portuguese, arrived early in the seventeenth century and established trading outposts along the coasts. The spices of Malabar (in Kerala) had attracted the Portuguese as early as the end of the 15th century when, in 1498, Vasco da Gama had landed at Calicut, sailing via the Cape of Good Hope. Early in the 16th Century, the Portuguese had already established their colony in Goa; but their territorial and commercial hold in India remained rather limited. During the late 16th and 17th century they remained unrivalled as pirates on the high seas; but inland the other European companies were making their presence felt, though entirely in commercial terms.

The Years of 'The Raj'

The newcomers soon developed rivalries among themselves and allied with local rulers to consolidate their positions against each other militarily. In time they developed territorial and political ambitions of their own and manipulated local rivalries and enmities to their own advantage. The ultimate victors were the British, who established political supremacy over eastern India after the Battle of Plassey in 1757. They gradually extended their rule over the entire subcontinent, either by direct annexation, or by exercising suzerainty over local rajas and nawabs.

Unlike all former rulers, the British did not settle in India to form a new local empire. The English East India Company continued its commercial activities and India became 'the Jewel in the Crown' of the British empire, giving an enormous boost to the nascent Industrial Revolution by providing cheap raw materials, capital and a large captive market for British industry. The land was reorganised under the harsh *Zamindari* system to facilitate the collection of taxes to enrich British coffers. In certain areas farmers were forced to switch from subsistence farming to commercial crops such as indigo, jute, coffee and tea. This resulted in several famines of unprecedented scale.

In the first half of the 19th century, the British extended their hold over many Indian territories. A large part of the subcontinent was brought under the Company's direct administration; in some parts local rulers were retained as subsidiaries of the Company, militarily and administratively completely at its mercy and yielding to it an overwhelming portion of the revenues. By 1857, "the British empire in India had become the British empire of India." The means employed to achieve this were unrestrained and no scruple was allowed to interfere with the imperial ambition.

Taken from the <http://www.indembassyhavana.cu/culture/culture-history-intro.htm> website



NADA - NRITYA

Chandrika is the founder and director of the School of Dance and Music. She has had her training under the tutelage of Guru R. K. Srikantan for music and Gurus Narmada and Bhanumathi for dance. She has performed extensively in India and overseas, and has a Masters in both Music and Dance. She has also completed Vidwath, the highest level in both Dance and Music.

The school provides education in the field of performing arts of South India., namely, Carnatic Music (Vocals) and Bharatanatyam for all levels. Some of our students have given performances both in music and dance in Perth.

The School was established in 2001 and currently runs from two locations – Murdoch University, South Street and Balcatta Senior High School, Poincaire Street.

Class Details:

Murdoch University

Saturday: 8AM to 8PM

Wednesday and Thursday: 4:30PM to 8:30PM

Balcatta

Sunday: 8AM to 8PM

Monday: 4:30P to 8:30PM

Contact Details:

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MEMBERSHIP FORM
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Please tick the appropriate box and complete the relevant details:

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|--|---|
| <input type="checkbox"/> 1. New Membership | <input type="checkbox"/> Family Category |
| <input type="checkbox"/> 2. Membership Renewal | <input type="checkbox"/> Individual Category |
| <input type="checkbox"/> 3. Change of Particulars | <input type="checkbox"/> Associate Category |

I / We would like to become new member(s) of the Gujarati Samaj / renew membership / change particulars of my / our membership and enclose my / our subscription of \$ _____ for the year ending 31st March 2005 for the category indicated above. In the event of my / our admission to the membership, I / we agree to be bound by the Constitution and by-laws of the Samaj.

I acknowledge that under the constitution of the Samaj, the right or privileges of membership to the Samaj will not extend to any individual.

Membership No: _____ Country of Origin: _____

Name of Applicant: _____ Profession _____

Name of Spouse: _____ Profession _____

Childrens Names: _____

Address: _____

Phone: Home _____ Work _____ Mobile _____

Fax: _____ E-mail: _____

Proposer and Seconder:

We hereby nominate the above person/family as a member(s) of the Gujarati Samaj of Western Australia (Inc) and believe that he/she/they are eligible for membership.

	<u>Name</u>	<u>Signature</u>	<u>Date</u>
Applicant	_____	_____	_____
Proposer	_____	_____	_____
Seconder	_____	_____	_____

Note: Every application for membership must be signed by the applicant and by two current members of the Gujarati Samaj of Western Australia (Inc) as a proposer and seconder.

Membership Fees : Family \$30; Individual \$15; Full-time student \$10; Senior/Pensioner \$10
For security reasons, please do not send cash in the post for membership renewal
(Membership fees are inclusive of 10% GST)

LIFE TODAY

Due to lack of Moral Values and Spiritual Development everywhere there is more of:-

- Fear than Peace
- Suspicion than Security
- Frustration than Satisfaction
- Promises than Programmes
- Words than Deeds
- Assurances than Actions
- Criminals outside the jails than inside

Some Negative trends:-

- ❖ Over population and under nutrition
- ❖ Rising prices and falling standards
- ❖ More of breakdowns than break through
- ❖ Right people in the wrong place and wrong people in the right place
- ❖ Ours is a rich world inhabited by poor people. We are neither forward, nor backward but just awkward
- ❖ Large number of people are physically ill, morally nil, mentally not-well and so this world has become a hell!
- ❖ We can create a new society when people become hard working not hardly working, meritorious not notorious.

NEETA RUPARELIA

Business Advertisements

Interested in advertising in the next issue of the Sandesh? Contact the editors with details by the 15th August 2004.

The current charges for advertising in the Sandesh are as follows and are subject to change at the discretion of the Executive Committee of the GSWA:

1/4 Page- \$15.00 + GST

1/2 Page- \$25.00 + GST

Full Page- \$40.00 + GST

Article Submissions

Would you like to communicate any news to the general community? Do you know of any special achievements made by members of the community? Are there any issues you'd like to raise in the community?

Write to the Sandesh to publish your news, views and comments!

Articles for the next issue of the Sandesh should be e-mailed to the editors by the **15th August 2004**. Please note that only Microsoft word documents and black & white photographic images will be accepted. Text should be limited to half a page in Times New Roman, 11-point font.

Editorial Team

EDITOR

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Disclaimer

Opinions and views expressed in the Sandesh are those of the authors and not necessarily those of the Committee of the Gujarati Samaj or the Editors.