

SANDESH



Issue 71

SHILPA WINS CELEBRITY BIG BROTHER UK

SUNDAY TRADING AND EXTENDED HOURS. ARE YOU IN FAVOUR OF IT?

You can almost guarantee that the law will pass to allow extended trading throughout WA. It exists in the eastern states and around the world; so why not here in Perth?

Working full timers would get a chance to shop conveniently on Sunday without having to travel far away and get whatever you want whenever you want.

To rush back from work before the stores close and find that most of the goods are gone or of bad quality, is so annoying.

At least *we* can then *choose* when to shop and when to go to the beach.

Shilpa Shetty wins CBB 2007 crown. Her housemates attacked her with racist slur in the UK's Reality Show that caused outrage around the globe.

"Shilpa Poppadom", as one of the contestants said to our Bollywood Babe, was a totally uncalled for remark. Surendra Shetty (Shilpa's father) had reportedly said that "Had Jade been brought up better, this would never have happened."

Jade Goody, the main bully, was evicted by public vote Friday 19th January. "Goody riddance" was one tabloid headline. When Jade had realised the public's anger, she was quick to apologise for her outburst. Jade's Great Grandfather was black, I'm sure he would have been ashamed.

The contestants didn't have televisions or radios in their makeshift house, so were unaware of the public outcry surrounding the back stabbing that went on.

For me, the Celebrity Big Brother programme is a place for failing Celebs wanting to make a 'come back'. Why did Shilpa accept this offer? I have no idea! It was a risk that could have gone the other way. Reality Shows like this have a nasty habit of showing us another side to ones personality, and your true colours would eventually show.

Having now won the contest, Shilpa has Max Clifford, a UK publicist, to look after her affairs there. So expect more news of her activities soon.

- Editor

Win !!!!!

Take your chance to go into a draw to win a surprise gift this summer! Simply send the answer to the following question by e-mail to bmorar@cyllene.uwa.edu.au by the 15th February 2007.

What is the latest Bollywood Top song according to Dishant.com, home of Indian music?

Find the answer in this issue!!

Winners will be notified by email or phone.

The editor's decision is final!



Last issues competition winner of my delicious handmade chocolates goes to Mudra Shah

Lets hope she shares it with her sister Zanza!

I am sure she will!

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Check out the GSWA website

www.gujarati.org.au

Editors' Note

Hello readers!

I've often read that each new year brings about a change, whether its for better or for worse. But that's how life is; a stream flowing down towards a place of calm. Crashing into rocks, twisting and turning along the way, unable to stop unless obstacles like dams block your way. Life isn't always the way you would like it to go. I suppose its one of those things that require patience to ride the wave. The place of calm will eventually come. So when you read the Stars for 2007, just remember, no planet in this universe is going to change the way you think, only other people!

Make this a good year for yourself. Do something different rather than sitting around in your comfort zone, the calmer waters is inevitable.

To my surprise, of the growing membership of the Gujarati Samaj that this publication goes to each issue, only 7 entries in our competition was received. Great odds for those who did enter! But why miss out on what we try to offer?

The more you put in to this community, the more you will get in return.

Enjoy, wherever you are

Minesh

Minesh Rajdev

Dear Readers

The dry hot summer is here and the school calendar has started. So, except for uni students, it's back to 'normal' life for most of us. The beginning of a new year generally translates to fresh ideas and an optimism for plans and goals for the future. But, it is important to remember this quote from William Jennings Bryan: "**Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved**". So....good luck to everyone for the coming year, and remember that life is what you make of it!

We have been following the progress of the nomination of the movie *Water* directed by Toronto-based Deepa Mehta for an Oscar. The film examines the plight of a group of widows forced into poverty at a temple in the holy city of Varanasi. Many people feel that the movie portrays anti-hinduism but as Mehta says, "*Water* is about three women trying to break that cycle and are trying to find dignity, and trying to get rid of the yoke of oppression". The movie invokes a deep sense of compassion for oppressed women (in any community!!!!!!) and will hopefully precipitate changes in behaviour and attitudes that are totally unacceptable. And...yes, it has reached the finals list.

See you all at the exciting functions that have been planned by the GSWA!

Bharti Morar



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PRESIDENTS PEN

Hello dear members

A very happy and prosperous 2007 to you all. Hope you have all enjoyed the holidays, travel, relaxation time, etc. and all charged up again for the New Year. Congratulations to all our youth who achieved fantastic scores in the TEE.

The committee has been busy and have lined up a few exciting events for your calendar, the details of which are in the Sandesh. This issue also includes the Directory form which it is imperative for you to fill correctly, sign and return by the due date for your listing in the Gujarati Community Directory. I urge you all to act on this expeditiously to facilitate this mammoth project, which will form a basis for networking and data collection of all people of Gujarati origin and/or speaking.

I also kindly request you to make extra copies for any new migrants or non-members who would like to be included in the directory. I would like to emphasise that if the form is not **signed and returned** by the due date, your contact details cannot be printed in the directory.

Another milestone project, the Gujarati School, is to be launched in February and it goes without saying that the success of this school is entirely dependent on your usage. We have a fine team of volunteers ready to take the long-term challenge of preserving our language for our future generations and us. I urge you all to give your whole-hearted support for this.

I look forward to seeing you all again at all the upcoming events and as always, welcome any input, feedback, new ideas, etc. with regard to these and future events.

Regards from your President

Priti Shah

SAHELI...

Greetings from your Saheli committee. Our final event for 2006 was an interesting one and its ironic how certain topics have a magnetic effect on us. Anyway for those who were unable to attend the evening was all about Weight Loss and weight management. The talk covered general points such as are we eating the right food and amounts to help us lose weight, in other words change from eating in a dinner plate to a saucer....., are we exercising enough, unfortunately cleaning the house doesn't burn enough calories unless we scrub floors for an hour (as well as the rest!). What to look for when we're shopping and is oil, butter, sugar, ghee really good for us!!!! Oh yeah it's interesting what we learnt from our guest speaker. Very big thanks to Sonal Shah for taking time to educate us a little on few simple guidelines to help our health.

As we come to the end of yet another year, looking forward to school holidays, traveling, socializing, family time, and not forgetting some well deserved rest and relaxation. We will be bringing you a lot more fun filled events in the New Year.

From the Saheli committee to all families, friends and loved one we're wishing you all safe and happy holidays wherever you are and a very prosperous NEW YEAR 2007!!!!

Jigisha Patel.

SAHELI COMMITTEE MEMBERS:

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 Member: Anita Patel (H) 93057917 (M) 0424054625 (E) ankko69@hotmail.com

FUTURE EVENTS

- **Antakshri**
Date: Saturday, 17th February 2007 Time: 8.00pm
Venue: Macedonian Cultural Centre 'Ilinden' of WA, Lot 114, Grindleford Place. Balcatta.
- **Dandia Dance Night**
Date: Saturday, 10th March 2007 Time: 8.00pm onwards
Venue: Civic Hall, Cnr of Sandgate Street & South Terrace, South Perth.
- **Geetanjali**
Date: Saturday, 28th April 2007 Time: 7.15 pm
Venue: Penrhos College.

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- I have been eating at Grand Indian Flavours from the time it opened. The food is tasty, hot and served quickly.
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That's Life...

WHY MEN LIE

One day, while a woodcutter was cutting a branch of a tree above a river, his axe fell into the river. When he cried out, the Lord appeared and asked, "Why are you crying?"

The woodcutter replied that his axe has fallen into water, and he needed the axe to make his living. The Lord went down into the water and reappeared with a golden axe. "Is this your axe?" the Lord asked.

The woodcutter replied, "No."

The Lord again went down and came up with a silver axe. "Is this your axe?" the Lord asked. Again, the woodcutter replied, "No."

The Lord went down again and came up with an iron axe. "Is this your axe?" the Lord asked.

The woodcutter replied, "Yes."

The Lord was pleased with the man's honesty and gave him all three axes to keep, and the woodcutter went home happy.

Some time later the woodcutter was walking with his wife along the riverbank, and his wife fell into the river. When he cried out, the Lord again appeared and asked him, "Why are you crying?"

"Oh Lord, my wife has fallen into the water!" The Lord went down into the water and came up with Angelina Jolie.

"Is this your wife?" the Lord asked.

"Yes," cried the woodcutter.

The Lord was furious. "You lied! That is an untruth!" The woodcutter replied, "Oh, forgive me, my Lord. It is a misunderstanding. You see, if I had said 'no' to Angelina Jolie, you would have come up with Jennifer Aniston. Then if I said 'no' to her, you would have come up with my wife. Had I then said 'yes,' you would have given me all three. Lord, I am a poor man, and I won't be able to take care of all three wives, THAT'S why I said yes to Angelina Jolie."

The moral of this story is: Whenever a man lies, it is for a good and honorable reason and for the benefit of others.

That's our story, and we're sticking to it - "WE HONORABLE MEN!!!!"

GRANDPARENTS MEET A NEED

We live in a world where hardly anyone lives with their grandparents. Some people think that it's uncool to do so, while others just don't know mainly because they are too caught up in their lives. So here is a poem that I dedicate to my grandparents who I've lived with since the day I was born and from whom I've learnt so much about life and living that no book or no teacher could teach. So for all those people who hardly see their grandparents and speak to them, try making an effort to do so, because you never know what you might learn from them. There's nothing to lose and everything to gain!!!

Grandparents meet a need

That no one else can fill;

They're always kind and gentle;

They love you and always will.

They have plenty of time to listen,
to encourage and to care;

When others are too busy,

Grandparents are always there.

They have delicious foods;

There's always something cooking;

They feed you scrumptious titbits,

When no one else is looking.

They take you special places;

They're never in a hurry.

They soothe you when you're troubled,

And help you not to worry.

They buy you things you want,

Even things that you don't need;

"Do what makes them happy!"

Is every grandparent's creed.

They focus on your good points,

And overlook each flaw;

How could we do without

Our grandma and grandpa?

Thank you, Grandpa and Grandma,

For giving life a special shine;

I'm glad to have grandparents,

And happy you both are mine!

Chandni Atish Shah

**Reach out to the wider community in an easy and efficient way
by advertising in the Sandesh!!!**

Costs are as follows: quarter page \$30.00; half page \$60.00; full page \$90.00.

Any other articles/information for issue 72 should reach the editors by the end of February 2007.

Dilip Shah



What to look for in a Real Estate Property Consultant... You not only want someone who will get you the best possible price but you also need a person with the ability to listen, be honest, energetic and enthusiastic, someone who will provide accurate follow up and feed back, with the ability to understand your unique needs and most importantly work in your best interest.

We'll look no further:

Dilip has always been involved in customer service and sales marketing positions. Having started the family's kitchenware wholesale business from scratch at a young age, in Nairobi, Kenya and running a successful café in Whitford City Shopping Centre in Hillarys for 5 years.

His passion for customer service and sales dates back as long as he can remember and prides himself in developing relationships with his clients that go beyond just making a sale.

Despite being only in his second year of real estate sales, he has over \$9.5m (25 properties) in real estate sales last financial year alone. Dilip has been able to demonstrate to his clients that he can deliver on all of the above criteria.

Dilip enjoys travelling, spending time with his family, working with children and enjoyed his role as the past President of the Gujarati Samaj of Western Australia.

Dilip is aware that when you get involved in real estate, you are helping people to achieve their dreams and it is a rewarding and enjoyable experience.

As for his future with Alessandrino Property Group, Dilip is proud of being a part of a well respected Real Estate company.

Contact Details

Dilip Shah

Phone: (08) 9221 1966 Direct Line (08) 9254 2113 Fax: (08) 9221 1965

Mobile: 0402 833 213

E-mail: dilip@alexandrino.com.au

DIRECTORY

The Gujarati Samaj of WA together with other Gujarati institutions have embarked on a project to compile a directory listing the names and contact details of all individuals of Gujarati origin/language living in Western Australia.

If you would like your contact details to be included in the directory, please complete the accompanying form, irrespective of whether you are a member of the Gujarati Samaj or not. Send completed signed forms by mail to: THE GUJARATI SAMAJ OF WA, P O BOX 365, HILLARYS, WA 6923 or by e-mail to directory2007@gujarati.org.au no later than **10th February 2007**. DO NOT FORGET TO SIGN THE FORM. Please note this is not a membership drive.

The directory will be provided free to all individuals listed in the directory and extra copies will be available for purchase at \$5.00 per directory.

INSTRUCTIONS FOR FILLING THE FORM

-
1. Fill only ONE form per family
 2. Use BLOCK letters only
 3. Fill a separate form for dependants or students over 18yrs who are not part of your immediate family
 4. Ensure that all given details are accurate
 5. SIGN THE ATTACHED FORM to provide your consent
 6. Electronic forms sent by email will also be accepted as consent.
-

We invite expressions of interest for advertising in the directory. Advertisements will be accepted on a first come first served basis. The charges are as follows:

Full page - \$500.00

Half page - \$300.00

For any queries regarding this please contact Anjanaben Rajani on 94020544.

Thank you

COMMUNITY DIRECTORY TEAM

GEMS OF WISDOM

Spiritual Diet and Exercise

To stay mentally healthy, pay attention to two things – diet and exercise. Eat the diet of pure thoughts – thoughts of spiritual wisdom, peace, bliss and God. Abstain from eating waste and negative thoughts. Also perform mental drill by detaching from the awareness of the physical body and physical world. Hold the thoughts of peace for a few seconds and bring back your mind to the present.

Gift your Virtues

Virtues are like money. When you see a person who is poor in patience, happiness or love, donate some of your virtues to him through your good wishes and good behaviour. Do not condemn him by criticising him or neglecting him.

NEETA RUPARELIA

BOOK REVIEW - DEMONS OF CHITRAKUT

Half way in the Banker series of The Ramayana, the author now focuses on Rama's quelling of the Demon invasion and his challenging wedding to Sita.

But the young Prince's problems are far from over. He has now been challenged by the great axe wielding Parshurama, a Brahmin who has never ever been defeated.

And should he survive this confrontation, a greater crisis awaits him.

Read on about Mantra's manipulations and her forced exile of Rama deep in the heart of the forest of Chitrakut. His encounters with the vengeful survivors of Ravana's rakshasas, Sita's love and loyalty towards her husband and about a brother's unconditional devotion.

As usual a brilliantly written novel whose pace never flags and makes one all the more curious to get to the next novel.

Jyoti Doshi has kindly offered to lend the book to interested readers Contact her at jytdoshi@aol.com for further information.

DIRECTORY FORM 2007

P. O. Box 365 Hillarys WA 6923



I, _____
 hereby give consent and agree to include the following information in the Directory of the
GUJARATI SAMAJ OF WESTERN AUSTRALIA (Inc).

.....
 (Signature) _____ (Date)

I am a subscribing member of the following Organizations (Please):

GUJARATI SAMAJ OF W.A. INC.		JAIN SAMAJ OF W.A.	
SHREE KUTCHI LEVA PATEL COMMUNITY W.A. (SAMAJ)		LOHANA SAMAJ OF W.A. INC.	
ZOROASTRIAN ASSOCIATION OF W.A.		OTHER:	

* The following information is MANDATORY and will be printed in the Directory. Failure in completing all mandatory fields may not guarantee a spot in the directory. (PLEASE PRINT)	
SURNAME *	
Head of Family *	
Middle Name(s) *	
Spouse / Partner's Name *	
Residential Address *	No: _____ Street: _____
	Suburb: _____ Post Code: _____
Home Phone No.*	
Email Address *: _____ (Please <input checked="" type="checkbox"/> in the box if you wish to have your email address included in the directory)	<input type="checkbox"/>

The following information is **OPTIONAL**. Complete the fields that you wish to be included in the directory. (PLEASE PRINT)

Name(s) Of Children:	a)	M / F
	b)	M / F
	c)	M / F
	d)	M / F
	e)	M / F
Work Phone:		
Mobile Phone:		
Profession / Occupation:		
Country of Emigration:		

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 Whilst every care and effort will be taken to ensure that the information is accurate prior to printing, the Gujarati Samaj of W.A. takes no responsibility or any liability for any omitted, incorrect or misprinted informatio

SLIMMING REVOLUTION – HEALTH WATCH

SIMPLE GUIDELINES TO LOSING WEIGHT PERMANENTLY

As I woke up today, I looked in the mirror...uughh! I thought as I surveyed my bulging hips in disgust. I promised myself that I wasn't going to eat another junk meal. I needed to lose weight. I couldn't go on like this. I sat down and wrote in my diary that from today, I would consume only raw fruits for the next 5 months.

That evening as I came home from work I was so tired that all I could think of was curling up and going to sleep. A loud shout in the kitchen reminded me that I still had a husband and two kids who hadn't eaten for the last 7 hours. Oh God...how could I forget that I had to prepare food for them not to forget bath the kids and put them to bed. After that, I had to iron all their cloths for tomorrow, prepare their lunch boxes and make sure all their homework was done. I forced myself to walk to the kitchen and as I opened the fridge, I cringed at the thought of peeling and cutting all the vegetables, making the chapattis and the rice not to forget my husband liked his pickles made fresh on the day. I slammed the door shut and something caught my eye. A sudden glimmer of hope filled me as I picked up the Pizza Voucher and dialed the magic numbers. And Alas the pizza was at the doorstep in 15 minutes. God save the Giant fast foods of our century I thought as I opened the pizza boxes and as a family we ravenously devoured each and every slice of the pizza and the garlic bread. Of course we washed it all down with a 1.25 liter bottle of cola. As I went to sleep that night, I vowed I would start a strict diet consisting only of boiled vegetables and raw fruits from tomorrow.

Most of us live in such a fast paced life that the mere thought of coming home and cooking a traditional

meal can be frustrating. So we make do with second best. We order takeaways or eat out. Or better still we give in to our cravings and settle down with a tub of ice-cream or a bar of chocolate. However, we need to remind ourselves that there are serious health and psychological consequences associated with weight gain. Weight gain is clearly associated with many serious conditions, including type II diabetes mellitus, depression, hypertension, and coronary heart disease. Therefore, it is important and necessary to start making some little changes in our lifestyle in order to ensure that we do not end up putting ourselves and our children at risk.

- ❖ First, get educated. Find out the truth about carbohydrates, fats, proteins. Don't listen to your friends' success stories on how they lost weight. Sit down with a certified weight loss consultant and find out what sorts of foods you can eat and what sorts you should limit.
- ❖ Second, critically assess your food portion sizes. Find out what the right portion size is and how much you really need to eat in order to lose weight.
- ❖ Third, throw the word "diet" out of the window. Instead, tell yourself that you are making some small permanent changes in your life.
- ❖ Forth, exercise. This simply means "keep moving". Walk for 30 minutes 3-4 times a week, do some housework or take up a hobby such as dancing.
- ❖ Finally, be positive. Constantly remind yourself of your achievements.

Dr Sonal Shah

www.slimmingrevolution.com.au

Gujarati Classes for All

GSWA has pleasure in announcing the start of the much awaited Gujarati classes. The classes will begin on the **10th of February 2007.**

GSWA invites all interested persons wanting to learn to speak, read or write the Gujarati language to enroll immediately. Enrolment form is included in the Sandesh. For more details contact the secretary.

Day Light Savings

Good to have or not?

Some people didn't turn their clocks forward last year and got a nasty surprise next day!

The way to remember is:

Spring *Forward*; Fall (winter) *Back*

Well whether you like it or not, its here to stay. The change back will be on the last Saturday in March when you can enjoy an extra sleep!

Gujarati Samaj of Western Australia

Enrolment Form for Gujarati Classes			
Registration Form - 2007			
Name		Surname	
Street		Suburb	Postcode
Phone no.			
DOB			
Medical Conditions/Allergies:			
Emergency contact (Dr):		Name:	
		Tel No.	
Age Group: (Tick appropriate box)			
5-7	<input type="checkbox"/>		
8-10	<input type="checkbox"/>		
11-13	<input type="checkbox"/>		
adult	<input type="checkbox"/>		
	Father	Mother	
Name			
BH: Tel			
AH: Tel			
Mobile			
Email			
Parent /Guardian Signature:			
Signed by			
Date			

For Official Use only:	
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RIDDLES?!?!?!?!?!?!?!?!?

There are two doors, one door leads to freedom, this is what you want. The other door leads to prison, and you don't want to go there (A load of naughty people there!). Now each door has a guard – a dwarf. These dwarfs are very co-operative, they will answer altogether one question asked by you. So you can ask a total of one question, to any of the two dwarfs, and that is all, then you are supposed to know which door to take. Complicated?? Not yet!

The one dwarf always lies, and the other always tells the truth. You do not know which one of them tells the truth and which one does not. Now find the door that leads to Freedom – You have ONE question to ask.

Answers in next issue.

Answers to Riddles in previous issue:

The passing traveller told them to switch horses. Thus the horse of the brother who wins, will actually be the horse that loses! Get it!!

	2					1	4	
9					1			
1		5						
				1	6			4
	8							6
7			5	3				
						5		1
			9					7
	6	9						3

SAN DOKU –Samaj Version!

Exercise your mind by completing this puzzle. The level of this game is a **Medium**.

Answers in next issue

		5				6		1
6							9	
3	4	9					5	2
			9		4	3		
	6		8		5		7	
		2	3		6			
9	5					2	6	7
	2							5
7		6				9		

Last issue solution

9	3	7	8	5	1	2	4	6
4	6	8	2	3	9	1	7	5
5	1	2	7	4	6	9	3	8
3	7	5	1	8	2	6	9	4
6	9	4	3	7	5	8	1	2
2	8	1	6	9	4	3	5	7
8	4	9	5	2	3	7	6	1
7	5	6	9	1	8	4	2	3
1	2	3	4	6	7	5	8	9

Pooh says!



*One woman says to the other:
“Aren't you wearing that wedding ring on the wrong finger?”
The other woman replied
“No! I'm married to the wrong man!”*

સીનયર અપડેટ અહેવાલ

પૂર્વજનોના આશીર્વાદ અને આવતી પેઢીની સહાયતા અને શુભ ભાવનાથી ગુજરાતી સીનીયર કલ્બની રચના થયેલ. પર્થમાં રહેતા ગુજરાતી સીનયરોના લાભાર્થે આ કલ્બ ચાલે છે. સીનીયરોની જીવન સુગમ બને મનમા પ્રસંદતા ફેલાઈ અને બાકીની જીવન પ્રભુમય રહે. જીવનમાં વિવિધતા આવે તે માટે અનેક કાર્યક્રમો રચવામાં આવે છે. છતાં દરેક મનુષ્ય ભુલને પાત્ર છે. માટે આપ સોને વિનંતિ કરું કે જો આપ પાસે નવા વિચારોની મૂડી હોઈ તો અમો હર્ષની સાથે તેનો સ્વિકાર કરીશું. તમારી સલાહ અમારા આનંદમાં પધારો કરી આપે.

ઘયા અંકમાં ઓક્ટોબર સુધીનો અહેવાલ આપેલ, તેમાં જણાવ્યા પ્રમાણે કાર્યક્રમો ચાલુ છે. તદ્દ ઉપરાંત ભાઈ બહેનોની પ્રરણાથી આ મહિને વિષય કાર્યક્રમમાં હીલરી પીકનીક માટે ગયેલા. તેની ગોઠવણ અમારા વદીલશ્રી મણિભાઈ કારીયાએ કરેલ. જગ્યા અતિ સુંદર છે. કુદરતિ શાંતિનો અનુભવ અને દરિયાના મોજા મનને પ્રકુલિત કરેલ. સરખે સરખા ઉમરના હોઈએ એટલે ઓર મજા. આમયે ખબર પડે કે માનવ સંપર્ક કેટલો મહત્વનું છે. બહેનો ખુબ આનંદથી વોક માટે ગયેલા. ખુલી હવા એટલે તબિયત ખુશ. ઝીણો વરસાદથી ઓર મજા પડી. પેલુ ગીત યાદ આવે---આજનો લહાવો લીજીએ, કાલ કોણે દીઠી છે. આ આખો દિવસ ઉજવ્યો. ત્યાર બાદ વડીલશ્રી મણિભાઈ અને અસૌ. કમલાબેન તેમને ઘરે નાસ્તાપાણી માટે લઈ ગયા. તેમનો પ્રેમભાવ ખરેખર અનેરો હતો. કદી ભુલાઈ નહિ. આવો સુંદર અને ઉજળો દિવસ માટે પૂ. મણિભાઈ અને અસૌ. કમલાબેનનો હાર્દિક જય જલારામ.

નવેમ્બરની ૧૦મી કલ્બના ઘણા મેમ્બર રજા ઉપર ગયેલ. છતાં બહારથી મહેમાનો આવેલ.

મહેમાનો પાસેથી દેશ પરદેશના સમાચાર જાણવા મલેલ.

ડીસેમ્બરની ૭મીએ યોગીશ્રી પ્રતિષ્ઠિત આવેલા. હિન્દી ભાષામાં ભાષણ કરેલ અને પ્રાણાયામ ઉપર પણ વધુ જાણકાર આપી.

ડીસેમ્બરની ૧૪મી એ રોખંદ કાર્યક્રમ ઉપરાંત ભારતના સંતો વિષે ચર્ચા ઓપન એરમાં રાખેલ. સાઈબાબા વિષે પણ જાણવાનું મળ્યું.

સૌને“Happy New Year”, આવતા વર્ષે સર્વને દરેક રીતે લાભઈથી નીવડે, એજ કલ્બના મેમ્બરોના હાર્દિક આશીર્વાદ,

લી.પુરૂષોત્તમ દેવચંદ



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Chalo Karie Antakshari, Lei Ne Gujarati Samaj Nu Naam!**

ANTAKSHRI 2007 - coming soon

- WHEN:** Saturday 17th February 2007
- TIME:** Be seated by 8:00 PM for 8:15 PM start
- PLACE:** Macedonian Cultural Centre, 'Ilinden' of WA, Lot 114, Grindleford Place, Balcatta.
- COST:** \$10 – Members \$15 – Non-Members
\$10 – Children occupying a seat \$ 0 – Participants
- TICKETS:** Tickets will be pre-sold and have to be collected prior to the show. Please contact Priti Shah, Anjana Rajani, or Pratik Rathod for tickets.
- TEAMS:** We are currently looking for 6 teams with 3 participants per team. Each team must have adult male and female players.
For entry please contact Payal Bhakta at payalbhakta@hotmail.com
or call 0145620670 (mobile), 9401-6865 (home).
****entries are due on the 10th of February, 2007****
****entries will be accepted on a first come first serve basis****
- SPONSERS:** Each team is required to have a business/company sponsor for the amount of \$50. For additional information please contact Payal Bhakta.
- PRIZES:** Prizes will be given to 1st place winners and runners up.
- SNACKS:** Light refreshments will be served.

**Aju Betha Betha Shu Karo Chho, Baneejao Kalakar
Book Kari Nakho Ticket, Karo Committee Ne Fone!**

Interesting Facts of India

Heros of India

- ❖ Aryabhatta - Invented the Zero
- ❖ Mahatma Gandhi - Embodiment of Non-Violence
- ❖ Swami Vivekananda - Champion of humanitarianism
- ❖ Ramanujam - Great Indian Mathematician, who postulated and proved 3,542 theorems
- ❖ Rabindranath Tagore - 1913 Nobel Prize in Literature
- ❖ C.V. Raman - 1930 Nobel Laureate in Physics for his work on scattering of light and Raman effect
- ❖ Mother Teresa - 1979 Nobel Prize in Peace
- ❖ Har Gobind Khorana - 1968 Nobel Laureate in Medicine for his work on interpretation of the genetic code
- ❖ Subramanyam Chandrasekhar - 1983 Nobel Laureate in Physics for his work on structure and evolution of stars

National Flag of India

- ❖ The saffron stands for courage, sacrifice and the spirit of renunciation
- ❖ The white is meant for purity and truth
- ❖ The green is for faith and fertility
- ❖ The navy blue wheel denotes the continuity of the nation's progress which is deemed to be boundless as the blue sky and as fathomless as the deep blue sea



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GLOBALIZATION

A friend asks another friend, what Globalization is about.

Question: What is the truest definition of Globalization?

Answer: Princess Diana's death.

Question: How come?

Answer:

An English princess
with an Egyptian boyfriend
crashes in a French tunnel,
driving a German car
with a Dutch engine,
driven by a Belgian who was drunk
on Scottish whisky, (check the bottle before you
change the spelling)
followed closely by Italian Paparazzi,
on Japanese motorcycles;
treated by an American doctor,
using Brazilian medicines.

This has been compiled by an African,
using Bill Gates's (an American) technology,
and you could read this on your computer,
that use Taiwanese chips,
and a Korean monitor,
assembled by Bangladeshi workers
in a Singapore plant,
transported by Indian lorry-drivers,
hijacked by Indonesians,
unloaded by Pakistani men,
and trucked to you by Mexicans
and now being read by a person sitting in
AUSTRALIA!

TEMPLE BHAJANS CANCELLED

The Gujarati Community Bhajans, which are held on the third Sunday of every month, at the Hindu Temple in Warton Road, from 4.30 pm to 5.30 pm, have been CANCELLED for **SUNDAY, 18 MARCH 2007** as it clashes with the **ANNUAL INDIAN FOOD FAIR** organised by the Hindu Temple at The Esplanade Reserve in Fremantle from 10.30 am. The monthly Bhajans will re-start from Sunday, 15 April 2007 at 4.30 pm when you are most welcome to attend.

Please also come along to the Fair for a fun filled family outing and to enjoy delicious food and other items from the many stalls operated, as well as musical items by the various Hindu Communities (including the Gujaratis) of Perth.

FOOD FOR THOUGHT: A GIFT FROM KAY

Christmas 2005, I thought it'd be nice to give a little something back to people that are not as fortunate as myself. Although what I am about to share was only a couple of hours from my busy life, it is something that I'll always remember, and Kay, is one person, I'll never let myself forget...

Aged 18, and busy with the usual sorts of things that teenagers get up to, I had heard about a Christmas party for the residents of a Cerebral Palsy Organization through the Sai Centre. To me, this was an opportunity to think outside the little box of my own existence. I volunteered to go and help at this event to feed and entertain the people that were born with this condition. I tried to drag some of my friends along, because, to be honest, I wanted company in this unfamiliar event. Unfortunately, in the end, I was left to face this experience on my own. I later learned that Cerebral palsy is an umbrella term encompassing a group of non-progressive neurological physical disabilities.

When I arrived at the housing site, there was no one to be found. I questioned myself on whether I had got the dates mixed up, as I often do. I went into one of the houses and poked my head through the door. I found a group of 5 people, some in wheelchairs and others not, glued to the TV. Guess what was on TV? The Bold and the Beautiful. To my embarrassment I must admit, that I was expecting all the patients to be in wheelchairs and not completely aware of what was going on around them. Boy, was I wrong. One young man, who looked like he was in his mid 20's, walked up to me boldly, stuck his hand out and said to me "Hi! My name is Chris and we are having a Christmas party, do you wanna come?" After finally, getting the hang of what he said, because Cerebral Palsy can affect speech and other motor movements, I replied, "I'm Pooja, and I'd love to."

Chris grabbed me by the hand and we rushed out the door and made our way outside to an area shared by all the houses. This was where the party was going to take place. The rest of the afternoon went smoothly. All the residents from the other houses were wheel-chaired out and there was good music and lots of food. Those that could, danced. One of the residents spent the entire afternoon racing around in his wheel chair. Sadly, it was only possible to have a big gathering like this four times a year. Four. So in their own little way, they made the most of it.

As the afternoon progressed, I found that I was less helpful than I would have liked. You see each person there, was at a different stage of the condition, and life in general. So each, had their own caring requirements. Besides, it was all quite overwhelming. When the food arrived, the head of one of the houses allocated all the volunteers to help feed one resident. Kay and myself got paired up. I couldn't really tell how old she was, and she couldn't really talk.. I went over to the buffet and got Kay a little of everything.

She was smiling and staring at me, I wondered what she was thinking. I took a fork full of lasagne at lifted it to her mouth. She opened her mouth, and took a biteful, but to my surprise she slowly opened her mouth before swallowing and spat it all out. I figured that maybe she didn't really like the lasagne, besides I'm not really a fan either. I cut a piece of bread and again the same thing happened. I looked around me, and noticed that all the other volunteers were doing alright. I looked for one of the carer's only to find that she already had her hands full with three people to feed. She made it look so easy. My pride, and my willingness to help drove me to try again. This time, I cut a piece of cake and once again, the same sort of thing, it was back out onto Kay's clothes before she had a chance to chew.

It was only until then that I noticed that her eyes were filling up with tears and she had turned a pinkish colour. She looked frustrated like a child being ignored. She was grunting, like she was trying to say something, and before I knew it, she had knocked her drink over. No matter how badly I wanted to help her, I finally admitted that I couldn't. I spotted another carer, walked up to her and asked if she could help me feed Kay. She asked me to point out where she was, and when I did, the carer looked at Kay and smiled. She then said, "Oh, Kay! She can feed herself."

I walked up to Kay, and put the plate on the table and handed her the fork. With much concentration, she ate her meal, bite by bite, spilling more on her clothes than in her mouth. But you know what? She grinned at me, and clapped her hands. My eyes filled with tears, and my heart sank and smiled at the same time. You see, for me, an extrovert, communication has never been difficult. I, like many of you, take words for granted.

So next time you feel like screaming harsh, thoughtless words to a spouse, a colleague or a child, stop and think. Words are like toothpaste, once you squeeze it out, there's no pushing it back in. God has gifted you this ability, it's NOT your right. Think of Kay.

Pooja Rajani

The GSWA subscribes to numerous **magazines and books from India.**

Latest issues are available through the Scarborough library and can also be accessed via the Riverton library.

Health and Nutrition, a monthly magazine especially for the Indian diet is available in English.

THE PHILOSOPHY OF WEALTH

- ❖ Wealth can purchase a 'bed' but not 'sleep'.
- ❖ Wealth can purchase 'books' but not 'knowledge'.
- ❖ Wealth can purchase 'foodstuffs' but not the power of 'digestion'.
- ❖ Wealth can purchase 'medicines' but not 'health'.
- ❖ Wealth can purchase a 'house' but not a 'home'.
- ❖ Wealth can purchase 'luxuries' but not 'civilization'.
- ❖ Wealth can purchase 'pleasures' but not 'happiness'.
- ❖ Wealth can purchase 'cosmetics' but not 'Beauty'.
- ❖ Wealth can purchase a 'temple' but not 'purity'.
- ❖ Wealth can purchase an 'obedient attendant' but not 'respect'.
- ❖ Wealth can purchase a 'servant' but not a 'friend'.
- ❖ Wealth can purchase 'Positions' but not 'equality'.
- ❖ Wealth can purchase 'sensual pleasures' but not 'love'.
- ❖ Wealth can purchase 'MEN' but not 'BELIEF'.
- ❖ Wealth can purchase 'commodities' but not 'PEACE'.
- ❖ Wealth can purchase 'social status' but not 'nobility'.
- ❖ Wealth can purchase 'credit' but not 'respect'.
- ❖ Wealth can purchase 'titles' but not 'greatness'.
- ❖ Wealth can purchase 'service' but not respect for the 'MASTER'.
- ❖ Wealth can purchase 'power' but not 'influence'.
- ❖ Wealth can purchase a 'human' but not 'humanity'.

THE OSCARS 79th ACADEMY AWARDS FEBRUARY 25th 2007

Deepa Mehta's *Water*, the Oscars nomination in the 'Best Foreign Language Film', made it to the final five at the Oscars in the Best Foreign Language Film category along with *After the Wedding*, Denmark; *Days of Glory (Indigenes)*, Algeria; *The Lives of Others*, Germany; *Pan's Labyrinth*, Mexico as an entry from Canada.

Rakeysh Omprakash Mehra's *Rang De Basanti*, India's official entry for the Oscars in the category, failed to make it to the shortlist of nine films announced by the Academy ahead of announcement of the final five nominees. Also failing to figure in the list of Oscars nominees was Raj Kumar Hirani's *Lage Raho Munnabhai*, which was sent by its producers as an independent entry.

Water is the fourth film by an Indian filmmaker to get a nomination at the prestigious awards, after Mehboob Khan's *Mother India* (in the 50s), Mira Nair's *Salaam Bombay* (1988) and Ashutosh Gowariker's *Lagaan* (2001).

Water may be an entry to the Oscars from Canada, but an Oscar for it would definitely be a 'Feather in the Cap' for Indian cinema, considering that in its over six decade long history, no film has won the coveted award.

Latest Bollywood Top Ten according to Dishant.com, home of Indian music

1. Tere Bina from *Guru*. Cast: Abhishek Bachchan, Aishwarya Rai, Madhavan, Mithun Chakraborty, Vidya Balan
2. Saiyan Re from *Salaam-e-ishq - A Tribute To Love*. Cast: Salman Khan, Priyanka Chopra, Anil Kapoor, Juhi Chawla, Akshaye Khanna, Ayesha Takia, John Abraham, Vidya Balan, Govinda, Shannon Esra, Sohail Khan, Isha Koppikar, Aroon Bakshi, Anjana Sukhani
3. Crazy Kiya Re from *Dhoom 2*. Cast: Abhishek Bachchan, Aishwarya Rai, Bipasha Basu, Hrithik Roshan, Rim, Uday Chopra
4. Gaa Re Mann from *Baabul*. Cast: Rani Mukherjee, Salman Khan, Amitabh Bachchan, John Abraham, Hema Malini, Om Puri, Aman Verma
5. Tere Bin from *Bas Ek Pal*. Cast: Urmila Matondkar, Sanjay Suri, Juhi Chawla, Jimmy Shergill
6. Parvar Digara from *Nehle Pe Dehlla*. Cast: Saif Ali Khan, Sanjay Dutt, Bipasa Basu, Kim Sharma
7. Kya Mujhe Pyaar Hai from *Woh Lamhe*. Cast: Shiny Ahuja, Kangna Ranaut
8. Dhoom Again from *Dhoom 2*. Cast: Abhishek Bachchan, Aishwarya Rai, Bipasha Basu, Hrithik Roshan, Rim, Uday Chopra
9. Piya Basanti from *Traffic Signal*. Cast: Kunal Khemu, Neetu Chandra, Konkona Sen Sharma, Ranveer Shorey, Raja Pandit, Upyendra Limaye
10. Bhagam Bhag from *Bhagam Bhag*. Cast: Akshay Kumar, Govinda, Jackie Shroff, Lara Dutta, Tanushree Dutta

AN INDIAN FLING... - Part 2

A continuation of Darshini's experience of India.....

On the way to a small village called Chappiya in Uttar Pradesh, I'm enticed at the vast amounts of sugar cane farms and urge the driver to stop and satisfy my thirst for sugar cane juice. We ask an aged farmer where the nearest juice outlet is. He warmly offers to make it on his farm! I'm taken aback by this gesture, as this man looks way over his 80's and is bone thin! To carry big logs and wheel a massive juicer is no joke at this age! I offer to help; he almost looks insulted and declines! He goes to the trouble of making a mere glass of juice that took a minute to drink and 15 minutes to make!! I thank him and offer him 30 rupees, he shakes his head and tells me he did it out of his heart and he doesn't expect anything in return! Tears are welling up...how can a man who cannot even afford to clothe his grandchildren properly and who *earned* this money resist? I give his grandchildren money which they instantly spend on *garam* samosas, I leave feeling inspired and amazed by such a satisfied soul.

One thing that I cannot stand about India is the prejudice that a daughter-in-law suffers! I've observed tremendous amounts of stress that mother-in-laws put on their "*bhous*"... I couldn't believe my eyes when a husband being blatantly wrong started having a heated argument with his wife, without a second thought the mother-in-law interrupts causing a mountain out of a molehill! I've never understood how, a young woman who sacrifices her family, her home, her career to be married to someone she hardly knows, and to top it off she marries the WHOLE family of her husband's! I've heard many stories about the monster in law ...but don't they realize that *saas bi kabhi bhouti*?

Ever met youthful adults who are so inspired by India,

they are willing to write books about it? ...start up "social conscience" businesses and preach through their example by helping the needy? (<http://www.manavsadhna.org/>) I was completely motivated by a few American *desi's*, to give back something to the country that has given me my identity! Incidentally met them at a café' ... and what turned out to be a small introduction rapidly changed to a passionate discussion about India and coming here with a social conscience! These people had also been born and brought up in a western country by traditional parents. Never once did I get the impression that they were *obliged* to come, so humbly they had embraced India whole heartedly, and better yet...had come to change the image of India by writing a travel book for *ABCD's* like myself and by creating an organization where young adults can come and experience India with the comfort of like minded peers! (<http://www.indicorps.org>) That was definitely a moment where I was impressed and encouraged to help change India, be it by giving aid to the needy or by writing a small article! I do hope step by step I can help satisfy the worth of this nation.

Coming back home after a year, I feel more lived, more wise and more *Gujurati!* I feel as though I have one leg firmly planted in India, and one firmly planted in Australia! Instead of eternally confused with my identity, I come home embracing it...like always my father said the best of both worlds.

No need to say more...if I do...I'll probably end up writing a book on India!

I advise you to go and discover your hidden passion for incredible India...you will not be disappointed!

Darshini Harendrakumar Dave

Change of addresses

- ❖ Vishnu Prajapati, 54 Boscastle Way, Darch 6065. Tel: 9303 4305
- ❖ Dipak Paun, 21/21 Harvest Road, North Fremantle 6159. Mob: 0421 431 911
- ❖ Sagar & Khilna Hindocha, 8 Fennell Rise, Darch 6065. Tel: 9303 4205, Mob: 0437 177 709/0417 802 229
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- ❖ Elesh & Nina Shah, 148 Ravenscar Street, Double View 6018. Tel: 9244 9617
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- ❖ Anand Mavani, 89 Rostrata Ave, Willetton 6155. Tel: 92596291, Mob: 0437 768 729
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- ❖ Pravin & Kalavanti Vekaria, 5 Sutton Way, Darch 6065. Mob: 0421 130 111
- ❖ Jayant & Jagruti Sanghvi, 2 Dunster Road, Innaloo. Tel: 93454772
- ❖ Sachit & Pallavi Shah, 8 Renoir Lane, Currambine 6028. Tel: 93041395

YOUR STARS 2007



Mar 21 – Apr 20

Well, like your symbol, the Ram, this year will prove to be an uphill struggle, but the view will be nice when you get there. Travel plans are likely to change as other commitments take over.



Apr 21 – May 21

Well, like your sign, the Bull, you hate being in the red! There's always stabbing pains in the neck. This year your focus will be to stay away from red things flying in front of you. Avoid debt this year. Friends, family and humour are your greatest assets.



May 22 – June 21

Well, like your sign, there's another side to you. You may get frustrated with the way things go this year – just relax and stop taking things personally. Travel plans are on the cards this year. New career perhaps!



Jun 22 – Jul 23

Like your symbol, the Crab always walking sideways, with one arm heavier than the other. Life just doesn't seem to go the way you like it to go. Grab any fish (opportunity) when the tide comes in.



Jul 24 – Aug 23

Like the lion you are, this year will scare everyone until someone whips you back into your cage. You'll wish you were back home. You'll discover who your true friends are as someone close to you lets you down.



Aug 24 – Sep 23

Family and home issues are your priorities this year. But be aware of your lack of focus. Too many interruptions in your life making you forget things. Just chill out and treat yourself.



Sep 24 – Oct 23

Well, like your sign, you will be weighing up differences this year, making difficult decisions on both money and the home front. You'll be recognised for work you have been doing and may give you a chance to progress



Oct 24 – Nov 22

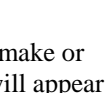
Over worked and under paid seems to be your view at the moment. Slow down and look after your health this year. You will get what you want during the latter part of the year. Just watch your back, there's a sting in the tail.

*Just remember, destiny is all about what goes on **in** your skull in response to things that go on **outside** your skull. The world cannot be divided into twelve segments. **You can make things happen. You are responsible for own decisions made on those actions so decide wisely.***
- Editor



Nov 23 – Dec 22

Life is a bit too fast for your liking. This year you will get the chance to catch up with things you have put off. Don't shoot people with your arrow, not everyone is your enemy.



Dec 23 – Jan 20

This year seems to be a make or break year. New faces will appear in your life. You'll be keeping a distance from most of them. Your home is the place you would like to be. Don't be left alone in that comfort zone. Go out, there's more to life than just home.



Jan 21 – Feb 19

You are like water, adaptable to your surroundings. The beach is your scene. You find that no one is listening to you, but that will change this year, someone will. You will meet like minded people this year. Take care as money may run away through you fingertips.



Feb 20 – Mar 20

Like your symbol the fish, you go one way then the other; upstream then downstream. **Focus** should be the issue this year. A lot of distractions causes you to not complete your tasks properly. Too many tasks will be left undone if they are not completed in time.