

GUJARATI ASSOCIATION
WILAYAH PERSEKUTUAN & SELANGOR

REGISTERED ADDRESS

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AUM SHANTI
UNITY IS STRENGTH

CORRESPONDENCE ADDRESS

No. 37 Jalan Terasek 5,
Bangsar Baru,
59100 Kuala Lumpur, MALAYSIA.

Tel. No. 03-22828798

TRUSTEES: Mr Kishore A. Mehta, Mr Mansukhlal H.Patel, Dato' Narendra C.Jasani,
Datuk Bhupatrai M. Shah, Mr Bipin B.Kamdar

PRESIDENT

Datuk Bhupatrai M. Shah
HP:019-3117390

VICE PRESIDENTS

Harshadrai S. Avalani Bhashkar P. Chitalia
HP: 012-2104395 HP: 019-2321537

SECRETARY

Dipak V. Damani
HP: 012-3938858

ASST. SECRETARY

Prakash C. Mehta
HP: 019-3808017

TREASURER

Vijay R. Sheth
HP: 017-8899665

ASST. TREASURER

Kailash H. Seth
HP:012-3603051

COMMITTEE MEMBERS

Girishkumar B. Upadhayaya HP: 019-3555395
Mahendra Kumar P. Malani HP: 012-2199577
Shammi K. Shah HP: 012-3349249
Sailesh H. Kamani HP: 019-3351654
Yagnesh M. Patel HP: 012-2863322
Dr Haresh K. Doshi HP: 012-3939036
Bharat J. Gorasia HP: 012-3082631
Dilip Patel HP: 019-2262013

HONORARY AUDITORS

Dato' Narendra C. Jasani HP: 012-2110696
Rajesh S. Avalani HP: 012-3071138

DISCIPLINARY COMMITTEE

Rajes R. Patel HP: 012-2682235
Ramesh M. Sanghvi HP: 012-2103679

21st, May 2009

Dear Members,

The **32nd. AGM** which was held on **12 April 2009** had a big turnout. The strong interest shown by members to serve the community is indeed encouraging. With this enthusiasm and support reflected by our members, we believe exciting activities are ahead. The Management Committee (MC) would like to express its gratitude and appreciation to all the members for their full support and the strong spirit of togetherness displayed towards the Association. Let this spirit live on and gain further momentum from year to year. A new Management Committee was elected as indicated on the left side of this page.

A new trustee **Mr. Bipin B. Kamdar** has been appointed to replace the **late Mr. Harsukhlal M. Kamdar**.

HEALTH IS WEALTH



The Association with the grace of God and the overwhelming support of our generous members and friends of the community continues to enjoy successes which we can be proud of. Meeting the rising expectations of our members would be a major challenge. The much awaited entry of our ladies as full members under our new constitution would provide the Association fresh and vibrant energy. Let us all join our hands and minds together to continue to work hard with humility to serve our community first and the Malaysian society, a close second. Your M.C has decided to provide fierce focus on the physical health and well being of our members as the core of our activities for 2009/2010. The adage “HEALTH IS THE MOST IMPORTANT COMPONENT OF A PERSON’S SUCCESS AND HAPPINESS” would be the message to be driven home to our members.

"Success comes from taking the initiative and following up... persisting... eloquently expressing the depth of your love. What simple action could you take today to produce a new momentum toward success in your life?"



Constitutional Amendments

We are proud to announce that the constitution has been amended to reflect the new and upcoming generation of Samaj.

Highlights of the Amendments

- Full fledged membership for All Ladies above 21 years.
- Membership fees raised from RM 12.00 to RM 30.00.
- Elections will be held biennially.
- Trustees to serve for Six years

The Constitution would be posted on our website to save cost. Those requiring a hard copy can download it from our website.

For any further inquiries/clarification, please contact Mr. Rajes R. Patel (HP: 012-2682235)

MAHILA MANDAL AGM



All Ladies!

Come and elect your new committee to represent the Ladies Wing
on Wednesday, 27th. May 2009.

Dinner at 6.30pm followed by the AGM.

At
our Samaj premises.

PLEASE COME IN FULL FORCE

Your vote is vital.

MESSAGE FROM GAWPS JUNIORS

Our young and enthusiastic Juniors (Children between the ages of 11 years to 17 years) had their 3rd. Elections on 4th. of April 2009. Under the guidance of their mentors, they had a keenly contested selection which resulted in the formation of a newly enthusiastic team comprising of the following:

President	: Bhavik D. Damani	Committee Members :	Anmol J. Shah
Vice President	: Kavinash G. Ajmera		Dasharath P. Sheth
Secretary	: Karishma D. Jasani		Divesh K. Mehta
Asst. Secretary	: Shagar G. Ajmera		Ravyna R. Jasani
Treasurer	: Palvina S. Kamani		Sanjay S. Shah
			Siddharth P. Sheth

We wish the 'GAWPS JUNIORS' success in all their endeavours.



GAWPS JUNIORS CAMP (STD 5 - FORM 5)

.....Recreational activity for the youngfun filled camp.....

An adventurous, educational and a Fun Filled 'overnight camp' has been planned on:

Date	: 6 th & 7 th June 2009 (Saturday & Sunday)
Camp Venue	: Dusun Eco Resort, Bentong. (A recreational village...50 mins from KL)
Eligibility	: 11 – 17 years (Std. 5 to Form 5)

- **A discounted fee of RM 50.00** will be charged per person. This payment includes transportation, All meals, accommodation, gifts etc.
- An exciting programme with Obstacle courses (Spider net, Tyre Loop, Commando Crawl , Commando Crop etc), Jungle Trekking, Camp Fire and many others which will encourage leadership skills and build a positive attitude towards social and personal development has been lined up.
- All parents are requested to send their children for this special camp. Safety of the children will be given priority. The Mentors as well as members from the Samaj will be at hand to assist and guide all the children during the entire camp.

All those who are interested to attend this camp **MUST register** by the **3rd. June 2009** to:

Jitesh J. Shah (Mentor) : HP : 0122317070

Kavinash G. Ajmera : HP : 0193861445

DO NOT forget to register your child.....as....each activity is designed to be fun yet challenging for the participant, giving them a sense of accomplishment and satisfaction.

The vibrant youths had their Annual General Meeting on 16th May 2009 and a new committee has been selected as follows:



**THE NEW
COMMITTEE**

President	: Dhruv A. Udani	Committee Members	: Deven R. Doshi
Vice President	: Sonia B. Shah		: Farish Y. Doshi
Secretary	: Meesha N. Avalani		: Bhital V. Doshi
Asst. Secretary	: Preeti C. Patel		: Deepika A. Khandar
Treasurer	: Hema P. Damani		: Divya R. Ajmera
Asst. Treasurer	: Herain M. Malani		: Milan P. Damani
			: Ruhil A. Panchamia
			: Sheetal R. Doshi
Auditors	: Harisha K. Seth	Advisors	: Nitesh M. Malani
	: Kalpesh M. Shah		: Sameer N. Bakhda

Our dynamic youths have been a great support in all our GAWPS activities and with the new enthusiastic committee we hope more events will be organized for the youths and by the youths and fully endorsed by the Management Committee. We wish the youth committee success in all their endeavors to strengthen and enhance the well being of all our youths, their families and our beloved community.

CALL FOR ACTION - Deserves Your Support

The Malaysian Cancer Society dedicated to increase understanding, prevention, awareness & early detection of cancer seeks our financial contribution. The society also provides supportive care for those battling with cancer. A tax exempt receipt for amounts above RM 50 would be issued individually. Please direct your contribution to our treasurer, Mr Vijay Sheth

Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.

CONGRATULATIONS

The MC & Members congratulate
Mr. Jitesh J. Shah
for his successful endeavour in scaling to the
Base Camp of the highest Mountain in the world
the MT. Everest.

His feat of reaching the 18,500 ft.
took him 16 days with temperatures
below 0 degrees.

Your Success is Our Pride.

May God Bless you and your Family Always.



Everest Base Camp Trek reveals some of the most breathtaking scenery in the Himalayas. After exploring Kathmandu, you fly to Lukla where your trek to Everest begins. The trail follows the course of the Dudh Kosi, the 'River of Milk', gradually climbing through forests of rhododendron and magnolia. There are rest days at Namche Bazaar (the delightful Sherpa capital) and at Dingboche village (set below the spectacular peak of Ama Dablam) – to help adjust to the altitude.

By the time, you reach Loboche the temperature will have dropped and you will be walking among frozen rivers in an icy wilderness. From here, you make the trek to Base Camp itself – at the foot of the world's highest peak. The next day brings you to the final highlight – Kalar Patar (5545m) with stunning views of Everest and the Khumbu Glacier cascading below.

Attention All Parents!

YOGA FOR KIDS...
(Come for a free Trial Class..
Thursday 28 June 2009)

Educating Heart Mind & Body
In a fun environment, children play yoga by imitating animals and nature, and by using creative expression, games, music, art and storytelling.

Registration Open For All Kids
4 – 12 years

Please call
Shobana N. Malani –
HP : 016 661062

Benefits of Yoga for Kids

Yoga is a form of exercise, meditation, and breathing practices with Indian roots designed to bring unity to the mind, body, and spirit.

- strengthens them and helps them become more flexible and coordinated.
- enhances self-awareness. Self esteem is bolstered as the children gain control over their bodies and minds.
- enhances imagination and empathy.
- teaches children to have fun and move their bodies in a non-competitive environment.
- teaches self-discipline
- a way to strengthen families..
- children can learn ways to relax and get control of stress in their lives. A child can use the meditation or breathing techniques of yoga to help her calm down and focus.



H1N-1 SYMPTOMS AND PRECAUTIONS

The Health Protection Agency has issued the following advice for people worried about H1N-1...the symptoms to watch out for, and how to prevent the spread of infection.

What are the symptoms?

Symptoms of swine flu are similar to those of seasonal flu and typically include a feverish illness, cough, sore throat, headache, fatigue, loss of appetite and muscle aches. Some people have reported diarrhoea and vomiting. In young children, warning signs include fast or troubled breathing, a bluish skin tone and irritability.

What should I do if I think I'm infected?

There are several things you should do if you develop symptoms:

- Avoid contact with other people as much as possible
- Cover your nose and mouth when coughing or sneezing, using a tissue when possible
- Dispose of dirty tissues promptly and carefully
- Wash your hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people
- Clean hard surfaces, such as door handles or telephones, regularly using a normal cleaning product
- Contact your GP by phone.

Make sure your children follow the same advice.



He who has health has hope; and he who has hope has everything.

ANNUAL CONTRIBUTION

Your Annual Subscription & Contribution

The Association depends heavily on your generous annual contribution. The activities are expanding. We appeal to every member to contribute more than the previous year. It is the time once again for you to come forward and extend your generous support. Your response has always been very encouraging. Contribute generously for the benefit of our bigger family. The minimum is RM 151.00. This minimum amount per family is only for the few families in our community who can only afford this small amount. We encourage & appeal to all others to make a generous one time contribution.

At the same time, please update your subscription. The annual contribution and the subscription should be extended preferably to the Treasurer, Asst. Treasurer, or the Secretary. If it is convenient then you may pass your contribution to any Committee Member.

We appeal to all members to extend the annual contribution by 15TH. June 2009.

We thank you for your co-operation and support.

(Please Be generous)

Yours in community service,



.....
(Dipak Kumar)
Hon. Secretary



*To ensure good health: eat lightly, breathe deeply, live moderately,
cultivate cheerfulness, and maintain an interest in life.*