



લોહાણા સંદેશ



(લોહાણા એસોસીએશન સંચાલીત) www.lagc.us

વર્ષ : ૩૦

અંક : ૧૮૪

સંવત : ૨૦૭૪

ઓક્ટોબર ૧૫, ૨૦૧૮

Editorial Board

Jayantibhai Thakkar

Arvindbhai Thakkar

Dr. Bharat Thakkar

Ketan Thakkar

Dr. Jayashree Raju

Kajal Thakkar

ALL THINGS in LIFE are
TEMPORARY. If they
are GOING WELL,
ENJOY them, they
WILL NOT LAST
FOREVER. If they are
going wrong, don't
WORRY, THEY CAN'T
LAST LONG EITHER.

યશમાં પહેર્યા છતાયે
બધું ધૂંધળું દેખાય છે
હોઠે સ્મિત તોયે
આંખેથી ઉદાસી
દેખાય છે



‘વિરાટનો આત્મા’ બનવા

સૂરજ....

એને ઝંખના જાગી.

પૃથ્વી પર પ્રકાશ, પાણી અને પ્રાણવાયુનો પુરવઠો વધારી મૂકું.
ગગનમાં યાત્રા આરંભી. વાયુમંડળમાં ઘૂમી વળ્યો. ખારા સમુદ્રમાંથી
અમી વાદળીઓ લઈ લીધી....ને વરસાદ વરસાવ્યાનો યશ એણે
વાદળાંને આપ્યો.

ગરમીથી અનાજ પકવ્યું. પ્રકાશથી તિમિરને હણી આરોગ્ય બક્ષ્યું.
પ્રાણવાયુ સર્પીથી જગત અને જીવનને ઊજમાળું બનાવ્યું. પ્રકાશનો
એ પુંજ પગ વાળીને બેઠો પણ નહીં. દુનિયાએ પૂછ્યું એને થાકે નહીં
લાગતો હોય....બસ ઘૂમ્યા જ કરે છે ! ને જગતે માટે જ એને
‘વિરાટનો આત્મા’ કહી બીરદાવ્યો. અખંડ પ્રકાશ.

ધગધગતો ગોળો.

આમ ધારે તો ક્ષણમાં સઘળું સળગાવી મૂકે. પણ એણે એની શક્તિ
અવળા રસ્તે ન વાળી. એની શક્તિનું ઊજમાળું પરિણામ જગતે
જોયું....જગત પણ એવું નગુણું નહોતું. જગતના માનવીઓએ
સવારના પહોરમાં ઊઠીને એ જ સૂરજને નમીને વંદન કર્યું-“પ્રભુ
ઊગ્યા છો....ને ઉગાડજો.”

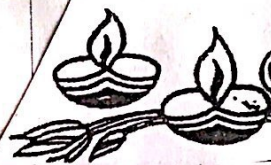
પોતે ઊગવું ને બીજાને ઉગાડવા.

પ્રકાશ પાથરવો ને પ્રાણવાયુ પૂરવો.

એ સિવાય પૂજવાની મનમાં ઝંખના રાખવી એનો કશો અર્થ
ખરો ?

‘વિરાટનો આત્મા’ તો ઉગાડનારો જ બની શકે.

પા.શ્રી નટુભાઈ આર. ઠક્કર



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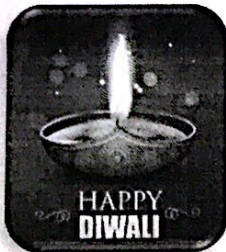


From the Desk of President

Dear LAGC Members,

Behalf of LAGC Committee Members, I would like to wish you all a very happy blessed Diwali and New Year, in advance.

LAGC "Garba" event on Saturday, 10/13 and 10/20 turned out to be a very successful event of the year! I would like to appreciate and thank all the donors and supporters for this event. As well as the 43rd Health Fair managed by Jayantibhai Thakkar served more than 500+ people. This is a pure example of selfless service and dedication to help our community.



As we are approaching closer to our auspicious days of Diwali and New Year, LAGC would like to invite you all to an upcoming last event of the year, "Diwali Party".

Day/Date/Time: Saturday, December 1st, 2018 from 6:00 PM to 11:00 PM

Place: Heritage Ball Room, 100 Symphony Way, Elgin, IL 60120

Ticket: \$10/Person

Due to limited seat capacity of the banquets, please reserve or buy your ticket by contacting one of our committee member or by navigating through our website www.lagc.us. Also, during Diwali celebration, one hour will be allocated for LAGC members to either sing or perform dance or play instrument. Due to time constraint, participant request will be accepted as first come first basis. Please contact Vaibhav (630.856.5050) to register your participation before 11/24.

LAGC Souvenir book will be published and distributed during Diwali Celebration. Please contact us to update your phone#, address or email address to reflect updates in the souvenir book, before 10/20. You can publish your compliments for Quarter Page (\$25), Half Page (\$50), or Full Page (\$100) by contacting a committee member.

Please visit website (www.lagc.us) to obtain up to date information about our community upcoming program.

Annual Members are requested to please pay your pending membership (if any) through QuickPay, People Pay or any online payment services using LAGC email – ourlagc@gmail.com or by mailing your check to our treasurer Mr. Pratik Raval, 205 Springside Dr., Elgin, IL 60124. Annual membership is \$20 per person and Lifetime Membership is \$200 per person.

If you are interested in sponsoring **ANY** upcoming LAGC events (Picnic, Basketball Tournament, Picnic, Kite Flying, Garaba 1, Garaba 2 or the Diwali); please contact me at (630) 440-7481 / tusharmt@att.net or to any committee members. Please remember, your contribution is tax exempt.

Thank you for your time, trust, and all your support in making our LAGC, a strong and fun filled organization.

Sincerely,

Tushar Thakkar

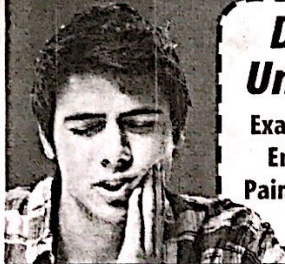
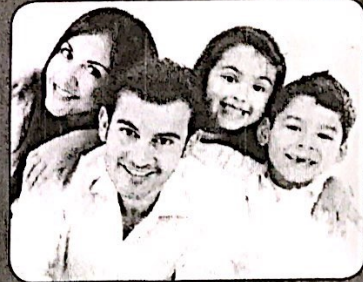
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Do You Have Dental Insurance?

Dear Patient,
Toward the end of the year, we like to remind each of our patients to get the most out of their insurance benefits, before the new year begins with a new deductible. If you have any unused benefits call us to schedule an appointment.

Tiene Usted Seguro Dental?

Estimado paciente,
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અભિનંદન.

- બહેનશ્રી કૈલાસબેન હસમુખભાઈ ઠક્કરને, તેમની ૭૦મી બર્થ ડે પ્રસંગે
- ભાઈશ્રી સમીરભાઈ અને મીલીબેન ને ત્યાં તેમના પુત્ર નોવા હેન્ક ના જન્મ પ્રસંગે.

આભાર

બહેનશ્રી કૈલાસબેન હસમુખભાઈ ઠક્કરનો, તેમના પુત્ર ભાઈશ્રી સમીરભાઈ અને મીલીબેનને ત્યાં તેમના પુત્ર નોવા હેન્ક ના જન્મ પ્રસંગે લોહાણા એશોશીએશનને ૫૧ ડોલરનું ડોનેશન આપવા બદલ.

શ્રદ્ધાંજલિ

- ભાઈશ્રી બાલકૃષ્ણભાઈ તુલસીદાસ ઠક્કરના પત્નીશ્રી અને કેયુરભાઈ (જાગૃતીબેન), મીતાબેન (કૃતેશભાઈ), અને ડીમ્પલબેન (જયદેવભાઈ) ઠક્કર ના માતૃશ્રી, તથા ભારતીબેન(ભગવાનદાસ) ઠક્કરના ભાભી પુજ્યશ્રી ભાનુમતિબેન બાલકૃષ્ણભાઈ ઠક્કરના દુખદ અવસાન બદલ. પરમાત્મા પુજ્યશ્રીના આત્માને શાંતિ અને સદ્ગતિ આપો એવી પ્રભુને પ્રાર્થના.

.....હસ ને યાર.....

- કેમ તું લાગે ગુમસુમ ને
યુપ,,
- છોડી ચિતા, હસ ને યાર..
-
- જીવન છે તો ચાલ્યા
કરશે,,
- બધુ ભુલીને, હસ ને યાર..
- થોડુ ઘણું પણ જતું
કરીને,,

-
- _સુખ ને હસ્તે, કર ને યાર.

- તડકા છાંયા, ચાલ્યા
રાખે,,
- _હળી મળી ને, હસ ને યાર..
-
- હરીફરી લે મોજ કરી ને,,
- * અંતરમાં પણ, જોજે
યાર.._*

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- સાચવજે તન મનને
સરખા,,
- _મહેફીલ માણી, હસ ને યાર..

- સતત વરસતી મહેર
ખુદાની,,
- _આયમની તું, ભરી લે યાર..
-
- મોઢો માનવ દેહ મળ્યો
છે,,
- જ વિચારી, હસ ને યાર..

VISA for November 2018

F1	June22, 2011
F2A	September 15, 2016
F2B	January 1, 2012
F3	July 8, 2006
F4	June 1, 2004

Staying healthy this Season... by Jayashree Raju

As we move into the dreaded winter season in Chicago, we all want to avoid the cough, fever, flu. There are steps we all can take to stay healthy this holiday season. Of course, dressing warm for the weather with proper coats, shoes and hats is essential. Because of the cold weather, we all tend to stay indoors, and this is the primary problem for a number of reasons. When we stay indoors in close spaces, it is easier to spread germs if appropriate precautions are not taken. So, wash your hands often! Make sure to stay well rested, hydrated, and eat properly. Eating processed carbs makes you more vulnerable to illness. When you are burning the candle at both ends, your immune system is weaker, so you get sicker much faster. And of course, drinking plenty of fluids helps your organs stay healthy, as well, as flushing out any bad bugs in the body.

I like to recommend Emergen C if you are feeling slightly run down. It is a boost to the immune system, good to fight fatigue, and has electrolytes to balance your chemistry. Mucinex over the counter helps loosen phlegm so you can actually cough it out. Try to avoid antibiotics as much as possible, unless needed, because they do bother the gut.

There are also all of the desi remedies, which are all very good. Starting the morning with hot water with cinnamon, ginger, lemon, honey, is excellent. Turmeric is a natural anti-inflammatory, so hot water with turmeric and black pepper is good for fevers. Eating fresh greens such as kale and spinach, cooked or raw is nourishing and also anti-inflammatory.

Probably the most important though, is to keep moving. Sitting under a blanket on the sofa with the fireplace on, is so much just what we want when it's snowing or really cold. But not moving, slows our metabolism and makes us feel even colder and stiff. Most of you know this, but new reports call

"Sitting is the new smoking". This means sitting all day is just as bad as what everyone knows about smoking being bad for health. If you take a straw that you are drinking from and bend it somewhere in the middle, you understand that the flow will be obstructed and you will not be able to drink from the straw. This is what happens when we sit for long periods. We are obstructing blood flow to and from the heart/brain to the lower body. That's why standing is important, but, obviously, walking is the best. Walking up to five miles in a day is what our bodies were meant to do.

Enjoy the holidays, and stay warm and healthy!!

October, 2018

How to Get Started Investing!

Beyond the basics of opening and funding a brokerage account, how do you decide what to do, how to do? I'm no expert at this but clearly first is to decide why you want to get started investing.

The topic is fascinating to consider that you can own part of a business without starting the business yourself. You don't have to figure out how to make the next best restaurant, clothing line, tech gadget, car or other item. You can find the companies which are innovating and making new products and sharing how their sales are doing, and then decide to want ownership in their success.

Before you make any stock purchase, you'll want to do plenty of reading and luckily, there are tens of thousands of books on the topic. I can recommend some of my favorites to anyone that's interested.

Historically, there has never been a 20 year period where the stock market has not been positive so you want to start by thinking long term – rest of your life. That's where the power of compounding comes into your favor. Let me share an example to highlight the power of compounding. Imagine you have a 30-day period where you have two options. Option one is you can start with a penny and double its value every day. So day one, one penny, day two, two pennies, day three, four pennies and so on for 30 days. Or option two is receiving \$100,000 each day for 30 days. So which one do you think would be worth more on day 30?

With option two, with \$100,000 a day after 30 days we have \$3 million. But with the penny doubling, compounding each day for 30 days, that's worth \$5.4 million.

The most powerful idea in investing is how money compounds and money grows. Compounding can work for you on the upside in the stock market or it can work for you on the downside with credit card debt. If you invest over a long period of time and get a sustained return year after year, that money grows exponentially and not linearly.

The first key is to get started and second is to approach investing as a business owner. Think of this not as a headline or a hot stock tip of the day, which can double your money in six months. Instead view it as a company you believe has a great product which will succeed in the long term.

The third is to understand that the market goes down (like this October) from time to time – averaging a 10% correction every year and a bear market (20% drop) every three years. And it goes down faster than it goes up – taking the stairs up and elevator down. But it goes up more days than it goes down and over the longer term, that averages 8-10% per year.

Next time, I'll give some of my personal stories about investing and I invite all of you to share either a question or a story to my email and I'll share in the next article.

By Ketan J Thakkar. Email me at ketanthakkar@yahoo.com.

Dear Lohana Youth, Bharat S. Thakkar. 10/02/2018.

Most of you were born after 1947, in independent India. The independence came as a result of untiring efforts and will of Mahatma Gandhi. It will be a good gesture on your part to study Mahatma Gandhi, history of independence struggle, and find out how relevant Mahatma's teachings are even today.

Important day, October 2, 2018 in the history of India, century and half ago, Mahatma Gandhi was born.

Time for reflection and think of one man Mahatma Gandhi making a difference in the life of millions around the globe and for ages to come.

I hope all your dreams come true, a wish from me on this auspicious day, October 02, 2018 (150th Gandhi's Birthday)

Gandhi Jayanti Quotes: 20 inspiring quotes by Mahatma Gandhi (from Times of India) opener.

"A man is but a product of his thoughts. What he thinks he becomes."

"The weak can never forgive. Forgiveness is an attribute of the strong."

"Strength does not come from physical capacity. It comes from an indomitable will."

"An ounce of patience is worth more than tons of preaching."

"Glory lies in the attempt to reach one's goal and not in reaching it."

"Whatever you do will be insignificant. But it is very important that you do it."

"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problem."

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

"A coward is incapable of exhibiting love; it is the prerogative of the brave."

"It is health that is real wealth and not pieces of gold and silver."

"There is more to life than simply increasing its speed."

"I will not let anyone walk through my mind with their dirty feet."

"Nobody can hurt me without my permission." "An eye for an eye will make the whole world blind."

"Happiness is when what you think, what you say, and what you do are in harmony."

"In a gentle way, you can shake the world." "The future depends on what you do today."

"Live as if you were to die tomorrow. Learn as if you were to live forever."

"Service which is rendered without joy helps neither the servant nor the served."

"If you want real peace in the world, start with children."

"Whenever you are confronted with an opponent, conquer him with love."

A Life of Dreams – Kajal Thakkar

India is full of rich culture and religious traditions that many of us partake in each and every day. But do we know the scientific significance behind these rituals? Usually, we don't. The youth of Indian American communities are finally speaking up and voicing their questions, forcing us to take a step back and ask ourselves "why?" Faith without science is often said to be blind faith. Whether we believe that or not is up to the individual, but I do find a strong value in learning the science. It's both interesting to know and it makes us more likely to find significance in that tradition, when we know its scientific value. Some common practices and their scientific meaning:

Palms together when greeting someone:

In the Hindu culture, we often greet one another by joining palms, known as "Namashkar", the general reason being respect. However, scientifically speaking, joining the hands keeps the tips of all our fingers together which are denoted to the pressure points of the eyes, ears, and brain. Pressing the fingers together is said to activate these pressure points, helping us to remember that person for a long time.

Applying chanlo or tilak to forehead:

People often apply kanku or kum kum to the forehead during a puja, or at the mandir. Scientifically, we know the space between the two eyebrows to be a major nerve point in the human body. The red dot we make is said to retain energy in the human body and control our concentration. The pressure on the head also facilitates the blood supply to the face muscles. Additionally, kanku has mercury in it which acts as acupressure to the nerve joint and cools the entire nervous system.

Starting with spicy and ending with sweet:

The culture of eating spicy first and sweets last has been ongoing for centuries. The significance of this eating practice is that while spicy foods activate the acids in the digestive tract, sweets will pull down the process, as sweets are simple sugars (carbohydrates). Hence, sweets are taken last.

Applying mehndi to hands and feet:

Besides the beautiful design and color, mehndi is a powerful medicinal herb. Weddings can often be stressful and cause headaches. As the big day approaches, the nervous anticipation and excitement can take a toll on the bride and groom, and their families. Mehndi can prevent this by keep the nerves from becoming too tense. Because the nerve endings in our bodies are at the hands and feet, this is the scientific reasoning behind applying mehndi to those parts during wedding season!

Why we touch the feet of our elders:

Usually, we do "charan sparsh" to an elder of our family to pay respects to them. Scientifically, this is important because their acceptance of that respect emits positive thoughts and energy from them to you. The completed circuit between their feet and your fingers enables a flow of energy between the two hearts and minds. The same is achieved through hugs and handshakes. Nerve endings at our hands and feet allow us to receive the positive energy from those elders.

Hope you learned something new today about the significance behind the practices of Indian culture!

કું કાન મારી મજરી

જીવનપર પર સાથે સાથે રૂંદવા ચાલ્યેલ

હવાઈ જયાર જી વાઓ જી પણ ઉપરથી

અમે લાદીને માં પ્રેમનો વરસાદ મૂકતા ચાલ્યેલ

કું તો લાદીના વિસ્તારની વાતોમાં રહેવા

માં તો મુખની નદિયા વહેતી કરેલ, વરસતા ચાલ્યેલ

માંની મેઘધૂણી મુરકાન, હૃદયમાં અંકિત રહી

મસ્તક પર તમારો પ્રેમાળ હાથ

માં તમે આશિર્વાદનો આગર લહેરોતા ચાલ્યેલ

જે ઉમળકાથી તમે બોલવતા મા

તે મધુર અવાજનો પડથો છોડી, ક્યાં ચાલ્યેલ

આંગણી પડકો જે ચાલતા શીખ્યું, થોડુંક તો સાથે ચાલ્યેલ માં

એકદમ અમાનસ, મારી એવી તમારી રહે અલગ કરી ક્યાં ચાલ્યેલ

મારા જીવનદાનથી તમારા નેત્ર દાન કરી કરેલ ચાલ્યેલ

જીવનને માં સાથ સાથ અવારી કરતા હતા માં

મને એકલો લગ્યા છોડી કરેલ ચાલ્યેલ

જાનપણથી તમારી ગોદમાં જોડાતો આલ્યો મા

આશિષ વરસાવતા મારી ગોદમાં ક્યાં જોવાતા ચાલ્યેલ

જનનની સામે જનન લંબ કરી મુકમલ નીકળતો માં

ગેરવાંતરીનો શૂંચલપકારા સજ કરેલ ચાલ્યેલ

એકમાત્ર મને, મુદ્દમુજર રું મા

જીવનની રાહના દરેક બળાંક પર આપણે સાથે ચાલ્યેલ

પ્રેમથી અમાની ખબર પૂછવા, કોઈના પણ કામ આવવું માં

દરેક કદમ પર આપણો નયું શીખતા ચાલ્યેલ

મારી કોઈ પણ પૂગાલિ, તમારી દુઆની મોહલાઈ છે મા

આપણા આરવા પવિત્ર મૌનની જીવનદોર છોડી ક્યાં ચાલ્યેલ

તમારા શરીર બહાર ધબકતું હૃદય કોમળને ત્યાં અમેરીકા આલ્યો મા

આમને આમને આવતી અંતરની ONLY lane છે માં

લાગે એકું કે પલ દો પલ નો સાથ છે મા

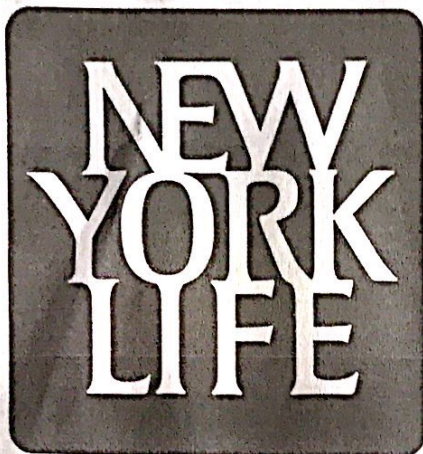
તમને તમે ક્યાંક બળાંક કાઈ ચાલ્યા માં

તમને પાછળ રોળે વાતો, ગાંડી વાળની નથ માં

હવે આશિષ મન પાછું માં

બાલાઈ મિત્રા કરેલ ચાલ્યેલ

જોડે.



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