

લોહાણા સંદેશ

(લોહાણા એસોસીએશન સંચાલીત) www.lagc.us

વર્ષ : ૩૦

અંક : ૧૮૨

સંવત : ૨૦૭૪

જુન ૧૫, ૨૦૧૮

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The mind replays
what the heart
can't delete

Never lose hope.
You never know
what tomorrow
may bring

દુનિયામાં બે કામ સહુથી
અધરાં છે. માફી માગવી
અને માફી આપવી

ખાઈમાં પડેલો માનવી
બચીને ઉપર આવી શકે છે
પણ અદેખાઈમાં પડેલો
માનવી ક્યારેય ઉપર આવી
શકતો નથી



જીવન તરફ માંગલ્યદષ્ટિ

શ્રમશિબિર ચાલે છે.

કૉલેજનાં જુવાન છોકરા-છોકરીઓ ત્રિકમ, પાવડા, તગારાં લઈને કામે લાગી ગયાં છે. ધરતી ખોદાતી જાય છે. બંધ બંધાતો જાય છે. એ શ્રમયજ્ઞમાં એક વિદ્યાર્થીની સાધારણ ત્રિકમ વાગ્યો. થોડી ઈજા પહોંચી, થોડું લોહી નીકળ્યું. પાટાપિંડી થયાં ને વાત પતી.

કેમ્પસંચાલક કહે-‘આ ત્રિકમ વાગ્યો એ તમારી અણઆવડત અને અણઘડતા સૂચવે છે. આ રીતે કામ ન થાય’ ને આ ટીકા સાથે સહુ વિદ્યાર્થીઓ નિરાશ થઈ ગયા. થોડા મૂડલેસ પણ...ને એક ક્ષણ માટે કામમાં મંદતા આવી.

પણ ત્યાં તો ટુકડીનો નાયક બોલ્યો-“તારા શ્રમનું થોડું લોહી આ ધરતી પર છંટાયું. એનાથી આ ધરતી પણ પાવન બની” ને શિબિરના વિદ્યાર્થીઓ ગેલમાં આવી ગયા. ધરતી ખોદાવા લાગી. બંધ બંધાવા લાગ્યો. કામમાં ગતિ આવી....ને હિલ્લોળા વ્યાપી રહ્યા. આ આખીયે ઘટના ‘દષ્ટિભેદ’ સાથે સંકળાયેલી છે. જગતમાં આડુંઅવળું, નઠારું, કુત્સિત ઘણુંબધું ચાલે છે. એમાંથી જેને ‘ઊજળું’ શોધતાં આવડે છે તે ઉત્સાહથી કામ કરી શકે છે....કરાવી શકે છે....પણ જેની નજર જ ‘વાંકદેખી’ છે અને બધું સમું-સુથરું ચાલતું હોય છતાં ‘વાંકુ-ચૂંકું’ દેખાય છે એ કાર્ય કરનારાઓને પણ નિરાશ કરે છે. ઊજળી દષ્ટિવાળા નિરાશાઓની વચ્ચે પણ આશાનું કિરણ શોધી કાઢે છે.

આપણે પેલી માંગલ્યદષ્ટિ કેળવીએ તો !!

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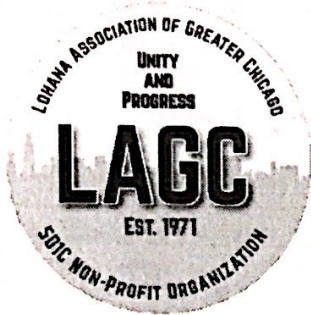
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"Go Green, Go Digital"



From the Desk of President

Dear LAGC Members,

Happy Sunny Summer! This year, LAGC sponsored three events in the month of June – The Basketball Tournament followed by Picnic and the Volleyball tournament. The turnaround for LAGC Picnic was remarkable. Despite of very high heat index, majority of the Lohana's attended our annual picnic. My sincere thanks to Kaumil Thakkar for sponsoring Pizzas during Basketball Tournament. The volleyball tournament was a major success with about 46 participants. During both the tournaments, LAGC recognized the winning teams with gift cards.

Behalf of LAGC committee, I would like to extend my appreciation for showing your enthusiasm in sharing fun with everyone!

Please update and save the date(s) in your calendar for the upcoming LAGC events:

Sunday, 02/03/18:	Snow Sledding (Completed)	Sunday, 06/24/18:	Volleyball Tournament (Completed)
Sunday, 04/01/18:	Bowling (Completed)	Saturday, 08/04/18:	Kite Flying
Saturday, 04/14/18:	Casino Trip (Completed)	Saturday, 10/13/18:	Garba-1
Saturday, 06/09/18:	Basketball Tournament (Completed)	Saturday, 10/20/18:	Garba-2
Saturday, 06/16/18:	Picnic (Completed)	Saturday, 12/01/18:	Diwali/Xmas Party

It is my humble request to please continue to visit our enhanced updated website (www.lagc.us) for upcoming events/programs.

- To subscribe for the electronic flyer, please visit LAGC website homepage www.lagc.us and scroll down to the bottom of the page to fill in required information and click Subscribe. Thanks to some of our Lohana Members who have already subscribed.
- To view event flyers and upcoming program details, simply visit "<https://www.lagc.us/flyers>"

Please update your contact information by visiting <https://www.lagc.us/contact-us> and sending us your updated contact information.

Annual Members are requested to please pay your pending membership (if any) through **QuickPay, People Pay** or **Zelle** <https://www.zellepay.com/get-started> 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 Lifetime Membership is \$200 per person.

If you are interested in sponsoring **ANY** upcoming LAGC events please contact me at (630) 440-7481 / tusharmt@att.net or to any committee members <https://www.lagc.us/committee>. 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

Se Habla Español - Dentista General Para Toda la Familia y Hacemos Frenos

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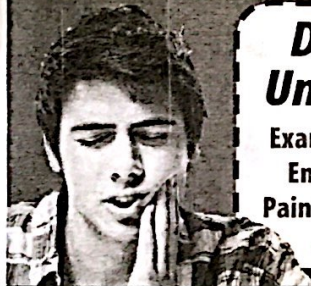
Dear Patient,
Toward the end of the year, we like to remind each of our patients to get the most out of their insurance benefits, before the new year begins with a new deductible. If you have any unused benefits call us to schedule an appointment.

Tiene Usted Seguro Dental?

Estimado paciente,
Hacia el final del año, nos gusta recordar a cada uno de nuestros pacientes a obtener el máximo provecho de sus beneficios de seguro, antes de que el nuevo año comience con un nuevo deducible. Si usted tiene algunos beneficios que no ha utilizado, llámenos para programar una cita.



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અભિનંદન

- હાઈસ્કુલ અને કોલેજના લોહાણા ગ્રેજ્યુએટ ભાઈ બહેનોને તેમના ગેજયુએશન પ્રસંગે.
- રવીના ભાવેશભાઈ(કીર્તિબેન) ઠક્કરને. પાંચ હજાર ડોલરની સ્કોલરશીપ મેળવવા માટે.

આભાર

ભાઈશ્રી હરીશભાઈ અને પ્રજ્ઞા બહેન ઠક્કરનો, તેમના પુત્ર ભાઈશ્રી બંદીશભાઈ અને બહેનશ્રી વૃંદાબેન ઠક્કરના લગ્ન પ્રસંગે લોહાણા એશોશીએશનને ૨૧ ડોલરનું ડોનેશન આપવા બદલ.

શ્રધાંજલિ

- ભાઈશ્રી અરવિંદભાઈ રામજીભાઈ ઠક્કરના પત્નીશ્રી અને જાગૃતીબેન(નીમેશકુમાર)ઠક્કર, આરતીબેન(રાજેશકુમાર), શીલ્પાબેન(બ્રેડ)ના માતૃશ્રી, તથા કોમલ, નીલ, સોનલ, કીશન, સુનીલ, અને નીલમના દાદીમા, અને મંદાબેન(બાબુલાલ), ઉષાબેન(નવનીતભાઈ), અરૂણાબેન(કનૈયાલાલ), શોભનાબેન(ભુપેન્દ્રભાઈ). જયશ્રીબેન(રમેશભાઈ), રાજેશભાઈ(ગીતાબેન) અને વિજયભાઈ(જયશ્રીબેન)ના બહેન તથા લીલાબેન(નગીનભાઈ), હસમુખભાઈ(કેલાસબેન), કોકીલાબેન(ચંદુલાલ) અને કીશોરભાઈ(આનંદીબેન)ના ભાભી પુજયશ્રી ઈન્દીરાબેન અરવિંદભાઈ ઠક્કરના દુખદ અવસાન બદલ. પરમાત્મા પુજયશ્રીના આત્માને શાંતિ અને સદ્ગતિ આપો એવી પ્રભુને પ્રાર્થના.
- બહેનશ્રી નીશાબેન (ભરતભાઈ) ઠક્કર, હિરેનભાઈ(વૈશાલીબેન), તેજશભાઈ(પ્રીયંકાબેન)ઠક્કરના માતૃશ્રી અને જીનલ, પ્રીયાંક, નીધીબેન(રવીકુમાર), ઉષ્મા, અને દશાંત ઠક્કરના દાદીમા પુજયશ્રી મંદાબેન કૃષ્ણકાંતભાઈ ઠક્કર (રીદ્રોલવાળા)ના દુખદ અવસાન બદલ. પરમાત્મા પુજયશ્રીના આત્માને શાંતિ અને સદ્ગતિ આપો એવી પ્રભુને પ્રાર્થના.

નાની એવી મૂરખતામાંથી પ્રગટતો ક્રોધ અંતે પશ્ચાતાપમાં જ પરિણમતો હોય છે

એટલે જ જો તમે ક્રોધની પ્રથમ ક્ષણ દબાવી દો તો પસ્તાવાનો એક આખો દિવસ ટાળી શકશો...!!

બીજાનું સુખ જોઈ રાજી થવું એ સહેલું છે, પણ જિગરમાં જીરવવું કઠિન છે

અને જો એ તમે જીરવી શકો તો એનું નામ ખરો પ્રેમ...!!

VISA for July 2018

F1	April 22, 2011
F2A	June 22, 2016
F2B	August 15, 2011
F3	May 1, 2006
F4	March 22, 2004

- 1. A president Rule has been imposed in Kashmir after BJP withdrew support to the present ministry.**
- 2. Heavy rains in most parts of India**
- 3 In most of byelections in different states in India, BJP has lost many seats pointing a decline In Modi's BJP's popularity.**
- 4. North Korea's dictator, King Joann Un meets with president Trump for possible denuclearization of North Korea's program.**
- 6. On June 16, fourth International Yoga day was celebrated over the world including participation by Prime Minister, Modi.**

Think It Over

- One who can win his tongue can win the world.**
- It is easy to preach but difficult to show the solution**
- An impolite man is like a river without water.**

BEAUTIFUL LINES.

READ and TRY to UNDERSTAND the DEEPER MEANING of THEM.

❏ 1). PRAYER is not a "spare wheel" that YOU PULL OUT when IN trouble, but it is a "STEERING WHEEL" that DIRECT the RIGHT PATH THROUGHOUT LIFE.

❏ 2). Why is a CAR'S WINDSHIELD so LARGE & the REAR VIEW MIRROR so small? BECAUSE our PAST is NOT as IMPORTANT as OUR FUTURE. So, LOOK AHEAD and MOVE ON.

❏ 3). FRIENDSHIP is like a BOOK. It takes a FEW SECONDS to BURN, but it TAKES YEARS to WRITE.

❏ 4). 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.

❏ 5). Old FRIENDS are GOLD! NEW friends are DIAMONDS! If you GET a DIAMOND, DON'T FORGET the GOLD! To HOLD a DIAMOND, you ALWAYS NEED a BASE of GOLD!

It's Summertime!

The sun is out and it's getting hot. And it's also been rainy – 2nd heaviest rainfalls on record in Chicago history for May and June. Warmer and better weather coincides with longer days. Longest day is beginning of summer but it feels nice all summer long when the sun is out past 8 and even 9pm. Longer days allow more time in the day to get active.

There are many studies which show that we should get 10,000 steps a day or MORE to stay healthy. There is plenty of research which shows that overweight people are sitting for 2 hours plus more than lean people, and lean people are standing and walking 2 more hours a day than overweight people. 10,000 steps is equal to almost 5 miles, which will help meet the CDC guideline of 2.5 hours of moderate exercise a week.

You can increase your step count by parking your car farther from the front office at work or the stores you visit. I find that walking while I'm talking is an easy way to get steps without even realizing it, especially if you have a long conversation.

Try to get up from your seat at least 3 minutes every hour. This helps to offset the negative effects of sitting too long. Go for a walk at lunchtime. Over time, increase your goal from 10,000 to 10,500 after a few weeks and continue to go higher with time.

You can't get up and walk away from your desk. No worries:

Do 5-10 bodyweight squats in front of your desk every hour. Push your chair away and squat down until your glutes just touch your seat, and then return to start. If you have to stay in your chair, you can do the following:

- Roll your ankles and wrists 10 times each.

- Move your shoulders up and down 10 times.

- Stretch your neck from side to side for 2 minutes

- Grab the back of your chair and lean forward to stretch your shoulders and chest.

- Squeeze your calves to lift your heels and lower legs 10 times

- Lift one knee at a time up to your stomach or chest and hold for a few seconds then repeat.

All of these things – you can try as well if you are in the car or on a plane.

Quotes:

We travel not to escape life, but for life not to escape us.

Time is more valuable than money. You can get more money. But you cannot get more time.

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

Mental health is as important as physical health...

Summer is finally here and Chicago is a fun city to enjoy in the summer! From Michigan Avenue to the lake side, Buckingham Fountain and Millennium Park, downtown is hopping in the summer. If you are like most of us suburban dwellers, sometimes it feels like too much work to go to the city when there are nice places in the suburbs too. But, I urge you to get out and get to downtown at least once in the summer. It is so vibrant, that it makes me understand what our parents love so much about India. India is vibrant at any hour, with so many people and food choices, and ability to get around easily, it can be a lot of fun. But more importantly, Humans are social beings... we need to be around people, life, and activity to feel alive and acknowledged.

It's so important to find your fun— be it downtown or the Mandir, a friend's home or the local restaurant, but get out of the house. It's so easy to get comfortable being at home, but we do enough of staying home in the winter. Explore Lake Geneva, Starved Rock, Indiana Dunes, Michigan City, Indiana, and so much more.

With the recent news of Kate Spade and Anthony Bourdain, I realized even more, how common a disease severe depression really is. And unfortunately, even having everything in the world cannot make severe depression better. But, for people who do not have severe depression, but just a tendency to feel blue sometimes, knowing that having "more"-- "more money", "more friends", "more things", etc., is not enough to make you happier. You have to make your own happiness on the inside. And your mental health is as important as your physical health. So nurture yourself. Don't be too hard on yourself or your family members. A kind and loving word goes a long way.

Do not hold on to any thought which does not give you joy on the inside and bring a smile to your face. Remembering things which upset you are a sure fire way to make yourself unhappy. So don't!! Our life is ours to enjoy. Enjoy each day to the fullest. Live in the now.

Oh yes, and go see Amitabh Bachan and Rishi Kapoor in "102 not out". It's a fun, light hearted movie about enjoying life at any age. Amitabh's lessons to his younger son are worth heeding. Loved the movie but the end was too serious. (Sorry).

Laugh, smile, love, and enjoy your day! And forget the rest!! It's not worth sacrificing your happiness!!

Have an amazing day!
Jayashree Raju

A different version of you exists in the minds of everyone who knows you.

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BEST COMMENTS

Oog:mauskii • 6h

I read a book that blew my mind. The main character goes crazy when he realizes no one really knows him.

The gist is that the person you think of as "yourself" exists only for you, and even *you* don't really know who that is. Every person you meet, have a relationship with or make eye contact on the street with, creates a version of "you" in their heads. You're not the same person to your mom, your dad, your siblings, than you are to your coworkers, your neighbours or your friends. There are a thousand different versions of yourself out there, in people's minds. A "you" exists in each version, and yet your "you", "yourself", isn't really a "someone" at all.

A Life of Dreams

Kajal Thakkar

Take a look at this sentence in bold on the left and read it a couple times in your head.

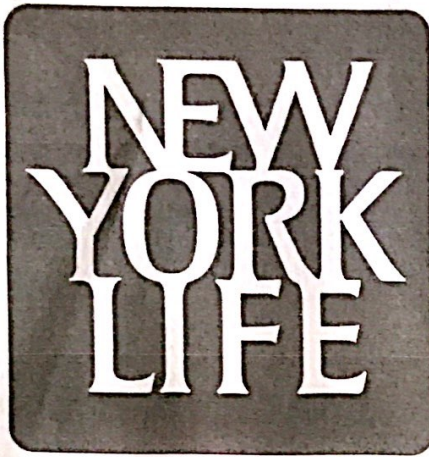
When I first read this, it felt crazy to me because I realized that I had never, not once, thought about this image of myself from a third party point of view. My siblings see me a certain way: as a responsible and mature older sister, I'd presume. My parents see me a different way: a daughter with lots of student debt, a hardworking personality, and a semi-decent Gujarati speaker. But what about the lady driving very closely behind me this morning on the way to class? Or that cashier at the grocery store that rolled her eyes as I handed her a dozen coupons? What do those people see me as?

It's interesting to ponder, and absolutely impossible to decipher everyone's perspectives on you, but we can at least take a minute to think about whether we are fulfilling that perception. Your parents might see you as a very hardworking student, but your classmates might see you as someone who doesn't take their education seriously. Neither opinion is of much value. What's important is, what do YOU think? How do you see yourself? And are you actually what you think you are?

I shared this idea at one of our Sanga Groups, a weekly event hosted by myself as the Religious Coordinator of the Hindu Students Community at Saint Louis University. I began this weekly ritual to offer a chance to the students at SLU to participate in Aarti each week, as well as a thought provoking discussion, whether it's based on Hinduism in particular, or simply just self-reflection, in general. During this discussion, I asked everyone to take a minute and create an image of the person sitting next to them. Then, we all shared our mini biographies. It was very fun and surprising to hear what each student had to say about the other; what aspects of their life seemed bigger and more important than others and how other people valued those aspects and traits. Then, we took the time to reflect on whether we are putting out the same image as we wish to share with the world, and what we can do to positively change that image, if it's not to the highest potential yet.

I urge you to take a minute today to think of your image, maybe even grab a friend and ask them "What's your perception of me, as a person?" Not necessarily asking if you're good or kind or caring, just simply "who am I, in your eyes?" You will be amazed at how much self-reflection can allow you the opportunity to start building your image in a positive way.

For thoughts, comments, or questions- don't hesitate to contact me at kajalkthakkar@gmail.com !



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