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LETTER FROM THE PRESIDENT

Dear Members,

Greetings and *Jai Shree Krishna* to all the members of the Leuva Patidar Samaj. I hope everybody has been able to enjoy this summer filled with many weddings and *gaam* conventions. The past few months have seen various events not only in our community, but also nationally and internationally. I would like to wish everybody a very happy Raksha Bandhan. Even though this tradition was started in India, we have continued celebrating it abroad. On August 15th, India celebrated 61 years of independence. As we remember the struggle and strife that our ancestors endured, let us appreciate and respect the political process that many of us will be a part of in November here in the US. I encourage all of you to participate in your local communities as well as following the Congressional and National Election later this year.

During the summer, the LPS Board and I have been busy visiting you across America. We have had the honor to attend a regional meeting in Lexington, KY, a Tri-State Regional in Memphis, TN, and a regional meeting in Houston, TX. Moreover the picnic in Florida has raised the enthusiasm of all Leuvas. All those who attended the picnic mentioned how memorable it was. The tremendous efforts of volunteers and local support have brought our lifetime membership number to more than 1001 members! Our upcoming meetings are scheduled to be in Birmingham, AL, Richmond, VA, Tulsa, OK, Louisiana and Oregon. I look forward to visiting the Leuva Communities in these areas and learning what we can do to make our Samaj stronger.

During the next few weeks, LPS members will be receiving their family's user identities and passwords. One login and password will be provided per family. This login is to be used on our website, www.leuvapatidarsamaj.com where members will be able to edit their family information and demographics. As I have mentioned earlier, I would like to promote the use of our Samaj website to encourage communication between you and the Board, as well as to keep members updated about future events. I would also like to call your attention to the Leuva Achievers section of the website. This section contains information on how to donate to the scholarship fund, how to apply for the scholarship and the by-laws of the scholarship program.

The recent news from our home country have been shocking. More than 50 innocent people lost their lives and another 100 injured in the serial bomb blasts in Ahmedabad in July. Surat was fortunate to have escaped the terror attempt thanks to efficient police action that disabled dozens of bombs around the city. We extend our sincere condolences to the family members of those affected by this ghastly and inhuman act.

We are in the process of planning a LPS Youth Summit that will be targeted towards our Leuva Youth in the age range of 13 years through 19 years. Tentatively, the Summit has been planned for early next year in the Pigeon Forge/Gatlinburg, TN area. In the coming weeks, we will be updating you with the progress of the event. Stay tuned to the website for the finalization of the plans for the Summit and registration for participation. If you have any questions or suggestions, please email us at youth@lpsofusa.com.

Once again, I hope everyone has had a great summer. As we go into the Fall, there are many auspicious events we have to look forward to such as Navratri, Diwali and the New Year. The LPS Board and I wish you the very best during these occasions and we look forward to serving you.

Dahyabhai V Patel

President
Leuva Patidar Samaj of USA

Connecting across ages with the help of words

Committee member and publisher of the Leuva Connection magazine, Sunil B Patel talks about reshaping the magazine..

It's a great honor to serve as the Publisher for LPS's Leuva Connection Magazine, and I'm grateful to members for this opportunity. Re-shaping the magazine and achieving our goals has been a challenge, but with the help of my entire Communications Team, along with Hasubhai and Harshadbhai, we are several steps closer to accomplishing our dream.

One of many goals we set ourself this year, was to give our magazine a new look along with it making it an effective tool for keeping the community connected. We cherish the ability to be able to equip you with information that is useful, informative, and relevant - as well as to make it a profitable tool for LPS. This year's magazine has articles for everyone - ranging from kids to the youth, from the elderly, to specific articles for men and women. We will continue to evolve as we pursue our goals, but it is your feedback that will help us

become the best community magazine ever!

Please accept our apology in the delay of our first issue.

We hope that you will carefully read this magazine, review the different topics we have covered and send us your feedback. I would like to take this opportunity to send a special vote of thanks to Hasubhai and Linaben for volunteering countless hours in putting our first edition together. *Jai Shree Krishna.*



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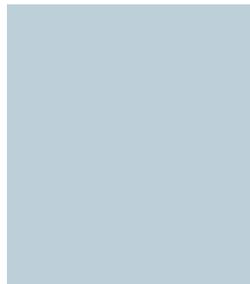
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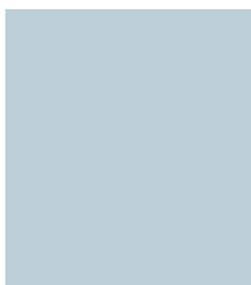
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Congratulations to the 2008 Scholarship Recipients

THIS YEAR, six young Leuvas received a scholarship from LPS totaling \$15,000.

Dharmi Balvantbhai Patel of Cerritos, CA (Gaam: Khadsupa)	\$2,000.00
Sonam Jitendra Patel of San Diego, CA (Gaam: Dungar)	\$3,000.00
Sejal Jitendra Patel of San Diego, CA (Gaam: Dungar)	\$3,000.00
Punam Kiritbhai Patel of Fresno, CA (Gaam: Ambheti)	\$2,000.00
Jigna Arunbhai Patel of Knoxville, TN (Gaam: Derod)	\$2,000.00
Jitin Ramesh Patel of Long Wood, FL (Gaam: Mangrolia)	\$2,000.00

We encourage all of our youth pursuing college to apply for the 2009 scholarships.-



Coming in January 2009

The LPS Youth Committee is putting together a detailed agenda for a professional speed-dating seminar to be held in Atlanta, GA. The event will be hosted for Leuva unmarried men aged 23 years and above and Leuva unmarried women aged 21 years and above.

For more information please visit our website at

www.lpsofusa.com

or email the youth committee at

youth@lpsofusa.com

Speed Dating Seminar!

Take back some bits of home

Planning a trip to Gujarat soon? We give you a list of must-have heritage items to shop for...

Patola - The queen of silks

Muse of many popular songs and poems, the patola sarees of Patan are considered one of the finest hand-woven



textiles in the world. Only a handful of families remain, who still weave these sarees in a traditional technique that dates back more than 800 years. A must for every bride to be, the patola is a true heirloom, a classic whose beauty is beyond time and fashion.

For those interested in seeing this beautiful art in process, try Sadvi Wada in Patan city where you can watch the complex weaving of what was once the preferred garment of queens and aristocrats.

Embroidered tapestries

Imagine the arid, desert-scapes of the Rann of Kutch and the monochromatic landscapes

of Banni. Then imagine bright, exotic colors, dazzling mirrors and intricate designs.



Embroidery is one of Gujarat's quintessential handicrafts, one that finds place on Navratri outfits, living room tapestries and even haute couture fashion.

For a start, try the exquisite Bavalia embroidery or the fabulous bright yellow and red Banni embroidery. Let the embroidery of the Rabari cameleers, reminiscent of their pastoral life style, inlaid with triangular, square and almond shaped mirrors dazzle you. And then there's so much more: embroideries of the Ahir, Jats, Sodha Rajputs, Mutwa cameleers and the Hali Putras, Rasipotra and Node herds people is very famous.

A dash of bling

The history of the zari (gold embroidery)

industry of Surat dates back to the Mughal period. Even today Surat remains one of the biggest and most significant zari manufacturing centers of India. Give your trousseau the touch of proverbial Indian royalty by opting for Zari threads in gold and silver, embroidered decorative borders on lehengas and sarees, embellished shoes, evening bags and accessories.

Woven history

The arid region of Kutch is renowned for its rugs, known locally as *dhurries*. Woven on primitive pit looms, artists dexterously weave designs with their hands while the machine is worked by foot pedals. The result is a gorgeous pattern with remarkable color combinations. *Dhurries* can be made from wool, goat hair and cotton. Colorful quilts and camel comparison are also woven traditionally on pit looms, shuttle looms and other handlooms in villages on the

Ahmedabad - Bhavnagar highway. Perfect to add an ethnic touch to a college dormitory room.

Vanity fair

Get a head start on the fall fashion trend of chunky statement jewelry by picking some silver jewelry from Rajkot and Ahmedabad.



Home to artisans whose work gets frequently worn by the kinds of Halle Berry, silver jewelry here is traditionally hand-made, but with contemporary and modern geometric designs. You could also drive down to Khambhat, once known as Cambay, where artisans make stone and bead jewelry with the semi-precious agate, found abundantly in the region.

Travel tips

The following is a list of the do's and don'ts to keep in mind while visiting India...

Do:

- All foreign nationals must pay hotel bills in foreign currency (cash or travelers cheque). This can be paid in rupees if the visitor has a bank receipt as proof of currency exchange.
- Exchange money only through authorized banks or moneychangers.
- Insist on a receipt when exchanging money.
- Retain all receipts to facilitate re-conversion of unspent money on departure from India.
- Export of most wildlife and their products is either banned or strictly regulated. Export of the few permissible items - even as passengers' personal luggage - is allowed only under an appropriate export permit.
- Taxis and auto-rickshaws in cities do not all have meters, but where they do, insist on the meter being flagged in your presence. If the driver refuses to cooperate, seek the assistance of a policeman.
- In addition, the above fares change

from time to time and so will not always conform to readings on the meter-file. To avoid confusion, insist on seeing the latest fare chart and pay accordingly.

- If you wish to visit any prohibited or restricted areas, check with the nearest Government of India Tourist Office to ascertain details of the formalities required.
- Try to avoid the touts and brokers of shopkeepers.
- Concessionary tickets such as Indrail Pass on Railways, Youth Fare, Discover India Fare and Air Fare (Indian Airlines) are to be purchased in foreign exchange only.

Don't:

- Don't get lured by shopping bargains on the street.
- Don't exchange money except with an authorized moneychanger.
- Don't purchase travel tickets through strangers or unauthorized travel agents or tour operators.
- Don't buy silver/ivory articles or peacock feathers in bulk.

Reaching out to each other, the Leuva way

What brings communities together? Some time spent together, a few laughs shared, hopes for the future and some food!



Speaking up: LPS members at the Florida picnic



All attention: LPS members at the Houston regional meet



Taste of hdiā: Who wants some sugarcane juice?



A slice of culture: Kls tuck into food

FAQs from regional meets

Is there a plan to have a Retirement Community within the US for future senior citizens?

At this point in time, there are no future plans by LPS in this area. However, please rest assured that this will be something we will look into in the future.

Whenever there is a death in our LPS family, that particular family is obligated to provide the members with airport runs and hotel accommodation. Can we send a message to our members to make their own arrangements or call friends within the community and not the family that is already in pain and agony of a loss?

This is a great message to send to our members and our members will gladly follow these type of positive suggestions.

Are there going to be more Youth related events put together by LPS?

Several ideas and suggestions by members have been accepted and the LPS Youth team is working on putting forth a few projects towards the youth in the community.



Kldie delight: Children at the Florida picnic



Game time: Birds of a feather, flock together



h appreciation: President Dahyabhai Patel with board members



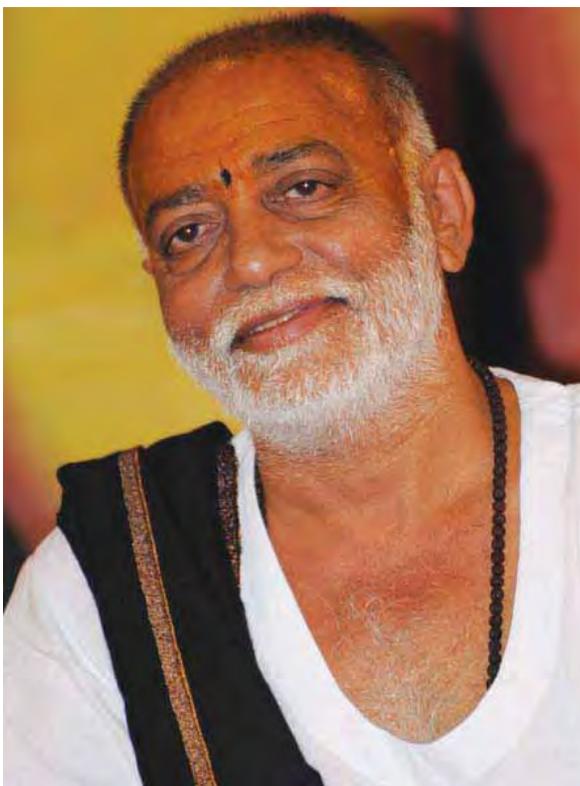
Full house: A big turnout marked the Houston event

Leuva Community on the run!

OUR LEUVA Community has been on the run, literally, all through the summer heat, juggling family businesses, kids, attending weddings, *gaam* conventions, family vacations and dedicating time and efforts towards making local events successful. And what's awesome, is that we have done it gracefully with happy, smiling faces! If you're looking for a reason for this *pie de vivre* (the joy of living), the answer lies in our very own LPS Mission Statement.

The objective of the LPS of USA, a non-profit organization, is to foster an environment that enhances unity and provides a platform for generations to preserve our community's religion, culture and heritage through fellowship, education and communication.

This page is dedicated to the Cincinnati, Ohio and vicinity area Leuvas who worked tirelessly (along with other Hindu communities) prior to and during the preparation for revered saint Morari Babu's Ram Katha. Our members woke up in the wee hours of the morning to prepare for the daily food. Kids rolled out of bed early during summer break to help serve the food as Leuva mothers prepared hot *rotlis* for the faithful. It was an effort marked by the participation of members across all ages and it was their bit to help preserve our religion, culture, and heritage. Thank you, Tristate Leuvas.



A celebration of culture: Saint Morari Babu; LPS members helped to cook and serve the food everyday



Gennekpins in: Is this rotli round, Mom?

Successful event: Celebrating the end of Ram Katha



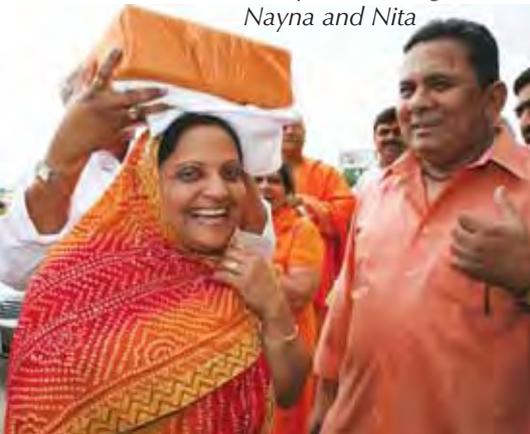
LPS BOD's Robin Patel and Mukesh Patel received a standing ovation during the Appreciation Dinner on August 18, for the event's superb organization including daily lunches, dinners, and time management. Way to go guys!



All smiles: Spread more ghee, Nayna and Nita



Young volunteers: Helping with the event took a lot of patience yet they came everyday



Chosen Leuva: Sangitaben of Cincinnati proudly carries the hallowed 'Bhagvad Gita' prior to Bapu's arrival at the Cincinnati Garden



It was refreshing to see our community work together to make the entire event successful and rewarding.'

Sayna Patel, Troy, Ohio

I enjoyed the experience and had a great time! I liked it because I got to spend lots of time with my friends while volunteering. I also liked it because they had a good system to get people seated quickly. Also whenever a server was running out of the food that they were serving, other people would come and give what was needed. Finally, after everything was done I had a big smile on my face because I worked hard and I had fun doing it.'

SAMIR PATEL, Union, KY

Volunteering at the Cincinnati Gardens event was a good experience because it brought me closer to my religion. I was happy that I got to help with things at the Morari Bpu Kitha.'

Shervani Patel, Westchester, Ohio

Volunteering for the Morari Bpu program was a very good opportunity for me. I learnt many lessons here. I was able to listen to Morari Bpu, but at the same time I was able to help people prepare and serve food to the people that had come to listen to Morari Bpu speak. This program also enabled me to help out in my Indian community.'

DEVAN PATEL, Union, KY



Four brothers: Sumeet, Danny, Anand and Devan perform the evening aarti



Twosome: Nisha and Shriti. Volunteers were given a chance to perform the aarti

(Pictures: Courtesy of HSVideoworks, www.videoworks.com)

The challenges of a weak economy

Hospitality investment specialist Helen Zaver, CHA, talks about some of the economic trends facing the hospitality industry...

THE DULL holiday travel season of late 2007 is proving to be one of the early signs of trends soon to come in the hospitality sector. As 2008 has progressed, property numbers show that the boom has passed and that the industry is entering a period of restrained growth, at best.

The number of rooms sold to guests, the prime measure of demand, is up only 0.6 per cent so far this year. Combined with a 2.1 per cent increase in supply, occupancy has declined to 57.8 per cent. Over the remainder of the year, lodging demand and profitability are expected to be linked to economic growth.

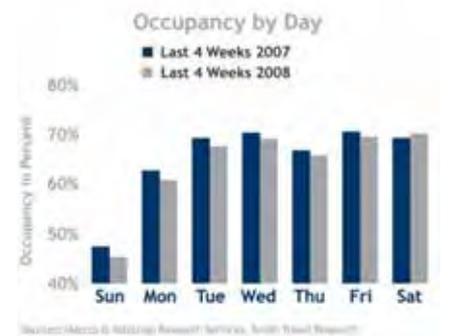
Currently, GDP is forecast to rise 1.2 per cent in 2008, with momentum picking up some time in the second half, although there is still potential for further setbacks with the ongoing corrections in the housing sector and



Supply chain: Hoteliers should look at the mix of rooms rather than the total number

difficulties in the credit markets. Room supply, meanwhile, is increasing, with 2007 marking the first year in the past five years that supply growth exceeded demand. In the months ahead, overbuilding may occur in some markets, although owners should look more at the mix of rooms rather than the total number.

The transaction market has slowed as underwriting for acquisition loans has tightened. Prices have climbed modestly in the last 12 months, and cap rates presently range from the mid-eight per cent range for top-quality properties in the best locations to more than 11 per cent for lesser-quality product. Multipliers of Room Revenues are still used as a quick source of



pricing for buyers are range from 2.5 to four times in high demand areas. With the restrained loan market, the trailing twelve months of actual net operating income is a significant factor and determines a sellable price. Proforma numbers (projections) are a thing of the past that many lenders have thrown out of their consideration and analysis. Hotels in the largest 25 markets are favored by investors, but properties in other markets should not be ignored. Such hotels will still have buyer interest especially with a strong brand affiliation and room-demand generators in place.



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Health hazards said to stem from oil

Contrary to popular opinion, Canola oil is a health hazard, says this article compiled by Darleen Bradley...

I RECENTLY bought a cooking oil that is new to our supermarkets, Canola Oil. I tried it because the label assured me it was lowest in 'bad' fats. However, when I had used half the bottle, I concluded that the label told me surprisingly little else and I started to wonder: where does canola oil come from?

Olive oil comes from olives, peanut oil from peanuts, sunflower oil from sunflowers; but what is a canola? There was nothing on the label to enlighten me which I thought was odd. So, I did some investigating on the Internet. There are plenty of official Canola sites lauding this new 'wonder' oil with all its low-fat health benefits. It takes a little longer to find sites that tell the less palatable details.

Here are just a few facts everyone should know before buying anything containing canola. Canola is not the name of a natural plant but a made-up word, from the words 'Canada' and 'oil'. Canola is a genetically engineered plant developed in Canada from the Rapeseed Plant, which is part of the mustard family of plants.

According to Agri Alternatives, an online innovation and technology magazine for farmers, 'By nature, these rapeseed oils, which have long been used to produce oils for industrial purposes, are toxic to humans and other animals'.

Rapeseed oil is poisonous to living things and is an excellent insect repellent. I have been using it (in very diluted form, as per instructions) to kill the aphids on my roses for the last two years. It works very well: it suffocates them. Ask for it at your nursery. Rapeseed is an oil that is used as a lubricant, fuel, soap and synthetic rubber base and as a illuminate for color pages in magazines.

It is an industrial oil. It is not a food. Rapeseed oil, it seems, causes emphysema, respiratory distress, anemia, constipation, irritability, and blindness in animals and humans. The oil was widely used in animal feeds in England and Europe between 1986 and 1991, before it was discontinued.

US and Canadian farmers grow



genetically engineered rapeseed and manufacturers use its oil (canola) in thousands of processed foods, with the blessings of Canadian and US government watchdog agencies. The canola supporting websites say that canola is safe to use. They admit it was developed from the rapeseed, but insist that through genetic engineering it is no longer rapeseed, but 'canola' instead.

The new name provides perfect cover for commercial interests wanting to make millions. Look at the ingredients list on labels. Apparently peanut oil is being replaced with rapeseed oil. You will find it in an

alarming number of processed foods. Did you know that the rapeseed oil was the source of the chemical warfare agent mustard gas, which was banned after blistering the lungs and skins of hundred of thousands of soldiers and civilians during World War I? Recent French reports indicate that it was again in use during the Gulf War.

Here's what you can do to look out for this health hazard: check products for ingredients. If the label says, 'may contain the following' and lists canola oil, you know it contains canola oil because it is the cheapest oil and the Canadian government subsidizes it to industries involved in food processing.

Some facts about Canola oil

- Adrenoleukodystrophy (ALD) is a rare fatal degenerative disease caused by a build up of long-chain fatty acids (c22 to c28) which destroys the myelin (protective sheath) of the nerves. Canola oil is a very long chain fatty acid oil (c22).

- *Fats that heal and Fats that kill* by Udo Erasmus.

- Rapeseed oil is a penetrating oil, to be used in light industry, not for human consumption. It contains a

toxic substance. Even after the processing to reduce the erucic acid content, it is still a penetrating oil. We have found that it turns rancid very fast. Also it leaves a residual rancid odor on clothing. Rape seed oil used for stir-frying in China found to emit cancer causing chemicals.

- *Rapeseed oil smoke causes lung cancer* by Amal Kumar Maj in *The Wall Street Journal*, June 7, 1995



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Around India in a few dozen plates

INDIA is known for the diversity of its culture, and for the many languages and races that call this ancient country their home.

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Leuva Kids in the News!

Focused



Jasmine Patel

Graduated high school as Class Valedictorian and full-scholarship student at Indiana University

'When I was younger, this was just a simple name. It was only after I grew older that I realized that this name was compiled of different letters and I get to choose what it would define. When I entered high school I was overwhelmed with my family's expectations. My parents, Bhulabhai (Devadh) and Gitaben (Kharvasa) Patel raised me to never rely on luck. They taught me the importance of education and how far it can lead me in life. However, when I entered high school I realized that academics were not my only interests. Not only did I enjoy sports, but I participated in student and class council, yearbook staff and in a student to student tutoring program. It was through these diverse activities that broadened my skills both physically and mentally. As a 2008 Richmond High School Graduate I was captain of my Tennis team, Senior Editor of my class yearbook, Event Organizer of Class Council, and to top it off Class Valedictorian. As Indian kids we all have the pressure to be the greatest in academics, but speaking from personal experience strive for the extras as well, because the extras make you glow from everyone else. In the end, it was the extras that gave meaning to my name Jasmine Patel. And I'm sure my experiences at Indiana University will add to this.'

Dedicated



Danny Nagar

Enthusiastic and self-driven volunteer at the Morari Babu Ram Katha and last year's LPS Youth Summit held in Cincinnati, Ohio

'When I was asked to be a youth volunteer for Morari Babu's Ram Katha, held in Cincinnati, Ohio, I had limited knowledge of Morari Babu's teachings. What led me to help organize this event was the opportunity to get out of my comfort zone and learn about something totally new. Additionally, I had the opportunity to work with a group of people who are very passionate about Babu's teachings, gaining much from the different perspectives they had to offer on Babu's teachings. As I continue volunteering my time with different groups, I hope to gain from the experiences and expose myself to as much diversity as possible.'

Inspiring



Kiran Patel

Talented budding music maestro

Kiran Patel recently had the honor to play the violin at the Indian National Anthem at the Kumbharia gaam convention in Atlanta, GA. Kiran, 18 previously has played the tabla in India.

His father motivated him to learn another musical instrument and less than a year ago Kiran decided to take a class to learn the violin.

Kiran attended Bainbridge College in his first year of college where he achieved a 4.0 gpa. He will attend Georgia State University in Atlanta, GA starting Fall 2008. He plans to major in mathematics with a masters and doctorate in mathematics. Kiran is the son of Dinkerbhai and Ansuyaben from gaam Kumbharia and live in Donalsonville, GA.

Spreading joy

Volunteer at the Morari Babu Katha

Aashi Patel is a smiling and enthusiastic 10-year-old from Cincinnati, Ohio. He says, 'I went to help at the Morari Babu Katha because I thought it would be fun to be with other friends who will also be helping. I did not understand exactly what Morari Babu was speaking about, but just looking at him made me feel at peace and with a sense of security. My job at the Katha was handing out water to everyone when they sat to eat. I am very happy that I got such a great opportunity.'



Aashi Hemant Patel



The soul is indestructible, it cannot be burnt or made wet or dried. It is immutable, all pervading, all permeating, ever calm and unmovable, eternally the same.

Ganpatbhai Patel, son of Dayabhai Bhikabhai Patel hailing from Gaam Tundi of Surat District found his abode in Brahm-lok on July 18, 2008. Born on December 14, 1936 to Dayabhai Bhikabhai Patel and Revaben Bhikabhai Patel, Ganpatbhai started his career as teacher in a secondary school in India. Here he married a loving, beautiful woman Gulabben, daughter of Bhulabhai Vanmailibha Patel and Gangaben Bhulabhai Patel of Sevni. He got an opportunity to move England in 1961 and spent 16 hard-working years there.

Moving to the US in 1977, Ganpatbhai jumped into the motel industry. He was considered a very successful hotelier who brought about many reforms in this area.

Ganpatbhai was not just a successful businessman. He helped lot of needy people and became mentor to those in need. He rendered selfless services for the cause of religion by volunteering in many social organizations. He was founding member of Ambika Bhajan Mandal, India club of Central Coast and many other religious organizations. His passion for deep commitment to humanity has left an indelible impression on all who knew him.

We salute Ganpatbhai, caring husband of Gulabben; proud father of Praful and Mukesh; affectionate father-in-law of Sangita Praful Patel and Mukta Mukesh Patel; and loving grandfather of Neil, Neelam, Bhavesh and Shivani.

Ganpatbhai's mortal body was cremated on July 22 at the Dudley Hoffman Mortuary, Santa Maria California. His ashes will be scattered in a holy river in his home country India.

We pray to God to rest his soul in peace.



We are shocked at the unexpected news of passing away of Satejbhai Lallubhai Patel at an early age of 45 years. He belonged to the village Afva, of Surat District and lived in Huntsville, AL. He was a great leader and a selfless, dedicated member of the Leuva Patidar Samaj. It is difficult to fill the vacuum created by his sad, unexpected demise. But we have to accept this rude reality as we are helpless at the hands of God. We express our heartfelt sympathy and convey condolences to members of his family to bear this irreparable loss. His funeral services were held on Thursday June 12 at the Berry Hill Funeral, 2305 Memorial Pkwy, Huntsville, AL.

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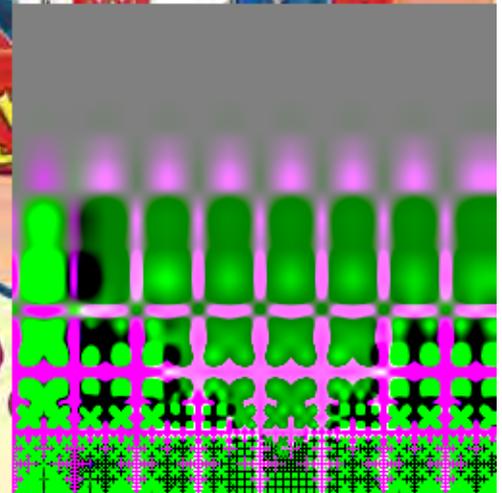


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Leuva women in the news

Inspiring



Name: Harshvina 'Helen' Zver, CHA

Family: Bhaskar, husband for 22 years; sons Dillon (age 17) and Kesh (age 14)

Occupation: Hotel broker, Hotel owner, AAHOA Director, member of High Trust board and Budgetel board, wife and mother, and a few more!

Childhood ambition: Can't remember. I live for the present and the future!

Proudest moment: College graduation; opening and succeeding in our hotels; when my children were born; making the AAHOA Women's Events successful; first hotel brokered; watching my children become responsible young men

Biggest challenge: Prioritizing my time to make sure the important things get done each day. I love making lists and checking off as I complete

Inspiration: My dad, Bharatbhai, and how he overcame so many obstacles in San Francisco when he came from India as a young boy. Also Janie Whire, hotel sales consultant, who taught me to always see the positive and think outside the box.

Favorite Indian movie: *Kabhi Khushi Kabhi Gham*

My life: Right now, I am working on putting together an excellent program for the AAHOA Women targeting hotel leadership. My full time job (and one that I enjoy tremendously) is helping people buy and sell hotels. My other full time job is being a great wife and mother

My LPS: Bhaskar is on the Board for our Georgia LPS and so we stay involved in all our activities and keep our children active as well through the youth committee and volunteer effort

My message to Leuva women: Always strive to learn and excel in your areas of passion: whether in sales and marketing, management, volunteer work or any area. You can make things happen - do not make excuses. Leuva women are more than capable of exceeding any preset expectations in business, family, and life. And remember to give back!

Dedicated

ALL ACROSS the US, in every local community and samaj, women work just as hard for their communities as they do for their families. This page is dedicated to all those Leuva ladies who make their families and community proud! Check out these amazing Leuva women, 'working it' to make their families proud, support their local events and to have fun! Thank you Ladies.



It's round, Smita!: Cincinnati Leuva ladies having fun while preparing rotis



Food for thought: Helping out with cooking during community events



That's the way we do it: Serving the family and community with equal pride

Do you have a Leuva woman in your local Leuva community who deserves to be recognized in our magazine? E-mail us at communications@lpsofusa.com

AAHOA Regional Events Calendar

Month	Dates	Event	Location
September	23-26	Lodging Conference	Arizona
September	22-25	Intercontinental Hotel Group Annual	Los Angeles, CA
September	29-Oct 8	Navratri	
September	30-Oct 2	Rosh Hoshana	
October	1	AAHOA Central Midwest Regional	Oklahoma City, OK
October	8	AAHOA Upper Midwest Regional	Chicago, IL
October	9&10	Yom Kippur	
October	14	TH&LA & AAHOA Houston Regional Meeting South Texas	Houston , TX
October	17&18	AAHOA Independent Hoteliers Conference West	Dallas, TX
October	19-22	Best Western International Conference	Hawaii
October	24&25	AAHOA Independent Hoteliers Conference West	TBD
October	28 & 29	Diwali	
October	31	Halloween	
November	4	Election Day	
November	5	AAHOA South Carolina Regional	TBD
November	8-11	International Hotel/Motel & Restaurant Show	
November	13	AAHOA Board of Director Meeting	
November	13	AAHOA Florida Regional	TBD
November	19	AAHOA Midsouth Regional	Nashville, TN
November	27	Thanksgiving Day	
December	4	AAHOA Northeast Regional Meeting	Holyoke, MA
December	2008	Vantage Hospitality Annual Meeting	



Best Wishes to:
LEUVA Patidar Samaj of USA

From AAHOA

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www.aahoa.com

The Asian American Hotel Owners Association (AAHOA) is THE voice of owners in the hospitality industry. AAHOA is dedicated to promoting and protecting the interests of its members by inspiring excellence through programs and initiatives in advocacy, industry leadership, professional development, member benefits, and community involvement. Founded in 1989, it is one of the fastest-growing hospitality organizations in the industry. AAHOA has over 8,700 members owning more than 22,000 hotels that total \$60 billion in property value.



Leuva Patidar Samaj

The objective of the LPS of USA, a non-profit organization is to foster an environment that enhances unity and provides a platform for generations to preserve their religion, culture and heritage through fellowship, education and communication.

The LPS of USA will achieve its goals through the social forums and networking within its membership by educating and communicating over a multi-term plan.



Why become a Lifetime Member?

- Keeping our culture alive
- Scholarship program
- Youth involvement and networking through events and the web
- One time transfer to children after reaching 60 years of age
- Access to our upcoming youth database online
- Stay connected with our Leuva Connection Magazine

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fax)615-739-5266

Email: ravidave12@comcast.net

What's up with LPS?

LPS Board of Directors and Representatives along with the help of local volunteers are dedicating their time at their own expense towards successful networking for our current and future generation as well as building a vibrant community!

How are we doing this?

Strategic planning guided the volunteers into eight teams with a list of task to complete:

- Communication
- Education
- Area representatives
- By-laws
- Financial
- Membership
- Regional and Town Hall
- Management

Additionally, A youth team is in the works for our upcoming Youth Camp In Spring 2009 - Volunteers needed!

What's our youth saying about the LPS Youth Summit held in Ohio last year?

'The Youth Summit was phenomenal and everything seemed to work out. Overall the convention to me was a big success!'

Summit Jetha, Cincinnati

'I learned about educational and career choices that are available to me.'

Trisha Patel, Cincinnati

'I gained a trend of diversity among personalities.'

Shriti Patel, Fairfield

Quote from the President...

'Together, with my LPS of USA Board, great volunteers and You, I am sure that every Leuva Patidar will gain something of value!'

Dahyabhai Patel, Nashville



Have Questions?

Email us, 'The Communication Team'

- Sunil, exec729@aol.com
- RP, rprama@jhmhotels.com
- Lina, linapatel@fuse.net
- Mikie, mpatel@earthlink.net
- Dan, danvpatel@gmail.com
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- Hargovind, uhd76@aol.com
- Jayesh, jpatel1202@aol.com
- Mukesh M, mjmowji@aol.com

Statistics of Our LPS Members...

Lifetime Members: 945 and rising!

What have we Done for you lately?

- Revamping website by allowing our children to 'connect' with each other. Reshaping our Leuva Connection Magazine to inform and educate members: it is all about the 'communication'!
- Creating a 'pool of speakers' in each region that is readily available to speak at local and national events: it is all about the 'connection'!
- Yearly scholarship program awards approximately \$15,000 to our LPS youth: it is all about the 'education'!
- And visit our website for so much more...

Accepting that you are the problem

A father carries many burdens, but the heaviest is acknowledging your shortcomings with your family, says Anil Patel...

Although many of us out there fancy ourselves as warm, loving, and competent fathers, we are sometimes the problem in our relationship with our kids. This may be difficult to hear, but if you make this secret the cornerstone of who you are as a father, you'll increase your chances for success and effectiveness with your kids. Deny that this is ever a problem, and you'll continue to create problems without your knowledge of it. Sounds complicated? It's not, just read on.

It's incredibly easy to get to a place of judging your children harshly and blaming them for problems in your family. If you're married, you may also get to the same place with your wife.

Fathers can easily see themselves as hard-working dads who care about their family and do all of the 'right' things for them. You may have a hard time seeing your own contribution to any problems your family has.

But there is an important reason why you are the problem - and it's a concept that can be used in any relationship in your life. In any relationship that you're in, the other person really knows how you feel about them! Words don't have to be spoken here. Your loved ones have an intuitive sense about your feelings for them, and they're usually quite accurate.

When you're not feeling good about your son or daughter, when you're feeling they are embarrassing you or aren't living up to 'your standards,' you're letting them know in some way that they're failing.

When they pick up on those feelings, what you will notice is that you will get more of the very behavior that you are disturbed about. If you see your son as incapable, he will tend to 'live down' to your expectation and be incapable. If you see your daughter as weak and dependent, you'll get a good dose of these qualities as well. Do you see how you're the problem here?

It's important to note that this initial 'seed' of blame will have a tendency to cycle and grow stronger. The more



Our children, our future: One of the easiest ways to connect to your children is by not judging them harshly or looking down on them

your kids feel blamed for their behavior, the more negative feelings will come your way. In their book, *Leadership and Self-Deception* (2000), the Aringer Institute talks about how easily we deceive ourselves and blame others, causing our relationships to worsen. Not only do we easily blame others, we are totally unaware of how we contribute to the problem by initiating this blame.

It is not being suggested that you should never have any negative thoughts about your family. These kinds of thoughts will come and go. What's important to remember is that blaming your kids isn't just ineffective, it's destructive!

So why do it? What will work is to find ways to be more aware of how you're pointing fingers and to take on the responsibility of lessening the impact when you're doing it.

The most important way you can do this is to love your kids unconditionally. You can see them as the wonderful, resourceful, loving people that they are and not as their flaws.

It's also helpful to realize that your ego will often manipulate things so that you can't always see the best in your kids. This effectively prevents you from having to consider your own

contribution to the problem. Accepting this as a permanent condition for yourself will allow you to be more aware of the problem when it does surface.

So what can you do when you begin to see your kids or your family as 'the problem' and your relationships begin to suffer?

- Be committed to staying aware of this tendency and to get accountability from your wife or others around staying away from it.
- Know the behavioral signs when you are judging others as the problem- you are most likely to feel irritated, angry, argumentative, etc.
- Don't try to change your kids; they'll know what you're up to and will resist you.
- Always look at what you can do to change - and this takes a lot of courage.
- Get support; for a long time fathers have believed that they should be able to do it all on their own. Enlist other fathers or a coach or mentor to help you to be as effective as possible.
- Find a way that you can 'practice' the skill of loving your children unconditionally - being loving and supportive when they're not at their best is one way to do this.

HOUSTON CELEBRATES LEUVA YOUTH

LPS of Houston Youth Club talks about future plans...

YOUTH CLUBS are an important part of building a strong, consistent Samaj. As someone once said, 'The survival of our Samaj increasingly depends on the success of the youth.' Eventually the people who work day and night for our Samaj will stop and the youth will be looked upon to take over. We, the Houston Youth, started our Youth Club in the summer of 2007. We had a few problems that caused us to remake the club this past summer. Overall, we had our fair share of ups and downs which is the way it goes. Every new organization or club will have their struggles in the beginning. We do not regret anything we have done in the past because it has helped us become stronger as a Youth Club. We encourage all youth to stand up and take their Samaj to the next level by forming a Youth Club.



Leuva Patidar Samaj of USA

Speaker Form

If you would like to volunteer as a speaker at an LPS event locally or nationally, please complete the form and email to education@lpsfususa.com. Your information will be collected and placed on our website as a resource to our Samaj. Thank you!

Topic title: _____

Name of speaker: _____

Company name: _____

Street address: _____

City: _____ State: _____ Zip: _____

Phone number residence: _____

Phone number office: _____

Phone number cell: _____

E-Mail address: _____

Bio data: _____

Description of topic: _____



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ગુજરાતના મુખ્ય પ્રધાન નરેન્દ્ર મોદી એમની વેબસાઈટ www.narendramodi.in પર બ્લોગિંગ કરશે અને બીજા લોકો સાથે પોતાના વિચારોની ચર્ચા કરશે. તેમણે તરણેતરના મેળામાંથી આ રીતે વાત કરી હોવાનું કહેવાય છે. એમને એ વાતમાં 'દાદીધારી ભગવાન' સાથે સરખાવાયા હતા. મોદીના પલ્લમા જન્મદિને ગુજરાતના માહિતી ખાતાએ મોદીની અંગત વેબસાઈટમાં સુધારા કરી અપડેટ કરાયાની માહિતી આપી હતી.

ગુજરાતની પ્રોપર્ટી માર્કેટનું અમેરિકામાં આકર્ષણ

અમેરિકાના પ્રોપર્ટી માર્કેટમાં મંદી વ્યાપી હોવાથી અમેરિકામાં રહેતા ગુજરાતીઓ ગુજરાતના પ્રોપર્ટી માર્કેટ તરફ આકર્ષાય તેમ છે. તાજેતરમાં રહેલી ૩૧ ઓગસ્ટ દરમિયાન ન્યુ જર્સી ખાતે યોજાયેલી દ્વિતીય વર્લ્ડ ગુજરાતી કોન્ફરન્સમાં (WGC) ઉપસ્થિત રહેલ ગુજરાત ઈન્સ્ટિટ્યુટ ઓફ હાઉસિંગ એન્ડ એસ્ટેટ ડેવલપર્સ (GIHED)ના પ્રતિનિધિઓ આ માટે આશાવાદી છે. ગુજરાતના પ્રોપર્ટી માર્કેટમાં અમેરિકામાં રહેતા ગુજરાતીઓ દર વર્ષે આશરે રૂ. ૪૦૦ કરોડ રોકે છે તેવો અંદાજ છે. WGSમાં આશરે ૩૫,૦૦૦ ગુજરાતીઓએ ભાગ લીધો હતો. તેમાંથી ૨૫ ટકાથી ૩૦ ટકા ગુજરાતીઓએ ગુજરાત ખાતેના પ્રોપર્ટી માર્કેટમાં રોકાણ કરવા રસ દાખવ્યો હતો. ધર્મદેવ ઈન્ફ્રાસ્ટ્રક્ચર પ્રાઇવેટ લિમિટેડના ચેરમેન તથા ઉમંગ ઠક્કરે જણાવ્યું હતું કે, અમેરિકામાં વસતા ગુજરાતીઓ અને ભારતીયો પાસેથી ગયા વર્ષે કરતાં ૨૦ ટકા જેટલો વધુ બિઝનેસ મળવાની અપેક્ષા છે.



લખતરમાં મેઘતાંડવ: ૩૨ ઈંચ વરસાદ



આખા ગુજરાતમાં શનિવાર ૧૩મી સપ્ટેમ્બરથી વરસાદ પડી રહ્યો છે. લખતરમાં મંગળવાર ૧૬મી સપ્ટેમ્બરથી ગુરુવાર ૧૮મી સપ્ટેમ્બર સુધીમાં ધોધમાર ૩૨ ઈંચ વરસાદ પડ્યો હતો. લખતરના ઓળક, સવલાણા, વણા, અણીયારી, આદલસર, મોઢવાણા, સદાદ, કેસરીયા, દવેળીયા, સાંકર, કડુ, તલસાણા ગામો સંપર્કવિહોણાં બન્યાં હતાં. ૩૦૦૦ લોકોને સ્થળાંતર કરવું પડ્યું હતું. નાયબ કલેક્ટર પી.ડી. પલસાણાએ બુધવાર ૧૭મી સપ્ટેમ્બરે જણાવ્યું કે બચાવકામગીરી માટે અમદાવાદ ફાયરબ્રિગેડની ચાર ટુકડીઓ બોટ અને સર્વિલાઈટ સાથે સંપર્કવિહોણાં ગામોમાં પહોંચી હતી. ચોટીલાના બામણબોર ગામમાં ચેકડેમ તૂટતાં ગામમાં પાણી ભરાયું હતું. વરસાદનું પાણી હાઈવે પર ભરાતાં સુરેન્દ્રનગર-અમદાવાદનો વાહનવ્યવહાર બંધ થયો હતો. રેલવે ટ્રેક પર પણ પાણી ભરાવાથી સુરેન્દ્રનગરથી વિરમગામ વચ્ચેનો વાહનવ્યવહાર ખોરવાયો હતો.

પરમાણુ સંધિ મુદ્દે ભારત ૧૨૩ કરારને અનુસરશે

ગયા અઠવારિયે કોંગ્રેસમેન હાવર્ડ બર્મને કહ્યું હતું કે કરાર મુજબ અમેરિકા ન્યુક્લીયર ફ્યુઅલ આપવા કાયદેસર રીતે બંધાયેલું નથી. ફ્યુઅલ આપવાનો વાયદો અમેરિકાના પ્રમુખે કર્યો હતો. જો ભારત ન્યુક્લીયર ટેસ્ટ કરશે કે પરમાણુ શસ્ત્રોનું ઉત્પાદન કરશે તો તેને ન્યુક્લીયર ફ્યુઅલ આપવાનું બંધ કરાશે. આ નિવેદનના કારણે ખૂબ હોબાળો થયો હતો. પરંતુ કોંગ્રેસના પ્રવક્તા મનીષ તિવારીએ જણાવ્યું કે ન્યુક્લીયર ફ્યુઅલ આપવાનો વાયદો અમેરિકાના પ્રેસિડેન્ટે કર્યો હતો, જે અમેરિકન સરકારે કરેલા વાયદા બરાબર છે. મિનિસ્ટ્રી ઓફ એક્સટર્નલ અફેર્સના સંવાદદાતાએ સ્પષ્ટતા કરતાં શુક્રવાર ૧૨મી સપ્ટેમ્બરે જણાવ્યું કે ૧૨૩ કરારમાં ભારત અને અમેરિકાના હકો અને ફરજ સ્પષ્ટપણે જણાવેલાં છે, તેથી ભારત ૧૨૩ કરારને અનુસરશે. આ કરાર સાઈન થયા બાદ ૧૨૩ કરાર ઈન્ટરનેશનલ લૉ એન્ડ લૉ ઓફ ટ્રીટીઝ મુજબ કાયદેસર દસ્તાવેજ ગણાશે. કરારમાં અપાયેલાં ફરજ અને હક પ્રમાણે ભારત-અમેરિકા સિવિલ ન્યુક્લીયર કોઓપરેશન આગળ વધશે. આમ કરવાથી ભારતના હકો સુરક્ષિત રહેશે.

અણુકરારની મંજૂરી માટે રાઈસ વ્યસ્ત બન્યાં



ક્લોવિસા રાઈસ

નેન્સી પેલોસી

૨૬ સપ્ટેમ્બરે કોંગ્રેસનું સત્ર પૂરું થાય એ પહેલાં ભારત સાથેના અણુકરારને અમેરિકાની કોંગ્રેસની ઝડપી મંજૂરી મળશે એવી હયાધારણ અમેરિકાનાં વિદેશ પ્રધાન કોન્ડોલીસા રાઈસએ આપી છે. તેઓ ડેમોક્રેટિક પાર્ટીના અતિ વગદાર નેતાઓ-નેન્સી પેલોસી અને હાવર્ડ બરુમનેને મળ્યાં હતાં. ૧૨૩ એગ્રીમેન્ટમાં સુધારા માટે બંને નેતાઓ શું કરી શકે એની ચર્ચા રાઈસે તેમની સાથે કરી હતી. હાઉસ ઓફ રિપ્રેઝન્ટેટિવ્સનાં શક્તિશાળી સ્પિકર નેન્સીને મળીને રાઈસે એ બાબત ચર્ચા હતી કે ૧૨૩ એગ્રીમેન્ટ ગૃહમાં સુધારા માટે રજૂ થાય ત્યારે કઈ પ્રક્રીયા લાથ ધરવી. નેન્સી ગયા માર્ચમાં ભારત આવ્યાં હતાં. પેલોસી ડેમોક્રેટિક નેતાઓની પત્રકારપરિષદ અધવચ્ચે છોડીને રાઈસને મળ્યાં એમાં એગ્રીમેન્ટનું મહત્ત્વ અને અર્જન્સી દેખાઈ આવે છે. અમેરિકન સંસદની વિદેશ બાબતોની કમિટીના ચેરમેન હાવર્ડ બરુમને રાઈસ સાથેની ચર્ચામાં કરારને અંગત ટેકો જાહેર કરતાં હાઈડ એક્ટની સુસંગતતાની જાણકારી માગી હતી. અમેરિકન સંસદના બંને ગૃહોમાં ડેમોક્રેટોનું પ્રભુત્વ છે. ૮૫ ટકા સાંસદો કરારને ટેકો આપે છે. બરાક ઓબામા, જો.બિડેન અને હિલેરી ક્લિન્ટને આ એગ્રીમેન્ટને સમર્થન આપ્યું છે. રાઈસે એમના સ્ટાફને સૂચના આપી છે કે, ૨૪ થી ૪૮ કલાકમાં એગ્રીમેન્ટને લગતા બધા જ કાગળો સંસદને મળી જવા જોઈએ.

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સમર હીટમાં લેઉવા સમાજ ભાગદોડમાં વ્યસ્ત છે. ફેમિલી બિઝનેસ, બાળકો, લગ્નપ્રસંગો તથા ગામ કન્વેન્શનોમાં હાજરી પુરાવવી, ફેમિલી વેકેશનો તથા સ્થાનિક પ્રસંગોમાં પણ સફળતાપૂર્વક ભાગ લેવા જેવી પ્રવૃત્તિઓ વચ્ચે શ્વાસ લેવાનો પણ સમય મળશે નહીં!!! અને અરે! આ બધું જ હસતા મુખે કરતાં જવાનું!!! પણ શા માટે? એવો પ્રશ્ન પૂછતાં જવાબ આપણા પોતાના LPS સ્ટેટમેન્ટમાંથી જ મળે છે.

નોન-પ્રોફિટ ઓર્ગનાઈઝેશન LPS ઓફ USAનો હેતુ એવો માહોલ સર્જવાનો છે જેથી એકતા સર્જાય તથા સહકાર, શિક્ષણ અને માહિતીસંચાર વડે પેઢીઓ ધર્મ, સંસ્કૃતિ અને વારસાનું જતન કરી શકે.

આ પાનું સિનસિનાટી, ઓહાઈઓ તથા આજુબાજુના વિસ્તારોના લેઉવાઓને સમર્પિત છે, જેમણે મોરારિ બાપુની રામકથા માટે બીજા હિન્દુ સંપ્રદાયોના લોકોની સાથે મળીને થાક્યા વિના કામ કર્યું છે. રોજિંદો આહાર તૈયાર કરવા માટે તેઓ વહેલી પરોઢથી કામે વળગતા હતા. વેકેશન હોવા છતાં બાળકો સવારે પથારીમાંથી ઊભાં થઈને આહાર પિરસવાના કામમાં જોતરાઈ જતાં હતાં. અને મંમીઓ શું કરતી હતી?? મંમીઓ રોજરોજ રોટલીઓ બનાવે અને શાકભાજી કાપીને તૈયાર કરે!!! બધા સાથે મળીને કામ કરતાં હતાં. પૂરા સહકારથી સહુ કોઈ આપણા ધર્મ, સંસ્કૃતિ અને વારસાનું જતન કરતા હતા!!! થેન્ક યુ ટ્રાયસ્ટેટ લેઉવાજ!



‘આ અનુભવ મેં માણ્યો, મને મજા પડી! મને આ ગમ્યું, કારણ કે, મદદ કરતી વેળા મને મિત્રો સાથે સમય ગુજારવાની તક મળી. લોકોને જલદી બેસાડી દેવાની તેમની પદ્ધતિ સારી હોવાથી પણ મને ગમ્યું. ક્યારે પણ કોઈ સેવામાં પુરવઠો ખૂટી પડતો ત્યારે બીજા લોકો આવીને પુરવઠો પૂરો પાડતા. પરંતુ અંતે તો દરેક કાર્ય પૂરું થતાં મારું મુખ મલકાઈ ઊઠતું હતું, કારણ કે હું સખત મહેનત કરતો હતો અને મને એમાં મજા પડતી હતી!’

- સમીર પટેલ, યુનિયન કેન્ટુકી KY

‘સિનસિનાટી ખાતે વોલન્ટીયરીંગ કરવાનો અનુભવ સારો રહ્યો, કારણ કે હું તેના વડે મારા ધર્મની સમીપ જઈ શકી. મોરારિ બાપુની કથા વખતે મદદ કરવાનો મને આનંદ મળ્યો છે.’

- શેરવાની પટેલ, વેસ્ટ એસ્ટર, ઓહાઈઓ.

‘સિનસિનાટી ખાતે મોરારિ બાપુ માટે વોલન્ટીયરીંગ કરવાની સુંદર તક મને મળી. તેના વડે જીવનના ઘણા પાઠ શીખવા મળ્યા. મોરારિ બાપુને સાંભળતા સાંભળતા હું મોરારિ બાપુને સાંભળવા આવેલા બીજા લોકોને ફૂડ તૈયાર કરવામાં તથા સર્વ કરવામાં મદદ કરતો હતો. મને મારી ભારતીય કમ્યુનિટીને મદદ કરવાની તક આ પ્રોગ્રામ વડે મળી છે’

- દેવાન પટેલ, યુનિયન KY



મોરારિ બાપુની કથામાં હાજર સભ્યો



લેઉવા પાટીદાર સભ્યોએ પૂજ્ય મોરારિ બાપુ માટે ભોજન થાળ તૈયાર કર્યો



સિનસિનાટીની લેઉવા પાટીદાર સમાજની મહિલાઓ રોટી બનાવી રહી છે



‘સમગ્ર કાર્યક્રમને સફળ અને આનંદદાયક બનાવવા માટે કમ્યુનિટીના સભ્યોને એકબીજાની સાથે મળીને કામ કરતા જોઈને આનંદ થાય છે’ સાયના પટેલ, ટ્રોઈ, ઓહાઈઓ



બ્યુટી ટિપ્સ

ઉનાળામાં તમે જ્યારે પણ બહાર જાઓ ત્યારે ચહેરો પાણીથી ધોઈ સાફ કરી સન સ્ક્રિન લોશન લગાવીને જ બહાર નીકળવું. બને ત્યાં સુધી ચહેરા પર સૂર્યનો આકરો તાપ ન પડવા દેવો.

ગરમીમાંથી ઘરે આવ્યા પછી પણ તરત હાથ-પગ અને ચહેરો નોર્મલ પાણીથી ધોઈ નાખવા. ભીના ચહેરાને લૂછવા માટે ખરબચડો ટુવાલ ન વાપરવો. કપાળને કઠી

ઘસી-ઘસીને સાફ ન કરવું.

કપાળ પર ફોલ્લીઓ થઈ ગઈ હોય તો એના પર કપૂરનો અર્ક રૂના પૂમડા વડે લગાવો. એમ કરવાથી ખૂબ બળતરા થશે, પણ કપૂરથી ખીલ જલદી રુઝાશે અને બાજુની ચામડીમાં પણ કોઈ રીએક્શન નહીં આવે.

ભોજનમાં ફળો અને શાકભાજીનું પ્રમાણ વધુ રાખો. દિવસમાં ઓછામાં ઓછું છ લિટર પાણી પીઓ. પાણી પીવાથી પસીના વાટે શરીરનો કચરો બહાર નીકળી શકશે. ખોરાકમાં તેલ, મરચું અને વધુપડતું મીઠું ટાળવું.

સ્ક્રિનને ચમકતી રાખવા માટે નિયમિત એક્સરસાઈઝ કરવી પણ ખૂબ જરૂરી છે. દિવસમાં બે વાર ચહેરો ઠંડા પાણીથી ધોવાની આદત પાડો.

કપાળ ચહેરા કરતાં કાળું પડી ગયું હોય તો નીચે પ્રમાણે પેક બનાવીને લગાવવાથી ચામડીમાં ઉજાસ આવશે.

એક ચમચી ચણાનો લોટ લઈ એમાં ચપટીક હળદર નાખો. આ પાઉડરમાં અડધું લીંબુ નિયોવીને એની પેસ્ટ બનાવો. આ પેસ્ટ અઠવાડિયામાં ત્રણ વાર ચહેરા પર લગાવો. કપાળ પર વાળ જ્યાં પૂરા થાય છે ત્યાં સુધી આ પેસ્ટ લગાવો. પેસ્ટ સુકાય અને ચામડી તણાવા લાગે એટલે ચહેરો ધોઈ નાખો.

- વ્હોસમ કોચર

આઈબ્રો આકર્ષક બનાવો

આઈબ્રો પર થ્રેડિંગથી શેપ આપ્યા પછી ક્યારેક એની આજુબાજુ લાલાશ થઈ જાય છે. ક્યારેક ઊખેડેલા વાળની જગ્યા તમારી નોર્મલ સ્કિન કરતાં આછી દેખાતી હોવાથી ચહેરા પર ચોખ્ખી દેખાઈ આવે છે. એવું ન થાય એ માટે થ્રેડિંગ કરતી વખતે પહેલાં આઈબ્રોની આજુબાજુ કોઈક મલાઈ કે ક્રીમ લગાવો. એ પછી થ્રેડિંગ સરળતાથી થાય એ માટે પાઉડર લગાવો.



જો તમારી આઈબ્રો ખૂબ જ પાતળી હોય તો તમે આઈ-લાઈનરથી એને થોડી ઘાટી કરીને જાડી બતાવી શકો છો, પરંતુ યાદ રહે કે એમ કરતી વખતે એનો શેપ જરાય બગડે નહીં. આઈબ્રો પર લાઈનર કર્યું હોય ત્યારે તેના પર પાણી કે હાથ લાગીને એ વીંખાઈ ન જાય એની ખાસ કાળજી રાખવી. જો તમારી આઈબ્રો ખૂબ આછી હોય તો તમે એને કલર કરીને ડાર્ક કરી શકો છો. તમારા વાળ અને તમારી સ્કિનના રંગને અનુરૂપ હોય એવી સારી બ્રેન્ડનું હેર કલર લોશન વાપરી શકાય.

જો તમને જાડી આઈબ્રો ન ગમતી હોય તો આઈબ્રોને થ્રેડિંગ કરીને એને પાતળી કરી શકો છો. શરૂઆતમાં વાળ ઊખેડે ત્યારે ખૂબ ખેંચાશે, પણ રેગ્યુલર થ્રેડિંગ કરવાથી ચામડીને આદર પડી જશે. આઈબ્રોનો શેપ બરાબર જાળવી રાખવા અને આડાવળા ઊગેલા વાળને કારણે ચહેરો ગંદો ન લાગે એ માટે અઠવાડિયામાં બે વાર થ્રેડિંગ કરવું.

- ખજૂરમાં અનેક પૌષ્ટિક તત્ત્વો ભરેલાં છે. ખજૂરમાં લોહ ભસ્મ, ફોસ્ફરસ, કૅલ્શિયમ, વિટામિન એ-બી-સી ઉપરાંત બીજાં ખનિજ તત્ત્વો ભરેલાં છે. ખજૂરની ત્રણ-ચાર જાતો છે. એમાં દેશી કાળું ખજૂર તંદુરસ્તી મેળવવા વધુ ઉપયોગી છે. • કાળું ખજૂર બધી રીતે ટોનિક છે. રોજ સવારે એની છ-આઠ પેશી ઘી સાથે અથવા ઘી વિના નાસ્તા તરીકે ખાવાથી શરીરમાં નબળાઈ નહીં લાગે અને આખો દિવસ સ્ફૂર્તિમય પસાર થશે. • આમળાંનું જીવન અને ખજૂરપાક એક-એક ચમચી મિક્સ કરી સીઝનમાં નિયમિત બે વખત ખાવાથી શક્તિ જળવાઈ રહે છે એટલું જ નહીં, મંદ જાતીયતા ઉત્તેજિત થાય છે. આધેડ ઉંમરના લોકો કે વૃદ્ધો માટે ખજૂરપાકનું એક-એક બટકું ખાઈને માથે માફક આવે એટલું દૂધ લે તો શિથિલ પેડેલા અવયવો અને લબડતી ચામડી બરાબર થાય છે તથા વૃદ્ધતા મોડી આવે છે. • એક કપ પાણીમાં ચાર ખજૂરની પેશી

ખલાળી, ચોળી એમાં એક લીંબુ નિયોવી, મીઠું, મરી અને ધાણાજીરું નાખી રોજ બાળકને સીઝનમાં સવારે નિયમિત આપવામાં આવે તો તેનો વિકાસ ઝડપથી થવા માટે છે. • છ પેશી ખજૂરને બે કપ દૂધમાં ઉકાળી એમાં અડધી ચમચી સૂંક, અડધી ચમચી મેથી અને અડધી ચમચી ઘી નાખી સવાર-સાંજ ત્રણ-ચાર મહિના લેવાથી શરીરના સાંધાનો દુખાવો મટી જાય છે. • છ પેશી ખજૂરને બે કપ દૂધ અને એક ચમચી હળદર સાથે ઉકાળી છ થી આઠ મહિના સવાર-સાંજ પીવાથી ચહેરાની સુંદરતા વધે છે. • ખજૂરની છ પેશી દૂધમાં ઉકાળી એમાં એક ચમચી મધ અને એક ચમચી ગુલકંદ નાખી સવાર-સાંજ બે વખત પીવાથી નબળી આંખનું તેજ વધે છે. મગજમાં ઠંડક રહે છે અને મંદ પેડેલી યાદશક્તિ સતેજ થાય છે. • ગર્ભવતી સ્ત્રીઓ નવેનવ મહિના ખજૂરનું સેવન કરે તો બીજા કોઈ ટોનિકની જરૂર નથી રહેતી.

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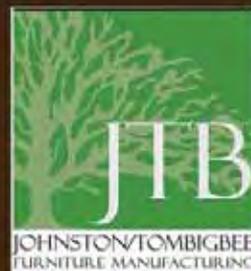
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