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A Leuva Publication

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Dear Members,
Jai Shree Krishna to all the members of the Leuva Patidar Samaj. I hope everybody has enjoyed the recent holidays with family & friends including weddings back home in India. Now as we enter the routines of daily life and get used to the chilled season, we also welcome and look forward to Spring which is door to new life and new beginnings. LPS of USA is also ready to take on new challenges and the board of directors as well as myself wish to count on your blessings and extend our sincere gratitude for your continued trust, and whole hearted support of LPS. We had successful regional meetings in Dallas (Texas), Ft. Lauderdale (Florida) and in several different regions of California. We were pleasantly surprised and appreciated the Leuva participation in these meetings. We are delighted that each Leuva has a strong interest in the progress of our Samaj. The tremendous efforts of our members, volunteers and local support have increased our LPS lifetime membership number to more than 1800 members!

On Dec. 29th, 2015, it was historic moment for LPS of USA in Navsari, India. For the first time ever in LPS history, our three core Leuva patidar regions - Navsari, Surat & Valsad districts came together under one roof. We had a very successful and productive NRI conference in Navsari, which was coordinated by our board members with the help of Navsari Leuva Patidar Samaj, and several other volunteers and sponsors in a very short period of time. We wholeheartedly appreciate their unconditional help & support. This conference will help in strengthening the ties between the members in USA and the leuva regions in India, where they can be helpful to each other.

Our LPS Foundation has continued to be very successful. Because of dedicated and generous Leuva's, donations have been pouring into the Foundation. So far we have received pledges of more than \$937,000 for the Foundation. I would like to thank the Foundation Trustee, Mr. Guntant 'Gary' Prema and the foundation trustee members for all of their efforts and hard work.

We have planned the LPS Youth and Gaam Ambassadors Conference in the month of April in the Dallas-Ft Worth, Texas region. Also, for the first time ever, we have organized the LPS Ladies Cruise for 4 nights trip going to Turk & Caicos Islands in the month of May. In the coming weeks, we will be updating you with the progress of these events. Stay tuned to our social media on Facebook and our website for the finalization of the plans for these events and registration.

The Publication would like to remind you to report accomplishments within the community so that it may be recognized in Leuva Connection. Also, we are holding the LPS Annual Convention on June 30 - July 1, 2016 in Cincinnati, OH. I cordially invite each and every member of LPS to attend this annual convention. Please go online and register at www.lpsfusa.com and reserve your hotel rooms as soon as possible as rooms are going fast at the host hotel and the special room rates are available only for a limited time. This convention is where we will all come together to rejuvenate our grass roots, celebrate & reinforce our values, network with each other to help preserve our heritage and culture for our future generations.

Lastly but more importantly, with over a decade of being associated with LPS of USA, I have seen the association struggle due to financial crunch. So we want to make sure we have sufficient cash reserve for long term sustainability. Here in LPS we have profit sharing programs with some of our vendors and are actively working to add new vendor partnerships. I need your help to make these programs successful. You must at least give these vendors a chance to earn your business. You will find these vendors information in this magazine.

Look out for the next regional meeting in your area. I look forward to meeting you soon.

Respectfully,

Harshad Patel (Gaam - Saroli)
Cerritos, CA
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LPS of USA 2015-16

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And in the end, the love you take is equal to the love you make - The Beatles

As we have said before, each publication when we set out to write this letter, we study the stories and try, not to introduce them here, but to weave them into these words, use them to illustrate a tone. It gives us a new journey after the regimentation of editorial submittal and deadlines.

But not this issue, not this year.

At the beginning of each new year, we make a list, of resolutions: Lose Weight, Eat Better, Exercise More... each are splendid and well meaning, but for many of us, and our resolutions, new year is a bit like Groundhog Day: each year we set out to do the same thing...and perhaps not reaching our goals is okay, because we can always begin again.

But each fresh year, and each moment for that matter, we can look far beyond a list we may forget, and on to the goals and hopes we can attain. As great and rich as our lives and community have been, the membership ahead of us needs our attention and a focus unlike many of us have never given. Challenges, of community, of faith, of mortality, are everywhere. Issues that divide find headlines while those that connect us go unnoticed. We find satisfaction in a moment of giving, but find no time for a future of commitment.

We are all human, loved and needed, loving and needy. Each day we give and take, with friend and enemies, with family and stranger, with longing and reality. Loss and love, promise and commitment, inauguration and denouement: all invade us. They give us life and meaning and compunction, and, yes, resolve.

This is not a thing of lists; it is a promise of commitment. Something said that if not attended to is tragic. Resolution is not something that might be done; it is something that must be done. A list of one thing accomplished is far better...and perhaps that

should be our resolution this year: I will do this one thing, and only then will I add another, and then another, and then another.

Life, and love, and compassion are like that: one thing after another, dealt with and built upon, challenging and fulfilling, expected and surprise. But it can't be avoided. We never know when our difference will be made, but we know it will be done.

This year and for each day ahead let us resolve to find connection, to seek truth, to know love, and to be more.

God Bless!

Respectfully,

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OBITUARIES LIST



In Loving Memory of Our Loved Ones

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NO	NAMES	GAAM	DATE OF DEMISE	CITY/STATE
1	Kamlaben Maganbhai Patel	Nagod	02/09/2016	India
2	Bhikhabhai Jethabhai Patel	Puna	02/07/2016	Columbus, OH
3	Ramiben Vallabbhai Patel	Zervavra	02/04/2016	South Padre Island, TX
4	Shardaben Parsottambhai Patel	Bagumara	02/03/2016	India
5	Rekhaben Amratbhai Patel	Khaparia	01/26/2016	Nashville, TN
6	Hasmukhbhai Mohanlal Patel	Pinsad	01/26/2016	Corbin, KY
7	Ratilalbhai Parsottambhai Patel	Nogama	01/24/2016	Tomball, TX
8	Bhagabhai N. Patel	Saroli	01/07/2016	Downey, CA
9	Dhaniben Maganbhai Patel	Degama	01/06/2016	Willis, TX
10	Naginbhai Patel	Afva	12/18/2015	Claremore, OK
11	Vijyaben Nanubhai Patel	Khaparia	12/16/2015	Greenville, SC
12	Nagarbhai Kuwarjibhai Patel	Babla	05/12/2015	Oklahoma City, OK
13	Kalpeshbhai Vanmalibhai Patel	Saroli	12/05/2015	Orange, TX
14	Bhulabhai Kunvarjibhai Patel	Shampura	12/02/2015	Houston, MS
15	Neelam Anilbhai Patel	Viraval	11/30/2015	Clarksville, TN
16	Narshinbhai Bhikhabhai Patel	Butwada (Bajipura)	11/23/2015	India
17	Vithalbhai K. Patel	Sadakpore	11/22/2015	Anaheim, CA
18	Maniben Maganbhai Patel	Ninat	11/15/2015	Tampa, FL
19	Dinkerbhai Chunibhai Mulji	Tarbhon	11/14/2015	Americus, GA
20	Ishverbhai Chhotubhai Patel	Soyani	11/13/2015	Corpus Christi, TX
21	Naranbhai Bhulabhai Patel	Derod	11/07/2015	Houston, TX
22	Hansaben Thakorabhai Patel	Sevni	11/04/2015	Forest City, AR
23	Tejas Sanmukhbhai Patel	Navsari	11/03/2015	Broken Arrow, OK

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Leuva Patidar Samaj of USA

HISTORIC MOMENT FOR LPS OF USA NAVSARI, INDIA - DECEMBER 29, 2015

For the first time ever in LPS history, our three core Leuva patidar regions - Navsari, Surat & Valsad districts came together under one roof. A very successful and productive NRI conference in Navsari, which was coordinated by our board members with the help of Navsari Leuva Patidar

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Jay (Jimmy) Patel
(45 Yrs.) MA, CHO

1. What, in your opinion are the primary differences between American Culture and Indian Culture?

All cultures are different and as such our Indian Culture is unique. Our Culture places tremendous focus on family relations and religion. These two form the focus of everything we do and plays an intricate part of every decision that we make.

In American culture, family is important however not to the degree of importance that we place on family in our Indian culture.

Many times in American culture they focus on "SELF" while in our culture we focus on "WE". As Indians, we think about the

impact any decision we make may have on our family and our traditions. We also place tremendous significance on our religious beliefs which creates a distinguishing factor between both cultures.

The most significant difference between both cultures is the social culture that our culture has created. We create a vast amount of social relationships based on our family relationships and our religion. Most of our Indian communities throughout the world have created samaj associations such as LPS of USA for the sole purpose of continuing to promote our culture and our religious beliefs.

2. How are you able to balance both cultures as an individual in the USA? Explain

Creating a balance for me has been relatively easy as in my family we have continued to hold our culture close to us. Continual interaction through our local Samaj as well as LPS of USA while interacting with American culture on most days have helped create the necessary balance. However, I will also say that our Indian culture is that of a Melting Pot similar to America and they fit well together.

3. Do you believe our traditional customs will continue with the new generation? Do you see challenges with the new generation? Explain

Yes our traditional customs will continue with our next

Education:

Masters of Arts in Economic Geography & Environmental Sciences, University of North Carolina at Charlotte

Occupation: Hospitality Industry

Birth Country: England

Family: Wife - Rakhi Patel (Puna)

Son - Prateek Patel (20 Yrs)

Father - Ramanlal (RK) Patel (Nogama)

Mother - Kusumben Patel (Bagumara)

Gaam: Nogama

Residence in USA: Winston-Salem, North Carolina.

generations however they may end up being slightly changed due to the constant transformation of our culture. I remember when my parents used to once think that I would not continue some of our Indian customs but due to the continual interaction with the Samaj and my family's involvement with the local Indian community.

I feel that I was able to continue most of the traditions in our community. My son Prateek was fortunate to have grown up in a joint family with my parents. This allowed him to be brought up with our traditional Indian customs and today I have no doubts that he will continue our traditions as he begins his own family. The significance of traditions brought by both family knowledge coupled with the involvement in our community samaj will help foster continued sustainability of our Indian traditions and customs.

4. Do you recognize any challenges or disadvantages related to our culture being outside the "norm"? How do you respond to those challenges? Explain

The most significant challenge to our culture is making sure that our next generation has the ability to continue with our traditions and culture. As I said before, things may change slightly due to normal transformation within any culture. However, it is up to us as a community to make sure we create a positive atmosphere for our children where they can continue to grow and that they can continue to be exposed to our Indian Heritage and culture. Local community organizations as well as national organizations such as LPS of USA allow us to grow as a community while reinforcing our traditions.

5. Have you ever lived in India? If so, for how long, and how long have you lived in the US?

Yes actually I lived in India when I was younger and I had the opportunity to stay in Navsari for 3 years with my mom's family and attend the Convent School. I attended the Convent School in the 5th, 6th, and 7th grade and this allowed me to actually learn to read and write in Hindi and Gujarati along with teaching me my Indian cultural values.

My family has been in the US since 1980 and I began 8th grade in North Carolina when I came here from London. I went on to complete high school and college in North Carolina and earned my Master's Degrees from University of North Carolina at Charlotte.

6. Do you think that our Indian culture has some flaws that need to be addressed?

All cultures have variances and intricacies and I would never say there are any flaws. Every single culture has complex attributes that are unique to that culture and sometimes people feel that if you do something differently from someone else then that is a flaw. However, let me remind everyone that just because we do something differently from the traditional American Culture that this does not constitute a flaw but actually just emphasizes the uniqueness of our culture.

7. What gives you the most pride as a Leuva Indian living one life two cultures?

I am proud to be a small part of the most successful community in the world. Our Leuva's have assimilated all over the world however they have not forgotten their roots and have managed to successfully blend multiple cultures all over the world.

8. What is the most important thing that your parents taught you about living one life with two cultures in another country?

The most important thing would be the fact that we should never forget where we came from and our cultural traditions. My parents gave me the opportunity to learn our traditional Indian traditions as well as gave me the flexibility to grow as an individual in American culture. As an Indian, I knew my

boundaries as I had been instilled with solid family values thanks to my parents.

9. As a parent yourself do you think you have been successful in teaching your son the moral values and importance of our very vibrant Indian culture?

As I said before, my son grew up in a joint household. My parents and my wife and I have instilled the same solid family values that we all have with him.

10. You have been very involved with volunteering for community service over the past few years. What are some of your future plans?

I have been involved with many community and business non profit organizations over the last few years. I have been fortunate to have served on the LPS of USA board of directors and have held a few different positions. This past year

however, I had taken a year off from the organization so that I could focus on my chairmanship year at AAHOA (Asian American Hotel Owners Association). I was fortunate to have been elected by the AAHOA membership to serve on that board

for several years and this year I will conclude by term at AAHOA as the 2015-2016 Chairman. While I will continue to assist AAHOA where necessary, I plan to get increasingly involved again with LPS of USA and plan to re-join their national board. I have found that serving on these non-profit organizations has been fulfilling as it allows me the opportunity to give back to my community. I also believe that by being involved in organizations such as these, I have an opportunity to have my voice heard and to further help shape the future for our community.

LPS of USA Congratulates "Hasmukh P. Rama" on Lifetime Achievement Award



Hasmukh P. (H.P.) Rama, chairman of the board and CEO of JHM Hotels, was honored with the prestigious Lifetime Achievement Award at the Americas Lodging Investment Summit (ALIS), January 25-27, 2016, in Los Angeles. This prominent award was presented for his significant

contributions to the hospitality industry over his lifetime through their actions, deeds, and great accomplishments. Rama's story is a true example of achieving the American dream. Rama was born in Africa, raised in India, and came to the US in order to pursue his MBA from Xavier University with only two dollars to his name. He has been surrounded by the hotel industry his entire life – from washing dishes to leading the largest hotel association in the world, Rama has built a name for himself as a successful businessman and hotelier. Hard work, commitment, and spiritual strength have been the building blocks of the JHM Hotels brand.

In addition to his work as a hotelier, Rama is known for his community involvement and philanthropy in the U.S. and India. Corporate social responsibility is a core value at JHM Hotels, with a focus on educational opportunities for the underserved, poverty relief, and community enrichment. Each year JHM Hotels donates to more than 40 charities in communities where they have hotels, and their associates rack up hundreds of volunteer hours. In 1998, the company established "The Rama Scholarship for the American Dream", which has benefited more than 350 students pursuing careers in hospitality management, and in August 2011, opened AURO University in Gujarat, India. In addition, the Rama's have focused on improving communities in India by adopting a village, building a primary school, installing a water purification plant, developing a children's park, and supporting an eye hospital.

H.P.'s story truly paints the picture of how endless possibilities and opportunities can lead to achieving the American dream."

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LETTER FROM ANNUAL CONVENTION CHAIRS

Dear Members,

On behalf of our President and as your convention Chairs, we would like to welcome you all to LPS of USA Annual Convention & Trade Show in Cincinnati, Ohio. Our theme of "Building Our Unity And Celebrating Our Differences" could not have a more suitable backdrop for our time together and exploring similarities and differences in a positive way is a good place to start. We are looking forward to forging new relationships, strengthening existing ties, robust learning, and recognizing individuals who have contributed to our success.

The event is being held June 30 – July 1, 2016 at the spectacular Millennium Hotel Cincinnati. The hotel is as convenient as it gets. The city's financial district, as well as hundreds of shops, museums, restaurants, and entertainment venues, are all at your doorsteps. The Cincinnati Zoo, Botanical Gardens and The Beach Waterpark are within easy driving distance. We are excited to host this annual convention and are prepared to make this a rewarding and memorable experience for each of you. Our convention is one that will be remarkable as well as unforgettable as we all come together under one place and rediscover our grassroots and culture.

Each day will be filled with special events from spectacular entertainment, dynamic speakers, an outstanding cultural programs. Throughout the two days there will be rich programming, targeted our youth matchmaking and an abundance of networking opportunities. Join Forces with us in Cincinnati and we will Succeed Together – mark your calendars and we will create magic together! We humbly request that our members do not make other plans (i.e. weddings, family or gaam

events, tournaments, etc.) during these convention dates. At this time, we would like to thank the Cincinnati and the surrounding regions Samaj's for their tremendous support and gratitude for hosting this convention.

Please register online at www.lpsofusa.com by using your log-in and password. Also, please don't forget to reserve your hotel room at the following link:

<https://reservations.millenniumhotels.com/ibe/details.aspx?propertyid=13546&nights=1&checkin=06/29/2016&group=1607LPSUSA>

Please be aware that hotel room rates and availability are limited, so please register 'NOW'. Please be a part of the great excitement we are anticipating during the convention in Cincinnati..!!

Thank you for your trust and continued support to our great association.

Come early! Stay late! Bring your family!

Respectfully,

Sanjay Patel (Nashville, TN)
1st Vice-President / Convention Chair
P: 615.504.9006
E: sanjayandnila@gmail.com

Robin Patel (Cincinnati, OH)
Convention Co-Chair
P: 513.226.7344
E: robinsingh63@yahoo.com

Ketan Patel (Lexington, KY)
Convention Co-Chair
P: 859.327.7078
E: kpatel520@aol.com



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2016 ANNUAL CONVENTION

Convention Chair:

Sanjay Patel (Nashville, TN)

P: 615.504.9006 / E: sanjayandnila@gmail.com

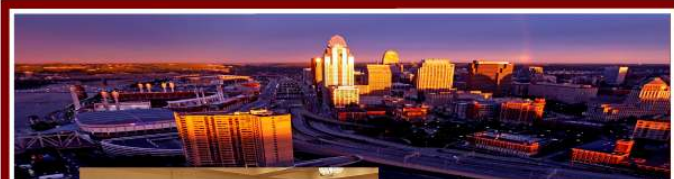
Co Chairs:

Robin Patel (Cincinnati, OH)

P: 513.226.7344 / E: robinsing63@yahoo.com

Ketan Patel (Lexington, KY)

P: 859.327.7078 / E: kpatel520@aol.com



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OR FAX: (866)201-5813 / Incomplete forms will be returned.

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LEUVA PATIDAR SAMAJ OF USA
ANNUAL CONVENTION & TRADE SHOW
JUNE 30 - JULY 1, 2016 ■ CINCINNATI, OHIO, USA



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Ages 10-17	\$AMT	AGE	Email Address
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C.) LPS Membership is \$60.00(1 yr) or \$100.00 (2 yr) _____ D.) Lifetime Membership \$1001.00 _____
 E.) I wish to donate towards this convention \$ _____ F.) I wish to donate towards the LPS Scholarship Foundation \$ _____

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Membership Status:	Early Registration Fee Deadline 06/01/2015	On Site Registration After 06/01/2015
2016 LPS Annual Member (18 & Over)	\$99.00 per person	\$149.00 per person
LPS Lifetime Member	\$79.00 per person	\$129.00 per person
Children ages 10-17	\$59.00 per person	\$109.00 per person
Senior Citizen (65 & Over)	\$69.00 per person	\$119.00 per person
Non-Member (Leuva Only)	\$159.00 per person	\$209.00 per person

NOTE: (1) Unmarried children 18 & above of Lifetime Members will be charged \$79.00 for early registration. (2) Married children of a Lifetime Members will be considered as a regular annual member. (3) All family membership must have current valid membership or will be charged the non-member (Leuva) fee.

BUILDING A SCHOOL IN NEPAL – GROUND BREAKING PUJA

Jai Sai Ram. Our sincere Thank you for your support and Contributions for the people of Nepal. We are happy to share with you the auspicious ceremony of school Ground Breaking Puja in the Village of Muchchk, Nepal !

On Friday, February, 12th, 2016, Child Environment Nepal, a Non-Profit organization's president, Mr. Sagar Pandey and wife Mrs. Premila Pandey, performed the puja along with the villagers. The ground breaking was originally scheduled for October, 2015, however, due to fuel crises in Nepal, a decision was made to delay the project to avoid additional cost to the building. From October through December, India's border for Nepal was closed for all incoming goods, which included Patrol.



The School which educated 600 children, was destroyed during the April 25, 2015 earthquake. Since then, the children are being educated in classrooms made with tarp and metal. On May 25, 2015, we set out for Nepal. Upon arrive, we first met with representatives of CEN Nepal (Child Environment Nepal) and CEN-UK (Child Environment Nepal-UK), who took us to the village of Muchchk, located far into the mountains of the Himalayas. Upon arrival we saw 98% of the village in rubbles, including the large school, which educated 600 students (Grades 1-12). These students travel by foot from 1 ½ hours walking radius. We chose this village because not much aid has reached here. It is also located just 3 miles from the Earthquake epicenter and one of the most remote village. This village has also lost its source of electricity.

Our heartfelt thank you to Mr. Sagar Pandey for assisting us on the project. 100% of your contributions are going towards building the school that will educate 600 children of Nepal!

We invite you to join us to volunteer with us in Nepal. Please call us for Details!

Donor Opportunity: To support LPS of USA efforts to bring hope to the village of Muchchok through the school's construction, make a check payable to LPS of USA and mail to Manisha Patel C/O LPS of USA, 1508 Knox Valley Dr., Brentwood, TN 37027. For more information, please contact our volunteers for this efforts -

Nayna Patel (210) 867-5868 onenonlynina@aol.com | Maya Patel (251) 382-3216 sheenalinc1@gmail.com
Lina Patel (513) 257-6700 linapatel@fuse.net | Manisha Patel (615) 479-0596 misha1118@aol.com



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LPS OF USA EVENTS SCHEDULE 2016

March 13, 2016 : LPS Town Hall Meeting (Ukiah, CA)

March 14, 2016 : LPS Town Hall Meeting (Oakland, CA)

March 15, 2016 : LPS Town Hall Meeting (Sacramento, CA)

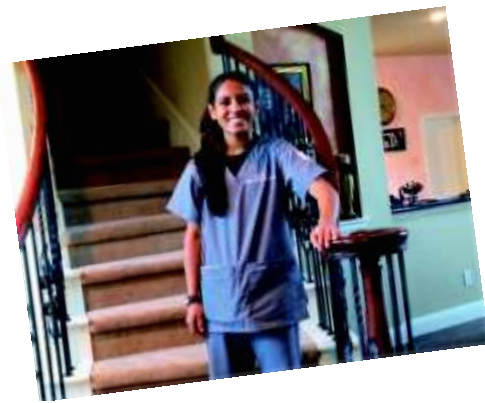
April 30, 2016 : LPS Youth Conference (Irving, TX)

April 30, 2016 : LPS Gaam Ambassadors Conference (Irving, TX)

May 1, 2016 : LPS Women's Retreat - Cruise (The Turk & Caicos Islands)

May 2016 : LPS Town Hall Meeting (TBD - Cincinnati, OH & Surrounding Regions)

June 30, 2016 : LPS Annual Convention (Cincinnati, OH)



HOPE FOR A HEALTHIER HEART AND COMMUNITY

By: Purvee Mahesh Patel, Plano, Texas

Email: pauseforacause2016@gmail.com

JSK, my name is Purvee Patel – I am a Junior at Plano Senior High School and a member of the Clinicals Rotations program. Through this program I volunteer 2 hours a day at local hospitals, retirement homes and other medical facilities. As February is American Heart Month it is important to keep in mind that 1 in 3 deaths is linked to heart disease. More significantly, each year over 10,000 young adults die from sudden cardiac arrest (that is 28 a day).

I have gained much valuable experience during visits to hospitals and medical clinics, including the need to take better preventive care of our health, so that we can avoid or minimize unnecessary suffering. I want to have a positive impact on my local community by increasing awareness of having healthy heart plans and by making heart screenings and a automated external defibrillator (AED) available for a homeless shelter or another organization where it will save lives by providing early defibrillation for victims of SCAs.

In order to raise the necessary funds, I designed and sold t-shirts to fellow students, school officials, family friends and community members and by registered with gofundme.com to reach out to community and family members, near and far. I also made several presentations to local non-profit organizations such as the Lions Clubs. The campaign has raised over \$3,500 so far. I feel this is a worthy cause as it gives the gift of life and hope to those who desperately need it. I can say with great confidence that almost every person reading this article knows someone-- whether it is a relative, a friend or even a friend of a friend—who has been afflicted with a heart disease. Henceforth, if we can save the life of even one person in our community not only would it mean the world to us but it would mean the world, more importantly, to the family—whose loved one (daughter, son, husband, parents, etc.) would then have the opportunity to continue their time on Earth.

I hope to continue to make a positive impact in the community that I live in.

Diwali Meet 215, Arkansas



Garba 2015, California



SLPS Life Again Event (Dalas)



Houston Rangoli Competition



The Moringa tree is the most nutritious plant ever discovered on earth.

The tree originated from Northern India 5,000 years ago and was used as an Indian medicine. In fact, ancient medicine claims Moringa prevents 300 diseases. The plant is known to have 10 times more vitamin A than carrots, 17 times more calcium than milk, 25 times more iron than spinach, 2 times more vitamin C than oranges, 15 times more potassium than bananas, and the protein found in the Moringa leaves rivals that found in eggs and milk.

The nutritional value in Moringa is so well known, that there is no doubt of the great health benefits of the consumption of Moringa, where starvation is imminent. The tree is known as a vitamin bottle grown in anyone's back yard.



Moringa Seeds have been known to have powerful antibiotic effects and were used by various countries around the world to fight infections. Scientists are saying that Moringa seeds and leaves might contain antibiotic substances that are yet to be discovered. The Moringa tree is not only famous to grow on limited water, but it's seeds are known to purify bacterial laced water. The seeds are then taken from the pods and crushed into powder, wrapped into a cloth and put in water containers. After, the seeds act as flocculent, removing impurities, leaving drinking water clean.

The tiny leaves of the moringa oleifera tree may be the world's most nutritious green. known as "the miracle tree", this plant has the potential to save millions of lives.

Moringa leaves are so rich in nutrients, the leaves are used for lowering blood pressure, blood sugar levels (Diabetes), reducing high levels of cholesterol in the blood, lowers the risk of cancer, support healthy eye sight and provides a lot of energy to the body.

A diet rich in Moringa can significantly improve human health by: reversing age lines in the skin (Anti-aging), contributing vitamins and minerals essential for maintaining normal physiology, contributing powerful anti-inflammatory substances, many with anti-cancer properties.

Moringa Plant Uses

Moringa plant is native to the sub-Himalayan areas of Pakistan, India, Afghanistan and Bangladesh. It is well known for its medical values and different parts of the tree and plants – bark, flowers, leaves, fruit, seeds, and roots are used for making medicines. The plant of moringa are used for different purpose and in different ways.

Let us Take a Look at Some of the Major Moringa Plant Uses

- Moringa is used for curing joint pain, arthritis, diabetes; diarrhea, cancer; asthma, intestinal spasms, high blood pressure, heart problems, ; kidney stones, thyroid disorders, etc. It is also used to fight fungal, bacterial, and parasitic infections.
- Moringa plant uses also include reducing swelling, prevent pregnancy, increase production of breast, boost the immune system, etc.
- Moringa plant and its products are applied directly to the skin as they carry strong disinfectant properties and act as a germ-killer. It is common to see it used for fighting snakebites, gum disease, dandruff, warts, and wounds.
- Some people use Moringa plant as a nutritional supplement or tonic. Oil made from moringa seeds is used in skin and hair care products as well as in perfumes. The seed cake that remains after oil extraction is used as a fertilizer and can remove salt from seawater as well as purify well water.
- Moringa plant is also an important food source as it can be grown easily and cheaply. It holds an important place in countries like used in India and Africa in feeding programs as those immature green pods can be prepared and eaten in a similar way to beans. Its leaves can be cooked like spinach, and they can also be dried and powdered.



Because of the many Moringa plant uses, the tree is also known as the 'Miracle tree'. Experts all over the world find it ideal to combat under-nutrition. It's easy availability and powerful nutritional benefits make it even more popular and widely used all across the world, especially in the developing world.

Contents Sources: www.kulikulifoods.com / www.moringaplants.com





Leuva
Patidar Samaj of USA



Surti Leuva
Patidar Samaj
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NUTAN PATEL - P: 850.499.6358 / E: nutanpatel76@yahoo.com

LPS FOUNDATION LETTER

January 5, 16
Vaishangi Patel
4610 Mesa Dr.
Killeen, Tx 76542

Dear LPS Foundation,

I am honored to be one of the recipients of the LPS Scholarship. Thanks to your generous support.

Growing up in a less privileged family has not only offered financial and academic challenges, but has also helped me realize the value of a college education.

I have just begun my undergraduate career as a junior at Texas A&M University at San Antonio as this University had affordable tuition rates and can already report that my academics are off to a first-rate start. My plans at this stage are to complete a major in Biology and then go on towards dental school.

The \$1000 award from Fall 2015 gave me an opportunity to earn skills that will serve the medical community following graduation. Thank you personally for your generosity: Without scholarship patrons willing to support medical education, students such as myself would be unable to pursue advanced health care degrees. I used this \$1000 scholarship of Fall 2015 towards the tuition.

Working as a volunteer in my community throughout my

high school career, I enjoyed helping people learn about community services available to them. I hope to be able to serve in a medical position sometime in the future, where I might have even more of an ability to help less fortunate and under-represented social groups. My educational pursuits would not be possible without generous support from scholarship sponsors like your organization. Thank you for enabling this opportunity!

This Semester I will also be taking a Dental Admission Test prep course to prepare for the exam in April. Then after I will be applying for various dental schools three of which are in state and a few out of state.

I am planning to either use your scholarship to pay for that Kaplan prep course or tuition and books.

Your scholarship will help me earn credentials in Dental Medicine, which requires special training and coursework. My passion for medicine is matched only by my love for children, so my decision to specialize in Pediatrics comes from the heart.

I am committed to my education and to the health care field, and one step closer to becoming a doctor, thanks to your continued generosity and the LPS Scholarship.

Sincerely,
Vaishangi Patel

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Signature(s): _____ Date: _____

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પ્રિય સભ્યો,

જયશ્રી કૃષ્ણ

સર્વ લેઉવા પાટીદાર સમાજના સભ્યોને જયશ્રી કૃષ્ણ. હું આશા રાખું છું, સર્વોએ મિત્રો, ફેમિલી સાથે રજાઓ ભારતમાં માણવામાં મજા આવી હશે. હવે જ્યારે આપણે પાછા આપણે દરરોજના રોજીંદા કામમાં જોડાઈને ઠંડીની મોસમને અનુકુળ થઈએ અને આગળ વસંતઋતુની રાહ જોઈએ, જે નવું જીવન અને નવી શરૂઆતનું બારણું છે. હું બોર્ડ ઓફ ડિરેક્ટરર્સ અને LPS OF USA નવા નવા પડકારો સ્વીકારવા તૈયાર છે. જો સર્વોના આશીર્વાદ અને સતત સાથ અને વિશ્વાસ હશે તો આપણે પ્રાદેશિક મીટીંગ દલાસ (અટેડસાસ), FF.Jaudete (Florida) અને ફ્લોરિડાનાં અલગ પ્રદેશમાં કરવામાં સફળ થયા છે. અમો લેઉવા સમાજની ભાગ લેવા માટે કદર કરીએ છીએ. અમો આનંદ અનુભવીએ છીએ કે લેઉવા પાટીદારોને સમાજના વિકાસમાં રસ છે. આપણા પ્રયત્નોથી અને સ્થાનિકોના સાથ થી LPS આજીવન સભ્યપદની સંખ્યા ૧૮૦૦ થી પણ વધુ થઈ ગઈ છે.

૨૯ ડિસેમ્બર ૨૦૧૫, એ LPS OF USA માટે ઐતિહાસિક ક્ષણ નવસારી, ગુજરાત, ભારત બની ગઈ હતી. સૌ પ્રથમ વખત આપણા ઈતિહાસમાં લેઉવા પાટીદારના ત્રણ પ્રદેશ – નવસારી, સુરત અને વલસાડ એક જ છત નીચે ભેગા થયા હતા. આપણે ઘણી સફળ અને ઉત્પાદક મીટ પરિષદ નવસારીમાં યોજી હતી. આપણા બોર્ડ ઓફ ડિરેક્ટર્સ, પ્રાયોજક અને નવસારી સમાજના સ્વયંસેવકોની મદદથી ટુંક સમયમાં આયોજન કર્યું હતું. અમો હૃદયપૂર્વક તેમની સેવાની પ્રશંસા કરીએ છીએ. આ પરિષદ USAના સભ્યો અને ભારતના લેઉવા પ્રદેશોની વચ્ચે મજબુતાઈ ઉત્પન્ન કરશે, જ્યાં તેઓ એકબીજા માટે મદદરૂપ થશે.

આપણાં લેઉવા સમાજનો પાયો વધારે ને વધારે સફળ થઈ રહ્યું છે કારણ કે આપણને જરૂરી દાન મળી રહ્યું છે. અત્યાર સુધી આપણને \$ 937 કરતાં પણ વધારે મળ્યા છે. હું ફાઉન્ડેશન ના ટ્રસ્ટી

શ્રી ગુણવંત (ગેરી) પ્રેમા અને ટ્રસ્ટી સભ્યોની મહેનત અને તેમનાં પ્રયત્નો માટે આભાર માનું છું.

આપણે LPS ના યુવાનો અને ગ્રામ સભા એપ્રિલ મહિનામાં Dallas - ff worth, Texas પ્રદેશમાં યોજવા, મે મહિનામાં મહિલાઓએ માટે ૪ દિવસની Cruise Trip Turk & Calcos Island માટે સૌ પ્રથમ વખત યોજીએ છીએ.

અમો આ પ્રોગ્રામની વધુ માહિતી, આવી રહેલા અઠવાડિયામાં રજૂ કરીશું. આ પ્રોગ્રામના રજીસ્ટ્રેશન માટે વેબસાઈટ સાથે જોડાયેલા રહેશો.

પ્રકાશક આપણને મળેલી સિધ્ધીઓ પ્રકાશિત કરશે જેથી આપણા લેઉવા કનેક્શનમાં યાદ રહે આપણે LPS વાર્ષિક સંમેલન જુન – ૩૦ જુલાઈ – ૧, ૨૦૧૬, Cincinnati, OH માં યોજવાનું છે. જેમાં ભાગ લેવા માટે હું LPSના દરેક સભ્યોને આમંત્રિત કરું છું. મહેરબાની કરી વેબસાઈટ www.lpsofusa પર રજીસ્ટર કરી, હોટલના રૂમ રિઝર્વ કરાવો. સ્પેશિયલ રૂમના ભાવો થોડાક સમય માટે ઉપલબ્ધ છે. આ સંમેલન જ્યાં આપણે બધા ભેગા થઈને આપણી સંસ્કૃતિની જાણ આવી રહેલી પેઢીમાં થશે.

છેલ્લે પરંતુ ખૂબ જરૂરી, દાયકાથી LPS સાથે જોડાયેલો છું, હું આપણા સંગઠન માટે નાણાંકીય ભીડ અનુભવું છું તેથી આપણે લાંબા દાયકા સુધી સમાજને ટકાવી રાખવા જરૂરી ફંડ ભેગું કરવું જોઈએ. અહીં LPS માં વિકેતા જોડાઈ એ રીતે અમો કામ કરીએ છીએ. મને આ કાર્યક્રમને સફળ કરવામાં તમારી જરૂર છે. આપણે આ વિકેતાને વેપારમાં કમાવવાની એક તક આપવી જોઈએ. તમને આ વિકેતાઓની માહિતી આ મેગેઝીન માંથી મળી જશે.

તમારા પ્રદેશમાં બીજી પ્રાદેશિક મીટીંગ માટે તક જો જો. હું તમને ટુંક સમયમાં મળવા તૈયાર છું.

સાદર.....

હર્ષદ પટેલ

પ્રમુખશ્રી

એલ.પી.એસ. ઓફ યુ.એસ.એ. ૨૦૧૫-૧૬

અને છેલ્લે અંતમાં, તમો જે પ્રેમ આપો છો તે પ્રેમ મેળવો છો....- The Beatles

અમે જે આગળ કહ્યું તે પ્રમાણે દરેક પ્રકાશન વખતે અમો જ્યારે આ પત્ર તૈયાર કરીએ છીએ ત્યારે અમો વાર્તાઓ લખવા કરતા શબ્દોથી અમે સમજાવવાનો પ્રયાસ કરીએ છીએ. જે આપણને સંપાદકીય નિવેદનપત્રોથી નવી મુસાફરીનો અનુભવ આપશે.

આ મુદ્દે નહીં કે આ વર્ષે

દર વર્ષની શરૂઆતમાં આપણે ઠરાવની યાદી બનાવીએ વજન ઘટાડવા, શુદ્ધ ખોરાક, વધારે કસરત. દરેકનો ભવ્ય અને સારી રીતે જેનો અર્થ થાય છે, પણ આપણા બધા માંથી અને આપણા ઠરાવ પ્રમાણે દરેક વર્ષે આપણે દિવસે દિવસે એક જ વસ્તુ ગોઠવવા બેસીએ છીએ છતાં આપણા ધ્યેયનું લક્ષ્ય પામી શકતા નથી કારણ કે આપણે હંમેશા શરૂઆત કરીએ છીએ.

પણ દરેક નવું વર્ષ, દરેક ક્ષણ તે બાબત માટે આપણે હંમેશા યાદી યાદ રાખવી જોઈએ જેથી તે ભૂલાય નહિં અને આપણા ધ્યેયો અને ઈચ્છાઓ જે આપણે ઈચ્છીએ છીએ. આપણું જીવન પણ આપણા મહાન સમુદાય તરીકે સમૃદ્ધ, આપણા સભ્યોપદ માંથી કોઈએ એના પર ધ્યાન આપ્યું નથી. આ સમુદાય માટે વિશ્વાસ, નૈતિકતા એ પડકારરૂપ છે. આપણે હંમેશા થોડીક ક્ષણ માટે સંતોષ મેળવીએ છીએ, પણ ભવિષ્યના પ્રતિબદ્ધતા માટે આપણી પાસે સમય નથી.

આપણે બધા જ મનુષ્યોને પ્રેમ ચારીએ છીએ. દરરોજ આપણે કંઈક આપીએ અને લઈએ છીએ, દુશ્મનો અને મિત્રો સાથે, કુટુંબ અને અજાણી વ્યક્તિ સાથે વાસ્તવિકતા અને ઝંખના સાથે, પ્રેમ અને નુકશાન, વચન અને પ્રતિબદ્ધતા, પરિણિત અને ઉદ્દઘાટનમાં અમો આક્રમક છે. તેઓ અમને જીવન, અર્થ અને રંજ ઉકેલે છે.

આ કોઈ યાદી નથી આ વચન અને પ્રતિબદ્ધતા છે. જો કોઈક યાદ ન રાખે તો દુઃખદ ઘટના બની શકે. ઠરાવ એવી વસ્તુ છે જે થવી જ જોઈએ. આ યાદી અત્યાર સુધીની પરિપૂર્ણ કરશે અને કદાચ આ આપણો આ વર્ષનો ઠરાવ હશે. હું પહેલા આ કરીશ

અને પછી બીજાને જોડાશે અને પછી બીજાને... ત્રીજાને...

પ્રેમ, જીવન અને કરુણા એના જેવા છે, એક પછી એક આપણે પડકારને સિધ્ધ કરવા, આશ્ચર્ય અને આશાઓ સાથે કામ પાડ્યું પણ આ નકારવું અશક્ય છે. આપણે જાણી શકતા નથી ક્યારે આપણી વચ્ચે તફાવત આવે પણ આપણે જાણીએ એ શક્ય છે.

સત્ય શોધવા પ્રેમ જાણવા અને વધુ ને વધુ આગળ આવવા દરેક વર્ષે અને દરેક દિવસે આગળ આવીએ.

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નિમંત્રણ

સ્નેહી શ્રી, _____

અમો જણાવતાં ખૂબ જ આનંદ અનુભવીએ છીએ કે **શ્રી સમસ્ત લેઉવા પાટીદાર સમાજ ટ્રસ્ટ, નવસારી** (તીર્થરાવાડી) દ્વારા નવનિર્મિત '**સ્વ. માતૃશ્રી રૂક્મણીબેન આશ્રમશાળા**' (શ્રી દિનેશભાઈ ઘેલાભાઈ પટેલ, ગામ પૂર્ણ) ના મકાન તેમજ '**વિદ્યાર્થી છાત્રાલય**' તથા '**પ્રવાસી આરામગૃહ**'નું ઉદ્ઘાટન અને લોકાર્પણ સમારંભ તા. ૧૯/૩/૨૦૧૬ના શનિવારના શુભદિને સવારે ૧૦.૧૫ કલાકે ડાંગ જીલ્લાના **શિવરીમાળ** ગામે રાખવામાં આવેલ છે. આ પ્રસંગે આપ સૌને પધારવા અમારું ભાવભર્યું આમંત્રણ છે.

જી નિમંત્રક તરીકે

શ્રી ઘીરુભાઈ ડી. પટેલ ઉપપ્રમુખશ્રી	શ્રી જયરામભાઈ ડી. પટેલ પ્રમુખશ્રી	શ્રી મહેશભાઈ ડી. પટેલ મંત્રી
શ્રી પંકજભાઈ આર. પટેલ સહમંત્રી	શ્રી અજીતભાઈ આર. પટેલ જનજનકી	

તથા
ટ્રસ્ટીગણ તેમજ કાર્યાવાહક સમિતિના સદસ્યો
ઉદ્ઘાટન સમારંભ બાદ ભોજન સાથે લઈવું.



Leuva Patidar Samaj of USA

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 City: _____ State: _____ Zip: _____
 Cell #: _____
 Email: _____
 Father's Name: _____
 Father's Middle Name: _____
 Village: _____
 Mother's Name: _____
 Mother's Middle Name: _____
 Mother's Village: _____

Spouse Information

Name: _____
 Cell #: _____
 Email: _____
 Father's Name: _____
 Father's Middle Name: _____
 Village: _____
 Mother's Name: _____
 Mother's Middle Name: _____
 Mother's Village: _____

Payment Information

Payment Option:

Cash Check
 Amount Authorized: \$ _____

Credit Card
 AE Disc Visa MC Other _____

Name On CC: _____
 Credit Card #: _____
 CCV No: _____ EXP: _____

Check here if you want LPS of USA to automatically renew your membership dues each year using the above credit card information.

Children Information

Unmarried Children First Name Only	Date of Birth Month/Day/Year	Email
1. _____	____/____/____	_____
2. _____	____/____/____	_____
3. _____	____/____/____	_____
4. _____	____/____/____	_____

Married Children First Name Only

1. _____ 2. _____ 3. _____

Disclaimer - Need Your Help!

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Name Of Business: _____ Profession: _____
 Contact Name: _____ Email: _____
 Address: _____ Work Phone: _____
 City State Zip _____ Fax: _____

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