



Executive Committee

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Message from Bina Beed, Livingston, NJ

The new Executive Board of Halari Visa Oshwal of North America would like to Thank and acknowledge the work of outgoing committee for the past 2 years. I am also very excited to work with my team who is very enthusiastic, responsive and ready to devote their time and effort for the organization. **THANK YOU TEAM!!!**

We would like to start working towards our goals for the term. We can work together and make our community strong and supportive. Our goal for this term as the head of organization will be to bring as many Oshwals together as possible. For this we will be planning various activities at intervals to rebuild the bond of our fellow Oshwals. We cannot expect to achieve this without your support.

Our intention is to create a support system for our fellow Oshwals to feel bonded and an environment where the future generations of Oshwals can be proud of the community and be part of the organization.

As done in the past all the regional officers will be communicating with the board in regards to their upcoming events, planned and successful activities. Everyone has been doing wonderful job of sharing the community news from all over the US. If we can get little more involvement from everyone and support each other, we all would love to hear from you even if it's something small.

Soon you will be able to take part in the survey exclusively for the Oshwals of North America. The purpose of this questionnaire will be to get the feel of how strong everyone feels about the organization and the community in general. It will also provide you with the opportunity to express your feelings, make suggestions, any complaints, share any ideas, expectations, and improvements that can be made for future. Although in order to successfully serve the community we will need maximum responses and involvement from all of you. I hope we can get the best from you which in turn will help us serve you the BEST!!!!

Message from Jayanti Galaiya, Long Valley, NJ

I would like to thank each and every one of the community member for the trust you have in me and giving me the opportunity to serve the community.

Most of you may be aware that we have been meeting semi-annually as Halari Visa Oshwal of America organization for past 26 years of which past six years as NJ registered non-profit organization. One of the objectives and purposes of the organization was to keep in touch with each other and carry our proud heritage. We have Oshwals meeting all over the country, some of you are meeting in different groups. Our formal forum has been local meetings, JAINA, directory etc.

Over the years we have made adjustments to our programs and gathering as sometimes requested and sometimes as we thought would be best for us. We need your help to keep this tradition ongoing. I know many of you have different activities, we would be glad to include them in the news letter, on the web if you would like to share it with rest of the community members. If you have any significant event, mile stones, achievements, births, engagements, weddings or even obituary you would like to share, please feel free to reach out to board or submit it on the web.

We have made adjustments to our events and would like your suggestions and interest on what you would like to see included at the same time I am asking for your commitment to the community and its events, make every attempt to attend and be a part of it.

Message from Smita Shah, Lemont, IL

Thank you for giving me an opportunity to be on the Board, as your Vice President, I would like to thank all of you for a wonderful community, for whom I am honored to serve.

Let's start this New Year with good friendships across the country, our own state and with our local families. As a community we should be proud and honored to know our fellow Oshwal brothers and sister, Parents, Aunts and Uncles, as well as our children. Since we have 3 generations of families living in USA, we have a lot to share and learn from our fellow Oshwals. We need to honor and cherish our Heritage, Culture and be proud of who we are. We have fellow Oshwals, who have come from India, Africa, UK & Europe, and America.

As a community we need your help, guidance and Involvement to continue our heritage. Communication, Participation, sharing your good interests, news, events, will bring all of us closer to each other, which is a wonderful feeling in a community. I remember good times during my childhood of going to Oshwal functions, gatherings and it was fun. Our Children should have the same good feeling as what we enjoyed, we all need to participate and get involved with our local events as well as major events to be one community.

All communities have rich cultures and enjoy the rewards of knowing their fellow members. Let's do the same and be proud of who we are. We welcome suggestions, questions, ideas and involvement. Looking forward to hear from you all!

Message from Chandulal Shah

I would like to thank our community for giving me an opportunity to serve as the president for HVO of USA for last 2 years 2010/2011 on the Executive Board.

I congratulate and give my best wishes to the incoming Executive committee board members who were elected this past November 2011 on the Thanksgiving Day at the Northeastern annual gathering. My best wishes to all the local representatives who have also worked very hard to keep our community live in their area by hosting local activity with all our Oshwals. Keeps the torch burning!!!

Birth Announcements

Heer Rahul Shah (Girl) - born on September 23rd, 2011. Proud Parents are Shreena and Rahul Velji Shah of Irving, TX
Sonit Vora (Boy) - born on December 1st 2011. Proud parents are Nimish and Mita Vora of Princeton, NJ

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Time is Brain – Stroke is ‘Brain Attack’ by Alpa Shah, MD

Stroke Facts: (Reference: <http://www.strokeassociation.org>)

A **stroke** occurs when a blood vessel that carries oxygen and nutrients to the brain bursts or is blocked by a clot. When a stroke happens, part of the brain cannot get the blood and oxygen it needs. So it starts to die and that is why stroke is called a **‘Brain Attack’**. It is the No. 4 cause of death and a leading cause of disability in the United States.

A Transient Ischemic Attack (TIA), sometimes called a mini-stroke, starts just like a stroke but the resolves leaving no noticeable symptoms or deficits. The average duration of a TIA is a few minutes to less than an hour.

Symptoms of Stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Checking for Stroke symptoms: Think F.A.S.T.

- **Face:** Does the face look uneven? Ask the person to smile.
- **Arms:** Does one arm hang down? Ask the person to raise their arm.
- **Speech:** Does the person's speech sound odd? Ask the person to repeat a simple phrase.
- **Time:** If you observe any of these signs, it's time to call 911 and ask to be taken directly to your nearest Hospital Emergency Room. **Also, check the time** so you'll know when the first symptoms appeared.

Diagnosis of Stroke:

A doctor will take a medical history, do a physical and neurological examination, and order certain laboratory tests, electrocardiogram, CAT scan of the head, ultrasound of the Carotid arteries, sometimes MRI scan of the brain and other diagnostic tests if necessary.

Risk Factors for Stroke:

The more risk factors you have, the more chance of a stroke.

- **Uncontrollable** Risk factors: Age (older the age, higher the risk), Race (African Americans are at greater risk than Whites) and Family history of stroke.
- **Controllable** Risk factors: High Blood pressure, High cholesterol and Cigarette smoking
- **Additional** risk factors: Obesity, Heart disease and Diabetes

How to Reduce the Risk:

- Eat a healthy diet and maintain a healthy body weight
- Exercise
- Get plenty of Sleep
- Stop Smoking
- Maintain a normal blood pressure, blood sugar and cholesterol levels
- See you doctors regularly and take medications as directed

Stuffed Mushroom Recipe by Bijal Jhankhariya, NJ

Ingredients:

- 2 pks of white/Bella button mushrooms
- 2 slices – toasted whole wheat bread
- 3tps butter
- 3-4 chopped green chilies (according to taste)
- 1 tsp. grated ginger
- ½ cup cheese (yellow/white)
- 2 tbps toasted pine nuts (substitute walnuts)
- ½ finely chopped onion or 2 green scallions
- Salt & Pepper to taste

Cooking Method

1. Crumb the toasted bread in a bowl.
2. Mix all of the following ingredients: butter, green chilies, ginger, cheese, pine nuts, onion, salt and pepper.
3. Clean the Mushrooms with the wet paper towel and remove the stems.
4. Lay the mushrooms on a greased baking sheet.
5. Fill in the mushroom with the above mixture and bake at 350 degrees Fahrenheit for 10-12 minutes.

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Oshwal-USA.org Website Summary by Ketan Dodhia

The website for the Halari Visa Oshwals of America is <www.oshwal-usa.org>. The website has existed in some form since 2002, to facilitate communication in our community.

The website is frequently updated with community news, event details and links to interesting information related to the Oshwal community. It includes summaries and pictures from past events. It lists information on the North American Oshwal Directory and a way to update directory entries online. There are links to several English language books and articles on the history of the Oshwal community that can be read online. Contact information for the executive board and Regional Representatives, as well as online forms to submit news or suggest an article are also available on the website.

Since 2002, there have been over 350 articles posted to the website, and they are archived and search-able online. Also, the website hosts electronic copies of all the mailed (paper) newsletters going back to 2002, and they can be viewed or downloaded. So, the website is helping preserve the history of our community in the US.

Oshwal-USA.org is set up for RSS, and you can use it to “subscribe” to our website for free at <oshwal-usa.org/feed>. RSS feeds are useful for people who regularly use the internet, and allow you to easily stay informed by retrieving the latest content from the websites you are interested in, saving time by not needing to visit each site individually.

Most recently, we set up our Facebook page at <facebook.com/oshwal>, which is coordinated with the website, and yet another way to stay connected. There are nearly 200 “fans” of our Facebook page. If you have a Facebook account and “like” the Halari Visa Oshwals of America at <facebook.com/oshwal>, then community news, event details and other interesting information related to the community will appear in your Facebook News Feed.

Going forward, we will keep trying to use the website and the coordinated newsletter to make communication easier and strengthen ties within our community. We’d like to showcase more about what the members of our community are doing, help introduce people to each other, and initiate interesting discussions. Since our community really is a “social network” we think the website will be an important tool for our organization and community as we continue to grow, especially for Oshwals who have recently moved to the US and for second and third generation Oshwals born in the US.

We are open to any ideas or suggestions for the website and social media. Please get in touch!

If undeliverable, please return to:

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