

TORONTO SINDHI KHABARCHAR

Sindhi Cultural Association of Toronto (S.C.A.T.)

Quarterly Newsletter

Issue 1: Summer 2022

NEW S.C.A.T. BOARD IS ELECTED

IN THIS ISSUE

- Presidents Message
- Editors Message
- Upcoming Events
- SCAT Membership
- Sadhu Vaswani Centre
- Sindhi Gurmandir
- Sindhi History/Culture
- Recipe
- Community Announcements
- And much more...

OUR UPCOMING EVENTS

Diwali – October 22,
Xmas Party- Dec. TBD
Karaoke Night – TBD
Family Potluck - TBD

SCAT BOARD DIRECTORS

Ashhisha Balchandani, President
Smita Hassarajani, Vice President
Komal Chugani, Secretary
Vrisha Motwani, Programming
Sapna Santdasani Gova,
Programming
Muskaan Motwani, Youth
Programming
Suraj Darra, Membership
Neeta Belani, Membership
Deepak Asrani, Marketing
Kavita Manyal, Ex-Officio



On May 1, 2022 SCAT elected its new and vibrant board of directors, who received their respective portfolios. Everyone enjoyed chai and snacks. We thank our outgoing directors for their amazing work.



JYOTI SHAMNANI TEAM

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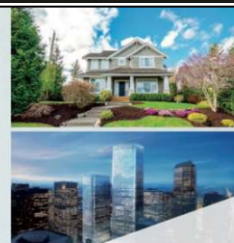
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President's Message



Ashhisha Balchandani,
SCAT—President

I am honoured and humbled by the trust and faith the community has put in me by electing me as the President of the SCAT Board; It is my privilege to serve our community for the next two years.

SCAT Board's vision is to unite our seniors, youth and all members by providing a forum to entertain, inform, network, promote, volunteer and preserve our values, language, music, food and culture. We do so by organizing events that unite the community and contribute toward social and philanthropic causes. As we start our Newsletter with this edition every quarterly there will be updates & messages from SCAT, Gurmandir & SVM.

Post elections, we successfully organized a movie night for the kids and a social networking event for our youth. What a turn out it was. Phew!

It truly warms our hearts to receive such positive feedback and to know that our community appreciates and enjoys each of the events and asks us to do more! We are excited to welcome new members to our community & look forward to meeting you all at our future events & gatherings.

Last but not least, I thank all our former board members whose contribution and hard work brought spectacular events to the community during the time of Covid. Feel Free to reach out to us we want to hear from you, and let us know how we can continue bringing value to our members; thank you for your love and support.

Jai Jhulelal!

Editor's Message



Dear Readers,

Jai Jhulelal! After much planning and brainstorming, we are delighted to bring you this quarter's first newsletter for Summer-2022. We would like to thank all who contributed to the wonderful articles, as we continue to work hard for our community.

We invite you to enjoy the articles within as we aim to bring to you every quarter: community happenings, interviews with professionals and/or health related articles, Sindhi history and of course Sindhi recipes and festivals. Don't forget Sadhu Vaswani Centre and Gurmandir will be contributing exciting articles each quarter and sharing with you past events and upcoming events and/or classes and so much more.

We would love to hear from you and welcome your feedback as well as suggestions for future issues.

Suraj Darra & Komal Chugani

What is S.C.A.T.?

S.C.A.T is a Toronto based Sindhi Cultural Association that was formed almost thirty years ago, to create a sense of belonging, cooperation and social connection with all Sindhis living in the GTA and Canada.

The goal is to bring awareness of our Sindhi identity and awareness of our roots through our cultural and religious heritage. We are pleased to bring valuable resources that showcases our culture, language, religion, customs, identity, music, literature, history and values.

Our aim is to serve the Sindhi Hindu community, intrigue our younger generation and encourage them to get involved in their community, so that they can preserve their culture with pride for future generations.

SCAT MEMBERSHIP DETAILS

Please contact a board member at scatmembership@gmail.com to receive your registration form.

Membership fees are as follows per calendar year:

Family: \$25.00

Single: \$15.00

Youth (under 21): 10.00

Senior (65 plus) \$10.00

MOB LOUNGE

SHEESHA AND ENTERTAINMENT LOUNGE,
1235 ELLESMERE RD., SCARBOROUGH
(647)774-3033

Ayush Udhwani is a young Sindhi entrepreneur and co-owner of Mob Lounge in Scarborough.

Ayush came to Canada in 2018, worked with Qwestrade brokerage and decided in 2021 that he wanted to pursue his passion and when the opportunity presented itself he jumped right in.

Mob Lounge is a thriving Sheesha Lounge that provides a unique ambience for people to relax and socialize with each other.

Contact Ayush for your reservations or to book group events.

S.C.A.T. held its first Young Adults Event at the Mob Lounge on August 7, 2022 from 2:30pm to 6:00pm. It was a fun filled event which first began with an ice breaker followed by our own local stand up artists – Sunny Deewana and Vishal Ramesh.

Board members Sapna and Ashhisha, engaged the audience in a trivia game of Sindhi Words which had to be converted to English like Vispat and dinrvar.

Networking was next, which happened during and after mouth watering snacks of pani puri, vada pav, chicken tikka, and more.

Last but not least, pictures were taken and friendships were made with all looking forward to another great event soon!

Thank you Ayush for your hospitality, you were an outstanding host and provided a unique ambience and excellent customer service!



NORTH AMERICA SINDHI MATRIMONY NETWORK

NASMN

1. MATCHES

- Suitable matches are paired as close as possible to the preferences of the boy and girl by the team of NASMN.
- The process of 10 Day Chart is sent to the boy & Girl with the profile details to proceed with the time-line step by step.



2. ROLE - NASMN

- This is a free service provided by NASMN.
- Personal information received is kept strictly confidential by the team of NASMN.

3. REGISTRATIONS

- Individuals interested to be part of NASMN must register and fill the google form submitted.
- Currently there are 62 registered members from Toronto & around the Globe.

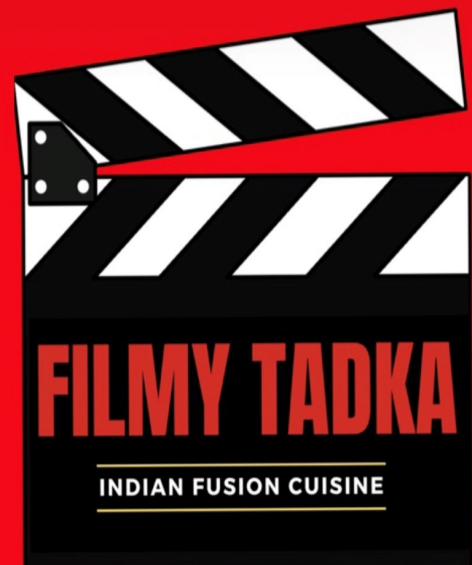


4. GOALS

- The future goal of NASMN is to have as many as possible registered girls & boys to ensure more suitable matches are made by team NASMN.
- We look forward in the near future to arrange gatherings and Virtual meetings for locals and global members.



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OUR GURMANDIR - LIVING BY FAITH

Message from Sher Motwani – Chairman, Gurmandir Board

Welcome to our first edition of a combined effort of bringing Gurmandir, SVC and SCAT news and events on one platform. 'Jai Sindh'

As we approach the festive season, we have lined up several interesting programs at your very own Gurmandir.

This year Gurmandir celebrated its 17th Anniversary in July 2022. We had a weeklong Bhagwad Katha recitation by our Pandit Rama Shankar ji followed by Hawan on the seventh day. Children aged 2 months – 14 years performed throughout these seven days. We are providing you with photographic glimpses of this celebration in this newsletter.

We take this opportunity to thank the parents and the sponsors who came forward and supported the event. We look forward to your participation in our upcoming festivities.

ing festivities.

I would also like to share with you a successful event Gurmandir hosted where singer Kajal Chandiramani had performed.

We are a growing community and want to invite engagement from varied age groups. I am therefore, happy to initiate two new programs:

1. Meet & Mingle – this program is for our seniors which will be held every first Sunday of the month. You all are welcome to bring your parent, grandparents for this program.

2. Volunteer program for our school going children who need to complete 40 volunteer hours.

As always, we welcome you all to Gurmandir to support the community and enjoy Samuhik (collective) prayer.

GURMANDIR 17TH ANNIVERSARY CELEBRATIONS—PICTURES OF BHAGWAD KATHA



MESSAGE FROM PANDIT JI – DAINIK (DAILY) KARMA

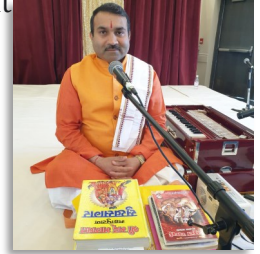
Mandir is an integral part of our life. Just like we have time to eat meals, go to work, sleep, we should also find time to visit mandir. All of us pray at home but we amplify the power of prayer when we pray together, so I request all of you to visit our very own Gurmandir.

Just like going to work is Dainik Karma, so is praying and as I explained Samuhik (collective) prayer will AMPLIFY THE POWER OF PRAYER. When you get tired of your day-to-day activities, it is important to have peace of mind. The environment of the temple produces a psychological effect which helps in concentrating on the desired objective which is 'peace of mind'.

The 3 important prayers are:

- * **The prayer of protection.**
- * **The prayer of transformation.**
- * **The prayer of restoration.**

These prayers will help you discover a way of life empowered with the presence of God.



SIGNIFICANCE OF SAWAN/ SHRAWAN MONTH

Sawan month is most important month of the year. It is also known as Shravan month or Shravan maas. Lord Shiva and Goddess Parvati are widely worshipped during this month.

This year, it started on 14th July & will continue up to 12th August.

Significance of this month:

Devotees perform religious & spiritual activities during the month and fast each Monday that comes in Sawan month.

According to Hindu Scripture, at the time of churning of the ocean, many auspicious things including innumerable number of gems, jewels, Kaamdheni Cow, and an Elephant named Airawat had come out of the ocean along with poison. Demons and Deities were shocked to see poison as it had the ability to destroy the world. Lord Shiva came to the rescue and drank all the poison and he stored it in his throat which became blue in color. Hence, Lord Shiva is also called Neelkanth.

Sawan Mantra:

1. Om tryambakam yajāmahe sugandhim push-Tivardhanam, urvārukamiva bandhanān mri-tyormokshiya māmrritāt
2. Om Namah Shivaye
3. Karpūragauram karuṇāvatāram sansārsāram bhujagendrahāram | sadāvasantam hrdayāravinde bhavam bhavānīśahitam namāmi ||

GURMANDIR TRIVIA - ANSWER SOME OF THE SIMPLE RITUALS

1. Why do we light a lamp before we pray?
2. Why do we do Namaste?
3. Why do we worship some plants such as Peepal, Tulsi, Neem, Bel Patra trees?

Please send your replies to
gurmandirtemple@gmail.com

We will announce our winners based on the correct and prompt answer

INTERESTING STORY FOR CHILDREN/GRAND CHILDREN

Once upon a time, in a forest, there lived a monkey that resided on a jamoon (berry) tree, which was on the banks of a river. In the same forest, there lived a crocodile and his wife. One day, the crocodile came to the banks of the river and rested under the tree. The kindhearted monkey offered him some fruits. The crocodile came back the next day for more fruits, as he loved them. As days passed by, the crocodile and the monkey became good friends.

One day, the monkey sent some fruits for the crocodile's wife. She ate the fruits and liked them, but was jealous, as she didn't like her husband spending time with the monkey. She told her husband, "If the fruits are so juicy, I wonder how sweet the monkey's heart would be. Get me the heart of the monkey." The crocodile was not willing to kill his friend but had no

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choice.

He invited the monkey to his house for dinner and that his wife would like to meet him. The monkey was happy, but couldn't swim, so the crocodile took him on his back. The crocodile was happy that he had tricked the monkey, however, while talking, he blurted out the real reason for taking the monkey home. The clever monkey said, "You should have told me earlier, I left my heart on the tree. We must go back and get it." The crocodile believed him and took him back to the tree. Thus, the clever monkey saved his life.

Moral of the Story: *Choose your company wisely and always have presence of mind.*

UPCOMING EVENTS – AUGUST, SEPTEMBER, OCTOBER 2022

Day	Date	Event	Event Time
Sunday	7 th Aug	Monthly Seniors Meet & Mingle	12 noon to 2 pm
Sunday	14 th Aug	Teejri	7pm to 8pm
Thursday	18 th Aug	Krishna Janmashtami	7pm to 11pm
Sunday	28 th Aug	Saraswati Puja for children	4pm to 6pm
Saturday	30 th Aug	Ganpathi Sthapana	10.30
Sunday	4 th Sep	Ganpathi Visarjan	10.30am to 1pm
Saturday	11 th Sep	Satyanarayan Katha	4pm to 6pm
Sunday	18 th Sep	Gurmandir Elections	11am to 2pm
	10 th - 25 th Sep	Shradh	
	26 th Sept- 5 th Oct	Navratri	
	15 th Oct	Dussehra	
	24 th Oct	Diwali	

We are taking bookings for Shradh, Navratri, Dussehra & Diwali Pujas. Please call +1 416 840 7677 or email us on gurmandirtemple@gmail.com



Famous Singer: Kajal Chandiramani ji



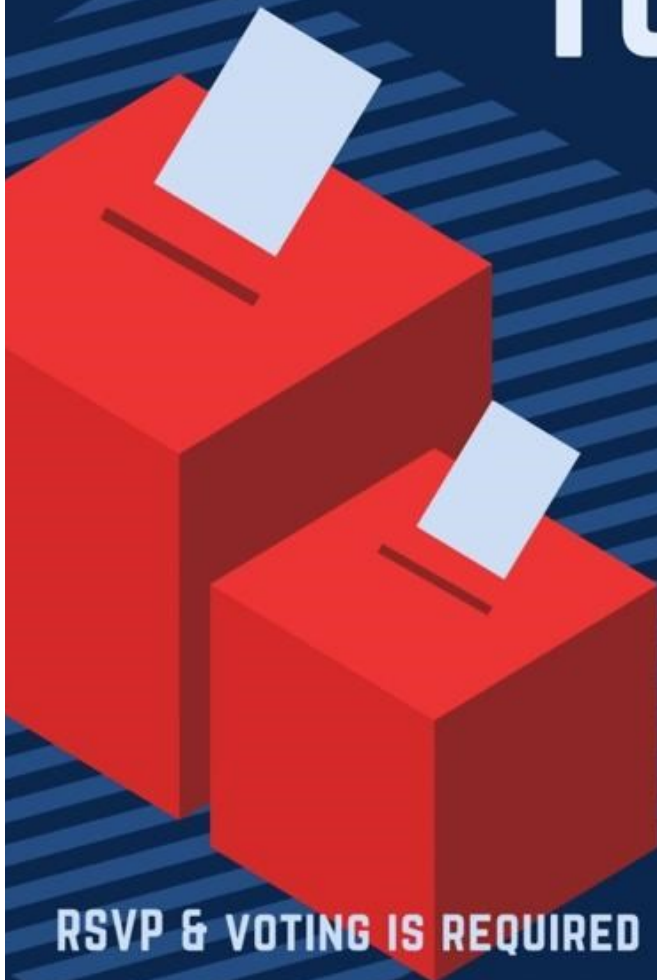
Crowd singing along with Kajal Chandiramani ji



Shri Sher Motwani ji making announcements at Bhagwat Katha

Sindhi
Gurmandir
Elections

REGISTER TO VOTE



**RSVP & VOTING IS REQUIRED
TO BE ELIGIBLE FOR
SOUTH INDIAN LUNCH**

**BECAUSE
YOUR VOTE
MATTERS**

**Sunday,
September 18th**

207 Queens Plate Dr, Etobicoke
from 11:00am - 03:00pm



You can do the
following things:

- Register to Vote by Sept 11, 2022
- Show up on September 18, 2022
- Vote for your board members
- Receive the stamp after you've voted
- Receive complimentary South Indian Light Lunch (Dosa, Idli, Vada, Sambhar & Chutney)

For more information: [+416 840 7677](tel:+4168407677) - gurmandirtemple@gmail.com

Come exercise your voting rights



Sindhi Classes for Young Adults

With the success of Gurukul classes we got request from young adults to start Sindhi classes. We started Sindhi classes for teenagers and adults on Cheti Chand 2021. These classes are held on every Sunday from 8:00-9:00 pm on Zoom. We have started Sindhi conversational classes with a highly motivated team of teachers. Our teachers make the Sindhi language fun to learn with creative puzzles and games. We have paired each student with senior members in our community who mentor and coach each student on Sindhi conversation. As a result, most students have come up to speed with conversation in Sindhi. We have well-structured content of each class, which is also saved on Google drive shared with students for learning in their leisure time. Sindhi classes are totally free of cost attended by students ranging in age from 12-63 years.

We humbly request our GTA Sindhi community to attend weekly Zoom Satsangs from comfort of your home. Also, kindly spread the word to take benefit of free Gurukul classes for children and free Sindhi classes for youth, adults who want to learn our mother tongue.

To register your child for Gurukul or to register for Sindhi classes, please contact **Geeta Tarani** at 647-804-6655 or email gtarani@yahoo.com

Dada Shyam



New Delhi
आपाङ 29, शक संवत् 1944
20th July, 2022

Respected Didi Krishna Kumari Ji,

It is a matter of immense joy and pride for me to learn about the inauguration of the Rev. Dada Vaswani Way in Secaucus City in New Jersey, U.S.A. Further, it is also heartening to note that a 'Joy and Peace Garden' was dedicated to him.

It is fitting that the driveway named after Dada Vaswani leads to an animal shelter. After all, he made millions of people aware of the need to treat animals compassionately and to respect life in every form.

There are many important things that India has to offer to the world. However, among them, two things that are timeless and limitless are knowledge and spirituality. For millennia now, our nation has been producing illustrious sons and daughters who show the world a better path, through service, love and the power of example.

Sadhu Vaswani and Dada Vaswani are two important jewels of this tradition. They inspired people across the world with their spirituality, simplicity and selflessness.

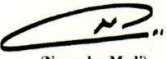
From a sustainable future to a peaceful world, every noble aim of the world can be achieved only when there is a spiritual foundation upon which these efforts are based. Our spiritual leaders have always helped create and strengthen this foundation across the world.

Sadhu Vaswani used to speak of *Prakriti Sangha*, or living with nature, and Dada Vaswani, too, was always conscious of the need to care for the environment. In this light, I would like to draw your attention to the global movement called LiFE – Lifestyle For Environment, which aims to create a positive transformation in our planet through an environment-conscious lifestyle.

It is a movement that believes that each individual holds the power to make our planet a better place, and when millions of such individuals make even seemingly small changes in their lifestyle, the planet benefits manifold.

Spiritual and social organisations such as the Sadhu Vaswani Mission and its sister organisations are ideally placed to be catalysts for this transformation. Building greater awareness towards the LiFE mission, which embodies the principles of Sadhu Vaswani and Dada Vaswani, would help leave a better planet for our future generations.

I commend the Sadhu Vaswani Mission for the excellent work of selfless service rendered across the world and wish you all the best for your future endeavours.


(Narendra Modi)

Didi Krishna Kumari
Executive Head
Sadhu Vaswani Mission
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PLEASE CONTACT:

Suraj Darra @ 647.898.6264
Komal Chugani @ 416.818.5993
Ashhisha Balchandani @ 647.679.0727

HEALTH AND NUTRITION

CHOOSE WELL, LIVE WELL, EAT WELL

DIABETES MANAGEMENT

Registered dietician Aparna Assudani, is a diabetes educator at LMC – Canada's largest specialist care provider in Diabetes & Endocrinology. Editors Suraj Darra and Komal Chugani, sat down with Aparna in a Q & A session to bring to our readers insight into the care and management of diabetes.

Komal Chugani: Hi Aparna! Can you please tell us a little about your background and how did you begin to specialize in the care and management of clients with Diabetes?

AA: I am a registered dietitian with a PhD in Food and Nutrition. After coming to Canada six years ago, I started pursuing my passion and completed my bridging program from Ryerson University to become a licensed Registered Dietitian. Back home in India, I worked in major hospitals in Ahmedabad such as Sterling, SAL and Apollo Hospital as well as with a team of twenty-two cardiologists who now own CIMS Hospital. While working in these hospitals I realized that managing blood sugars was one of the most important factors before many surgical procedures to assist with faster recovery in Intensive Care Units. Keeping blood sugars within a healthy target range helps reduce and control infections throughout the body. Hence, I developed a passion for helping patients manage their blood sugars to achieve their health goals.

Suraj Darra: What role does LMC play in Diabetes?

AA: So first let me first introduce LMC healthcare. LMC healthcare is Canada's largest specialist care provider for Adults in diabetes management and endocrinology providing comprehensive care and multiple services including Endocrinologist specialized in diabetes care, Diabetes Educators, Optometry, Chiropractic, pharmacy and research. LMC has 13 clinics across 9 Canadian cities, within 3 Canadian provinces. Diabetes educators at LMC can be both Registered Dietitian, like myself or Registered Nurses. LMC really focuses on ensuring patient needs are met by providing an individualized care plan, focusing on self management and ensuring that it is culturally sensitive. It's not only for people living with Diabetes but also for individuals who are living with pre-diabetes which is slightly elevated blood sugar. The Diabetes Education Program (DEP) at LMC offers many free virtual and in clinic workshops as well as individual counseling for patients who see an Endocrinologist here.

KC: For someone who thinks they may be living with diabetes what symptoms should they be looking for?

AA: When an individual is developing high blood sugars, some of the common symptoms that they may notice are excessive hunger, unintentional weight loss, excessive thirst, frequent urination especially during night time, blurry vision, numbness or tingling sensation in hands or feet. Also, high blood sugars can delay wound healing and the individual can be more susceptible to frequent infections.

SD: Many people don't understand the difference between diabetes type 1 and 2. What are some of the misconceptions people have?

AA: Type 1 Diabetes mellitus (T1DM) is an autoimmune condition in which the cells in the body are attacking its own cells. In T1DM the body's immune system attacks and destroys the cells in the pancreas that make insulin. Pancreas is a leaf shape organ behind our stomach that makes insulin. So the body cannot make insulin anymore. T1DM can happen in young children and may even occur later in life. People living with T1DM are dependent on external insulin injections.

Unlike T1DM, Type 2 Diabetes Mellitus (T2DM) is not an autoimmune condition but there various risk factors for developing T2DM such as family history/genetics, some ethnic groups are at high risk, diet and lifestyle factors like activity level, smoking, alcohol etc and being over the age of 40. In T2DM, the amount of insulin being produce may be reduced or the body experience insulin resistance.

I want to mention that there is a third type of diabetes which is called Gestational Diabetes Mellitus (GDM) and is temporary condition. This type occurs due to hormonal changes that occur during pregnancy and it may cause blood sugars to be elevated. Ob Gynecologist usually checks all pregnant females during the 24th and 28th week of pregnancy for elevated blood sugar to detect GDM.

Some misconceptions/myths people have is that many people who have a slim body think that they cannot get diabetes which is not true. The size of your body does not determine whether you will have diabetes or not but

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rather how you manage your lifestyle, and how active you are. Another misconception is that if you eat sugar you will get diabetes. This is also not true as it depends on how you manage your activity, lifestyle and stress. Lastly, stress does not cause diabetes. However, if you are living with diabetes, stress can exasperate the blood sugar levels.

KC: Can Diabetes be managed by diet alone or are patients always dependent on Insulin?

AA: In diabetes, I would say that both diet and lifestyle are important aspects of managing diabetes. However, T2DM cannot always be managed with lifestyle modifications alone as it is a progressive condition and may require medications or insulin. With T1DM insulin is necessary for management.

SD: What are some of the ways that a patient can reduce their dependence on insulin?

AA: Being consistent with taking medications that may be prescribed, consuming healthy meals, getting routine check-ups and being proactive in managing their health.

KC: Has insulin administration improved in recent months? What are the latest products in the market?

AA: Yes, with advancement of technology and clinical research, insulin administration has improved to a greater extent. Insulin now comes in easy to administer prefilled pens, with different types of insulin, and some more affordable options. Tresiba, which was introduced not too long ago, is long acting insulin, which lasts up to 36 hrs compared to other long acting insulin's. Another product is Toujeo that works for 42 hours. Xultophy and Soliqua which are new combination of insulin with GLP 1, which helps the pancreas work more efficiently and may even help with weight loss. Efforts are being made to develop more cost effective insulin's and "Biosimilar Insulin" is a new development in this area. Biosimilar insulin is made from living cells and is similar in action to branded insulin. The studies that have been done to date have shown the same effectiveness and safety profiles as the brand name insulin's. Some of the examples are Basaglar is similar to Lantus, Trurapi is similar to Novorapid and Admelog which is similar to Humalog. Also, very exciting news is that currently there is research being done for once weekly basal insulins.

SD: If an 18-year-old just found out they are living with diabetes, what advice would you give?

AA: Rather than giving advice, I would initially want to formulate a connection with patient and understand how they are feeling with their new diagnosis and what supports I can provide for that individual. The goal for me is to make sure that I am providing education and empowering my patients to self manage and reach their goals. LMC always reminds our patients that Diabetes does not define who they are.

KC: How effective are alternative treatments such as acupuncture, Ayurveda or homeopathy in the treatment of diabetes?

AA: In Canada, the healthcare industry follows evidence based practice. Alternative treatments such as acupuncture, homeopathy etc. are not evidence based. Yoga is different because it is a form of exercise, and it can help in the management of diabetes. If these Alternative treatments would have sufficient evidence based on research they would have been added into the Diabetes Management guideline. Since there is not enough evidence, we don't recommend them. Also, Ayurvedic and Homeopathic medications may interact with the Diabetes Medications and may lead to extreme low blood sugar level situation known as Hypoglycemia. We encourage you to tell your health care provider if you are using any of the alternative treatments.

SD: Is there a consultation fee and is it covered by OHIP?

AA: No there is no consultation fee and it is covered by OHIP. Patients can Self-refer for attending Diabetes Education Workshops. For Consultations, patients will need a referral from their Primary Care Physician (Family Doctor), to visit Doctors and Diabetes Educators at LMC.

KC: Let's wrap this up. Any last advice to our readers?

AA: Be proactive with the condition of your health and live in the moment.



THE SINDHI INHERITANCE FROM MOHEN JO DARO

By Monica Gokaldas- Kenya

Monica Gokaldas is an active Reiki practitioner, a keen Sindhi heritage enthusiast and a poetry lover turned poet who writes both English and Hindi poetry inspired largely by global events, cultural festivals and familial bonds. Monica started practicing Reiki in Kenya in the year 2000 and rapidly became a Reiki Master. In the year 2006 along with a group of ten fellow Reiki healers, Monica co-founded the Lotus Healing Seva Group which has expanded globally in numbers and reached out in helping people all over the world. As a keen Sindhi Heritage Enthusiast, Monica is also a founder member of the Sindhi Welfare Society, Kenya, A member of The Sindhi Heritage Foundation and actively involved in Supporting some of the Hindu Sindhis in Pakistan as well as those who have been moving in as refugees to Delhi in her various ways.

We Sindhis are privileged to have our lineage belonging to the most technological city of the 'Bronze Age', that is currently a UNESCO protected Heritage site known to us as the Indus Valley Civilization or 'Mohen Jo Daro'.

Much has been written in history books about this site, that was built on fertile land near the Indus River, having sophisticated urban planning, sanitation, and civil engineering showcasing a planned layout with rectilinear buildings arranged on a grid plan using sun dried mud bricks, fired and mortared bricks as well as wooden superstructures.

There is a lot one can find in common from the assumed population of Mohen Jo Daro (literally meaning 'mound of the dead'), to the Sindhi population today. That's the ancestry and hierarchy, if it can be called so, which is very evident in the present day Sindhi.

The Indus Valley inhabitants worked commonly with materials like cotton, stone, terracotta, metals like bronze & copper and traded with Egypt and Mesopotamia. The artefacts found, depicts the boat with symbols showing the river's route and usage in those days. This 'trade pattern' was again reflected in Sindh as is evident in songs such as, "beriya wara..." & "muhiinji beri atheyi..." as traders used the river route for commuting. Sindhis even today, are known to be opportunists and successful traders around the world.

The 'seven stranded necklace' with an "s" shaped clasp weighing approx. 250g with beads, many faceted bronze nuggets, gold bangles and various jewelry items in gold and silver excavated from the ancient site, presents to us our roots in the rich and luxurious jewelry trends followed by Sindhis today.

The famous 'dancing girl statue' from the excavation site having bangles all the way up the arms, links us to the vibrant entertainment such as dance being part of the culture along with our love for jewelry. Gold & silver ornaments, diadems & belts of ductile beaten gold link us to the appreciation of rich materials and finesse in workmanship. The City's wealth is evident in artefacts using ivory, lapis, carnelian and gold beads.

Even before the invention of flush toilets and before giving credits to John Harrington or Thomas Crapper, sewers and toilets had been used, lavatories were created from bricks with wooden seats placed on top at Mohen Jo Daro. Waste water was channeled to the covered drains in an alley even in those days around 2500BCE.

Besides this, the creation of a water tight pool or the Great Bath which was held in place with walls of baked bricks links the Sindhis to the ideology based on cleanliness and pride in construction.



References:

1. *Voice of the Sindhis*. Sindhishaan. (n.d.). Retrieved August 3, 2022, from <http://www.sindhishaan.com/gallery/jewellery.html>
2. *Arch 0760 S01: Palaces: Built to impress*. ARCH 0760 S01 Palaces Built to Impress. (n.d.). Retrieved August 3, 2022, from <https://blogs.brown.edu/arch-0760-s01-2019-spring/2019/03/23/mohenjo-daro-a-city-ahead-of-its-time/>

Your Community Dentist



My name is Dr. Pooja Kaka, I was born and educated in India. I acquired my Dental license in the year 1997. I have been practicing dentistry for over 20 years. In Canada I have completed a diploma in Hygiene and re-certification as a Dentist. I am an active member of the Ontario Dental Association (ODA) and the Royal College of Dental Surgeons of Ontario (RCDSO).

I have particular interests in general and family Dentistry, Endodontics (root canal treatment), crown and bridge work, Laser dentistry, Invisalign treatment. I have taken many continuing education courses to broaden my scope of practice. I hold additional certifications in Invisalign, Laser dentistry and root canal treatment.

I have been working as an Associate in Mississauga for a number of years. To take my passion for dentistry to the next level, I recently acquired a dental office in Oakville where we offer a range of dental services. Me and my staff are committed to providing the best possible service to all our patients. We are often praised for our welcoming and friendly environment at our clinic. We are technologically equipped with Intra oral digital scanner, digital x rays, zoom whitening and are up to date with technology in the dental field.

The clinic currently offers the following services:

- ◆ General Dentistry
- ◆ Invisalign Treatment
- ◆ Root Canal Treatment
- ◆ Crowns and Bridges
- ◆ Dentures
- ◆ Night Guards
- ◆ Laser treatment
- ◆ Dental Cleaning
- ◆ Teeth Whitening
- ◆ Implants
- ◆ Digital X-rays.

I am committed towards building trusting relationships with my patients and helping them attain a good quality of life through dentistry. I like to work with my patients to decide what is in their best interest. I am a firm believer of "Oral health for Overall health".

We know that you and your family need to feel comfortable with your dentist. Your dental care is the primary concern of our courteous, professional staff. We welcome new patients and are pleased to offer care for all members of your family.

I personally believe in incorporating new and innovative technologies to make your visits easier, your understanding better and your treatment outcomes amazing.

Dr. Pooja Kaka
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905-844-8253
scheduling@toothfairydentistry.ca



If you would like to place your FREE announcement or milestone message in our next issue, please send your message to scatpresident@yahoo.com Attn: TSK Editors. Next Issue Date: December (Fall), 2022

COMMUNITY EVENTS



Movie Night Attendees posing with Photo Booth Props at Gurmandir parking lot in July, 2022.



People enjoying Thor during Movie Night while munching on Popcorn, Pizza, Pop, Candy, etc.



People enjoying Thor during Movie Night while munching on Popcorn, Pizza, Pop, Candy, etc.



Teejri pooja & celebrations at Gurmandir



Teejri pooja & celebrations at Gurmandir



Teejri pooja & celebrations at Gurmandir

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WHAT'S UP SINDHIS?

MILESTONES & ANNOUNCEMENTS!

Lakh Lakh Vadhayun...

Mohit and Tamara Belani on the birth of their son, Kiaan on August 5, 2022. Proud grandparents Neeta and Haresh Belani and buaa, Reema, were thrilled to welcome their new family member.

With divine blessing, Chandan Chugani (son of Surender and Komal Chugani) & Harleen Gokaldas (daughter of Haresh and Monica Gokaldas) solemnized with Anand Karaj on June 25, 2022 in Toronto. We wish the newlyweds much happiness and blessings.

Tara Vasdani (daughter of Krishan and Rekha Vasdani) tied the knot with her forever love, Igor Radovic (son of Amela Radovic) on April 9, 2022 in Cancun, Mexico. Wishing the newlyweds happiness and a wonderful journey together.

MITHO LOLO RECIPE

By Pushpa Asudani

INGREDIENTS:

Wheat Flour - 2 cups
Water - ½ cup
Sugar/Jaggery - 1 cup
Cardamom Powder - 1 tsp
Ghee - 6 tbsp
Oil to soak Lolo



METHOD:

Mix sugar and water and cardamom together in a bowl. Keep mixing the solution every 15 minutes until the sugar completely dissolves.

In a bowl, add the flour and the ghee. Mix well.

Now add the sugar syrup 1 tbsp at a time until the dough comes together in a firm ball.

Set aside covered for 15 minutes. Then make 5-6 equal portions of the dough. Make into a smooth ball and roll it into a round disk, pinching the edges slightly if they begin cracking.

Place the rolled lolo on a griddle on low flame and cook on each side for 10 minutes until brown. Remove and soak in oil (in a bowl) for a few minutes, remove and store in an air tight container. Enjoy!

KID'S CORNER

Sindhi Words Crossword

t	p	t	h	j	s	r	h	h
k	u	l	a	h	o	a	d	k
i	l	p	r	u	o	a	i	o
t	a	m	i	l	m	t	y	n
a	o	a	o	e	a	i	o	c
a	a	t	m	l	r	a	a	h
b	e	h	r	a	a	n	o	a
h	o	o	h	l	e	l	i	r
e	i	c	k	a	p	r	a	a

Kapra
Jhulelal

Pulao
Char

Kitaab
Diyo

Soomar
Behraano

Hariom
Charliyo

Matho
Raat

ACCOMPLISHMENTS & TALENTS

Krishang Motwani: Krishang was born in St. Marten and has been an avid swimmer from the age of 3. After coming to Canada at the age of 15, he applied for a job where he uses his love for swimming to teach young kids living with Autism at a community centre. We wish him all the best in his future endeavours.

Vihaan Jani: Vihaan is a talented 9 year old who plays the piano and has his own YouTube channel called #vihaanthemusicstar. He has played many Bollywood and Hollywood favourites. He is also skilled at mental math and loves to work with math flashcards and sheets in his spare time. Be sure to subscribe to his channel to listen to his fusion music.

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