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Building on Our Achievements

A Message from the IWA 2013 Board

Dear Friends,

As you may all know by now, 2013 marks the 20th Anniversary of the founding of IWA. It has been a remarkable journey so far! A big shout out to all the members who have donated hours, days, months and years to bring the community together, to foster friendships, organize events, forge partnerships and overall create a community that we all cherish and take pride in.

TWENTY YEARS OF FOSTERING CONNECTIONS AND COUNTING....

What a great feat by any standards! IWA continues to be the proverbial 'small group with a large footprint!' Besides providing loads of fun for our members and our community, we have accomplished quite a few of our envisioned goals such as strengthening social networks through our cultural programs, providing a forum for our youth to understand their ethnic culture, and community outreach activities through our fund raising efforts to name just a few.

WHEN PASSION BRINGS THE LIKE MINDED TOGETHER....

When a few of us got together twenty years ago it was the shared desire to bring the community together, to contribute to our adopted nation, and to give back to the land we left behind. It is really exciting to note that this passion continues today amongst both the new members and the old and has cemented our bonds, solidified our commitments to the community here and back home, and continues our dedication to charitable giving. Bravo to all the members who have supported and sustained IWA's cause!

IWA Charitable Contributions since 2001 total about \$50,000!



IN THE SPIRIT OF GIVING...

Over the years IWA has contributed extensively both in charitable donations as well as volunteer services to numerous organizations such as Lafayette Food Bank, Lafayette Urban Ministry and YWCA. IWA members have worked tirelessly to

help mitigate humanitarian suffering brought about by several disasters in recent years. Since 2001 IWA has raised and donated approximately \$50,000. IWA donated \$32,590.00 for disaster relief efforts such as Gujarat Earthquake Relief Effort (\$13,695.00); 9/11 Victims Relief Fund (\$2000.00) 2004 Tsunami that struck Indonesia, India and Sri Lanka (\$11,000.00); Katrina Hurricane relief effort (\$1475.00); Haiti earthquake relief effort (\$1300.00); Pakistan earthquake relief effort (\$800.00); Pakistan Flood Relief Fund (\$700.00) Japanese Tsunami relief effort (\$900.00); Hurricane Sandy relief effort (\$710.00). We have also donated to numerous local organizations such as Community and Family Resource Center (\$8475.00); Group Home for Children (\$400.00); Neiman Pick Foundation (\$250.00). Donations have also been made to organizations in India. This is a remarkable contribution considering the fact that our organization continues to be numerically small. Might we aver small but mighty!

((continued on pg.2))

Building on Our Achievements *(continued from pg.1)*

SUPPORTING THE FORMATION OF A NEW ORGANIZATION....

IWA welcomes the formation of BTCCGL, an organization that fulfills the spiritual and religious needs of the community. Over the course of two years (2011, 2012) IWA members worked tirelessly in surveying, assessing and organizing events such as Celebration of India to raise awareness and generate start-up funds for BTCCGL. IWA has proudly donated \$8287.67 to BTCCGL and at our organizations request BTCCGL has recognized our donation at the Bronze level.

CONTINUING THE SPIRIT AND TRADITION....

The 2013 IWA board promises to continue fulfilling the fundamental goals of IWA while targeting a few more. While continuing to celebrate our hugely popular annual programs such as Welcome party, Holi, Diwali, Picnic, and Holiday party, we are envisioning fostering stronger ties with sister organizations to enhance our visibility at the local and state levels.

IWA's Partnership with ASHA for Education and International Center For Research On Women (ICRW)

In keeping with our mission of charitable work and to provide intrinsic value to our members we have begun the year by formalizing partnership with ASHA for Education, Purdue Chapter and International Center for Research on Women (ICRW).

Educating Disadvantaged Children Through ASHA

ASHA for Education is a secular organization dedicated to providing education to underprivileged children in India. Potential areas of collaboration that are being jointly de-

finied are:

- Participate in ASHA organized 5k marathon
- Sponsor a project being currently conducted by ASHA in different ways including funding, offering training etc.
- Project stewardship – assist in monitoring progress of ASHA projects by IWA members during personal visits to India. Some of this interaction could also be arranged via video conferences, video tutoring children without having to make a trip to India.
- Encouraging local youth to volunteer at ASHA project sites during their vacations. Their living accommodations at the project sites will be taken care of by ASHA.
- A Memorandum of Understanding is being developed jointly to define the expectations.

Empowering Marginalized Women Through ICRW (www.icrw.org)

ICRW is a global non-governmental organization working on the empowerment and upliftment of women. The NGOs focus is on evidence-based approach to project initiation and management. ICRW is being funded by UN agencies and private entities such as Bill and Melinda Gates foundation. Their President has recently been appointed by President Obama to serve on his Global Development Council. We are working with the ICRW's regional director for Asia, Mr. Ravi Verma, to formalize our relationship in projects related to empowering women in India. Mr. Verma will be attending the UN General Assembly in the first week of March and plans to meet us during that period. Possible areas of collaboration being worked on are the following:

- Support institutionally which gives ICRW the ability to use the

fund strategically to enhance their ability to advocate on a particular issue such as violence against women or child marriage prevention

- Support a specific component of an ongoing project/program that is not supported by other grants.
- Collaborate in joint workshops/ meetings or advocacy consultations on an issue of highest priority and mutual interest to set the agenda for discourse.

...fostering stronger ties with sister organizations to increase our visibility at the state and local levels.

THIS YEAR CALLS FOR CELEBRATION OF IWA...

We have celebrated many cultural events—Holi, Diwali, India's Independence Day, and Children's Day. This year also calls for a celebration of our organization and our achievements. Planning is already under way for our mega event to celebrate our 20th year! All members are welcome to send us ideas on how best to work towards this effort. At this juncture we are brainstorming on putting together a short video of some of our memorable events. It will really be helpful if our members let us know which events' videos they may have so we can start previewing and shortlisting the snippets to compile in our video.

FINALLY,

A big thanks for your vote of confidence. We look forward to an exciting 2013!

2013 IWA Board

Recap of The Year 2012

by Hema Suresh and Rakshsi Ahsan, IWA 2012 Co-Presidents

The 2012 Board worked hard to bring an action packed year of events to IWA's 107 members and their families.

Our traditional ladies only welcome party in February featured a menu of various snacks and sweets; attendees were pampered with seated massages and chocolates, while playing a lively game of Antaakshari. The welcome party was provided at no cost to our members, and our next event, the summer picnic, featuring a full dinner menu, was bargain priced as well at \$5 per person or \$15 for a family of 4.

The Fall season brought an exciting new venture to our community - a joint IWA BTCCGL sponsored event entitled 'Celebration of India - Diwali, a Festival of Lights' (COI). This COI event was held on November 10 at BTCCGL's newly acquired community center. Countless hours of planning, preparation and coordination by members of both organization made the evening a mega success. IWA

board members planned the menu of food items to be prepared and served, the services to be offered and the merchandise to be showcased at COI. We negotiated the terms with all participating food, merchandise and service vendors. IWA members lent their artistic talents to decorate the venue in a sparkling array of colors, while the center stage had members and their families provide a dazzling spectrum of dance and music to entertain the audience. Admission to this grand mela style event was a mere \$5 per person. Throughout the evening, IWA ran a silent auction of goods and services donated by our members, the proceeds of which went towards our goal of collecting funds towards the relief operations at areas impacted by Super Storm Sandy. Financially, the COI event was a huge success, providing us with net proceeds of \$5,953, which was donated 100% to the Community Center at BTCCGL. We collected and donated \$725 to the American Red Cross, requesting them that the funds be allocated towards hurricane relief efforts. The board also voted to donate \$200 to offset travel costs

for Purdue Di Shaan, a student bhanga dance troupe at Purdue, and \$200 to the Women's Crisis Center at the YWCA in Lafayette. Finally, we handed over an amount of \$2,335, to BTCCGL, funds that were collected during the 2011 COI and set aside for the community center cause.

IWA sponsored one night of the 9 day Garba celebrations at BTCCGL. 2012 ended on a high note with a fantastic Holiday Party in December, featuring a 'swinging 1960's and 1970's' theme, complete with music, clothing and attitude! Small details from the festive hall, to the elegant custom decorated cake, to the while elephant gift exchange game, and the 3 course meal made for a relaxing evening with family and friends.

Thank you for letting us serve as your co-presidents for 2012 and to our amazing team - we enjoyed being a part of our wonderful organization!

2011 Timeline of Community Center Funds

by Padma Subramaniam and Shalini Shah, IWA 2011 Co-Presidents

Having our own Community Center in Lafayette/West Lafayette was a brainchild of our members evolving out of the fact that IWA had to host its events in various places over the years. For the first Celebration of India held in 2009, we donated 100% of the profits to CFRC, a local organization. From then on, many members suggested setting aside funds for our own Community Center which could become a reality in a certain number of years. To make this vision a reality, the proceeds of the second Celebration of India held in 2011 were donated equally to Imagination Station and a Community Center cause. Many of our own members donated generously towards this cause. A Community Center account was opened by IWA and the funds were set aside in this

account. The communication regarding the opening of the community center account was achieved by way of the September 2011 issue of the IWA newsletter, Sanskriti. A working policy was published in the IWA member directory, providing a guideline to the future board on the usage of the funds. The third Celebration of India held in 2012 was notable as our community had a center that became a reality and 100% of the proceeds were donated to BTCCGL. It was also decided by the 2012 IWA board that the funds in the community center account could be used as expenses for this event and subsequently close the community center account. There was an amount of \$500 that was used to initially open the account which has been transferred to the IWA savings

account. A folder has been set aside in the IWA archives on the timeline of these funds. Hopefully this timeline will alleviate the concerns and questions regarding the Community Center funds.



The next issue of Sanskriti will feature graduating students from IWA families—high school or college. Please submit their names, photos, affiliations (present and future) and majors.

Coronary Heart Disease by Ritu M Kalwani, MD



Dr. Kalwani is affiliated with IU Health Arnett and specializes in Internal Medicine. She was motivated to write this article because she firmly believes that an ounce of prevention beats a pound of cure.

Did you know...

by Meena Narsimhan

Studies originating in many parts of the world have repeatedly established that **CHD rates in people originating from the Indian sub-continent are unusually high**¹⁻⁵.

1. McKeigue, et al. *Journal of clinical epidemiology* 42.7 (1989): 597-609.
2. Enas, E. A., et al. "*Indian heart journal* 48.4 (1996): 343.
3. Beckles, G. L., et al. *Lancet* 1.8493 (1986): 1298.
4. Anand, Sonia S., et al. *Lancet* 356.9226 (2000): 279-284.
5. Lee, Jeannette, et al. *International journal of epidemiology* 30.5 (2001): 983-988.

The risk factors for CHD are the same for everyone

The heart attack symptoms experienced by women and men can differ. Though chest pressure or pain, with pain radiating down the left arm is common to both, women may instead experience shortness of breath, nausea, lightheadedness or extreme fatigue without chest pressure for no apparent reason. Women's symptoms sometimes present as pressure or pain in the upper abdomen and upper back.

American Heart Association; www.heart.org/

Coronary Heart disease (CHD) is a major cause of death and disability. In US, CHD is responsible for one-third of all deaths in individuals over age 35. Heart attack and Angina are manifestations of CHD.

The risk factors for CHD are the same for everyone and are listed below.

Diet--- High intake of red meat, high fat dairy, and foods with high glycemic index is associated with increased risk of CHD whereas diet high in fruits & vegetables and fiber is associated with decrease in incidence of CHD.

Exercise---Exercise of even moderate degree has protective effect against CHD as well as improving overall health.

Cigarette smoking---smoking increases risk of CHD multiple-fold and is an important reversible risk factor.

Obesity---Obesity is an independent risk factor for CHD besides increasing risk for high blood pressure, diabetes and dyslipidemia (high level of bad cholesterol and/ or low level of good cholesterol).

Diabetes---Diabetes increases risk of atherosclerosis and CHD and its effective treatment decreases the CHD risk.

High blood pressure & Dyslipidemia increase risk of CHD and their effective treatment lowers the CHD risk.

Family History---Positive family history of CHD is an important risk factor and unfortunately, a genetic predisposition for CHD can not be changed. But the good news is that multiple other risk factors can be effectively modified and controlled with positive life style change.

Multiple risk factors are intertwined and feed into each other. Obesity increases risk of developing Diabetes, High blood pressure, dyslipidemia where as healthy diet and regular exercise decrease risk of all these conditions and in turn effectively decrease risk of CHD. The GOOD NEWS is that a variety of LIFE STYLE factors impact risk of CHD. So prevention of something as serious as CHD starts with measures as simple as healthy diet and regular exercise, which is also the key to overall GOOD HEALTH!!

A Foolproof Do-It-Yourself Hearing Test

by Sangita Handa

Bert felt that his wife was losing her hearing and she was ignoring his hints . Their family doctor recommended this test to help Bert convince her. 'Here's what you do,' he said, 'Stand about 40 feet away from the patient, and in a normal speaking volume see if he/she hears you. If not, go closer and closer until you get a response.'

So Bert performed the test on his wife that evening. She was in the kitchen cooking, and he was in the den about 40 feet away. 'Let's see what happens' he thought. In a normal tone he asked, 'Honey, what's for dinner?' No response. So he moved closer to the kitchen, about 30 feet from his wife and repeated, 'Peg, what's for dinner?' Still no response. Next he moved into the dining room about 20 feet from her and asked, 'Honey, what's for dinner?' Again, no response. So, he walked up to the kitchen door, about 10 feet away. 'Honey, what's for dinner?' Yet, there was no response. So he walked right up behind her. 'Peg, what's for dinner?' 'For goodness sake, Bert, for the FIFTH time, CHICKEN!'



Kale Chips



by Smita Carneiro

Kale, 1 bunch; **Olive oil** or any cooking oil, enough to lightly coat all the leaves, about 1 tbsp or less, **Salt**, to taste.

Preheat oven to 375 degrees. Separate kale leaves, and cut off tough ribs. Wash carefully, dry using a kitchen towel and tear into bite sized pieces. Put the oil and kale pieces in a pan and stir to coat all the pieces with oil. Sprinkle with salt. Spread out the pieces on a baking tray (s), avoiding crowding. Bake for 10 min. It is important to watch the leaves and make sure they don't get brown all over. A little brown at the edges is okay. Then turn off the oven, and leave the chips in for 5 min. Remove from oven. Enjoy. *For all ages.*

Outreach Partners And Volunteering Opportunities

by Meena Narsimhan

To volunteer through IWA, contact punammittal09@gmail.com

International Center for Research on Women (ICRW)

International Center for Research on Women (ICRW) is an international organization whose mission is to empower women. Through local staff engaged in community-based research and programs, ICRW provides recommendations that help development organizations, policymakers and others find practical ways to enhance women's roles in agricultural production and trade.

Areas of work:

- ◆ Adolescents (child marriage)
- ◆ Agriculture and Food Safety (economic empowerment, assets & property rights, employment & enterprise development)
- ◆ HIV and AIDS (stigma & discrimination)
- ◆ Reproductive Health (fertility and empowerment)
- ◆ Violence Against Women (engaging men and boys)
- ◆ Emerging Issues (innovation, women & technology)

Examples of ICRW projects:

- * determined that the effectiveness of poverty relief programs were undermined by excluding women from decisions affecting a household.
- * demonstrated in Latin America that women paid microloans back at rates often better than men. Today, millions of poor women worldwide benefit from credit programs designed to meet poor women's needs for smaller loans and untraditional forms of collateral.
- * released blueprint for reducing HIV-related stigma in India.

Mental Health Association of Lafayette

Provides mental health educational programs, information and referrals, and supportive services. **Volunteer needs:** Provide one-on-one friendship, Group activities, Gift wrapping services, Etc.

ASHA-Purdue

Asha for Education is a secular organization dedicated to change in India by focusing on basic education in the belief that education is a critical requisite for socio-economic change.

ASHA-Purdue

Under the broader objectives of Asha for Education, ASHA-Purdue is actively involved in provide education to underprivileged children in India.

ASHA-Purdue Activities:

1. Raising the required human and other resources to achieve the group objectives.
2. Selection of projects.
3. Monitoring funded projects through site visits.

Current ASHA-Purdue Projects: In Hyderabad:

Maanasa-school and vocational training for mentally handicapped children.

Team VNC-supplementary education and coaching classes for students at government schools

In Patna:

Diksha-supplementary education enabling slum children to enter school as full-time students and succeed.

Planned Projects:

Developing computer-based educational materials suitable for underprivileged Indian children.

Imagination Station

A Science Activity Center for children at 600N 4th Street, Lafayette

Featuring:

Hands-on Science exhibits, Demonstrations, Summer Camps, Field trips, Birthday Parties, tons of LEGO and K'NEX to play with

Volunteer needs: Building exhibits, Fund raising, Upkeep of building, Working front desk, Demonstrations

ज्योति ज्वाला जब तू होगी

यह द्वापर युग की बात है, कत की जैसे बात है।
धृतराष्ट्र दरबार सजा, दुर्योधन ने ध्युत रचा।
शकुनि ने माया फैलाई, द्रुपदसुता तब बुतबाई।
दुशासन करने निर्वस्व लगा, मानवता का इदय फटा।

भीष्म पिता ने मोड़ी आँखे, द्रोण गुरु बगते झाँके।
मानवता का नाश हुआ, मानव पापों का दास हुआ।
कृष्णा ने केशव याद किये, प्रभु ने आकर चीर दिए।
द्रुपदसुता की ताज रखी, मानवता की रसा की।

द्वापर कब कब बीत गया, दुर्योधन-दुशासन अब भी राजा।
नारी अब भी लज्जित होती, होता द्वापर फिर से ताजा।
अंतर अब केवल इतना है, कृष्ण नहीं अब आते हैं।
जैसे दुष्टों से मिलने में, भगवान स्वयं कतराते हैं।

नारी, तू मरता पुत्री, दुष्टों के पापों को पड़ता सहना।
पुरुषवर्ग धृतराष्ट्र हुआ, रसा कैन करे तेरी बहना।
अपनी रसा तुम स्वयं करो, माँ दुर्गा का रूप धरो।
तो खड्ग हाथ में तुम अपने, दुष्टों का संहार करो।

दुष्ट इष्टि कोई डाते, इष्टिहीन कर दो उसको।
गतत शब्द कोई बोले, गिराहीन कर दो उसको।
हाथों से पापी स्पर्श करे, भुजाहीन कर दो उसको।
नारी तू बनकर पंडी, पुरुषहीन कर दो उसको।

तेरे भीतर है शक्ति अपार, आद्वान करो उसका बहना।
युग-युग से अत्याचार सहे, और नहीं तुझको सहना।
है नारी, यह दिन दूर नहीं, तेरी पूजा फिर से होगी,
खोया सम्मान मिले तुझको, 'ज्योति' ज्वाला जब तू होगी।

- ओमप्रकाश गुप्ता

The poet, Dr. Omprakash Gupta, is a Professor of Mathematics, currently residing in Houston. He obtained his Ph.D. degree from Purdue University. He was motivated to write this poem by the sacrifice of life made by the Delhi girl last month.

Expression of Love

Gaayathri Janaswamy (8 years) loves to hand her Mom a sealed note every now and then. She then hangs around eagerly waiting for Mom to open the note.

Her Mom, Ragha Janaswamy, loves to watch her wriggling expectantly, with sparkling eyes, while she waits for Mom to open and read the missive. Both enjoy the hugs that follow.

We could all try this!

Vivek Sagi's Blog

<http://viksabode.blogspot.com/>

Vivek Sagi is the son of Vinod and Veena Sagi. He holds a Pharm.D degree (Purdue, 2009). Vivek is a Captain in the US Army, and also works both as Clinical Pharmacist and Informatics Pharmacist at St Vincent Hospital, Indianapolis. He was deployed to Iraq in support of 'Operation New Dawn' (OND) from Feb - Nov 2011 with a CSH (Combat Support Hospital), which is part of the Army Medical Command. His blog details some of his experiences in a combat zone.

The Journey [early April, 2011]

Finally the hour has dawned upon us to begin the journey from Seattle to middle-east. I was humbled by the volunteers at USO serving food past midnight while we were awaiting a chartered 767 from an AFB (Air Force Base). They are up in the middle of the night preparing food so we can have our last meals in the US. Their time and care truly reminded me of the immense support us soldiers receive! After 20 hours or so of what seemed like a limbo, we finally landed in Kuwait *en route* to Iraq.



Not Your Regular Tent (in Kuwait)

About 40 of us are living in a huge, open bay tent that could easily accommodate 60 soldiers at a time. It was air-conditioned and the only piece of 'furniture' is a cot (a simple cross bar reinforced aluminum on either end with 2 parallel pipes that holds the not so soft weather resistant material that we sleep on - kind of like my green duffle bags). The worst aspect of this was bathrooms and showers were about 100 feet away from the tent. Every time we had to use the facilities, we had to be in uniform (regular ACU's or PT's with weapon, no other battle gear necessary). We felt like a sugar cookie - take a shower and start sweating immediately only to be coated with sand from the gusty winds.

Life in Iraq (Jun 2011)

Two words resonate above the rest: heat and dust. The red sun flames directly overhead, achingly bright; the burning red orb scorches through each eyelid if caught without eye protection. Only times the heat seems to be bearable is during dust storms (dust scatters / absorbs light and there is a noticeable drop in temperature). Heat averages around 120-130 peaking in August. Even the constant breeze synergizes with the heat and reminds me of the blast of hot air when you open an oven. This extremely dry heat almost roasts our skin under direct sunlight. On the days where dust overtakes the heat, allergies are rampant.



Here are few other random observations:

- Our AFN (American Forces Network) radio interjects songs with 'how to react to incoming (direct fire / rockets / bombs)', suicide prevention, hydration, OPSEC (operational security) instead of typical sales, contests, or advertisements
- We have 'omg I hit my head on the ceiling' speed bumps and the ones that literally stop the NTV (non-tactical vehicle, aka. car, suv, truck) cold if you don't have enough

momentum! The latter are tank tracks with huge metal links... I actually stopped just in front of them and had to back up to gain enough momentum to drive on!

- Amazing Iraqi sales people ('Haji shops') who make you feel like a VIP and offer 200% discount, throw in an extra product for buying their recommendation, and yet make 500% profit.
- Vehicles that rival custom machines from the movie 'Death Race'.
- Various aircrafts and helicopters that constantly survey our bases.
- Millions (dare I say billions?) of dollars of equipment, facilities, and resources left behind in the name of 'rebuilding Iraq'

Its God's responsibility to forgive the terrorist organizations
It's our responsibility to arrange the meeting between them and God.'

- Indian Armed Forces

Contributed by Sangita Handa



Destiny

by Bindu Damodaran

Calloused hands hold the key
The lines bind destiny from the sky
Bring it forth; joy or pain
For in the end I stand to gain.
For every tear shed-
Grief and strife walk hand in hand
The determining lines on my hand.
Should I surrender?
Submit to the accidental crease,
Or churn the wheels of the untold.
Wait for what lies unfold
With each turn to reveal
Destiny in the palms of my hand.

A Delightful Tete-a-Tete with Mrs. Gaura Mehresh *by Mahasweta Bag*

!It was a breath of fresh air to interview newcomer Mrs. Gaura Mehresh, who is a 2013 member of the IWA community of Greater Lafayette. We met during a 'family playdate' on a Friday evening in February along with our toddler children and spouses. Gaura moved here from Peoria, Illinois in October 2012 with her husband Dr. Parag Mehresh and toddler son Darsh, who will turn three this March.

Born and brought up in New Delhi, this charming lady completed a Bachelor's Degree in Political Science from Delhi University and then followed her passion for cosmetology by a Cosmetology diploma from the acclaimed VLCC Institutes of New Delhi. She went on to work as a professional cosmetologist and was a faculty member of VLCC for 6 years, including a stint as the Head of the VLCC Institute in Faridabad. After her marriage to Parag, she has been living in USA for 4 years now.

Her husband Parag has been living in USA for the last 13 years--- ever since he came as a doctoral student to University of California, Berkeley. A mechanical engineer working for Caterpillar's Lafayette office currently, Parag was born in Jaipur, Rajasthan. He completed his bachelor's degree in mechanical engineering from Malviya National Institute of Technology, followed by a master's degree from IIT

Delhi.

The couple's only son Darsh currently attends pre-school at the Montessori School of Greater Lafayette.

Here is an excerpt from my conversations with Gaura during the 'family playdate' I organize along with families of local toddlers:-

Mahasweta Bag (MB): "Welcome to Lafayette! It's so nice to have you all join our 'family playdate group' with Darsh. How do you like the area?"

GM: "Thanks. We actually love the university town ambience here. Lafayette is so full of life! We're quite near metros like Chicago and Indianapolis from here. Right now, we're building a new house in Arbor Chase and we've moved to an apartment in Salem Courthouse in the meanwhile. Hopefully our home will be ready by August."

MB: "That's great! Enjoy your new home!! Apart from moving into your new home, what else are you looking forward to in 2013?"

GM: "I provided services as a cosmetologist to the Indian female community of Peoria in our home's basement there, which was my 'parlor'. I'm hoping to do the same here in Lafayette. I also have plans for getting certified as a cosmetologist in the US, while providing my services to local women."

MB: "What sort of cosmetology services do you offer? Could you discuss

some of these, to benefit our readers?"

GM: "I provide all skin-related cosmetology services. I do waxing, facials and eyebrow threading. I do basic facials as well as special types. The gold facial is a popular choice."

MB: "Apart from cosmetology, what are your interests?"

GM: "I am a very good cook and love to prepare vegetarian Indian as well as Indo-Chinese dishes. I also love baking and I have a great recipe for your readers for baking an eggless chocolate cake."

MB: "That's nice. I'm sure our readers will enjoy this yummy recipe. How do you like to spend time as a family?"

GM: "We love to travel. In fact, we have toured most places in USA. California is my favorite vacation destination. We also are religious and visit the temple here every Tuesday without fail. We love that this place has an Indian temple and my husband would like to help organize community activities here like he did in other places."

MB: "We certainly will appreciate your cooking skills in preparing 'prasadam'/dishes and your husband's organizational talents in hosting events at the local temple here as well as for IWA events in the near future. Thanks for offering to be interviewed for 'Sanskriti'. We hope your family has a wonderful life in Lafayette."

Welcome First-Time Members!

Ajita Narayan

Dalvir Kaur Gothra

Gaura Mehresh Gayathri Krishnan

Neelu Chawla

Papari Devi Priya Bharadwaj

Ranjani Rao

Saba Shahid

FROM SIGNS AND BILLBOARDS IN INDIA

By Sangita Handa

At Patna railway station:

Aana free, jaana free,
pakde gaye to khana free.

At a beauty parlor in Mumbai:

Don't whistle at the girl going out from here. She may be your grandmother!

A traffic slogan;

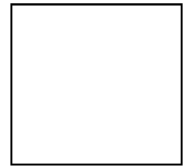
Don't let your kids drive if they are not old enough - or else they never will be.....

GAURA'S EGGLESS CHOCOLATE CAKE

All purpose flour, 4 1/2 cups; Sugar, 3 cups; Cocoa powder, 1 cup; Vegetable oil, 1 cup; Water, 3 cups, Baking soda, 3 tsp, Salt, 3 tsp; Vanilla extract, 3 Tbs.

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13inch pan. In a large bowl, sift together flour, cocoa powder, soda and salt. Add sugar and mix together. Add oil, water and vanilla and mix thoroughly. Pour into a 9x13 pan. Bake at 350 degrees F for 1 hour or until toothpick inserted comes out clean.

If undelivered please return to
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710 Noble Court
West Lafayette, IN 47906



Sanskriti
Indian Women's Association Newsletter



Vacation Notes.....From Our Children

My Winter Break - By Ravi Suresh

Over winter break this year, my family and I traveled to the wonderful Big Island of Hawaii. The weather in Hawaii was certainly a lot warmer there than it was in West Lafayette!

We stayed in a condominium that was part of a larger resort. Almost daily, I walked to the resort pool which was fairly large, as well as to the tennis courts there. Sometimes we took day trips away from the resort, to go hiking, snorkeling, and to the beach. The big island of Hawaii has both black and white sand beaches, as well as an active volcano complete with steam vents and lava flows. We went hiking on two different steep, rugged trails, parts of which contained many warnings such as for falling rocks. I especially enjoyed a highspeed boat tour around the big island of Hawaii. The tour included snorkeling for one hour in the crystal clear waters around the Captain Cooke Monument. Several spinner dolphins swam along our boat, and a mother whale and her calf stayed fairly close to us as well, which was exciting! On our last day, we went horseback riding on a mountain trail, ot close to a waterfall and enjoyed good views of the whole island. After that, we enjoyed the pool one more time and then took off for Indiana. Aloha!

What I enjoyed most about the winter holidays

Raunak (6 years): Sword fight with my cousins. Playing with my new video games. It was fun!

Raunak's Mom, Sarita Dani: Meeting and catching up with cousins.

Rohith (11 years): Skiing fast downhill when we were in Boston.

Nikith (12 years): I touched John Harvard's feet ..just kidding, it was a statue! And I loved sightseeing in New York, Philadelphia, Washington DC and skiing in Boston.

Their Mom, Madhavi Erukulla: Meeting relatives and spending time with my own family. All that travelling was fun but it felt SO..O..OO good to be back in my own home.