

THE LOTUS

A Monthly Publication of the Federation of India Community Associations

July 2017

1967 - 2017 | 50 Years



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SUMMER 2017
Sunday 20th August 2017

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Celebrating India's 71st Independence Day

"Get ready to have fun at Anand Mela to celebrate India's 70th Independence day on Sunday August 20th, 2017."

FICA App Launched



The board is excited to introduce our brand new FICA app. created by our executive committee member Shaifali Bathiya this app is going to revolutionize the way our community accesses FICA events, memberships and news. The FICA Cleveland app is available on the App Store for both Android and Apple devices. Download the App and take the first step to stay connected to your community.

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- Per Golfer fee - \$100**

Registration & Driving Range @ 10:30 AM
Shotgun Start @ 12:00 PM
Networking & Dinner @ 05:00 PM

Come meet the new leadership at FICA and hear them talk about vision and mission.

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An update from Project Seva

MONA ALAG, PROJECT SEVA

From its inception, the word Project Seva, has been synonymous with meals at inner city churches. That was our only activity, and only at Thanksgiving time. Once a year we served a meal at various inner city churches. The India Community Center also played host to groups from the area.

That, is what a very enthusiastic community supported financially. (And still does) An equally enthusiastic group of volunteers raised the money, shopped for the groceries, prepared the meal, served it, and cleaned up after. Attendees were anywhere from 200 to 350. There were times when we had over 25 adults and children volunteers, helping out at each venue. This went on for years. Just meals. Then, as time passed blankets were distributed at homeless shelters, so were hygiene packages. Hand knitted baby blankets were sent to Rainbow Babies and Children's Hospital. Yarn and time came from our group called Clicking Needles. These were used as

incubator covers. A few years ago, we added another project. Twice a year, volunteers serve an Indian meal, cooked at Ronald McDonald House, to the parents of the patients housed there. This is at no cost to Project Seva. Volunteers donate their time and food items.

As we grow, so do our problems, and responsibilities.

I don't mean it in reference to age, but in numbers. Our community is growing in leaps and bounds every day, month and year. Along with it, we are being inundated with requests for some form of help. Anywhere from victims of domestic violence, to abandoned spouses, to illness wiping out family assets and a host of other situations. Unfortunately, we are not able to provide any financial assistance to anyone. No matter how small the need. Our funds are earmarked for meals, blankets etc only. (These cases are brought to us through Helping Hands. The latter, is a go to group for individuals/ families

in distress.) One young mom with two children was going thru a difficult period. She needed assistance for winter clothes for them. She approached Project Seva. Our hands were tied. It was very, very difficult for me to tell her, we could not help one of our own children with a coat and gloves. The funds are raised from our community, but cannot be used on our community. It was heartbreaking.

We then decided to do one of two things. Either, inform our donors that we would use a small percent of their contribution for "special projects" Or raise the money specifically for such situations. We are not talking of ongoing financial support. Just a one time deal to get over the hump. The maximum we will maintain in this account will be \$1500. We might use it in a year, we might not. Our first contribution of \$500 has come from.....who else? George from Saffron Patch. I promised to raise the rest, or part of it. At the Independence Day Anand Mela, there will be a Juice Bar. Lassi, ganne ka ras and pan

will be sold. Total amount raised will go to Project Seva. The items required for this project, will not be funded by Project Seva.

But wait.... We also have some kids under the age of 10, They want to sell lemonade. Please do stop by and support them. Our own Sajjan suggested only charging 25 cents, so more people will buy our "cheap" thirst quencher! This is what I call Project Seva..... The next generation.

With this, we make a humble request to you, please help us, not only continue the programs in place, but also look into other need based situations. We promise, as always, your money is used judiciously. Our books are open to anyone requesting a review. No amount is too small. As for the special needs project, each case is scrutinized, and decisions are made without judgement or bias. Thank you.

Mona Alag.
Committee member
Project Seva.

THE LOTUS



ADVERTISING
IN
THE LOTUS

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First Asian community Newspaper in USA and the only non-profit Indian Community newspaper in Cleveland, Ohio, started by CWRU students in 1967. The newspaper goes to over 2000 households and businesses by direct mailing and goes to 7000 email boxes. We distribute stacks to libraries, grocery stores, museums and other cultural institutions which show interest in South Asian Indian ethnic cultural.

Monthly (Less than 12 months)	Yearly (12 months consecutive)	Maximum Ad Size WXHt
\$20	\$180	1 col wide 2"X1"
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\$80	\$720	one eighth 4.5"X3.5"
\$120	\$1200	quarter page 5"X6"
\$200	\$2100	half page 10"X6"
\$350	\$3600	one page 10"X13"

Ad must be received by Lotus Editor in Print ready high resolution format (jpg or similar) by the 20th of the month, for publication in the following month's issue. Lotus will try its best to have the following month's issue distributed by the first week of the month for which the issue is dated (e.g. Ad for May 2016 issue of Lotus must be received by the 20th of April 2016.)

We will work the advertisers to have their Ad print ready. Ads that are not print ready (size, resolution) will result in blurry images for which we will not be responsible. Advertisers will be charged a one time \$50.00 fee for Ads that need significant amount of work by Lotus in order to get it print ready.

Email lotus@ficacleveland.org or current editor with questions and requests for publishing Ads. Your Ad will be published only after our Editorial board has approved it for publishing.

Upcoming Board Of Trustee Meetings

July 23, 2017
October 29, 2017
January 28, 2018
April 29, 2018

All meetings will be held from

3:00 to 5:00 p.m

At

12412, Cedar Road, Cleveland

Heights, OH- 44106

We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.
-Jawaharlal Nehru



President's Message



Ritu Mahna

There is a lot of enthusiasm and excitement amongst the new Executive Board as we prepare for the upcoming events! We are putting our best foot forward to take FICA to the next level. With such a large Indian Community, we are planning events that will hopefully appeal to everyone in our community.

We are also looking forward to supporting the many regional associations with their

able to plan more. Our annual golf outing will be hosted on July 30th, which promises to be a great chance for all of us to enjoy a friendly competition and the wonderful summer weather. Anand Mela will be reintroduced on August 20th and we hope all of you and your families will join us in the celebrations.

We would love to have your input and feedback, so please let myself or any of the members of the Executive Board know. With your ideas, we can continue to grow FICA together.

religious and cultural observances around the year. With their help and support, we can ensure that FICA is providing the Greater Cleveland Indian Community with a fantastic experience, unifying our diverse community of Indians. We have two events planned for the summer, and hope to be

Letter to the Editor

The Lotus welcomes letters to the editor and attempts to publish as many as space permits. Letters should be original. Name must be included, along with a daytime telephone number for confirmation. Letter should be 500 words or less and may be edited for length or legal concerns. Letters thanking lists of people or businesses are not accepted. They should be typewritten and double spaced if sent by mail or by fax at: (440) 247-1606. Email to: lotus.ficacleveland@gmail.com - subject "Letter to the editor"

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

FICA MEMBERSHIP

New Board of FICA needs you all to get involve. Together we can make a difference. Please send your membership dues. Any question or concern.

Please contact us president.ficacleveland@gmail.com

Community Partner



As you may already know that FICA of NEO, ([@FICAcleveland](http://www.ficacleveland.org)) has been recognized by the United Way as a Designated Charitable Organization and is eligible non-partner agency with United Way of Cleveland. I would greatly appreciate if you can reach out to your place of work and friends and request them to consider designating Federation of India communities association of North East Ohio (FICA of NEO, @FICAcleveland) to receive part of their annual donation. United Way will then channel their donations to FICA after deducting some service fee. This will create a revenue stream for FICA to support our mission of promoting the rich cultural heritage of India in greater Cleveland; to facilitate ongoing dialog with civic leaders regarding issues of importance to Asian Indian families in the region; to facilitate the mainstreaming of Asian Indian families by creating a platform for the community's active participation in the civic life; to collaborate with local organizations to promote goodwill and understanding between diverse communities; to partner with business groups that promote ties between Indian and US firms and foster economic development.

Federation of India Community Associations (FICA) ONE NATION – ONE COMMUNITY – ONE VOICE

For over half a century FICA has kept the vibrancy of India alive in NE Ohio. Time has come for the next generation to continue with the tradition and make our community a greater part of the mainstream – to have a voice for our community on important political, social, economic and cultural issues.

COME JOIN US AS WE BEGIN THIS NEW CHAPTER
YOUR SUPPORT WILL HELP US WITH INVALUABLE PROGRAMS AND ALSO HELP US
INTRODUCE NEW PROGRAMS TO REPRESENT OUR COMMUNITY.

April 2017 a new slate of Board of Trustees and Executive Board were appointed. The LOTUS will be soliciting your comments and thoughts on what FICA means to you and what programs we can implement to support and welcome those migrating to NE Ohio.

PLEASE HELP US UPDATE OUR DATABASE BY PROVIDING
US THE INFORMATION REQUESTED BELOW:

Name: _____ Email: _____
Spouse's Name: _____ Email: _____
Home Address: _____
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Mobile Phone: _____ Spouse's Mobile: _____
Place of Employment: _____ Spouse's Employment: _____

BECOME A MEMBER

Life Member (\$500): _____ Annual Membership (\$50): _____
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Complimentary monthly LOTUS newsletter. Access to ALL FICA sponsored programs. All programs will be announced in the LOTUS and Board of Trustee updates will be published.

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Bharti Patel:

“There’s a deep sense of joy by giving of yourself”

BY CHERYL A. D’MELLO

There are many individuals in our community who serve silently, going to different organizations in the city to volunteer their time and talents. One such person is Bharti Patel.

Patel came to the U.S. in 1971 from Zambia, Africa. She attended Ohio State University and then transferred to Cleveland State University where she received her B.S. in Physical Therapy and her Master’s in Exercise Physiology. She worked as a Physical Therapist at Mt. Sinai Hospital and Hillcrest Hospital and then had her own practice for six years. She then worked at the University Hospital Outpatient Clinic for 15 years before she retired from clinical practice. Patel now teaches some courses at South University in the Physical Therapy assistant program.

Her husband, Bhupendra, is a radiologist at the Cleveland Clinic. They live in Pepper Pike and have been in Cleveland for 42 years. They have two sons and two grandchildren who live in Chicago. Patel’s volunteer work started in Zambia, where in her teens, she volunteered at hospitals.

“This motivated me to go to Physical Therapy school,” she said.

Like many mothers, she volunteered at the school her sons attended: University School, for 18 years till her sons graduated in 1996.

“I was a room mother for whatever grades they were in; I helped with field trips, annual international dinners and worked in their school prep shops on a weekly basis,” she said.

Working part time for several years gave her the flexibility to volunteer. After asking friends about volunteering opportunities, she began tutoring students at Buckeye-Woodland Elementary School for about eight years through the Jewish Federation of Cleveland Community Program: PEI (Public Education Initiative).

“I used to tutor students for three to four hours on a weekly basis during the school year in the mornings,” said Patel. “I mostly helped with reading skills, and their school work sheets. I would have the same two students for the entire school year, mostly from the first to third grades.”

At one time she also volunteered at Transitional Housing, now known as Family Promise of Greater Cleveland through the years to set up apartments for incoming families, fund raising and helping during Christmas holidays.

“Every three to six months, we had to set up apartments for the families that would be admitted into their programs. They would provide the information of how many members in the family would be arriving, the age and gender of the kids, so we had to go buy items for the kitchen, bedrooms and bathrooms and decorate the apartment for their arrival. We would have to collect funds for this endeavor from family and friends,” she said.

She presently volunteers at InMotion which is a nonprofit center that is devoted to the health and well-being of those affected by Parkinson’s disease or any neurological/ balance disorders.

“At InMotion I help at the front desk and this Fall I will start helping out in different exercise classes that they offer. They have paid instructors, but as the classes are growing rapidly, they need help with many of their clients,” she said.

In the past Patel has also been involved in activities hosted by AAIWO (the Association of Asian Indian Women of Ohio), FICA, Helping Hands and AIPNO (Association of Indian



Physicians of Northern Ohio).

Why did she get into volunteering?

“I always felt that I wanted to give back to the community which has provided so much for us,” she replied.

Today she volunteers for eight to ten hours a week, “depending on the needs of the organizations,” she said. “There are so many organizations that need help. People have to take the initiative to ask around.”

Most of us think of the acronym, WIIFM (What’s In It For Me?), before we get involved in a project that does not benefit us financially. What are the benefits Patel received from volunteering?

“There’s a deep sense of joy by giving of yourself in whatever capacity that you can,” she said simply. “There is so much to learn from the people you

help, even from the little children: humility, patience, courage, gratitude, etc. I have learnt to appreciate all the blessings I have and I try not to sweat the small stuff, a practice that is ongoing.”

Besides volunteering, Patel loves to read, walk, exercise, travel and take care of her grandkids.

What would she say to others, to encourage them to volunteer?

“There is no greater satisfaction than to know that you might have made a small difference in someone else’s life by your kindness, compassionate listening and a helping hand. You will receive so much more by giving even just a little of yourself in time, energy or money. Money is one way of giving; giving of your time is as important,” she concluded.

“Happiness is when what you think, what you say, and what you do are in harmony.”

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We may stumble and fall but shall rise again; it should be enough if we did not run away from the battle.



Are you part of a graduating class of 2017???
Congratulations to you and all your hard work. We would love to recognize you by sharing your names, your accomplishments and where you are going to college with our community. Please email us at lotus.fica-cleveland@gmail.com by August 10th, 2017. Thank you and wish you all the best.

FICA participation in One world day



Nobody can hurt me without my permission. - Mahatma Gandhi

Over 24,000 people visited the Cleveland Cultural Gardens on August 28, 2016 on the 71st annual One World Day. Since 1945 the Cleveland Cultural Gardens Federation (CCGF) has celebrated One World Day exemplifying the theme of the Gardens: "Peace through Mutual Understanding."

Ethnic food and performances were featured in each Garden including a Budapest Café in the Hungarian Garden, Tea Room in the Vietnamese Garden and the Hofbräuhaus Bier Garden in the German Garden.

2016 was the Centennial Year of the Gardens as the first Garden was established in 1916. The CCGF, City of Cleveland, Councilman Kevin Conwell, University Circle Inc. and the community had a year-long celebration culminating in One World Day.

The free Trolley Tours of the Gardens were very popular and the performances were diverse, colorful and energetic. The closing concert by Michael Stanley provided a uniquely "Cleveland" end to One World Day.

One highlight was the Parade of Flags which featured hundreds of people in traditional costumes, representing dozens of nationalities, marching down East Blvd and ending on MLK Blvd.

CCGF President Sheila Crawford said "The Cleveland Cultural Gardens are unique in the world and we as a Federation are proud to continue and grow this 100 year old treasure for the community. With the large crowds at One World Day we are confident that a new group of Clevelanders have been exposed to the Gardens and will visit again soon."

Another was the inspiring Naturalization Ceremony where Federal Judge Dan Polster gave the Oath of Citizenship to 19 people from all over the world.

The 72nd annual One World Day will be held Sunday August 27, 2017 from 11AM to 7PM. Details at <http://clevelandoneworldday.org/2017/>

The Passport to Peace program was popular with kids of all ages as they visited as many gardens as possible, learned about the culture and had their passport stamped.



During the One World Day ceremony, dignitaries broke ground on the new Centennial Plaza which kicks off the Cultural Gardens' second 100 years.



One World Day producer Johnny Wu stated "The goal of One World Day was to familiarize as many people as possible with all 29 of the Cultural Gardens, and the new ones in progress. Over 24,000 people provided a steady stream of visitors to all the Gardens."



Side Effects of Protein Powder

SANGITA BAFNA

Protein powders, a rich protein source, are used by fitness buffs to help them build muscle and increase strength. Research has found there are added benefits for certain proteins like whey, which are used extensively in powders retailed in the market. For instance, whey protein is believed to be antibacterial, antiviral, anti-hypertensive, antioxidant, hypo-lipidemic, and possibly even has anti-tumor properties.¹ Unfortunately, protein powders are not without their side effects. Knowing the side effects of different kinds of powders can help you minimize potential problems.

Side Effects If You Have Too Much

Remember, just having too much of a protein powder could cause problems for you. Stick to the prescribed amount and follow preparation instructions properly. Having a couple of scoops a day is usually fine for those who are heavily engaged in sports or physical training. Have too much and you will be taking in more protein than you need. You then end up experiencing a range of digestive side effects from nausea and cramps to flatulence and diarrhea. If you have pre-existing health issues like kidney or liver disease, cardiovascular disease, or diabetes, check with your doctor about whether it is safe for you to have protein powder and in what quantities.

Lactose Intolerance To Whey-Based Protein Powder

Lactose, the sugar found in milk products and milk, is also present in whey-based protein powders. If you have lactose intolerance and consume

protein powder that contains lactose, you are likely to experience digestive symptoms. You may experience bloating or flatulence, or have a bout of diarrhea – just as you would after you consume milk/milk products. Abdominal pain and nausea may also affect you.² If you're lactose intolerant, you could try lactose-free protein powders to avoid these side effects.

Intestinal Discomfort And Flatulence From Pea Protein Powder

If you have lactose intolerance or are vegan, you are likely on pea protein powder. But you should know that, while rare, it is possible to be sensitive to pea protein too. Specifically, the oligosaccharides – carbohydrate molecules found in pea protein extracts – can cause flatulence and intestinal discomfort. However, a process called ultrafiltration can be done to reduce levels of oligosaccharides and, consequently, side effects too.³ Look for protein powders of this category if you do experience these side effects.

Endocrine Disruption From Soy Protein Powder

Phytoestrogens like the isoflavones found in soy protein can disrupt hormonal balance in the body. They could either reduce estrogen activity because they block the actual estrogen in the body from binding. Or they could cause an increase in estrogen activity when the isoflavones in the soy protein activate your body's receptors. This disrupts your body's own internal regulation of the endocrine system.⁴

There have also been reports suggesting

that soy protein could cause fertility problems, specifically impacting the fertility of women. Animal studies seem to indicate a connection, and some experts are already concerned about the effect of having a lot of soy protein on humans.⁵



Upset Stomach From Sweeteners In Protein Powders

Most protein powders contain sweeteners of some form to make them more palatable. Always check what kind of sugar or sweetener is used in your go-to protein powder. Sugar alcohols like maltitol and sorbitol, as well as isolated fructose, can cause stomach upsets if they don't agree with you. Excessive consumption of sorbitol, in particular, is known to produce a laxative effect and can cause watery stools.⁶

Risk Of Cancer, Diabetes, And Heart Disease: Is There A Connection To Protein Powders?

High intake of phytoestrogens in soy protein powder may be linked to increased risk of breast cancer. Animal studies have found that soy isoflavones can cause breast cancer tumors to grow.¹⁰ However, human studies are limited at best. Which is why it may

be better to wait for more conclusive studies before worrying on this front. You could still cut down consumption of soy proteins as a precaution or use a protein powder made from an alternative source.

Some research does indicate that milk proteins could contribute to Type 1 diabetes. In addition, because these powders do contain saturated fats and cholesterol, they may also be linked to an increased risk of heart disease. Further research is needed before widespread recommendations can be made on avoiding or allowing the use of these powders in this context. But considering the composition of the powders and the potential issues from the fat and milk proteins, you may want to moderate intake or consult a doctor if you are at risk of or already diagnosed with any of these conditions.¹¹

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11. Casein Protein for Sports & Fitness. University of Michigan Health System.

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International Yoga Day 2017

A coming together in Mayfield Village

TERI PAWLOWSKI

June 21 represented the longest day of the year for 2017. It also symbolized the day declared in 2015 as International Yoga Day. A creation of an occasion to bring together the body, mind and spirit and to share an instant of peace and tranquility with the world.



Many events were held to honor this day and one of them was in the small park of Mayfield Village at the corner of SOM Ctr. Road and Wilson Mills. It was organized by Sandeep and Tanmayee Dixit with the intent to unite the community and allow a better understanding of the diverse cultures of the area. This idea gave birth to the opportunity to bring a sense of closeness within a world that in recent has shared so many chaotic moments.



Yoga is a cluster of physical, mental, and spiritual practices or disciplines which originated in ancient India. The beauty of yoga is that though there is a variance between novice and those who have embraced the art of yoga for years, it is still an exercise that can be shared to achieve inner well-being. At first the beginner will hesitate to make sure they are doing the practices correctly. Those who are more experienced will step in to help. If an outsider were to look in, the line between the student and the

teacher would not be visible but the unity between them would shine.



For a few hours in the middle of a busy week the park represented a tiny section of the world. So many people of different ages and backgrounds gathered for a brief moment to share in one body. A unity of souls combined in an experience of opening a window to the possibility of coming together and making a change for the good.

The festival began with the lighting of a small candle to represent emerging out of the darkness of ignorance and entering into the light of knowledge. Mayor Brenda Bodnar followed this with an opening speech to welcome the participants and share some facts about yoga and the people involved with the event. Within the mayor's words was the encouragement that the numbers taking part in yoga practices was growing by the millions representing the fact that people are looking for a kinder and gentle way.



Mayfield Village Park presented a wonderful setting for the festival. The ages of the participants varied from the very young to those with years of wisdom. Technique for the individual varied. However, a feeling of tranquility and peace slowly spread across the lawn to engulf all. For those who were unsure of the appropriate stance, volunteers gently corrected and demonstrated proper method but perfection was never expected. The session finished with a beautiful prayer for the well-being and health of the world and the repetition of peace, peace, peace.



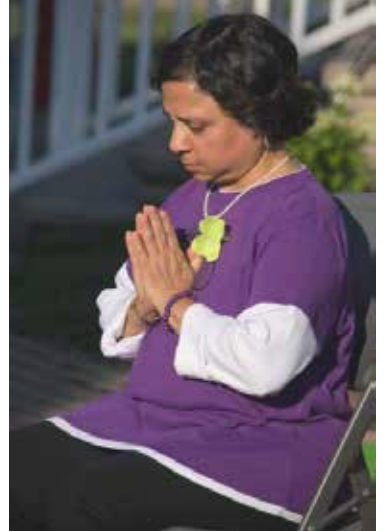
Sudarshan Sathe spoke afterwards with a strong message about the human race. The people of the world are the only species that can destroy or save this planet. The art of yoga is a beginning to obtain the understanding and awareness of the inner being as a whole in order to understand

the world. It is a tool to allow us to open our mind to the power possessed by each member of this life in order to make a difference. Sudarshan's closing remarks also called for peace.

Prior to the sharing of amazing Indian cuisine, three beautifully dressed artist displayed traditional dance for those still relaxing on the lawn. The gentleness of their movements and the flow of the dance seemed to symbolize the harmony of those that had just shared in the practice of yoga.

As the conclusion of the event unfolded, it called for a continuation of a similar gathering on this same date next year. The day signified a simple wish that there can be an understanding that peace starts with a single moment and if attended to can spread throughout our life time.

Thank you to Dixit family for bringing so many together to share this day. Through the efforts and the talents of the volunteers, the guest speakers, sponsors, and the performers, it was an amazing event. It is the hope of all that it will only becoming greater and stronger in years to come



"I use Yoga, to help me Unwind"



"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems. - Mahatma Gandhi



How is Chocolate made?

BAL KARAMCHANDANI

Have you ever wondered how chocolate is made or where does chocolate come from? This article will help you with the short answers.

All starts south of the equator in large pods that grow on the Cacao trees. Cacao trees produce large fruit pods on the trunk of the tree. The pods are harvested with machetes. When you crack them open, you will find more than 50 cacao seeds within a sweet pulp.

The pulp and the cocoa beans are removed and placed in containers for fermentation for a week or longer. Once the fermentation process is complete, the cocoa beans are spread

out in open so that they can dry naturally in the sun.



Dried beans are shipped to chocolate manufacturers all over the world. The beans are roasted, much like coffee beans. Roasting intensifies the final taste of the chocolate. When the beans are ready, the shells are then removed and you are left with is the essence of the bean. A machine grounds the shelled beans into a paste

that is referred to as chocolate liquor.

The chocolate Liquor/ Paste goes through a press machine that separates the cocoa butter and powdery cocoa.

Cocoa butter, cocoa powder, sugar, milk, oil and flavors are added to make chocolate. Then chocolate is poured into molds, allowed to cool, wrapped up and then packaged for shipment.

Cocoa powder is also used to make hot chocolate drink and chocolate milk.

Molten Lava Cake, Paula Dean recipe with a twist



Ingredients

- 6 (1- ounce) squares bittersweet chocolate
- 2 (1- ounce) squares semisweet chocolate
- 10 tablespoon butter
- 1/2 cup all purpose flour
- 1 1/2 cup confectioners' sugar
- 3 large eggs
- 3 egg yolks
- 1 tablespoon cocoa powder
- 1 teaspoon vanilla extract
- Vanilla ice cream.nal

How to Make the recipe?

- Preheat oven to 425 degrees F.
- Grease 6 (6- ounce) custard cups. Melt the chocolates cocoa powder

and butter in the microwave, or in a double boiler.

- Add flour and and sugar to the chocolate mixture.
- Stir in the eggs and the yolks until smooth.
- Stir in the vanilla extract.
- Divide the batter evenly among the custard cups.
- Place it in the oven and bake for 14 minutes. The edge should be firm but the center will be runny.

Serve it hot with vanilla ice cream.

RECIPE CORNER

JYOTI MALIK

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- | | | |
|----------------------------------|-----------|--------------------------|
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| Kaju Draksh (Cashew Raisin) | Lychee | Pineapple* |
| Mango | Chickoo | Sitafal* (Custard Apple) |
| Guava (Jamfal, Amruth) | Pistachio | Falsa* |
| Anjeer (Figs) | Coconut | Ginger* |

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Catching a Bull by the Horns By William G. Barnard, IV
A bull walking through a market in Pushkar, Rajasthan.



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Being American and Being Indian

CHERYL A. D'MELLO GIVES AN INSIGHT INTO THE CHALLENGES OF BEING AMERICAN AND BEING INDIAN.

Teach Your Children Well

"Mom?" It was a cry for help at 9 o'clock one August evening. "Can you tell me how to use the washing machine?"

It was 18 year old Naresh, anxiously calling from one of the prestigious colleges in the country, experiencing his first week of college far from his family. He stood by the washing machine in the dorm, his dirty clothes heaped on the floor.

"Sure, son," said Shilpa, dropping everything as she walked him through the process. "First you take one measure of detergent, then you...."

As she gave the instructions, she wondered whether she should laugh or cry. Had she fulfilled her duties as a mother? Had she really done his laundry for his whole life without asking him to help?

This story may sound ridiculous, but it did happen to a friend of mine. Many of us are so caught up gearing up our kids for college that we forget to teach them some very basic life skills.

All along, Shilpa thought she had done a good job of raising her child. She had shepherded him to after school activities, math classes, Science Olympiad, taken him for sleepovers to other Indian friends' homes, made sure he had home cooked meals and clean clothes.

Many of us were brought up in India, in homes similar to mine. I grew up in New Delhi; my father was a senior government official, and my mother a school teacher. My father had struggled to get educated and wanted to provide us with an easier life than his.

"Your job is to study," he reminded us continuously, "you must study hard." All of us know the emphasis we Indians place on education.

Looking back, I wish I had listened to him a little more. After coming home from work he would never go out, but kept an eye on us doing our homework. He frowned on us doing house work. There was usually a maid who cooked, washed and cleaned, a dhobi nearby ironed clothes, a driver took my dad to work, and a peon picked up his tiffin at

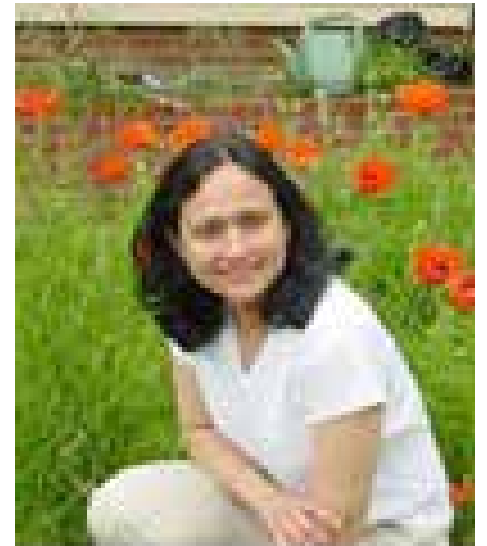
lunchtime. We were told to just keep our rooms tidy and water the garden at the most.

We often try to bring up our kids in the U.S. like we were brought up in India, shielding them from mundane chores, asking them to concentrate on developing their intellect and choosing sound and well-paying careers. While neighborhood kids are mowing yards to earn money or working in the grocery store, some of our kids are encouraged to practice for their ACT/SAT exams, attend camps and perhaps learn computer programming - all good things of course.

This summer, while parents try to maximize the quality of time they spend with their children before they leave home for college, they can also take some time to teach them some basic life skills. Besides arming them with the right values and good decision making abilities, also teach them how to make their own bed, make a cup of coffee, wash their clothes, and yes, oh yes, teach them some cooking. These skills will stay with them for life. Tomorrow, when they go off to college, they may end up being the most popular kid in

their dorm if they know how to dish out a tasty Chicken Jalfrezi or Aloo Gobi. Besides, of course, making the Dean's List.

Cheryl A. D'Mello is a freelance writer and journalist in Cleveland. She is also a part time lecturer teaching Communication at Cleveland State University and English at Cuyahoga Community College.



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High School Journey Essay

RIYA DESAI

Four years ago I began my journey when I stepped foot into a school filled with hundreds of students, numerous classes, and one high school journey which was unique to me. Anxious yet excited, I remember how intrigued I was at all the opportunities that stood in front of me. At that moment, I did not realize how quick the next four years would flash in front of my eyes. As my life drastically changed, the experiences and the people around me would have lasting impacts on some of the most important years of my life.

High school is a special time. It's a time where we get to grow into mature individuals who seize every opportunity to learn. A time when we are faced with challenges that we overcome to become stronger individuals. Most importantly, it is a time to just have fun. This unique journey allowed me to discover my hidden passions between the row of green lockers and worn down textbook pages. To all the students in high school right now, just remember this one lesson: hard work pays off in the grandest forms of success.

Freshman year, as a naïve and innocent student, I took a wide range of honors classes and became involved in various clubs. This was a time when I dipped my toe in the large pool of clubs and extracurricular activities. Whether it was Academic Challenge, Speech & Debate, or Spanish Club to name a few, I found myself yearning to learn and make my mark within these programs. However, academics weren't the only thing that filled up my schedule. The seasonal dances and football games were a pleasant relief that created nights full of laughter, as I always remembered to take time to myself and breathe. As I juggled between challenging classes, varsity tennis, and school clubs, I always made sure to put forward my best effort in everything I did. As a freshman, I worked tirelessly to lay

a robust foundation that would help propel me as I continue my journey throughout high school. During this first year, I stepped outside of my comfort zone to try things I never thought I would be able to handle, when in actuality I found myself finding new passions and reaching new levels of excellence. Now when I look back, I see the value of staying up late every night just to get that last assignment finished. The first year of high school is a time to try a variety of new things and find what subject, people, and even activities you wish to take along with you as you step into the next stage of your journey: sophomore year.

My second year of high school was where my journey became further defined in an academic and social manner. Classmates turned into friends, subjects turned into passions, and teachers often evolved into mentors. Although I was still referred to as an underclassman, I began to learn the in and outs of high school and utilize it to my advantage when scheduling classes. When I planned my course schedule, I decided to double up in science to ensure that by the time I reached senior year, I was able to take all the classes I believed would benefit me in the long run. AP classes began to take over my schedule as well as my involvement in additional extra curriculars. This was the time where I began to pick and choose which clubs I aspired to hold leadership positions in. I truly took a vital role in National Honors Society, Model UN, Student Council, and Leadership Challenge, and thus my involvements evolved into a leadership status come my junior year. Sophomore year is a time to truly sharpen your interests and decide where you want to devote your valuable time. Most importantly, sophomore year is the stepping-stone into the most crucial year of high school: junior year.

It is when junior year comes around that the time starts ticking and

college happens to be right around the corner. During the third year of high school, students feel the stress of standardized testing and GPAs weighing down upon them. Hours of my time were dedicated to studying for the ACT, working at the local Walgreens, and enjoying evenings with friends. There were moments throughout my journey when I questioned the level of intensity I put in to surpass the requirements of daily assignments, but despite all this I remembered that I just had to keep my head held high in order to succeed. In addition to maintaining a high GPA, I believe it's essential to wisely spend your free time, even when you may believe you don't have any. Instead of continuing my career of tennis into junior year, I decided to get a job and gain a new set of experiences in a professional arena. The skillsets and lessons I acquired at Walgreens were ones that I could never learn inside a classroom. It is truly important to remember that enjoying the little things in life always help when going through stressful periods. For me, I found naps and coffee to be my best friend in trying times. Junior year was the year I truly understood the importance of time management, and it is with this great quality that I was able to enjoy all the opportunities that upperclassman should experience. Although at times it felt like I was climbing a steep mountain with no visible summit, I took every obstacle one by one remembering how far I had already come. There was only one more hike till I reached the peak: Senior year.

Senior year was filled with lasts for me. The last first day of school, the last homecoming dance, and even the last walk through the lunch line with the bright red lunch trays. This is the year filled with endless college applications, unforgettable memories, and final goodbyes. With a head start on my college applications the summer before, I entered my senior year with a

little ease as I began to narrow down my interests into one particular major. Throughout my four years I discovered that my passions were fused with math and chemistry. Curiosity has always been a defining quality of mine, and with scientific research constantly evolving my interests were always growing. Thus, I found that chemical engineering was the perfect bridge that connects my passions with my urge to learn at any given opportunity. The beginning of my senior year was devoted to innumerable hours spent towards college applications. After finalizing a list of colleges to apply to, then came dozens of essays, interviews, and even college visits. This was the time to show the universities who I am as a student and what made my high school journey unique. Although challenging, it was my time to let my voice speak as a story on paper. The feeling of hard work truly paid off when I opened my acceptance letter to my dream school. This fall I will be attending Columbia University in the city of New York. With the global city of innovation housed right outside of Columbia's front door I intend to major in chemical engineering along with a business dimension and thrive with the unique opportunities that NYC offers. As I embark on the next chapter of my journey into college, I yearn to drive forward with my passions and continue working hard on this road to success.



Joke of the Day

A man joined a big Multinational Company as a trainee. On his first day he phoned the cafeteria and shouted, "Get me a coffee quickly!"

The voice from the other side responded, "You fool, you've dialed the wrong extension! Do you know who you're talking to?"

"No", replied the trainee.
 "It's the Managing Director of the company!"
 The man shouted back,
 "And do you know who YOU are talking to?"
 "No.", replied the Managing Director.
 "Good!" replied the trainee.



Help needed for FICA Anand Mela

Looking for young musicians who play an instrument and read sheet music to participate in playing the Indian National Anthem at the Anand Mela on August 20th at 1 PM. The event is being held in celebration of India's 71st Independence Day at the Parma Library on Snow Road. If interested, please contact Michael Sreshta at (216) 403-3012 or sreshtamichael@gmail.com. He will be coordinating the practice sessions. Space is limited.





RELIGIOUS CORNER

Meaning of the word- "Namaskara नमस्कारः" obeisance

By DR. RAMASWAMY SHARMA –
SHIVA VISHNU TEMPLE, PARMA,
OHIO

It is a common practice of all individuals in India to greet each other with a Namaskar. It is a spontaneous gesture of happiness, recognizing the divinity in the other person. The expression is derived from the root 'nam' (to bow) and is analogous to the Greek 'nemo' the Latin 'nemus' the Old Saxon 'niman' and the German 'neman'. Doing a namaskara usually involves prostrations or falling at the feet of a reverential person. The Puja worship-ritual ends with namaskara and is said to be more efficacious for acquiring punya or merit of the Puja.

Thus states the Agama (the scriptures dealing with Temple rituals) - ततश्च देवतां भक्त्या परकिर्म्य नमेत् बुधः at the end (of Puja) the wise should perform namaskara. Namaskara is supposed to be two fold - कायकिः (physical) and वाचकिः (verbal) as per the following verse. कायकिो वाचकिश्चैव नमस्कारः द्वविधा मतः

The Physical or bodily namaskara is described thus

– प्रसार्य पादौ हस्तौ च पततिवा दण्डवत् कृषितौ जानुभ्यां धारिणीं गत्वा शरिसा स्पृश्य मेदनीं क्रयिते यो नमस्कारः उच्यते कायकिस्तु सः
Extending the legs and arms, the devotee stretches his body on the ground like a stick, touching the earth with his knees and head. This is known as the physical obeisance.

या स्वयं गदयपद्याभ्यां घटतिभ्याम् नमस्कृतिः क्रयिते भक्तियुक्तैर्वा वाचकिस्तूतमः स्मृतः
When the devotee recites devotional hymns composed by oneself while devoutly making prostrations, that is said to be verbal obeisance.

Out of these two types of namaskara or obeisance, the physical is said to be superior. द्वविधिस्य नमस्कारैः कायकिस्तूतमः स्मृतः कायकिस्तु नमस्कारैः देवास्तुष्यन्तसिर्वदा
And of these two kinds of Namaskara the most meritorious is the physical one, because it involves the other as well. The gods and the elderly are said to be extremely pleased with it.

In the next month article we will talk about "Pranama" which is another expression for Namaskara.

BOOK OF THE MONTH

NIVI ENGINEER

'Mission Mumbai' Misses the Mark

I grew up in Cleveland to Indian immigrant parents. I danced at the FICA Holi and Diwali programs, socialized with other Indian families, watched Hindi films every weekend, and learned then taught Hindi at the School of Hindi Language and Culture. I married a second-generation Indian from Cleveland, and now we're raising our children in Cleveland. But with each generation, the link to our Indian heritage gets harder to instill. So while I would love for my kids to learn about India, it's not going to happen the same way it did for me.

There's much talk in the entertainment world about representation; how do we fit into the world if there are no characters with whom we identify? And what does that mean for our children? Mindy Kaling, Hasan Minhaj and Aziz Ansari have helped us laugh at those shared experiences we children of Immigrant parents know so well. But what about our kids? I don't have it all figured out, but it has been my personal mission to have books around that my kids, if so inclined, could read and hopefully connect to.

"Mission Mumbai: A Novel of Sacred Cows, Snakes, and Stolen Toilets," by Mahtab Narsimhan, tells the story of Dylan Moore, a British boy who travels to India on vacation with his Indian best friend Rohit Lal. To be fair, the narrator is endearing, the plot is complex enough without being convoluted, the characters are

distinct and interesting, the conflict is realistic and sufficiently urgent, and the dialog is well crafted. All in all, as far as realistic fiction for middle grade readers go, this is a great story.

But in the end, I was disappointed that 'Mission Mumbai' was told by a white, male narrator. Perhaps that makes it more marketable and more relatable. Perhaps I've been too hyper-aware of the whitewashing of Hollywood to have been able to let it go. But when I'm looking for a book to connect my child to an experience of cultural immersion, I don't want to cast my child in the supporting role.

Ultimately, if we want books about Indians, we need to buy and demand books about Indians. This is a well-written, entertaining book. But if you're hoping to help your child identify and celebrate their heritage, I think we can do better.

- Nivi R. Engineer is a fiction writer and playwright with an MFA in Fiction from Spalding University. She is the author of "The Indian Girl's Definitive Guide to Staying Single," Jaathi (a full-length play about parents and daughters of marriageable age), and other stories. When she's not working or editing her latest novel, she blogs for GeekMom. She is also the Co-coordinator of Operations for Shiksha Daan Cleveland Heights.

HOUSE HOLD TIPS

BAL KARAMCHANDANI

How much do you know about BBQ grilling safety? Find out here!

- 1) What do you do if you smell gas while grilling? -Turn off the tank and burners, get away from the grill, and see if the smell persists
- 2)Where meat should be kept while marinating? -In the fridge
- 3) What is an OPD and what does it look like? - Overfill Prevention Device – A triangular knob on what looks like garden-hose faucet.
- 4) How long can food be kept out after grilling?-2 hours
- 5) When is it okay to reuse marinade? - Never
- 6) What kind of fire extinguisher should you NEVER use on a grease fire? - Water
- 7) If you can't find a fire extinguisher, what else can you use to control small grease fires? - Baking Soda
- 8) What is the minimum recommended distance that should be between the BBQ And all non-chefs?- 6 feet

TEMPLES IN CLEVELAND

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440 888-9433

BAPS Shri
Swaminarayan Mandir
330 220-4020

ISSO Shree
Swaminarayan
Hindu Temple
(440) 238-2222

Gurdwara Guru Nanak
Foundation
(330) 659-3748

Gurdwara Sahib of
Bedford
(440) 232-1702

Sree Venkateswara
(Balaji) Hindu Temple
(330) 576-5626

Jain Society of
Greater Cleveland
(330) 659-0832



Financial Statement 2016

ASSETS		LIABILITIES & CAPITAL	
Current Assets		Equity	
PNC xx5366 Main Operating	27,012.27	Opening Balance Equity	760,602.60
PNC xx6849 India Cultural Garden	63,226.48	Net Income(Loss)	3,275.63
PNC xx6857 Project Seva	48,354.59		
PNC xx6865 Disaster Relief Fund	31,179.40		
PNC xx6873 Petty Cash	3,826.42		
PNC xx8069 Building Repair (Account Closed)	0.00		
PNC xx8069 BCS Obligations	17,521.97		
PNC xx8077 Shiksha Daan	7,429.58		
Investment Accounts			
Chase xx6786 ICC Bldg	145,956.05		
Charles Schwab	7,351.02		
TD Ameritrade	250,600.00		
Total Current Assets	<u>602,457.78</u>	Total Equity	<u>763,878.23</u>
Fixed Assets			
Other Asstes - ICG Sculpture	157,846.00		
Total Fixed Assets	<u>157,846.00</u>		
Current Receivables		Current Liability	
Current Main Operating Receivables	4,949.00	Current Shikshadaan Liabilities	1,374.55
Total Current Receivables	<u>4,949.00</u>	Total Liabilities	<u>1,374.55</u>
Total Assets	<u>765,252.78</u>	Total Liability & Equity	<u>765,252.78</u>

Income Statement 2016

Inflow and Outflow Statement Fiscal Year 2016						
	Description	Inflow Amount	Description	Outflow Amount		Inflow (Outflow)
Operation Account PNC xx5366	Donations	2,865.68	Donations	201.00		
	Event-Ambassador of India - Sponership	10,975.00	Event-Ambassador of India - Food & Venue	10,303.98		
	Event-Independence Day - Fund raiser	656.71	Event-Independence Day - Beverages	293.97		
	Event-Parade The Circle - Sponership	300.00	Event-Parade The Circle - Fees	706.69		
	Insurance - Refund	213.54	Insurance - Premiums	1,778.42		
	Lotus - Donations & Ads	9,611.00	Lotus - Layout, Printing & Mailing	9,426.54		
	Membership - Refund of excess	423.25	Membership Fees	100.00		
	Office Expenses - Reimbursement	84.52	Office Expenses - Phone, PO Box etc	1,162.59		
	RD-2016	1,774.27	RD-2016	75.00		
	RD-2017 - Tickets, Raffles & Donations	6,809.45	RD-2017 - Food, Venue, DJ, Sound & Raffle prizes	8,567.57		
			Taxes & Licenses	1250		
			Play house Square Bollywood dance competition	200.00		
	Total Inflow	33,713.42	Total Outflow	34,065.76		-352.34
India Cultural Garden PNC xx6849	New Contributions	1,000.00	Web site renewal	252.08		
	Fundraiser:10th Anniv Dinner	3,200.00	Maintenance	2,630.00		
			Membership	200.00		
	Total Inflow	4,200.00	Total Outflow	3,082.08		1,117.92
Project Seva PNC xx6857	Donations	13,951.62	Project - Blankets	2600		
			Project - Church Meals	10,445.73		
	Total Inflow	13,951.62	Total Outflow	13,045.73		905.89
Disaster Relief Fund PNC xx6865	No activity	0.00	No activity	0.00		0.00
Petty Cash PNC xx6873	No activity	0.00	No activity	0.00		0.00
Building Repair PNC xx8069			Adjustment Transfer to Operating Account	1,000.00		
			Bank Fee	3.00		
			To move the Historic Plaque	200.00		
			Transferred to BCS Obligations Account	16,660.97		
	Total Inflow	0.00	Total Outflow	17,863.97		-17,863.97
BCS Obligations PNC xx8069	Transferred from Building Repair Account	16,660.97				
	From BCS	861.00				
	Total Inflow	17,521.97	Total Outflow	0.00		17,521.97
Shiksha Daan PNC xx8077	Donations	6277.95	Scholarship	2,300.00		
			Christmas Gift Cards for students	375.00		
			Church Rental, Education Supplies and Snacks for Stude	3,333.98		
	Total Inflow	6,277.95	Total Outflow	6,008.98		268.97
ICC Bldg Chase xx6786			Transferred to TD Ameritrade	250,000.00		
	Total Inflow	0.00	Total Outflow	250,000.00		-250,000.00
Investment Charles Schwab	Unrealized Gains (Change in Market Value)	1,077.19				1,077.19
Investment TD Ameritrade	Transferred From ICC Bldg Account	250,000.00				
	TD Ameritrade Promotion	600.00				
	Total Inflow	250,600.00	Total Outflow	0.00		250,600.00
Net Inflow (Outflow)						3,275.63