

Summer

2014



Sandesh

“The Message”

A Newsletter from IndUS of Fox Valley

From Editors' Desk ...

Summer, the best of all seasons, is slipping fast. Warm sunny days, cool nights, bright green pastures and clear blue waters; all beckon us to enjoy the outdoors. It is easy to live at our own pace, unhurried and carefree. In this issue called “Summer Palooza” we bring to you many moods of the season. Our contributors are kids of different ages; from well known published poets, budding local writers to wide-eyed kids. All of them don't want the summer to end, but end it will. So let's enjoy many colors of Summer Palooza while they last.

Sandesh

**An IndUS of Fox Valley
Publication**

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*The views expressed in
the articles are not
necessarily those of the
Editors or
IndUS of Fox Valley*

Summer Biking

By Marsha Dawson

In the late 1950's, the summer I was seven or eight years old my knees never completely healed because I frequently fell off my bicycle, reopening scrapes and cuts.

Fast forward to June 1999 when I was a much more experienced bike rider, I fell off my bike in early morning traffic. I broke my right upper arm, badly dislocated my left thumb that needed surgery and cracked the bike helmet I fortunately was wearing.

Despite these accidents I keep riding. Now in the summer of 2014, I have ridden my bike every day since May 1, competing in a National Bike Challenge that continues until September 30. I have ridden a total of 609 miles so far as of June 30. Appleton bike riders hope to repeat as #1 city our size, with the most miles ridden by competing bicycle riders, in this challenge.

Summer to me has always involved bike riding, since I was five or six when my father taught me to ride a two wheeler without training wheels. I always give a shout-out, literally, when I get on my bike for the first ride every spring.

I bike for fun, to do errands and to get to some of my volunteer commitments. The freedom of riding a bike along a country trail, through wooded areas or on a city street is a thrill for me.

My husband, Terry, also enjoys bike riding. We have ridden on the Elroy-Sparta, Military Ridge and Fox River state bike trails. This summer we will explore some other bike trails in Wisconsin and Minnesota for day trips and some 2-3 day weekends. We will also enjoy monthly moonlight bike rides with a local biking group, the Fox Cities Cycling Association. On June 13,

starting at 8:00 p.m., 43 bike riders rode from Appleton to Little Chute, Kimberly and back to Appleton for about thirteen miles. It was an impressive sight with all the headlights and tail lights aglow in the dark.

Several times we have rented bikes to ride for a day while on vacation. In Key West we found biking around the city was a great way to explore. When I accompanied Terry to San Francisco where he had a work related conference, I had free time during the day. One day I rented a bike at Fisherman's Wharf, rode over the Golden Gate Bridge and on through the city of Sausalito on the other side of the bridge. I was told I could take a ferry back with the bike, but rode back across the Bridge again. It was a glorious day, better than sitting in a meeting as Terry had to do.

I have traveled outside the United States quite a bit but have only ridden a bike once on foreign soil. On a 2007 trip to Ireland our group of ten friends rented bicycles while on a day trip to Inishmore, the largest of the Aran Islands off the west coast of Ireland. Terry, one friend and I took a long ride along the coast of the Island enjoying stunning views and a visit to an Iron Age construction known as Dun Aengus. It was a bike ride to remember. I hope to bike in the Netherlands someday as I've heard it is a country that is fairly easy to bike.

Closer to home I enjoy the bike lanes and applaud Appleton and other cities for putting them on heavily traveled streets. I feel safer when there is a designated lane for bicycles. I always wear a helmet and follow the rules of the road. Most car drivers are courteous and respectful but I am always alert to all vehicles.

Some people I know ride their bicycles year round here in the Fox Cities! I am not that diehard. For me a quick ride downtown to volunteer to tutor a student in English or a ride to Shopko for a few small items happens several times in a week, usually totaling 10 miles per day. A longer ride of 20-25 miles in a day is a joy that I am able to enjoy hopefully once a week.

So if you see a 64 year old, gray haired lady, wearing a helmet, biking around town, smiling, that might be me.



Marsha Dawson has lived in Appleton most of her life. She is retired from a local school district where she worked as a teacher's aide. In retirement she does a lot of volunteer work in her community and finds time for biking. Her husband, Terry also loves to travel.

A Poem for the Earth

Ellen Kort

Listen Earth is singing is time-traveling
is shaped by the unseen hand of wind and water
She makes up words for mountains and volcanoes
waltzes across plateaus hums her way to the edge
of cliffs up and over hills slip-sliding down
into basins and ravines into the deepest canyons
Listen She knows bedrock lullabies
performs at the delta dances the continental drift

She yodels in eolian answers the rumble of thunder
and lets the wind do its work She invented science
lives in our neighborhood knows about giving
and taking about sunlight and dreamlight
stays awake to watch the unstrung light of stars
moving across sky She invites us to step forward
to take a closer look She knows the long story
of sandstone cornerstones fire stones memory
stones She knows every story ever written
and is willing to give us the missing pages

Listen She's waiting for you to walk barefoot
on a green day in May to hold a rock in the palm
of your hand to press it close and taste its breath
Listen Earth is singing Stand still and listen

The Way It Fits in My Hand

Ellen Kort

Today on my daily walk I pause for a moment to
pick up a sun-warmed stone nestled against an oak tree

a vagabond piece of the earth's backbone I can't
resist holding its smooth warmth against my cheek
cupping my fingers around it nesting it in the palm
of my hand I wonder how it migrated here like an
offering given to me on this day such a simple pleasure
I contemplate its lineage this shrine of endurance that
belongs to the earth How many times has the moon
passed over it How many times has it known the
rotation of stars the slant of sunlight the magnetism of
the earth How did it work its way into its position to be
noticed What kind of an agreement does it have with the
world What kind of an agreement with me in this
moment under the spinning globe of sky Here I am
carrying its roundness no rough edges just our language
of touch



Ellen Kort was Wisconsin's first Poet Laureate (2000-2004). She is the author of 11 books and 8 collections of poetry. Ellen's work has been featured in a variety of anthologies and incorporated architecturally in downtown Milwaukee's Midwest Express Center, the Green Bay Botanical Gardens and the Fox River Mall. Her poetry has been performed by the New York City Dance Theatre and recorded on audio by Ellen Burstyn, Ed

Asner and Alfre Woodard. Ellen uses her skills as a poet and teacher to reach out to the community in numerous ways, teaching at local universities and schools and conducting writing workshops for at-risk teens, nurses, physicians and for survivors of cancer, AIDS and domestic abuse. Ellen has traveled widely as a poet, speaker, and poetry workshop facilitator throughout the U.S., New Zealand, Australia, the Bahamas, and Japan. She is the recipient of several prestigious awards including 'Pablo Neruda Literary Prize for Poetry', 'Columbia Pacific Review Poetry Award' and 'Wisconsin Sesquicentennial Poetry Award'.

Here, Earth-born, over the lilt of the water,
Lispings its music and bearing a burden of light,
Bosoming day as a laughing and radiant daughter...
Here we may whisper unheard, unafraid of the night.
Walking alone...was it splendor, or what, we were bound with?
Deep in the time when summer lets down her hair?
Shadows we loved and the patterns they covered the ground with
Tapestries, mystical, faint in the breathless air.

- F. Scott Fitzgerald (*This Side of Paradise*)

Press close, bare-bosomed Night!
Press close, magnetic, nourishing Night!
Night of south winds! Night of the large, few stars!
Still, nodding Night! Mad, naked, Summer Night!

- Walt Whitman

Green was the silence, wet was the light,
the month of June trembled like a butterfly.

- Pablo Neruda (*100 Love Sonnets*)

Recital

By Laurel Mills

The aunts have resorted
to bribery: baseball cards
for piano practice. The boy
is always in a hurry
to get outside,
to have the athletic aunt
throw grounders
so he can bone up
on his fielding.
For the May recital,
the boy wears
a Little League uniform,
batting glove tucked
in his back pocket.
He moves effortlessly
through *Swanee River*
and *Quadrille*, takes a quick
bow by the piano bench.
Then he heads for
the punch table, grabs
a handful of cookies,
and is out the door, off to
another bench. Tonight
he has a game under the lights.

Such Simple Things

By Laurel Mills

I'm helping my father dig for night crawlers
in the rich loam of his garden. We search
near Swiss chard, snap peas just coming up, radishes.
On our waists hang green bait cans where we
bed the worms in coffee grounds and black dirt.
Driving the old Buick, he takes Mother and me
to the fast-moving Sandy River. Clear water
cascades around boulders, races over pebbles.
Trout hang under logs in the shadowed river world.
Mother counts lady slippers on the wooded bank,
smokes her Camels, reads Somerset Maugham.
This is a moment of girlhood I'll remember:
Spam sandwiches wilting in the picnic basket,
a glass jar of lime Kool-Aid, ice cubes melting.
Mother sitting on a blanket, whistling *Danny Boy*.
Father teaching me to cast my line into the
unknown river, to judge the pull of the current.



Laurel Mills is the author of five award-winning books of poetry. Her latest collection Rumor of Hope won the Encircle Publications Chapbook Contest, the Wisconsin Fellowship of Poets Chapbook Award, and Wisconsin Library Association Outstanding Achievement Honors. Mills is Senior Lecturer Emeritus at the University of Wisconsin-Fox Valley, where she taught

English and edited the literary magazine Fox Cry Review

Why I like Summer

By Ashok Tannan

Summer is the best season of the year. The days become long and the nights are short; and the earth is directly under the sun's rays. In many places, combined with the heat, these rays cause the drying up of ponds and lakes. This in turn leads to scarcity of water, which results in hardship to the farmers by affecting the growth of crops. For most of the people, summer also brings lots of outdoor activities, that are not possible during cold winter months. Many people enjoy summer picnics, beaches and parks, camping, golfing, biking and many water sports like boating, water-skiing, tubing, canoeing, swimming and surf boarding. Amusement parks and water parks are favorite destinations of kids of all ages.

Summer season also brings out beauty in nature, green grasses and variety of blooming and colorful flowers. Many birds and animals, who migrate to the warmer areas during winter, start to return in summer. Just watching the colorful flowers and chirping birds is very soothing. People also enjoy many summer fruits like, mangoes, pineapples, cherries, blueberries, watermelons and strawberries. Families enjoy taking children for fresh cherry and strawberry picking in orchards.

Many plants and animals go into a state of hibernation during winter months, and they wake up in springtime. During summer, everything in nature looks very colorful and green. We even enjoy seeing people wearing very colorful

clothes.

Although summer is enjoyable, it can be hard on elderly people. Due to extremely high heat, they could suffer from heat stroke, which can result in death and or exhaustion. Scientists now believe that heat levels have been on the rise due to global warming, and if nothing is done, they will continue to rise making life difficult. In most countries, it is the poor people who tend to suffer the most, due to lack of proper facilities available to them.

For students, summer is really enjoyable time of the year. For most of them, there are no studies or exams to worry about. They travel as much as they can. Traveling also becomes part of their

their learning process. Many students learn about new places. work hard during summer and save for their education.

With children out of school, families do end up running around a lot in summer. It is very common to see "soccer moms", "baseball moms", "swimming moms" and "activities moms", etc. etc.. Many families go on family vacations during summer so their children can see and

learn about new places. Traveling in summer also means traveling 'light', and not having to worry about heavy winter clothing. Also, we do not have to worry about slipping and sliding on the road, compared to winter driving.

Ashok Tannan is a retired Mechanical Engineer. He enjoys traveling, bicycling, walking, hiking, water sports and winter



Wisconsin, YMCA and Town of Menasha Parks.

sports. Along with his wife, he also enjoys volunteering for Salvation Army, IndUS, India Association of Northeast

What Summer Means to Me

By Janice Dugal

Summer has always been one of my favorite times of the year since I was a kid. Worry free hazy days, family vacations, trips to the park, and of course no school is what comes to mind when I think of summer. Childhood memories of running through sprinklers on hot summer days, chasing after the ice cream trucks driving around the neighborhood (feeling a sense of accomplishment once I caught up to one, only soon to realize I did not have any money with me – MOM!), running through backyards with neighborhood friends, and staying out until the street lights came on. Great memories, fun memories. Those times seem so simplistic in today's electronic and social media craze.

I'm so glad I can now watch the same love for summer with the eyes of my three daughters. My summer babies, all born in July, would be out all day if it was up to them; enjoying many of the

same things I did when I was their age, except for drinking from the water hose and me chasing them with sunscreen– LOL. Watching them chase butterflies, run through the sprinkler, and play on the swing set today – are sure to become my treasured memories of tomorrow.

Summer is also filled with patriotic moments. Memorial Day Weekend kicks off summer and ends with Labor Day Weekend with a lot of patriotism in between. From Flag Day to the 4th of July. It almost seems unpatriotic not to have a backyard BBQ on the 4th of July. Backyard BBQ and fires with s'mores seem to be abundant in our house and neighborhood.

Summer brings on freshly picked fruits and vegetables. I am a frequent visitor of local farmer's markets. My girls love to sit in the back yard and eat fresh fruit, especially mangoes. The mangoes definitely make me think of my parents

who often describe eating mangoes growing up in India. There is something to be said about being Indian and eating mangoes!

Summer heat, fireworks, glow sticks, road trips, sandals, flip flops, barefoot in freshly mowed lawns, flowers blooming in the garden, sunsets, watching the moon on a warm night, chirping birds, crickets, and even mosquito bites.....feeling carefree and nostalgic.



Janice Dugal grew up in Wheaton, IL. Janice attended Elmhurst College in Elmhurst, IL and has degree in accounting. She lives in Appleton, WI and enjoys being a mom to Jenna, Reeya, and Reena.

Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language. - Henry James

Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language. - John Keats

O thou who passest through our valleys in Thy strength, curb thy fierce steeds, allay the heat That flames from their large nostrils! Thou, O Summer, Oft pitchest here thy golden tent, and oft Beneath our oaks hast slept, while we beheld With joy thy ruddy limbs and flourishing hair. - William Blake

Summer will end soon enough and childhood as well. - George Martin

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. - James Dent

Summer, after all, is a time when wonderful things can happen to quiet people. for those few months, you're not required to be who everyone thinks you are, and that cut-grass smell in the air and the chance to dive into the deep end of a pool give you a courage you don't have the rest of the year. you can be grateful and easy, with no eyes on you, and no past. summer just opens the door and lets you out. - Deb Caletti

Summer is the Best

By Jenna Dugal

Summer is a good time because there is no school.
 Summer is the best because I love to catch butterflies.
 I love to run through the sprinkler.
 I love to eat popsicles outside.
 I love to go to the pool with my sisters.
 I love to smell flowers.
 In summer I can stay up late because the sun is still up.
 Summer is the best.



Jenna is a 7 year old and will be a second grader at Classical School in Appleton. She is involved in dance, piano, choir, soccer, and Girl Scouts.

I Wish Summer Never Ends ...

By Ninad Raut

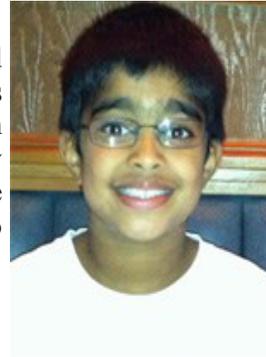
Summer is so much fun because there is no school. I love playing with my friends outside all day long. I also like to go swimming at the YMCA with my friends. Sometimes my friends and I have sleepovers and watch movies until 1 am.

I like to go camping with my family and friends. We go biking and hiking. We play badminton, and football. The best part of camping is sitting by the fire and

eating s'mores!

I also love playing tennis with my Dad and my brother. I play team tennis where we play against other teams in the Fox Valley. I also like my basketball camp and the league, where I see my friends again. Summer is so much fun, I wish it never ends!

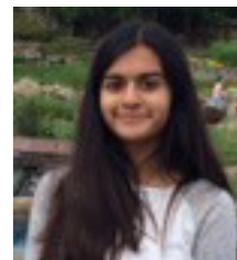
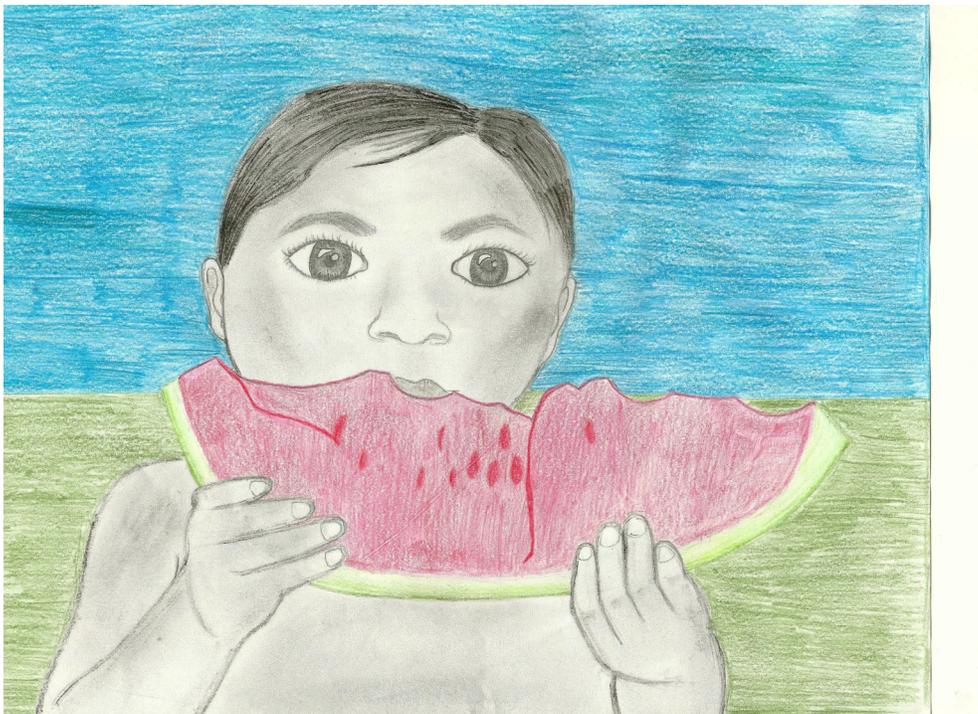
Ninad is a 9 years old fun loving boy. He will be going to fourth grade this



fall in Carl Traeger Elementary school in Oshkosh. He loves to play different sports and is always full of energy.

Summer Delight

By Parnika Shukla



Parnika is 14 and will be in high school this fall. Her paintings were displayed and auctioned off at an art show held by City of Appleton. She donated the proceeds to a charity. She enjoys playing basketball, volleyball and volunteers at YMCA's Camp Hope of children with disabilities.

During the hot summer days you may find this salad very refreshing.

Quinoa and Mango Salad

By Tejdeep and Sudeep Sodhi

Ingredients

1 cup uncooked quinoa
2 cups water
2 cups peeled mango (about 2 large mangoes)
3/4 cup sliced green onion
1/2 cup dried cranberries
1/4 cup chopped fresh parsley

Dressing:

1/4 cup olive
2 tablespoons white wine vinegar
1.5 teaspoon Dijon mustard
1/2 lemon juice
salt to taste or about 3/4 teaspoon
1/8 teaspoon pepper

Place quinoa in fine mesh strainer and rinse well, transfer to medium saucepan and add water.

Bring it to boil, reduce heat, simmer, cover it for 10-12 minutes until all water is absorbed.

Stir, let stand, covered, 15 minutes.

Transfer to large bowl, cover, and refrigerate at least one hour.

Add mango, green onions, cranberries, and parsley to quinoa, mix well.

Combine oil, vinegar, mustard, salt, and pepper in small bowl; whisk until blended.

Pour over quinoa mixture, mix until well blended.

Makes 8 2/3rd cup servings.

This multicolor unprocessed salad is a nutrition powerhouse.

White quinoa is an ancient grain that was grown by Inca Indians. This tiny

round whole grain is higher in protein than other grains including wheat and is one of the rare grains that has all the essential amino acids.

Mango is a rich source of fiber. It provides prebiotics and it is also a major source of Vitamin A derivatives and antioxidant phytonutrients that counteract onslaught of environmental chemicals. It is also a good source of potassium and can reduce effects of excessive salt intake.

Green onions and parsley are good sources of Vitamin K (for bone health). Zea Xathin in parsley may help to prevent age related macular degeneration that is a common cause of old age blindness.



News ...

A message from the Ex-President of IndUS of Fox Valley

Dear Friends and Members of IndUS of Fox Valley,

In 2007 IndUS started a campaign "Investing in Future". The vision of this program was to support initiatives aimed at preparing children from different socio-economically disadvantaged sections of the society in the USA as well as elsewhere in the world so that they could succeed in life and fulfill their dreams. Since then IndUS has been working towards this goal and it has provided many grants under this program. To create a continued source of funding for this purpose, IndUS joined hands with Community Foundation of Fox Valley in establishing *IndUS Future Fund*. Initially, the goal was set to have \$100,000 in this account. I am proud to share with you the good news that at the end of 2013 we were able to achieve our goal. Our sincere thanks to all those

people who took the initiative to start this fund and also to all those friends and members of IndUS who helped us in achieving this goal. The sixty percent of the dividends from this investment is dedicated to local cause and forty percent is used in India and elsewhere to support projects to help children.

Reaching this goal does not mean that we do not need to raise funds any more. IndUS of Fox Valley has made a place by serving the community here and abroad for charitable activities. We need to continue raising money so that IndUS could continue fulfilling its mission and for this your generous support will be of great value.

Thank you for being IndUS friend.

Kamlesh Varma

Bollywood Bash at APL

On January 21, 2014 was a cold winter evening, warmed up by people learning to dance to Bollywood music. Appleton Public Library hosted **Bollywood Bash**. We participated by sharing culture of



India with displays of sarees, jewelry, mehendi and sampling of dinner foods. Major highlight was dancing to a video and learning Bollywood dance steps.

Presentation at St. Margaret Mary Church, Neenah

On February 1, 2014 IndUS was invited to make a presentation on **Hindu Weddings**. It was accompanied by henna tattoos for interested church members. They appreciated entertaining and informative look into a culture other than their own.



The Board of Directors

Ms. Nancy Heykes (Chair)
 Ms. Sridevi Buddi
 Dr. Mahendra Doshi
 Dr. Sonja Downing
 Mr. Tim Higgins
 Mr. James King
 Ms. Karen King
 Ms. Ruth Mansukhani
 Ms. Sandipa Newman
 Ms. Kamlesh Varma (*ex-officio*)
 Mr. Jayprakash Ravel
 (India Association NEW *ex-officio*)

The President, Vice President, Secretary, and Treasurer of IndUS Exe. Committee are *ex-officio* members of the board.

The Executive Team

Ms. Sonu Pareek
President

Ms. Susan Kulkarni
Secretary

Dr. Gaurav Bansal
Treasurer

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 (*Cultural & Art Programs*)

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 (*Webmaster*)

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Ms. Sridevi Buddi (*Co-Chair, IndUS-2014*)

Visit our website at
www.indusfoxvalley.org
 Contact us at
 indusfoxvalley@yahoo.com

**Diversity Fair at Neenah High School**

IndUS volunteers are an integral part of the annual Diversity Fair at Neenah High School, from its beginning fourteen years



ago. On April 26, 2013, Neenah high school buzzed with excitement. IndUS booth had hundreds of teenage students stand in long lines to get henna tattoos, free food samples, and clothes to try and bindis to wear. The money raised this year, \$200, will be donated to a charitable cause.

Welcome New Leaders

IndUS general body meeting and elections were held on June 14, 2014 at UW Fox Valley. New Executive team consisting of Sonu Pareek, President, Susan Kulkarni, Secretary and Gaurav Bansal, Treasurer and several directors on the board were elected. Look for their names in this issue of Sandesh.

Big Salute the outgoing leaders

We thank outgoing team led by Kamlesh Varma for the tremendous job in the past two years. Over the past decade, IndUS has carved a niche as a model non-profit volunteer organization in the area. Credit goes to all the volunteers.

Annual Volunteer Recognition Dinner was held on the same day following the meeting elections. It was party time. In addition to food, fun and games, this was time to select a theme for the next annual banquet

IndUS-2014**Registration Form**

Your Name & Address

Telephone _____

E-mail _____

Tickets Needed

After October 31st add \$5 to each Individual Ticket price.

| | | |
|-------------------|---------|----|
| IndUS member | x \$40 | \$ |
| Non-Member | x \$50 | \$ |
| Full-Time Student | x \$25 | \$ |
| Table for Ten | x \$500 | \$ |
| Tickets Sub-Total | | \$ |

IndUS Membership

| | |
|--------------------------|--------|
| Individual Member | \$ 10 |
| Family Member | \$ 20 |
| Life Membership | \$ 200 |
| Benefactor (\$100-\$499) | \$ |
| Patron (\$500 +) | \$ |
| Donation (If any) | \$ |

Grand Total (Tickets, Membership Dues, & Donation) \$ _____

Complete the form and mail with your check payable to IndUS of Fox Valley to

Ms. Kanchan Patkar
 5009 North Waterford Drive
 Appleton, WI 54913

Tel: 920.832.9907

kanchan.patkar@kcc.com

IndUS 2014. Volunteers selected “Natural Wonders of India” as the next theme. Planning is already under way. If you would like to get involved, please contact Kamal Varma, Steering Committee Chair at kvarma27@gmail.com or at 920 731 0834. Moreover, use the form on page 7 to buy your ticket. Remember that each year it is a sold out event.

Juneteenth is a celebration of African American history and heritage and the end of slavery. On June 22, 2014 City of Appleton and African Heritage Inc. organized Juneteenth Festival at the City Park in Appleton. IndUS

had an information booth to share Indian culture with the community. Our volunteers raised \$200 by making beautiful henna designs for willing visitors. The amount will be donated to a worthy charity and will be announced at the annual banquet, IndUS 2014.



IndUS Of Fox Valley
3600 N. Shawnee Ave.
Appleton WI 54914

IndUS of Fox Valley
Presents
IndUS - 2014
*Natural Wonders of
India*

Saturday, November 22, 2014
5:00 to 9:30 p.m.

Radisson Paper Valley Hotel
Appleton

*Exhibition
Social Hour
Authentic Indian Cuisine
Cultural Program*