

Summer

2019



# Sandesh

“The Message”

A Newsletter from IndUS of Fox Valley

## From Editors' Desk

Summer in Wisconsin is the best time of the year. Nature bursts into a glorious display of flora and fauna. It invites us to indulge in outdoor pursuits. A relaxed pace of life lends our very essence a sense of calm and contentment. It allows us to follow passions of our heart; leisurely reading, water sports, summer concerts, marathon races, gardening and many summer festivals. Before we know it, it changes into another season. This summer issue of Sandesh brings to you an article and a poem by our budding young teenagers, news of many education and outreach activities and a reproduction of recipes for summer drinks from India to help you beat the heat. Enjoy the season....

Sandesh

An IndUS of Fox Valley  
Publication

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The views expressed in  
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## Summer Recipes

During the hot summer days in different parts of India people make different drinks to cool off. Some of these drinks have medicinal value to cure heat strokes. Here we give recipes of some such drinks.

### Aam Panna (Green mango drink)

Aam Panna is renowned for its heat resistant properties. It is made from green mangoes and it is used as a tasty and healthy beverage to fight against the intense Indian summer heat. It quenches thirst and prevents the excessive loss of sodium chloride and iron during summer due to excessive sweating.

#### How to prepare it:

1. Wash the mangoes. Boil water in a pot.
2. Boil mangoes till they are soft. It will take about 10-15 minutes. You can pressure cook the mangoes.
3. Let the mangoes cool. Remove the skin and the inner seed and keep the pulp.
4. Blend the pulp well with the jiggery in the blender or you can mash it well with your hand.
5. Add cardamom powder. The thick pulp is ready.
6. You can prepare the pulp and keep it in the fridge.
7. When you want to serve, add about ¼ cup pulp into a glass, top with cold water. Stir to mix well or you can use a hand blender or a mixer. Add ice cubes and serve.

You can add rock salt / pepper powder or nutmeg powder for extra flavor and taste.

### Neebu Shikanji (Lemon Drink)

Neebu Shikanji is a very popular summer drink of Indian subcontinent. It is made from freshly squeezed lemon juice, sugar, and a hint of black salt.

#### How to prepare it:

1. Mix sugar in 4 cups of water.
2. Add freshly squeezed lemon juice and black salt (to your test). Mix Well
3. Put some ice cubes in a glass and pour the sugar-lemon juice mixture
4. Decorate with a slice of lime and mint leaves.

### Thandai

Thandai is a wonderful cold refreshing and healthy flavored milk that is traditionally prepared during the Holi festival (festival of colors). When people become a little exhausted after playing exciting yet tiresome holi a glass of Thandai offers instant energy and cools the body.

#### Ingredients:

- 1/2 cup almonds (badam)
- 1 1/2 cup Milk
- 4 tablespoons Sugar
- 1 1/2 teaspoon whole black pepper (kali mirch)
- 1 tablespoon fennel seeds (saunf)
- 2 tablespoon poppy seeds (khuskhus)
- 4 green cardamom (ilatchi)
- 2 tablespoons rosewater
- 2 cup water, adjust as needed

**Summer Recipes Continued...****How to prepare Thandai:**

1. Soak almonds in water for at least 6 hours. Peel off the skin.
2. Grind black pepper, fennel seeds, poppy seeds, and cardamom.
3. Using a blender and adding just enough water, blend the almonds.
4. In the same blender add the ground spices and about ½ cup of water with almond paste. Blend until creamy.
5. Add 1 cup of water and sugar blend until sugar dissolves.
6. Strain the mix through the fine strainer or cheesecloth.
7. Return the left over ground paste to the blender with rest of the water.
8. Blend again and extract the liquid once more.
9. Discard remaining ground mash.
10. Mix the almond liquid, milk, and rose water.
11. Thandai is ready serve over the crushed ice.
12. Garnish with rose petals.

**Mango Lassi**

Lassi is a popular yogurt-based drink of the Indian Subcontinent. It is made by blending yogurt with water and Indian spices. Mango lassi is most commonly found in India and Pakistan though it is gaining popularity worldwide. It is made from yogurt, water and mango pulp.

**Ingredients:**

- 2 ripe, sweet mangos
- 1 1/2 cup plain nonfat yogurt
- 2 tablespoons honey
- 2 cup ice (1 tray of ice)

**How to prepare it:**

Peel and dice the mango and puree in a blender. Add the rest of the ingredients and puree until the ice is crushed and the drink is frothy. Serve in tall glasses with additional ice, if desired.

**Mattha: A cool, savory buttermilk drink Ingredients:**

- Buttermilk 2 cups
- Water 1 cup
- Ginger paste 1/2 tsp
- Hot pepper paste 1/2 tsp
- Cumin powder 1/4 tsp
- Cilantro 1 tbsp chopped
- Mint 1-2 leaves

**How to prepare it:**

Add little 1 cup of water to thin buttermilk. Add the ginger-pepper paste, cumin powder and herbs. Mix well and check the taste. It should not be too spicy or too sour. The right flavor should have a hint of spice from the ginger & hot peppers. Garnish with chopped cilantro. Refrigerate and serve chilled. Tip: You can use plain yogurt instead of buttermilk. Add water, pinch of salt and whisk it to make buttermilk.



## Cave Point, Door County

*By Anusha Maheshwari*

Picture your ideal summer day. I can imagine 75 degrees, with a slight breeze, sunny, on a lake, and of course mosquito free. Luckily, this was the exact environment in which my summer had begun.

All of May, every single high schooler eagerly waited until the last day of school and for summer to begin. No more classes or tests, or hot classrooms. They refused to turn on the air conditioning. It's a time full of laughter and sunlight. The moment the last bell rang, we all rushed out, ready for the best summer ever.

Two of my friends and I, all piled into a small car, ready for this mini two-hour road trip we had been planning for weeks. We brought so much food with us that one would have thought we were anticipating an apocalypse.

After two hours of out-of-tune singing, we reached our destination, Cave Point, Door County. We walked around the hiking trail for a while and then decided it was time. Time to go cliff jumping. However, sadly, none of us had planned for the freezing waters of Lake Michigan.

When we decided where we were going to jump, we ran into a group of younger girls. They were extremely nervous about jumping, since it happened to be their first time at Cave Point. So, two of my friends and I decided to jump first to show them they did not have to be afraid of anything.

I handed them my phone so they could take a video of us and began walking, ready to jump. I still remember my heart violently pounding as I climbed up to the rock and looked into the calm lake. Although it was only ten feet drop, I suddenly became extremely nervous. Even as a swimmer and a swim teacher who is always in a pool or lake, I felt jittery. So many thoughts began to roam in my head. What if the water isn't deep enough? Or what if a wave comes out of the blue? Then suddenly, my thoughts were interrupted by the girls starting the video and counting down for us. 3-2-1...and we jumped!

First came a wave of panic as I hit the icy cold water, but then the adrenaline hit, and I felt a surge of excitement. I had been ecstatic not only because I had conquered my fear of heights but also because I had begun this summer with something that I had been so afraid to do in the past.

After quickly swimming to the rocks, we climbed back up to the top. The girls told us how amazing it looked when we jumped and how excited they were now. It was such an amazing feeling to inspire them, even if it was simply for jumping off a cliff.

After cliff jumping once more, we headed to a nearby beach for a picnic. We walked down a mile-long path to be greeted by a mosquito and ant filled beach. My perfect summer day had almost been fulfilled, but of course the mosquitoes had to make an appearance.

We quickly walked back to the car and found a nice grassy area and had our picnic. After a delicious feast and snapping a few poorly lit photos, we packed up and headed home.

This whole summer day, which had been a dream for the whole month of May, had finally come true. We were out on a real adventure, singing out of tune at the top of our lungs and soaking up the sun, enjoying our time and just being kids.

However, I learned so much on this day. I realized that this upcoming year in school, I was going to be one of the oldest kids in the school. I am now supposed to be a leader that kids younger than me can look up to. That is exactly what the younger girls at Cave Point did. I realized that they can be fearless and do something even if it was as small as cliff jumping. But more importantly, I realized that I can achieve anything, even if I think I can't. Just by starting the summer off right and making such a bold decision in conquering my fear, I showed myself that I can take risks and overcome my fears.

Although this sounds like a cheesy, moral filled story, it is still one of my favorite summer days and will always be. I am so excited to see many more adventures that I will pursue this summer, and hopefully also have less rainy and more sunny days ahead!

*Anusha Maheshwari is a senior at Appleton North High School. She enjoys competitive swimming and teaches swimming at the Wisconsin Swim Academy. She loves hiking, park yoga and kayaking. During the school year, she teaches Junior Achievement classes and is on the Junior Achievement Student board.*

## Beauty by Mira Verma

We have been taught to see the beauty in everything  
And use it to cover the faults  
Every time I went to India, I saw the temples, the culture, the love  
Whilst masking the rest  
The slums behind all the glory  
The trash that has become the view  
The women in the villages,  
Who wake up each morning  
To back-breaking labor  
And the girl  
Sent to chores



Not like her brother  
Who was sent to school  
And that one smiling girl  
Her innocence snatched  
With the trauma of rape  
I try to hide the bad  
The festivals, the lights, the colors  
I try to appreciate the place where I came from,  
But I see the goddesses being worshipped, yet the  
real women being left behind  
I feel helpless  
I feel powerless



I see the children that envy me  
“She’s from America”, they say  
And I know how much they would give to take my place  
This all goes by each day  
As so many people are blinded by the beauty  
Just like I was



*Mira Verma is a rising senior in high school. She loves traveling and writing. This poem was written after a trip to India two years ago.*

## IndUS News

**IndUS banquet:** The 20th annual IndUS banquet titled 'Role of Women in India' was held on November 17, 2018 at the Red Lion hotel with an attendance of over 525 guests. The hallway decoration and the banquet hall decorations portrayed incredible women who have inspired us over the ages. The exhibition area which provides educational value was divided into 3 rooms focusing on 1. Literature, Movies, and Sports; 2. Science, Math, Business and Engineering; and 3. Daily Living. In each of the rooms we featured accomplished women who made their mark in history from ancient to modern times. As we presented these women, we tried to highlight the changes in daily life over time and the struggles women had to endure. High school students role played these women in interactive exhibits. During the banquet we brought onto the stage, women from the Fox Valley to represent remarkable women in various fields and disciplines including volunteers and homemakers. The dinner was enjoyed by all and the cultural program was an outstanding duet of Kathak, an Indian dance with flamenco. We gave grants of \$2000 each to three domestic abuse shelters in the Fox Valley and \$1000 to United Way's hurricane Michael recovery fund. We accomplished our education & outreach, cultural, and charitable objectives during the banquet as always and with increased momentum.



**IndUS News continued..**

**Keller elementary school Green Bay, November 19, 2018**

IndUS of Fox Valley volunteers gave 3rd and 4th graders a peek into Indian culture for part of their day. Students were given a poster presentation on Indian customs, culture, landscape, and the history of one of the largest democracies in the world. They also enjoyed food samples, henna tattoos, and attended a question and answer session.



**Carl Traeger Elementary School first diversity celebration in Oshkosh. Friday, January 18th from 1:00 pm-2:30 pm.**

IndUS table had a consistent stream of curious little visitors to get henna tattoos, taste foods from India and examine the curios. It was a busy and fun afternoon.



**Building for Kids diversity discovery day February 10, 2019**

The event was a tremendous success with 1500 visitors. Our theme was, "Dances of India". A craft station and information sessions were built around this theme. IANEW volunteers, both adults and high school volunteers led Bollywood and dandia (a folk dance with sticks) dance sessions. Some learned the dance moves and many enjoyed watching them in the auditorium.



**IndUS News continued..**

**Highland Elementary School Feb 21, 2019, 5:00 pm-7:00 pm**

IndUS volunteers participated in the annual Multicultural night at Highlands/Odyssey Elementary school. The activities for the evening included henna tattoos, food samples, and presentation on India. Riya Butala and Neha Chetty entertained the guests with a Bollywood dance highlighting diversity of India. The event was well attended!



**Raagamala at Fox Cities Performing Arts Center, March 5, 2019.**

Raagamala dance company presented 'Sacred Earth' at the Fox Cities PAC. Sacred Earth is a beautiful vision of the relationship between man and nature presented in Bharatnatyam style of dance, featuring Kolam and Warli paintings for background folk art. The dances depicted ancient sangam literature of Tamil Nadu, a southern state in India. IndUS discounted the ticket price for its patrons to help them avail this unique opportunity. IndUS also set up a station at the PAC reception with information regarding IndUS activities, a presentation about the dances of India for an attractive photo op for the attendees. The event participation led to tremendous outreach opportunities including future collaborations with PAC.



## IndUS News continued..

**Neenah High school Diversity Fair** on Friday April 12, 2019 from 11:00 am-1:30pm

For the 18<sup>th</sup> year in a row, IndUS volunteers participated in representing India with a booth and with food samples, clothes for dress-up, curios, bindis and henna. Henna has been one of the most popular features of the fair. Teenagers stood in long lines to get henna tattoos. A new feature this year was introducing them to Bollywood dance steps. The dance demos were a great success.



**Ferber elementary multicultural event** on Saturday April 13, 2019 from 11:00 am- 3:00 pm.

IndUS volunteers had a wonderful representation at the Ferber Elementary multicultural event. Along with the food samples, henna, and tattoos the volunteers also educated the guests on the diversity and history of India. Our own kathak dancer Anindita Neogy performed for the students and educated them on facial and hand movements on how to represent different animals and birds. Students and parent alike enjoyed the interactive performance!



**IndUS News continued..**

**Kaleidoscope Academy** April 26, 2019 from 8AM - 10 AM and again in the afternoon from 1:15pm - 3:20pm.

IndUS volunteers were invited to teach Bollywood dance to 7th and 8th graders at Kaleidoscope Academy as part of their curriculum on Asia. Volunteers gave students a detailed presentation on India, her diverse cultures, traditional clothing, classical dances, and Bollywood dancing. The students also received 20-minute instruction on Bollywood dance! The students were thoroughly engaged and enjoyed the sessions.

**Doug Dugal paper discovery day** on Saturday, May 11 from 10:00am-4:00pm

The event was organized by IndUS of Fox Valley in collaboration with the Paper Discovery Center on a Saturday as part of our education and outreach programming. Activities included paper making, cardboard creativity workshop and a PDC tour. We received a good response. All the paper making sessions were fully attended. .



**KC Focus Asia** May 8, 11:00am-2:00pm

This was the first opportunity IndUS got in participating in KC Focus Asia. KC employees enjoyed the day understanding the diversity in India. They learnt writing a few greetings in some of the Indian languages as a first step to understanding India's diversity. Many tried various outfits and posed for photo ops against a beautiful temple backdrop. We have also been asked for a greater presence next year!

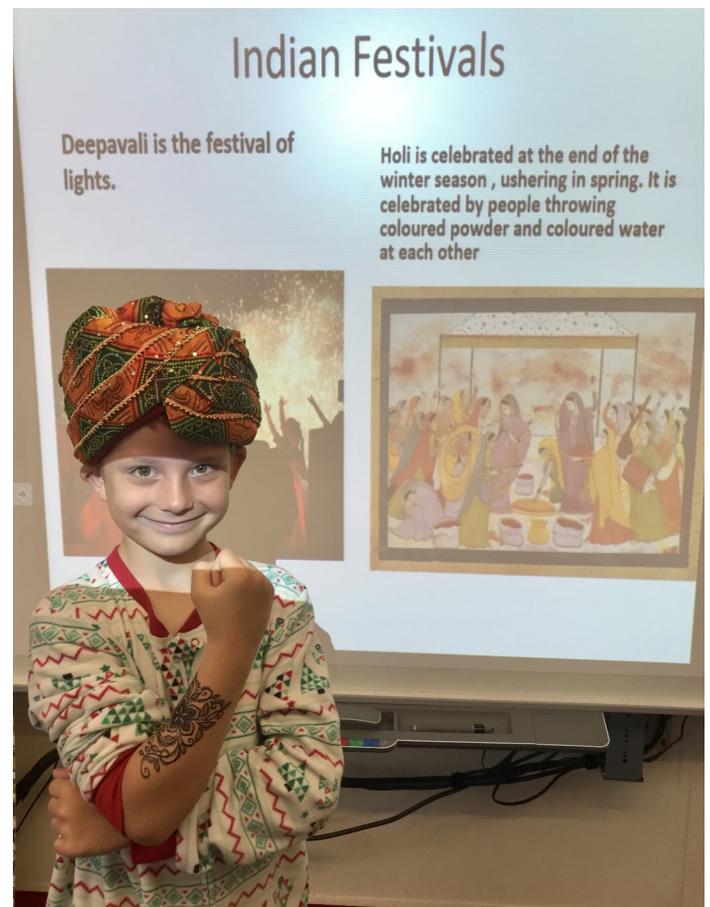


**IndUS News continued..**



**Woodland Elementary School May 17, 10-11am**

This was the first-time event for IndUS! Second graders in Woodland Elementary got their first experience of Bollywood dancing and a lesson on Indian diversity during their school day! They were absolutely enthralled with the music and dance steps and had numerous questions for the presenters. It was a wonderful opportunity for IndUS to educate our young learners on the cultural diversity that exists beyond their immediate world!



## IndUS News continued..

**Winnebago County Fair:** Anindita Neogy performed two dance segments at Winnebago County Fair on August 3, 2019. First was a pure Kathak dance, in rhythmic cycle of 16 beats, followed by a pure *Abhinaya* piece full of delicate movements and expressions depicting an Indian Summer, based on a composition by Anoushka Shankar.

Second segment was a fusion piece combining flamenco and Indian classical music by band **Indialucia**. Blending flavors of two genres, Anindita portrayed Kathak with subtle hints of flamenco steps enchanting the audience with her spellbinding performances.

**Dances of India at Mile of Music:** Mile of Music, an annual American music festival, was held in downtown Appleton from August 1-4, 2019. This year the festival featured over 950 musical performances over four days in 50 plus venues starting late morning into late night. The event has grown tremendously and is in its seventh year.

A unique feature this year was introduction of ethnic dance forms. IndUS was proud to be represented by Anindita Neogy to lead a workshop on Kathak, a classical dance form from Northern India and Lavanya Surendar to show them Bharatanatyam movements, a classical dance form from Southern India. Both workshops were well-attended, and much appreciated by the participants and other visitors.



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**Seva:** Appleton Seva under the leadership of Dr. B. S. Sridhar continues to serve meals at the Salvation Army for more than 26 years. Appleton Seva now has young volunteers from the 'Interact club of Appleton North High School' serving meals on their schedule.

**Non-profits Day at Downtown Appleton Rotary**  
On October 23<sup>rd</sup>, 2018, several non-profit organizations were invited to make presentations about their mission, activities and their needs to the members of Downtown Appleton Rotary Club. Dr. Sandhya Sridhar represented IndUS and answered questions after the presentation.



Green Bay Seva started serving meals at the Community shelter in Green Bay in March 2018 and has a volunteer strength of 28 families. This Seva is coordinated by Dr Sabeena Kathuria, Radhika Rimmalapudi, and Jayashree Murali.



## IndUS of Fox Valley, Inc

### Mission

*IndUS of Fox Valley is dedicated to promoting Indo-American friendship and goodwill by serving the community through social, cultural, educational and charitable activities.*

## Upcoming Events

*Mark your calendars for our participation and collaboration in upcoming community events:*

**Diversity Picnic/Cookout** *in collaboration with CDFC*

**August 24th, 11:00 AM—3:00 PM**  
Jefferson Park Pavilion, Menasha

**Rhythms of the world** *in collaboration with Appleton city, Appleton Rotary, Downtown Inc, Building for kids and Appleton Public library*

**September 14th, 9:00 AM—12:00 PM,**  
Houdini Plaza in Appleton Downtown

### Octoberfest

**September 28th, 9:00 AM—5:00 PM**  
College Ave, Downtown Appleton

## Upcoming Events

**IndUS of Fox Valley**

Presents

**‘Harmony in Diversity’**

**Saturday, November 16, 2019,**  
**5:00 PM—9:15 PM**

**Hyatt Regency**  
**Green Bay**

**Exhibition**  
**Social Hour**  
**Authentic Indian Cuisine**  
**Cultural Program**

**IndUS - 2019**



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