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Richa Chadha tells all, reveals Bollywood's best kept secrets



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Haasya Hungama 2016



Haasya Hungama Kavi Sammelan 2016 held on Friday, May 6, 2016 was a grand success with more than 350 attending and enjoying the experience. Aashkaran Atal of Mumbai a distinguished and gifted humorist, known for his unique style of humor and satire lived up to his reputation with the render-

ing of humorous poems containing a deep and enchanting satire on day to day problems of life. Suryakumar Pandey of Lucknow, a leading satirist of eminence in India filled the auditorium with continuous laughter. Ramesh Sharma of Chittorgarh with his rendition left the audience spellbound and eager to listen to him

• More on P16

Annual Convention of Aligarh Alumni Associations (FAAA)



The 15th Annual Convention of the Federation of the Aligarh Alumni Associations (FAAA) was held in Phoenix, Arizona. FAAA is an umbrella organization that pro-

motes collaboration between all Aligarh Alumni Associations in North America to advance modern education for the underprivileged population

• More on P22

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The Wording and Styles of Indian Wedding Invitation Cards



Dr. Jaswant Singh Sachdev
M.D., F.A.A.N.
Phoenix, Arizona

The other day, I received an invitation card in the mail from India, sent by one of my relatives whose daughter was getting married. The invitation card had a very humble request from the host that went something like this, "With folded hands and from the core of our hearts being overwhelmed with divine blessings of His holiness, we yearn for your esteemed and benevolent presence on the auspicious occasion of the wedding of our beloved daughter "so-and-so" to "so-and-so."

Of course, there were some grammatical errors in the above-stated write up that I had to correct so that the lengthy sentence could make some sense. I did so, because it took a while before I could fully understand the message myself. Yet this wasn't the issue that prompted me to write about it. Understandably, the extent of grammatical mistakes will depend upon the proficiency of English of the person writing/sending the invitation. Rather, such convoluted requests with an exaggerated amount of pseudo-humility written on a uniquely styled expensive invitation card, in fact, became the stimulus for this narration.

This isn't the first time that I've received a card with such flowery language. In talking with other family and friends it clearly dawned upon me that we all encounter examples of excessively humble yet flowery language on invitation cards from people of India across the board. As to religious matters and etiquettes, our people always try to act as humble as possible, regardless of economic status, because humility is preached as a central tenant of many Eastern faiths.

As it relates to the Sikh faith, the Gurbaani in Sri Guru Granth Sahib Ji, "the Guru Eternal" of the Sikhs, greatly emphasizes humility, "Hum nahin changay, burraa nahin koaey," which implies, "I am not good enough, but no one is bad." Guru Nanak also taught his Sikhs, "Mithat neevae Nanakaa Gun Changi-aaeean tutt," which means, "The essence of merit and virtue lies in sweetness and humility." Several other quotes from Sri Guru Granth Sahib Ji likewise keep on emphasizing humility as a virtue, "Nivan so Akhar Khavan Gun Jehba maniaa munt," or, "Your word should be humble, forgiveness be your quality, and sweet speech be the jewel." Yet when sending invitation to the friends and relative for a wedding ceremony, whether an extreme degree of humble wording written on the

invitation card makes any sense or not, is debatable at best. I say so because the invitation card on which this awfully humble invitation was printed happened to be very expensive piece of paper even by the American standards and on top of that it was put in a very costly double envelope.

Long ago these invitations were orally delivered through a hired messenger, provided that the invitee lived in an area that was reachable. According to Wikipedia, English weddings were announced to the public by the bidders. Whoever heard the message was invited to the celebration. In as far as the Kings and Queens of yester-years India were concerned; they did have a very well developed system of sophisticated invitations about which many of us are familiar through the Bollywood movies and need no repetition here. Later, invitations were published in newspapers. As the general progress took place in all the avenues, so did the improvement and sophistication in the invitations.

In the middle ages, royals and those from high society hired European monks, who were experts in the art of calligraphy, for handwriting their invitations. By the 1600s, metal plate engraving had been invented. As a result, fancy engraved invitations became popular and are still used by some. These printed cards included details of the wedding as well as a request to attend the ceremony. A sheet of tissue paper was placed on top of the engraving to prevent the print from smudging, a practice that is still employed today.

In many of our cultural traditions, the line blurs between British and indigenous Indian culture. The British people, being believers in high society, always tried to have formal and proper wording on their invitation cards. In the earliest edition of Emily Post, she wrote, "The invitation to the ceremony should always request 'the honour' of your 'presence,' and never the 'pleasure' of your 'company.'" ("Honor" is spelled here the old English way). According to Post, the proper wedding invitation format included the names of the bride's parents and sometimes the name of the guest. The names were always written in full. Only the courtesy titles of Mr., Mrs., and Dr. could be abbreviated. Nothing from the wording to the engraving and the paper to the double envelope was ever varied.

Having been slaves of the British

Empire, we still try not to fail our long gone masters. We remain faithful, as we always have been, to their influence and, for the most part, have continued to include formal and flowery language on our invitation cards. This is not to say that such has always been the case. Obviously, over time, formalities may have lessened somewhat and the language has changed slightly. An example of the simplest and most straightforward invitation used now is:

Mr. XXXX (Father)

and Mrs. XXXX (Mother)

request the honour of your presence and blessings

on the auspicious occasion of the wedding ceremony of

Our daughter XXXX to XXXX

An argument can be made that if the host of such a celebration can afford an ornate flowery invitation card, why this fuss? Why not do it and why bother? After all, a wedding is a precious celebration on which to spend money if resources are available in

order to preserve lifelong memories. I certainly do not have much to oppose such kinds of arguments except that given a choice one might consider needs of the society or community first through philanthropic means instead of wasting money unnecessarily. Putting one's hard-earned cash into these extravaganzas without caring for the needy around us may seem wasteful and at odds with the religious beliefs under which most of the wedding ceremonies take place in India.

*Author of 1. "Square Pegs, Round Holes" www.SquarePegsRoundHolesBook.com and 2. "Sikhism: Points to Ponder; Perspectives of a Sikh Living Abroad," as well as a recently published masterpiece about the cross-cultural dilemma of Indian subcontinent diaspora, 3. "One Coin, Two Sides," For details of the this new book, please go to the LINK <http://inkwellproductions.com/one-coin-two-sides.htm>



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What is Success?

We are a culture that defines success by the house we have, the cars we drive, the job we keep, and everything else materialistic that you can add to it. And then there are those that are the epitome of our definition of success and we look up to them hoping to be them one day thinking we will be happy if we achieve what they have— the likes of Steve Jobs. But was he happy? It is clear in a quote from himself that he wasn't. In his last words, he writes:

"I reached the pinnacle of success in the business world. In others' eyes, my life is an epitome of success. However, aside from work, I have little joy. In the end, wealth is only a fact of life that I am accustomed to. At this moment, lying on the sick bed and recalling my whole life, I realize that all the recognition and wealth that I took so much pride in, have paled and become meaningless in the face of impending death. In the darkness, I look at the green lights from the life supporting machines and hear the humming mechanical sounds, I can feel the breath of god of death drawing closer...Now I know, when we have accumulated sufficient wealth to last our lifetime, we should pursue other matters that are unrelated to wealth.

Should be something that is more important: Perhaps relationships, perhaps art, perhaps a dream from younger days. Non-stop pursuing of wealth will only turn a person into a twisted being, just like me. God gave us the senses to let us feel the love in everyone's heart, not the illusions brought about by wealth. The wealth I have won in my life I cannot bring with me. What I can bring is only the memories precipitated by love. That's the true riches which will follow you, accompany you, giving you strength and light to go on. Love can



Editor's NOTE

travel a thousand miles. Life has no limit. Go where you want to go. Reach the height you want to reach. It is all in your heart and in your hands. What is the most expensive bed in the world? Sick bed... You can employ someone to drive the car for you, make money for you but you cannot have someone to bear the sickness for you. Material things lost can be found. But there is one thing that can never be found when

it is lost – Life. When a person goes into the operating room, he will realize that there is one book that he has yet to finish reading – Book of Healthy Life. Whichever stage in life we are at right now, with time, we will face the day when the curtain comes down. Treasure Love for your family, love for your spouse, love for your friends. Treat yourself well. Cherish others."

I wish someone had told me this 5 years ago, 10 years ago, 15 years ago, and kept instilling it in my over and over again. Sometimes you get to a point in life and with all the accomplishments under your belt and still feel incomplete and inadequate. No amount of professional success or materialistic pleasures can take that feeling away. But it takes just a few days of selfless love and surrounding yourself with those that loved you, forgiving them for the disagreements because you don't know what demons were haunting them when those happened, and forgiving yourself for staying angry too long and missing out on all the beautiful times that could have been had for you to forget your pain and walk away feeling refreshed, complete, and filled with positivity. Hug those close to your hearts and watch the feeling of inadequacy melt away. Hoping our readers had an excellent Memorial Day weekend filled with family, love, and fun. Thank you for all your continued support!

-Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com

After celebrating Mother's Day in May it's time to make Farther's feel special this June.

Here's wishing the real heroes who truly makes a difference. Happy Farther's day

-Manju Walia
(Marketing Director)

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Marketing Director NOTE



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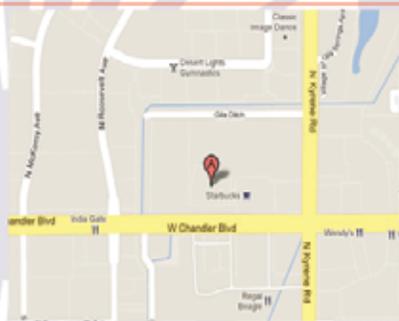
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Diary Sikh Awareness May 2016



Dr. Jaswant Singh Sachdev
Phoenix, Arizona

Event No. 1

Speaking About Sikhs and Sikh Faith on National Day of Prayer in a Church

In 1952 Harry S. Truman President of United States of America signed a Bill creating an annual National Day of Prayer. Ever since it has been regularly held every year on the First Thursday of May where people of all faiths are invited to pray for the nation. This year on May

5th Thursday, the author was specially invited by Advent Episcopal Church in Sun City West not only to pray for the nation with individuals of other faiths but also to speak about Sikhs and Sikh faith. There was an audience of well over 100 where author was able to offer a talk detailing Sikh faith its history its principles its presence in North America as well as the unfortunate events of Hate crime. Following the talk several lively questions were posed that further highlighted local community's interest about Sikh Faith.

Event No. 2

Chiraag Singh a Sikh Boy of 12 Offers Sikh Prayer at Baccalaureate Ceremony at Mesa High School

Baccalaureate is a religious service held at an educational institution usually on a Sunday before the end of academic year. It usually is a farewell address to the graduating class.

It is a matter of pride for the entire Sikh Community of Arizona that Chiraag Singh Sachdev, a young Sikh boy of 12 years with Patka studying in Sixth

grade at Khalsa Montessori School in Phoenix was asked to say Sikh prayers for Graduation ceremony at Mesa High School in Mesa, Arizona for their graduating class.

The event was held on Sunday, May 22nd at 6 PM in the large auditorium of their school that was mostly full. The Event was put together by the Mesa High Interfaith Club.

There was plentiful of appreciation by the audience. This was his way to contribute to the awareness of Sikh Identity.

Hindu Temple of Arizona and Oriya Association of AZ

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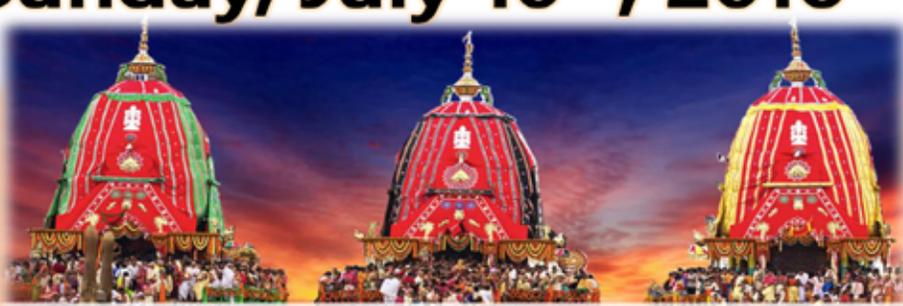
ॐ June Events

June 10th: Maata Jagran ~ 7PM to 9PM

June 19th: Satyanarayana Purnima Puja ~ 10:30- 11:30AM

June 19th: Deba Snana Purnima Jagannath Puja ~ 7PM- 9PM

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Haavan: 6:00AM Ratha Yatra: 9- 11:00 AM

Jagannath Puja: 7:00 AM Cultural Program: 11:30 AM

Pahandi Bijaya: 8:00 AM Puja, Maha Aarti: 12:00 PM

Chhera Pahanra: 8:45 AM Maha Prasad: 1:00 PM

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ॐ Monthly Events

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Ram Parivar Puja

2nd Sunday: 11AM- 1PM
Shri Jagannath Puja

3rd Sunday: 11AM- 1PM
Balaji & Krishnaji Puja

4th Sunday: 11AM- 1PM
Shivji Puja

5th Sunday: 11AM- 1PM
Ganeshji Puja

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Namaskar, and Sat Sri Akal to all my readers.

A long time before there was one very wise human. When he grew up he started visiting the temples and holy places. Everywhere he went he saw two things together: Happiness and Sadness, Positive and Negative, Fear and Freedom, Love and Hate, Separation and Unity, Day and Night.

One day he thought; it's an unending phenomenon. Where is the oneness? That was the question in his mind. All of sudden he heard the internal voice "Visit the wild forest," and he went there. He saw one hut. With surprise he went inside. There was one man in deep sleep. After some hesitation he sat down. After a long wait the sleeping person woke up. They both looked at each other. The visiting person asked the hermit: "Sir, are you living alone here?" He started to laugh. "No. I am not alone." Surprisingly he asked again. "I don't see any other" He started

to laugh again. The visiting person questioned again. "It must be my mistake, but I question again." And the hermit answered "Yes. It is your mistake." "All of the universe is living with me." The visitor asked again "Then why don't I see anyone but you?" The hermit answered again, "Because you're living in a dark house."

Then the Hermit questioned the visitor, "How many holy places have you visited?" He answered, "Sir, I have visited uncounted number of them." Hermit asked "Then, why are you here in the forest?" Again, "Sir, I'm trying to find the oneness." Hermit answered, "Then

Dark House



you need to visit one temple more. There you will find the oneness"

The visitor asked "What is the name of that temple?" The Hermit answered, "Sir, it is your mind." The visitor was surprised by the answer. He asked again to the Hermit, "Please help me to understand this secret." The Hermit said, "You

need internal light to visit your own self. Without internal light the whole world is living in the pitch dark." The visitor pleaded, "Sir, I'm helpless, please guide me so I can see my own mind."

Hermit said "Hey innocent child, do you know that little thing the people call as a mirror? Everyone sees everything

except their own face without a mirror." The visitor, "Sir, where can I buy that mirror that can show me my own mind?"

"My Dear, you need a key that can open the internal temple which is your own mind." Visitor questioned again, "Who can give me that key?" Hermit answered, "The spiritual teach-

er." My dear readers, your faith in one God, Reverence and Devotion, Meditation and Prayer will give you the internal key. When you start to pray, surrender yourself to the divine and cry like a little child for his mother, and he will listen. One day will come when you will see the glimpse of the divine light. That is the internal key. Meditate every day. Serve the creation with unconditional love because the creator is in the creation. Creation is the physical existence of the creator. God bless you with divine grace.

Please pray every day for Love and Grace.

PS: I am thankful to "Asia Today" It is my privilege that I can reach the readers through it.

Gyani Ji,
Harbhajan Singh Sandhu
GHSSandhu@



gmail.com

AzGOP Convention Elects Delegates to Ntl Conv.; Asian Presence

By Barry Wong, Delegate to AzGOP Convention

(Mesa, AZ) Mesa Convention Center was the site of the quadrennial AzGOP Convention on April 30, 2016 where 1,200 statewide GOP delegates convened to elect 58 national delegates to attend the July 18-21 GOP National Convention in Cleveland where a presidential candidate will be officially nominated to represent the GOP in the November general election.

HOW DELEGATES ARE ELECTED: The 58 national delegates were elected in two phases: by congressional districts and at-large. State delegates met at one of the nine congressional district (CD) voting rooms where they elected three national delegates and three alternate-delegates for each CD for a total of 27 national delegates and 27 alternates.

The 1,200 state delegates re-convened in the large assembly room where they then voted for 28 at-large national delegates and the same number of alternates. Bringing the total number of elected national delegates to 55 with the same number of alternates; alternates also attend the national convention and stand-in as delegates if the elected delegates are unable to attend or fulfill her duties. The other three national delegates are the state GOP chair-



man (Robert Graham) and the state National Committeeman (Bruce Ash) and National Committeewoman (Lori Klein Corbin) as provided by national convention rules.

VOTING AT NTL CONV.: Because Donald Trump won the Arizona GOP Presidential Preference Election in March, by state law, all 58 national delegates must pledge to vote for Mr. Trump at the first ballot; if Mr. Trump does not receive 50%+1 of the delegate votes on the first ballot (1,237 votes) then the Arizona delegates are released from their pledge and may vote for anyone

they choose. At the state convention, Ted Cruz and John Kasich supporters were campaigning aggressively to get their national delegate candidates (supporters) elected in anticipation of Mr. Trump not securing his minimum votes and the need for a second ballot; they succeeded because most of the national delegates elected were non-Trump-declared delegates (at press time this is a moot point because both Messrs. Cruz and Kasich suspended their campaigns for president).

ASIANS AT CONV.: Although none submitted their names as national

delegate candidates, Asian Americans from Arizona have participated in GOP national presidential conventions in the past. State Senator Kimberly Yee was a delegate in 2008 (Minneapolis/St. Paul: Presidential Nominee John McCain, Vice Presidential Nominee Sarah Palin); Barry Wong was an alternate delegate in 1996 (San Diego: Robert Dole, Jack Kemp) and 1984 (Dallas: Ronald Reagan, George H.W. Bush); Astria Wong was an alternate delegate in 1984 (Dallas: Ronald Reagan, George H.W. Bush); also, as guests, Garry Ong and others attended in 1992 (Houston: George H.W. Bush, Dan Quayle).

At the state convention, AzGOP Chairman Graham emphasized how the face of the AzGOP has changed in the past several years with greater inclusion of racial and ethnic minorities, singling out the efforts of the AzGOP Asian American Coalition. Further, the GOP's diversity efforts was evident when mid-point at the convention a series of cultural dances were performed from the Korean, Vietnamese, Bangladesh and Pacific Islander communities.

YOUR VOTE COUNTS!: Although the general election is not until November, Arizona's primary election is in August and a special election on school financing is May 17; your vote is important and matters for all elections and issues!

Mahavir Jayanti was celebrated at Ekta Mandir

Mahavir Jayanti was celebrated on Saturday, April 23, 2016 at Ekta Mandir and was attended by more than 150 people making the event a grand success for the community. Thanks to team for arranging and serving Mahaprasad to attendees. Thanks to event Chair Nitin Jain and team

members Bipin Patel, Bhakti Gosalia, Suyog Shah, Dr. Gautam Shah for their leadership in planning and presenting the Mahavir Jayanti to the community. Thanks to Bipin Patel for capturing pictures of the event. Sincere thanks to volunteers, attendees, spon-

sors, IACRF staff, Seniors group, Publicity team, Treasury, board of trustees and directors for making it a successful event for the Ekta Mandir and Community. *Press release from Indo-American Foundation of Arizona.*



Grand Balaji Kalyan 2016

6th Annual "Sri Balaji Kalyan" was celebrated on Sunday, May 15, 2016 at the IACRF Ekta Mandir and was attended by more than 1000 people making the event a grand success for the community.

Devotees enthusiastically volunteered and participated in the devotional activities of Sudharshana Homa, procession around the temple carrying Sri Balaji, Sridevi and Bhudevi, and Sri Srinivasa Kalyanam inside the temple with children and elders.

Sincere thanks to priest Sudarshan ji for leading the program with priest Joshiji and several volunteers in performing this auspicious function. Thanks to volunteers for cultural programs and Girija Krish for MCing the event. Thanks to great team of volunteers for arranging and serving Mahaprasad to more than 800 attendees.

We thank SRIVARI DIAMOND Sponsors for this event Mamta and R Vijayasarithi, Satya and Vasu Atluri. We also thank SRIVARI GOLD Sponsors Arun Lakshmipathy, Shyamala Chalakudi, Madhav Kalaga, Harsha and Joshiji, Gita and Jagdish Sagar, Sita and Kalyan Raman and many others.

Thanks to event Chair Mamta Vijayasarithi and team for their sincere and outstanding efforts. Thanks to Sita and Kalyan Raman, Mahendra Devgania and others for capturing the event in pictures.

Our humble and Heart felt warm thanks to all volunteers, sponsors, devotees, attendees, IACRF staff, Seniors group, Publicity team, Treasury, board of trustees and directors for making it a successful event for the Ekta Mandir and Community.

Thank you community for making this a Little Tirupati in Arizona. Tiru means Lakshmi and pati means husband. Tirupati means Lord Vishnu also called as Balaji, Srinivasa, and Venkateshwara. The idols at Ekta Mandir came from TTD, Tirupati in the year 2008. Our priests have been performing TTD style TIRUMALA Kalyanotsav.

Press release from Indo-American Foundation of Arizona



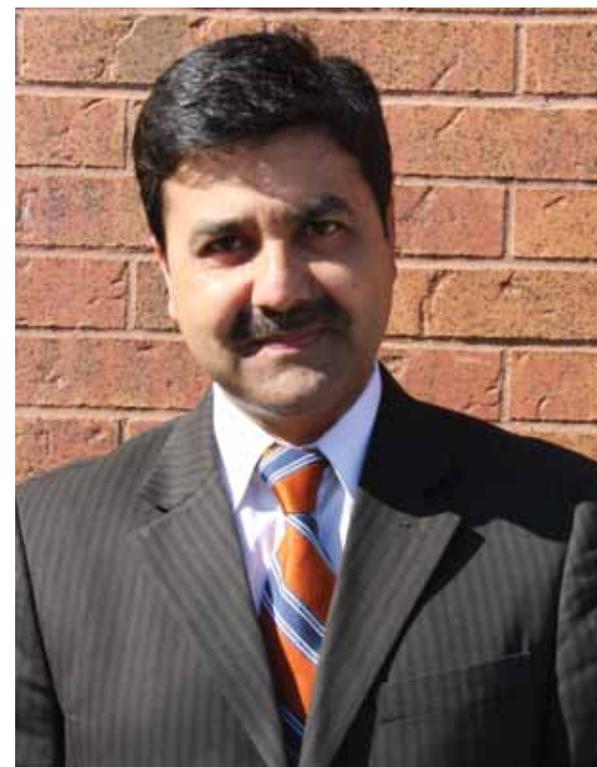
June 1 - 30, 2016 By KRISHNA PANDIT – 905-910-1441

June	Day	Nakshatra Yoga
1	Wed	Highly auspicious day for undertaking any new activity, day of happiness
2	Thu	Day of rest, avoid arguments. Light activities recommended; Avoid auspicious activities
3	Fri	Perform difficult & courageous deeds, they will make you win; a harsh & hard day
4	Sat	Amavasya day, stick to routine or perform pooja only for the departed loved ones
5	Sun	Good for auspicious activities, yet avoid journey or lending money
6	Mon	Rough day, fear of accusations, fights etc, push point of view forward. Recite Mystical mantras
7	Tue	House & real estate related activities recommended, new contacts will become permanent
8	Wed	Highly Auspicious day. Perform pooja before the start of the day.
9	Thu	Rough day, fear of accusations, fights etc, push point of view forward. Recite Mystical mantras
10	Fri	Auspicious day for any activity, focus on health, diet & nutrition & physical exercise
11	Sat	Good for new ventures & activities, travelling, fasting, fulfilling promises, auspicious day
12	Sun	Good for new permanent ventures, things done now will bring permanence
13	Mon	Perform soft activities, patch-up, make friends, recreation etc. Auspicious day
14	Tue	Day of rest, avoid arguments. Light activities recommended; Avoid auspicious activities
15	Wed	Auspicious day, make new friends, new ventures, matrimonial & business alliances
16	Thu	Day requires movement, ligh activities that are aimed at growth & prosperity
17	Fri	Good for new permanent ventures, things done now will bring permanence
18	Sat	Perform soft activities, patch-up, make friends, recreation etc. Auspicious day
19	Sun	Purnima day, avoid arguments. Light activities recommended
20	Mon	Rough day, push point of view forward. Day for auspicious work. Recite Mystical mantras
21	Tue	Day to avoid arguments. Light activities recommended; perform auspicious activities
22	Wed	Self conflicting day, stick to routine & auspicious activities; reply adequately if provoked
23	Thu	Day to avoid arguments. Begin new ventures and activities.
24	Fri	Auspicious day yet stick to routine as risk from external sources, avoid journey
25	Sat	Rough day, risk from fire or accident, avoid journey or lending money
26	Sun	Start any new venture for permanent positive results, auspicious day
27	Mon	Light activities recommended that bring happiness and cheer to the day
28	Tue	Start light activities, a highly auspicious day for everything you do
29	Wed	Inauspicious day for any activity, focus on health, diet & nutrition
30	Thu	No auspicious activities this day, yet perform routine activities, day of rest

For questions on Astrology, Vedic Mantras, Muhurtas & Hindu rituals call: KRISHNA PANDIT – 905-910-1441

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GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JUNE 2016 Programs & Events

19 Jeth – Harh 17, 548 Nanakshahi Era (NE)

June 3 - 5 (Fri-Sun) – Ardaas: 32th Anniversary of 1984

Ghallughara / Attack by Indian military on Harmander Sahib, Akal Takhat and 42 other Gurudwaras. (Actual: June 4-6)

1. Shaheed Sant Jarnail Singh Ji Khalsa
2. Shaheed S. Subeg Singh Ji
3. Shaheed Bhai Amrik Singh Ji Khalsa
4. Shaheed Baba Thara Singh Ji

Atrocities / murder of thousands of children, women and Sangat.

Akhand Path Arambh: Fri. 10:00am, Bhog: Sun. 9:00am



Akal Takhat 1984

June 10 - 12 (Fri-Sun) –

Shaheedi Sri Guru Arjan Dev Ji. (Actual: June 8, 1606)

June 14, Harh 1 (Tues) – Sangrand Monthly Program

9:00 AM – 10:00 AM

June 19 (Sun) – Birthday Bhagat Kabir Ji (Actual: June 20)

Homeless Langar Seva - Call 602 741 8021 for more info.

June 24 -26 (Fri-Sun) –

Parkash Sri Guru Hargobind Ji. (Actual: June 21, 1595)

Shaheedi Baba Banda Singh Ji Bahader (Actual: June 25, 1716)

Barsi Maharaja Ranjit Singh Ji (1780-1839), (Actual: June 28)



*Sri Guru Arjan Dev Ji,
Thy will is sweet, Oh Lord*

Regular Programs:

Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).

Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.

Evening Banis: 7:00 PM – 8:00 PM.

Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM

Please check Gurdwara notice board for latest details of all Programs and Events

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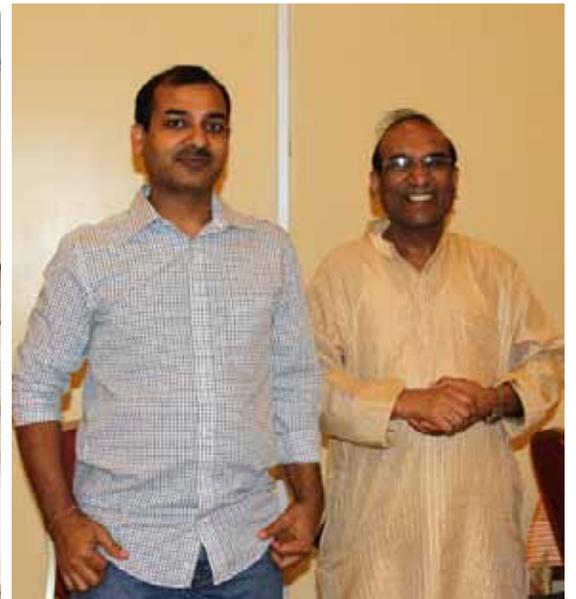
for more. All three poets captured the attention of the audience who stayed late to enjoy the program for more than three hours.

Thanks to Grand Sponsors Manisha and Subhash Thathi. Thanks are also due to many other sponsors from the community. Pundit Joshiji deserves special mention for his personal efforts in finding sponsors. IACRF would like to continue to bring such programs with free admission and we thank community for the great support. Our thanks are also due to Dayaram Ahir for sponsoring accommodation for the Poets and Kamlesh Patel from Chennai Chettinadu restaurant for sponsoring after program dinner.

Thanks to event Chair Sangeetha Sethia and team for their outstanding efforts. Thanks to Manju Walia, Sudhir Kalra and others for capturing the event in pictures.

Our sincere thanks to all volunteers, sponsors, attendees, IACRF staff, seniors group, publicity team, treasury, board of trustees and directors for making it a successful event for the Foundation and Community.

Haasya Hungama 2016



Mother's Day event organized by United Indo-Pak Christian Church become a community civic engagement the special guest Rick Gray, Az House of Representative, Tom Forese, Corporate Commissioner was present. Thx to Farhana Shifa Ahmed



With a huge sense of pride Manmohan & Sunita Gill Organized The Graduation Party in honor of their Daughter Gurjot Gill ...

The Ceremony started with the Sukhmani sahid path followed by Thaadi darbar by Thaadi jatha (Gurbax Singh ji)

Dinner party was a lot of fun for all family & friends followed by Dance performances.

It was more about sharing gurjot's success and accomplishment by having a nice couple of hours to celebrate her important milestone with yummy food, snap photos, laughter, nostalgic tears and dance performances.



Basically, our babies are the reason why we are smart

According to a new study, taking care of our infants could have a role to play in making the human race smarter than the rest. Human intelligence might have evolved in response to the demands of caring for infants who are born far more immature than the offspring of other species. This theory is based on a novel evolutionary model in which the development of high levels of intelligence may be driven by the demands of raising offspring.



“Human infants are born far more immature than the infants of other species. For example, giraffe calves are able to stand up, walk around, and even flee from predators within hours of their births. By comparison, human infants cannot even support their own heads,” said one of the researchers Celeste Kidd, assistant professor at University of Rochester in New York.

“Our theory is that there is a kind of self-reinforcing cycle where big brains lead to very premature offspring and premature offspring lead to parents having to have big brains,” noted Steven Piantadosi, who is also from University of Rochester.

“What our formal modeling work shows is that those dynamics can result in runaway pressure for extremely intelligent parents and extremely premature offspring,” Piantadosi said.

In other words, because humans have relatively big brains, their infants must be born early in development while their heads are still small

enough to ensure a safe delivery.

Early birth, though, means that human infants are helpless for much longer than other primates, and such vulnerable infants require intelligent parents.

As a result, selective pressures for large brains and

early birth can become self-reinforcing -- potentially creating species like humans with qualitatively different cognitive abilities than other animals.

Caring for our young who are born far more immature compared to other species make humans more intelligent, says the study. (Shutterstock)

Their study appeared online in the journal Proceedings of the National Academy of Sciences' Early Edition.

The researchers tested a novel prediction of the model that the immaturity of newborns should be strongly related to general intelligence.

“What we found is that weaning time -- which acts as a measure of the prematurity of the infants -- was a much better predictor of primate's intelligence than any of other measures we looked at, including brain size, which is commonly correlated with intelligence,” Piantadosi said.



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JAMIE OLIVER, JACQUELINE FERNANDEZ & CHEF KUNAL KAPUR LAUNCH SUCCESSFUL FOOD REVOLUTION DAY IN INDIA

Leading Bollywood actress Jacqueline Fernandez and judge and host of MasterChef Chef Kunal Kapur joined Jamie Oliver's Food Revolution with a live cooking demonstration on Facebook on Friday 20th May 2016

* The world's largest free midday meal programme led by The AkshayaPatra Foundation served its 2 billionth meal on Food Revolution Day at a school in Guwahati, Assam

* Millions of children in India suffer from being severely undernourished.

* Over a quarter of Indian children between the ages of 13 and 18 are classed as obese.

India saw the launch of **Food Revolution Day on Friday, 20th May 2016** amidst a fanfare of celebrities, live cooking events, a flurry of social media activity and, of course, the British celebrity chef and campaigner Jamie Oliver, who launched the campaign. Jamie and his army of revolutionaries staged a series of live events on Facebook to encourage governments at the World Health Assembly meeting in Geneva on 23rd May to tackle the child nutrition crisis.

Now in its fifth year, highlights included chefs and celebrities streaming live on Facebook on 20th May during a seven-hour cooking marathon, calling for people around the world to sign up to the Food Revolution. In India the campaign's Global Champions - Bollywood A-lister Jacqueline Fernandez and judge and host of MasterChef Kunal Kapur - were the hosts of the live event on Facebook which took place at Pali Village Cafe in Bandra West. Food Revolution Day also partnered with The AkshayaPatra Foundation, the world's largest free midday meal programme, to serve its 2 billionth nutritious meal at a school in Guwahati, Assam. The AkshayaPatra Foundation serves nutritious food to over 1.5 million children every school day, in 11,000 schools across 10 states in India. On



Food Revolution Day, The AkshayaPatra Foundation served its 2 billionth meal.

Food Revolution Day, which is saw Jamie joined by a host of well known chefs and personalities, all of whom carried out Facebook Live broadcasts from the around the world to help make history. Some of the notable names included: Jacqueline Fernandez and Chef Kunal Kapur (Mumbai, India); Chef Gennaro, Chef Clodagh McKenna, Charlotte Crosby, Alfie Deyes, Tanya Burr and Jim Chapman (London); Kris Jenner, Wolfgang Puck and Cody Simpson (L.A. USA); Chef Donna Hay (Sydney, Australia); Chef Ali and Juliani (Nairobi, Kenya); Chef Tim Malzer, Chef Steffen Henssler and Janina Uhse (Hamburg, Germany); Chef Ana Luiza Trajano and Chef David Hertz with guests Marina Person and Felipe Solari (Sao Paulo, Brazil); cookery personality Marion Elias and Ali Kiba (Dar-es-Salaam, Tanzania); Chef Eros and Waje (Lagos, Nigeria); Chef Lynn Crawford (Toronto, Canada); and Bart Van Olphen and Miljuscha Witzgenhausen (Netherlands).

Food Revolution Day was also supported on social media by Coldplay, James Corden, Kate Hudson, Nicole Scherzinger, Rio Ferdinand, Paloma Faith, Niall, Zoella, Jim, Tanya, Louis, Pixi Woos, Haste Kitchen, Olly Murs, Ronan Keating, Marlon Roudette, Cascada, Cornelia Pletto, Palina Rojinski, Holger Stromberg, Chris Mears, Naomie Har-

ris, Jake Paul, Emmanuelle Chriqui and Keltie Knight.

As part of Food Revolution Day, Jamie also took an International Omelette Challenge global to get people, young and old, experiencing first-hand how super-quick, easy and delicious healthy grub can be wherever you are, and encourage more noise on social media for the Food Revolution.

The aim of Food Revolution Day was to encourage people to join them in a full-scale, global Food Revolution - a major part of which will be giving people power to lobby their own governments to fight diet-related disease. It aims to provoke discussion and inspire positive, meaningful change in the way we access, consume and understand food. Starting in kitchens at home and moving up to the highest levels of business and government, Jamie believes people must work together to empower children with the nutritional knowledge and resources they need to live healthier, happier lives. Currently 41 million children under five are overweight while another 159 million are too undernourished to grow properly: we are in the middle of a global health crisis.

Jamie Oliver said: "The last 15 years have been tough at times. There were a few of us out there asking questions, wanting answers and making a lot of noise but it often felt like no one was listening. But recently we've started making headway, governments are beginning to change policies. This Food Revolution Day

we're going to give governments that extra little nudge by running longest-ever Facebook Live campaign, getting millions of people involved from all around the globe. The World is crying out for action and there has never been a better time to make changes to save millions of lives."

Jacqueline Fernandez said: "Started my day discussing my favourite topic health and nutrition! Jamie Oliver has started a global food education campaign to eat better. In a country like India riddled with problems like starvation and obesity this was an important discussion. Let the Food Revolution never stop!"

Chef Kunal Kapur said: "Jamie Oliver's food revolution is so important because it promotes healthy eating using local, fresh produce. India needs to discuss the importance of healthy eating and nutrition and this event was just the stepping stone. The Food Revolution has to continue and spread globally!"

Dipika Khaitan, Executive Director, AkshayaPatra UK said: "It's an exciting partnership between AkshayaPatra and Food Revolution Day on a doubly momentous day, with AkshayaPatra serving its 2 Billionth meal and Jamie launching his Food Revolution day programme in India. Together we endeavour to not just tackle hunger, but be able to serve a healthier, more nutritious meal to every child in India and across the world."

In India, the government is trying to reduce the number

of malnourished children by launching initiatives like the 'Infant and Young Child Feelings Counseling Centre' in certain states. At the same time, it is beginning to tackle the obesity crisis by raising awareness of the negative impact that poor dietary and lifestyle choices can have on health, with programmes like the 'National Programme for Prevention and Control of Cancer Diabetes, Cardiovascular Diseases & Stroke.

Notes to Editors:

*National statistics announced by India's Health Minister Jagat Prakash Nadda in March 2016

About The Jamie Oliver Food Foundation: The Jamie Oliver Food Foundation works in the UK, USA and through the Good Foundation in Australia to lead a full scale Food Revolution and improve the health and happiness of future generations, through the food they eat. Meaningful change is built from the ground up. We celebrate the joy of food, we educate people and communities to make better food choices and we inspire them to come together as one voice to lobby governments and businesses to make positive, lasting change. The Food Revolution is a global, year-round campaign. Every May, we hold Food Revolution Day to celebrate success, raise awareness and invite more people, businesses and governments to join the ongoing Revolution. For further information please visit: www.jamiesfoodrevolution.org



Indo-American Foundation of Arizona

(Registered Non-Profit Organization under Section 501 (C) (3))
Hindu-Jain Temple Ekta Mandir with Community Center, Mailing Address: PO Box 35275, Phoenix, AZ 85069

IACRF Silver Jubilee Magazine-RESTART



Indo-American Foundation of Arizona will publish and release a Silver Jubilee Souvenir Magazine to commemorate IACRF's 25th Anniversary during 2016. The souvenir magazine will include 25 years of rich history of the Foundation, including the Indo-American Community Center, Bharatiya Ekta Mandir and all of the Outreach programs the Foundation has been leading. The magazine will serve as a WHO IS WHO in Arizona, who have made IACRF a Symbol of Community Unity. We expect that the 200 page book will reach more than 75000 Indo-American Community members in Arizona and many more Worldwide. We request you to sponsor and place an ad in the magazine.

Membership Directory Update:

Members: IACRF is updating the members contact information. Please update your information on a simple form by typing <http://goo.gl/forms/UeKfDMtCYK> Or visiting AZINDIA.COM or EKTAMANDIR.ORG to WIN IPAD & Other Prizes!

Please email to IACRFSJIMAGAZINE@GMAIL.COM for any questions. NOT A MEMBER? PLEASE BECOME A MEMBER TODAY & GET YOUR NAME PUBLISHED IN THE SOUVENIR MAGAZINE & WIN IPAD & Other Prizes and get a Full color page with your Family Photo Limited time Opportunity!

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Indo-American Foundation of Arizona and Consulate General of India in San Francisco working together with Hindu Swayamsevak Sangh and Sister Organizations



Invite everyone for the Second International Yoga Day

Saturday, June 25, 2016 9AM -11:30AM

FREE ADMISSION

Indo-American Community Center
2809 W. Maryland Ave, Phoenix AZ 85017
Directions: Take I-17, Exit Bethany Home West, Right on 27th Ave, Left on Maryland Ave.

Program:

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Annual Convention of Aligarh Alumni Associations (FAAA)

India and develop partnerships in education and research between Aligarh Muslim University (AMU) and educational institutions in the North America. The Federation is also engaged in cultural activities and annually organizes international 'Mushaira' (poetry) events in USA and Canada to promote the culture and languages of the Indian Sub-Continent.

Organized by the Arizona Aligarh Alumni Association this was one of the largest gathering of Aligarh alumni in the US. The delegates represented 16 states and included participants from Canada as well. The guests of honor were prominent alumni visiting from abroad including Mr. Zafar Iqbal (Olympic Gold Medalist and former Captain of the Indian Hockey Team), Mr. Nadeem

Tarin (entrepreneur), Mr. Ameer Ahmad (entrepreneur), Dr. Shahid Jameel (CEO Wellcome Trust – DBT and prominent scientist) and Dr. Sufyan Beg (Principal, Zakir Hussain College of Engineering and Technology, AMU). The Vice-Chancellor of AMU Lt. General (Retd.) Zameer Uddin Shah joined via Skype and apprised the delegates on the University's progress. He shared that the University's rankings have consistently gone up and it is now ranked 3rd in India by Times Higher Education Rankings. AMU was founded by Sir Syed Ahmad Khan, renowned Indian social reformer and educational leader about whom Mahatma Gandhi said 'Sir Syed was a prophet of

education'.

The Chief Guest for the lunch session was Dr. Sethuraman Panchathan who is the Executive Vice President, ASU Knowledge Enterprise and Chief Research and Innovation Officer at Arizona State University. In his energetic and inspiring address Dr. Panch shared the story of meteoric rise of ASU to #1 spot in innovation and he encouraged the delegates to foster innovation in India.

The organizers also invited the local community members engaged in educational development to a banquet. Mr. Nadeem Tarin shared the vision of new role of alumni and encouraged them to participate in large

scale educational projects. In his address Mr. Zafar Iqbal walked the audience through the glorious days of Indian hockey and revived the memories of classic hockey matches between India and Pakistan.

The banquet dinner was followed by a cultural program of poetry and ghazals performed by the Aligarh Alumni. Earlier the overseas AMU delegation visited and met with ASU officials to discuss mutual collaboration and also a Memorandum of Understanding between AMU and University of Arizona is being finalized.

The Arizona Aligarh Alumni Association deserves kudos for a well-organized educational and cultural event. The Convention led to initiation of several educational initiatives.





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Honey: Healthy or deadly?

Honey, the golden coloured liquid which has been part of our customs, traditions and food since ages is much more than a sweetener. Though it was primarily used to sweeten food, much before sugar began to be manufactured in 16th century, it was also a medicine, a beauty agent and a mystery product that could prevent evil eye, promote wellness and do away with the ill effects of warring constellations!

Honey has been used by mankind even before most of the grains, pulses and crops began to be cultivated. Egyptians used it in their tombs, nearly a quarter of Sumerian medicines were honey based and Ayurveda considers it as medicine par excellence.

But this delectable sweet syrup that can stay fresh for thousands of years has lost some of its sheen under the light of modern researches that have found it dangerous for infants and those with compromised immunity.

According to Dr HK Bakhru in Healing Through Natural Foods, "Honey helps overcome depressive mood and is an excellent brain tonic when taken with pre-soaked almonds. It also clears mucus from body."

Is honey really dangerous? While it has been an ancient practice to use honey as a pacifier for newborns, of late doctors have been advising against giving honey to children under one year. Raw honey may sometimes have spores of botulinum bacteria which can lead to botulism in kids. It does not affect older children and adults because they have more developed digestive system.

Honey or sugar? A tablespoon of pure honey contains nearly 64 calories, is fat-free, cholesterol-free, and sodium-free, says the National Honey Board. Its composition is roughly 80 percent carbohydrates, 18 percent water, and two percent vitamins, minerals, and amino acids. Sugar has 48 calories. But honey is dubbed healthier because it has less available sugar that can be broken down by the body, while sugar which has 50 percent glucose and 50 percent fructose is easily converted into glucose. Unlike sugar which has empty calories, honey has



trace amounts of minerals like zinc, selenium and also some vitamins. Also, since honey never decomposes, it is free from preservatives and chemicals.

Honey as part of traditional medicine If Ayurveda and Siddha systems used honey, there must have been some reason behind it. According to celebrity nutritionist Sandhya Gugnani and owner of yournutritionandhealth.com, "The composition of honey makes it an anti-septic and anti-bacterial agent. It has been found to prevent trickling in throat and hence is used as a cough remedy. Honey used with lemon and warm water when taken on an empty stomach boosts metabolism and reduces water retention in body."

Honey has been used as a cure for a number of ailments and has been scientifically proven to be actually effective in some cases:

-Honey induces sleep when taken with warm milk or water.

-Because of its anti-bacterial properties honey is said to be effective against burns and cuts.

-Ayurveda says, the use of honey along with lemon and ginger is beneficial in the treatment of irritating cough. As a soothing agent, it produces a calming effect on the inflamed mucous membrane of the upper respiratory tract and relieves cough and symptoms like difficulty in swallowing.

-In old age, honey is highly beneficial as it provides strength and warmth

to body.

-Ayurvedic experts have long regarded honey as useful in maintaining the health of the stomach. It tones up the stomach, helps in proper digestion and prevents stomach diseases. It also decreases the overproduction of hydrochloric acid, hence preventing symptoms like nausea, vomiting and heartburn.

-Honey has also been found helpful in oral diseases. It is advised to massage teeth with honey as it helps prevent tartar build up, fights gum diseases and prevents tooth decay.

-Honey mixed with fenugreek powder has been used as a medicine against dandruff.

Ways you can include honey in your daily routine in a healthy way

1. The most common practice has been to add honey to a glass of warm water, squeeze a lemon into it and drink early morning on an empty stomach. But this causes acidity to many people. So for them, honey in warm water to which a pinch of cinnamon is added is the best morning drink.

2. Instead of spending on jams and jellies packed with chemicals and preservatives, use a spoonful of honey on your toast.

3. Avoid salad dressings loaded with sugar and fat. Make one at home with healthy ingredients.

Mix 2 tsp honey with 2 tsp lemon

juice, 1 tsp mustard powder, 1 tsp oregano and some chilli flakes and your dressing is ready. To make it more runny add some orange juice. It tastes great with beetroot and feta.

4. Sweeten your beverages and drinks with honey. But remember, it still has loads of sugar, so moderation should be your caution!

5. Replace sugar with honey in your desserts and dishes. The calorie count might be on the higher side but the nutritional quotient will increase.

6. To keep away cold and sniffles, add a dash of honey to 1 glass of milk which has been boiled with a teaspoon of turmeric powder. Drink it warm, before going to sleep.

7. Mix honey with holy basil leaves, add a dash of pepper and lick slowly. It will soothe an irritating sore throat.

8. Make your own face scrub by mixing 2 tsp honey with 3 tsp gram flour powder, 1 tsp milk cream and 1 tsp turmeric powder. Apply on your face and body and scrub off.

9. Rinse your shampooed hair with a mug of cold water to which 3 tsp honey and juice of 1 lemon has been added.

10. To boost immunity of kids, give them warm milk which has been boiled with 10 holy basil leaves, 1/4 tsp grated ginger, added with a spoonful of honey.

Those suffering from diabetes and insulin resistance should take honey only after consulting their doctor.

The big short: Time to give the jeans a break and take some risks

Hot pants, boy shorts, baggies and bermudas — whatever the style, shorts have never gone out of fashion. A must for the summer, these lowers have transformed in terms of their structure, materials and even length, over the years.

“Summer is all about comfortable style. So, your wardrobe needs to reflect that. Not only are shorts super comfortable, but with the number of options available, they are perfect for just about any occasion,” says designer Sanya Dhir, adding, “Designers are also giving shorts a couture twist. Embroidered hot pants are a delight. A fusion of classic and trendy shorts, this variety has sequins, dabka and nakshi elements, with intense zardozi work.”

Contrary to popular perception, shorts need not be limited to casual outings only. “Many international celebrities wear shorts on red carpets. Gwyneth Paltrow, Julia Roberts, Diane Kruger, Selena Gomez and Kristen Stewart have often sported shorts at formal events. So, they have proved that dressing formal is not always about being decked up from head to toe. At times, less is more; it’s all about how you carry your style,” says designer Shehla Khan.

— *With inputs from designers Rajdeep Ranawat, Shalini Jaikaria and Paras Bairoliya*

Dos and don'ts

1) Make sure your shorts aren't

too loose or too tight; you don't want them sliding off or creating unnecessary bulges

2) If you have long and lean legs, opt for hot pants. Those with shorter legs should stick to high-waisted op-

tions. Curvy women should go for skorts

3) Opt for shorts that are made using breathable fabrics like cotton, linen or khadi

4) Since shorts exude a relaxed

vibe, chose your footwear according to the occasion. For instance, sport brogues with a pastel T-shirt and denim shorts for a casual day out. Or, make a fashionable statement by wearing the blazer-short set with a pair of stilettos at a formal do.

Bag these shorts

1) Boy shorts: They resemble men's boxer shorts. Pair them with a cut-out vest or a T-shirt

2) Bun huggers: They're made primarily for athletic use. They are really short and tight, and allow maximum amount of movement, as well as some air resistance. Pair these with a sporty T-shirt or a regular one

3) Cut-offs: Cut-offs are pants that have been converted into shorts. Typically, they are meant for casual outings. The very short ones are referred to as 'daisy dukes'. Pair these with a crop top or a poncho

4) Hot pants: You definitely need a pair of hot pants this season. Wear these with something a little more covered-up, like a sporty T-shirt or a bomber jacket, to balance the look

5) Bleached denim shorts: These shorts are the flavour of the season. Mix them up with lace edges and studs, and you are grunge-ready

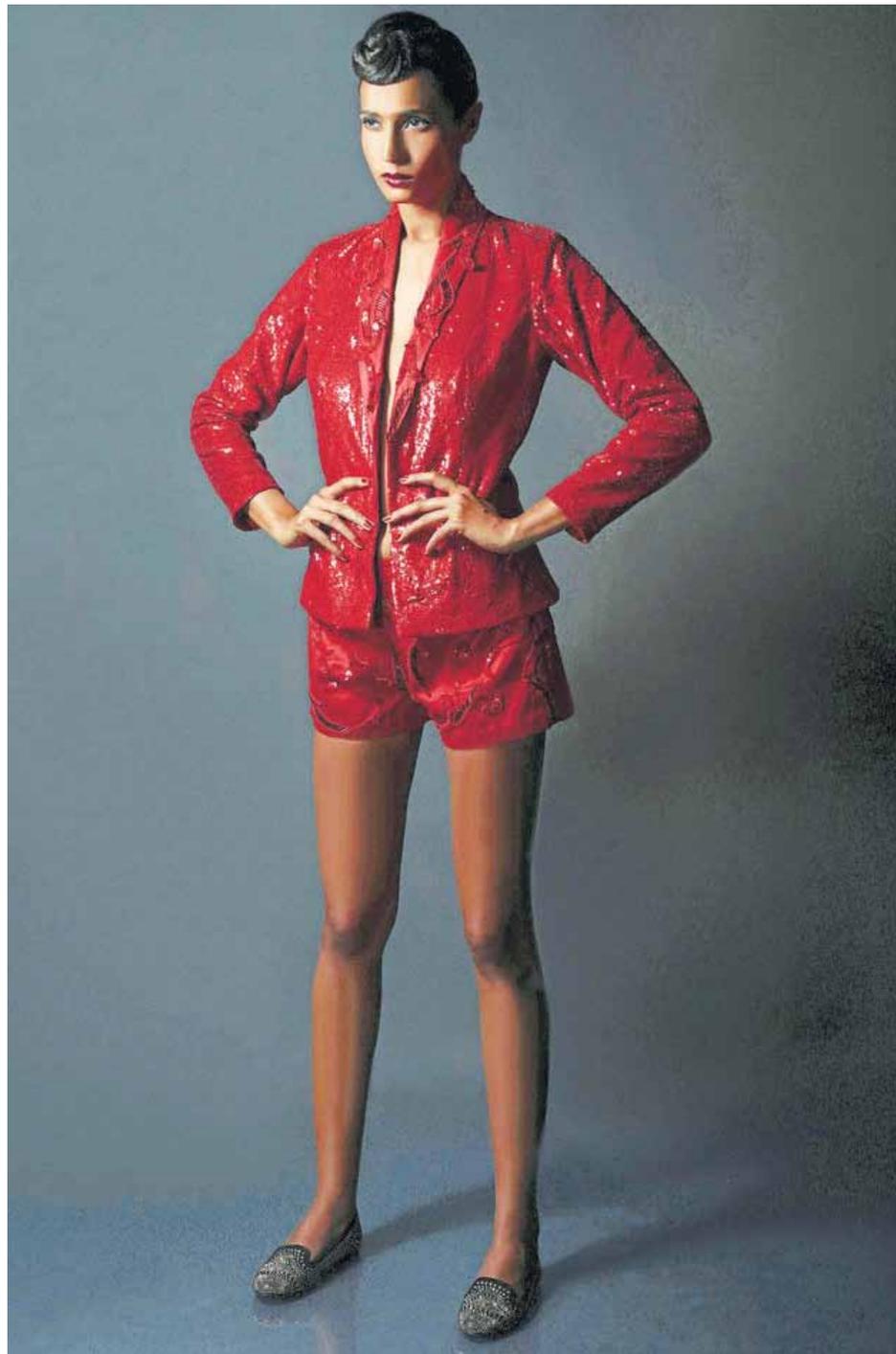
6) Botanical print shorts: Pair these chic shorts with a plain T-shirt or a knotted shirt to make a statement

7) Well-tailored black shorts: Team these with a black blazer for a formal event

8) Polka dots or printed skorts: Skorts are shorts that have a flap of fabric in front to create the illusion of a skirt

9) Lace shorts: They are delicate and perfect for a night-out. Pair them with a strappy camisole

10) Lounge shorts: With lounge-wear trending big time, lounge shorts are here to stay. Flaunt a matching set for a bold statement, or mix your favourite satin shorts with a crisp formal shirt.



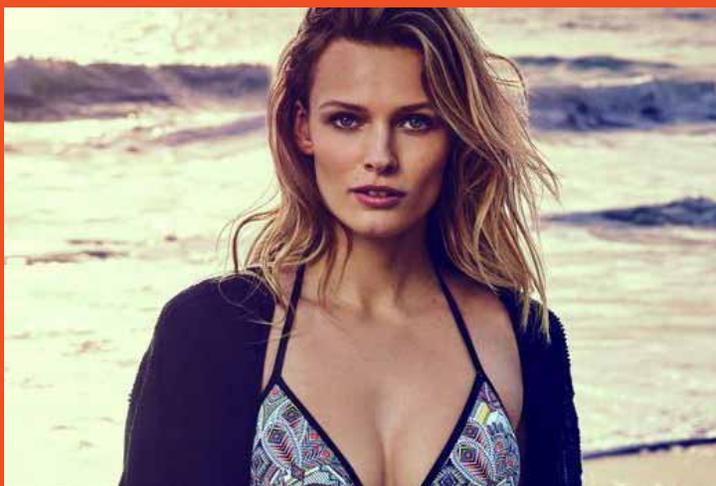
Up the oomph quotient: Beat the heat this year with breezy beachwear

While the perfect swimsuit is your best friend when hitting the sand, great beachwear is a must for staying laid-back yet stylish at all times. That long-running beach staple, the sarong — usually worn tied around the hips — should be banished to the back of wardrobe for 2016, as floaty dresses, tunics and playsuits are hot looks this season.

Sarongs are certainly practical beach cover-ups for hid-

ing a multitude of sins when strolling on the sand, but they can't match beachwear garments on style and sophistication.

This season, beach dresses flirt playfully with sheer fabrics and sport details that nod



to catwalk style. With a definite boho vibe, they're perfect for days at the beach. Plus, unlike sarongs, beach dresses are a great way to change looks on different days of a holiday.

The playsuit is another pop-

ular option for 2016, seen in plenty of beachwear brands' collections. These all-in-ones are easy to put on, and can take you from beach to town with comfort and style in the blink of an eye.

As well as being this year's hottest beachwear items — ready to accessorize as much as you like — playsuits and dresses are a great way to stay chic when retreating to a restaurant or grabbing a cocktail.

INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)- LA PRINCESA



On May 03, 2016, the day began with typical preparations for the picnic snacks and the luncheon by the hosts and supporters whilst enjoying socialization amongst reaching to nearly seventy attendees. Food was planned for 85-90 as anticipated number of attendees. The no-shows may be due to hot weather of rising to 94 degrees, and, also possibly because the pakoda lovers might have decided not to try out tasty steam-cooked khaman/dhokla, chutney and jam sandwiches and lots of crisis - healthy snacks. Yami Yami! What a Joyous Day! We had bags to time to interact and mingle. We were pleasantly surprised by a visit from Ramaben & Sumntbhai and also uncle & aunt of Renukaben/Pradiqbhai from LA. Everyone had a great time with them.

After a delightful picnic breakfast, we changed our plans of playing outdoor games due to heat, and, spent over an hour playing 'Anthakshari' instead. The time flew so quickly with a blasting fun of singing so many old songs. Chorus i.e. all present joining in singing showed the high spirit of the togetherness, which truly was an evidence of 'Harmony' of love for and by the ISAA's Extended Family! The jokes made everyone hungry. This was followed by another unique luncheon of garam garam freshly made yet more yami daal-dhokli, rice and papad-papadi.

On May 10, 2016, mother's day was celebrated along with Harshaben Chokshi's 75th birthday. Today Ashvinbhai & Ritaben became grandparents with the arrival of grandson Kian. The celebrations also included the anniversaries of- Chhotubhai & Gitaben, Thakorbhai & Kapilaben. It was birthdays galore of Babubhai, Lataben, Anjuben, Kokilaben's daughter Nirali, and Jitub-



hai. Each attendee couple and individual, were featured as special on arrival. The Program got underway with Haveli sangeet by Pt. Jasrajji. For the touchy and emotional song- "tu kitani achhi hain" please click on the link- <https://youtu.be/UFtgzNrd9rs> Minaben Patel gave a special narrative on mother's selfless love. Sixty- six moms posed for a group photo. Musical chairs game was played by females and males in three batches. Seven individuals were given the prizes. Miniben distributed channel-5 perfume to all mothers present. The Chokshis distributed beautiful purses to all mothers too. All the participants in garba-dance had a lot of fun. Pretty young generation ladies presented two outstanding dance items and Parag joined these dancing gopis as the natkhat kanahiyo. Today's delicious luncheon was sponsored by the Chokshi family. There were 135 members and guests who enjoyed it very much. It was home cooked by Vrunda & Jaymin Patel. Parag & Rupa, Samir & Jhankhana, Harshaben, Kunjabalaben, Aarti and Deepika, thanked the seniors for a great enjoyable celebration.

On May 17, 2016, the day began with "Sahnai Vadan" with continued slide show of the last week's program. This was very effective as the guests enjoyed socializing while enjoying a cup of hot chai. One of the major highlights was the introduction of the guest of honor - Pradeepbhai Parikh from



Baroda- a pioneer, founder, and a leader of the Laughing Club in Sardar Baugh. He is also a businessman, and a great supporter of the ASSE mission for protecting people, property and the environment. He is a proud supporter of Karunalay-a shelter for cancer patients. ISAA presented Pradeepbhai a rose bouquet and a welcome card along with ISAA directory. Miniben Pandit presented a sense of humor book while Meenaben Patel presented him with her own book of poems- "Ahmadabad to Arizona". Pradeepbhai shared words of wisdom - how social service can have a positive influence on life. As part of the celebrations of two anniversaries, and two birthdays of Umeshbhai & Lataben, and Sharadbhai & Anjuben, Jitubhai gave a brief about their lives with emphasis on accomplishments.

This sure made everyone very proud. Two video clips on music (Lagan lagi, and Awara Hun by the Russians) depicted the interests of the four too. As if this was not enough, the two couples presented their own version of the musical event, which highlighted their lives. Miniben Pandit made an outstanding professional "power point" on Kumbh Mela. It was just lovely and enjoyed by all.

The sponsors today were Parikh and Shahs. Over ninety members and guests enjoyed the exotic luncheon. Rekha Patel of Lotus Mkt was warmly welcomed at ISAA too. ISAA recognizes

1. Mother & Daughter ISAA members sponsored the May 24th luncheon.
2. Rekhaben Patel of Lotus stores, visited ISAA as a supporting invited guest
3. Luncheon sponsors of two anniversaries and two birthday celebrations
4. ISAA welcomed Pradeepbhai Parikh as the Guest of Honor of the ISAA gatherings
5. Mothers Day game players
6. Happy 75th Harshaben
7. Mothers having a lot of fun at ISAA
8. Young folks entertaining ISAA seniors
9. Well-dressed pretty participants of the Mothers Day celebrations.
10. Sponsors of an unique picnic at Rio Vista Park
11. Spontaneous Picnic entertainers

Miniben's patriotic stand on issues of Indian heritage and culture. She does not shy away from the Western media which makes non issues into political ones thus effectively putting into practice of "divide and rule".

On May 24, 2016, as announced, the day began with continuous slide show of the meeting on May 17, 2016 during socializing with tea with snacks. The video clips included- Continuous chest compressions (CPR), Ram Bolo Bhai Ram (a satire), benefits of cardamoms, multi-national colorful dances by the Chinese, Roadside Ustad- Sonu Nigam, Can you tear - TriColour for Rs 1000?, and Kitchen Fires. A beautiful presentation by Jitubhai about the rich and colorful background of today's sponsors- Miniben & Sarlaben made everyone proud of the two. Miniben and Sarlaben made a proud donation of \$200 to ISAA on this occasion. Over eighty attendees enjoyed the home made meals catered by T&TC gave a detailed overview of the trip to Payson on June 14, 2016. Shashikantbhai gave a briefing on the China trip next September.

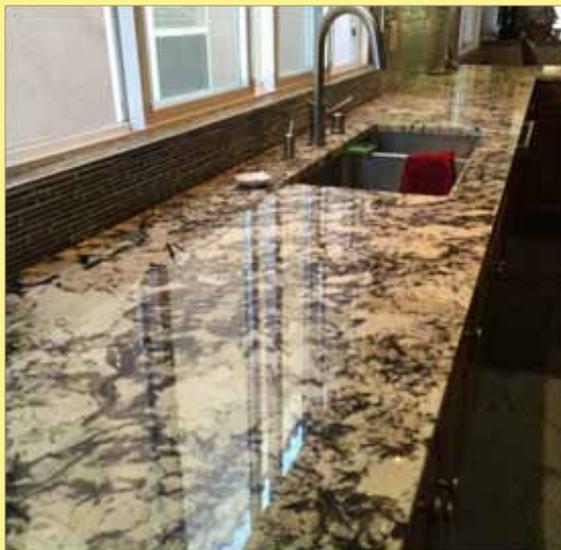


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IAFSG Celebrates Mother's Day



Report by Dr. Prakash V Kotecha & Bhagubhai Patel
Photographs by : Mahendra Devgania

IAFSG Seniors Group meets every Monday and Thursday, 10:00AM to 3:00PM at the Indo-American Community Center, 2809 W. Maryland Ave., Phoenix, AZ 85017. For information, please contact Mahendra Devgania Tel: 602-708-0733.

Forth coming Events:
9th June: Picnic in cool mountains.

16th June: Fathers' Day Celebration

Weekly Activities:

April 28: Special guest lecture on "Health Care Decisions" by Mary Donovan from Hospice of the Valley. Mary made a 40 minute presentation detailing "Health Care Decisions" why they are important, how they are useful to make, what documents can be prepared by us and how and where they are useful and how valid they are. She detailed about "Living will" and how people are trying to avoid facing reality of life and avoid discussing but how if it is dealt with matter of fact, becomes useful to those who are in charge of our care (and they are usually close relatives) during terminal illness. She also shared the booklet that has all the details of her presentation

and "Living will" forms for the members to complete if they so desire. She also clarified that "Living Will" does not need Notarization in Arizona but it is useful to get it notarized since other states would consider it valid only if this is notarized. Presentation was followed by question answers for about 10 minutes. She was kind enough to stay back during and after lunch till the end of the day to satisfy query that individual members would have. She actually volunteers her service at Hospice of Valley. She also enquired how many of us had "living will" and less than 30% of us have got the living will while rest of us did not know or did not have one and this ses-

sion would prove useful for the future. We plan to have a follow up visit by her for hand holding session for members who would like to draft and formalize their "living will"

May 05: Mothers' Day Celebration was scheduled today being the nearest Thursday to actual Mothers' day. Srikanth Vaidya lead the celebration singing Ganesha prayer to initiate the program. Nine members sung special songs devoted to the mother - Meenaben Bhavsar, Manjuben Patel, Harshad Shah, Harshad Desai, Usha Gautam, Shrikant Vaidya and Prem Lahoti. Everyone enjoyed the function. Flowers were offered to mothers.

We had returning visitors - Ramaben & Sumantbhai Patel and Tarlaben & Mahendrabhai Dave - both couples from Shantiniketan, Florida and everyone warmly welcomed them. Ramaben as always had some lovely jokes for all the members and she obliged with them on special demand by the members.

May 12: Antakshari was lead by Shrikant Vaidya. Initially it was planned for 45 minutes but continued over one hour with almost everyone participating. As usual members could easily come up with Bollywood songs, Gujarati Songs, poems, folk songs and bhajans. Janumathi Arujna, Raminder and Tarlok Singh were new members joining today. Harshad bhai was returning member. Janumathi and Mrs Singh both gave their small speech and liked to be with us and looked forward to be with us more often. Lunch Sponsors for the month included Deepa & Rameshbhai Bagai, Champaben Patel, Jayshreeben & Pradyumnabhai Khsatriya, Sitaben and Amritbhai Patel and Nayanbhai & Nayanbhai Bhatt.

Monday Sessions: We have an excellent start with many members attending Monday sessions and enjoying card playing and lunch.



Bollywood Parks Dubai: A desi theme park comes to glitzy Dubai

The reach of Bollywood goes far beyond the Indian shores, we always knew. Now, the popularity of Bollywood is going to get a quantum leap with Dubai's new theme park called Bollywood Parks Dubai, which will open in October 2016.

With a melange of cinematic rides inspired by Hindi movies like *Zindagi Na Milegi Dobara* and *Don*, thrilling attractions and live Broadway-style shows, Bollywood Parks Dubai, will be a first-of-its-kind theme park showcasing the true blue Bollywood experience laced with drama, action, music and dance. It is poised to give tourism in Dubai a big boost, officials said.

Located half an hour away from downtown Dubai, just before the Dubai-Abu Dhabi border in the United Arab Emirates, Bollywood Parks -- spread over 1.7 million sq ft -- is a part of the mega \$2.6 billion-\$2.7 billion Dubai Parks and Resorts project, an attempt to add to the tourism portfolio of the city.

The October launch of Bollywood Parks Dubai may see a plethora of Hindi cine stars, but no names can be confirmed yet, officials said. Legoland and Motiongate are the other two theme parks which will open doors along with Bollywood Parks in Dubai in a total area of 25 million sq ft, but a launch date is yet to be locked for what will be the Middle East's largest integrated theme park.

"Dubai has always been this family and leisure destination, but a theme park of this scale and size is something that has been missing," said Vinit Shah, chief destination management officer, Dubai Parks and Resorts. Shah, on the sidelines of a colourful press conference for a sneak peek into the theme park on Monday, said the target audience for the destination is essentially families.

The team is confident that Bollywood fans will come and visit, but they are hopeful that "people sitting on the fence also become fans of Bollywood" after experiencing the theme park. The interest in Hindi cinema, Shah pointed out, is "extremely high" across the Co-operation Council for the Arab States of the Gulf (GCC).

"We have about six to seven radio stations which broadcast Hindi music, and then we have TV channels which beam Hindi movies dubbed in Arabic. So, there is awareness about Bollywood," he said, stressing on how non-Indians could be equally interested in a destination of this nature.

In 2015, India became Dubai's



number one source market by bringing in over 1.6 million tourists, and the country was the second-fastest growing market with a 26 percent year-on-year growth, according to a report by Dubai's Department of Tourism and Commerce Marketing.

Expectations are that the numbers will keep increasing -- given how well Dubai is connected by flights to major destinations across the world. For Bollywood Parks in general, officials are looking at a ballpark figure of 5,000 visitors a day. While for the Dubai Parks and Resorts as a whole, an annual footfall of 5.5 million guests is expected.

To this end, the Bollywood Parks team is also looking at tying up with tour operators in India to promote the

property and its attractions amongst prospective tourists.

Thomas Jellum, general manager, Bollywood Parks Dubai, is confident that non-Indians will be attracted too. "Everybody will love the experience, because it is a unique, fun and entertaining offering," Jellum, a fan of *Zindagi Na Milegi Dobara*, said.

"We are also hoping that visitors will increase their stay in Dubai from three nights four days to about six days, during which they can make the most of the Park's offerings," he added.

As of now, an annual pass is available for Bollywood Parks at a price of 755 Dirhams (Rs 13,881.26). Subsequently, day passes will be announced too. As for a resort-wide pass, visitors may have to shell out approximately

2500 dirhams (Rs 45,967.79).

The theme park's area is spread across five zones: Bollywood Boulevard, which houses Rock On!!, a restaurant with a live band; Mumbai Chowk, which will have a 3D immersive tunnel ride called *Don The Chase*, inspired by Shah Rukh Khan-starrer *Don: The Chase Begins*; and Rustic Ravines, featuring entertainment options around *Lagaan*, *Sholay* and *Dabangg*.

There is also a Bollywood Film Studios featuring Hall of Heroes, where visitors can get a glimpse of the behind-the-scenes of a Hindi movie production. This will also house *Ra.One Unleashed*, a virtual 4D multi-sensory ride; as well as *Krish Hero's Flight*, a flying theatre experience recreated from the movie *Krish*.

"We have chosen some timeless films and cult classics which have all ingredients of a Bollywood film," Shah explained.

A key attraction of Bollywood Parks is its majestic Royal Plaza -- which the team describes as the Disney castle of our theme park. This houses a 850-seater Rajmahal Theatre that will be home to a Broadway-style Bollywood-themed musical.

Over 60 performers are already working to create magic on this stage since two months in Mumbai.

The Royal Plaza also has Mughal-e-Azam offering a "royal dining experience".

In terms of food and retail, Bollywood Parks offers a total of six themed restaurants capturing India's culinary offerings, and eight retail outlets stocking quintessential filmy fare.



Major job changes or opportunities to get ahead professionally are apparent. Think hard before going into business with friends or family. You may find that romance will unfold through business connections. Don't reveal anything about your personal life to those who may use such information against you. Your luckiest events this month will occur on a Saturday.

ARIES



Mar 21
to
Apr 20

Extend an invitation to clients you enjoy spending time with. Your ability to stand out in a crowd will bring you the recognition you desire. You may want to get involved in some kind of creative group. Enlist the aid of family members and consider the feelings of your mate. Your luckiest events this month will occur on a Tuesday.

TAURUS



April 21
to
May 20

Don't be too quick to let friends and relatives know what you're up to. You need to do more things that you enjoy. Take advantage of the opportunities that present themselves. Now is a good time to ask for favors. Your luckiest events this month will occur on a Saturday.

GEMINI



May 21
to
June 21

Make sure you concentrate if operating machinery or vehicles. You can make career changes that may put you in a much higher earning bracket. Unreliable people will be negative about your ideas. You will meet some interesting people if you attend promotional functions. Your luckiest events this month will occur on a Saturday.

CANCER



Jun 22
to
Jul 22

Stick to your work and avoid emotional confrontations. Social events should be the highlight of your day. Your accomplishments could exceed your expectations if you mix a little business with pleasure. Don't turn down an invitation or a challenge that could enhance your chances of meeting someone special. You will be encouraged to get involved in a moneymaking venture. Your luckiest events this month will occur on a Wednesday.

LEO



Jul 23
to
Aug 23

Entertainment should include the whole family or a lot of your friends. Your ability to come up with good solutions for problems related to work will no doubt help you in getting a promotion. Opportunities for new romantic encounters will unfold through the social events you attend. You can become obsessed with detail and must be sure to divide your time appropriately. Your luckiest events this month will occur on a Thursday.

VIRGO



Aug 24
to
Sep 23

You can accomplish a great deal. You must act quickly. You should check out prestigious clubs or groups that have a cause you believe in. Be primed to use your intellect in order to get what you want. Your luckiest events this month will occur on a Friday.

LIBRA



Sep 24
to
Oct 23

Be prepared to take care of the issues at hand. This is not the best day to visit relatives who get on your nerves. Listen to the advice given by others. Consider starting a small business on the side. Look for a marketable gimmick. Your luckiest events this month will occur on a Thursday.

SCORPIO



Oct 24
to
Nov 22

You must refrain from overspending on entertainment. Your magnetic, outgoing personality will capture hearts. You can persuade even the toughest opponents to think your way. Think twice before you agree to take on any new projects. Your luckiest events this month will occur on a Monday.

SAGITTARIUS



Nov 23
to
Dec 21

Stabilize your own position by locking up your savings. Be precise in your communications to avoid any misunderstandings and arguments. Insincere gestures of friendliness may be misleading. Draw up contracts regarding your personal situation. Your luckiest events this month will occur on a Thursday.

CAPRICORN



Dec 22
to
Jan 21

Don't overspend on entertainment, on children, or make poor investments. Secret enemies will be eager to spread rumors about you. It's time to make professional changes. Sign up for tours or courses that will enlighten you. Your luckiest events this month will occur on a Friday.

AQUARIUS



Jan 22
to
Feb 19

Changes in your home may be alarming at first. You can learn valuable information if you listen and observe what others are doing and saying. Kick your shoes off and relax. Don't take sides if you wish to remain on good terms with both parties. Your luckiest events this month will occur on a Friday.

PISCES



Feb 20
to
Mar 20

Voice of sanity: Why the Tibetan cause is a deeper search for self

Isabel Losada is a writer in search of a cause. She finds it in Tibet, 'the greatest lost cause on the planet', according to some. In finding Tibet, she hints to the readers that she finds something of herself.

The world Losada surveys from her London street is in turmoil. The Middle East is breaking up and is streaming into Europe, stoking old fears of race and religion. The war on terror is roaring ahead, sparking flames of angry revenge in the streets of Europe and America. Terror and the war on terror are badly rocking the boat of the tenuous world order.

In such a world, Losada asks, "What can you and I do about the war on terror? I'll tell you: We can observe that terror is not the way that we want to go. So we ask 'Who is the world's leading proponent of non-violence?' Most people, when asked this question say, 'the Dalai Lama. He asks for what he wants for Tibetans but insists on non-violence. He's the man for me."

"Why is the world fighting terror with terror and yet not supporting a man who has spoken for non-violence for fifty years? Why are we ignoring the sanest voice on the planet? And can one crazy, misguided woman that lives on Battersea Park Road in London do anything about it?"

Having found her cause and framed it in a form of a question, the reader at first suspects that she wants to do a Lawrence of Arabia act. But the author draws on a far older and better known and better loved European wisdom to act on behalf of Tibet. She becomes our modern-day Don Quixote, tilting her writerly lance at the windmills of economic might, narrow national interest and unbudging prejudice. This unlikely white female knight in shining armour sets out to change the world, to undo the great injustice and right the mighty wrong on Tibet. To Losada, accepting the world as it is should be tilted with all the force of her



lance. The world should be re-arranged in the name of justice and truth. One big re-arrangement in this is restoring Tibet to Tibetans, according to Losada.

Like the faithful Sancho Panza, we, her readers, follow her in her adventures around the world. Her adventure begins in the streets of London where a small but noisy protest demonstration erupts into slogan shouting and Tibetan flag waving before the Chinese embassy. Losada writes, "I glanced at the Embassy. The might of China was unmoved. The closed eyes of the shuttered windows didn't blink."

If individual anger at China in the streets of London wasn't enough, what about showing it in Lhasa itself? Would that do the trick? Would that un-nerve China? Hardly, as the author discovers. In fact, the experience un-nerves her. Losada recounts, "We turned into the Dalai Lama's Throne Room. This is the room where official guests have been received for generations. A large photo of the Thirteenth Dalai Lama was up on the wall. A matching photo of the current Dalai Lama was conspicuous by its absence. As indeed he was. This was all stolen property. It didn't belong to them and I began to seethe under the injustice of it all... I was one more tourist seeing what the government wanted me to see."

"Then I walked out on the roof and was suddenly trans-

ported again to another time and place; the roofs were untouched, the hills were still there, the air was cold and the sky was as blue as it always had been. This was the confusion, rage one minute and exhilaration the next. It was stunningly beautiful and I couldn't get out of there soon enough."

Read: China has no business in reincarnation system, says Tibetan PM-in-exile

Back in Dharamsala and with an audience with the Dalai Lama, something triggers in her. Losada writes, "I am not one given to describing people's 'energy fields'. I don't see auras. I'm not

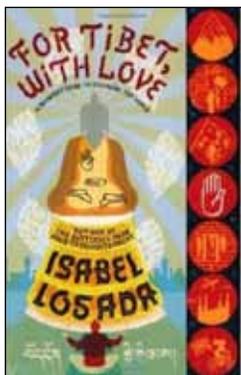
psychic. But here is an energy that even I can feel. The man is huge. Physically I see an elderly Tibetan... He isn't particularly tall and his face is, well, it is just as we've all seen it smiling from a million pictures. No surprise there. And he is warm and modest, just as I'd expected. But this energy . . . what is this? I feel myself lost."

In the end Losada hasn't changed the world. But she is able to tell what's wrong with the world with humour and her love for Tibet. And her word has got around the world.

For *Tibet with Love: A Beginner's Guide to Changing the World*

Isabel Losada
Bloomsbury
Rs 299, PP371

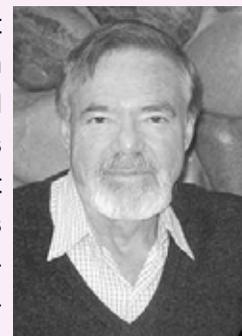
Thubten Samphel is Director, The Tibet Policy Institute



POET OF MONTH

Robert Pack

Robert Pack is the author, most recently, of *Clayfield Holds On* (2015). Of this volume, Mark Strand has said, "Pack, as always, exhibits a technical mastery that has all but disappeared from recent poetry. His meters are relaxed, creating an unusual suppleness and ease in his story poems, which are deeply moving,



filled with great tenderness, charm, and wit." Pack is also the author of thirteen previous collections of poetry: *Laughter Before Sleep* (2011), *Still Here, Still Now* (2009), *Elk in Winter* (2004), *Rounding It Out*, University of Chicago Press (1999), *Minding the Sun* (1996), *Fathering the Map: New and Selected Later Poems* (1993), *Before It Vanishes: A Packet of Poems for Professor Pagels* (1989), *Clayfield Rejoices, Clayfield Laments: A Sequence of Poems* (1987), *Waking to My Name: New and Selected Poems* (1980), *Keeping Watch* (1976), *Nothing But Light* (1972), *Home from the Cemetery* (1969), *Guarded by Women* (1963), *A Stranger's Privilege* (1959), and *The Irony of Joy* (1955).

Robert Pack has also published seven books of scholarly criticism: *Willing to Choose: Volition and Storytelling in Shakespeare's Major Plays* (2007), *Composing Voices: A Cycle of Dramatic Monologues* (2005), *Belief and Uncertainty in the Poetry of Robert Frost* (2003), *The Long View: Essays on the Discipline of Hope and Poetic Craft* (1991), *Affirming Limits: Essays on Mortality, Choice, and Poetic Form* (1985) *Faces in a Single Tree: A Cycle of Monologues* (1984), *Wallace Steves: An Approach to his Poetry and Thought* (1958).

Snow Scene with Raven

Wet clinging snow accumulates
On aspen branches, birches, tamaracks,
On cedar fences that delineate
The silent fields, the frozen stalks

And barren brambles that express
The tangle of what shapes remain.
Whiteness, unifying whiteness,
Extends, diffuses, and contains

The dazzle of its crystal glitterings;
An interrupting raven clamors past,
Its gold eye vivid in a blur of wings
Whose flair of darkness cannot last.

I follow where the dark temptations go,
Enraptured in oblivion of snow.

Sarbjit review: Randeep Hooda impresses, but the film does not

Based on the life of Sarbjit Singh, a farmer who was wrongfully convicted in Pakistan and died after a fatal assault inside jail, the movie Sarbjit focuses on his sister Dalbir Kaur's fight against the system to prove his innocence.

Film Review

Director: Oomung Kumar

Cast: Randeep Hooda, Darshan Kumar and Aishwarya Rai Bachchan
Rating: 1.5/5

However, given the very real context of the plot, the movie is an almost fictitious, drum-beating melodramatic saga that suffers from an overly-worked-up lead actor.

Applause is due for Aishwarya Rai Bachchan who plays the struggling Dalbir. But, in the same breath, the 42-year-old actor doesn't manage to bring alive the character. Her lip-twisting, chest-thumping and shouting does not help either. Instead, the melodrama alienates us from an otherwise evocative character.

The constant harping on Indo-Pak relations – mostly about the sympathy people should show for innocent people, but at times digressing to more political and subtle anti-Pakistani sentiments – loses the plot. Simple humane moments focusing on the struggles of a family that has lost a member to an unfair system would've taken the movie much further.



Randeep Hooda plays an Indian convict languishing in a Pakistani jail in Sarbjit.



A poster of Sarbjit shows Aishwarya as Dalbir.

It's a movie, so melodrama and fiction is all right, but it does take some doing if the audience is expected to identify with characters

using phrases like 'Khauf ki badboo' or burning their own effigies. Or accept the Pakistani advocate who faces attack for supporting Sarbjit

(played by Randeep Hooda) and decides to join the violent crowd protesting against him! Because, apparently nobody knows what he looks like.

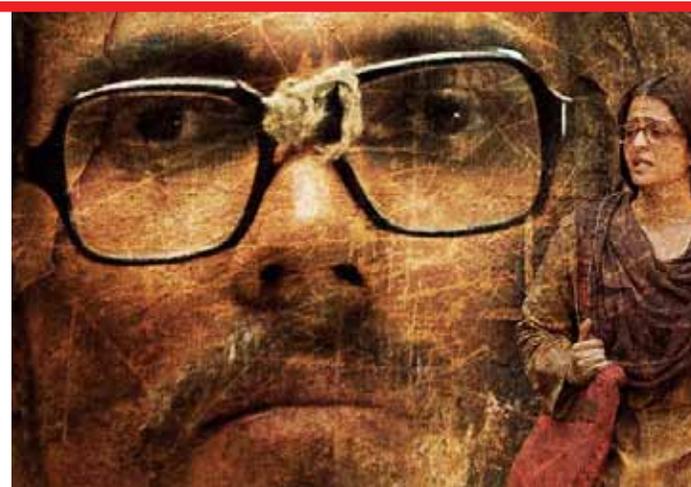
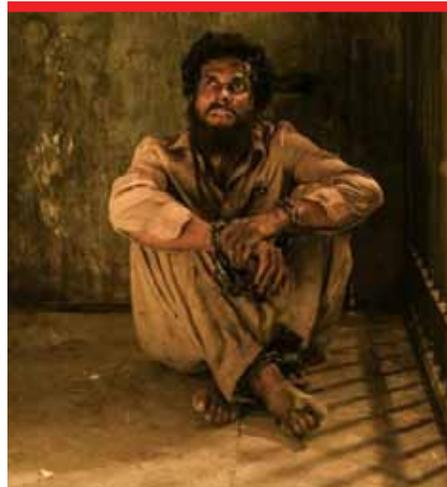
Randeep as Sarbjit evokes pity and sympathy. He is sweet as the brother and brings a smile on our face when he is with his family. The movie would have been much better, had director Oomung Kumar given Randeep a little more space. The few sequences where we do see him make us teary-eyed, but the movie quickly moves on.

One of the rare engaging scenes is where Sarbjit's family goes to meet him in jail. The frisking of the women in his family is disturbing and also offers a moment where Aishwarya looks authentic in the movie.

Richa Chaddha, yet another talented actor wasted in this star-driven plot, leaves her mark as the silent wife who painfully waits for her husband.

Despite the heavy, tragic air of the film, there are a few breathers – the mini flashback scenes of Sarbjit with his family are touching. In one of the initial sequences, we also see a grieving Aishwarya clinging on to her still-born child. Randeep convinces her to give up the infant's body. Delicately done, this is one of the rare winning subtle moments.

It's a tough movie to get right, and Oomung should be lauded for choosing the story and for picking a star to get the story out to wider audience (like he did with Mary Kom). But, Oomung fails to deliver a moving, poignant film and instead leaves us with a load of melodrama.



Bollywood's outspoken actor Richa Chadha has come out in the open about her battle with bulimia, which began when she was asked to "gain weight, then lose weight, fix my nose and inflate my lips" for her showbiz journey -- something which led her "confidence to evaporate".

She spoke about the eating disorders that exist among industry members -- a "best kept secret" -- at a TedX Talks, a platform that helps people share ideas that will motivate and inspire others.

Richa, who has found popularity with unconventional roles in films like Oye Lucky! Lucky Oye!, Fukrey, Gangs Of Wasseypur and Masaan, spoke about how she thought she was beautiful and intelligent as a child, but her self-confidence took a beating when she headed out to chase her Bollywood dreams.

As a part of the TEDx Talks, Richa, whose latest release is Sarbjit, said: "Till I lived in Delhi, with my parents, I always felt beautiful and intelligent. It was only when I became an actor that I felt my confidence evaporate. Self-doubt exists in everyone's minds. But I do feel actors have it a lot worse. We deal with rejection on many levels on a daily basis. While we deal with civilian (yes, that's what I call people that don't work in showbiz) issues, we also have to listen to, in my cheeky humble opinion, people that aren't so blessed



Richa Chadha tells all, reveals Bollywood's best kept secrets

themselves tell you that you are very unsuitable looking."

Sharing some secrets, she said: "I was told I should gain weight, then lose weight, fix my nose and inflate my lips, get a b**b job, lose the puppy fat, grow my hair out, or cut it, get highlights, or fake eyelash extensions, squat for a bigger b**ty, get fake gel nails, run in heels, wear spanx, pout will talking, focus on dilating the pupils, and listen

attentively."

"I crumbled under the pressure like a wrecking ball had hit me."

Bulimia, she said, was the "Big B" that she had to deal with.

"Anyone know what that is? It's when you consistently hate what you look like, and compulsively induce vomiting, throw up all the food you eat, accompanied often by binge eating, general anxiety and sadness and be-

lieving basically that you are unworthy."

"What are the implications of it? You become drastically unhealthy, low on nutrition, with lack of sleep and basically over time have little zest for anything at all. I hated myself, gained weight in a strange way and felt like a failure." "Eating disorders are the best kept secret of showbiz," she said.

The TedX Talk featuring Richa will be showcased online next week.

Dia Mirza turns to horror with new web series Shockers



Known for romantic films like Rehna Hai Tere Dil Mein, Bollywood actress Dia Mirza is all set to take a huge leap with a new horror web series.

The Rehna Hai Tere Dil Mein actress will be seen playing the title role in an episode titled The Good Wife in Shockers, a new webseries by Hotstar.

"As an actor it is exciting to be a part of different mediums of story telling. Short films as a format are exciting, because in a limited period of time a lot can be conveyed. Samaira's (the character) story, in 'The Good Wife' could be anyone's experience," Dia said in a statement.

The episode deals with a supernatural presence in the character's house. Dia, 34, says the experience for shooting it was "extraordinary". "It is real and extraordinary. I enjoyed shooting for this in one night with Faruk Kabir who as a director is pushing the envelope of spookiness," she added. The Good Wife, written and directed by Faruk Kabir, is available on Hotstar.

Sunny Leone is in mood to experiment, gets a new look

Known for her impeccable style statement and beautiful looks, actress Sunny Leone seems to be in a mood for experimenting with her hair. The Mastizaade star, who had coloured her tresses in shades of blue and purple earlier this month, has now changed the colour to pink.



Sunny Leone took to Twitter to share a photograph of her newly dyed pink hair and also thanked her hair stylist for giving her a new look.

Chai with.... Arti Iyer

I had the opportunity to sit down and have Chai with Arti Iyer. She is a successful Realtor in the valley and helped many to buy and sell real estate over the past ten years.

Q - Tell our readers a little about yourself and your family

I am a true Mumbai girl at heart, born and brought up in Mumbai. I hold a master's degree and studied fashion designing. I worked in that industry for a few years, and then moved into real estate. My husband is the founder and CEO of appsFreedom, a mobile software company with quite a few accolades to their credit. I have 2 beautiful kids, a 12 year old and 8 year old! They are my strength, motivation and give me the drive to do what I do.

Q - Fashion !! That's interesting, Tell us a little more about it

Well, I always had a creative eye and interest in design, so I decided to pursue fashion designing as a career. Soon after graduating, I was fortunate enough to start my own company. We used to design and manufacture women's ethnic and western wear and supply to exclusive boutiques in Mumbai. My core expertise was designing and I had a lot of fun coming out with creative designs, as it was a startup, I got a chance to do other areas of business like manufacturing, Sales and Operations. Although running a startup as a young girl in the male-dominated fashion industry in Mumbai was not easy, it was a successful venture and a dream run. I not only learnt a lot but throughly enjoyed it.



Q - how did you land into Real Estate?

While in US, I moved around a few places like California, Florida & Arizona. I was always intrigued by how varied each state was in terms of its topology, the nature and of-course the houses as well. Moreover my father has been in the real-estate profession, with our family owned business for over 50 years. So I grew up listening & seeing my dad, day-in and day-out in this business. Also my sister is in real-estate as well in Connecticut. Somehow I got very interested in Real-Estate after I moved to Arizona. I guess moving across the country helped and real-estate profession runs in my family as well. So it seemed very natural to me.

Q - So you have a family history in this profession but that is not enough for someone to be in this profession for as long as you have been.

Yes, you are right, Although family history helps, its not the sole reason why I have been doing this everyday for more than 10 years. The primary reason is I love what

I do. The biggest personal satisfaction, I get is when I see a family move into their new home. All the excitement of a new home, dreams of raising a family, a bright new future all sums up in a unique smile when a family, specially first time home buyers, gets the keys and step into their new home. That satisfaction I see in their face is all worth it. I absolutely enjoy what I do and I would not trade it for any other profession.

Q - Why is that? What is so special about First time home buyers?

First time home buyers have unique needs and being the first time for them, are not aware of the buying process in this country or the pit-falls and gotcha's in buying homes. Home buying is a big step for anyone and it is specially so when you are doing it for the first time. They have lots of questions and concerns, and need guidance in every step of the way. Now the reason I like working with first time home buyers, is for them, this is a unique and a one-time experience. When they find a home of their dreams and allow me to share their moment of joy, it

makes me immensely happy to be part of their joyous moment. There is nothing like that experience. It's not just about showing a house or signing, I try to be with them on their side during their complete process starting from educating them about the home buying process to actually being with them in every step of the way till closing. From Inspection till the final walkthrough I am involved and personally be there. I tend to exceed client-expectations, through real life experience, industry knowledge, effective and efficient thorough communication. Also after stepping into their new home is where their home owning experience starts and I support them in their home owning experience as well, until they are completely self sufficient. My clients still call me if they have any questions or need references, I still give my time and be there for them, irrespective of them being in the market or not.

Q - What areas of real-estate do you cover?

I specialize in residential and commercial properties, help in buying, selling and leasing.

In residential my expertise are in new homes and resale homes, in new homes I help them in selecting their interiors, my clients always like my choices and get that advantage of my designing sense. They appreciate and value my inputs and advice, as its a big step for them.

Commercial side, I have done gas stations, office space and Retail in grey shell and built outs. I have experience in Land deals, well it was more popular in mid 2000, so at that time many of my investors bought it around the valley, I handled investors portfolio who have multiple properties, help them flip and sell or convert into an income generating property.

Q - What are your plans for the future?

I like my profession too much, in fact am devoted to it:) I am full time into real estate and intend to be around for a long time to come. Would like to help our indian community as much as possible in getting the fruits of home ownership.

Thank you Arti for giving us wonderful insights into real estate....



Bhai Gurbax Singh Bilga and Jatha visited Nishkam Seva Gurdwara Sahib. They are famous in Punjab for doing a Dhadhi Darbar, who sings ballads of warriors playing Dhad and Sarangi the folk instruments of Punjab.



Neighborhood News

MAY 2016

Arti Iyer

ABR, PIC, CFS, CSSN



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HERE COMES THE HEAT!!! TIPS FOR EXERCISING IN SUMMER HEAT



- The time of day is important. Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be a scorcher that day.
- Wear loose, light-colored clothing. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.
- Sunscreen is a must. Use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.
- Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.
- Replenish your electrolyte and salt intake while exercising. You can use SUCCEED capsules--small, simple packs of sodium and electrolytes that keep my system in check.
- If you can, choose shaded trails or pathways that keep you out of the sun.
- Check the weather forecast before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.
- Most importantly, listen to your body. Stop immediately if you're feeling dizzy, faint or nauseous.

10 AIR CONDITIONER FIXES

- 1. TRIPPED BREAKER** - One of the most common causes of no-cool calls is a tripped breaker. Reset it before calling a repairman. Hopefully, it won't repeat. Something is causing the breaker to trip. Often, it's something simple, like a bad breaker, loose wire, or a bad capacitor. However, if not addressed, some simple problems could lead to far more expensive repairs.
- 2. DIRTY FILTER** - If you have a 1" disposable filter, it should be replaced monthly. It's out of sight and out of mind, so it's easy to forget to change it. Dirty filters reduce indoor air quality, make the home less comfortable, and can result in frozen indoor coils, eventually leading to serious repairs.
- 3. REFRIGERANT LEAKS** - An air conditioning system is a sealed system. It should never leak refrigerant. When it does, bad things happen. Your air conditioner efficiency falls and electricity use rises. Your air conditioner may not cool. The coil may freeze. The compressor could become damaged. Plus, refrigerants are greenhouse gases. Often the problem is as simple as a bad Schrader valve or a weakened connection between a fitting and refrigerant tubing.
- 4. SWITCH TURNED OFF** - Some heating and air conditioning systems have a wall switch at the indoor unit for safety and convenience that can be confused with a light switch. If this is accidentally switched off or left off during mild weather, your air conditioner will not start. Always check the condition of this switch before calling a repairman.
- 5. THERMOSTAT PROBLEMS** - Some thermostats must be switched between heating mode and cooling mode. If the switch is in the wrong position or breaks, your air conditioner won't start. Quality digital thermostats rarely fail. Some of the cheap ones available from the big boxes might. So what goes wrong? The switch might break, a voltage spike might cause a malfunction, and so on.
- 6. CLOGGED DRAIN LINE** - Air conditioners pull moisture out of humid air while lowering the temperature. The moisture is typically drained out of your home through your plumbing system. Algae can grow in these lines, clogging them up. This can lead to water damage in your home. Drain lines should be clear as part of your Spring air conditioning tune-up.
- 7. CONTACTOR** - A contactor is an electromechanical switch in your air conditioner. Sometimes the silver coating on a contactor will wear off and the contactor will stick, causing the outside unit to run continuously. Sometimes ants are attracted to the electricity and get squashed between the contactors, blocking them from closing. Contactors can also fail electrically. Have your repairman check these as part of a Spring tune-up, clean the surface of the contactors if needed, and recommend replacement if failure appears imminent.
- 8. DIRTY EVAPORATOR COIL** - Liquid refrigerant is sprayed into this coil to evaporate and draw heat from the air being blown across it. Periodically the coil needs to be cleaned or dust and particle build up will restrict the coil's heat transfer capabilities and reduce system air flow down the duct system. Dirty coils increase operating cost while simultaneously reducing home comfort.
- 9. DIRTY CONDENSER COIL** - A dirty or restricted coil is inefficient, increasing electricity usage and reducing system cooling capacity. A repairman should wash, clean, and if needed, comb the condenser coil as part of the Spring tune-up.
- 10. DUCT LEAKS** - Your heating and air conditioning system adds and removes heat to the duct system. The duct system is tasked with delivering it to the occupied areas of your home. If the ducts that supply conditioned air to the living space leak and are located outside of the living space, you're essentially paying to heat or cool the outdoors. If the ducts that return conditioned air from the living space leak, you pull in unconditioned, unfiltered air.



Imam Shamshad was invited to attend Farewell ceremony of retiring Rabbi Steven Bob at Synagogue “Congregation ETZ Chaim” in Lombard, IL.

Report by: Mirza Mashhood

Islam Teaches Love, Respect, Harmony and tolerance in the society, said Imam shamshad

(Friday, May 6th, 2016), Imam Shamshad and few members from Ahmadiyya Mosque “Baitul Jaamay” in Glen Ellyn Chicago area, were invited by a local Synagogue in Lombard “Congregation ETZ Chaim” located at 1710 S. Highland Ave, to attend the farewell ceremony of their retiring Rabbi Steven M Bob and to welcome the newly promoted Rabbi Andrea Cosnowsky on the evening of May 6th 2016.

Rabbi Steven Bob retired after 35 years of service and there were almost 400 plus guests gathered in the Synagogue to say good bye to the retiring Rabbi. The entire prayer hall was completely filled up by the guests it was beautifully organized.

The one and half hour long program started at 8.15 pm with the prayer service lead by new Rabbi Andrea Cosnowsky. Afterward there were different prayer segments including introduction and showing of Torah among the congregation.

Many Pastors from Neighborhood churches and Chaplain from Whea-

ton and Almhurst Colleges expressed their views and thoughts at the moment and also Rabbi Bob’s former students and colleagues shared their stories and good memories with the Rabbi. Among the speakers there were:

Father James Dvorsack of St. Daniel the Prophet, formerly of Christ the King Parish.

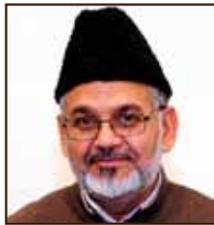
Reverend Jay Moses of Hope Presbyterian Church.

Dr. Lynn Cohick, Professor at Wheaton College.

Reverend Scott Matheney, Chaplain at Elmhurst College. and many other classmates and former students of Rabbi Steven.

They were all there to offer a warm farewell to Rabbi Steven Bob and they all did their best job including the new Rabbi Andrea who organized the event and managed every thing very skillfully.

In the last during offering his farewell remarks, Rabbi Steven Bob grasp the attention of the whole crowd when he announced that he want to invite one of his special guest to the podium who is the Imam of Ahmadiyya Muslim Mosque in our neighborhood and he



by Imam Shamshad A. Nasir (Baitul Hameed Mosque – Chino)

also want to say a few words according to this occasion.

On reaching to the podium Imam Shamshad thanked to Rabbi for the invitation and immediately cracked a joke according to the occasion. The entire hall enjoyed the joke with laughing and clapping. And then he presented the gift to the Rabbi.

Than Imam shamshad continued to deliver his core message. He said Islam is the religion of peace, tolerance, and Love. Also its basic teachings surrounds the man’s action and not mere the verbal believes or rituals. And that if in a religion there is no day to day practical obligations, and set of rules to follow that religion is a dead religion. Imam shamshad added that if No respect, Tolerance and harmony is adopted in the society then there will be NO PEACE., and Ahmadiyya Muslim Community Stand for that today.

This unique address of Imam Shamshad greatly applauded by the entire audience who was listing his brief address attentively and silently.

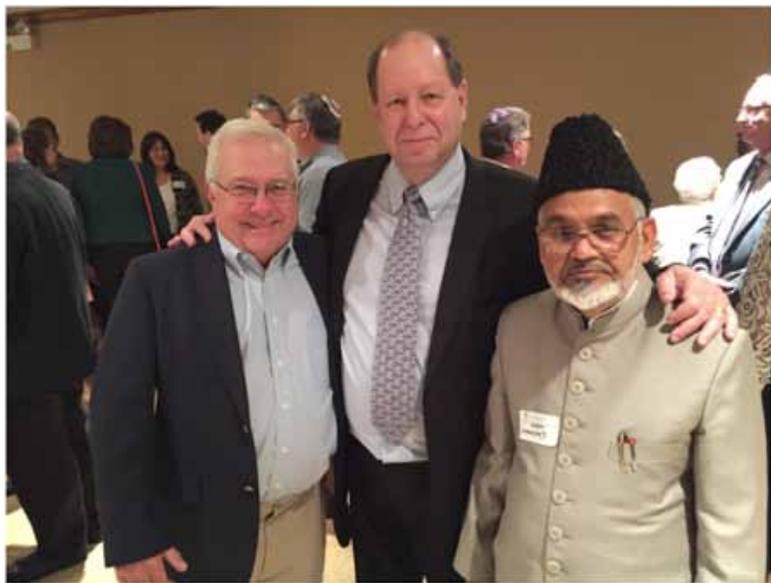
At the end of the formal ceremony Rabbi Steven called all of the religious

leaders and special guests to the stage to honor them and conveyed his Gratitude and thanks to all the guests and had a group photo.

After the program many guests and member of congregations stepped up to Imam Shamshad to convey their gratitude about his brief but influential speech. Almost everyone praised his address and they admitted open heartedly that his speech was the best one and his words were the most heartwarming. The program was concluded with refreshments where every body mingled up and exchanged their views and conveyed their gratitude to Out going Rabbi Steven Bob as well as incoming Rabbi Andrea Cosnowsky and also to Imam Shamshad on his wonderful address. Imam also gave the book of Holiness Mirza Masroor Ahmad “ World Crisis and the pathway to PEACE” and copies of Muslim Sunrise to some dignitaries and Leaders.

Imam Shamshad Nasir

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محبت سب کو لٹر نفرت کسی سے نہیں
LOVE FOR ALL HATRED FOR NONE



ہم احمدیوں کا کام ہے کہ حکمت اور محنت سے خیر اور بھلائی کی دینی تعلیم کو ہر دل میں گاڑ دیں

تمام دنیا کی روحانی اور مادی امداد کرنا ہمارے بنیادی فرائض میں سے ہے

گ... ہ... ی... .. اللہ... ع... ک... .. و... .. ف... .. عال کرنا بہت ضروری ہے، نظام جماعت توجہ کرے

امام جماعت احمدیہ حضرت مرزا مسرور احمد صاحب نے مورخہ 13 دسمبر 2014ء کو بیت الفتوح، لندن میں خطبہ جمعہ ارشاد فرمایا جو کہ ایم ٹی اے انٹرنیشنل پر براہ راست مختلف زبانوں میں ترجمہ کے ساتھ نشر کیا گیا

ان ملکوں میں جو مغربی ممالک ہیں یا ان ممالک میں جو ان کے زیر اثر ہیں جماعت کی ترقی جماعت کے خلاف منصوبہ بندی کی طرف لے جائے گی، ان کے خیال میں شاید جماعت احمدیہ حکومتوں پر قبضہ کرنا چاہتی ہے، حالانکہ جماعت احمدیہ کا پھیلاؤ ان ملکوں پر قبضہ کرنے والا نہیں بلکہ ان میں پہلے سے بڑھ کر امن، سلامتی کو قائم کرنے کا ذریعہ بنے گا۔

پس آج مسیح محمدی ﷺ کے غلاموں کا یہ کام ہے کہ حکمت اور محنت سے اللہ تعالیٰ کے فضلوں کو حاصل کرتے ہوئے خیر اور بھلائی کی اسلامی تعلیم کو ہر دل میں گاڑ دیں اور اس کیلئے بھرپور کوشش کریں، اس کیلئے دنیا میں ہر جگہ داعیان الی اللہ کی تعداد کو بڑھانے اور فعال کرنے کی ضرورت ہے، اللہ تعالیٰ افراد جماعت کو بھی اور جماعتی نظام کو بھی اس طرف توجہ دینے کی بھرپور توفیق عطا فرمائے۔

وقت تھا وقت مسیحا نہ کسی اور کا وقت میں نہ آتا تو کوئی اور ہی آیا ہوتا

پس ہمیں بھی سوچ لینا چاہئے، اس خیر کا بدلہ ہمیں ہمارے بد فطرت مخالفین سے نقصان اور دشمنی کی صورت میں مل سکتا ہے اور ملتا بھی ہے، بلکہ بعض لوگ تو ہمیں اس طرح دیکھتے ہیں جیسے شیر بکری کو دیکھتا ہے کہ کس طرح وہ شکار آئے میرے، ہمارا تو اس شخص جیسا حال ہے جس نے کوئی شیر یا چیتا پالا ہو اور وہ کسی طرح چھٹ جائے تو مالک کی یہ کوشش ہوگی کہ اسے اس طرح قابو کرے کہ اس جانور کو کوئی نقصان نہ ہو اور پھر بھی وہ کسی کام آسکے اس کے، لیکن چیتے کی کوشش یہی ہوگی کہ مالک کو چیر پھاڑ ڈالے۔



امام جماعت احمدیہ حضرت مرزا مسرور احمد

جیسے احمدیت ترقی کرتی جائے گی، ان لوگوں کا زوال ہوتا جائے گا، ان لوگوں کو نظر آ رہا ہے جماعت جس طرح ترقی کر رہی ہے، کل یہ ہم پر قبضہ کر لے گی، اور جیسا کہ حضور نے پہلے فرمایا تھا کہ

والے لوگ ہیں، ان کی طرف سے مخالفتیں ہوں گی، اس لئے یہ کبھی نہیں سمجھنا چاہئے کہ ان پڑھے لکھے ملکوں میں ہمیں خیر کا جواب خیر سے ملے

کوئی دنیاوی مخالفت، کوئی دنیاوی روک، چاہے وہ مسلمانوں کی طرف سے ہو یا غیر مسلموں کی طرف سے یا کسی بھی طرف سے، دہریوں کی طرف سے، اس کو ہم نے اس طرح راستے سے ہٹانے کی کوشش کرنی ہے جس طرح تیز ہوا ایک تینکے کو اڑا کر لے جاتی ہے، پس اس سے ہمیں اندازہ کر لینا چاہئے کہ ہمیں کتنی جامع، ٹھوس اور شدت سے کوشش کی ضرورت ہے، اور اس کے ساتھ ہی ہر احمدی کو اپنی صلاحیتوں اور استعدادوں کے مطابق اس میں حصہ ڈالنے کی ضرورت ہے، حضرت مسیح موعود کا کام تمام دنیا کو اسلام کا پیغام پہنچانا اور یہ خیر اور بھلائی بانٹنا ہے۔

انہوں نے کہا کہ اکثر غیر مسلموں کے سامنے جب میں یہ بات رکھتا ہوں کہ مسلمانوں کے یہ عمل آنحضرت ﷺ اور اسلام کے سچا ہونے کی دلیل ہیں کیونکہ آنحضرت ﷺ نے فرمایا تھا کہ ایک وقت آئے گا کہ مسلمانوں کی یہ حالت ہوگی بلکہ عرصہ بھی بتا دیا کہ یہ عملی زوال کی حالت اتنے عرصے بعد شروع ہوگی اور اتنے عرصے تک یہ اندھیرا زمانہ چلتا چلا جائے گا اور پھر مسیح موعود کا ظہور ہو گا جو اسلام کی حقیقی اور خوبصورت تعلیم کو دنیا میں جاری کرے گا۔

دنیا میں بے شک بہت سے ایسے افراد ہیں جو جماعت احمدیہ کے امن کے کاموں کی تعریف کرتے ہیں لیکن مذہب کے حوالے سے جب غیر معمولی ترقی ملنی شروع ہو جائے تو من حیث القوم مخالفتوں کا سامنا ہمیں مغربی ممالک میں بھی کرنا پڑے گا، یا یہاں کے جو بھی نام نہاد مذہب پر عمل کرنے

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محبت سب کو لٹھ نقرت کسی سر نہیں

LOVE FOR ALL HATRED FOR NONE



HIS HOLINESS MIRZA MASROOR AHMED, THE SPIRITUAL HEAD OF ISLAM AHMADIYYAT, 5TH SUCCESSOR OF HIS HOLINESS MIRZA GHULAM AHMED THE PROMISED MESSIAH DELIVERED THIS FRIDAY SERMON IN BAITUL FUTUH MOSQUE, LONDON ON FRIDAY OCTOBER 31, 2014 WHICH WAS TELEVISED ON MTA INTERNATIONAL WITH TRANSLATIONS IN OTHER LANGUAGES SIMULTANEOUSLY

In this sermon His Holin Mirza Mazroor Ahmed (May Allāh be his Helper) said when I present these things, these misdeeds of the Muslims, to most non-Muslims as an argument in favor of the truth of the Holy Prophet of Islam because the Holy Prophet had said that a time will come when the condition of the Muslims will be precisely this - in fact he had also identified the age when this would happen. He had indicated that this downward trend would begin after such a length of time and had foretold for how long such a night of darkness would last and then the Promised Messiah (as) would appear and rejuvenate the true and beautiful teachings of Islam in the world again.

There are no doubt such people in the world who praise the work the Ahmadiyya Jama'at does to promote peace but with reference to

faith, when we will be blessed with extraordinary progress, then as a people, we will have to face opposition in the Western countries also. Or, at the least, those who are the practitioners of religion here, we will face oppositions from them. So it should never be thought that in these countries populated with educated people, our good deeds, good actions will always be replied to with goodness.

Any worldly opposition, any worldly obstacle, whether it is from the Muslims or the non-Muslims, or from whomsoever it may come, even if it is from atheists - we have to try to remove it from our path in the way in which a strong wind blows away a piece of straw. From this we should be able to estimate how comprehensive solid and passionate effort is



His Holiness Mirza Masroor Ahmed
5th Caliph Of Promised Messiah

needed on our part. And together with this, it is necessary that every Ahmadi, in accord with his or her abilities and capabilities, needs to contribute his or her part.

So we should remember that as a result of our goodness, we may well receive as recompense from our ill natured opponents, loss and suffering and this does happen too. Indeed, some look at us as a lion looks at a goat thinking how did this prey come in our reach. Our situation is very much like that of the person who should have reared a lion or a cheetah and it manages somehow to escape. So the owner will be try to capture it in such a way that that animal suffers no harm but the cheetah will be trying to attack the owner and kill it.

As Ahmadiyyat continues to progress these people will continue to suffer de-

cline. These people can see clearly that the way and the manner in which the Jama'at is making progress they will likely have control over us tomorrow. And as I have said before, that in these Western countries, or in those countries that are under their influence, the progress of the Jama'at will take them towards planning to oppose the Jama'at. So this, today, is the work of the servants of the Messiah of Muhammad(saw) that by making use of wisdom and strenuous efforts and gaining the graces of Allah, the Almighty, they go and plant the Islamic teachings of goodness and beneficence in the hearts of everyone. Do your level best for this. It is necessary, in order to achieve this, that we increase the numbers of Daen-ila-lah [callers to Allah] everywhere and make every one of them active in their work.

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