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Monthly Newspaper

• Vol-IX • Issue-5 • Phone : 480-250-2519 • sales@asiatodayaz.com • May 2016

**AZ Sikh Gurdwara Sahib Celebrates its Annual Nagar Kirtan**



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**Aishwarya Rai Bachchan reveals how she prepares for Cannes red carpet**



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## Gurdwara Sahib Nishkaam Seva Celebrates its Annual Nagar Kirtan



**By Staff Correspondent**  
Like last several years, this year again Nishkaam Seva Gurdwara Sahib celebrated Khalsa Saajana Divas followed by Nagar Kirtan on April 17, 2016. Led By Punj Pyaree (The Beloved five) Guru Granth • **More on P16**

## Sri Rama Navami 2016



Sri Rama Navami 2016 held on Thursday, April 14, 2016 was attended by more than 1500 at the Ekta Mandir on a weekday making the event a Grand Festival for the community. Sincere thanks to Manju Walia and Family for sponsoring, preparing and serving Mahaprasad at the Community Center for more than 1000 people. Very generous of them to donate efforts and money. Artist Kshitij Chitania singlehandedly created a special at- • **More on P22**

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# When a Healer is in Need of Healing

In relation to personal health of healthcare providers, many people back home have an impression that those in the medical profession know everything worth knowing about the human body, both in health and in disease. Consequently, it is assumed that healthcare providers will be having good health themselves as it is easier for them to keep a tab. Members of the Indian subcontinent diaspora, likewise, seem to have a general but erroneous perception that a healer shouldn't fall sick that easily. Furthermore, it is believed by non-medical individuals that should a healthcare provider ever need medical care, assistance is easily available to them and that they receive better care than everyone else.

This may be so in India and perhaps in other Eastern countries, where healthcare providers enjoy positions of status and exude a unique aura. For one, people in India are impressed by status and personalities. Second, those in the medical profession are richer and better known in the community. Both of the above criteria make it easier to seek and receive the medical help they need and demand.

But this may not necessarily be true over here in the Western world, especially in this chosen land of plenty, for, when it comes to such care, all are considered equal, the way it should have been. One may find a prince and a pauper sharing the same room in the hospital, lying on the adjacent beds and being treated the same way. Most of the time the treatment one receives in the hospital is in accordance with the illness one suffers from and not the status one has, thank God! Yet members of the medical profession in the West are no paupers either. Compared to their counterparts back home, their living standards are equal or better. While doctors are respected in the West, the overall attitude of the community around them is certainly different and nowhere close to what it was in India or other Eastern countries when it comes to truly paying unconditional respect. And there is a reason for this difference.

Over period of time, the practice of medicine in Western countries has gradually turned into a business like any other one. It is entirely dependent upon dollars and cents perhaps somewhat more than what it was back-home. To some extent, it has to be, for it relies mostly on advancement in technology and scientific research, both of which, no doubt are expensive. And to add to the problem, the malpractice attorneys, the so-called ambulance chasers, keep the health professionals on their toes. God forbid, if a medical provider fails in

his or her job or shows any laxity, he or she will be slapped with a lawsuit in no time, frivolous or otherwise, which again creates a higher cost of doing business.

Being in the medical profession is a double-edged sword especially when it comes to one's own health. Most of the time one is fully aware of the natural history of a disease. The consequences of leaving an illness unattended leading to a reduced life span as well as an altered prognosis is all too well-known to the healer. Yet, paradoxically, a good number of health care professionals may decide to keep themselves intentionally blind to their health issues because they view getting sick as a personal and professional defeat. They may simply choose not to confront their illness and play ignorant in a hope that the condition will go away one day. They may rather keep their eyes shut and ears closed to the impending danger much akin to a bird that closes its eyes on noticing a cat around. As a consequence and contrary to the common belief, this group of health professionals, though small in number, often tends to have a very limited insight or no insight at all as to what is going on within their bodies.

On the other hand, when a healthcare professional is admitted to a hospital for an ailment, the hospital staff that cares for the individual may take it for granted that the patient itself being in the profession is fully aware of the illness and its consequences. And as such, he or she may not see a need to emphasize important practical points related to the illness. When it comes to being a patient, healthcare providers may feel somewhat inhibited in opening up fully and in providing the details needed to receive relevant therapies. They may also live up to their reputation for not following instructions. It is one thing to be evaluated by a provider but it is an entirely different matter to follow directions especially if one happens to have a built-in pseudo-belief that he or she knows better than what is being told. This attitude may compromise an accurate assessment and treatment.

Additionally, with the medical profession becoming more and more specialized, not every sick and elderly patient-physician would be in tune with the latest progress and appropriate care. Yet the attending medical staff may believe otherwise and wrongly think that the "doctor knows everything." However, this may be true in some cases where the physician-turned-patient may indeed happen to be far more experienced or trained than a so-called modern day young "healthcare

provider."

It may not be out of place to refer here briefly to this modern day term of "healthcare provider." This is a generic label that includes many paramedical non-M.D.s. Under its umbrella, nurse practitioners, physician assistants as well as several others with different shades of training and expertise are all lumped together. Unless one is willing to seriously probe into what exactly the qualifications of a substantial caretaker in question happen to be, it might well be difficult to find out much about a given provider during a short and superficial contact.

The physician-turned-patient usually understands these intricacies and thus may feel inhibited in seeking treatment from an individual with limited credentials and experience than him or her. Having said it all, one issue needs further attention. Individuals in the medical profession, especially the physicians or the healers, also happen to be human beings. They possess human bodies, like anyone else. They are likely to suffer illnesses like others and have medical needs like the rest of the people in the world. What is important however, for those who come across in taking care of sick



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

medical professionals, is to realize that sick healers need to be and should be provided care like it is given to others. It should be irrespective of how sick healers behave and what they disclose or don't. Their questions must be answered like anyone else's. They must be listened to, whatever little they may have to say. Ignoring their care by simply presuming that they must know everything about their health and illness is not appropriate. It could result not only in inadequate care but can also put a care-provider in hot water, as happens here and there.

Additionally the healers must realize that when they fall sick, their illness is not going to be different from anyone else's and that they should expect to be treated like other patients irrespective of their own medical qualifications and status, no less and no more. It is to their benefit that they offer full information to the individuals taking care of them for otherwise they could be damaging their own interests and thus cutting their own feet.



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**Gender Bias...A Global Epidemic**

I recently saw a video that was going viral on Facebook about an elderly Indian father who is apologizing to his daughter that he set a bad example as he watches her juggle work, her family, her children, and his needs while his son-in-law sits on the couch watching TV not realizing that she has been working just as hard as him and is probably also tired as she walks through the door and starts cleaning up, cooking, and other household activities while still on the phone with her work trying to get things going. In the video, this father who is now observing her juggle everything apologizes for setting that up as the example with what he did around the house and re-enforcing those beliefs as she played house where she did all this stuff in make-believe while some boy much like her husband today played make-believe as well and watched TV or read the newspaper. He leaves her a note apologizing and promising to contribute more with his wife when he returns home.

The video and messaging, based around a South Asian family, invoked the same initial belief in me that it probably did in thousands of others – there's our old fashioned Indian culture that does not believe in equality and continues to be biased towards women. Shortly after, I experienced a few things in a professional environment not surrounded by fellow South Asians that made me wonder – are we harsher on our own culture when that bias exists regardless of culture or geographic location. I don't know if it happened to me for the first time in the US or if it is the first time I was aware enough to know what gender bias is to feel it. An individual who is always comfortable speaking her mind,



**Editor's NOTE**

this was the first time I felt the feelings of alienation, isolation, and discomfort in speaking up that other women describe in male dominated environments. All the cliché quotes I had heard before made sense and resonated.

It made me reflect how harsh I have been on my own culture and roots thinking they hold us back, do not treat us or raise us as equals thus inhibiting our ability to be

successful in a country which from my naïve perception affords everyone equal opportunity. In reality, what is becoming evident to me is that this gender bias exists regardless of culture, region, or location. It is just easier for us as humans to blame our circumstances and be harsher on what we know well and make excuses thinking if I hadn't been born into this, I could have been farther ahead as a woman or I would not have had this bias as a man. It is everywhere and we can either choose to make excuses and let it continue or to handle it better in our personal and professional environments. In our personal lives, as men we can share equally in decisions, show mutual respect, take responsibility in raising our children and household activities, and much more or as women we can stand up against it as it is happening. In our professional environments, as men we can be more aware of the women who we may be alienating with our behavior, comments, or male comradery and create a more inclusive culture and as women we speak up when we feel that is happening. And, last but not least, we can stop being harsher on our culture being the cause of this – the truth is it is everywhere and there is no excuse for it.

**-Deepa Kaur Walia**

Editor, Asia Today, editor@asiatodayaz.com

**B**aisakhi Mela, Ram Navmi was indeed a grand celebrations in April and Mothers Day is coming up here's wishing all mothers good health and long life !

Jab Jab Kagaz par likha maine Maa ka naam , Ki kalam Adab se keh uthi , ho gaye chaaron dhaam,...

**-Manju Walia**

**(Marketing Director)**

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**Marketing Director NOTE**



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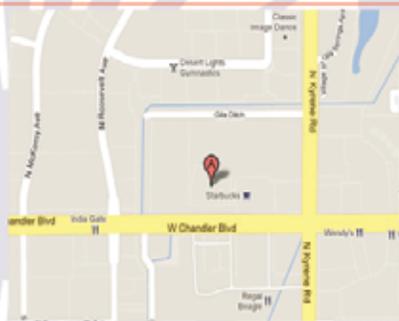
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# A PERSONAL EXPERIENCE WITH ONENESS & THE PHENOMENON & THE GIFT

By Olga A. Llerena

I began my spiritual journey and learning about meditation around the year 2000. At the beginning it seemed that I was not "fit" for this spiritual form of prayer. But I didn't quit. In 2007, a trusted friend, shared with me the "Oneness Blessing" that was extraordinary. I decided to give it a try and found people in my community that offered this form of Divine energy. A couple of weeks after my first Oneness Blessing, I noticed my first of many miracles: I used to have a very difficult relationship with one of my beautiful daughters. Every discussion turned into a battle. I tried for 13 years to learn psychological tools to help me relate better with my daughter. It didn't matter, as soon as a problem arose, I would be caught up in the drama. Two weeks after receiving my first Oneness Blessing, a problem arose and my daughter was very upset. But this time

around, I was very calm and I wasn't reacting to her. It felt so natural, but I suddenly realized: "wow, this is different, I'm never this calm" and I could tell by looking into my daughter's eyes, that she was as surprised that I wasn't reacting. The problem dissolved right away, but the most important thing is that ever since that moment, my daughter and I have a very beautiful and loving relationship. Of course, sometimes we get upset, but it doesn't last. It doesn't create a charge anymore. And this shift for the better happened almost 10 years ago! I decided to go to India to the Oneness University right after that miracle, because I couldn't believe that something that I tried so hard to heal for so many years, healed so spontaneously thanks to the

Oneness Blessing. I have continued to visit the Oneness University almost yearly since then, and I could fill your newspaper with the countless miracles I and my family have received in every aspect of our lives: relationships, health, wealth, connectedness, fulfillment, growth in consciousness... Now, for the very first

time, the Oneness University is offering this profoundly transformational process here in the USA, thanks to technology. The Senior Guides, will teach via a Live Feed to 7 cities in the USA. Phoenix being one of them. This course is offered to help humanity find a permanent source of connectedness while opening our hearts to unconditional love and thanks to that personal connection, to receive more miracles in our lives. This offering is Non-Denominational. It's deeply respectful of our beliefs. It doesn't matter what religion we practice, this offering helps us connect to the Divine, the All That Is, God, in the way that we know It. I went to Washington DC to this two-day course two months

ago and I am experiencing more peace, love, joy and harmony in my daily life. The energy of this course felt just like what I have experienced at the Oneness University in India. There is no doubt that thanks to this two-day course, my experience of the Divine is more present in my heart. I find myself experiencing causeless joy spontaneously since being initiated to receive and transfer this new powerful form of Deeksha: The Golden Orb Blessing, we are seeing profound miracles in our ourselves, our friends and family thanks to it. Please don't miss this unique and rare opportunity that is happening in Phoenix for one time only. This coming May 20-22, 2016 at the Sheraton Grand Phoenix. You can register at: <https://tickets.brightstarevents.com/event/phenomenon-gift-arizona> or contact Olga Llerena at [olga.adriana@sbcglobal.net](mailto:olga.adriana@sbcglobal.net).



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# AZ Sikh Gurdwara Sahib Celebrates its Annual Nagar Kirtan



# Chateau Luxe Celebrates One Year Anniversary in Grandeur

April 27, 2016

Article By Deepa Walia, Photography by Robert Westerman Photography

It seems like only yesterday when Chateau Luxe, the prime upscale venue for cocktail parties, weddings, receptions, dinners, and large-scale corporate events, opened its doors and changed the venue scene in Arizona. With its spacious rooms, gorgeous views, upscale décor including the magnificent chandelier at its entrance, it quickly became the first choice for people looking for a prime and unique venue for their special occasions.

What seems like yesterday was a year ago and since its grand opening, the venue has hosted beautiful weddings and corporate events of unmatched sophistication and style. Chateau Luxe celebrated its One Year anniversary in a style that is equivalent of the grandeur, uniqueness, and beauty it is known for. As Oprah Winfrey once said, "Create the highest, grandest vision possible for your life, because you become what you believe." And Chateau Luxe is a breathing monument that is the outcome of the grand vision and believe that Deepika Bhalla, Owner and President, had and has changed the event scene in Arizona forever. Deepika and her team looked stunning as they celebrated their much deserved success in such a short amount of time.

Asia Today thanks Chateau Luxe and the team for letting us be a part of their special moment and wishes them continued success in the coming years. If you have not checked out the venue, take a few minutes to go visit this gem in the desert. For more information, please visit [www.chateauluxeaz.com](http://www.chateauluxeaz.com).

### About the Photographer

After a career in the ambulance business, Robert Westerman dove headlong after his creative interests, giving up the penniless obscurity of medicine for the penniless obscurity of the arts. Fast forward fifteen years, and Robert has amassed a diverse portfolio encompassing travel, editorial, portraiture, architecture, and landscape. But the centerpiece of Robert Westerman's art and commerce is The Wedding: the unique opportunity to create striking images of people so happy, they allow the camera to glimpse their true selves. To see a thousand or so of Robert's favorite wedding images, please take some time, and a box of tissues, and browse [www.RobertWesterman.com](http://www.RobertWesterman.com). You can contact the photographer at [rwphoto@q.com](mailto:rwphoto@q.com).



# IACRF Annual Class Day 2016

IACRF Annual Class Day was held on Saturday, April 9, 2016 at the IACRF Community Center to appreciate all teachers and recognize all students and their families of Arts, Dance, Music & Yoga Classes held weekly at the Ekta Mandir.

Program was followed by a Very Special Dance Program "NIRMITI" by students of dance class. Nirmiti is a dance ballet based on Gurukul parampara which showed how Bharatanatyam originated.

We thank dance teacher Prerna Kulkarni, Arts Teacher Samar Majumdar, Yoga Teacher Shampa Sudhakar and Music Teacher Sudhakar Gopal for teaching and imparting Indian Culture to the next generation.

Thanks to Rohini Sharma, Murugan Patham, Mina Patel, Sangeetha Sethia, Rita Patel, Mahendrabhai, Gabriel and others are coordinating the program with Teachers.

Thanks to Volunteers, attendees, sponsors, IACRF staff, board of trustees and directors for making the program successful.

*Press release from Indo-American Foundation of Arizona*



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# ***GURDWARA MONTHLY***

***A Monthly digest of Gurdwara Programs and Events***

## **MAY 2016 Programs & Events**

**19 Vaisakh – 18 Jeth, 548 Nanakshahi Era (NE)**

**May 6 (Sun) – Shahidi Day: Chali Mukte (1705)**  
**The 40 Liberated Ones (Muktsar Sahib). (Actual: May 3)**

**May 8 (Sun) – Parkash Sri Guru Angad Dev Ji (1563)**  
 (Actual: May 7)

**May 13 (Fri) –**  
**Sirhind Fateh Day (Baba Banda Singh Bahadur)**  
 (Actual: May 14) Evening Kirtan Darbar.

**May 14, Jeth 1 (Sat) –**  
 Sangrand Monthly Program (9:00am – 10:00am)

**May 15 (Sun) –**  
**Homeless Langar Seva.** Call 602 741 8021 for more info.

**May 20 & 22 (Fri & Sun) –**  
**Chhota Ghalughara; Smaller Holocaust (1746)** (Actual: May 16).  
 Over 10,000 Sikh men, women and children died in this Holocaust.  
 Please google and read, e.g., [www.searchsikhism.com/holo1.html](http://www.searchsikhism.com/holo1.html).

**Parkash Sri Guru Amar Das Ji (1479)** (Actual: May 20)

**May 27 (Fri) – Bhagat Namdev Ji's message and life**

**May 29 (Sun) –**  
**Gurgaddi Sri Guru Hargobind Ji (1606).** (Actual: May 29)

### **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

*Waheguru ji ka Khalsa! Waheguru ji ki Fateh!*



*Bhai Mahan Singh asking Guru Gobind Singh Ji to tear the Badawa*



*(Guru) Amar Das Ji,  
 Perfect Sevak, Perfect Guru*



***NISHKAM SEVA GURDWARA SAHIB***  
***& DR. JASBIR SINGH SAINI MEMORIAL HALL***

4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51<sup>st</sup> Ave and Hwy 101)  
 Phone: 623-516-1413. [WWW.NishkamSeva.org](http://WWW.NishkamSeva.org). [NishkamSeva@Yahoo.com](mailto:NishkamSeva@Yahoo.com)





# LOTUS

## WELLNESS CENTER

Chiropractic, Acupuncture, N.A.E.T.

### SOME OF WHAT WE TREAT



- » Abdominal Pain
- » Anxiety/Hypertension
- » Arthritis
- » Chronic Fatigue
- » Allergy Relief
- » Disc Injuries
- » Depression
- » Fibromyalgia
- » Foot, Ankle and Knee Injuries
- » Full Body Pain Management
- » Headaches/Migraines
- » Infertility Problems
- » Muscle Aches
- » Nutrition
- » Sciatica
- » Sleep Disorders
- » Sports related Injuries
- » Sprains and Strains
- » Stress
- » Systemic Conditions



Lotus Wellness Center is an alternative medical practice specializing in healing, improving and maintaining your health. We Provide care through multiple health solutions. We make it a priority to establish long lasting relationships with our patients. Our goal is to help our patients achieve optimal health by providing exceptional continuous care.

We will be happy to answer any questions and provide additional information about our practice.

Lotus Wellness Center strives to provide outstanding care on every visit.

#### LOCATION

900 E. Lincoln Avenue  
Orange, CA 92865

#### CONTACT US :

Phone : (714) 637-6370

Fax : (714) 637-2744

E-mail : [info@mylotuswellness.com](mailto:info@mylotuswellness.com)

# Diary of Sikh Awareness Events March and April 2016

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

## Sikh Awareness travels to High Schools

With efforts of Mrs. Bhagwant Kaur Rangi, the writer was able to present two consecutive power point presentations in two different high schools, one at Desert High in Goodyear and other at Sweet Water and 59th Ave in Glendale in later part of March. High school students at both places spent one hour in class where plentiful information about Sikh faith including Sikh history, Sikh presence in US, Sikh Unique identity and Hate crime against Sikhs was provided by writer through a power point presentation. They asked several questions about Sikhs and Sikh faiths. We hope such kinds of efforts engaging teenagers in dialogue, is worth all the efforts.

### Event No 3 and 4

## Sikh Awareness Travels to Local Community Colleges

On invitation from the World Religion Class from Glendale and Mesa Community college, the writer was provided an opportunity to talk about Sikh faith as part of interfaith dialogue. Speakers from Buddhism, Islam, Hinduism, Native American faith along with the writer from Sikh faith were invited to offer 20 minutes presentation each. The Writer again showcased a power point presentation followed by questions and answers on Sikh faith. Such opportunities do offer college going children an avenue to be aware about our unique Sikh identity helping ease the curiosity of others about our faith.

### Event No 5.

## City of Mesa invites the Writer to Offer Invocation Prayer for their City Council Session

The writer was approached by the Mayor of the city of Mesa, Honorable John Giles to offer invocation through Sikh Ardaas for their session on March 14, Mesa City. All the council members and about 50-100 Mesa community members were in attendance. The writer was able to offer a Sikh prayer commensurate with the occasion. The Mayor personally thanked the writer for this endeavor and involvement of Sikh community in Civic Affairs.

### Event No 6

## Sikh Faith Table at Golden Rule Banquet by AIFM

The writer was privileged to set up



a table before the beginning of the Banquet for the awardees of Golden Rule by the AIFM. This is a yearly event in which Sikhs also participate being active members of this august organization. This organization is committed in disseminating awareness about all the faiths propagating a philosophy of respect, understanding and support for each and every faith.

At the venue prior to the beginning of the program different faiths are allowed to set up their Faith table to disseminate information about their respective faiths. The Sikh table manned by the writer and his grandson Hargun

Singh was visited by many participants of the event where the gathering was almost close to a thousand. Some relevant literature was also passed along with appropriate appreciations. One non-Sikh at a time being offered rudimentary knowledge about Sikh faith can help cut down on hate crimes against Sikhs, so believes the writer.

### Event No 7

## Sikh Boy Wins 1st Position and \$5,000 in 2016 Annual Phoenix Rotary High School Speech Contest

Every Sikh, all over the Western world, is concerned about its youth

treading to the path of apostasy. But when one of young Sikh teenagers with uncut hair and flowing beard stands up to face an audience of 200 Rotarians, mostly professionals and highly successful businessmen and leaves them mesmerized and speechless with his awe-inspiring speech, it certainly feels like a cool breeze in hot summer. On top of it when each and every one in the audience stands up to facilitate such a young Sikh man with endless applause, it certainly brings tears of joy.

Since 1914, Phoenix Rotary 100, one of the oldest and highly prestigious

Rotary Club has served the community over 100 plus years and has been organizing speech contest for last 86 consecutive years. The writer has been blessed to be one of the members of this organization for several years.

This year about 60 students from several schools from Tucson, Flagstaff and Phoenix area participated. They were judged by business and professional leaders in two sessions' one preliminary on April 4th and the other final at the formal weekly lunch meeting on Friday, April the 8th at Phoenix Country club. The top five students from the senior group, including Maanik Singh Chotalla a senior at Brophy College Preparatory, were asked to present their speech in this club meeting. For this final contest - Participants were given 4 prompts to choose from and were allowed 30 min to prepare for a 5 minutes speech on one of the prompts. Maanik Singh Chotalla, son of Harjot Kaur and Rajinder Singh Chotalla, spoke on the prompt "What would ancient philosophers say about the world today." He achieved the first position and was awarded \$5,000 towards his tuition fee for any college of his choice.

In the past, Maanik Singh Chotalla, a veteran debater has



been the winner of State Original Oratory tournament for all high schools in

2015. He also qualified for 2016 National Speech & Debate Tournament

and will represent AZ in Original Oratory competition at Salt Lake City in June 2016. Maanik got involved in speech and debate at an early age and since age 6, he has been a regular participant in yearly Hemkunt Speech competition held by Sikh Gurdwaras to teach children about Sikh history, Sikh culture, and Sikh Philosophy. Maanik attended Khalsa Montessori during his Elementary education which helped nurture his speech talent. He owes it to Brophy College Preparatory for providing him avenues to hone his public speaking skills and grow as a person. His hobbies are Spinning Poi, Social activism and Public speaking.

Details of the speech are as per the video link <https://youtu.be/0pFvc2rvlGo>

Event No 8

**Sikh Awareness arrives at Dobson High:** On April 18 2016, Rana Sodhi was able to present a talk about Sikh faith and hate crime against Sikhs to a group of about 800 students in Dobson High. It was followed by question and answer session that Rana was able to handle very skillfully. A huge applause was given at the end and students showed a great interest in learning about Sikh faith

## “Quality K-12 Education, More \$\$\$’s: Your Vote Matters, May 17”

By **Barry Wong**, former Ariz. Legislator and Corporation Commissioner; Bangladesh Community Leaders – Raphael & Farhana Ahmed; Indian Community Leader – VenkatKommineni

Education is the great equalizer, regardless of one’s background, family history or circumstances. Student success is dependent on a high quality education from kindergarten through 12th grade (K-12); this period of formal education will influence the student for his and her adult lifetime.

**THE PROBLEM:** Adequately funding our K-12 school system is a critical part of this high quality educational goal. Until now, Arizona’s policymakers have not addressed how to face teacher shortages and low per-pupil funding. Over the past decade, Arizona has continued to slip; with average

teachers’ salaries far below the national average and per-student funding ranking at the bottom – Arizona’s kids are the ones hurt the most. Also, a lawsuit was filed against the state to force more school funding. Proposition 123 fixes this problem.

**SUPPORTERS OF PROP123:** A broad coalition is supporting the Proposition including teachers, community and business leaders, education organizations; Governor Ducey, mayors across the state, Republicans and Democrats.

**HOW DOES THE PROPOSITION WORK?:** Our K-12 public schools currently receive funds from the state general fund and distributions from



the State Land Trust (SLT). Prop 123 would significantly increase the distribution amount from the SLT to education. Some history – when Arizona became a state in 1912, the federal government donated millions of acres of federal land to the state to be held in trust for the benefit of public education and other institutions. The state created

the SLT to hold funds received from the sale or lease of these trust lands, with investment earnings distributed to schools and other institutions; the SLT fund balance is approximately \$5Billion today. Prop 123 seek to distribute some of those funds to schools to address critical needs. The SLT is projected to

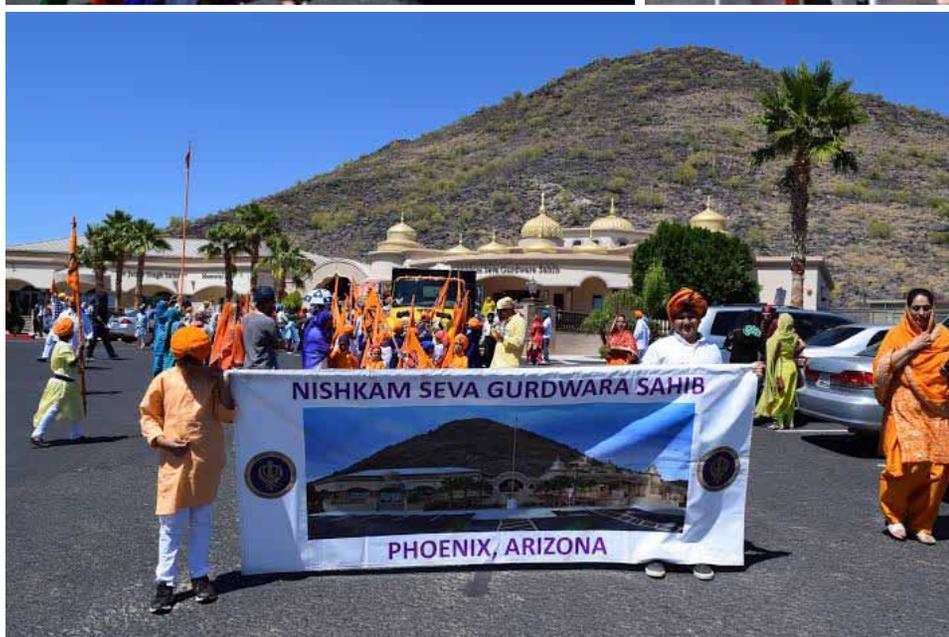
increase by \$1Billion over the next 10 years, and will continue to grow for the benefit of education.

**WHEN WILL SCHOOLS SEE THE MONEY?:** Upon passage of Prop 123, Arizona’s schools will start receiving more money starting in June for the coming school year.

Without Prop 123, there will not be significant added funding for our schools in the immediate future, and negotiations to end the funding lawsuit ceases thus continuing the litigation. Prop 123 is a great first step bringing immediate, sustained and constitutionally protected funding to our public schools while protecting the SLT for future generations of students. **ACTION:** Please support Arizona’s (our) students and teachers by voting “YES” on Prop 123 in the May 17 special election.

# Gurdwara Sahib Nishkaam Seva Celebrates its Annual Nagar Kirtan

Sahib, the Eternal Guru of the Sikhs was taken out on a decorated vehicle under a specially prepared splendid canopy with Sangat and children following the Guru. Gatka players and Punjabi School children had a special program earlier and they also accompanied the Gurus. Entire Sangat especially the Sikh women continuously graced the occasion with Shabad Gurbaani with Raagi Jetha taking the lead. The celebration and Nagar Kirtan was greatly enjoyed by the Sangat. The story is best told by the snaps of event published along with.



The International Christian Fellowship of Phoenix was set up in the year 2012 as a Christian organization to reach out to the community's prayer needs.

We strive to find opportunities to reach out to the community's needs. For example during Christmas time we visited many families and prayed for whatever they wanted prayer for. Also during the time the Indian Association conducted the Discover India program we were part of the event taking prayer requests from the people that stopped by our booth.

During the last Resurrection Sunday the fellowship worked with Light And Life Church located at 39th Ave. and Greenway Rd. to set up the place for people to come stop by and understand the real meaning of Easter. The families along with the kids worked on a project to display the boards with information of the real meaning of why people celebrate the Resurrection Sunday and how the redemptive work of a Jewish carpenter, Jesus Christ, on the wooden cross, 2000 years ago, can be a blessing to all peoples of the world.

# Easter Celebration





# HOPE WALK 4 YOUTH!

FOSTER CARE AWARENESS EVENT



FREE ADMISSION



MAY  
14  
2016

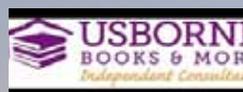
Register

Eaglepathway.com

Family Fun Event



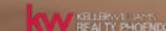
Candies Characters



Vendor Space Avail



Walkers wanted  
Classic Cars wanted



FREE RAFFLE TICKET

When You Donate Shoes/Socks Or A Case Of Water. Collecting Water for



To Give To The Homeless! Collecting Shoes/Socks for



8 AM TO 1 PM

CAR SHOW



Face painters, balloon twisters, food, vendors, classic cars, activities, and more. To Give To Foster Youth!

We are raising the funds to build a tiny home community for youth aging out of foster care.

For more info Call.

916-380-1032

480-468-4520

eaglepathway@yahoo.com

or register online

www.eaglepathway.com

Changing Lives  
With Tiny Homes!

Where:

Apache Junction High School

2525 S Ironwood Dr

Apache Junction Az



# Want to keep a tab on unlimited boozing? Train your brain to comply

Have you often wished to have a switch that could just stop you from binge drinking? Well, you just might, as researchers have identified a circuit between two regions of our brain that can control alcohol binge drinking.

The two brain areas, the extended amygdala and the ventral tegmental area, have been implicated in alcohol binge drinking in the past. However, this is the first time that the two areas have been identified as a functional circuit, connected by long projection neurons that produce a substance called corticotropin releasing factor, or CRF for short. The study, conducted by a team from the University of North Carolina, provides the first direct evidence in mice that inhibiting a circuit between two brain regions protects against binge alcohol drinking.

"The puzzle is starting to come together, and is telling us more than we ever knew about before," said researcher Todd Thiele, adding "We now know that two brain regions that modulate stress and reward are part of a functional circuit that controls binge drinking and adds to the idea that ma-



nipulating the CRF system is an avenue for treating it."

"It's very important that we continue to try to identify alternative tar-

gets for treating alcohol use disorders," Thiele said. "If you can stop somebody from binge drinking, you might prevent them from ultimately becoming alco-

holics. We know that people who binge drink, especially in their teenage years, are much more likely to become alcoholic-dependent later in life."

## Yoga can help asthma patients breathe better, says new study

For patients of asthma, there's some good news. A new study has shown that practicing yoga helps provide some relief to patients and can be beneficial to an extent. However, the finding was not clear as to the extent to which yoga helps in lung function. It further added that more studies were needed to ascertain if yoga could provide an alternative to the use of medication for relief.

The Cochrane Review, an international healthcare not-for-profit organisation, suggested that yoga may have a beneficial effect on the quality of life in people with asthma, but its effects on lung function and medication use are uncertain.



The review summarised the results of randomised trials and found evidence that practicing yoga might be able to improve asthma quality of life and symptoms to some extent. However, researchers also warned that more detailed studies with more participants would be needed to draw any firm conclusions about the effects of yoga.

Lead author Dr Zuyao Yang from the Chinese University of Hong Kong commented that the findings suggest that yoga exercise may lead to small improvements in asthma quality of life and symptoms.

However, Yang added that it is unclear whether yoga has a consistent impact on lung function and one doesn't yet know if yoga can reduce people's medication usage, or if there are any side-effects of yoga for people with asthma.

Rebecca Normansell, deputy coordinating editor of the Cochrane Airways Group added, "The findings of this Cochrane Review will help people make more informed choices about their future treatment options."

The review is published in the Cochrane Library on April 27.

**Physical Location:** 2804 & 2809 W. Maryland Ave. Phoenix, AZ 85017.  
**Directions:** Take I-17, Exit Bethany Home West, Right on 27th Ave, Lt on Maryland Ave.



# Indo-American Found

(Registered Non-Profit Organization)  
 Hindu-Jain Temple Ekta Mandir with Community Center, MA

2016-2017 Term

## MESSAGE FROM THE PRESIDENT:

I deem it a great honor to be serving as president of the Indo-American Cultural and Religious Foundation for a second term. During my first term in 2006, I had the privilege of being a part of the development of the Ekta Mandir. As a diverse community I know many of us do not share the same backgrounds, professions, or religious beliefs, but I know that we are all proud to hail from the rich Indian heritage of our ancestors. As president, I hope to continue what has been a great history of bringing of our community together despite our many differences.

I would like to outline what I believe will help me achieve this goal. However, I cannot accomplish this on my own. It is all of you that make this community what it is and only you can help me bring us even closer. It would be a great privilege to work with all of you and for this reason I ask you all to please volunteer. My predecessor had a desire to bring together our children to participate in our cultural events. As we prepare to pass the baton to our emerging youth we are in desperate need of their help. Last year they made great strides to make this possible including having our children run an event completely on their own (Charity Walk). Which I am happy to report was a great success, but we could be doing more. This year I hope to create a youth committee and fully immerse them in the foundation, something I hope you all will encourage your kids to join. Please contact the foundation and let us know if your children are interested.

Beyond expanding our current volunteer programs, I'd also like to revamp our current infrastructure. Our foundation hall is in need of remodeling and modernization. My goal is to create a state of the art community center so we all have a place to gather and celebrate our cultural heritage. For this we will need the community to pitch in and donate generously so that we can proceed with our plan. I want to emphasize that the community center and temple are not owned by a few members, but rather the whole community. I promise to lead the organization with transparency and open communication. Your feedback is important to me and will help me improve the foundation as best I can.

I would like to get our sister organizations together to bring our community together. I want to recognize more organization as sister organizations. Using the resources of the foundation it would be a pleasure to assist them in growing their communities and expanding their events.

These past years Ekta Mandir has hosted many great events and it will continue to do so. I have enjoyed seeing the large crowds at Diwali, Navratri, and other celebrations and I hope that we will continue to see all of you there. In 2015, we hosted 104 events at Ekta Mandir and our calendar for 2016 is just as exciting. We continue to see growth in community participation which is something that brings great joy to my heart.

I am excited to be working with a very young and enthusiastic board of directors this year. I believe with their energy and the experience of some of our more seasoned directors we will create a foundation that is both efficient and innovative. We also have a very active board of trustees who will help us strive to be the very best that we can be. We are still looking for people to join our board of directors and I encourage you to call me if you are interested.

I would like to invite you to visit our websites [www.iacrfaq.org](http://www.iacrfaq.org) and [www.ektamandir.org](http://www.ektamandir.org) for more information on our upcoming events, volunteer opportunities and donations.

Let's come together and make 2016 a great year for the foundation and the community it serves!

Sincerely,  
 Subhash Thathi  
 President, Indo-American Foundation of Arizona  
 (480) 788-9827, [subhashiacrf@gmail.com](mailto:subhashiacrf@gmail.com)

2015-2016

## IACRF Accomplishments including Financial status

### Dear Community Members:

We are pleased to present IACRF Accomplishments for 2015- 2016 here for your perusal.

### Financial Accomplishments:

1. IACRF raised a total Income of \$435,648.00 through BEMA operations in 2015. We had total expense including Occupancy, Operations, Special Events and Payroll of about \$286,504.00. We raised net funds totaling \$149,144.00 in 2015 from Ekta Mandir operations, with great support from community.
2. In addition we raised net funds of \$40,444 after expenses through the Community Center events and GOLF tournament in 2015.
3. Total funds raised from Temple, Golf and Non Temple activities added to \$189,588.00. We are proud of every one who chaired the events and supported the team in making IACRF programs successful for the community.
4. From the total funds raised, we paid towards mortgage an amount of \$36,562.00 and also returned personal loan of \$10,500.00. We also paid about \$44,500 towards interest on bank & personal loans. In total we paid about \$91,561.00 to service the loan.
5. After servicing the loan we had total Net Funds Raised in our hands for 2015 of \$98,027.00. An excellent job by the 2015-2016 IACRF Board of Directors and Trustees and the Community!
6. Since we want to reduce the loan as much as possible we also paid additional \$96,000.00 to the Bank to further reduce the loan and increase the equity.
7. With all of the above great work we reduced the Mortgage loan by \$132,568 and Personal Loan by \$10500 during 2015. Current Loan as of December 2015 with WF is \$851,973 and Personal Loan is \$106,738 leaving IACRF with a Total Loan \$958,711.00 versus the Total Assets of about Seven Million US Dollars. (Audited reports will be available soon)

Couple of major accomplishments we want to highlight from 2015-2016 are:

1. Strategic Plan Completed with inputs from BOD and BOT. We now have a master plan for the Community Center, Ekta Mandir and the North Side land!
2. All Major Programs including Bhagavat Katha, Balaji Kalyan, Janmashtami, Sravan Maas, Ganesh Chaturthi, Navratri/Dussehra, Diwali, Charity Walk, Kite Festival, India Festival, Maha Shivratri, Golf Tournament and Rama Navami were highly successful. Programs were enhanced & marketed to attract the community to the Foundation activities.
3. Special programs such as Visa Camp, Hasya Hungama, International Yoga Day, Music Concerts by Ramesh Narayan Ji, Jaydeep Swadia and others, Tribute to President Abdul Kalam, India Independence Day, Clay Ganesh making by Kids, visit by All Saints' Episcopal Day School students and teachers were well attended and supported by the community.
4. Served more than 3000 meals to homeless at St Vincent de Paul shelter in Phoenix. Thanks to Mohar Patel & Jalaram Bhajan group.
5. Raised \$16000 for NPFY Charity thru 12th Annual Mahatma Gandhi Charity Walk. 170 attended.
6. Raised and donated \$15000 towards Nepal Earthquake relief.
7. Supported Tamil Sangam, AZINDIA & Community for Chennai Flood Relief Fundraising efforts
8. Community Center provided FREE two days a year to 7 Sister Organizations as part of Community Liaison program.
9. Yoga, Arts, Music and Dance Classes and Seniors Group Management Functioning well

We thank Board of Directors, Board of Trustees, Life Members, IACRF Staff and the Community member for making 2015-2016 an outstanding and highly successful year. We extend warm Welcome to new President Subhash Thathi and Board of Directors and Board of Trustees who will serve to make 2016-2017 a great year!

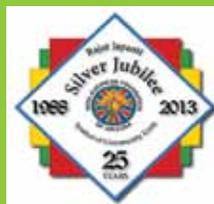
Sincerely,  
 Jagdish Sagar - Chairman, Mina Patel – President 2015-2016  
 Indo-American Foundation of Arizona

## Congratulations to BOD and BOT for 2016-2017 Term!

**Board Of Trustees Chairperson:** Jagdish Sagar (480-235-5001)  
**Vice-Chairperson:** Madhusudan Bhakta Bajarang Agrawal

### OFFICERS:

**President:** Subhash Thathi (480 797 0625)  
**Vice President:** Mukund Patel, Murugan Patham, Jai Seeharran  
**Treasurer:** Sangeetha Sethia, Satya Mittal, Ravindra Ametha  
**Secretary:** Sudhir Kalra (623 414 8248), Deepa Walia  
**PR Secretary:** Punit Garg, Lokesh Joshi, Nitin Jain  
**Past President:** Minaxi Patel  
**Legal Counsel:** Monika Sud-Devaraj



### OTHER DIRECTORS:

Dayaram Ahir, Pankaj Bakhda, Raj Bhalla, K L Chhibber, Prakash Deshmukh, Sudhindra Gadagkar, Neha Gupta, Venkatesh Gurumurthy, Manherlal Khatri, Jagan Lingamneni, Jahnvi Mehta, Kinal Movat, Ramesh Narasimhan, Rita Ashok Patel, Sita Raman & Seema Shah

## Thanks to BOD and BOT of 2015-2016 Term for a job well done!

**Board Of Trustees Chairperson:** Jagdish Sagar  
**Vice-Chairperson:** Madhusudan Bhakta, Bajarang Agrawal

### OFFICERS:

**President:** Minaxi Patel  
**Vice President:** Kamlesh Patel, Manish Gupta, Murugan Patham  
**Treasurer:** Suru Patel, Prasad Ravi, Krishna Naidu  
**Secretary:** Sudhir Kalra, Sangeetha Sethia  
**PR Secretary:** Seema Shah, Srinivas Gottipati  
**Past President:** Nate Bhadriraju

### OTHER DIRECTORS:

Pankaj Bakhda, Deepika Bhalla, Raj Bhalla, Amrish Bhargava, Joe Dodani, Venkatesh Gurumurthy, KN Jagannath, Nitin Jain, Lokesh Joshi, Charan Khurana, Jagan Lingamneni, Jahnvi Mehta, Kinal Movat, Ramesh Narasimhan, Harish Parbhakar, Bipin Patel, Mahesh Patel, Rita Ashok Patel, Mukund Patel, Kalyan Raman, Paneer Selvam, Gautam Shah & Rohini Sharma



# Foundation of Arizona

Under Section 501 (C) (3))

Mailing Address: PO Box 35275, Phoenix, AZ 85069



### Become a Gold Life Member

for \$2000. Please make your check payable to Indo-American Foundation of Arizona and mail your check to IACRF  
P.O. Box 35275, Phoenix, AZ 85069



## Haasya Hungama 2016

A Comedy Night

Friday, May 6, 2016 at 7p.m.

At IACRF Community Center 2809, W Maryland Ave,  
Phoenix, AZ 85017

### FREE ADMISSION

Indian snacks will be available for purchase at a nominal charge.

#### Sponsorship info:

Grand Sponsor \$1000, VIP Sponsor \$100, Friends of IACRF Sponsor \$50.

Thanks to our Grand Sponsor Manisha & Subhash Thathi

*A Comedy Night in Hindi by distinguished Hindi Humorist and Satirist.*

**Program:** 6:30pm - Meet and Greet with Artists. Photo Opportunity.

7:00pm - Non-Stop laughter begins.

#### Brief info about artists:

**Aashkaran Atal** of Mumbai is a distinguished and gifted humorist, known for his unique style of humor and satire. His humorous poems contain a deep and enchanting satire on day to day problems of life.

**Suryakumar Pandey** of Lucknow, is a leading satirist of eminence in India and when he takes the podium the auditorium is filled with continuous laughter.

**Ramesh Sharma** of Chittorgarh whose rendition is so impressive that he leaves the audience spellbound and eager to listen to him even more.

#### Contact information:

**Event Chair: Sangeetha Sethia:** 480-390-4316, **Sudhir Kalra:** 623-414-8248

**Murugan Patham:** 480-510-3826, **Subhash Thathi:** 480-797-0625,

**Mina Patel:** 928-925-5062 & **Manish Gupta:** 602-688-7011

**EMAIL:** haasyahungama@gmail.com

**Physical Location:** IACRF Community Center, 2809 W Maryland Avenue, Phoenix, AZ 85017

**Directions:** Take I-17, Exit Bethany Home West, Right on 27th Ave, Left on Maryland Ave.

**WWW.FACEBOOK.COM/IACRF    WWW.AZINDIA.COM    WWW.EKTAMANDIR.ORG**

## All are cordially invited for the Devotional Program Grand Sri Srinivasa (Balaji) Kalyan

Sunday, May 15, 2016  
@ Ekta Mandir

### FREE ADMISSION!



**Story of Balaji Kalyan:** This is the marriage of Padmavati to Lord Venkateswara. This wedding has to be a wedding fit for the kings and the gods. Venkateswara (Srinivasa) Kalyanam is about Lord Rama fulfilling His promise to Vedavati (Spirit of Sita Devi) that He would marry Her in Kali Yuga as Srinivasa (Venkateswara). The wedding was attended by all the gods who arrived on their respective vehicles in all their splendor. Padmavati Parinayam (Wedding) was the grandest affair on the planet.

#### DAILY PROGRAM

**7 am**            Sri Venkateswara Suprabhatam  
**9 am**            Sudharshana Homa  
**10:30 am**    Sri Srinivasa Kalyanam  
**12:30 pm**    Aarti followed by Mahaprasad

*May the blessings of Lord Venkateswara and Goddess Padmavathi be with us always.*

**Please bring Flowers, Fruits & Prasad for offering.**

#### PLEASE SPONSOR:

- **SRIVARI DIAMOND Sponsor:** \$1008, \$2008 includes Kalyan Utsavam, Homa, Flowers, Vastra, Annadhan & will be honored!
- **SRIVARI GOLD Sponsor:** \$501 includes Kalyan Utsavam, Homa, Flowers & Annadhan
- **SRIVARI SILVER Sponsor:** \$251 includes Kalyan Utsavam, Homa & Flowers
- **Kalyan Utsavam:** \$108, Sudharshana homa \$51

#### PLEASE CONTACT:

Priest Sudarshanji **602 320 3460**, Priest Joshiji **602 391 7760**, Mahendra Devganina **602 708 0733**, Mamta Vijay **480-948-3881**, Urmila Kumar **480 961 9781**, Venkatesh Gurumurthy **623 376 6019**, Vasu Atluri **480 227 8411**, Nate Bhadriraju **623 694 3640**, Minaxi Patel **928 925 5062**, Subhash Thathi **480-797-0625 &** Jagdish Sagar **480 235 5001**

**Physical Location:** 2804 & 2809 W. Maryland Ave. Phoenix AZ 85017

**Directions:** Take I-17, Exit Bethany Home West, Right on 27th Ave, Left on Maryland Ave.

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# Sri Rama Navami 2016

traction “Ram Janam Din- Ayodhya” display in the Ekta Mandir Portico. Many thanks to Kshitij bhai for his creativity in bringing to life a scene from Ram Janam in Ayodhya.

Thanks to Joshiji for coordinating the “Ayodhya Vasi Ram Janm Mahotsav Yatra” at the Ekta Mandir. Thanks to everyone for becoming an Ayodhya Vasi and joining the yatra. Thanks to Monika Nath for melodious songs. Sincere thanks to “Jalaram Bhajan Mandal” members for rendering Ram bhajans on the auspicious day of Rama Navami and for participating in the Yatra with Bharat bhai Bhakta playing dole for the Ram Janam celebration. Thanks to many children for joining the Yatra in Ramayana characters fancy dress. Thanks to parents for their support and participation with their children.

Thanks to Manju & Tarlochan Wallia, Suman & Dayaram Ahir, Gita & Jagdish Sagar, Anju & Suru Patel, Rajesh B Patel, Akash Makkar and many others for sponsoring Rama Navami 2016.

Special thanks to Joshiji, Sudarshan ji and others for managing all the religious aspects of the event. Thanks to IACRF Staff, Mahendrabhai and Gabriel for their outstanding support. Thanks to all volunteers including many outgoing and incoming Board of Directors, Seniors group, Publicity team, Treasury, Decorations by Deepa and Team, Jalaram Mandal group and many others. Sincere thanks to all attendees!

We also recognized the following including Amrish Bhargava, Bajarang Agrawal, Bipin Patel, Charan Khurana, Deepika Bhalla, Gautam Shah, Harish Parbhakar, Jagan Lingamneni, Jahnavi Mehta, Joe Dodani, Kalyan Raman, Kamlesh Patel, Kinal Movalia, KN Jagannath, Krishna Naidu, Lokesh Joshi, Madhusudan Bhakta, Mahesh & Damu Patel, Manish Gupta, Mukund Patel, Murugan Patham, Nate Bhadriraju, Nitin Jain, Paneer Selvam, Pan-kaj Bakhda, Prasad Ravi, Raj Bhalla, Ramesh Narasimhan, Rita Ashok Patel, Rohini Sharma, Sangeetha Sethia, Seema Shah, Srinivas Gottipati, Sudhir Kalra, Suru Patel, Venkatesh Gurumurthy, Bhagubhai Patel, Bhakti Gosalia, Champaben Patel, Dayaram Ahir, Dhirendrabhai Patel, Gita Sagar, Jai Seecharran, Jayant Dholakia, Jitubhai Khandhar, Kishore Narayan, Kshitij Chitania, Kulbhushan Chhibber, Lalitbhai and Shantiben, Mahesh Shah, Mamta Vijay, Manju Wallia, Manjuben Khatri, Mohan Patel, Rajesh Patel, Roopa Pandarinath, Satish Kosuri, Subhash Thathi, Vidya Raman, Teachers: Samar Majumdar, Prerana Kulkarni, Shampa Sudhakar, Sudhakar Gopal, Staff: Mahendrabhai, Joshi ji, Sudharshan ji, Gabriel



and others for their contribution to IACRF during 2015-2016 to help the Foundation successfully serve the community. We also sincerely thank hundreds of selfless volunteers who help and support the Foundation. Thanks



to Deepa Wallia, Lokesh Joshi, Rajesh K, Mahendrabhai and others for capturing pictures of the event. Once again thank you all for making Sri Rama Navami on Thursday, April 14, 2016, a grand event.

# Six ways to explore Thailand before it gets swarmed by mass tourism

Although it is one of the hottest travel destinations in Asia, Thailand is all set to gain even more visitors in the coming years. By 2020, the number of tourists is expected to rise to 47.5 million, as compared with 29.9 million in 2015.

We bring to you some of the best ways to experience the country and its culture before mass tourism takes hold.

## Get up close to elephants in the Chiang Mai jungle



*Spend the day with elephants and former mahouts in the Chiang Mai jungle. (Istock)*

There are plenty of better ways to get up close to elephants than the typically touristy elephant rides, which don't offer much in the way of authentic experience and can raise animal welfare issues. While some travelers opt for elephant retreats at the sanctuary in Kanchanaburi, northern Thailand is also a choice destination for elephant experiences, with the Chiang Mai jungle leading the way. Here, many former mahouts have become guides for tourists looking to spend time with elephants in ways that respect the animals' well-being. Visitors can learn how to mount and ride elephants like the former mahouts (bareback) and go trekking in the jungle. They can even give the animals a bath and feed them bananas. Chiang Mai city makes an ideal base for a day in the nearby jungle.

## Make friends with the monkeys of Lopburi



*Monkey business in Lopburi. (Istock)*

A few hours' drive to the north of Bangkok, Lopburi is home to hundreds of monkeys. While taking in the Khmer temples, visitors can experience the antics of the many monkeys that inhabit this so-called Monkey City. Visitors are advised to take care with food and keep anything edible shut away in a bag (or



arrange to eat later in the day) to avoid becoming a target for the cheeky simians. In any case, meeting the monkeys is sure to be memorable, with hilarious holiday snaps guaranteed.

## Step back in time in Sukhothai, then hop on a bike

Sukhothai was the capital of the first kingdom of Siam, which went on to become Thailand. Located 4.5 hours' drive from Chiang Mai, the town is home to the remains of 21 temples and their surrounding fortifications. These historical relics are an impressive sight, setting the scene for some spectacular photos starring an impressive lineup of Buddha statues. As well as its historical sites, the Sukhothai Historical Park is an especially nice place to visit on two wheels. Bikes can be hired for a few bahts (1 THB = approx. 0.03 USD) and visitors are free to come, go and explore as they please.

## Relive history on the bridge on the River Kwai, Kanchanaburi

Situated 130km (81 miles) to the west of Bangkok, Kanchanaburi is a must for anyone with an interest in history. Visitors flock to the area to snap a picture of the bridge over the river Kwai, which saw several thousand workers killed during its construction. In the Second World War, the Japanese, who occupied the region, decided to build a railway line linking Kanchanaburi to Burma, a route stretching 410km (255 miles). Work on the line, soon nicknamed the "Death Railway," was scheduled to take five years, but was completed in just 18 months after the occupying Japanese put to work many of their Australian, Dutch and British prisoners of war alongside Asian laborers. The story was immortalized in the Pierre Boulle novel and its famous movie adaptation "The Bridge on the River Kwai."

## Experience Loy Krathong, the festival of lanterns

Like a moment suspended in time, Loy Krathong sees Thailand celebrate the end of the rainy season

and pay respect to the goddess of water. It's held each year on the eve of the full moon in the 12th month of the Thai lunar calendar. People traditionally make little boats from banana leaves which float out onto the water holding candles. Lanterns are also released into the sky. This is a popular, family-focused event where visitors can join in with the rituals and festivities without raising eyebrows among local Thai people. Loy Krathong is celebrated across Thailand, with traditional events often accompanied by shows, festivities and meals. Sukhothai is a particularly popular destination for the festival, with a light and sound show organized in the Historical Park.

## Kick back and relax on Koh Tao



*Koh Tao is a paradise for divers and snorkelers. (Istock)*

No trip to Thailand would be complete without visiting one of its paradise islands. And there are islands to suit all kinds of visitors with very different interests. But, if there's only time to fit in one, then Koh Tao could be just the ticket. Situated in the Gulf of Thailand, this "Turtle Island" is a true haven of calm and relaxation, far from the crowds of tourists heading to the likes of Koh Phi Phi and Koh Pha Ngan for Full Moon Parties. Koh Tao is a paradise for divers and snorkelers.

## Raindrop cake to fried choco bars, you gotta try these desserts!

You can't really finish a meal without having a dessert, can you? And for those with a sweet tooth might consider having this as a meal by itself. While traditional sweets and cakes have been the most obvious choices for desserts, chefs across the world seem to be pushing the boundary when it comes to whipping up some luscious delicacies. The latest food trend that's doing the rounds on the internet is raindrop cake. The cake, as the name suggests, looks exactly like a raindrop. We bring you a list of unusual desserts that's been rocking the palates worldwide...

### Gold foil ice cream

Quite some time ago, we had Sultan's Golden Cake from Istanbul making all the noise on the internet for being one of the most expensive desserts in the world. We then had a chef in Chicago selling an ice cream sundae



made out of 23-carat gold for \$1000! But now, we have a small shop in Japan selling a cone ice cream covered in gold foil. And the best part about this dessert is that it is sold for merely \$8! Visually-appealing, yummy and quite unusual as well!

### Raindrop cake

Created by New York-based chef Darren Wong, this dessert is said to be

a zero-calorie cake. The cake is made out of water and agar. While many call it an uncoloured jelly, this cake is served with brown sugar syrup and roasted soybean flour to make it more appetising.

Many recipes of the same are doing the rounds on social media; but the cake, as the chef says, can be made easily if you follow the instructions accurately.

### Wasabi ice-cream

How about an icecream that is both cold, and hot at the same time? But that's what chefs across the world have tried to achieve with... wasabi ice-cream! This spice-plant grown in Japan has found a new lease of life in the form of an ice cream. However, many on social media suggest that the taste is not for all. Even though people have made it edible, this strange dessert is only for the few who want to try something very unique!

### Ais Kacang

This dessert from Malaysia and Singapore is so colourful that you might wonder if you should have it or not. Made of shaved ice with sweet corn, red beans, green grass jelly and litchi fruit — this dessert is a combination of all things weird. Ever since its conception, people have tried making it with many other ingredients, too. It might not look like a typically enticing dessert, but the taste, we hear, is mouth-watering!

### Deep fried chocolate bars

A restaurant in Scotland began selling deep fried chocolate bars. And it seems the trend was quite a hit with chocolate lovers across the globe. But beware; this strange dessert is massively high on calories!

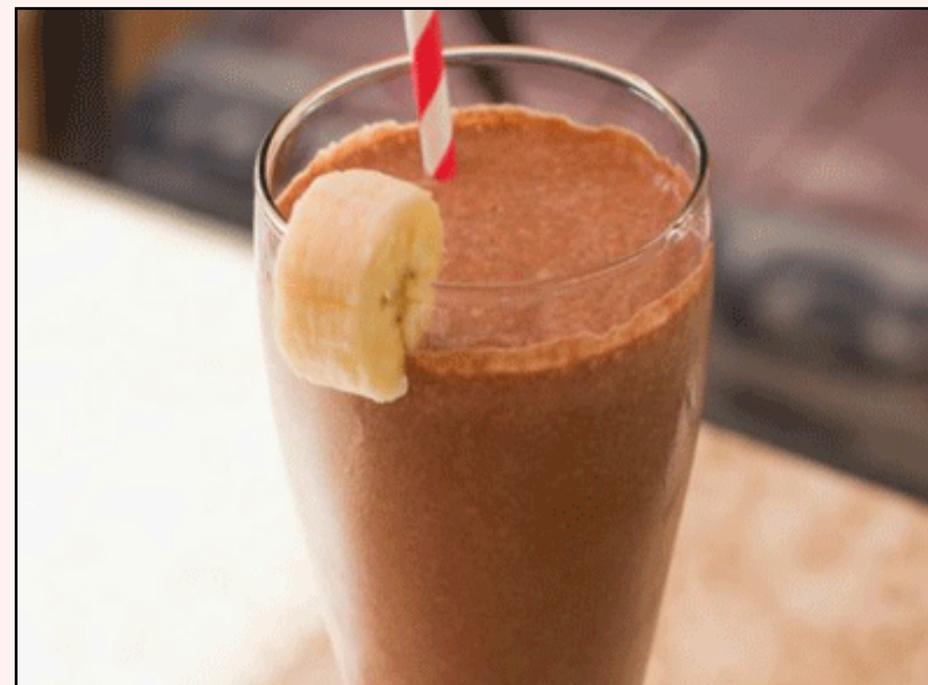
## 5 smoothies you can try this summer

A refreshing smoothie to kickstart your day or give you the much needed boost on a hot and sweltering afternoon.

### Chocolate Peanut Butter Smoothie

**Ingredients**  
Bananas - 1 to 2, ripe, peeled, chopped  
Cold Milk - 3/4 cup  
Peanut Butter - 3 tsp  
Almonds - 1 tblsp (optional)  
Unsweetened Cocoa Powder - 3 tsp

**Method**  
-Lightly toast the almonds and keep aside.  
-Transfer the chopped bananas to a blender.  
-Add the milk, peanut butter, cocoa powder and blend until smooth.  
-Pour into serving glasses.  
-Garnish with toasted almonds.  
-Serve at once.



### Banana Strawberry Smoothie

**Ingredients**  
Bananas - 2, big  
Strawberries - 200 gms, hulled  
Plain or Vanilla Yogurt - 1 cup  
Milk - 3 cups, chilled  
Ice Cubes - few (optional)  
Sugar - 2 to 3 tblsp (optional)  
**Method**  
-Slice the bananas and strawberries into small pieces.  
-Add them to a blender.

-Add the yogurt, sugar and half of the milk.  
-Blend for 2 to 3 minutes.  
-Add the remaining milk depending on how thick or thin you want the smoothie to be.  
-Garnish with a strawberry slices.  
-Serve at once.

### Blueberry Lemonade Smoothie

**Ingredients**  
Blueberries - 2 cups, frozen

Juice of 2 Lemons  
Honey - 1/4 cup + 2 tblsp  
Lemonade - 3 cups  
Ice cubes - 4 cups  
**Method**  
-Combine all the ingredients, except ice cubes, in a blender.  
-Blend well until smooth.  
-Add the ice cubes and blend again.  
-Pour into serving glasses.  
-Serve chill.

### Apple Crumble Smoothie

**Ingredients**  
Apples - 2 cups, stewed  
Cinnamon - 1/2 tsp  
Heavy Cream - 5 to 6 tblsp  
Cookies - 2, crumbled  
Vanilla Ice Cream - 2 cups  
**Method**  
-Combine the apples, cinnamon, cream and ice cream in a blender.  
-Blend until smooth.  
-Pour into serving glasses.  
-Sprinkle the crumbled cookies on top.  
-Serve at once.

### Mango Yogurt Smoothie

**Ingredients**  
Mango - 3/4 cups, peeled, diced  
Plain Yogurt - 1/3 cup  
Honey - 1 1/2 tblsp

# Phoenix Desi Sports and Cultural Club celebrates Baisakhi Mela 2016

Once again, PDSCC celebrated Baisakhi Mela in a grand manner while still managing to keep the event itself free for the attendees. The day was filled with cultural activities that included dance programs, traditional Punjabi sports that are similar to the activity known here as Tug of War, free food, and informational activities such as the ability to talk to immigration lawyers and many others. The community event was attended and thoroughly enjoyed by a large crowd.



# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)- LA PRINCESA



On Mar 29, 2016, despite cold and breezy conditions the picnic today was great fun. The sun sure helped a lot, later in the morning. Great enthusiasm by Manjuben, Shardaben and Mannubhai who sponsored the picnic. The members who braved the weather had a treat of hot tea, samosas, chips and salsa for snacks. The lunch was freshly cooked khichadi, shaak, chhas and seviyas enjoyed by over sixty folks. There was entertainment, singing and other fun with lots of socialization too. Many thanks to our sponsors who made it happen. Chhotubhai briefed on potential A/C problems of cars during summer months and offered his help prior to going to a repair shop.

On August 05, 2016, the hall was alive as the crowd mingled while enjoying nice hot tea. The conversations were many faceted as the subjects were many. Today's wonderful program started with ISAA's gratitude presentation. It was simply awesome (attached). There was a clip on how to say sorry and have fun too. The hall was roaring with laughter when the clip about "patikofatkarjaruri Hai". Bollywood parade on one Thanksgiving Day in New York just stood out in every aspect- beauty, color, lively, music, and songs. The crowds enjoyed it thoroughly. History has somehow forgotten the "Silk Warriors". A sacrifice by a few soldiers of "Sikh regimen" against Afghan army in 1897. We must make a note of the clip on- Thirty great temples of India, "walk to save life", Hanuman chalisa. A gallant -Bhumika Patel- how she took care of a robber single handedly (must see to believe). Renukaben presented "Men's worth"- really educational. How can we forget the bhajan "Hari ne bhajata", Classic tune by Richa Sharma



& Ustad Rashidkhan on "Jogi". The video on VandeMataram by oriental artistes was breath taking. Many thanks to Charanjit & Rajendra and Kanwalben for lovely homemade lunch. Dr. Tangri was surprised by wonderful birthday celebration. Over eighty five members and guests participated in the fun. Jitubhai briefed the audience on TEDx presentation on April 30, 2016 at the Thunderbird Global School of Management There is a full day seminar on- "Act Today, Change tomorrow"

On April 12, 2016, after meet & greet the program got underway with a one minute silence and prayer for over one hundred deceased and over four hundred injured in fire at the temple in Kerala. Possible causes of fire and the lessons learnt was discussed. Sapna & Parag's First wedding anniversary was celebrated with dance and garba. Video clips were shown included:- Hi tech magic, A tear jerker demonstrating India has many good people who care for others, Three beautiful event appropriate Bollywood songs, Adam Trent's amazing show, WOW trick of cards, Benefits of Gud (jaggery), State of corruption, and an appeal to young generation for a change, clear message to protect backs with correct way and postures for lifting weights. Today's luncheon sponsors were Shakuben and Shashikantbai. Over eighty five

1. Pandya Family celebrated Vinayakbhai's 94th Birthday at ISAA 2. Ram Navami, Hanuman & Mahavir Jayanti Celebrations 3. Volunteers for Food on April 19th 4. Sponsors -Shashibhai & Shakuben with friends at ISAA 5. Happy Birthday Shyambhaiya 6. Over 90 seniors paying dedicated full attention and benefiting ISAA program 7. ISAA at the picnic 8. Picnics are the most popular and benefiting ISAA program 9. Picnic sponsors - Mannubhai, Shardaben and Manjuben

had a treat of delicious Mexican variety food. It was nice to see Ramanbhai return after his surgery. Narayanbhai had a few words of wisdom with verses from Geeta.

On April 19, 2016, the day began with the most soothing popular religious music and prayers of bhajans of Siya Ram, Hanumanji and Bhagwan Mahavir Swami whilst enjoying hot tea and socialization amongst over ninety attendees. Babubhai & Deviben were kind in establishing a beautiful temple with all the Almighty Lords enabling us with the intended celebrations of Ram Navami, Hanuman Jayanti & Mahavir Jayanti. Video clips highlighted were; Benefits of Tulsi and Hazards of Electro-magnetic fields in the wrong use of cellular phones. We also enjoyed watching the Baisakhi song and also prayers of Raghupati-Raghav, Vaishnavajan to and more, creating atmosphere of holy-spirit in the hall. Meenaben & Kanwalben explained the significance of Baisakhi celebrations. Deviben, Manjuben, Harshadbhai, Jayshreeben, Srikanthbhai and some others chanted lots popular bhajans and dhoons of devotional prayers. Subsequently, the attendees offered 'aarti' seeking the Lords' blessings. In the absence of luncheon sponsors, Shakuben, Renukaben, Gitaben & Manjuben volunteered plentiful food for luncheon for nearly ninety five members and guests with generosity!

On April 26, 2016, the day began

with the most soothing popular Sitar and Flute music whilst enjoying hot tea and socialization amongst over ninety attendees. What a Joyous Day! We celebrated Mr. Vinayakbhai Pandya's 94th Birthday with a flash back of his youth in the fifties. Following video clips were highlighted - listening and watching to the five most popular songs of 1957 Naya Daur movie. Lesson learning clips included - vegetables washed by water having high disease potential and caution to be alert from the professional baggers. The educational clips dealt with - Mysterious Creation in the desert of Oregon and Creative Talent of Fruit Decoration and Amazing Art of Paintings. Two ppt presentations were made summarizing 2015 Year-End Financial Report and also on 2016 First Quarter Financial Report as well. Overall performance and operation of ISAA, is outstanding. Credit for this continued success goes to the members whose contributions are of immense value. Collective efforts and the harmony are the major factors for the excellence. If anyone has any question on ISAA's accountability, they are welcome. Vijayben Tangri shared the details of the recent Home Fire having eye-opening lesson learning potentials. Ramanbhai demonstrated the easy way to peel garlic buds. Chhotubhai provided advice on cutting down carbs to avoid sufferings from strokes. ISAA is grateful to Yogen & Yoga Pandya for the generosity of \$101 and, also for Nayaben bags full of fresh oranges.

# Singhs, Kaurs, and Suns Community Event in Arizona

April 11, 2016

By Deepa Kaur Walia

Organized by K3 International, a Sacramento based company dedicated to promote the Indus Valley's rich culture, heritage, and diversity within the US and Canada, the very first Sikh Awareness event took place right here in Arizona on April 11, 2016 at our own Phoenix Suns Basketball game. K3 was formed by Inderjit Singh Kallirai, Ravinder Singh Kahlon, and Guriqbal Singh Kang and the K3 name reflects the first initial of the last names of the three founders. Ironically, the letter K is also significant in the Sikh religion and culture for which the group was raising awareness. Khalsa Sikhs, a collective body of initiated Sikhs, wear what is known as The 5 Ks or the five Articles of Faith (Kesh meaning uncut hair, Kangha meaning a wooden comb, Kara meaning a metal bracelet, Kachera meaning a specific style of cotton undergarment, and Kirpan a strapped curved sword) as commanded by the tenth Sikh Guru, Guru Gobind Singh Ji, during Vaisakhi in 1699.

The Sikh Awareness Event, which coincided nicely with Vaisakhi during which



Members of the community that were interested in attending a professional basketball game were able to do so with tickets at a discounted price for members attending as part of that group. In addition, it gave the children from the Phoenix Desi Sports and Cultural Club an opportunity to perform Bhangra, a traditional form of dance, as entertainment in the pre-game show. As I walked around talking to people while the performance was going on, many stated they had never seen the costumes or dance or heard the music before. Some commented on really liking the beat while others said the colorful costumes and energetic dance moves were cool to watch.

The event was K3's first step into doing such events in Arizona and was supported by many local Sikh leaders to make it a success. Asia Today thanks K3 for the opportunity to cover the event and looks forward to future happenings by their organization in Arizona. Please visit <http://www.k3international.org/> for more information about the organization. We wish K3 and its founders continued success as they march forward in their mission of awareness and education.

the Khalsa was formed, included many benefits to the Sikh community in Arizona.



# AZ international Market Place Grand Opening



## MAY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Shankar Ehsaan Loy   Live in Concert  Jewelry Show   Language of Grandeur	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Swar Trayee  Maharudra Yagnam & Kumbhabhishekam - MGTOA  Haasya Hungama   Free Event  YAKSHAGANA at SVK Temple	<b>7</b> Maharudra Yagnam & Kumbhabhishekam
<b>8</b> Maharudra Yagnam & Kumbhabhishekam	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Life Transformation Program 2016  Meditation Workshops For Spiritual Awareness
<b>15</b> Carnatic Vocal Concert by Pattabhirama Pandit  Grand Sri Srinivasa (Balaji) Kalyan @ Ekta Mandir  Life Transformation Program 2016	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> The Phenomenon and Gift	<b>21</b> * Modern Web Development Workshops with MEAN * Pakistan Visa Camp * Vaikasi Vishakam Celebrations - MGTOA * Meditation Workshops For Spiritual Awareness
<b>22</b> Naari (Woman)   A Unique Dance Drama  MAHIMA 2016	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

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**F**erret out information that will hold them responsible. You may want to try your hand at a little creative writing. Don't let your boss get the better of you. Don't be too quick to judge those you live with. Don't do something silly just to get back at your mate. Your luckiest events this month will occur on a Tuesday.

**ARIES**



Mar 21 to Apr 20

**Y**ou're in need of love. Attempt to face key issues with lovers or problems could escalate. Someone you work with may be emotional. Don't let your partner goad you into wearing your heart on your sleeve. Your luckiest events this month will occur on a Friday.

**TAURUS**



April 21 to May 20

**U**nexpected romantic connections can be made if you go out with friends or take a pleasure trip. This is a good day to check out your investments. You could do extremely well in competitive sports events. Broaden your horizons and look into programs that will teach you awareness and relaxation. Your luckiest events this month will occur on a Saturday.

**GEMINI**



May 21 to June 21

**H**old your temper and refrain from doing anything that might cause injury. You can make profitable investments if you purchase an art object for your home. You haven't been watching your spending habits and you may have been neglecting your duties. You may be frustrated by the way situations are being handled in your personal life. Your luckiest events this month will occur on a Thursday.

**CANCER**



Jun 22 to Jul 22

**B**e sure to organize events that will keep the children busy. Resist any idle chatter. Overstatement will be your downfall. You might be overly emotional concerning situations at work. Your luckiest events this month will occur on a Friday.

**LEO**



Jul 23 to Aug 23

**V**isitors may be likely to drop by. You should expect to have changes in your home. You should consider getting your whole family involved in a project at home. Don't evade important issues; you may find yourself backed into a corner. Your luckiest events this month will occur on a Saturday.

**VIRGO**



Aug 24 to Sep 23

**Y**ou can expect to have a problem with your lover. Don't put off the things that they have asked you to do. You can make money if you pursue your own business. Get involved in sports events that will benefit your physical appearance. Double-check before you go out. Your luckiest events this month will occur on a Thursday.

**LIBRA**



Sep 24 to Oct 23

**Y**our talents might just be discovered. You could be your own worst enemy if you overreact to something you're told. Don't lend to people who have given you negative vibes. Changes regarding family members will set you off. Your luckiest events this month will occur on a Saturday.

**SCORPIO**



Oct 24 to Nov 22

**M**oney problems will be difficult to deal with if you have a partner. Deep discussions may only lead to friction. Your best gains will come through helping others emotionally. Romance may be likely if you travel. Your luckiest events this month will occur on a Wednesday.

**SAGITTARIUS**



Nov 23 to Dec 21

**Y**ou may have difficulties with someone who lives with you. You can offer your help to others but back off if they appear to be offended by your persistence. This will not be the day to lend money to friends or family. Try to understand their point of view. Your luckiest events this month will occur on a Wednesday.

**CAPRICORN**



Dec 22 to Jan 21

**Y**ou will be a bit of a spend-thrift this month. Take time to do something nice for yourself. Be careful not to reveal private information. You must look into your options. Your luckiest events this month will occur on a Friday.

**AQUARIUS**



Jan 22 to Feb 19

**Y**ou need to keep busy doing things that you both enjoy. Avoid being intimately involved with clients or colleagues. Property investments, insurance, tax rebates, or inheritance should bring you financial gains. Don't forget to let your mate know how much you care. Your luckiest events this month will occur on a Wednesday.

**PISCES**



Feb 20 to Mar 20

# AZTA Ugadi article from Venkat Kommineni



# Fan review: There are holes, but it's definitely a thrilling ride

Just when you thought Shah Rukh Khan is losing his edge, he makes a comeback. And how? Going back to his early acting days, where twisted characters gave him his big break, Bollywood's king of romance still has what it

## Film Review

**Fan**

**Cast: Shah Rukh Khan, Waluscha de Sousa, Sayani Gupta**  
**Director: Maneesh Sharma**

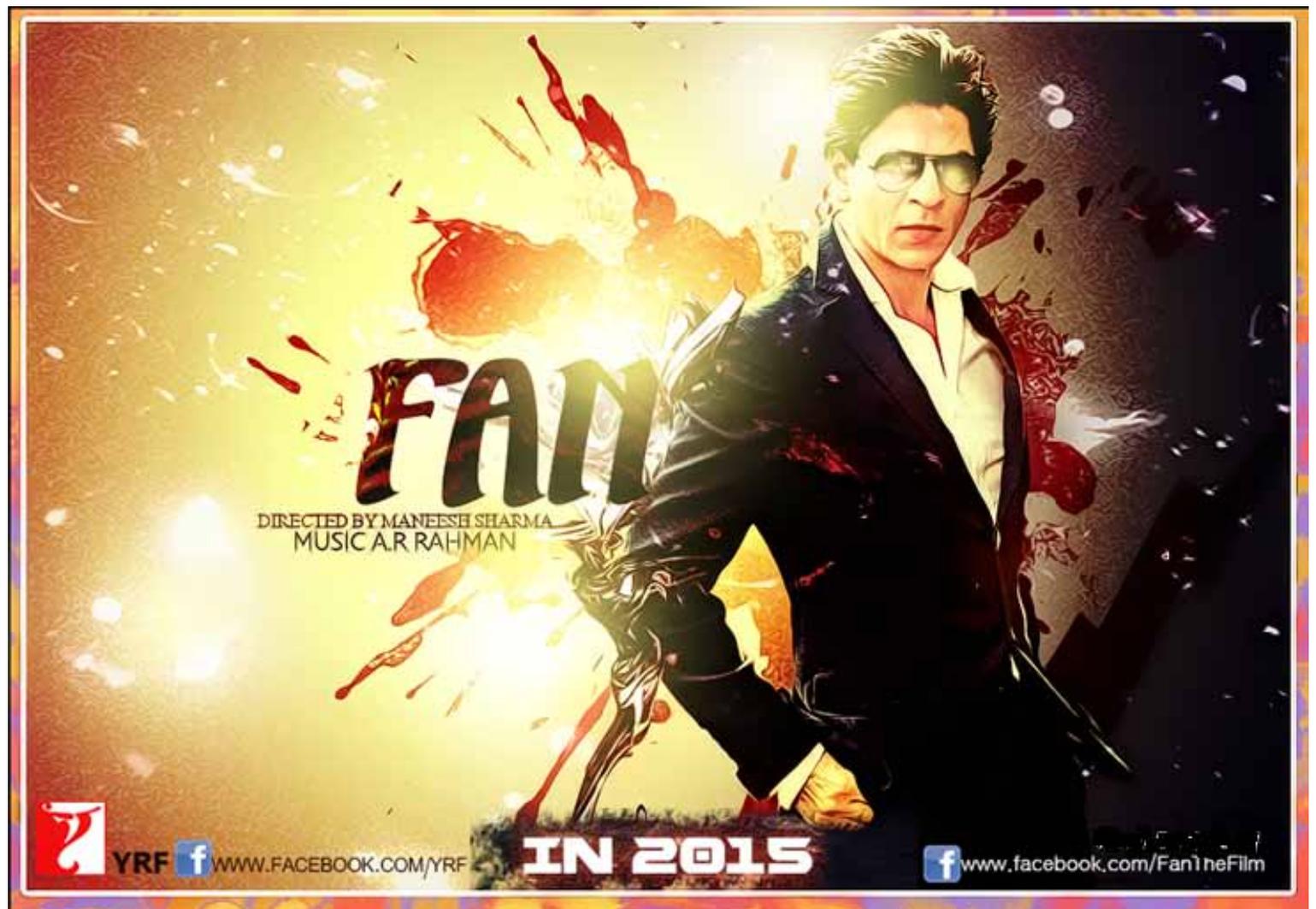
**Rating: 3.5/5**

takes to give you the creeps.

Though one of the better Shah Rukh Khan scripts in years, *Fan* is not devoid of holes, but it still makes for a thrilling watch. With the actor playing the two main characters in the film, especially two that are at such odds with each other, it can't be easy to keep a smooth narrative. However, *Fan* may just well be an inward journey for Shah Rukh Khan where his large celebrity persona meets the humble old him that represents the thousands of his fans.

The premise: Superstar Aryan Khanna (Shah Rukh Khan) started out small. He didn't bother to buy train tickets and stayed in a small, claustrophobic hotel when he first set foot in Mumbai. His insatiable greed for success and an indomitable spirit eventually makes him one of Bollywood's biggest success stories; a brand unto himself (sound familiar?).

Gaurav Chanana (also Shah Rukh Khan) is a 25-year-old who runs a cyber cafe in West Delhi's Inder Vihar. Unusually confident, he's a pro at mimicking his idol Aryan. A 'best actor' trophy in a local competition gives him a new purpose in life: Now he wants



to show his trophy to Aryan. Like a true fan, Gaurav traces Aryan's journey in Mumbai – he stays at the same hotel, travels without a ticket... but when he finally reaches the star's house, the boy from Delhi is lost in the sea of other fans like him.

After much planning, Gaurav meets Aryan, but the encounter is nothing he expected it to be. A disillusioned Gaurav tries his best to persuade the star to show some gratitude to his fans, but Aryan is too narcissistic to share his credit with a million people.

This is where the story truly begins.

The conflict between the two arises from the fact that Aryan Khanna is not the same person he projects to be. He is menacing and mean in real life, but takes a moral high ground on certain issues. He is in awe

of himself yet wants to sustain an image which doesn't hurt his fans' adulations. But, he is also not ready to acknowledge their contribution to his stardom. Nevertheless, he is human, and is scared to lose it all.

Gaurav is a sharp antithesis to this. He is a regular Joe; he is intelligent but impractical and disconnected from reality. His protective parents indulged him always and never discouraged him from doing crazy Aryan Khanna-inspired antics. When we're introduced to Gaurav, his mannerisms subtly hint at his cynicism, and the lengths to which he'd go to meet Aryan Khanna. But the question is: How far can he go?

The thrill of the movie is watching Shah Rukh Khan trying to one up himself. It is Shah Rukh versus Shah Rukh.

Director Maneesh Sharma

gives Khan a chance to be self-indulgent in a film that celebrates his Darr-Baazigar-Anjaam days. In a way, Sharma demands the superstar to surpass his previous hit roles. But Shah Rukh walks a tight rope, for he plays both an ageing superstar and a no-name nobody.

With his years of practice, SRK aces this role with ease. We see film stars making appearances at wedding parties or ready to do anything as long as they are getting paid. Aryan Khanna is no exception.

He is humiliated in the process, but also understands the value of his stardom. Self-deprecating humour and honesty is what makes Aryan Khanna a character to watch out for.

The dialogues stand *Fan* in good stead. Sharat Katariya, the dialogue writer, stays true

to origins and renders the Delhi tone to Shah Rukh's Mumbai-ness. He is also the one responsible for giving Gaurav a lovable outlook.

Though *Fan* is irrational at times, it keeps the adrenaline pumping all 143-minutes of the movie. Also, the idea of keeping it a song-less film works because that keeps the overdramatic tone from seeping in. It's a total throwback to Shah Rukh Khan's '90s avatars, but he once again shows how good he still is in that genre.

Maneesh Sharma may appear inspired by Hollywood, but he keeps *Fan* original enough.

As a whole, *Fan* delivers what it promised in the trailers. Logic may not be its strong point, but Shah Rukh most definitely is; he's back in his element after a long time. Watch it for him.

## Aishwarya Rai Bachchan reveals how she prepares for Cannes red carpet



**B**ollywood star Aishwarya Rai Bachchan's red carpet looks at Cannes may face scrutiny in India but that doesn't mean she spends sleepless nights wondering what she will wear this year.

When asked about her choice of outfit for the upcoming Cannes film festival, the actress, who had earlier dazzled the audience with her sartorial choices, said, "I think it is a bit in

advance as I would be meeting you all soon (referring to promotions of Sarbjit)." She is expected to attend the film festival on May 13 and 14. "Laying out the wardrobe is too early. I am girl on the go. But I have never spent sleepless nights planning the Cannes red

carpet," Aishwarya said.

She has been attending the prestigious Cannes Film Festival for last 15 years. "The experience has been different year after year. It has been 15 years, I am thankful to L'Oréal for this. It's a great exchange of ideas with

different people you meet. I am glad I got opportunity to share my thoughts and work at this prestigious festival. I feel humbled and privileged to speak there, represent Indian cinema and be a member of film fraternity. It has been a precious experience," she said.

She also praised actress Priyanka Chopra, Deepika Padukone who are working in West for various ventures. "Kudos to everybody (Priyanka, Deepika) for all frontiers that you wish to achieve. We have appeared on your channel (pointing towards a cameraman) so we feel grateful for that as well. We are glad that we had the opportunity to be covered by you (media)," she said.

Aishwarya also said that Cannes would have been the perfect platform for Sarbjit. "I do not know if the team will be able to make the opportunity possible on that platform as well because Cannes will be happening in the last week (the film releases on May 20). Given the timeline, if it is possible, the team will look for the opportunity. But, however if there are too many deadlines to match regretfully, that chance may have to be cut off," she said."

## Prem Ratan Dhan Payo making, trivia to release online

**S**uperstar Salman Khan and Sonam Kapoor's interviews and interesting behind-the-scene moments form a mega webisode, titled Memoirs of Prem Ratan Dhan Payo, set to release online as a special treat for fans.

The webisode, by filmmaker Vidhi Kasiwal, will also see director Sooraj Barjatya, Anupam Kher and other actors along with the entire unit of the movie discuss and share their thoughts on the title, the reasons behind the title Prem Ratan Dhan Payo and the bond between Salman and Sooraj that began with Maine Pyar Kiya 25 years ago.

"From the time Sooraj ji decided to make his next film, I knew I wanted to be a part of it. We shot day and night and captured very interesting footage. The icing on the cake was that he was working with the one & only Salman Khan again," said Vidhi in a statement.

"My team canned over 250 hours of footage from which I was very keen to produce and direct the digital assets. So what started as a 10-webisode series increased to 21 webisodes as the response to each asset was phenomenal! I was very happy when Soorajji told me that my team's hardwork had contributed so much to the record breaking opening the film got."

Incidentally, a feature-length documentary on the making of PRDP, also by Vidhi, is expected to release this year.



## Sonakshi Sinha to play a Pakistani journalist in Noor



**S**onakshi Sinha is all set to star in a film based on Saba Imtiaz's popular novel Karachi, You're Killing Me!

The 28-year-old actor will portray a Karachi-based journalist in the film titled Noor, reports the Express Tribune.

Reportedly, the film that will be directed by newcomer Sunhil Sippy will be in production before the

year ends and is said to be released by 2017.

Saba Imtiaz's novel revolves around a female journalist Aisha and her struggles in Karachi.

Presently, the Dabangg actress is busy shooting for Abhinav Deo's Force 2.

Her other film, A.R. Murugadoss directed Akira is set to release on September 23.

# Chai with... Sadhu Singh Dharamsot, the Former Minister of Punjab

April 24, 2016

The former Minister of Punjab, Sadhu Singh Dharamsot, visited Phoenix recently and our very own Phoenix Scorpions Field Hockey Club endorsed an event in honor of his visit on April 24, 2016. Mr. Dharamsot is touring USA to support Captain Amarjinder Singh's leadership for elections in 2017. Asia Today was very pleased to meet Sadhu Singh Ji who had great messages around saving Punjab. He stated that Punjab is facing a crisis and only the right leadership will bring it back to its former glory. According to him, Congressman Amarinder is an ideal candidate that wants to concentrate on removing drugs from our youth and focus on Indian farmers and their needs. Punjab is and was known to provide food to the world and is now suffering due to poor leadership. He insisted that we have to support the farmers to eradicate water scarcity support and develop industries, all of which is only possible under a committed and dedicated leader like Captain Amrinder Singh. His final message to all NRI Punjabis is that don't give us any money but save Punjab by giving Punjab the right leadership.

Asia Today is grateful to Phoenix Scorpions for continuing to organize events time after time that highlight hockey champions, leaders, and other influential people such as Sadhu Singh Dharamsot.



# IACRF Seniors Group Enjoying Spring Season

By Prakash Kotecha and Pradyumana Kshatriya

IACRF 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

**Coming events:**

May 5 Thursday - Mother's Day Celebration

**Weekly Activities:**

Monday meetings: IACRF Board of Directors approved Monday meetings of the Seniors Group and thus now Seniors are meeting twice a week, Mondays and Thursdays from 10:00 AM to 3:00 PM at Indo-American Community Center. Members are delighted to have opportunity to meet twice weekly.

**March 24:** Antakshari was initiated by Srikanth Vaidya and almost all the members joined in antakshari, the card playing members joined antakshari even while continuing the playing cards.

As usual members could easily come up with bollywood songs, Gujarati Songs, poems, bhajans and the program went on for over 90 minutes with both the teams picking up the song on completion of the other party instantly. Antakshari was a blast.

Rameshbhai Patel and Ushaben Patel from Fountain Hills were our guests on 24th March. Mr. Prasad and Rupesh from Swami Vivekanand Yoga Anusandhana Samsthan were visiting us and briefed us about their Yoga program for diabetes management.

**March 31st:** Ashok and Rita Patel joined us for the day. Ashok Patel has been a valley resident for a long time. Mr. Ashok Patel is a very generous donor and had supported Ekta Mandir development from its inception days with a donation of 200,000 dollars. Bhagubhai welcomed Ashu Valturi and thanked him for making DISH Network arrangements for screening match for the world cup T20 cricket.

**7th April :** Usha Gautam, a teacher by profession who has moved from California accepted the responsibility for announcements. Ugadi, Telegu new year and Gudi Padwa, Maharashtra new year were celebrated today. JaiSeecharran, our senior member had brought three visitors from Iowa. Mr. and Mrs. Chandrakant Shah & Sunita Jain. Mr. Chadrakant explained



2016.04.07 12:53



2016.03.24 13:03



2016.03.31 11:19



2016.03.31 12:40



2016.04.21 11:31



2016.04.21 12:07

that he is originally from Wakaner and owned a chemical industry in the past, now retired.

Dr. Prakash Kotecha made thematic presentation on WHO day. He gave an over view of World Health Organization, its country offices, regional offices, head quarters and total staff and what are the functions of WHO and then introduced WHO day theme of the past and then briefly mentioned about this year theme of "Halt the rise, beat diabetes" and take home messages related to diet and exercise that would enable healthy life

**14th April:** Ramnavmi was cele-

brated on this day and the activity venue was shifted for the day from IACRF Hall to Ekta Mandir and Ram Janma and Aarti were celebrated with lots of devotion and prayers by members that was followed by Mahaprasad.

**21st April:** This was picnic day to Rio Vista Park and members turned out in large number despite not so pleasant weather condition. Seniors enjoyed with fun and food. Chit chats, card games, Trail walks and had really good time.

Lunch Sponsors for the month included, Rameshbhai and Nina Zaveri, Ratibhai and Kumud Javia, Ashok and

Rita Patel, Jagdish and Sheela Trivedi, Jagan and Uma Lingamneni, Parvati and Madhav Tummala, and Kishor Vyas & Tara Patel.

**Special News**

Lalithbai brought the new TV to the center along with DVD player and TV stand. This will make the senior independent for small meeting and personal presentations etc as and when required.

Prakash Deshmukh and Manhar Khatri joined as new members of IACRF Board of Directors besides Jagan Lingamneni and Jai Seecharran.

# Real Estate News of Arizona - May 2016

Hello Friends,

Let me start with wishing a Happy Mother's Day to all the wonderful mothers in the valley that makes every-day click. Being a mother of two myself, I can personally relate to all the hard work that goes into keeping the kids, hubby and the home-front going and hope all your wonderful mothers had some time to yourself on Mother's Day.

Now coming to the real-estate market in the valley, it seems to have picked up pace and that is not surprising considering the fact that we will be getting into peak summer shortly. However there is a risk of a temporary slow-down with the recent announcement of Intel, our biggest employer in the south-east valley of the recent layoffs.

Looking at the some of the Statistics from NAR, they released data for existing home sales, which rebounded in March after dropping significantly during the previous month. Sales rose 5.1% to a seasonally adjusted annual rate of 5.33 million last month from a downwardly revised 5.07 million in February. NAR also found the median price of existing homes for all housing types single-family homes, town homes, condos and co-ops jumped 5.7% to \$222,700, from March 2015 to March 2016.

Let's take a look at the March sales of Residential Properties in Maricopa County-

- Total Sales for Single Family, Town-home, Condos, for March are 8,327 whereas, February was 5,075 and January were 4,520
- The Active listings for Single Family, Town-home, Condos for March are 26,523 whereas, February was 22,259 and January were 21,005
- Pending sales for Single Family, Town-home, Condos, March are 7,963 whereas, February was 6,590 and January were 4,733

The total home sales by financing were-

- Cash Sales -1,959
- Conventional - 3,657
- FHA -2,018
- VA- 604

All data from the Arizona Regional Multiple Listing Service, Inc.

The median price in Maricopa County for March 2016 was \$229,000 in February 2016 it was \$225,000. If we in last year March of 2015 it was \$211,320.

The Absorption rate overall in valley varied as per the demand, Absorption rate is the percent of sales that are sold each month of the inventory. A higher percent means that inventory is moving at a faster rate, and thus is a Seller's market. The total absorption rate is 30%. Certain areas of town we have still seen

## Maricopa County

Key Metrics	Q1-2016	1-Yr Chg
Median Sales Price	\$223,500	+ 8.5%
Average Sales Price	\$280,633	+ 6.1%
Pct. of List Price Received	97.7%	+ 0.4%
Homes for Sale	22,408	+ 8.6%
Closed Sales	17,278	+ 5.8%
Months Supply	3.6	+ 3.7%
Days on Market	56	- 17.9%

### Market Activity

## Pinal County

Key Metrics	Q1-2016	1-Yr Chg
Median Sales Price	\$162,000	+ 6.6%
Average Sales Price	\$173,627	+ 1.9%
Pct. of List Price Received	97.4%	+ 0.3%
Homes for Sale	3,009	+ 5.8%
Closed Sales	1,840	+ 6.1%
Months Supply	4.8	- 2.8%
Days on Market	64	- 22.2%

### Market Activity

higher absorption rates.

Here are the March sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos for March are 761 whereas, February was 467 and January were 454
- The Active listings for Single Family, Town-home, Condos for March are 2,681 whereas, February was 2,728 and January were 2,570
- Pending Sales for Single Family, Town-home, Condos, for March are 823 whereas, February was 752 and January were 514

**Now let's take a look on commercial side-**

Ridge View apartment complex in

Fountain Hills was sold for \$18.8 million for the complex. There were total 150 units.

Canada based Mattamy Homes which has big Residential development footprint in Arizona has bought a 173 acres in Tucson for \$8.3 million from city of Tucson. Its off the Interstate I-10 and south of Davis-Monthan Air Force Base.

Mark-Taylor Development Inc. has bought 20 acres of land in Mesa for \$5.4million. It plans on building a 346-unit apartment complex at the U.S. 60 and Greenfield Road.

Hope this article gives you a peek in what's happening in our valley. As always, I love your questions, comments & feedback. Please keep them

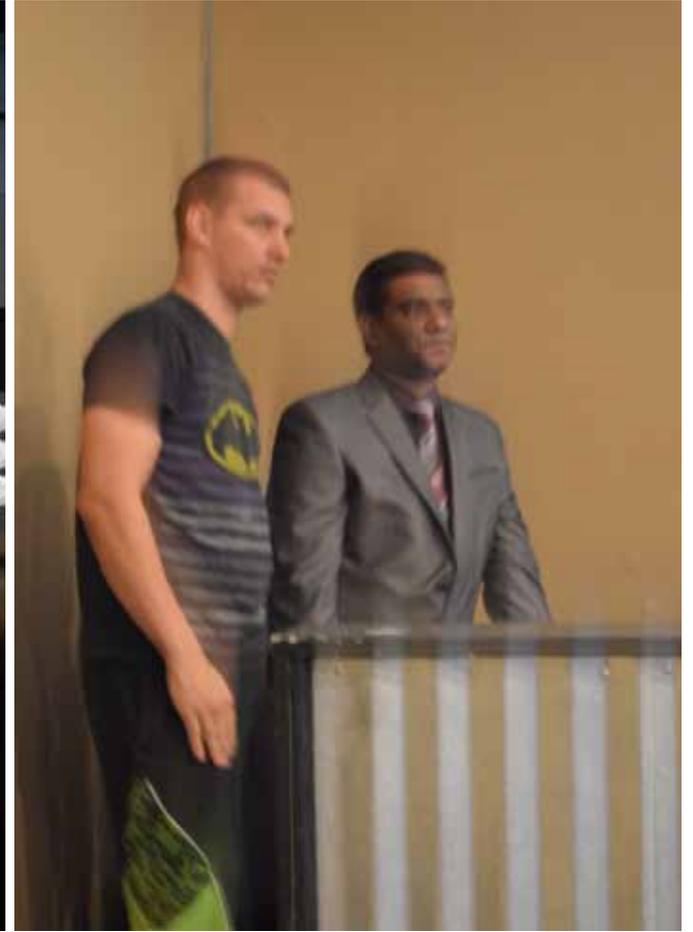
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*Disclaimer:*

*This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as Armls, cromford report, Better Homes and Garden, Costar, Globest, BizJournal, News-geni, Realty times, azcentral, wall street journal.*



# United Indo- Pak Christian Church Easter Service 2016 Pics 1



## May, 2016 (by Pankaj)

April	Day	Muhurta
1	Sun	Harsh day, harsh nature of nakshatra; need to avoid confrontation as day is rough. COD: White, Green, Brown, Red
2	Mon	Moon & Nakshatra produces a happy & cheerful day after 10 am. Day to pursue hard tasks, Ganapati pooja is most beneficial. Colour of the Day (COD): Sliver/Yellow
3	Tue	Moon-Sat-Mars combination produces intuitive & imaginative thinking. Day to correct past mistakes & to make amends. COD: White, Blue, Black, Red
4	Wed	Moon and Mercury combination produces a fruitful happy & successful day in any venture undertaken. COD: Yellow, Yellow, Orange, Copper
5	Thu	Ketu & Moon combine to produce a stressful day, results may not be as expected, stick to routine. COD: Sunset Orange, Red & Grey
6	Fri	Amavasya Day, restrict activities to bare essential except for Prayers for the departed loved ones, best time is Yama kaal between 8:30 am to 10:20 am for such activity. COD: White
7	Sat	Day of material things, trade, commerce and financial activities. Be aggressive in work, face difficult situations boldly. COD: Sunset Orange/Blue
8	Sun	Day of joy, peace and happiness with an unstoppable energy to do physical work & fulfill pending labour intensive jobs. COD: White, Pink, Sunset Orange
9	Mon	A day to take ownership & perform intelligent actions will be most enjoyable and satisfying to the mind, body & soul. COD: Red, Green & Sunset Orange,
10	Tue	Rahu-Moon-Mars combine this day. Solve issues, family problems amicably, focus on higher pursuits & goals in life this day. COD: Sunset Orange, Purple, Blue
11	Wed	Materialistic day for personal gains & success. Also focus on health, diet & nutrition & physical exercise. Energies will be at their peak. COD: Red, Green, White
12	Thu	Jupiter-Moon-Mercury & Saturn combine to pursue trade, commerce & religious pursuits, however, be careful of going overboard. COD: Brown, Blue, Black
13	Fri	Day of material things, trade, commerce and financial activities. Be aggressive in work, face difficult situations boldly, don't shy away or postpone difficult work. COD: Black, Red
14	Sat	Day produces an aggressive yoga to defeat opponent, adversity & overcome any obstacle. COD: Brown, Black, Green
15	Sun	Planets combine to produce a philosophical & inquisitive mind. Day may be dedicated to spiritual activities & discussion. COD: Grey, Yellow, Light Blue
16	Mon	Moon's attachment for greed increases manifold. Keep desires & greed under control. COD: Red, Green
17	Tue	Perform best efforts that bring permanent results. Dealings with authority, govt. or people in power. COD: Brown, Blue, Black
18	Wed	Favourable for completion of pending projects & collection of bad debts or borrowed money. COD: White, sunset Orange, Light Blue
19	Thu	Moon has full Chandra bal, so do things that involve use of mental energy this day. COD: Sunset Orange, White, Silver
20	Fri	Purnima: Day of intellectual activities with passionate thinking & actions. Moon's combination with malefics brings immense mental strain today. COD: White, Brown, Copper Green
21	Sat	Materialistic day for personal gains & success. Also focus on health, diet & nutrition & physical exercise. Materialistic Energies will be at their peak. COD: Red, Green, White
22	Sun	Good day for new ventures, property matters, taking medicine, healing, music, learning new things & having important open communications. COD: Shades of Yellow
23	Mon	Restlessness, fear of accusations, fights etc, the day will be quite unstable or rough, stick to routine activities alone. COD: Silver, White, Green
24	Tue	Combination of Venus, Moon, Ketu & Jupiter may lead to self conflict, duality in thinking finally, avoid arguments & verbal altercation. COD: Clear light shades.
25	Wed	Moon is in extremely powerful house, nails & hair cutting is advisable today, Parvati pooja is most recommended. Colour of the day (COD): Green
26	Thu	Good day for astro & spiritual sciences, good day to socialise, try to show genuine concern for other people's problems, they will fall in love with you for your genuinity. COD: White, Red
27	Fri	Day of material things, trade, commerce and financial activities. Eligibles may propose this day. COD: Green, White, Red
28	Sat	Karya Labh: Permanent benefit from important activities undertaken today, Friendly combination of Day and nakshatra produces positive results. COD: White, Yellow
29	Sun	Good day for new ventures, property matters, taking medicine, healing & house or real estate deals. COD: Shades of White & Red
30	Mon	New business proposals, contracts or dealing with authority on legal matters will bring success. COD: White, Green
31	Tue	Day produces highly positive results in terms of business development or real estate dealings. COD: Sunset Orange, Blue, Black, Green

# Myanmar's New President

By Chase Hunter

The Union of Myanmar had been under a military dictatorship since 1962. That is all changing with the results of the most recent election. Htin Kyaw, a Burmese writer and scholar, became the first civilian elected President of Myanmar on March 30, 2016. However, Aung San Suu Kyi will be running the country. This confusing political environment in Myanmar is all due to the dictatorship government trying to stop Suu Kyi from elevating to a powerful position.

Suu Kyi is a Nobel Peace Prize winner who is known for being condemned to her house by the Burmese gov-

ernment for threatening its control. She was finally released in the latter months of 2010 after international pressure was put on the Burmese government for her freedom. Before her release, a constitutional amendment was passed by the military dictatorship outlawing anyone with foreign relatives from becoming President. This cleverly constructed law's purpose was made to make it impossible for Suu Kyi to become president

because she is married to a Britton. Suu Kyi is a prode-



mocracy leader in Myanmar and has millions of supporters

around the World. Because of the amendment passed, she was forced to find an alternative way to take control of her country. The loophole: Htin Kyaw, a well respected scholar, Suu Kyi's long time friend, and sometimes, even her chauffeur. His father was a poet and he studied economics at the University of Yangon in Myanmar. He would be used as her standin to lead the Burmese government and help free the people from the tyranny of the military. He was handpicked by Suu Kyi

and the leaders of the National League of Democracy Party because of his unbreakable loyalty to Suu Kyi and his rigid moral character. Time will only tell how this predicament will work. The Vice President in Myanmar was appointed by the military, so a power fight may ensue in the coming months and years. Aung San Suu Kyi will continue to fight for her people as the Burmese government will try to hold on to its 56year reign of power. Like the Eastern European countries in the 80's and the military dictatorships in Central and South America, Myanmar has a long road ahead of it to achieve freedom for its people.

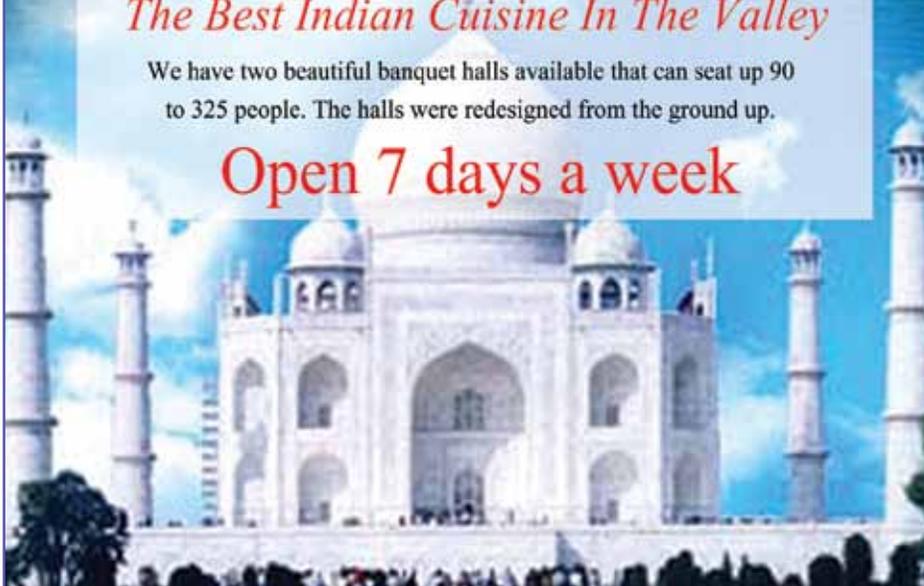
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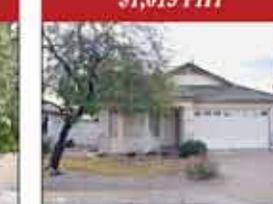
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