



Samachar

MAY - JUN
2013

Official Newsletter of the India Association of Memphis

Dear Friends,

Welcome to the third edition of *Samachar*. We heartily thank our readers who have sent kind compliments our way for the first two editions of the newsletter. We have switched our printer this year and upgraded to a better quality of paper too, and of course the newsletter is now in full color, cover to cover. But all this is small compared to the high standard of work set by our Editor. The informative sections featuring fun getaways like the cuisine and the crossword keep me excited about receiving the next edition. I want to thank Achint for taking *Samachar* to the next level.

Our team is striving to execute our programs and achieve their goals with vigor. For many weeks, our VP, Secretary and Cultural Director — Manjit, Vidya and Simanti respectively have been working feverishly to put together an exciting program for “India Unlimited” (formerly “*India Nite*”). Venue hunting has been quite challenging this year, requiring lots of efforts, planning and follow-ups for which I commend the team. They have also placed some new and exciting ideas on the table, which we hope will find your appreciation at the event. The process of selecting a new theme is always very interesting, and the team has poured creative thought and effort into it. I can’t thank them enough for leading the way in ensuring we present a good show to the community.

Taking this note further, we are also hoping to boost IAM’s fundraising efforts at India Unlimited. We greatly appreciate the community’s support which is shown by signing up for the IAM membership, enabling us to continue organizing entertaining programs, bringing the community together, and watching the young talent among us blossom and develop, hoping that one day, the entire nation will take pride in them. Let’s shun “what’s in it for me” and embrace “how can I help out”.

On other fronts, Sathish has painstakingly done great volumes of work in filing our taxes, bringing in novel suggestions for policies and procedures. This will greatly help in our internal audits. Sathish’s professional experience as a CPA is invaluable in his role as IAM Treasurer. We also want to thank Anil Menothuparambil for the generous help he has provided in our book-keeping efforts.

Not only our newsletter, but IAM itself will forever be only as good as the community involvement makes it. I encourage all of you again to stay engaged, contribute to the newsletter and also help in keeping IAM financially afloat so that we may stop worrying about how the programs will be funded and continue to maintain a focus on bringing you the best of what we have to offer, season after season, year after year.

Thank you, have a great summer, and may God bless you all!

Best Wishes,

Navin Eric

IAM President - 2013

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- Anjali Hirurkar
- Anil Nair
- Vijay Rawtani

Upcoming Events:

Sep 07 India Unlimited

Featured in this Issue:

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Hola!



Awaited equally by youth and senility,
When schools take a break and holidays beckon,
Summers have an inherent air of agility,
Vegas, Disneyland, or India? We reckon...



When the day lasts longer,
When the sun shines brightly,
We step out more often,
And the world looks sightly...



Be sure to enjoy these days to the hilt,
If you let them slip by, you'll be waist deep in guilt,



This year is a journey of six steps, word by word,
We're half way through, since you're browsing the third...

It has been said (and rightly so) that *Samachar* is for you to craft, for me to whittle just a bit and for you again, to adore! It would really be quite awesome if you would trust me on this and lend your thoughts and words to the newsletter by contributing articles. Make candid revelations, shower praise or criticize freely.

Come on, send us an e-mail! samachar@iamemphis.org

Our editorial room is a temple to creativity where color, light and craft rule. Here, criticism from discerning patrons is welcomed as happily as words of loving praise.

Sincerely,

Achint Choudhry



Chief Editor, 2013



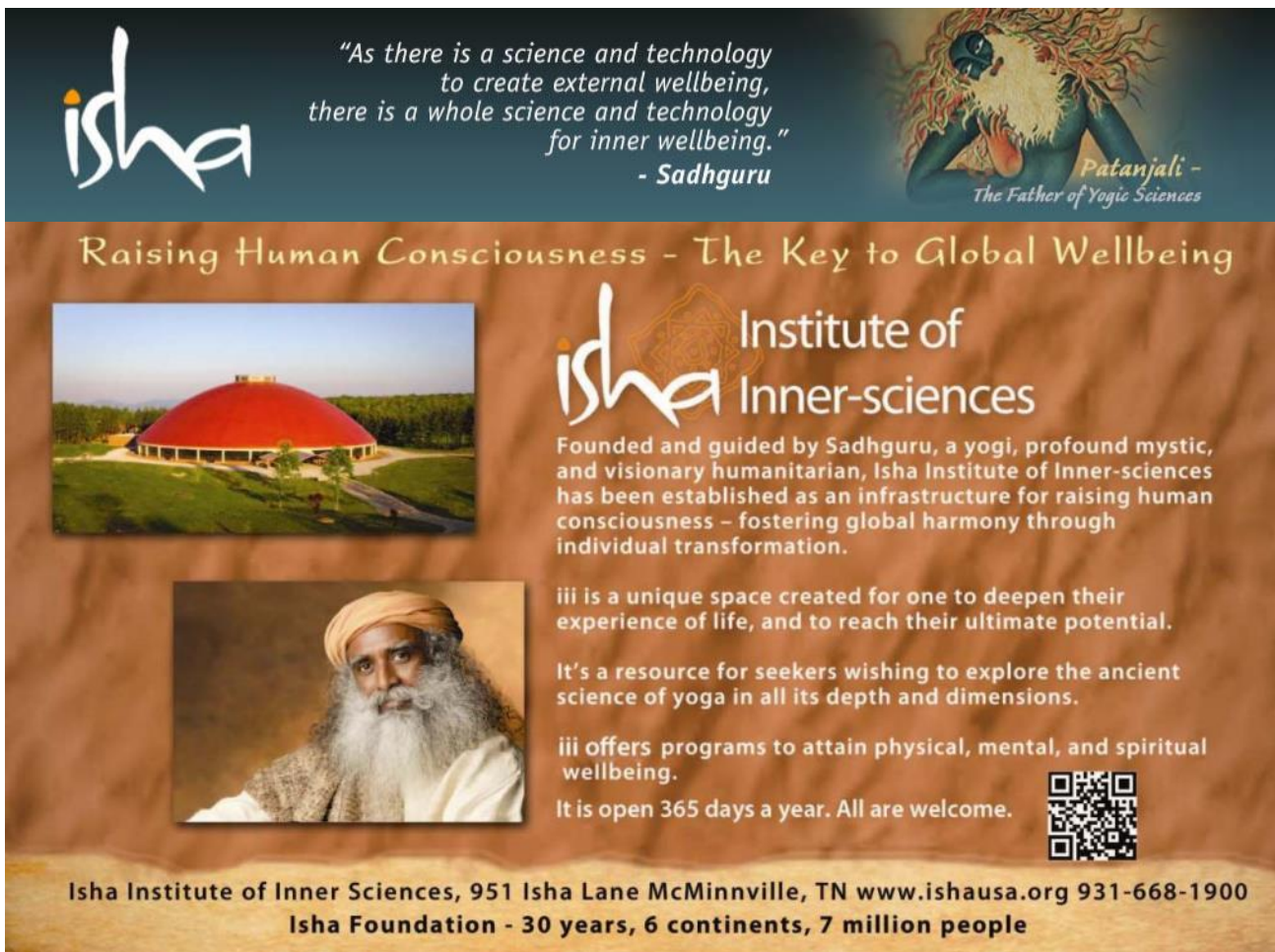
2013 Event Calendar

<u>Event</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
IAM			
Republic Day	Jan 26	2pm - 5pm	Bert Ferguson
Kids Financial Workshop	Feb 23	2pm - 4pm	Library
Holi Celebrations	Mar 23	1pm - 4pm	ICCT
Tennis Workshop	June (TBD)		LOG
Sporting event - Cricket	Jun 01 - 16		Nikki McCray Park
Sporting event - Tennis	Jun 08 - 23		Powell Park, Collierville
Sporting event - Volleyball	Jul 13 - 14		TBD
Sporting event - Indoor Soccer	Jul 20 - 21		Dulins Sports Complex
Sporting event - Caroms, Chess	Jul 27		Cordova CC
India Unlimited	Sep 07		White Station High
SEVA	Oct 05	9am - 4pm	ICCT
India Fest	Nov 02	10am - 7pm	Agricenter
General Body Meeting	Dec 07	1pm - 4pm	Cordova CC
Taranga Kannada Sangha			
Dasa Aaradhane	Mar 16		
Ugadi Program	May 4	2pm - 6pm	Singleton CC
Picnic	Sep 7		
Ganesh Visarjan	Sep 14		
Rajyostava and Deepavali	Nov 16		
Mid South Punjabi Heritage Foundation			
Baisakhi	Apr 19	6pm onwards	Esplanade
Tian Festival	Jul 27		
Picnic	TBD (Sep)		
Kids' Workshop	TBD (Oct)		
Malayalee Association of Memphis			
Mid South food Bank	May 04	9am - 12 noon	
MAM Picnic & Sports Day	Aug 17	All day	
Mid South food Bank	Sep 07	9am - 12 noon	
Mid South food Bank	Dec 07	9am - 12 noon	
Greeting cards for Charity	TBD		
Book collection for Charity	TBD		
General Body Meeting	TBD (Dec)		
Memphis Marathi Mandal			
Gudhi Padva (Marathi new year)	Apr 20	11am - 2pm	HW Cox Park
Ganesha Chaturthi	Sep 14		
Diwali Celebrations	Nov 16		
Mid South Tamil Sangam			
Chitirai Gallata	Apr 13		
Drama (Tentative)	May 19		

We will duly communicate detailed updates by e-mail, on our website and on our Facebook page ahead of each event

Our complete and updated event calendar can also be found at: <http://www.iamemphis.org/home>

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isha

"As there is a science and technology to create external wellbeing, there is a whole science and technology for inner wellbeing."
- Sadhguru

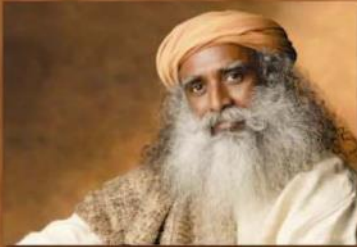
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IAM Summer of Sports

The 2013 annual IAM Cricket Tournament began on June 8th and culminated in an exciting final on June 28th at Nikki McCray Park in Collierville, TN.

The tournament got a fantastic response from the community, with this year's all time high registration of 12 teams playing a total of 19 matches. The games were close and spectators were treated to lots of nail-biters. Enthusiastic spectators (including adults and kids alike) provided tremendous support and cheered their favorite teams. Players responded in kind with a flurry of boundaries and sixes, as well as excellent bowling & fielding. Spectators and participants praised the tournament organization for being professional.

The Tournament Finals were held on June 28th and the **Memphis Tigers Cricket Club** emerged victorious against their determined opponents, the **Jaguar Warriors**. IAM thanks all participating players for their support and for making the tournament a success. Congratulations to *Memphis Tigers Cricket Club* (tournament winners) and *Jaguar Warriors* (runners up). We also thank our volunteers for helping us in orchestrating this massive effort smoothly.

As we revel in the success of the tournament, we would also like to remind you that our Tennis tournament, Volleyball tournament and Indoor games (Chess, Caroms) are scheduled in July 2013. For any queries about our sporting events, please send an email to IAM.sports2013@gmail.com



Raghu Guttikonda
Athletic Director, IAM 2013

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“Hey Dad, Check Out This Move!” – *Bryan D'Souza*

Every once in a while, my wife and I find ourselves at odds over cultural issues. And the issues tend to run the gamut of topics: from food to clothing to cultural traditions. In most instances we end up agreeing to disagree. But not before each one has spoken their mind (and in some cases not before IFUs have been seen in the area. I am talking about Identified Flying Utensils of course).

I am going to elaborate on one of the topics that pops up in our household now and then. But before I do that, a little background on the personalities involved. My wife is a proud defender of everything Indian. She will not back down even when you point out that over the course of the discussion (and her fast losing position) she has slowly resorted to using kicking and scratching to defend her viewpoint. And I am proud of the fact that she is so passionate about her background and heritage. My kids will learn many good things from her. Now me on the other hand, I tend to have more of a 'chalta-hai' laissez-faire kind of attitude. Sometimes I will take the opposing view just to further a debate or see how well the other person can hold their ground. But most often, I tend to lean on the liberal side of things.

The thing that got tempers flaring and words going recently was the topic of Indian movies and how suitable they are for viewing by our children aged eight and three. I know I am painting with broad strokes when I say Indian movies, but hear me out. I am not talking about movies that have been clearly rated for adult viewing; be it for violence or adult concepts. I am talking specifically about movies that are generally accepted as suitable for viewing by our little ones as well. My wife is a huge fan of Indian movies and thinks that Shah Rukh Khan is the most amazing of God's creations. Don't ask me what I think of him. You don't want to know. Well, since you forced my hand, I think he acts like he has a defective gene disorder that compels him to have facial spasms and malfunctioning lachrymal glands that morph his face into that of a sad little puppy dog. A lot of popcorn has been chucked at my TV screen when witnessing such talented acting.

We have always made great films. But they used to be few and far between. And almost always they were labeled as art films. Mainstream blockbusters that reached everyone unfortunately weren't of the same caliber. Many will argue that the common man has enough strife in his daily life that he would rather watch some meaningless time-pass flick. And I am okay with that. Fortunately though, these days there seem to be an influx of films based on interesting uncommon story-lines. Topics that we hitherto considered non-viable or non-palatable for the average movie-goer. There have been many instances in the recent past where I have watched a Hindi movie and exclaimed "arrey! not bad!". My wife would look back at me with a smug expression on her



“Hey Dad, Check Out This Move!” *continued...*

face and come back with "What? You thought only Spielberg can make movies like Schindler's List? See, Shinde Ki Lassi was just as good". How does one respond to that?

My problem with Indian movies is to do with the visualization of song sequences. These days it is a norm to have item numbers thrown in there as well. Even if it not an item number, a fast paced or romantic song can have rather suggestive moves picturized on them. What many of us consider harmless can have deleterious effects on a child's mind. Imagine an eight year old wide-eyed boy viewing heaving bosoms, gyrating hips and thrusting pelvises. Add to that facial expressions of *oohs* and *aaahs*. Also imagine a father walking into the room and seeing his kid watching said moves on TV while drooling. Okay, granted he was eating spicy pakoras at the time, but still. Into the kitchen I stormed to initiate a discussion with the Mrs. about the appropriateness of what's being watched. But first I made sure that she was not holding or was within easy reach of sharp objects.

Like a bumbling Satish Shah in the classic *Yeh Jo Hai Zindagi*, I ask her "Yeh kya ho raha hai?". She looks at me coolly and says "What? He's having some pakoras". "I'm talking about him being seduced by Katrina in high definition" I retort. "Oh that?, it's just a song" she says. "Just a song?" I gasp. "I can't watch it for more than ten seconds before I have to sit down". "That's you. You have a dirty mind" she scoffs. "That's true" I say, proudly nodding my head. "He's too little to be watching all this. God knows what's going through his mind" I say. And this is where I make a big mistake of making a sweeping generalization "All these Hindi movies are nothing but rubbish!". "What did you say?" she says, moving closer to chapatti roller. "You don't think what he watches on American TV and western movies have some element of inappropriateness in them?" she asks. "Well, they are rated appropriately and at the most, he gets to watch some kissing. But you know we switch channels when such scenes pop up. We have also talked to him about people in love and kissing. At least he's not running from room to room, shaking his behind shouting 'my name is Sheila, I am too sexy for you.'" I say.

She knows he shouldn't have been watching the song. But she will not admit it. "Okay, in that case, let's not watch any Indian movies at all. You watch all the Hollywood movies you want since they are so good for you" she says storming out of the kitchen, into the living room and switching the TV off. "But mom! I want to see how it ends" my son pips up. "Ask your father. He's watched it a few hundred times. Go to your room and do some reading" she says sternly. Sullenly he walks to his room, no longer shimmying his butt. "There! Happy?" she asks sarcastically as she goes back to chopping *tindoras* with a fierce look on her face. "Oh we are having gherkins today?" I ask faking enthusiasm. She stops her feverish chopping and looks at me and gives me 'the stare'. I gulp and quickly walk away pretending that something needs urgent attention in the backyard.

After such a heated go at each other, we tread gingerly around each other for the rest of the evening. When the day ends and the kids are put to bed, we go to bed ourselves with traces of discord still hanging in the air. No good-nights are exchanged. The lights are switched off while I am still walking towards the bed, causing me to painfully bang my knee against the bed frame. A satisfied '*hmp*' is heard from the other side. I snuggle under the covers. For a while there is no sound except for our breathing. Then in the darkness and stillness of the night, I slowly start to hum "My name is Sheila...."

- **Bryan D'Souza** (not my evil twin, "Brian D'Souza")

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Kitchen Couture Stuffed Capsicum with Cottage Cheese

Shimla Mirch (Capsicum or Green Bell Pepper) and *Paneer* (Cottage Cheese) make for quite a combination! Here's a classic dish with tangy and spicy notes, sure to impress the discerning palate.

Ingredients:

Capsicums	4 medium
Paneer	2 cups (grated)
Onion	1 medium (finely chopped)
Tomato	1 medium (finely chopped)
Cumin seeds	1/2 tsp.
Turmeric	1/2 tsp.
Red Chili powder	1/2 tsp.
Coriander powder	2 tsp.
Cumin powder	1 tsp.
Mango powder	1 tsp.
Garam masala	2 tsp.
Coriander Leaves	1/2 cup (finely chopped)
Oil	for frying
Salt	to taste

Method:

Capsicum shells:

1. Cut the capsicums into halves and remove the seeds.

Stuffing:

1. Heat oil in a pan, and add the cumin seeds.
2. When the cumin seeds begin to crackle, add the onions.
3. Sauté the onions till they are translucent and add the tomatoes.
4. Stir fry for about a minute and add turmeric powder, coriander powder, red chili powder, cumin powder, garam masala, amchur, and salt.
5. Mix all the masalas and continue stirring on medium-high heat for 2-3 minutes.
6. Add grated paneer and chopped coriander leaves to the masala and mix well.
7. Allow the mixture to cool down.

Final preparation:

1. Stuff the capsicum shells with the paneer mixture.
2. Heat some more oil in a pan and place the stuffed capsicum shells in it.
3. Turn the shells carefully, frying lightly all over. Be sure to retain their green color. Serve hot!

Please Note:

- Allow the stuffing to cool down sufficiently before handling
- Take care while frying the stuffed capsicums, turning them gently to ensure that the stuffing does not spill out

Recipe courtesy — Manjit Kaur

Dr. Manjit Kaur is an eminent Memphian with skills ranging from woodwork to microbiology & from martial arts to fine cuisine. For more recipes, visit her blog — zaikabharat.blogspot.com



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Memphis Musings

- Vidya Venkatesh

When I was asked to write up an article for *Samachar* by my editor, I hesitated, flinched, even broke out in a cold sweat (*nah*, just kidding)! My brain went dead and there I sat trying to figure out what to write. As I brainstormed, it dawned upon me that there are a trillion things that I have always wanted to write about. Simple things, complex things, controversial things but surely nothing boring. Enough to fill up a year's worth of *Samachar* issues (if my editor wanted that, of course). In the best interests of being asked again, I decided to stick with something simple and current. Summer of course!! We *desis* love the summer here in the US. We crave for it, we love it, and look forward to it. It's in our dreams as we shiver through the cold winters, be it Chicago or Memphis. Having lived in Chicago for 20 years through the coldest, unforgiving and windy winters, my family loved the winters in Memphis. It was like Fall season to us! I can finally say we've never worn our winter coats here in Memphis as yet. Ha! The Summers here, however are quite a different story.



In India we share a love-hate relationship with Summers. For those of us making the pilgrimage across the oceans, spending thousands of dollars to spend a summer with our parents and extended family, summer time is nostalgic. It reminds us of days spent lazing around, cricket with friends, sweating through power-cuts, trying to stay cool yet not

the least bit bothered about air conditioning or even the heat. My first summer in Memphis was hot, humid and sweltering. It even made me long for my summer time in India as a kid. I could bet it felt hotter! Having moved here from Chicago where summer is quite a luxury (which barely lasts a fleeting 3 months) summer in Memphis sounded perfect. But no, it was gritty, and hot like a slap in the face, mocking my naiveté, bringing memories back from summers in India. The locals laughed at me and made no effort to hide their incredulous expressions as I complained about the heat. And then my daughter said it out loud, “Mom, I feel nostalgic! This feels like India!!” Of course, it did! Here's the formula: **Summer in India = Summer in Memphis**

Love it, live it, enjoy it, soak in it! If you didn't manage to pay India a visit this summer, at least head out. Go to a park or sit on your patio. Sip on a cold *lassi* as you soak in the heat and trust me, you wouldn't have missed a thing for the most part.

I'm loving my summer in Memphis...



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In choosing Memphis as our global headquarters, International Paper made a statement and commitment. The statement is that this community is a great place to live, work and raise a family. The commitment is that we will continue to do everything in our power to make our hometown strong, giving our time and resources. It's just what good neighbors do.

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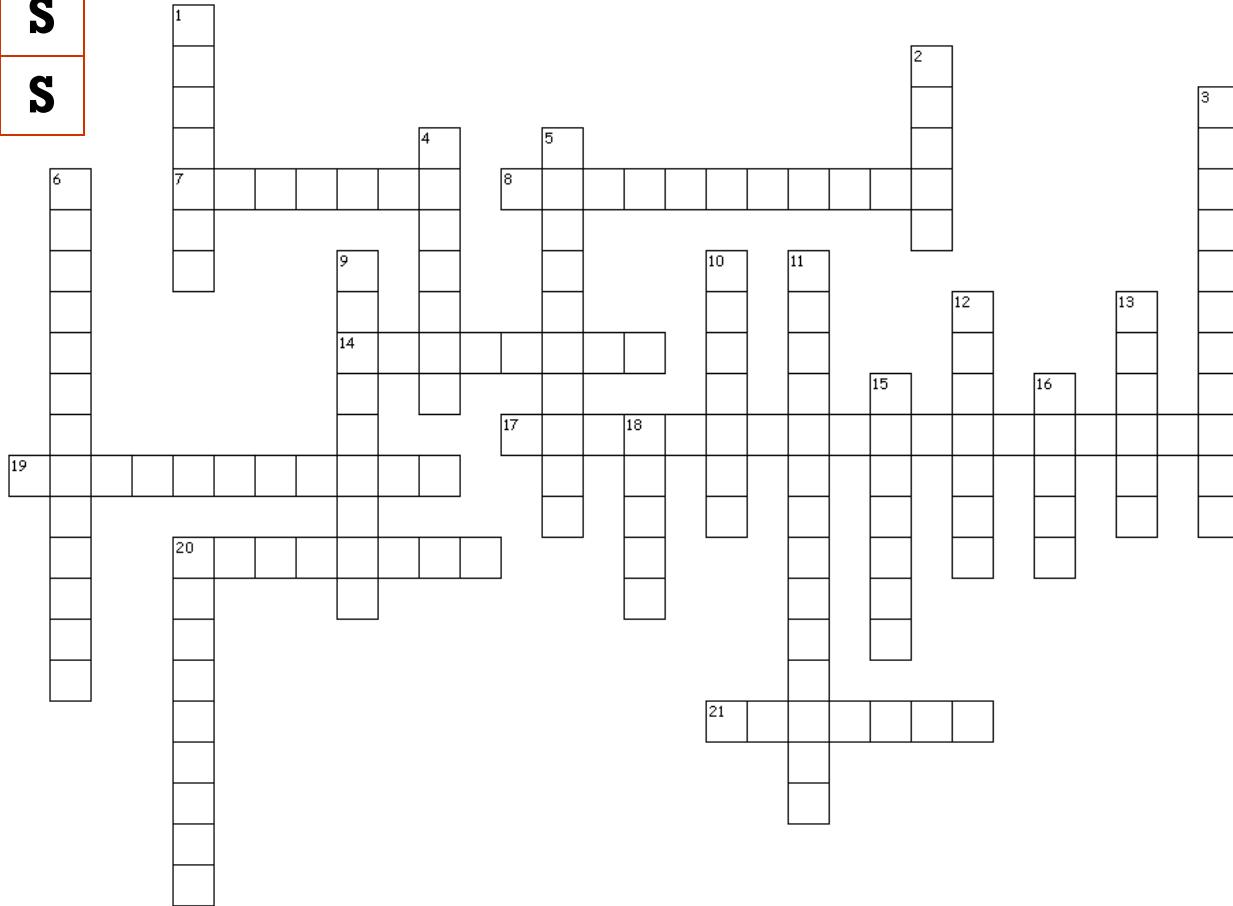
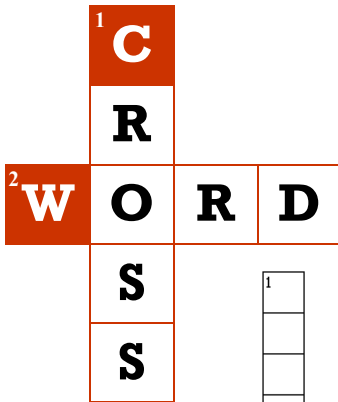


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With an Indian Flavor



ACROSS

7. A ceremonial road in Delhi which hosts the annual Republic Day parade
8. The great battle of Mahabharata was fought here
14. A common Indian spice which is a natural antibiotic and imparts a characteristic bright yellow color to dishes
17. A Nobel laureate, polymath and composer of India's national anthem (2 words, first & last name)
19. India's official national sport (2 words)
20. The captain of the team which won the 1983 cricket world cup (2 words, first & last name)
21. Reversing winds which bring rains across India from June to September

DOWN

1. A very expensive spice used in Indian cuisine for its distinct flavor and crimson-orange color
2. A neighboring country in the Himalayan foothills which shares an open border with India
3. India's smallest union territory (a group of Islands west of Kerala)
4. A type of wooden boat common on Dal Lake (in Srinagar) and a cultural symbol of Jammu and Kashmir


5. The world's largest mangrove forest and home to the Bengal Tiger
6. One of India's greatest painters, famous for his aesthetic depictions of scenes from Ramayana and Mahabharata (3 words, full name)
9. A dramatic Indian dance form distinguished by elaborate facial make up and ornate costumes
10. The final meditative state described in yoga
11. This city has India's oldest shipyard and the only natural harbor on the east coast of India
12. This town in Rajasthan is famous for housing a temple to Lord Brahma of the Hindu pantheon
13. This city is known as the cultural capital of Karnataka
15. An age old Indian tradition of decorative floor painting, also known as *Kolam* in Tamil
16. The first language officially proclaimed by the government of India as a "classical language" (in 2004)
18. The basin of this river was the site of the oldest and largest ancient urban civilization
20. A national park in Assam which is home to the world's largest population of one-horned Rhinoceros

Answers on page 18

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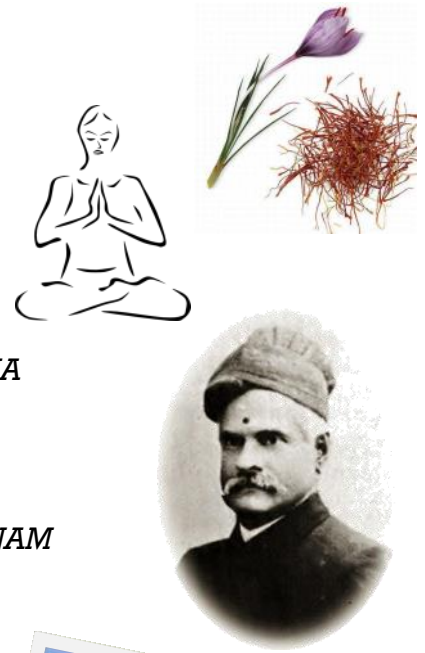
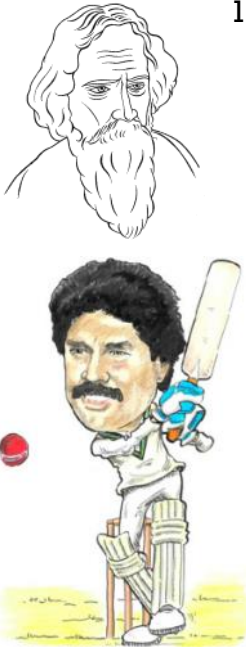


Crossword Answers



- Across**
- 7. RAJPATH
 - 8. KURUKSHETRA
 - 14. TURMERIC
 - 17. RABINDRANATH TAGORE
 - 19. FIELD HOCKEY
 - 20. KAPILDEV
 - 21. MONSOON

- Down**
- 1. SAFFRON
 - 2. NEPAL
 - 3. LAKSHADWEEP
 - 4. SHIKARA
 - 5. SUNDARBANS
 - 6. RAJA RAVI VARMA
 - 9. KATHAKALI
 - 10. SAMADHI
 - 11. VISHAKHAPATNAM
 - 12. PUSHKAR
 - 13. MYSORE
 - 15. RANGOLI
 - 16. TAMIL
 - 18. INDUS
 - 20. KAZIRANGA



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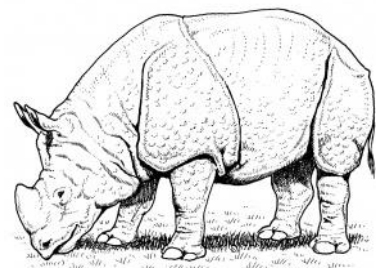
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