

SAMACHAR

India Kalamazoo Association

June 2004

RECIPE CONTEST AND POOL PARTY

An invitation to the first IAK cooking competition

If you are proud of what you cook and would like to be recognized, IAK invites you to enter its 1st annual Recipe Competition to be held on July 24, 2004.

Submission guidelines

- Prepare your favorite dish (vegetarian or non-vegetarian).
- Type out a detailed recipe.
- Write the name of the dish and your name on a separate sheet.
- Bring all of the above to Pearl DeMello's residence (5785 Bobwhite, Kalamazoo) between 2:00 PM and 3:00 PM on Saturday July 24, 2004.

At 4:00 PM, a panel of five judges will evaluate the recipes. Judges will not know the names of contestants during the contest. Prizes will be awarded to the winners later during the pool party.

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Ms. Zeil Shah wins the first IAK Scholarship

Daughter of Murari & Darshana Shah wows the judges and wins the award.

Ms. Zeil Shah, a senior from Portage Northern, won the first India Association academic scholarship.

The award was presented to Ms. Shah by Mr. Vijay Mehta, president of IAK during a private function at the Shah residence on May 24th, 2004.

The award was instituted by IAK in 2003 to encourage academic excellence in the Kalamazoo community of which we are a part. The competition was announced to all the students of Portage Northern High School. Among the many entrants, the judges selected unanimously Ms. Zeil Shah as the winner of this year's award.

Congratulations Zeil. We wish you a bright and prosperous future!



Ms. Zeil Mehta receives the IAK Scholarship award from Mr. Vijay Mehta, president of IAK.

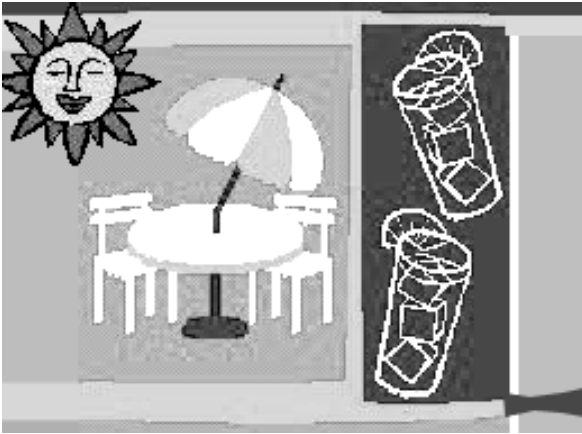
Pool Party at Pearl & Jimmy's place

Everyone is invited to a pool party that will start at 4:30 PM Saturday July 24 at Pearl and Jimmy DeMello's residence (5785 Bobwhite, Kalamazoo: for directions see below).

You don't have to be a cooking contest participant to attend the pool party. Each family is encouraged to bring a dish to share with others. There will be games and lot of fun.

RSVP: 327-5456 by July 17

If you are a recipe contestant or just attending pool party, inform Vijay Mehta (327-5456) by July 17.



Directions to the DeMello residence at 5785 Bobwhite, Kalamazoo

Take I -131 south and exit at Center Street and turn right (west). At the traffic light immediately after the exit, turn left (south) to 12th St. Turn right on Whippoorwill Dr. Turn left on Warbler. Turn right to Bob White Ave.

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- rhymes with Gatorade -

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For timely updates on news that affect our community, visit our website

www.indiakalamazoo.com

Congratulations to our High School Graduates

Aakash Negandhi

son of Mahendra & Usha Negandhi

Aditi Sagdeo

daughter of Pradip & Shubhada Sagdeo

Armisha Desai

daughter of Mahesh & Harsha Desai

Devraj Narasimhan

son of Sundaram Narasimhan

Divya Sharma

daughter of Ravi & Rita Sharma

Govind Rangrass

son of Rajiv & Sambhavita Rangrass

Krishan Patel

son of Hiren & Bela Patel

Mihir Vyas

son of Jagdish & Nita Vyas

Pooja Dagli

daughter of Rajesh & Nita Dagli

Rishi Mediratta

son of Ravinder & Sangita Mediratta

Sakhi Vyas

daughter of Chetan & Sheela Vyas

Shalini Thakur

daughter of Shekhar & Anoop Thakur

Vikash Desai

son of Sudhir & Kalindi Desai

Zeil Shah

daughter of Murari & Darshana Shah



Laughing Yoga

Laughter is beginning to be taken seriously. Around the world, people have formed laughter clubs to practice Hasya Yoga, which is based on a set of techniques developed by an Indian physician named Madan Kataria in the mid-1990's.

Laughter is believed to have a variety of health benefits, from reducing stress and restoring psychological well being; strengthening the immune system; alleviating bronchitis and asthma; and controlling blood pressure.

In Kalamazoo

Did you know that a free Laughing Yoga Session meets in Kalamazoo every Saturday? The session titled "Improve your Total Health and Sense of Humor" is conducted by Dr Mahendra Amin.

All are welcome to join the session. Come on Saturdays at 9 AM to the Milham Street Entrance of the Bicentennial Park in Portage. For more information, call 327-0913.

For more information on the science behind laughing yoga visit the IAK website (www.indiakalamazoo.com).

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Our hearty condolences

To the family of **Ramkishan Jaglan** who passed away recently. He was the brother of Prem and Ram Jaglan and the father of Jasbir Jaglan.

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CONGRATULATIONS TO THE NEWLY WEDS!

- ❖ Sachin, son of Ramesh and Mati Patel married to Deepa in Detroit on May 30, 2004.
- ❖ Seema, daughter of Ramesh and Mati Patel who is engaged to be married in September 2004.
- ❖ Sandhya daughter of Virendra and Vijay Sood who will be married on August 7th to Timothy McMillan.
- ❖ Nimesh, son of Pravin and Lata Patel who married to Sona in November 2003.
- ❖ Rishi, son of Ravi and Annapurna Reddy, who got married recently.



Members of the Indian Student Association of Western Michigan University present a dance during the Holi celebration on March 13, 2004 at the Latvian Heritage Center, Kalamazoo.

SAMACHAR is the quarterly newsletter of the India Association Kalamazoo, Michigan. FOR PRIVATE CIRCULATION ONLY. Editing and layout by Gracie Kayany, General Secretary, IAK. Please direct your comments and suggestions to Gracie Kayany at (269) 501-1254 or gracie@indiakalamazoo.com

FORTHCOMING HOLIDAYS

INDEPENDENCE DAY - AUGUST 15

ONAM - AUGUST 27

RAKSHA-BANDHAN - AUGUST 30

JANMASHTAMI - SEPTEMBER 6

GANESH CHATURTHI - SEPTEMBER 18

NAVARATRI - OCTOBER 14-22

RAMADAN – OCT 15- NOV 14

DUSSHERA - OCTOBER 23

DIWALI - NOVEMBER 12

GURU NANAK JAYANTI - NOVEMBER 26



Wish you all
an enjoyable summer!

India Kalamazoo Association
1622 Bellaire Ave
Portage, MI 49024



ADDRESS CORRECTION REQUESTED

MEMBERSHIP APPLICATION FORM

NAME:

ADDRESS:

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SPOUSE:

CHILDREN:

.....

OTHER MEMBERS OF THE FAMILY:

.....

.....

ANNUAL DUES ENCLOSED:

(\$12.00 single, \$25.00 family)

Please mail this form with payment to Vijay Mehta, 1622
Bellaire, Portage, MI 49024. Thank you.

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