

Summer

2020



Sandesh

“The Message”

A Newsletter from IndUS of Fox Valley

From Editor's Desk

Summer is here! It seems so different from the summers past. A miniscule virus has dampened the natural exuberance that the season normally brings. Indomitable human spirit always finds ways to overcome adversity. We wear masks, social distance, and use technology to the fullest extent to continue doing what we always did: learn, teach, entertain, shop, exercise, socialize and a lot more. This issue of Sandesh comes to you with varied perspectives on this summer from how the pandemic affects us, some gardening muses and reminiscing idyllic childhood summers. Enjoy....

Sandesh

**An IndUS of Fox Valley
Publication**

Editors

*Dr. Sandhya Sridhar
(Chief Editor)
Ms. Anindita Neogy
Ms. Manjari Chatterji
Mr. Rakesh Kaushika
Ms. Sonu Pareek
Dr. Anupama Verma
Dr. Rekha Vijayan*

*The views expressed in
the articles are not
necessarily those of the
Editors or
IndUS of Fox Valley*

How is the pandemic affecting this part of Wisconsin that we call home By Dr. Rekha Vijayan

The Covid pandemic has inserted itself into our lives in a way that has never happened before in our lifetime. Many aspects of our lives have come to a screeching halt. The crisis has unfolded before our very eyes.

Uniquely, it is happening to all of us simultaneously, on a global scale. Our reactions have covered a broad spectrum of emotions. This has ranged from the initial disbelief and feeling like this is being blown out of proportion to a somber witnessing of a tragedy, which has led to a nervous anticipation of the arrival of the infection at our doorstep.

At the time of writing this article, we are months into when the alarm was raised in Wisconsin, in mid-March. A surge, as big as the one in the East Coast, has not happened here. Nevertheless, Wisconsin has almost 19,000 cases and 600 deaths. At this time, most places are past the peak of their first wave. Citizens are faced with new uncertainties such as when to open various aspects of their life to the world outside.

The populace here has been affected similarly as the rest of the country in terms of job losses and financial hardships. The meat packing factories and food processing plants have had outbreaks of Covid in recent weeks. Correctional facilities and Nursing Homes are other venues of outbreaks.

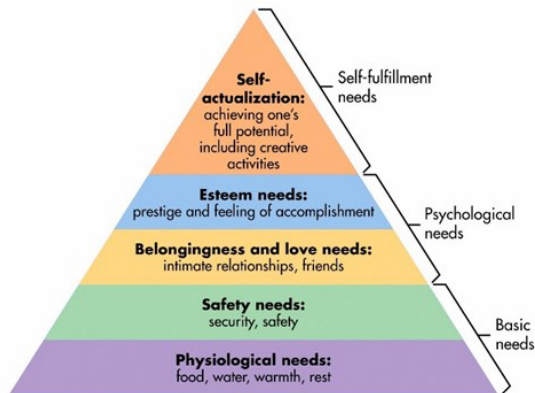
The common factors include crowded spaces and vulnerabilities such as elder age, preexisting illness, poor access to healthcare and not having an option to be somewhere else.

Countless persons have been furloughed, had their work hours cut, while some have chosen to stay home from work and yet others have lost their jobs. Many parents have had to stay home as schools and day cares closed. They are unable to afford childcare. This leaves a lot of individuals at home with their household members. Unfortunately, in a percentage of these units domestic violence and abuse continue, unchecked.

This crisis has affected everybody, albeit to different degrees. It depends on where we were situated when the pandemic hit. If our base position was one of security in terms of finance, housing, social support, employment, transport, and access to healthcare then we fared better. New research finds that living near *sacrifice zones* or areas with pervasive exposure to toxic emissions has been linked to poorer outcomes with Covid. These zones have been found to occur significantly more in communities of color. The elderly have been hit particularly hard on many fronts. In following social isolation guidance, they are grappling with loneliness. Many don't have assistance with grocery shopping.

the pandemic Continued...

It is stressful to expose oneself to public areas such as grocery stores whilst constantly being aware of your heightened risk.



Abraham Maslow's pyramid displays hierarchal needs based on his psychological theory of motivations for human behavior. Needs lower on the pyramid must be satisfied before the ones above, culminating in self-actualization. For a lot of people, the base of the pyramid (including health) has been shaken up right now. For many others, social connections or satisfying activities have been disrupted

Minors are missing the social connections of school. Persons on the Autism spectrum have struggled to cope with this huge change in their schedule. Folks who depend on regular therapies, be it mental health or physical health have had to do without it. Many find it hard to study online, with reduced levels of instruction as compared to in-person schooling.

There are homes that do not have reliable internet connection or gadgets to access online schoolwork. This will further widen the achievement gap for kids. Teens who are in the senior year are faced with precariousness about their future. The college path or the job market are both fraught with a lot of insecurity. Educators have had significant challenges mid-year to change gears and deliver instruction in a whole new platform. It has been especially tricky in practical subjects like Nursing and Robotics.

How can we help ourselves, our family, friends, neighbors, and fellow citizens?

- One of the simplest things is to keep abreast of the latest happenings.

- We want to spread awareness of best practices and resources.
- We stay healthy in body and mind and encourage others to do as well. We can check in on our friends and neighbors to see if they need help.
- It is important to put a stop to racist comments, such as is being experienced by people of Far East Asian descent.

Looking ahead, it is unclear how long or how severe the next 6-12 months will be. Resources are dwindling for individuals who are worst hit and likewise for the non-profit agencies that support them. We can lend a helping hand as this will aid the whole community to recover in a healthy manner.

We can donate money or in kind to various agencies. Donations of volunteer time, food, cleaning and hygiene products, art and educational supplies for children are appreciated.

Support Organizations:

The Greater Green Bay Community Foundation centralizes donation streams to fund emergency grants that will assist local non-profits in their work:

<https://www.ggbcf.org/>

Similarly, the Community Foundation for the Fox Valley Region:

<https://www.cffoxvalley.org/covid-updates/>.

Pillars is a nonprofit that provides solutions for the homeless:

www.pillarsinc.org/donate/

NEW community shelter in Green Bay

<http://newcommunityshelter.org>

School districts accept donations and provide free school lunches.

One can donate blood or plasma to the Red Cross. Wisconsin Face Mask Warriors are donating sewn face masks to hospitals and the community.

<https://www.facebook.com/groups/WisconsinFaceMaskWarriors/>

the pandemic Continued...

Casa ALBA is a Hispanic Resource Center in Green Bay. They help people with financial assistance for rent, utilities, food, medication, and funeral expenses. They connect individuals with Operation Community Cares, an agency that packages and delivers food for Paul's Pantry.

Casa Esther <https://esther-foxvalley.org/> highlight that many immigrants are ineligible for Federal Covid-19 stimulus assistance.

COMSA <https://www.comsausa.org/> is a nonprofit in Green Bay that serves Somalian and other refugees.

We All Rise, is an African-American Community Center in Green Bay. <https://www.weallriseaarc.org/>

Your local United Way is a good place to direct donations. <https://www.browncountyunitedway.org/>

As we move into the next phase of this calamity, it will be heartening to see the community continue to come together to minimize the damage wrought by Covid-19.

Dr. Rekha Vijayan is a Psychiatrist specializing in Children and Adolescents. She lives in Green Bay with her husband and 3 kids, under the age of 10. She grew up in Bangalore, India. She trained in Psychiatry in India and the United Kingdom before moving to the United States. She enjoys reading, playing sports, gardening, and connecting with family and friends.

Adividya: Learning during pandemic in a remote village in India

One of the charitable contributions IndUS has made over the years is to Adividya, a village school run by D. P. and Shreemayee Kar in Odisha, India. Very few families in the village own a smart phone. Adividya teachers have adapted their teaching methods to the difficult challenge by having small batches online or using their parents' audio-phones. Worksheets and other teaching materials are made available to those who do not have phones. Kudos to the dedicated teachers and their dedication to their students.



Teacher and some students using distance technology in a village in India

Childhood Summer Memories by Jody Harrell

Every Child Should Know a Hill

By Edna Joll

Every child should know a hill,
And the clean joy of running down its long slope
With wind in her hair



She should know a tree....
The comfort of its cool lap of shade,
And the supple strength of its arms
Balancing her between earth and sky
So she is a creature of both.



She should know bits of singing water...
The strange mysteries of its depths,
And the long sweet grasses that border it.



Summer's Magic

Summers were special as a child. I grew up in the country at the edge of Fort Atkinson, Wisconsin. With a 10-acre farm next to our 2-acre home lot, our imaginations ran free. With cool moist earth oozing between our toes and wind ruffling our hair, life was rich.

Our Tree

On the smooth bark arms of an old box elder tree in the back yard, we let our imaginations fly away to magic places. My sisters and the neighbor kids played pirates and built forts hanging old blankets on the limbs and lacing ribbons as flags to flutter on the outer branches.

Growing things

There was an acre garden where we learned to grow garden produce. Seeds to weeds we were part of Mom's picking, canning and freezing food for two families. Our aunt and cousins lived with us. We pulled weeds, 100 for a penny, making piles of 10 to prove it. Rich with our shiny dimes, we would secretly visit the candy counter at the local pool hall purchasing wax lips and candy bead strands, and Mom and Dad would have a clean garden.

Bob, the neighbor, had a huge strawberry patch. He tricked us into picking for him saying we could eat the biggest ones we set aside. Learning to pick the ripest berries without destroying the patch, we went home sated, juice on our fingers and clothes.

The red weathered barn had a stable housing horses for us to ride. Grandpa said, "Don't let them smell your fear. Watch their ears and eyes." With that helpful advice we learned to be cunning and agile enough to jump on the back of a saddleless horse. With only a mane to hang on to we rode like the wind across the pastures. Caring for the horses though, meant we had to clean the stalls and help bale hay, but there is no better smell than fresh baled sweet grass.

Summer adventures included 12-mile all-day horseback treks to the Pestor farm. Our parents would see us off and somehow trusted that we would show up there for supper. We saddled up with tent, sleeping bags, and sack lunches. Gramma Pestor would have ice cold homemade lemonade and warm cookies waiting. We brought her gifts of watercress which we found by a spring in the wetlands by the Bark River. On our adventures, we also learned to forage for asparagus and wild edible berries.

Childhood Summer Memories by Jody Harrell Contd...

Every child should know some scrap
of uninterrupted sky to shout against;



And have one star, dependable and bright
for wishing on.



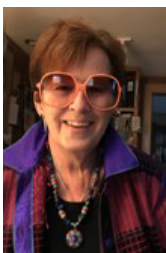
Jody Harrell-Artist, Gardener, Mom, Wife

*ArtTeacher

*Co Chair of Celebrate Diversity Fox Cities

*Advisor to Heart Group-Neenah High

*Co Chair -Mid -America Geographic Foundation



Living on Water

Before Fort Atkinson was home, we lived by Lake Koshkonong. Mack, a retired cabbie from New York City, lived across the street and he had a pet goose whose wing he mended. We fed squirrels peanuts at his feeders. His wife Freda would cook spaghetti sauce from scratch for days and the whole neighborhood would smell good. Mack and Grandpa would go fishing and bring back their live catch. They hardened the flesh of the fish in a nearby artesian spring. We loved to watch the fins of their dark shiny bodies break the water's surface as we scattered breadcrumbs.

Open sky

Our sky seemed to be unending. No wireless towers or billboards cluttered it. Lying on the grass for hours we watched clouds allow long rays of light to shower us with warm light. Finding faces and animal shapes in the clouds was great imaginative play, and in the open space we could exercise our "outdoor" voices, and no one minded.

In those days light pollution was not an issue. It was dark enough to see the Milky Way and count falling stars. Listening to night calls of birds, we hunted for the Big Dipper and Orion. An old slatted corn crib provided a roof and became our club house. Over a campfire, we would cook bacon and eggs in a brown paper grocery bag and make popcorn in a long-handled popper.

My bright stars were my parents, sisters, and neighborhood families. The hills, trees, gardens and open space gave us courage to be different and love people for who they really were inside and out.

During this time of Covid 19 and civil unrest, I continue to seek solace in nature, imagine, create, be different, love, and to embrace the power of the human mind, heart and spirit, to find ways to listen to each other better and work for justice. I still live by water, sink my toes in the soil, eat from the garden, forage for berries, gaze at the stars and clouds and let the wind riffle through my hair as I bike or kayak .

Yes, every child needs a hill, tree, water, open sky and stars to dream on. But even more, they need people to listen to, teach and believe in them. IndUS has been a consistent support of the Heart Group Diversity Club at Neenah High School. IndUS's presence at the Diversity Fair for 18 years has been significant as you have modeled for students how to partner in making change in a world needing to be more just and caring. Most of all you believed in them, and me, their adviser. Thank you.



The Joys of Gardening

by Manjari Chatterji

When Persian poet Amir Khusrau wrote, “If there is Paradise on earth, it is here, it is here, it is here”, he had in mind the beauty of Kashmir-- Shalimar and Nishat Bagh-- not the humble garden of my Midwestern plot. Yet, the “yard” as Americans refer to it, is cause for no less delight, and can indeed be a small paradise of escape, especially during our Covid confinement.

Gardening is as varied as the gardener. There are indoor experts who fancy Bougainvillea, Shrimp plants, Banana Plants, Sweet Jasmine, Gardenia, and other exotics. There are those who have a more utilitarian bent of mind and do vegetables, preferring those used in our Indian cuisines. Then there are the flower fanciers: collectors of hard-to-grow beauties admired for texture, form, and color. Lastly, those like me who do the best they can with little prior knowledge, and an unwillingness to use chemicals in the pursuit of perfection.

The latter variety of gardener cannot help but be a bit of an ecologist, in that they favor perennial natives that thrive with little coaxing, perform their own pest control, and provide habitat for birds and insects, and do not contribute to pollution in the form of runoff from manicured lawns. What you sacrifice in real estate value, is more than compensated when the first Hummingbirds arrive, and then the Baltimore Oriole, and the Monarchs returning to the few Milkweeds you planted by the garage, and the bumble bees make their buzzing music everywhere.

Gardening induces humility and resilience; you learn by trial and error—a lot of error in my case! Gardening books from the library are a great help, but not every recommended plant care for the conditions of your garden: shade, clayey soil, tree roots, rabbits, and deer. You find out the hard way. The Mock Orange that performs brilliantly in your neighbor’s garden, simply puts out leaves in yours’. Hydrangea? Pruning is the key to flowering. Prunus Cistena?

Giant tent caterpillars are likely to gross you out. Purple Allium—so spectacular for a few days, but watch out, it will take over. Plant sun-loving things in the shade and they will disappoint; they do mean “full-sun” on those little plant markers.

Another form of help is to go around neighborhoods admiring other people’s successes and using the handy identifier on your phone. Note the location where they thrive and try to replicate it. Remember, the original species of a plant is hardier than their cultivars with their showy flowers. For example, Clematis Jackmanii is a much better bet than the fancy Nelly Moser; a thousand blooms rather than two showy ones all season!

Read plant profiles online to pick up odd bits of knowledge: Clematis like the feet to be hidden among other low-growing ground cover. Offer it a little lime powder once a year. Hardy roses grown for our minus 30 conditions are safer than hybrid teas, but they have no fragrance, which to those of us raised in India is blasphemous. Fragrance has been sacrificed by the flower industry for showy blooms. If your senses crave the childhood memories of perfumed gardens, try sweet peas (the packet must say “fragrance”), stocks, Allysium, Peonies and Oriental Lilies (not Asiatic). The nomenclature has not caught up with our cultural sensibilities, by the way, so do not be offended!

There you have it: some green thoughts to sustain you in these times.

Manjari Chatterji recently retired from a long stint at teaching in Department of English at University of Wisconsin Oshkosh. A published author, she has been currently revising a novel set in 1930s India. In her own words, “...and enjoying whatever possible under this Covid-related confinement: namely exploring new ideas on YouTube and gardening non-stop!”

“I like to Move It”

Dr. Pawneet Singh in Conversation with Dr. Rekha Vijayan

Staying healthy is a lifelong pursuit for most of us. It starts when we are in our mother's womb while parents do their best to provide a healthy start to life. As we go along, we are educated in schools. Self-learning continues for the rest of our lives. Many people are aware of the basic tenets of diet and physical activity when it comes to physical health. Here we will focus on the physical fitness component.

The conversation explores Dr. Singh's practice of staying in shape. Dr. Singh works as a Family Medicine and Geriatric Medicine physician in the region. He was raised in the State of Rajasthan, India and completed his medical education there. He thereafter completed his Residency in Michigan. He has lived in Green Bay for close to a decade. He and his wife live in a two-physician household as they raise their two young children.

What is your view of the place of physical fitness in optimal physical health and longevity?

Dr. Singh is pleased to be able to practice what he preaches to his patients. He stresses the importance of cardio exercise (activity that raises your heart rate) for thirty minutes a day and averaging 150 minutes a week. This is the most effective way to maintain a healthy body weight. Cardiovascular or aerobic exercise helps with lifestyle illnesses such as Heart disease, Stroke, Hypertension and Diabetes. Evidence suggests that aerobic exercise is associated with greater lung volumes, in children and young adults. Improvements in fitness in children and adolescents are linked with greater lung volume capacities in adulthood.

What got you down this path?

Dr. Singh joined the United States Army Reserve. Thereupon, he had to pass their fitness tests every six months. He recalls that he weighed almost double his current weight whilst he was in Residency. The stress of being in Residency together with the busy work schedule and long hours can lead to unhealthy food choices and a sleep deficit.

Previously, he was not fitness conscious. The extent of his physical exertion was playing basketball with friends.

He initially started training by running. He learnt that using the same set of muscles repetitively can lead to injury. He developed Patello-femoral syndrome which manifested with pain in the front of the knee. He diversified his pursuit by going into swimming. After he became a regular swimmer, he set his sights on Triathlons.

Tell us more about your journey thus far.

Highlighting the value of persistence, Dr. Singh points out that each of us starts off at a different point. Some may have higher amounts of stamina and lung capacity and others feel they have a limit to what they can achieve physically. When he started out, he could run three minutes before having to stop to catch his breath. This advanced slowly but surely to ten minutes over the next year and a half. Correspondingly, extending his running to 20 minutes took another year.

Dr. Singh identifies that learning to swim and for a longer duration has been his toughest task. When he started, he could swim five yards. He roped in a few friends to learn swimming with him to stay motivated. Almost all of them fell by the wayside. After four years he was able to swim for long periods in a stretch. The first time he swam a length of the pool it took him thirty minutes. Most swimmers recognize that taking breaths comfortably without breaking the tempo of the strokes is a tremendous obstacle.

He continues to work on his weakness of floating. This leads to insecurity in deep ends of the pool and in open waters. In open water, he depends on having a safe pair of eyes on him. He has had company on canoes, for this purpose. This has been a limiting factor in getting open water swim time. With the Pandemic, use of indoor public pools has been out of bounds.

“I like to Move It”

Dr. Pawneet Singh in Conversation with Dr. Rekha Vijayan

Continued

What advice would you give to someone who is starting out or struggling to stay committed to their fitness plans?

Early results are slow and frustrating. Perseverance and consistency help. When starting a new physical activity, the particular muscle set is not conditioned. As one stays on course, the coordination between the brain and muscles improves and the body becomes efficient. Running and cycling use lower limb muscles. Running, in addition uses core muscles (the muscles in the pelvis and abdomen). Swimming primarily uses core and upper body muscles.

What does your average fitness schedule look like?

Dr. Singh runs on alternate days and swims and cycles once a week. He rests his body one to two days of the week. He runs on the treadmill and outdoors, time and weather permitting. He runs at an average pace of nine minutes a mile and completes eight miles in one session. He swims for up to ninety minutes, covering two miles or roughly 110-130 lengths. He cycles on public roads for about two hours, doing 30 to 40 miles. He does pull ups and pushups targeting various muscle groups in his abdomen, upper body, and upper limbs. He has pull up bars at home and ranges 10-30 repetitions.

What are your fitness goals?

He completes the Bellin 10k run annually. This year he planned to debut in a Triathlon at Sturgeon Bay. Triathlons are of different course distances. Most have in common the running, cycling, and swimming components. Dr. Singh aims to start at one suited for a first timer and then work his way up to difficult races. In preparation, he seeks to do Brick training. This refers to exercising in more than one modality of activity in succession.

Any tips on nutrition and fitness practice?

When exercising vigorously beyond an hour, there is value in topping up with simple sugars. Food bars, Glucose gels and pureed baby food squeezable come handy. While swimming, Gatorade with added sugar

replenishes. Hydrating with three and a half liters of water daily is paramount as is nine hours of sleep nightly. Compromising on this can result in fatigue, reduced calorie burn and slower reflexes leading to accidents and injury. Sufficient dietary protein is essential for the health of muscles.

What helps you stay dedicated to your fitness regimen?

Despite time constraints, one strives to maintain a work-life balance. Deliberately viewing visual reminders of his previous higher body weight by way of old photographs functions as a good negative reinforcer. A positive reinforcer is feeling “light” and the feel-good factor following the release of endorphins after lusty exercise. Dr. Singh observes that his family notes him to be “on edge” without his daily dose of exercise

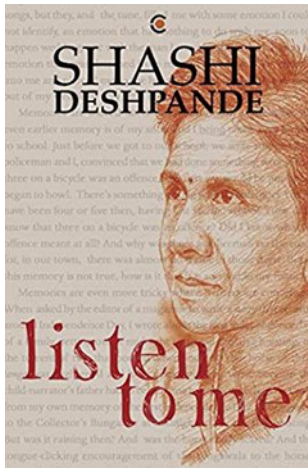
Any other benefits from a dedication to exercise?

Dr. Singh observes that apart from being energetic and motivated, he has more options for active leisure with his family such as water-based activities.

In thanking Dr. Singh for sharing his story with us, the hope is that this will inspire others to forge their own fitness story.

If you live on this land, and you have ancestors sleeping in this land, I believe that it makes you a native to this land. It has nothing to do with the color of your skin. I was not raised to look at people racially. What I was taught is that we are flowers in the Great Spirit's garden. We share a common root and that root is Mother Earth.
Oh Shinnah Fastwolf, Shishindi Nation (Apache)

**Book review of Listen to Me:
An autobiography of Shashi Deshpande (2018)**
By Dr. Rekha Vijayan



She was born in 1938. Her father, Adya Rangacharya, was a Kannada language writer. He won the Sahitya Akademi Award and the Padma Bhushan Award for his work.

Interestingly, her elementary school years were during the infancy of an independent India. Then, most parents wanted their children to be educated in Kannada medium schools. Her parents, nonetheless, had her complete her education in English. She read predominantly English books by Western authors. As a result, she identified with them. Her first collection of short stories was published in 1978. Ironically, it was only after her first book launch by a Western publisher, in 1993, that she saw herself as an Indian writer.

It was a random perusal in a book shop during my visit to India, last summer that brought this book to my attention. This is the beauty of picking up books in a bookstore versus online. You chance upon books, like new friends, based on something intangible.

In this case, I knew that she is a famous literary figure. Additionally, it is uncommon to come across an autobiography of a female from the Indian subcontinent, who is not a politician or a film star. It turns out that she is a private and reticent person. This presents her with a unique conundrum of how much to disclose in her autobiography. Her solution was to center the book on her writing, which is her interface with the world.

Shashi Deshpande writes with an honesty and simplicity that is disarming and endearing. I came to learn about her inspiring achievements. She was awarded the Sahitya Akademi Award in 1990 for her notable novel, *The Long Silence*. (The highest literary award in India is bestowed annually for an outstanding book). She received the Padma Shri Award in 2009. (The fourth highest civilian award in India accorded for distinguished contribution to society).

The common thread running through the book is how various influences have shaped her writing. This was initially through her exposure to the rich literary and cultural heritage of Dharwad, Karnataka, India. She grew up in Dharwad, as did the illustrious playwright Girish Karnad and the legendary vocalist Pandit Bhimsen Joshi.

The author lives in Bangalore with her physician husband, who is a Neuropathologist. They have raised two sons. Growing up, she was not ambitious. Two key factors guided her into writing. One, her desire to be financially independent. This stemmed from seeing her father, go through periods of unemployment. He sacrificed his University jobs at the altar of his political and linguistic loyalties. In a young India, such differing ideologies were pivotal. Two, being a bookworm broadened her awareness. Further, she was a keen observer of life around her. She quotes, “Shoka or grief leads to compassion or the Karuna rasa, and out of that came Shloka (verse). So says the Ramayana about its beginning. The epic was set in Valmiki's grief at the wailing of a bird after its companion was hunted down”. Her empathy for women and their plight led her to describe herself as a feminist before it became a movement. Out of this mix, she brought forth her stories, with female protagonists. Sadly, she was pigeonholed as a woman writer, which she loathed.

True to the title of her book, she penned her autobiography out of a desire to express her thoughts on important topics. Besides, she wanted to reminisce about and share the books that she has enjoyed. Western books are primarily described. In addition, she introduces to us a trove of Indian literature written in regional languages. She presents many such works that have been translated into English

Book review of Listen to me Continued...

By Dr. Rekha Vijayan

Two of her author recommendations' that I would like to spotlight are Angela Brazil and Bilhana. For those who grew up on Enid Blyton, Angela Brazil is a fine predecessor and is referred to as the Queen of girls' school stories. Brazil wrote in the early half of the 1900s and Blyton in the mid-1900s. Kavi Bilhana is a 11th century Sanskrit poet, from Kashmir, who is famous for a fifty-stanza love poem *Caurapancasika* (*The Love Thief*). He wrote this from prison, after his love affair with the princess was discovered. An excerpt from a translation:

*Even Now,
Knowing Death is quickly closing in,
My thought leaves the gods,
And is drawn to her in awe. What can I do?
My thought is obsessed: She is my love!*

This book highlights an issue that developed in the latter part of her career. A category, Indian Writing in English (IWE), has achieved global success since the 1980s. This has forged a path for others to follow. Her lament is that they remain a fragmented group. A study in contrast is the *Bhashas* or Indian writers in regional languages.

This is in part due to the IWEs being the new kid in town. The other factor is that the IWEs are spread across India and the globe, through the diaspora. The published works of IWEs, however, garner more limelight and moolah. This has led to hostility between the two camps. Likewise, the IWEs published in India are given second-class status compared to the IWEs published in the West.

The avid reader, for the most part, picks up publications issued in the West. For them, this book persuades one to explore the vast multiplicity of voices of the average Indian. The promise of a better understanding of India's diverse peoples and hence, oneself, is an attractive one. Moreover, she is beacon of hope for those who want to pursue their dreams whilst remaining authentic to oneself.

Dr. Rekha Vijayan, other than working as a Psychiatrist, volunteers her time with the YWCA, ZikSA, IndUS, Destination Imagination and a Kids' Book Club.

*And suddenly all the love songs were about you.
-A midsummer dream*

A summer day: yesterday I did nothing and today I am finishing what I did yesterday.

*The grass is greener where you water it.
-Anonymous*

A tourist was passing through a town in the heat of summer. He wanted to be sure the water was good to drink, so he asked a local.

*Peace is not just the absence of violence, peace is when the flowers bloom.
-Amrita Pritam.*

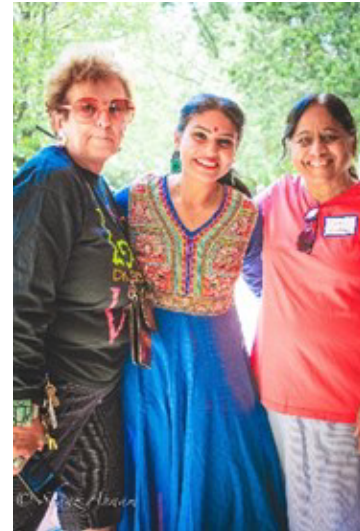
"Oh, yes," they assured him. The tourist then asked the local what made them so sure.

"Well," they answered, "first we filter it, then we take out the harmful minerals, then we put it through some chemical process, and then we drink it. Only around here people call it beer."

IndUS News

Diversity Picnic & Cookout: *in collaboration with Celebrate Diversity Fox Cities* on August 24, 2019 at Jefferson Park Pavilion, Menasha. This was our third collaboration with CDFC (Celebrate Diversity in Fox Cities). It brought together various cultures at an outdoor picnic in a park. The event marked performances by Native American, Latino, Irish, and Indian Kathak dance amid an array of delectable foods from around the world. IndUS also offered henna tattoos, samosa, and vegetable biryani.

Volunteers: Sonu Pareek, Sandhya Sridhar, B.S. Sridhar, Babli Sinha, Eeshani Buddi, Sreedevi Narsimahaiah, Elissa Carlson, Anindita Neogy Anaam, Sridevi Buddi and Anshu Aggarwal.



Rhythms of the world: This was the second year of our collaboration with Appleton Rotary, Building for Kids, Appleton city, Downtown Inc, and Appleton Public library on September 14 at Houdini Plaza in Appleton Downtown. Rhythms of the World is a cultural platform for various ethnic groups primarily living in Wisconsin. We presented various genres of music and dance.

The event began with a dignity march led by the Appleton City mayor Mr. Tim Hannah, a strong proponent of diversity and inclusion, and Karen Nelson, the diversity coordinator for the city.

The cultures that were showcased included Hmong, Chinese, Indian, African-American, Native American, Peruvian and music genres of Zumba, Rock, Latino, Salsa, Indian.

Volunteers: B.S. Sridhar, Sridevi Buddi, Susan Kulkarni, Oliver Zornow, Sandhya Sridhar, Eeshani Buddi, Elissa Carlson, Sai Nithya Attota, Lavanyaa Suren, Divya Siva, Meghana Ram, Meghana Butala, Chitra Gurav, Vaishali Kachole, Ashwini Kadam, Gunjan Kasera, Aanya Kasera, Riya Butala, Aanya Kasera, Akshaya Sivakumar, Tanvi Gaikwad, Sagar Kachole, Sanjay Shinde, Anushka Shinde, Ashwini Kadam, Deepali Gade, Babli Sinha, Sanjay Gaikwad.



IndUS News continued..

Fall Fest at Classical Charter School: This was held on October 1, 2019 and featured a presentation on India and a henna stall. The popularity was evident in the long lines of students waiting to get henna drawings on their palms.

Volunteers: Meghana Butala, Chitra Gurav, Sandhya Maheshwari, Richa Aggarwal



IndUS News continued..

Girl Scouts: This was a unique experience for a girl scout troop to learn about India. On October 16, 2019 they tried their hand at cooking Indian food. The kids learned to cook a complete meal of Puris (fried bread), Chole (Chickpea stew), Indian salad, and raita (yogurt-based salad) and shakkar para (diamond shaped sugar cookies). They dressed up in Indian clothes, learned dance steps and enjoyed getting henna patterns on their palms.

Volunteers: Chitra Gurav, Meghana Butala.



KC focus Asia India Day: On December 4, 2019 we engaged the employees of Kimberly Clark in various aspects of Indian culture. The event was rich with Kathak, Bharatnatyam, tabla (drums), Hindustani classical and fusion performances interspersed with talks and Q&A about India. We provided a delicious Indian meal and various Indian beverages like Mango Lassi and Indian Chai. The attendees also enjoyed henna tattoos and dressing up in Indian attire.

Volunteers: Susan Kulkarni, Sridevi Buddi, Prajakta Deodhar, Divya Siva, Anindita Neogy Anaam, Madhuli Bhide, Sutanu Sur, Mahima Grover, Gunjan Kasera, Chitra Gurav.

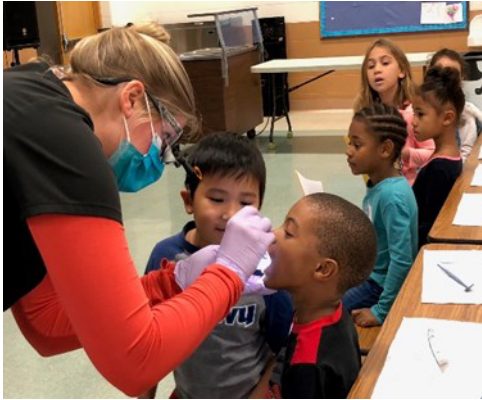


IndUS News continued..

Dental Care: On Dec 16, 2019 IndUS partnered with Rotary Smiles program of Appleton Rotary, Tri – County Dental, and Fox Valley Veterans Council to organize Dental Care benefit low-income veterans residing in Outagamie, Calumet, and Winnebago counties.

The project also funded dental examination and x-rays of 400 socio-economically disadvantaged students enrolled in the Tri-County area. In addition, 100 veterans without dental insurance received diagnostic examinations.

Volunteers: B. S. Sridhar, Sridevi Buddi.



IndUS 21st Banquet: Harmony in diversity banquet on Jan 25, 2020 at the Hyatt Regency, Green Bay

21st IndUS banquet themed 'Harmony in Diversity' was successful in its outreach with an attendance of 440 guests. The event was graced by dignitaries, representatives of various local corporations, school district officials, members of non-profits and many others from North East Wisconsin.

IndUS 21st Banquet
Harmony in Diversity
Saturday, January 25, 2020
Hyatt Regency, Green Bay



Exhibition: 5:00 - 6:30 PM
 Our exhibits will reflect the richness of a culture that evolved from an amalgamation of diverse traditions, music, and religion.

Banquet of Authentic Indian Cuisine: 6:30 - 8:00 PM
 Enjoy the delicious Indian cuisine and savor it while you socialize with interesting and diverse guests. Our chef is culinary genius, but two cuisines for your discerning palate.

Cultural Program: 8:00 - 9:00 PM
 We will celebrate your senses with a unique mix of music and dance from different genres performed by professional artists.

For Tickets
 Online at indusvalley.org or email industicket@gmail.com or call (920) 362-3923
 IndUS member \$35, non-member \$60 Full-time student \$30, Table for ten \$600
 (+\$5 after Jan. 10) Table for ten with flag of sponsor's name \$1,000



Our exhibition focused on local diversity as well as the vast diversity in the Indian subcontinent. Hmong, Oneida, Latino, African American, Asian Indians in America and the LGBTQ represented local diversity.

IndUS News continued..

Display of the vast diversity in India covered religions, languages, races, genders, textiles, jewelry, tourism and showed the unifying features like the Indian freedom struggle, music, dance, and cinema that bring them all together. The evening featured exhibits, dance performances and presentations by high school kids.



The tasteful decorations and photo op in the hallway reflected the unifying aspect of music. Silent auction featured Indian handicrafts, which were all sold out. The MCs ensured that the evening was enjoyable, and the program flowed smoothly. The dinner offered a delectable combination of carefully chosen dishes that were well presented and enjoyed by all. Zeno fusion band entertained the guests with a fusion of Jazz and Raaga/Bollywood music.

Thanks to our diversity partners Building for Kids, Appleton public library, Appleton City Diversity Coordinators' office for participating in the event. Kudos to our dedicated 'all volunteer' team.

IndUS News continued..

Building for Kids Diversity Discovery Day: On Feb 9, 2020 IndUS co-sponsored Diversity Discovery Day organized by the Building for Kids. This annual event helps residents of Fox Valley to expand their understanding of their diverse community.

IndUS station was entirely manned by kid volunteers. It was built around a theme of 'birds of India'. The station had bird coloring pages, bird themed henna tattoos and crafts using bird feathers and snack samples. Kathak performance followed by Kathak demos provided a sense of participation for the kids as well as adults.

Volunteers: Gunjan Kasera, Meghana Butala, Chitra Gurav, Mahima Grover, Sridevi Buddi, Vaishali Kachole, Ashwini Kadam, Kaashvi Kasera, Parth Gurav, Shivani Buddi, Kartik Buddi, Harshan, Dwij Kachole, Aarya Kadam, Babli Sinha, Vanitha Prakash and Janani Anand.

Dr. MLK Jr. Day, Appleton: IndUS gave gift cards to Barnes & Nobles to the winners of the essay contest held in honor of MLK Jr. on Jan 20, 2020. IndUS has actively worked to build harmony in diversity by collaborating and sponsoring community events like MLK day for the past 20 years.



J R Gerritts Middle School, Kimberly: A group of middle schoolers was selected by the school to learn about India. On Feb 21, 2020 we gave this group a detailed presentation encompassing culture, politics, education system, government, and religions. The students enjoyed making Rakhi (sibling band) or friendship bands and decorating edible henna patterns on glazed cookies. We also conducted a workshop to learn Bollywood dance steps and Indian classical dance Kathak.

Volunteers: Gunjan Kasera, Meghana Butala, Mahima Grover, Babli Sinha, Sridevi Buddi.



The IndUS Board

Sridevi Buddi
Strategic Mentor

Mehernaz Balaporia
President

Sachin Shivaram
President-elect

Sandhya Maheshwari
Secretary

Susan Kulkarni
Treasurer

Ritu Tannan
Assistant Treasurer

Shivani Devgun
Vice President: Banquet

Sandhya Sridhar
Vice President: Education & Outreach

VC Attota

Vice President: Fundraising

Nancy Heykes

VP Board Development Committee

Oliver Zornow and Anu Verma
Members at Large

Vacancy

VP Membership & Communication

Visit our website at
www.indusfoxvalley.org
Contact us at
indusfoxvalley@yahoo.com

Seva Update: We have temporarily suspended our Seva (serving meals) at the Salvation Army in Appleton and the Community Shelter in Green Bay. We will resume Seva and all education & diversity activities once the self-isolation restrictions are lifted and it is safe for our volunteers to serve the community. Green Bay Seva has to this day, donated \$2100 in the last 4 months to the NEW community shelter in Green Bay to take care of meals for the needy. Appleton Seva is also planning a fund-raising drive to support the Salvation Army in Appleton. .



CoVid-19 support to the community: To aid our local communities, IndUS of Fox Valley donated \$1000 to the community response fund initiated by the Community Foundation for Fox Valley. IndUS also donated another \$1000 to the emergency fund initiated by the greater Green Bay community fund. The money from both the funds will provide essential aid to protect and support the most vulnerable and the need of the moment in the community.

IndUS of Fox Valley, Inc

Mission

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

Sandesh invites contributions from our readers: poems, essays, musings, recipes or letters to editors. Please email your contribution to:

sandhyasridhar5@gmail.com

Upcoming Events

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

Community Diversity Event in collaboration with *Celebrate Diversity in Fox Cities*

August 22nd, 2020 11:00 AM-1:00 PM

Check : <http://>

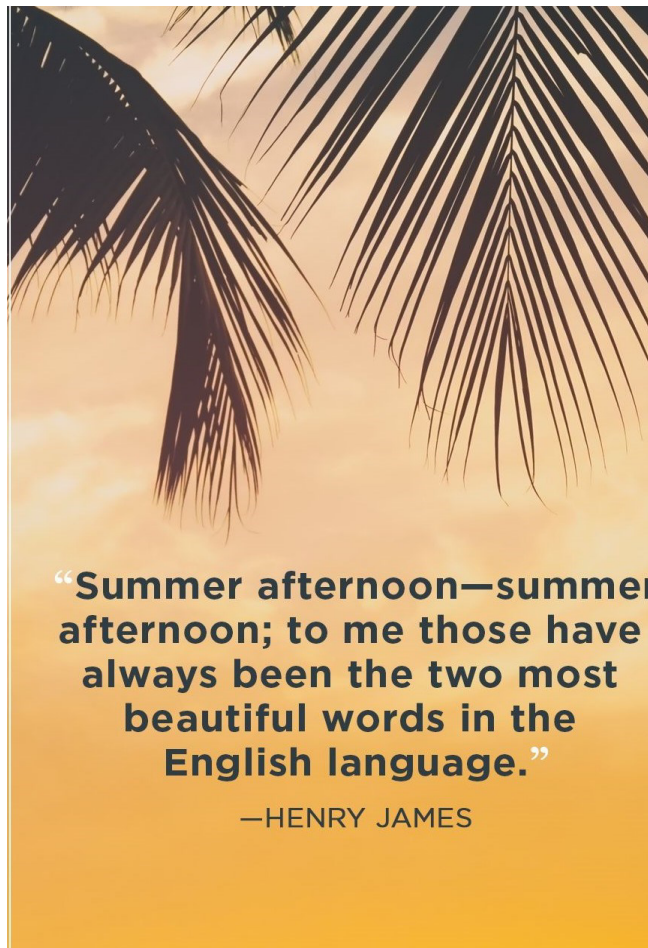
www.celebratediversityfoxcities.com/ for details.

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

August 29, 2020 9:00 AM—12:00 PM

Annual Banquet

Postponed to 2021 due to Covid pandemic.



IndUS Of Fox Valley
3000 E Apple Hill Blvd.
Appleton, WI 54913