

India Association of New Hampshire
PO Box 3132
Manchester, NH 03105

**THE ANNUAL PICNIC AND
GENERAL BODY MEETING**

Saturday, August 20, 2005

(Rain Date: Sunday August 21, 2005)

10:00 AM - 4 PM

At Greenfield State Park

Route 136

Greenfield, NH 03047

Phone: 603-547-3497

INDIA ASSOCIATION OF NEW HAMPSHIRE
CORDIALLY INVITES YOU TO
**THE ANNUAL PICNIC AND
GENERAL BODY MEETING**

Saturday, August 20, 2005
(Rain Date: Sunday August 21, 2005)
10:00 AM - 4 PM

At Greenfield State Park

Route 136

Greenfield, NH 03047

Phone: 603-547-3497

(Directions given below)

LUNCH – 12 Noon

GENERAL BODY MEETING – 1 PM

FUN AND GAMES – Rest of the time

Park

Admission Fee for the Park: \$2.40 per person (Group Rate)

Note: Please tell the Park Attendant that you are with the “India Association” group.

Picnic

Picnic is free for IANH members. Non-members are requested to join IANH or donate \$5 or more to IANH public service activities.

All families are requested to bring one food item to serve 12 persons at the picnic. Drinks and watermelon will be provided.

Directions

Take Route 101 West to Route 31 towards Greenfield. Follow signs to Greenfield State Park.

The web site for the park is <http://www.nhstateparks.org/ParksPages/Greenfield/Grnflld.html>.

For more information, to join IANH or renew your membership, please contact:

Barinder Ahluwalia PublicService@lanh.org 472-4882 or Vandana Dhakar Membership@lanh.org 668-9028



INDIA ASSOCIATION OF NEW HAMPSHIRE

P. O. Box 3132, Manchester NH 03105

Website: <http://www.ianh.org>

Samaj Patra

2005 Summer Edition
Editor: Tej Dhakar
Associate Editor:
Aparajita Manchanda

PRESIDENT'S CORNER

Spring at IANH

Prithvi Kumar, President

Warm Greetings!

I am pleased to report the following activities between April and June.

Spring Festival

Saturday May 7 was a miserable day to be outside in the cold rain. But, it was a different experience inside the warm Merrimack High School cafeteria. IANH members and their children entertained over 400 guests with a blend of cultural programs from the East and the West. The hot snacks on sale by IANH members who own small businesses warmed up the occasion. *NH Sen. Lou D'Allesandro* and *Rep. Bea Francoeur* spoke at the function and distributed prizes to the winners of the education contests that were conducted last March. The winners also received certificates signed by *US Sen. John Sununu* and *US Rep. Jeb Bradley*. I thank *Shashank Dubey* of Kumon Center, Nashua for sponsoring the prizes. I also thank *Gurnam Catering, Indira Shelat, Shazia Mujzeeb, Chinmaya Mission, Shishu Bharati, Pardesi Fashions, and Global Flavors* for their patronage. *Ashish Jain* and *Suman Seethamaraju* added fun to the event by filling in with jokes and songs between items. We received numerous suggestions for improvements and we will implement corrective actions.

Public Service

I thank the young volunteers *Kamini Jorgensen* and *Rishi Desai* who helped sell soft drinks and raised money for IANH Public Service activities. I hope to see more children participate in Public Service.

Please join me in congratulating Kamini, who donated \$410 to Tsunami Relief fund. Kamini requested that the guests at her birthday party donate money to Tsunami Relief in-lieu of gifts. Karen, Kamini's mother matched every dollar that was donated and sent us the check. We are proud of Kamini and her parents for setting a good example.

Volunteers from our Public Service group visited the Nashua Soup kitchen on May 21. They prepared hot Indian dishes and served the homeless. It was the first time Indian dishes were served at a New Hampshire Soup kitchen. Thanks to *Lalba Rani* for sponsoring the event. We will soon be expanding this service to the Sea Coast area.

As you may already know, we work with the United Way. You can now contribute to IANH Public Service activities through the United Way campaign. Simply write in 'India Association of New Hampshire' when you designate your contribution. The money will be used for buying materials and serve meals to the homeless.

Recently, we have been receiving contributions from the members of our community requesting us to buy and donate grocery items for the homeless shelters. You may also send in tax- deductible contributions to IANH Public Service Fund earmarked for grocery purchase. We are also working with the Manchester Food Bank to allow us to purchase these items at a lower rate set for charitable organizations.

On Saturday June 18, children from IANH families visited Goffstown Nursing Home and entertained the senior citizens with a cultural program. This year the program was hosted on 'Fathers Day.' Nursing Home visit is now regular activity on IANH calendar.

IANH Public Service committee held its meeting in June when we discussed plans to expand service activities for children. *Dr. Suresh Mathur* spoke at the meeting and outlined a plan to help Indian-Americans in Assisted Care facilities. Will keep you posted on this.

Education Activities

On June 18, IANH hosted a lecture on the prevention of diabetics and heart attacks at the Nashua Public Library. Former AAPI President *Dr. S. Jayasankar* spoke about the increase in diabetes and heart attacks among Indian-Americans. A number of members of the Indian-American Community attended the lecture. I thank our member *Dr. Rajni Aneja* who helped answer questions from the audience on preventive measures. A copy of the briefing is posted on our web site. We also distributed Nutrition

Guide prepared by AAPI. We plan to invite experts who can share their knowledge on topics that are of interest to us. I invite your suggestions to identify topics that are of value to our community.

Organization

Mrs. *Thilak Radhakrishnan* will oversee IANH Education activities including the Education Bee. Thilak will serve as Education Committee Chair as well as the NH regional Coordinator for the Education contests. I thank *Karthi Chandra* the outgoing Education Committee Chair. Karthi will now be the full time Web Master. *Srisai Seethamaraju* and Umang Kumar have joined the Executive committee as members. Srisai will be helping us with the cultural activities and Umang Kumar with press releases and media relations.

Web site

IANH web site has new features that include listing of activities of interest in the region. We plan to expand it to include business listing. Please contact Karthi Chandra webmaster@ianh.org and help her identify the names of medical and dental professionals, grocery stores, and restaurants in the state.

Plans for summer

This year picnic will be held at the Greenfield State Park on Saturday August 21. We are working to host Diwali function on November 5.

Look forward to seeing you at the picnic.

CALENDAR OF EVENTS

- Annual Picnic on Saturday, August 20, 2005 (Rain Date: Sunday August 21, 2005) from 10:00 AM - 4 PM at Greenfield State Park, Route 136, Greenfield, NH 03047. Please see the attached flyer for more details.
- Cook and Serve dinner at the Manchester Homeless Shelter on Sunday October 2, 2005.
- Diwali Festival on Saturday November 5, 2005 at Nashua High School (North). More details will be forthcoming as we get nearer the date.

If you are interested in organizing/participating in any of the above events, please contact president@ianh.org. Your assistance will be greatly appreciated.

EVENTS IN THE TEST TUBE

- Free Medical Clinic in association with the Indian Medical Association of New England (IMANE) and Physicians in New Hampshire to provide much-needed free health services to patients lacking health insurance.
- Cultural Festival in Seacoast region.
- Cooking and Serving food at Homeless Shelter in Seacoast/ Concord region.

If you are interested in organizing/participating in any of the above events or any other activity that may be of interest to the Indian-American community, please

contact president@ianh.org. Your assistance will be greatly appreciated.

APPEAL

IANH and the United Way

Prithvi Kumar, IANH President

You can now send in your contributions to IANH Public Service through United Way pledge. As you may already know that we do not have any overhead associated with providing service to serve meal or buy the needed items. Please keep IANH in mind when you fill out the pledge form. Your employer in most cases matches your contribution. Every dollar you donate goes directly to the charitable causes. Now it is easier for you to donate money through United Way offered at your work. Please write the name and address of India Association of New Hampshire and the amount you want to contribute on the form as follows: India Association of New Hampshire, PO Box 3132, Manchester, NH 03105.

APPEAL

Need to Assist the Elderly Indian-Americans

Dr. Suresh Mathur, IANH Founder Member

While we are serving the community-at-large in many ways, I would like to suggest that we also look into the needs of the elderly members of our own community, in particular the following:

- As members of our Indian community are getting older, there will be increasingly more people in the situation that Walter Lima (see the following section) is in now. There will be more and more people entering into Assisted Living Facilities.
- There are the elderly parents of Indians who badly need some supplementary assistance in transportation to places of their interest. These may be medical facilities, libraries, concerts, religious facilities, museums etc. Any such help from IANH and its members would supplement the limited abilities of the families of these elderly people.

If you would like to help in organizing/ participating in activities to assist the elderly Indian-Americans, please contact me at (603)-669-8564 or mathursc@aol.com. Your help will be greatly appreciated.

MEMBER NEWS

Regarding Walter Lima, Founder Member of IANH

Suresh Mathur, IANH Founder Member and Prithvi Kumar, President

We would like to inform you about our mutual friend Walter Lima. As you may be aware, Walter has been in Assisted Living facilities for more than a year. Currently, he is residing in The Arbors of Bedford facility. We have visited him once a week at this facility and earlier at a Hooksett facility for the last eighteen months. It will cheer up Walter a whole lot if more of his old friends

would visit him and maintain communication with him. A poem by Ann Link below highlights his needs for friends very vividly.

Walter is in reasonably good health and is his normal gracious self, as we have known him for many years. He is not allowed to go outside the facility without an escort. So once a week, we take him outside for a short walk of about 30 minutes. This is a very vital need as this is the only exercise he gets once a week. Walter has a cell phone (603-624-1351) and would enjoy hearing from old friends.

The Arbors of Bedford (www.arborsofbedford.com) is located at 70 South Hawthorne drive, Bedford, NH 03110. Their phone number is (603)-647-9300. If you need directions, have any questions or require any additional information, please feel free to contact Dr. Suresh Mathur at (603)-669-8564 mathursc@aol.com or Prithvi Kumar at kumar_prithvi@msn.com or prithvi_ianh@verizon.net

Let's Talk - by Ann Link

I roam a landscape of the past
I wander hallways looking for a friend
I turn a corner, try a door
I whisper secrets as I pace the floor
I long for a familiar smile
I hide my loneliness behind a yawn.

Come and talk with me a little while,
Let's share some tales
Before the day is gone.

MEMBER NEWS

Kamini's Example

Prithvi Kumar, IANH President

Eight year old Kamini Jorgensen was touched by the tragic events of the Tsunami disaster. She decided to do her part to help the victims. Kamini's parents arranged to celebrate her birthday in February and invited guests to their home. Kamini requested her mother Karen to inform all guests to donate money to the IANH-Tsunami relief fund in-lieu of gifts. The family collected over two hundred dollars at the birthday party. Karen matched the contributions with her own and donated *four hundred and ten dollars* to the IANH-Tsunami relief fund. We are proud of Kamini's sacrifice to donate money to a good cause. A small contribution like the one made by Kamini will help a lot of people devastated by the event. Every help whether small or large can make an impact.

MEMBER NEWS

Members Donate Food Items to Shelter

Prithvi Kumar

Recently, IANH received *five hundred dollars* from an Indian-American from Northern Massachusetts who wished to remain anonymous. The donor requested that the amount be spent on providing food for the homeless

and make the donations on or before 26th June. The date was important since it was the anniversary date of their relative. The Public Service committee members decided to donate the items to both Manchester and Nashua shelters. *Food inventory is low in summer months when children are home and contributions are less. This contribution came just in time to take care of the needs of Nashua food pantry where there was a critical shortage of food items.*

I requested Karthi Chandra to buy and donate the needed materials to the Nashua shelter. Karthi added thirty five dollars of her own contribution, purchased *three hundred dollars* worth of materials, and took them to the shelter. I purchased food items for *two hundred and fifty eight dollars* and delivered to the Manchester shelter. Thus, we donated the items on time and sent the donor a receipt for the amount.

Last week I received yet another request from another donor who requested to purchase and donate materials to the shelter. If you are interested in making a donation to the homeless shelters, IANH Public Service committee volunteers will be glad to purchase and deliver the items to the shelters. We are also working with the Manchester Food Bank that will allow us to purchase food items at a reduced cost. Thus, we can buy more for the dollar. Your contributions are tax deductible.

If you wish to donate money to buy and deliver food items to the homeless shelters, please contact Barinder Ahluwalia at PublicService@IANH.org

MEMBER NEWS

Anjithaa Radhakrishnan Wins First Prize in the NSF National Junior Spelling Bee

IANH Members Balaji & Thilakavathi Radhakrishnan's daughter Anjithaa won the first prize in Junior Spelling Bee in the national education contests for Indian-Americans hosted by the North South Foundation (NSF) on August 6-7 at the Northwestern University campus in Evanston, Illinois. Congratulations to Anjithaa and her parents for the fine achievement. We are proud of you.



The following qualified for the National Contests from the New Hampshire region. Congratulations to all those who made it to the Nationals!

Junior Spelling Bee
Anjithaa Radhakrishnan
Pragnya Iyengar
Sahil Shah

Kasyap Tennet

Senior Spelling Bee
Ashish Andhavarapu
Vaibhav Shrishail

Junior Vocabulary Bee
Lasya Thilagar
Nishant Annu
Mayank Dubey
Vaibhav Shrishail

Senior Vocabulary Bee
Amritha Mangalat
Meghna Chandra

Math Bee
Rohit Rajiv
Mayank Dubey
Pragnya Iyengar
Arjun Venkatachalam

MEMBER NEWS

- Vinod Hariya, resident of Nashua NH successfully completed his MBA from Southern New Hampshire University in June 2005. He is currently employed at Fidelity Investments in Merrimack, NH as a Principal Software Engineer. He plans to pursue another Masters degree - MS in Finance from the same university. Congratulations, Vinod!

BUSINESS CARDS

LAW SERVE

Immigration & Business Services

GEORGE BRUNO, ATTORNEY

15 Stark Street ■ Manchester, NH 03101
Phone: (603) 296-2222 ■ Fax: (603) 627-7959
Email: gbruno1@aol.com
http://members.aol.com/_ht_a/gbruno1

Traders in Fine Exotic Food, Spices & More
Ravi Singh
(603) 888 5552

Global Flavors

7 Harold Drive, Suite 6, Nashua NH 03060
(Behind Bernie & Phyl's and Longhorn Steakhouse)

Under New Management
Alka Sharma & Deepika Nayyar
(603) 595-6400

Palika Bazaar

427 Amherst Street
Nashua, NH 03063
Hours: Mon-Sat 11 AM - 8 PM, Sun 12 - 7 PM

Pardesi Fashions

Ready Made & Custom Clothing in Sizes XS-5XL
Local Nashua Pickup or Shipping Worldwide
<http://www.pardesifashions.com>
<http://www.pardesicomunity.com>
Salwar Kameez ~ Saree ~ Lengha Choli
Children's Clothing ~ Bangles ~ Bindi
Men's Wear ~ Jewelry ~ Home Décor ~ Gifts
603.673.5585
info@pardesiservices.com

Gurnam Catering Service

Catering services you can trust for all occasions, social gatherings and functions.
Unmatched quality and the taste of homemade North Indian food.
Pick up or deliver across New England.
Call Gurnam for more information.
326 D.W. Highway, Merrimack, NH 03054
Phone: (603) 429-8036 Cell: (603) 494-5468

RECENT EVENT

NH Politicians Celebrate with Indian American Community

Merrimack, New Hampshire, Saturday May 7, 2005

NH Senator Lou D'Allesandro and Representative Bea Francoeur joined the Indian-American community in celebrating the Annual IANH Spring Festival. It was held at Merrimack High School on Saturday May 7, 2005. This event showcased the cultural talents of New Hampshire's Indian-American community.



More than 350 members of IANH (India Association of New Hampshire) along with their friends and relatives attended the event. Senator D'Allesandro presented awards to the winners of the Education Bee organized by IANH in collaboration with the North South Foundation in March 2005. He and Representative Francoeur were in

turn honored with plaques to thank them for their interest and involvement with the Indian-American community.

There was a wide variety of quality entertainment, most of it provided by children. In between items, Masters of Ceremonies Ashish Jain and Suman Seethamraju did an admirable job of entertaining the audience through songs, jokes, and mini game-shows. There were dance numbers from the movies Swadesh, Dhoom and Kisna performed by children from the Nashua Balavihar group and the Aangikam Dance Academy. To represent the classical side of India, the festival featured veena performance, classical singing, and Bharatanatyam dances. The audience was introduced to a new dance teacher, Neha Parikh, an exponent of both Bharatanatyam and Mohiniattam. She delighted the audience with two pure dance items, an Alarippu and a Kauthavam.



What was special this year was the wonderfully balanced blend of classical music, song, and dance, as well as folk dances, dances on movie songs and Western music. There were skits in English and Hindi, both by adults and children, as well as a pageant presented by the kids from Nashua Shishu Bharati. There were many vendors selling a variety of items, ranging from books to delicious food to beautiful jewelry and ethnic clothing. Gurnam Singh and Indira Shelat provided delectable food from North and South India. To quote Indira, "It was like a Mela, and I had such a wonderful time!"

Senator D'Allesandro of Manchester was very much pleased to see such a large gathering of the Indian American community and the community's involvement in charitable activities. He exhorted the community to get involved in public service.

For more information and pictures of the festival, please visit the IANH website www.ianh.org and follow the link to the Spring Festival 2004 and the Picture Galleries.

RECENT EVENT

Dr. Jayasankar addressed the NH Indian-Americans on Public Health Issues

Nashua NH June 11

On Saturday June 11, Dr. Jayasankar former President of the American Association of Physicians of Indian (AAPI) Origin spoke to the Indian-American community in New Hampshire about the rise of diabetes and heart disease among Indian Americans. The India Association of New Hampshire (IANH) organized the meeting at the Public Library in Nashua.



Prithvi Kumar, IANH President welcomed the audience and introduced the guest. Dr. Jayasankar presented evidence based on risk factors among South Asians. He particularly highlighted Indian-American life style and belief system, which may be contributing to the increase in these illnesses.

The meeting was followed by open discussion on these subjects. Dr. Rajni Aneja, Family Practice Physician from Southern NH Medical Center and Dr. Jayasankar answered questions about preventive measures as well as appropriate interventions.

Mrs. Thilak Radhakrishnan, IANH Education Committee Chair presented a plaque in appreciation of Dr. Jayasankar's service to NH Indian American community. Dr. Tej Dhakar, IANH Secretary concluded the meeting with a vote of thanks. IANH distributed the Nutrition Guide prepared by AAPI to those who were present.

Dr. Jay's briefing is posted on our web site at http://www.ianh.org/Education/IANH_HealthCareTalk_2005.htm.

RECENT EVENT

NH American-Indian Community Served Indian Meal to the Nashua Homeless

Nashua NH May 21, 2005

India Association of New Hampshire (IANH) Public Service group volunteers visited the Nashua Soup kitchen where they cooked and served Indian dinner to over 75 homeless guests. The group prepared hot chili, salad, and pulav. The shelter supplied the desert. *Lalba Rani* an IANH member sponsored the event. Volunteers were divided into two groups; cooking team and service team.

Lalba Rani, Sudha Sharma, Aparna Kundu, Dimple Mehra, Rajni Aneja, Luv Aneja, Meera Venkatachalam, Arjun Venkatachalam, and Barinder Ahluwalia prepared the delicious dishes from scratch. They started the preparation around noon. The hot meal was ready for service around 3:30 PM when the service team took over. *Lalba Rani, Ajit Kumar, Raj Jain, and Umang Kumar* served the meal.



IANH Public Service group under the leadership of *Barinder Ahluwalia* organizes several Public Service activities to serve the homeless in the Greater Manchester and Nashua areas. IANH members are enthusiastic about participating in these activities. The association plans to expand its service activities to other parts of the state this year.

RECENT EVENT

Indian-American Children Entertain Guests at Goffstown Nursing Home

Goffstown, Hillsboro County, NH, June 18, 2005

Children from the India Association of New Hampshire (IANH) entertained the guests at the Hillsborough County Nursing Home in Goffstown NH on Saturday June 18, 2005. The variety entertainment program included classical and folk dances from different regions of India. The staff at the Nursing Home made the arrangements needed to accommodate a large gathering of senior citizens. Last year this event took place on Mother's Day. This year we were pleased to be there in honor of Father's Day.

Meera Nair opened the program with her Ganesha Kauthavam, followed by a delightful skit on the merits of being united, which was performed by Pragnya Iyengar, Nishant, Nitin and Shreevatsan. Anusha Gopal and Varsha Gopal stole the hearts of many with their dance. Anjana Mangalat danced to the sixties song, "Parde Mein Rehne Do" followed by folk dance by Aishwarya Ravi in the Kuchipudi tradition. Lekha Nair entertained everyone with a wedding Qawwali. Amritha Mangalat performed a gypsy dance, "Kurathi Naatyam", which is a popular dance from Tamil Nadu. Anusha Gopal concluded the

event with "This Land Is Your Land" which she delivered on her violin. This had all the delighted audience singing along with the music.



Barinder Ahluwalia and Tony Epaphras addressed the audience and that concluded the day's events. We have been asked to come back next year. The kids were touched by the appreciation and praise that they received from the audience. For more information and pictures of the visit, please visit www.iahn.org.

HEALTHFUL HINTS FOR SUMMER

Sun Safety and Skin Care

Dr. Rajni Aneja, IANH Member

Most people enjoy spending time outdoors but too much time in the sun can cause problems later. The sun emits ultraviolet radiation which can cause premature aging of your skin and predispose you to skin cancer. The more damage to your skin from the sun, the more likely you are to develop wrinkles, freckles, skin texture changes, dilated blood vessels, and skin cancers. It may also cause rash problems.

There is no "safe" UV light. There are two types of UV radiation which tend to cause the most problems. They are UV-A and UV-B radiation. UV-A rays are longer and tend to penetrate more deeply into the skin. UV-B radiation produces the most harmful effects for skin. Using sun protection will help prevent skin damage and reduce the risk of cancer.

If you must be in the sun, use a sunscreen with a sun protection factor (SPF) of at least 15, even on cloudy days. Sunscreens should be applied about 20 minutes before going outdoors. Even water-resistant sunscreens should be reapplied about every two hours, after swimming, or after strenuous activities. Your chances of developing a sunburn are greatest between 10 am and 4 pm.

Tips for Sun Protection

1. Use a broad-spectrum sunscreen with a SPF of at least 15 on all exposed skin, including the lips, even on cloudy days.
2. If exposed to water, either through swimming or sweating, a water-resistant sunscreen should be used.

3. Reapply sunscreen frequently.
4. Wear a broad-brimmed hat and sunglasses.
5. Sit in the shade whenever possible.
6. Wear protective, tightly-woven clothing.
7. Plan outdoor activities early or late in the day to avoid peak sunlight hours between 10 am and 4 pm.

Check with your doctor if you are taking any prescription medicines as sometimes they increase your risk for sunburn or rashes.

Note: The above Information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Confer with your physician or dial 911 if you have medical emergency. Reliance on this information is solely at your risk.

FOR YOUR INFORMATION

Family Issues and Domestic Violence Assistance

Source: SAHELI Website

Saheli is committed to strengthening and preserving the South Asian family and promoting women's growth within a safe and secure environment. They provide friendship, good counsel, support and referrals to women who are unable to find respect and happiness within the family.

Their resources include names and contact information for psychologists, psychiatrists, health clinics, lawyers, and community organizations offering short and long term shelter, outpatient services, phone hotlines, and other related resources.

If you do not feel safe within your home please talk to Saheli first and then to your medical doctor. To reach a Saheli immediately with family issues, domestic violence or divorce support, call (617) 735-9724 Gouri, or (781) 933-9310 Lata, or (617) 926-6625 Soumya. You can also leave a message on the Saheli hotline by calling 1-866-472-4354 or [email us](mailto:info@saheli.org).

Tony Epaphras, Vice-President, IANH adds the following: The treatment or behavior that is tolerated and sometimes accepted in India, could very well be against law in the US. I think that it is beneficial that the first generation Indian Immigrants should be aware of the US abuse and domestic violence laws. Also, the individuals have the legal responsibility to report any type of child abuse. They could be held liable if they fail to report child abuse on time.

FOR YOUR INFORMATION

Tired of Telemarketing Calls?

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. [Most telemarketers](http://www.donotcall.gov) should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at this Website. You can register your home or mobile phone for free. Your registration will be

effective for [five years](http://www.donotcall.gov). For more information and to register your phone numbers, please visit the following website: <https://www.donotcall.gov/default.aspx>

GENERAL INTEREST

THE ART OF LETTING GO

Dr. Alan Zimmerman

Contributed by Prithvi Kumar, IANH President

Sooner or later, everyone you know will disappoint you in some way. They'll say something or fail to say something that will hurt you. And they'll do something or fail to do something that will anger you. It's inevitable.

Unfortunately, you make things worse when you stew over someone's words and deeds. When you dwell on a rude remark or an insensitive action made by another person, you're headed for deeper problems. In fact, the more you dwell on these things, the more bitter you'll get. You'll find your joy, peace and happiness slipping away. And you'll find your productivity slowing down as you spend more and more time thinking about the slight or telling others about it. Eventually, if you don't stop doing it, you'll even get sick.

So what should you do the next time someone betrays you? TAKE RESPONSIBILITY FOR YOUR FEELINGS. Even though the other person may be at fault, even though the other person wronged you, you are still responsible for your own feelings. In other words, other people do not "cause" your feelings. You choose them.

For example, two different people could be told that their suggestions made at the staff meeting were "stupid and idiotic." One person may "choose" to feel so hurt that he never speaks up at any other meeting again. The other person may "choose" to feel sorry for the critic, sorry that the critic couldn't see the wisdom and necessity of her suggestions.

As long as you blame other people for your feelings, as long as you believe other people caused your feelings, you're stuck. You're a helpless victim. But if you recognize the fact that you choose your feelings and you are responsible for your feelings, there's hope. You can take some time to think about your feelings. And you can decide what is the best thing to say or do.

Then, you've got to learn to WALK AWAY FROM DISAPPOINTMENT. It's difficult to do, but it's possible. The famous 19th century Scottish historian, Thomas Carlyle, proved that. After working on his multi-volume set of books on "The French Revolution" for six years, Carlyle completed the manuscript and took volume one to his friend John Stuart Mill. He asked Mill to read it.

Five days later, Mill's maid accidentally threw the manuscript into the fire. In agony, Mill went to Carlyle's house to tell him that his work had been destroyed. Carlyle did not flinch. With a smile, he said, "That's all right, Mill. These things happen. It is a part of life. I will start over. I can remember most of it, I am sure. Don't

worry. It's all here in my mind. Go, my friend! Do not feel bad."

As Mill left, Carlyle watched him from the window. Carlyle turned to his wife and said, "I did not want him to see how crushed I am by this misfortune." And with a heavy sigh, he added, "Well the manuscript is gone, so I had better start writing again." Carlyle finally completed the work, which ranks as one of the great classics of all time. He had learned to walk away from his disappointment.

After all, what could Carlyle have done about his burnt manuscript? Nothing. Nothing would have resurrected the manuscript. All Carlyle could do was to get bitter or get started. And what can you do about anything once it is over? Not much. You can try to correct it if it is possible, or you can walk away from it if it isn't. Those are your only two choices.

Sometimes you've just got to shake it off and step up. It's like the farmer who had an old mule who fell into a deep dry well. As he assessed the situation, he knew it would be difficult, if not impossible, to lift the heavy mule out of the deep well. So the farmer decided to bury the mule in the well.

After all, the mule was old and the well was dry, so he could solve two problems at once. He could put the old mule out of his misery and have his well filled.

The farmer asked his neighbors to help him with the shoveling. To work they went. As they threw shovel-full of dirt after shovel-full of dirt on the mule's back, the mule became frightened. Then all of a sudden an idea came to the mule. Each time they would throw a shovel-full of dirt on his back, he would shake it off and step up.

Shovel-full after shovel-full, the mule would shake it off and step up. In not too long a time, the exhausted and dirty mule stepped over the top of the well and through the crowd. That's the same approach we all need to take. We need to shake it off and step up.

Finally, you need to FORGIVE. It's difficult, especially when the other person doesn't deserve your forgiveness or doesn't even seek it. It's difficult when the other person is clearly in the wrong.

Part of the difficulty comes from a common misunderstanding of forgiveness. Forgiveness doesn't mean that the other person's behavior is okay. **And forgiveness doesn't mean that the other person is off the hook. He's still responsible for his misbehavior.**

Forgiveness is about letting yourself off the emotional hook. It's about releasing your negative emotions, attitudes, and behaviors. It's about letting go of the past so you can go forward to the future.

Everyone in your life, everyone on and off the job is going to disappoint you. If you know how to respond to those situations, you'll be way ahead of most people.

You'll be able to live above and beyond your circumstances.

Action:

Identify two people that have disappointed, hurt, or angered you. If possible, select two people towards whom you still have some bitterness. Then ask yourself, "How does my bitterness serve me?"

- Am I happier holding on to it?
- Do I sleep better?
- Is my life richer, fuller, and better because of my bitterness?"

If you find that your bitterness is hurting you, make a decision. Actually decide to let it go. Walk away from the disappointment -- which means you no longer dwell on it or talk about it. Period!

CULTURAL CORNER

Soon It Will be Time for the Diwali Festival

Deepa Mangalat, Chair, Cultural Committee

As we do every year, we entertained the guests at the Goffstown Nursing Home with Indian dance and music. The guests appreciate this very much.

We are now getting ready for our major cultural event of the year, the Diwali Festival. The Diwali festival would be held at Nashua High North on November 5, 2005.

If you would like to help us in organizing cultural activities, please contact Deepa Mangalat, Chair, Cultural Committee at dmangalat@comcast.net.

EDUCATION CORNER

More Lectures and Education Contests in the Works

Thilak Krishnan, Chair, Education Committee

We had a very fact-filled, research-based lecture by Dr. Jayasankar, MD on "Silent Killers: Diabetes and Heart Disease- the Indian curse?" on Saturday, June 11th PM at Nashua Public Library, 2 Court Street Nashua NH. Dr. Jayasankar is a former president of American Association of Physicians from India (AAPI). He emphasized the fact that Indian-American community has higher incidence of diabetes and heart disease than the national average. He exploded the myth that vegetarians have lower incidence of these diseases. He and Dr. Aneja answered the audience questions, many of which related to the changes in food and nutrition required to avoid these diseases.

We are planning to organize additional lectures before it is time again for the next Education Bee.

If you would like to help us in organizing the additional lectures and the Education Bee contests, please contact me at Thilak_vathy14@yahoo.com.

PUBLIC SERVICE CORNER

Become a volunteer with the Public Service Group

Barinder Ahluwalia, Chair, IANH Membership Committee

Do you know that IANH is one of the few Indian-Americans organizations that offers Public Service Activities to its members? Public Service activities help boost our image. We accomplished the following this year:

- *Served dinner to over 200 homeless in the Manchester and Nashua area.*
- *Donated grocery items worth over \$700 to Homeless Shelters.*
- *Members of our children visited the Goffstown Nursing Home and entertained the seniors.*

We plan to expand our services to the Seacoast area and many more volunteer opportunities are in works. Why wait? Why not donate a few hours of your time for a good cause? Please contact me at publicservice@ianh.org and sign up to become a volunteer.

You can also support our Public Service activities by making a tax-deductible contribution. Please send your contributions to IANH-Public Service fund, P.O. Box 3132, Manchester NH 03105.

If you have any questions or would like more information, please contact me at Barinder@aol.com

MEMBERSHIP CORNER

IANH Membership Continues to Grow

Vandana Dhakar, Chair, IANH Membership Committee

We welcome the following new life members:

- Chris Slusher & Barinder Ahluwalia
- Chander & Rosy Gandhi
- Brij & Bala Garg
- Indira & Hrushikesh Shelat

We welcome the following new members who recently joined the Association.

- Mihir & Uttara Boal
- Prasad & Padmavathi Dabbi
- Pushpavalli & Senthilkumar Govindaraj
- Raveesh & Srilatha Janardan
- Minesh & Falguni Kher
- Murali & Chitra Krishnaswamy
- Anil & Neha Loomba
- Ravi & Parvathi Machupalli
- Punjabrao & Madhury Mali
- Selvapriya Rangnathan & Lakshmi Munugoor
- Jayasankar & Leelavathi Nallaswamy
- Abirami & Logachander Natarajan
- Jay & Kruti Pandit
- Kalpana & Pankaj Patel
- Kalidas & Premalatha Porika

- Srinivas & Sahana Purohit
- Uma & Bala Raghunath
- Prabhakar & Savitha Rajiv
- Dwarakanath & Sangeetha Rao
- Diwakar & Vijaya Raparathi
- Srinivas & Jyothi Sakhamuri
- Vipin & Raju Shah
- Pravina & Ramesh Shelat
- Kalpesh & Jagruti Sheth
- Lakshmi N & Veena Simha
- Raj & Vaishali Sirsikar
- Uma & Velappan Velappan
- Dayananda & Shylaja Vellal
- Dharmarajan & Janaki Viswanathan
- Bharath & Meenakshi Vundamati

If you are not a member, we invite you to join the India Association. A membership form can be downloaded from www.ianh.org. As a member you receive the Association newsletter - Samaj Patra, discounts at various events organized by IANH, and news about various activities and events organized by the Association as well as other non-profit organizations in the area.

If you have not renewed we request you to do so as soon as possible. Please send a check with the annual dues (\$10 single, \$15 family) to Vandana Dhakar, 20 Chad Road, Manchester, NH 03104. Please consider a life membership for \$150 with no more dues to pay ever.

If you have any questions or would like to help is in organizing various membership activities, please contact Vandana Dhakar, Chair, Membership Committee at dhakar@comcast.net

WEBMASTER'S CORNER

IANH Website Getting Better All the Time

Karthi Chandra, Web Master

Our website continues to grow with all the wonderful events conducted by our association. Most recently we have posted the wonderful pictures taken by our own Prasad Kalyanapu, IANH treasurer at the Spring festival which were very professional done and well received by all. We will soon be indexing all the picture galleries and making some enhancements.

We invite members to send their ideas for a new redesigned web site which would be dynamic and more interactive. Please contact the webmaster with your ideas by email to Webmaster@ianh.org

ADVERTISING / PROMOTION OPPORTUNITIES

We invite you to advertise/ promote your business through IANH Samaj Patra, Function Guides, Tables at Functions and eBrochures. Please see the rate tables on the next page. For more information, please contact Prithvi Kumar 603-472-5835 (president@ianh.org) or Tej Dhakar 603-668-9028 (secretary@ianh.org).

IANH MANAGEMENT TEAM

Prithvi Kumar
President
president@ianh.org

Prasad Kalyanapu
Treasurer
prasadvn@comcast.net

Thilak Krishnan
Chair, Education Committee
Thilak_vathy14@yahoo.com

Karthi Chandra
Web Master
webmaster@ianh.org

Antony Epaphras
Vice-President
tepaphras@snhs.org

Deepa Mangalat
Chair, Cultural Committee
dmangalat@adelphia.net

Himanshu Desai
Chair, Public Relations
dickydesai@comcast.net

Srisai Seethamraju
Member
srisais@hotmail.com

Tej Dhakar
Secretary
Dhakar@comcast.net

Barinder Ahluwalia
Chair, Public Service Committee
Barinder@aol.com

Vandana Dhakar
Chair, Membership Committee
dhakar@comcast.net

Umang Kumar
Member
Umkumar@gmail.com

ADVERTISING / PROMOTION OPPORTUNITIES

IANH Rate Table: 2005-06

Advertisement Rates

Size (H x W)	Samaj Patra		Function Guides (Diwali/Spring Festival)		
	Single Issue	Annual Package (4 Issues)	Size (H x W)	Single Guide	Annual Package (2 guides)
Business Card (2" x 3")	\$20.00	\$64.00	Business Card (2" x 4")	\$25.00	\$40.00
Quarter Page (4" x 3")	\$35.00	\$112.00	Quarter Page	NA	NA
Half Page (3.5" x 7")	\$60.00	\$192.00	Half Page (3.5" x 4")	\$40.00	\$64.00
Full Page (9"x 7") or (7"x9")	\$100.00	\$320.00	Full Page (4"x 7") or (7"x4")	\$75.00	\$120.00
Classified Ad (30 words or less)	\$10.00	\$32.00	Classified Ad	NA	NA

Other Rates: (See applicable discounts)

Item	Member Rate	General Rate
eBrochure (Two pages maximum)	\$40.00	\$55.00
One Table (6'x3') at Diwali/Spring Festival	\$50.00	\$65.00
One Table (6'x3') at Diwali/Spring Festival (Non-Profits)	NA	\$35.00

Discount:

20 percent discount applies to items listed in "Other Rates" if purchased with an "Annual Package" listed in "Advertisement Rates" table.

Notes:

All advertisement rates and web hosting services are for one year from the date of first issue. For custom packages, please contact Prithvi Kumar 603-472-5835 (president@ianh.org) or Tej Dhakar 603-668-9028 (secretary@ianh.org)