

## *NEWSLETTER - May 2001*

### *ISSUE - 2*

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#### Team for 2001

President: Sushama Shrikhande (934-0703)  
Vice President: Rani Kanthan (955-8330)  
General Secretary: Noor Syed (249-0026)  
Treasurer: Florence Gokavi (249-0945)  
Social Secretary: Jyotika Patel (373-5266)  
Past President: Meena Amblee (955-9009)

Member at Large: Rajni Chibbar (249-2248)  
Member at Large: Anu Kashyap (651-1026)  
Member at Large: Arvind Kumar (374-8644)  
Member at Large: Leena Menon (955-2518)  
Member at Large: Anurag Saxena (374-7865)

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#### *Quote of the Month*

"If there is one place on the face of earth where all the dreams of living men have found a home from the very earliest days when man began the dream of existence, it is India." – Romain Rolland (French Scholar)

#### *Editors Message*

We welcome any suggestions or comments that the community wishes to make or any member who would like to advertise in the newsletter please contact any member of the board and we would be glad to help you. - Leena Menon

#### *Message from the President*

I would, first, like to take this opportunity to thank you for coming to and supporting our first two events of this year. The first event was the movie, "Mission Kashmir", which was a successful event. We hope to bring more films on a regular basis. The other event was a tabala concert by Uday Deshpande for Basant Mela. This was thoroughly enjoyed by all. What a great young talent! He will be performing again in Saskatoon for FolkFest at the India Pavilion. I want to thank Dr. & Mrs. R. Sharma for running the paan "shop" during Basant Mela it was nice authentic treat.

The wonderful folkdance program, the Living Tree is up coming. It has been well received in cities across North America and we are very fortunate to have such program in Saskatoon.

FolkFest is around the corner, and preparations will soon shift into full swing. If you are interested in participating in one of the India pavilion please contact any board member. This is the international year of the volunteers and I salute all our ICCA volunteers. Your comments and suggestions about past or future events are welcome.

Sushama Shrikhande

#### *Movie*

On June 3, 2001 the ICCA and ISA will be showing the movie, "ZUBEIDA" starring: Manoj Bajpai, Karishma Kapoor and Rekha, at the Place Riel Theatre at 3:00 pm. Tickets will be priced at \$ 3.00 per person. We hope to bring more movies in the future.

### ***Radio Committee***

The Radio Committee is looking for volunteers to read the news and host shows. Anybody that is interested in being part of the Radio team please feel free to call Anu Kashyap (651-1026) or Roopa Balakrishna (373-5070). We hope that the show is being enjoyed by all of you and if there are any suggestions or comments please contact the committee.

### ***Folk fest 2001***

The theme for Folk fest this year is "Heroes and Legends". Both male and female ambassadors have been named:

|                          |                   |
|--------------------------|-------------------|
| Female Ambassador:       | Mrs. Kamala Karla |
| Male Ambassador:         | Mr. H. Dhingra    |
| Female Youth Ambassador: | Sona Manek        |
| Male Youth Ambassador:   | Sameer Shrikhande |

The members of our community who are interested in volunteering at the India Pavilion are requested to contact any member of the board. Ladies who are interested in taking part in a dance for FolkFest please contact Jyotika Patel and all those who wish to volunteer their services during folk fest are requested to contact Anurag Saxena. For the display the board is looking for various items and anybody who wishes to lend authentic Indian items for the display please contact Leena Menon. The board is grateful to the community for all their support. The board is also looking for participation from the youth of our community.

For FolkFest 2001 the Chairpersons are:

Entertainment: Jyotika Patel  
Food: Noor Syed and Rajni Chibbar  
Dosa: Rani Kanthan  
Volunteer Coordination: Anurag Saxena  
Setup: Arvind Kumar  
Display: Leena Menon

### ***Membership to JCCA***

All members who have not renewed their membership for the year 2001-2002 are requested to renew their membership and any person(s) wishing to become members are welcome to do so. Membership fees are Family (\$15.00), Individual (\$10.00).

Cleveland Cultural Alliance  
presents

# *The Living Tree*



*Brought To You By:* INDIA-CANADA CULTURAL ASSOCIATION



The Living Tree is a folk tale set in a village. It is about the relationship between a loving girl and her beloved tree. A group of at least 14 dancers from India is performing in this event. The dance is a combination of classical, folk, South Indian and North Indian and a corresponding variety in music. The Living Tree is inspired by Shel Silverstein's beloved story, "The Giving Tree" and is based on an ancient Indian

- **The ISA will sell authentic Indian snacks at the event.**
- **Very few seats are remaining so please contact any board member for tickets to make sure you will not be disappointed.**

**Monday, May 21, 2001**

**6:00 PM**

**Persephone Theatre**

**2802 Rusholme Road**

**Saskatoon**

**Tickets: \$10, \$20, \$30 and \$50**

folk tale "The Mango Tree". This production also draws on the concept of the oneness of all beings argued in the Upanishads, India's ancient philosophical texts. Values such as sharing and caring, generosity of spirit and strong relationships between friends and family, are the ideals so eloquently and movingly portrayed in his simple little story.

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## *Health Tips*

"He who has health has hope, and he who has hope has everything." -Arabian Proverb

### **1. Move More**

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha...Then do it!

## **2. Cut Fat**

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise. Thought for the day: Lean, mean, fat-burning machine.... Then be one!

## **3. Quit Smoking**

The jury is definitely in on this verdict. Ever since 1960 when the Surgeon General announced that smoking was harmful to your health, Americans have been reducing their use of tobacco products that kill. Just recently, we've seen a surge in smoking in adolescents and teens. Could it be the Hollywood influence? It seems the stars in every movie of late smoke cigarettes. Beware. Warn your children of the false romance or 'tough guy' stance of Hollywood smokers. Thought for the day: Give up just one cigarette.... the next one.

## **4. Reduce Stress**

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. (i.e. Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie. Get a massage, a facial or a haircut. Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible. Thought for the day: When seeing red, think pink clouds....then float on them.

## **5. Protect Yourself from Pollution**

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas, breathing in highway fumes and exercising near busy thoroughfares. Exercise outside when the smog rating is low. Exercise indoors in air conditioning when air quality is good. Plant lots of shrubbery in your yard. It's a good pollution and dirt from the street deterrent. Thought for the day: 'Smoke gets in your eyes'...and your mouth, and your nose and your lungs as do pollutants....hum the tune daily.

## **6. Wear Your Seat Belt**

Statistics show that seat belts add to longevity and help alleviate potential injuries in car crashes. Thought for the day: Buckle down and buckle up.

## **7. Floss Your Teeth**

Recent studies make a direct connection between longevity and teeth flossing. Nobody knows exactly why. Perhaps it's because people who floss tend to be more health conscious than people who don't? Thought for the day: Floss and be your body's boss.

## **8. Avoid Excessive Drinking**

While recent studies show a glass of wine or one drink a day (two for men) can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer. Thought for the day: A jug of wine should last a long time.

## **9. Keep a Positive Mental Outlook**

There's a definitive connection between living well and healthfully and having a cheerful outlook on life. Thought for the day: You can't be unhappy when you're smiling or singing.