



THE ASSOCIATION OF INDIANS IN AMERICA

SOUTH FLORIDA CHAPTER
1624 NW 85th Drive, Coral Springs, FL 33071



December 2011, VOLUME XIII

LETTER FROM THE PRESIDENT

Dear Members,

I cannot believe two years have passed since I took office. First of all, I would like to thank you all for giving me the opportunity to serve as your president. I have been fortunate to serve in AIA, S. FL Chapter's Executive committee at different capacities since 2002. It is truly an honor and an amazing journey that I will always cherish. The time has come to hang my hat and pass the baton.

I value the experience I gained to help organize events like Picnic, Festival, tournaments and other Cultural program for AIA. I truly appreciate the support and generosity of our professional and business community during my solicitation for brochure advertisements on behalf of AIA. I have to mention the tremendous support we received from the Broward Cultural Council and sincerely thank them for helping fund our events in part through Grant money and other services. This has been especially a boon during these economic hard times. I would like to thank all the Indian organizations in South Florida for their cooperation and participation in the Annual Indian Independence Day Celebration.

I would like to thank my executive committee members and the board of trustees for all their hard work, dedication and support during these two years. Special thanks to my husband, family and my friends for their advice, support and encouragement over the years. I thank Kevyn Shroff for maintaining the AIA's presence in Facebook.

It is truly a pleasure to go through this experience with AIA and I am extremely happy to welcome Mrs. Maya Kirpalani as the next President of the S. FL Chapter. I have no doubt that she will do a great job in leading AIA.

Thank you and have a wonderful holiday season and a prosperous New Year.

Sincerely,
Uma Eniasivam

President, AIA S. Florida Chapter

AIA EXECUTIVE COMMITTEE MEMBERS - 2011

| | |
|-------------------|------------------|
| Uma Eniasivam | Felix Campos |
| Naveen Mehan | Ramola Motwani |
| Hovi Shroff | Pradeep Sudan |
| Vijaya Kumar | Ujvala Bhuta |
| Maya Kirpalani | Piyush Goyal |
| Karan Munuswamy | Alefiya Ghadiali |
| Purnima Deshpande | Sharmistha Dutta |
| Viji Ranganathan | Srinivas Suram |

In This Issue

PRESIDENT'S LETTER... pg 1
 Republic Day pg 2
 Sankranti pg 2
 Executive Committeepg 2
 Nutrition pg 3
 Cooks Nook pg 3
 Stress pg 5
 Festival of Indiapg 7
 Membership Application. pg 8
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All members are invited to send contributions. Send to uji_bhuta@hotmail.com

INDIAN REPUBLIC DAY JAN 26



January 26, holds a place of great importance in the heart of every Indian. On this day in the year 1950 the Indian constitution came into existence that established India as a democratic country. Since then every year January 26 is celebrated as the Republic Day in India. This is the day when Indians come together to celebrate the spirit of nationality and togetherness. This year India celebrates its 62nd Republic Day.

The date January 26 has an important relevance to the freedom struggle. This is why it was decided to make our constitution on this day. In the year 1927, on the same day Indian National Congress who was the leader of the freedom struggle declared independence against the 'dominion status'. The active members of this party at that time undertook the vow to make India an independent and democratic country.

Every year Republic day an amazing parade is organized by the government at Rajpath near India Gate in New Delhi. President, Prime Minister, MP'S, Foreign delegates and other VVIP'S come to witness this great event. At the beginning Prime Minister pays his tribute at the Amar Jawan Jyoti. Feel proud of your Indian Heritage when you celebrate the Republic Day.

SANKRANTI January 14

Sankranti, Pongal, Lohri, Uttarayan, Maghi is an exciting time in India. Sankranti conjures up pictures of colorful kites dotting the skies, chikkies and laddus, a celebration of friendship and the beginning of the planting season for a bountiful harvest.

Sankranti is a Sanskrit word which refers to the migration of the Sun from Sagittarius to Capricorn. This festival takes place approximately 21 days after the winter solstice.

Scriptural and Cultural Significance: This day symbolizes the importance of the special relationship between a father and his son. According to the Puranas, on this day Surya (Sun) visits the house of his son Shanti or Saturn.

Some celebrate Sankranti as a day to end negativities and the beginning of righteous living. Lord Vishnu destroyed the demons on this day and ended a reign of terror. Others perform penance to obtain a boon from the gods.

Sankranti is a day to visit friends and renew friendships. Til laddus and chikkis are exchanged with a request to maintain the friendships with sweet words and positive communication.



AIA EXECUTIVE COMMITTEE 2012

| | |
|----------------|----------------------|
| Maya Kirpalani | President |
| Felix Campos | Vice President |
| Hovi Shroff | Vice President |
| Naveen Mehan | Vice President |
| Ramola Motwani | Vice President |
| Ujvala Bhuta | Secretary/Newsletter |
| Freny Deboo | Treasurer |
| Uma Eniasivam | Past President |

Members at Large to be announced soon.

NUTRITION Are you eating well?

Are you eating well? Take the Mayo Clinic Test!

1. How many cups of vegetables do you eat in a day? A. 4 or more B. 2 or 3 C. 1 or 0.
2. How many servings of fruit in a day? One serving is a piece of fruit. A. >3 B. 2 C. rare
3. How often do you eat fish in a week? A. >2/week B. sometimes C. Never
4. When you buy breads, pasta and rice, how often do you buy whole grain versions? A. Always B. sometimes C. Never
5. Which of the following are you most likely to use? A. Canola or Olive oil B. Corn Oil C. Butter or margarine
6. How often do you eat out and have rich foods? A. Once B. 2-3 times C. >4
7. A dinner of two cups of cooked pasta in a tomato sauce, is how many servings? A. 4 B. not sure C. 1
8. What kind of milk do you drink? A. Fat Free B. 1 or 2% C. Whole milk or none
9. What are you most likely to reach for when thirsty? A. Water B. Fruit juice C. Regular sweetened soda
10. What is your usual snack? A. Nuts, fruit or carrot sticks B. Energy bars or other healthy sweets. C. Potato chips, Pretzels or cookies.

If you counted mostly A's, You eat healthy. B's Your menu needs a tune up, C's and a few A's or B's: It is time to get healthy! Source: The New Mayo Clinic Cook Book

SAVE THE DATE!!!!

We are planning a splendid afternoon for you and your family!

Sunday, March 18, 2012

for AIA Picnic (11 AM TO 4 PM)

at Lake Biwa Pavilion,
Morikami Park, Delray Beach, FL

Free for Members!!

Looking forward to seeing you there!!



COOK'S NOOK

Recipes by Ujvala Bhuta

PEANUT CHIKKI

Peanut Brittle Indian Style



INGREDIENTS

Roasted Shelled Peanuts 2 ½ cups

Ghee (clarified butter) 4 tbsp

Jaggery (Gur) 1 1/3 cups

Cardamom ½ tsp

METHOD

Spray Pam on a thali or cookie sheet. Set aside.

Heat a heavy bottomed non- stick skillet on a medium heat.

Add the jaggery/gur and ghee to it. Melt the jaggery and cook stirring continuously till it turns dark brown. Test for doneness by putting a drop on a clean plate. The drop should harden and “snap” when broken into two pieces. Repeat after a minute till done.

Turn off the heat and add the roasted peanuts. Fold in so the peanuts are fully coated. Immediately pour this mixture onto the previously greased plate and smooth with a spatula to form a flat, ½ " thick layer.

Cut into squares while still warm. Allow to cool. Break into squares. Peanut Chikki can be stored for a couple of days in an airtight container, in a cool, dry place.

BRUSCHETTA

Let's get healthy!



Ingredients

Cherry Tomatoes cut in half 3 cups
Garlic Cloves sliced fine 3
Olive Oil ¼ cup
Balsamic vinegar 2 tbsp
Fresh Basil chopped ¼ cup

Salt ¼ tsp
Black Pepper ¼ tsp
Parmesan cheese shavings
Crusty French baguette sliced or pita chips

Method

Combine cherry tomatoes, garlic cloves, olive oil, balsamic vinegar, fresh basil, salt and pepper in a crystal or ceramic bowl and marinate for 20-30 minutes. Top with parmesan shavings. Toast the baguette slices in a single layer on a cookie sheet. Place bruschetta bowl on a large round platter. Arrange Toasted baguette slices or pita chips around it. Serve!

STRESS AND UNDERSTANDING IT!

Hovi Shroff

“I’m stressed out”, “Oh my gosh my life is filled with stress”, “I have a migraine, I think its stress related”. How often have we recited these expletives or heard someone else repeat them verbatim? Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn’t always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you’re constantly running in emergency mode, your mind and body pay the price.

If you frequently find yourself feeling frazzled and overwhelmed, it’s time to take action to bring your nervous system back into balance. You can protect yourself by learning how to recognize the signs and symptoms of stress and taking steps to reduce its harmful effects.

Hans Hugo Bruno Selye, (January 26, 1907 — October 16, 1982) was a pioneering endocrinologist. Selye did much important scientific work on the hypothetical non-specific response of an organism to stressors. While he did not recognize all of the many aspects of glucocorticoids, Selye was aware of their role in the stress response. Selye is considered to be the first to demonstrate the existence of biological stress. He coined the term Eustress that is healthy stress, or that which gives one a feeling of fulfillment or other positive feelings. Eustress is a process of exploring potential gains.

What is stress?

The Body’s Stress Response

When you perceive a threat, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol. These hormones rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus – preparing you to either fight or flee from the danger at hand. Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it’s real or imagined – the body’s defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” reaction, or the *stress response*. The stress response is the body’s way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life – giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident. The stress response also helps you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you’re attempting the game-winning free throw, or drives you to study for an exam when you’d rather be watching TV. But beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life

Signs and symptoms of stress overload

Stress Warning Signs and Symptoms

Cognitive Symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

Emotional Symptoms

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

Physical Symptoms

- Aches and pains

Behavioral Symptoms

- Eating more or less

Stress Warning Signs and Symptoms

- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

Things that influence your stress tolerance level

Your support network – A strong network of supportive friends and family members is an enormous buffer against life's stressors. On the flip side, the more lonely and isolated you are, the greater your vulnerability to stress.

- **Your sense of control** – If you have confidence in yourself and your ability to influence events and persevere through challenges, it's easier to take stress in stride. People who are vulnerable to stress tend to feel like things are out of their control.
- **Your attitude and outlook** – Stress-hardy people have an optimistic attitude. They tend to embrace challenges, have a strong sense of humor, accept that change is a part of life, and believe in a higher power or purpose.
- **Your ability to deal with your emotions** – You're extremely vulnerable to stress if you don't know how to calm and soothe yourself when you're feeling sad, angry, or afraid. The ability to bring your emotions into balance helps you bounce back from adversity.
- **Your knowledge and preparation** – The more you know about a stressful situation, including how long it will last and what to expect, the easier it is to cope. For example, if you go into surgery with a realistic picture of what to expect post-op, a painful recovery will be less traumatic than if you were expecting to bounce back immediately.

Learn how to manage stress

You may feel like the stress in your life is out of your control, but you can always control the way you respond. Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. Stress management involves changing the stressful situation when you can, changing your reaction when you can't, taking care of yourself, and making time for rest and relaxation.

Learn how to relax

You can't completely eliminate stress from your life, but you can control how much it affects you. Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the stress response. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity. They also increase your ability to stay calm and collected under pressure.

Learn quick stress relief

Everybody has the power to reduce the impact of stress as it's happening in that moment. With practice, you can learn to spot stressors and stay in control when the pressure builds. Sensory stress-busting techniques give you a powerful tool for staying clear-headed and in control in the middle of stressful situations. They give you the confidence to face challenges, knowing that you have the ability to rapidly bring yourself back into balance.

So the next time you feel like pulling your hair out, stop for a bit, take a deep breath and channel that Eustress and positively de-stress yourself!

References: American Institute of Stress
Helpguide.org.

FESTIVAL OF INDIA - 2011

On **Sunday, October 9th, 2011**, the South Florida Chapter of the Association of Indians (AIA) presented its annual "**Festival of India**" at the Coral Springs Center for the Arts in Coral Springs, Florida from 11 AM to 5 PM. Funding for this event was provided in part by Broward Board of County Commissioners as recommended by the Broward Cultural Council and the NEA. The entrance fee was \$5/person above 5 yrs. However admission was free for current AIA members, cultural show participants and volunteers. This family event attracted good response from the public in spite of the adverse weather.

The Festival was inaugurated by Mr. Roy Gold, the Mayor of Coral Springs along with the Ms. Claudette Bruck, the Vice Mayor and Ms. Stacy Ritter, Broward County Commissioner to the beat of the Dhol (an Indian percussion instrument). This event was *indoors* and there were plenty of activities like Cultural Show, Yoga Demonstration, Cooking Demonstration, Mehndi (Henna tattoo) for people to indulge. The Children booth was active with Magic Show, Juggler, Clown and face painting. The vendors were busy selling Sarees, Salwar Kameez as well as other Indian garments, handbags, jewelry, CDs etc. People enjoyed the exotic Indian cuisine sold by local restaurants as well as distributed by the cooks who did the demonstration. Youth volunteers earned service hours for their assistance. More than 100 local participants took part in the Cultural show. AIA would like to thank the sponsors, volunteers, participants and the Committee members. Please go to the link below to see the photo gallery:

<https://picasaweb.google.com/109539672437570706524/AIAPicnic2011?feat=email#>



CHANGE OF GUARD



The AIA General Body meeting was held on December 17th, 2011 in the Meeting room A&B at the Coral Springs Center for the Arts at 3.30 PM. The meeting started after the quorum was met. After delivering the President's address Uma Eniasivam welcome the President-elect, Maya Kirpalani. The current executive committee presented Uma with a plaque and a gift. The treasurer, Purnima Deshpande presented the financial statements for 2011. Uma thanked the general body, committee members and the Board of Trustees. After Maya Kirpalani's speech the meeting adjourned. We wish Maya Kirpalani the best.



AIA MEMBERSHIP RENEWAL

Please renew your 2012 AIA membership. The 2012 membership application is included in the newsletter.



The Association of Indians in America
South Florida Chapter

Membership Application: 2012

| | | | |
|--|--|-------------------------|-------------------|
| Name: | | Occupation: | |
| Spouse's Name: | | Occupation: | |
| Children's Names: | | Children's Ages: | Interests: |
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| Address: | | | |
| City/State | | | Zip: |
| Home Phone: | | Business Phone: | |
| Fax: | | Email: | |
| Annual Membership \$ 30.00 [January to December 2012] | | | |
| Student Membership \$10.00 [January to December 2012] | | | |
| Life Membership \$300.00 [AIA ALPHA SOCIETY] | | | |
| TODAY'S DATE: | | | |

Please make checks payable to "**AIA South Florida Chapter**"
(*AIA membership fee is tax-deductible.*)

Mail Checks to:

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