



Chakra

May/June 2004

Volume 24, Issue 1

A publication of India Cultural Association

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Harsh Arora
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Rejuvenation of ICA by Harsh Arora

Culture never gives up. It keeps evolving in tune with the changing norms, whether we are aware or not.

The continued growth of descendents from the Indian subcontinent living in the Portland area, its changing mix of age and lifestyle demands that its association adapts and evolves.

The current board thanks the hard work of those who brought the association to where it is today. India Festival, around India's Independence Day has always been a huge success. It has been a great collective expression

of our community. ICA has also periodically hosted several events in the past: picnics, friendship dinners, visa services, sports events, Diwali/Dusseera/Holi celebrations, etc.

It is time now to reflect and move on. To bring the memories of what makes us who we are to where we want to go.

A new board with new energy has been formed. We have some plans for the upcoming year. In addition to India Festival on August 15th, a Sports Day on June 5th and Anand Mela in October has been planned. Further details for each event are on page 3.

More may be done. Definitely, more can be done. We are looking for your help. Please come forward with your ideas that can bring a rejuvenating jolt to our otherwise busy lives. We are also looking for volunteers to support the existing plans.

All efforts take money and participation. ICA has lost some essential grants and to continue with its activities it must raise funds. Our membership count once at 400 has now decreased considerably. We urge you to become members

Continued on Page 2

India Sports Day coming up on June 5, 2004

Summer's almost here and there's never been a better time to get out and play some sports.

Whether you are into some serious competition or would just like to have some fun, we have the perfect sporting event for the whole family in store for you.

You can compete in singles and doubles table

tennis, carrom, chess, and 3-on-3 basketball for your age group.

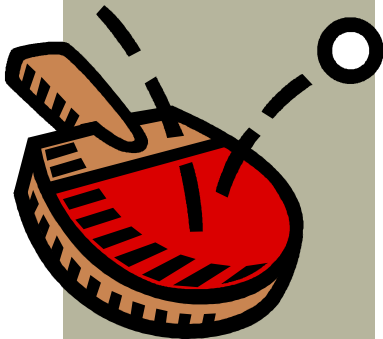
There will be a free practice session for all events from 10-11 am. Registration for competing in all events will be cut off at 11 am.

Don't forget your little ones (age 2+); we'll have various activities to keep them busy.

For more details, please visit our website at www.icaportland.org, or call Trishul Rai at (360) 828-1398.

India Sports Day will be held at the Tualatin Hills Athletic Center, which is located at 50 NW 158th Avenue in Beaverton.

See you there!



YOUR AD COULD BE HERE!

2004 Chakra Ad Rates:

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1 Issue:	\$100
4 Issues (1 year):	\$360

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4 Issues (1 year):	\$216

Quarter Page:

1 Issue:	\$40
4 Issues (1 year):	\$144

Business Card:

1 Issue:	\$20
4 Issues (1 year):	\$72

Different Rates Will
Apply for India Festival Issue.

Rejuvenation of ICA Continued from Page 1

of your organization and request your friends and family to join. It not only brings us together, the membership comes with several benefits:

- Timely notification of events
- Free or discounted entry into ICA events, including Sports Day on June 5
- A Subscription to the *Chakra* Newsletter
- An opportunity to participate in the India Festival Entertainment Program

You can become an ICA member online at www.icaportland.org, or you can use the application form on page 4. Thank you for your support.

ICA membership will be required for participation in the India Festival program.

The new ICA board is listed on the cover page. Please contact us for questions and suggestions on how we can continue to serve our community.

Essay Contest

ICA is holding an essay competition. The winners of the competition will be announced and awarded a prize at India Festival on Sunday, August 15th. The essays will be judged according to the CIM (Certificate of Initial Mastery) guidelines used in Oregon public schools. There is a word limit of 500 words. All submissions must be e-mailed to essaycontest@icaportland.org by July 15th. Please specify grade level and essay topic in the subject line of the e-mail in addition to the top of the word document. The three different levels* and their respective essay topics are listed below:

Elementary School (K-5):	What does being an Indian mean to you?
Middle School (6-8):	Indian Independence
High School (9-12):	Improving India-Pakistan Relations

*The grade level specified refers to the grade you will be entering in the 2004-2005 school year.





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Holi by Rishi Rikhi

As a chunk of land, India protrudes out of the Asian sub-continent. Pakistan and Nepal surround the top half. If you look closer, all over the land are deserts, suburbs and rural areas. Farther into the scene, there are people going crazy throwing colors all over the place. What are they doing?

Holi is a very popular and fun holiday in India. Every full moon in March, people throw colors on each other, sing songs, and have a great time. Why do we celebrate Holi?

The fun holiday is based on Hindu Mythology. The story starts when a selfish King wants to kill his son, Prhalada, for worshipping

Lord Vishnu. The King tries many times and each time fails, but one day he asks his sister who is immune to fire to burn Prhalada. His sister, Holika, then tries to put Prhalada in to a flame, bizarrely, Holika is the one who ends up dying. This is the reason we make bonfires, to cleanse the air of the wicked spirit of Holika.

Another reason we celebrate Holi is because of the love between Krishna and Radha. The story says that Lord Krishna and Radha flirted with each other and that is why we throw powder at each other.

Today, Holi is still

celebrated and is a great holiday for all to enjoy. Kids, as well as adults, run around throwing colors at each other. Many people use bhang to have a little more fun during this holiday. In the afternoon, people usually relax, bathe and enjoy the rest of this splendid holiday. In Mathura, Vrindavan, Nandgaon and Barsnar, Holi is an especially big holiday because these were the towns at which Krishana was housed. Everywhere in India, Holi is celebrated differently. For example, in Maharashtra Holi is called Rangapanchami and is celebrated with a lot of dancing and singing; in Rajasthan there is a lot of

music and pink, green and turquoise powders are thrown around.

A huge piece of land stands smack dab in the middle of Canada and Mexico. To the west of this magnificent country lies a state called Oregon. A city, near the capital of Oregon, Portland, is packed with people always having a good time. It is March, and a full Moon. What are these people doing? Hopefully, celebrating the holiday known as Holi.

Rishi is an 8th grader at Waluga Junior High in Lake Oswego.

2004 ICA Membership Form (Jan - Dec '04)

Date _____

Dues Enclosed _____
(Family \$25, Individual \$15, Student \$10)

First Name: _____

Last Name: _____

Child Name(s): _____

Address: _____

City: _____

State/Zip: _____, _____

Phone: (____) _____ - _____

Please mail application and check to:

Email: _____

ICA Membership
PO Box 91066
Portland, OR 97291-0066

Spouse Name: _____

Spouse Email: _____

Anand Mela 2004 October 9, 2004



A lot of us who grew up in India remember our school fete, and those who go to schools here are familiar with their holiday carnivals.

ICA is proudly presenting "Anand Mela 2004," where you can celebrate our holiday season with fun and food.

All of you who remember games like "Lucky 7", "Ring the Coca-Cola

bottle", "Tambola", and others, you will have the opportunity to enjoy them again and more.

You can put up your own stall for games! Also, You can put up stalls for food.

Start thinking of what you would like to make and sell – it could be Chaat, Pao Bhaji, Dahi Vada, Indo-Chinese, Poori-Aloo, Idli-Sambhar, Bhel Puri, or whatever favorite treat

comes to your mind...

Stay tuned to the ICA web site or the next few issues of Chakra for more details about this event. Until then, enjoy ICA's other planned events – India Sports Day and India Festival 2004!

India Festival 2004

PRESS RELEASE

Event: 10th Annual INDIA FESTIVAL 2004

Hosted By: India Cultural Association (ICA), a non-profit organization.

Date: Sunday, August 15, 2004

Time: 11:30am – 9pm

Venue: Pioneer Courthouse Square, Downtown Portland, Oregon

India Festival is filled with tastes, sounds and sights of India. There will be live music, excellent dance performances, food and entertainment! Catch a glimpse of India and its subcontinent's culture, history and people. This year's India Festival will be held on August 15th at Pioneer Courthouse Square, in Downtown Portland, Oregon. Last year's event attracted over 5,000 people and ICA received many remarks about the high quality of performances!!

**Don't miss out on a memorable event that draws crowds
from all over the West Coast!**

What to Expect:

- Music and Dance: A variety of live music and dance from all over the Indian subcontinent, including Bhangra, Folk, Classical, and Popular
- Food: A wide range of authentic spicy Indian food from local Indian restaurants
- Jewelry, Arts, and Crafts, including Henna Art
- Fashion Show

To participate in this year's Entertainment Program, register by July 12th at entertainment@icaportland.org. **Participation in the program will be strictly limited to ICA members.** Auditions will be held sometime in July or early August at the PCC Rock Creek Campus.

We are expecting over 5,000 people to attend the event. To rent a booth for your business, please contact: indiaday2004@icaportland.org, or call (503) 645-7902.

See you there!

"What makes India Day stand out is how it brings together numerous regional Indian organizations. You're going to see all of them on the same stage, which you wouldn't see in India."

-Quoted in The Oregonian, 8/13/99

**India Cultural
Association**

PO Box 91066
Portland, OR 97291

PHONE:
(503) 645-7902

E-MAIL:
info@icaportland.org

ONLINE:
www.icaportland.org



Upcoming Events

India Sports Day

June 5, 2004

Tualatin Hills Athletic Center
50 NW 158th Ave., Beaverton
10am – 5pm

India Festival 2004

August 15, 2004

Pioneer Courthouse Square
Downtown Portland

Anand Mela 2004

October 9, 2004

In planning stages...

**INDIA CULTURAL
ASSOCIATION**

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