



# The IASJC Newsletter

2013

## Words of Welcome!

<sup>1</sup>[wel-come](#) *transitive verb* \ 'wel-kəm \ wel-comedwel-com-ing

**Definition of WELCOME:** to greet hospitably and with courtesy or cordiality

On this 4th of July weekend, we extend a friendly greeting to all our members and community. Let's hope this newsletter will be a fantastic opportunity to bring us closer together, stay connected, and to create an amazing atmosphere for our common heritage. *Don't forget to share your thoughts!!*

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*We want to hear from you*

To inspire our readers and to recognize your accomplishments, we would like to feature you in upcoming newsletters. Please send us a personal story, poem, joke, comments, feedback at

arora@iasjc.org

### "Uttarakhand-The Land of Gods" **2013 Natural Disaster**

In June 2013 a fierce cloudburst was witnessed in the state of Uttarakhand resulting in huge damage across the state and hundreds of deaths. Thousands were reported missing and several villages were swept away.

Please click here for "In Pictures: Uttarakhand after the floods" by BBC News.

IASJC is committed to "raise funds on a voluntary basis and contribute to worthy causes including educational, cultural, spiritual, and non-profit organizational activities in the US and abroad". In the past we have raised funds for the "Japan Earthquake Relief Fund", "Community Center for the Blind" and more.

We now invite you to "do your part" and send your tax deductible contribution

**by JULY 21 to**

**IASJC, P.O. BOX 78064, STOCKTON, CA 95267**

**Or Contact Girja Raina @ (209)323-9096**

The funds will be distributed through "Pitanjali yogpeeth USA Foundation " or to a local ashram in the heart of Guptkashi "Shri Vidhya Dham".



For questions, comments, quiz answers, or to unsubscribe please email arora@iasjc.org



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## FOOD FOR THOUGHT

During my second year of nursing school our professor gave us a quiz. I breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?" Surely this was a joke. I had seen the cleaning woman several times, but how would I know her name? I handed in my paper, leaving the last question blank. Before the class ended, one student asked if the last question would count toward our grade. "Absolutely," the Professor said. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello." I've never forgotten that lesson. I also learned her name was Dorothy. ~Joann C. Jones

## Are you a Bollywood Fan?

*Answer this:* Which was also the first song of the Indian cinema? Who was the singer for this song.

Email your answers to [arora@iasjc.org](mailto:arora@iasjc.org). **The correct answer and the names will be published in the next newsletter....**

## Health tips for summer

*(American heart Association)*

- \* **Hydrate!** Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, or mint to a pitcher **of water and refrigerate for two hour**
- \* **Protect your family from the sun:** wear wide brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every 2 hours
- \* **Dress for the heat:** wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes  
[Click here to learn How to correctly apply sunscreen?](#)

### Mark Your Calendars:

Independence Day picnic Sunday August 18, 2013 @ [Micke Grove Park](#)

The Annual DIWALI Show will be held on Nov 8-9, 2013 @ [McNair High School Auditorium](#)

**To become an IASJC member or for more information please visit [www.iasjc.org](http://www.iasjc.org)**

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