



# Sandesh

“The Message”

A Magazine from IndUS of Fox Valley



*Winds of Change*

The image shows a close-up of a bowl of Pad See Ew, a traditional Thai dish made with wide rice noodles, stir-fried with meat (usually beef or chicken), bell peppers, onions, and a savory sauce. The dish is presented in a white, shallow bowl. To the left of the bowl, a pair of black chopsticks lies on a dark surface. In the upper portion of the image, the Little Siam Thai Kitchen logo is displayed against a dark, textured background. The logo features a stylized green leaf graphic on the left and the brand name "little Siam" in a white, lowercase, script-like font. Below the main name, "thai kitchen" is written in a smaller, sans-serif font.

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**IndUS of Fox Valley, Inc. Mission Statement:**

Promoting Indo-American friendship and goodwill by serving the community through social, cultural, education and charitable activities.

## From The Editor

Dear Readers,

I take great pleasure in informing you that Sandesh has returned to paper copy after seven years of solely existing in the online world. It will be mailed out to those in our list. The desire to manifest in physical form the hard work of the editorial team has brought this forth. We also felt that readers will appreciate our voluminous issues better with a hard copy in their hands. It will remain available on our website and will be emailed out, as usual, as well.

It feels like a lifetime has passed in the six months since our last issue. The swirling emotions around COVID-19 has probably played a role in this. In the US hopefully the worst is behind us. Life has resumed its normalcy in many ways. Vaccines have, expectedly, turned things around for us. Unfortunately, this is also a limiting factor in our recovery from this crisis, on a global platform. Unequal access to vaccines means that we are still apprehensive about what lies ahead.

In this issue, we celebrate the beauty of summer and appreciate the many things we take for granted. At IndUS, we are preparing for our annual Banquet event which is scheduled for November 20th. We are excited to present the theme “Winds of Change” for the Banquet. This theme reflects changes that have happened in India and in the US in relation to the Indian community from the 1950s to the present time. Our first article talks to this with a specific focus on India.

Our editorial team is thrilled to welcome three new members. Jamila Seaton enjoys the editing process and brings an Afro-Caribbean representation to the table. Neema Afsal has been drawn to the intellectual challenge, working with stories, ideas and original thought. Rohan Gala is our very first Student Editor and brings a fresh outlook, and our much desired involvement of the younger generation.

A notable change is that we believe our issue fits the label of a “magazine” more than that of a “newsletter”. We endeavor to bring to you a rounded series of articles with each issue in addition to news about IndUS. Our vision for the magazine is to give diverse local voices a safe space for their stories. To assist us with this please send us your ideas, thoughts, comments and stories to [rekhleo@gmail.com](mailto:rekhleo@gmail.com).

***Dr. Rekha Vijayan, Chief Editor***



## **Winds of Change**

*By Priya Ranganthan*

**It is arduous to capture India's journey in the last year, let alone in the last 80 years! But oh, what an odyssey it has been! While the story of post-independence India is an oft-told tale, I chose to highlight India's achievements, which tells the story of a nation so vast and varied, that a few words cannot encompass the voyage!**

**When we leave our homeland to settle down in another land, in our minds, the journey of our home-land freezes in time. It remains as it was on our last day, while our own story moves forth. We return for short holidays to our hometowns, catch glimpses of it, and before we can understand the new rhythms, we leave again.**

**As someone whose home has always been in India, I have witnessed 45 years of enormous progress that this beautiful country has made. However, I have realize that on many levels, we have remained the same.**

**I don't know precisely where to start this ride. Maybe when India first got a whiff of independence from the British. The last 10 years of the freedom struggle were challenging. Sensing a weakening of Britain's hold, many people became impatient. Subhas Chandra Bose's INA (Indian National Army) took a different approach to Mahatma Gandhi's non-violent one. Frustration was rife.**

**While one section of Indians fought valiantly, joined politics and embraced the cause of freedom, another went on with raising children, tending houses and waiting for rain. Many of us have parents and grandparents who were part of this India. There was yet another group who were visionaries. Realizing that independence was not too far away, they started to lay the foundation of a brand-new country, such as defense systems, industry, roads, regional governance and the laws that would govern this massive undertaking.**

**India had been constituted by smaller kingdoms, often warring with each other. The thought of becoming a single entity did not go down well with many-a patriotic soul. Power would have to be relinquished and many age-old traditions and systems would be questioned and scrutinized. Independence was no easy task. The "greater good" was not a picture all could envision. When it did finally happen on August 15<sup>th</sup>, 1947, though there was massive upheaval in the political ramparts like Delhi and Islamabad, a large portion of India shifted seamlessly into the next day, still worrying about children, their homes and rain.**

Many experiences glitter the years since Independence. The partition, the formation of Bangladesh, how every adult got the right to vote from the very first day, the massive Indian railways connecting the nation, Mother India - our first film entry to the Oscars, Operation Flood, the Chipko Movement, our first space satellite, winning the 1983 cricket world cup, sending Rakesh Sharma into space, the Shah Bano case, free trade and globalization in 1991, the development of NavIC (an autonomous regional satellite navigation system), the Supreme Court's ruling on triple talaq (a form of divorce practiced in Islam) and decriminalizing of homosexuality...all are fragments of this tale!

The onset of the COVID pandemic in India was slow and the spread restricted by stringent ramparts like Delhi and Islamabad, a large portion of India shifted seamlessly into the next day, still worrying about children, their homes and rain.measures. However, the second wave has been devastating and crippling. In these unimaginable times, many online apps and community services have sprung up helping with oxygen cylinders, free beds, clean and sanitized facilities, freshly cooked food for those in home quarantine and medicines delivered by volunteers. The frontline workers who vaccinate and test thousands of people in grueling conditions, the delivery drivers who battle the elements round the clock on 2-wheelers, the health-care workers who have worked tirelessly, giving up their lives and families in the service of strangers are the heroes.

Nevertheless, this journey continues. The huge complexities of this diverse populous land with many languages, practices, and customs are often overlooked. India's history is one of overcoming the unknown, adjusting and adapting; it is a story filled with brilliance.



*Priya Ranganathan lives in Bangalore, India. She worked for 8 years in the IT industry, runs a tea cafe, has been a Soft-Skills trainer in a BPO, written product and HR manuals, art portfolios... quintessentially Bangalorean stuff. She dabbles in music, writing, sewing, and enjoys time with her son Rayan. She attributes her diverse interests to the heterogeneous society and being the daughter of an army officer.*

## COVID-19 and the Emigrant Experience

By Rohan Gala

The COVID-19 pandemic has created many obstacles for familiar social engagements. This ranges from children who can't interact with their friends to relatives who aren't able to see each other. With the roll-out of effective vaccines, the devastation caused by the virus in the USA is slowly waning. What about the individuals who live in the US but who have family in a different part of the world?

What has been poignant about the COVID-19 pandemic has been the evolving picture in different parts of our interconnected global village. Countries have responded in different ways based on their own unique politics and their economic and healthcare capabilities. This has impacted residents in the US who are worried about their loved ones in a foreign land. Not only do they have to worry about themselves and their kith and kin here in the USA, but also about their relatives overseas. Thankfully, now they feel more secure for themselves but are torn by their fears for their family afar. There is a sense of profound helplessness and resultant sadness and anger. There is also some amount of survivor guilt. This has prompted many to sublime their energies and emotions into volunteering channels to ease the hardship.

This article highlights their concerns, struggles, and emotions during this pandemic. We have captured the voices of a few individuals who are living through this experience.

First, we interviewed Christelle Buechse who is originally from St. Lucia and has lived in the U.S for over 12 years. She has family living in St. Lucia.

**Q: Can you describe what the separation from your family and loved ones due to COVID-19 pandemic has been like for you?**

**A:** One of the things that we like to do is stay close to home and family and COVID-19 put up a barrier and closed off travel. Fear of traveling arose in the context of the widespread prevalence of the virus. This eliminated the possibility of reconnecting face-to-face with relatives, so much so that during Christmas it was a huge damper. Christmas is an occasion when our family got together but last year we decided to meet virtually. With the virtual party we were able to have some communication and connection.

Q: What has been the impact of COVID on your family outside the country?

A: The restrictions stopped us from traveling because of long distance international travel to Saint Lucia, limited vacation days and the need to quarantine for 14 days during that time.

Q: Looking back at this past year, how have you coped with your concerns for your loved ones?

A: We tried to stay in touch with everyone as much as we could and tried to follow local protocols to stay safe ourselves. Activities like attending church were switched to virtual and we made sure that all our family were able to be present for that. We tried to avoid any situation that would put ourselves and others at risk. I am the type of person who likes to stay together with family, and it was tough knowing that my father in Saint Lucia was not doing well. Not being able to have regular visits with him was grueling. To think that the world was changing in a way that we could possibly not meet face to face ever was depressing. However, it made me aware of the importance of simple things that we have taken for granted.

*Christelle Buechse is born and bred from the Caribbean Island of St. Lucia. She has been in the US for more than 10 years but maintains her roots with yearly family visits. She works for UnitedHealthcare in customer service, is married and has 2 young kids at home ages 12 and 6.*



Next, we spoke with Helen Bui, who is an international student in Green Bay.

Vietnam had closed its borders so entry into the country has been on an “as-needed” basis. I met the criteria to travel see my parents, but it would have interfered with my studies. The last time I went home was summer 2019. I usually go home in the summer and this gap is frustrating. I will not be able to go home this summer because the COVID-19 variant that is currently in Vietnam is the same contagious one that is raging in India and the U.K. Furthermore, I was offered an internship in Vietnam, and I am disappointed that I won’t be able to attend. It has been exasperating to try to plan things for the future with the continued uncertainty about COVID. I have been coping with this stress pretty good as I have a great support system here with my friends and professors who are empathetic and understanding. Locally, a lot of Vietnamese owned businesses have been impacted by the lockdown and the safety concerns around the spread of COVID.

This has decreased the number of customers and it has been a trying time financially. Regardless, I believe that the Vietnamese community will recover in the long term.

Research indicates that the Johnson and Johnson vaccine is not sufficiently effective in combating the strain in the U.K which is also dominant in Vietnam. It is troubling that there is a surplus of vaccines here in the U.S. while countries like Vietnam are struggling to get effective vaccines. At this time my main concern is vaccine access for my family. There are valid concerns about the shortage of vaccines within Vietnam.

Over the next six months, Vietnam may be negatively affected economically because they have been in lockdown for a long time. It worries me that some students from Vietnam might forgo their plans to study abroad or may take a gap year which can have negative long-term effects on their future.

Overall, the pandemic has caused people to worry about their families and has created much uncertainty in the lives of those who cannot meet up with their families physically.

*Han (Helen) Bui is a Business administration major with a concentration on Finance and Economics minor, at St. Norbert College. She is from Ho Chi Minh City, Vietnam. She enjoys listening to music, learning new languages and spending time with her friends.*



Cat Chu wrote to us about her experience. She is an international student from Vietnam.

The international separation from my family has its pros and cons. While learning to live independently and express myself freely, living far from loved ones poses an emotional struggle and a sense of being away from your comfort zone. Similar to local students, the primary classroom environment has been remote and virtual. There have been universal challenges in adapting to online learning. It would be demanding to adjust when we return to in-person classes. Generally, school and many professors and staff have been more considerate towards students during this past year. They wanted to reduce unnecessary stress and anxiety and they did so with subtle adjustments. My friends who were able to go back to their countries had to go through many hassles such as obtaining a 24-hour COVID test result, quarantine, and spend tons of money (having to spend 4-5 times more than usual flight ticket price). I couldn't travel back to my country to visit my family and community. It's been harsh as it has been two years since I last saw my parents and my family in person. Although, we video-call at least 2-3 times a week, I miss spending time with them face-to-face. I'm also worried because the COVID situation in Vietnam has been fluctuating and vaccines have not arrived yet.

However, I was delighted to see my family make more of an effort to connect, stay in touch, and care about each other. I check in on them to see how things are back home and to update my parents about how I have been. My Dad always ends the call with reminding me to pray and lets me know that he always keeps me in his prayers. It makes me smile and comforts me every time because it reminds me of how much my parents care about me and miss me. My chief concern is whether I will be able to visit home during the winter break later this year, and this is tied to my apprehension regarding timely and adequate vaccination in Vietnam.

*Cat (Chan) Chu, is a Rising International Sophomore from Ho Chi Minh City, Vietnam. She majors in Neuroscience and potentially will minor in Data Science at Lawrence University. She enjoys biking and swimming.*

The following is an excerpt from an editorial piece by Anupama Verma, MD for the blog Women in White Coats for Mother's Day 2021.

**It has been over a year of dealing with a pandemic, profound zoom fatigue, homeschooling, in addition to all your other duties of doctor, caregiver, homemaker, wife, and mom.**

This Mother's Day also reminded me that mothering can be different for everyone and can come from various sources. I thought of my dearly beloved aunt, who I just recently lost to the pandemic crisis in India. Everyone has seen or heard of the catastrophic suffering that is unfolding there, and hardly a family has been immune. The Indian-American diaspora here is suffering as well. Many have lost at least one, if not more, relatives to the unprecedented second wave of the coronavirus pandemic.

As an immigrant with ties to India, the pain is compounded by lost time with family members, birthdays and occasions, weddings missed, and memories that were never made. This is, of course, true for all immigrants who leave their families and the country of their birth behind looking for a better life in the United States. Please look for ways to help in this humanitarian crisis and keep everyone in your prayers.

*Dr. Anupama Verma is the Editor-in-Chief of the Women in White Coats blog and a coauthor of "The Chronicles of Women in White Coats" book two. She is a Nephrologist who has been practicing for more than fifteen years and has lived on four continents. She lives in Ashwaubenon with her family .*



**Lastly, Sridevi Buddi has penned her thoughts for us.**

Life was moving at a comfortable pace with occasional hurdles, which don't seem to be hurdles in retrospect. The past year has been adverse for the entire world in terms of health and safety. It was especially so for people like me with family halfway across the world, in India, in a different continent and time zone.

The guidance to stay 'safe at home' in March 2020 lasted for a few months. My concern at that time was for daily wage earners who couldn't afford to stay home from work for that duration. The unfolding tragedy in New York and Seattle shook the world. Phone calls and messages from concerned family members and friends poured in from India enquiring about our wellbeing. At their end, they had heightened their practice of healthy living by regularizing their pranayama (breathing exercises), Yoga, eating more immune boosting foods, consuming home grown produce, and spending more time with each other. Even though a visit in the near future to see loved ones was bleak, we felt reassured of their safety as COVID was seemingly under control in India due to their stringent lockdown. Thanks to technology, we became comfortable with virtual visits and attending virtual events. We saw a glimmer of hope when the FDA announced their approval of vaccines and vaccine production in India had also started in tandem.

Unfortunately, disaster struck India at the end of March 2021. My family, like many other families, experienced loss, despair, anxious days, and sleepless nights. Virtual chats now became virtual mourning groups with people being unable to get a last glimpse of their parent or hug their siblings for comfort. Attempts at arranging oxygen concentrators to help family as well as the needy, conveying advice from pulmonologists and other specialists to ease the recovery process and grieving for family members who were taken away too soon has consumed me over the past several months.

The pandemic has taken away dear ones, eliminated livelihood for many and taught us a life lesson regarding priorities and relationships. I am eagerly waiting for the day when we can be reunited with family in India and around the world without worrying about exposing the vulnerable to COVID.

*Sri Buddi has been living with her family in Wisconsin for 19 years. She is an MBA, pre PhD and an alumna of the Nonprofit Leadership Initiative (NPLI) of the Community Foundation for the Fox Valley Region. A mother of 3, she enjoys music and tennis apart from volunteering.*



Looking ahead with nervous anticipation, immigrants are hoping that their loved ones stay safe until reinforcements such as vaccines and adequate medical supplies help save the day.

*Rohan Gala is going to be a senior at Bayport High School. He lives in the area with his parents and younger sister. In his free time, he enjoys reading, playing tennis and running.*



## JOKES

To resolve conflicts between management and staff, I brought both sides together and asked employees to jot down key words on a flip chart. One participant complained about management's tendency to interfere and wrote the word nitpicking. A manager leaped to his feet to ask, "Shouldn't there be a hyphen between nit and picking?"

—E. Howson, in Reader's Digest International Edition

An exercise for people who are out of shape: Begin with a five-pound potato bag in each hand. Extend your arms straight out from your sides, hold them there for a full minute, and then relax. After a few weeks, move up to ten-pound potato bags. Then try 50-pound potato bags, and eventually try to get to where you can lift a 100-pound potato bag in each hand and hold your arms straight for more than a full minute. Once you feel confident at that level, put a potato in each bag.

—Beverly Gross

## The Enchanting Night Sky

*Dr. Rekha Vijayan in conversation with Mr. Vijaykumar Nagaraj*

From time immemorial humans have been entranced by the beauty of the night sky. Apart from being vast, it is dynamic with complexity in depth and breadth. Scientists in various fields look upwards for their answers. For the layperson, the moon is the most common draw. A little more advanced are those who appreciate the most common constellation of stars, like the Great Bear.

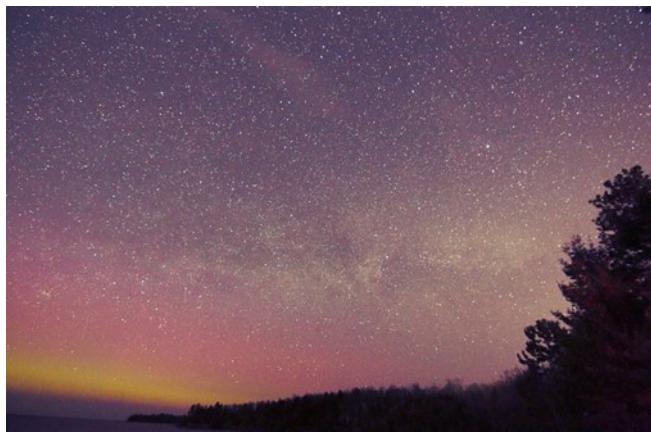
Today, I am talking to Vijay who enjoys Astronomy as a hobby. From a young age he has been interested in understanding nature and learning about the stars and planets. His curiosity about what is above the sky was piqued by watching movies about extraterrestrial life on other planets.

During his early years in India, he had no access to practical facilities to pursue this interest. He kept up with books and articles about space. He lived in Canada prior to moving to the United States. There he had an opportunity to learn more about galaxies and planets and about the direction in which to locate them in the night sky. He discovered free software available for use on smart phones that will help one locate astronomical objects at night.

After he moved to Green Bay he became aware of the Night Sky Network and the International Dark-Sky Association (IDA). The best conditions to observe the night sky is on a no moon and a cloudless night. Newport State Park, in the northern tip of Door County, Wisconsin became the first area in Wisconsin to be designated as an international dark sky park. It is just one of about 50 such parks worldwide. Vijay began to travel to Newport State Park to try his hand at star gazing. However, without a teacher he found it difficult to figure out the direction to view the rising of the planets. Vijay joined the Neville Public Museum Astronomical Society of Green Bay. This provided an impetus to expand his practical knowledge. The annual membership is \$30.

The Society holds monthly meetings on location, about 35 miles from Green Bay, led by senior experienced practitioners during which time they observe the night sky with 20 mm telescopes and impart their knowledge to those in attendance. These meetings helped Vijay meet other like-minded people. He was able to learn the basics of how to use the appropriate equipment, where to do so, and at which time of the year to do so. As a member, one can borrow a telescope for personal use.

With the different seasons of the year, different stars and constellations become visible. These include Orion on the Hunter's belt, The Great Bear (Ursa Major), The Little Bear (Ursa Minor), Leo and Cassiopeia Constellations. He was able to observe outer space including Andromeda galaxy and nebulae. A fond memory from those days was his wife and son joining him for a meeting and they observed, at 2 AM, Jupiter with its red spot, planet Mars rising and the planet Venus. Andromeda galaxy rises at 2:15 AM. To the naked eye it appears like a haze. Polaris (The North Star) does not move. Traditionally sailors used it as a guide on the open seas. Under a telescope, the North Star is seen as twin stars that are blue in color. The International Space Station (ISS) can be seen with the naked eye in the early hours of the morning between 4 and 6 AM, depending on the time of the year. There are apps for use on the phone which inform one when the ISS is passing over a location.



The Northern lights are on many people's bucket lists. There are groups on social media that highlight potential sightings and where and when to do so. Vijay too has endeavored to view the Northern Lights. He has sighted it twice out of his twenty attempts. One time he observed it in the upper Michigan Peninsula at Au Train Beach, Lake Superior 170 miles north on M27. The wide arc of the skyline there ensures great visibility. Other good locations for sightings include the Governor Thomas State Park at Crivitz, Copper Harbor in Michigan and Mackinac Island. Travel of about three to four hours in one direction is usually called for, and patience and luck are key to successful sightings. Smart phone applications advise on cloud cover predictions.

**However, these are difficult to read, and until one's skill improves in this area, it is best to discuss with other amateurs the conditions before one head out for the night.**

**Star parties are a good way to introduce family and friends to Astronomy.** This refers to a gathering of amateur astronomers to observe objects and events like meteor showers in the sky, usually in a designated dark sky spot. Participants bring telescopes and binoculars and spend the night in the outdoors making these observations together. No lights are permitted, including torches. People bring infrared flashlights as a headlamp to take notes and make drawings. In the US, notable star parties include the annual Winter Star party in the Florida Keys, the mid Atlantic Star party on the east coast, the Oregon Star party and the Texas Star party. Around here, the number of clear nights is about 65 a year which is much less than the West Coast.

Like many kids, Vijay grew up fearing ghosts and the dark. By the time he was an adult he overcame these fears. His inclination to spend time in nature led him to run an adventure club in Coimbatore, India. He led groups on adventure hikes and raised money through these groups to help indigenous groups financially for their kids' education. He also had a keen interest in rescuing snakes from human settlements. With this background experience, he found no difficulty in adjusting to nightly excursions to lonely dark wooded spaces in his pursuit of the heavenly bodies. There are no safety concerns regarding attacks from animals in the wild. Most of the time he has no company and time passes slowly. There is usually no network coverage for phone use.

During these excursions he always carries a kit with him. This includes a hunting knife, 2400 lumens torch, a whistle, a fire alert, a lighter and a waterproof matchbox. For photography buffs, to shoot the night sky, a special lens is required, such as Astro tokina 11-16mm f/2.8 with SLR digital technology, along with a sturdy tripod and a remote. In the winter additional challenges to keep warm warrants winter gear such as hand warmers, body suit warmers, thermal clothing, and warm boots in addition to a warm jacket.

Vijay shared a few stories from his trips. Police frequently stop and question him, especially if they had stopped on the roadside to take photographs. Usually, the police are easily reassured and sometimes they redirect him to a better viewing spot! One time he was the only person in the Newport State Park in the middle of the night. The Park Ranger spotted him and stayed with him for several hours. One winter, he reached the location in the middle of the night. He settled himself for a four hour wait. Later he realized that the ground beneath his feet was moving, and then he realized that he was standing in the middle of a frozen body of water.

Family support is vital to sustain this hobby. There are a lot of hours spent away from the family at night. Some of the positives of this hobby are that it is very relaxing and a stress buster. Sleepless weeknights devoted to this activity can come in the way of attending to one's job the next day. However, the passion and excitement allow him to function fairly well into the next day.

It is easy to get kids excited about Astronomy. Vijay takes the opportunity to talk to kids about astronomy whenever he can. It is a way of introducing them to practical aspects of science and math (for example, in the use of angles to locate objects in the sky) and in addition, gets the kids to spend time outdoors and stay out of trouble. Vijay is able to point out Sirius, the brightest star in the sky and brighter than our Sun. Children are able to recognize this easily.



Compelling and intriguing, this is one hobby where the sky is the limit. Star gazing promises time spent with nature and ourselves.

*Vijay has been living in Green Bay since 2015 with his wife and two young kids. He works in the software industry with Cognizant. He originates from Coimbatore, Tamil Nadu, India. He enjoys photography, cooking and collecting fossils which is in line with his philosophy of "Nature is God".*

## BRAIN TEASER

Anagrams are new words created from the letters of another word. For example, one anagram of the word EVIL is LIVE; another is VILE. Another example is STARCH, which has an anagram in the word CHARTS. Below are five words. See if you can come up with at least one anagram for each one.

1. MILES
2. GREASE
3. HORNETS
4. SCREAM
5. TRAINS

*Answers on page 32.*

## Solve the Magic Square Puzzle!

The sum of every row, column and diagonal must be the same!

30	39		1	10		28
	47		9		27	
46	6	8	17		35	37
5	14			34		
	15	24	33		44	
21	23		41	43	3	
22	31	40		2	11	20

*Solution on page 42.*

## QUOTE

Without your voice reminding me  
of why we never speak, I can  
allow myself to think you might  
be thinking of me, comforted  
by what we remember saying  
the last time we saw each other  
clearly. It's generous, silence.  
It makes me wonder how you are—  
it makes me want to wish you well  
-Silence In Plague Time, Thomas March


PHOTO BY MATTHEW DURRAN

## LGBTQ+: The Basics

By Tonie Bear

“LGBTQ+” is a term you may be familiar with. It stands for lesbian, gay, bisexual, transgender, and questioning (or “queer,” but this is a term that is only used by some and should be used with care). The “+” indicates other identities that are not included in this acronym, such as pansexual, asexual, non-binary, intersex, and two-spirit. Each of these words have specific meanings, but they are all part of the LGBTQ+ community.

What do these words mean? “Lesbian” refers to women who are attracted to other women in romantic and/or sexual ways. Similarly, “Gay” refers to men who feel attraction towards other men. You may hear “gay” used in a general manner to refer to a variety of these identities. “Bisexual,” alludes to people who are attracted to both men and women.

“Transgender” indicates a person who identifies as a gender that is different to which they were assigned at birth. For example, a baby might be identified as a boy, based on their bodily anatomy. When the baby grows up, this child may feel more like a girl, wanting to dress in girls’ clothing and engage in activities typically associated with girls. The child may want to identify as a girl at home, in school, and among their friends. This is referred to as “transitioning.” As the child grows older, further steps may be taken in the transitioning process, such as hormone therapy or gender-affirming surgery, if desired by the individual. The process of transitioning is unique to each individual.

“Questioning” implies someone who is not sure if they identify as LGBTQ+. People who are questioning might try out different labels to see how they feel. “Queer,” refers to multiple LGBTQ+ identities. In the past, the word “queer” had been used as an insult. It is preferable to avoid addressing people as “queer”, unless someone from the LGBTQ+ community specifically asks that you to call them by that term.

“Two-Spirit” is used by some Native American tribes to describe LGBTQ+ identities. The exact meaning depends on both the tribe and the individual who identifies as Two-Spirit. People who are not a part of a tribe or culture that uses this term cannot identify as Two-Spirit.

“Non-binary” suggests someone who does not identify in gender neither as a man nor as a woman. This person might have an entirely different word to describe their gender, or not identify with a gender at all. This term can be particularly confusing for people who are not familiar with the LGBTQ+ community, but it is important to know, in the context of inclusive language. There are many other terms to describe the LGBTQ+ community, far too many to cover here.

Inclusive language describes a way of speaking that does not exclude certain people or cultures. When talking about the LGBTQ+ community, gender is often a reason for people to feel excluded. For example, if you are having a conversation with a female co-worker about dating, you may ask if they have a husband or boyfriend. However, if the co-worker is a lesbian, she might feel uncomfortable by that question. Instead, “do you have a partner?” or “are you dating anyone?” is an inclusive way to speak.

Another essential part of language to note is the use of the pronouns “they” and “them.” This is becoming more common and you may see it at work or other places. These pronouns refer to an individual without assuming what gender that person identifies as. It is also inclusive of people who identify as non-binary.

An additional significance of inclusive language is to respect a person’s preferred name. Sometimes people who are Two-Spirit, transgender or non-binary might change their name from their given name. This change might not yet have been made legal. If you work in Health Care or in Human Services, you may perhaps see forms asking patients or clients to write down their “preferred name” along with their “legal name.” Being called by their old given name might feel uncomfortable or even hurtful. Calling a person by their preferred name allows you to use the name they are most comfortable with.

LGBTQ+ folks often face discrimination. People who are “different” are frequently bullied or excluded. Youth, in particular, are often the target of bullying. However, prejudice is a problem for adults too, especially in the form of laws and policies. For example, in some states it is legal for an employee to be fired if they are LGBTQ+. In Wisconsin, this is against the law for gay, lesbian, and bisexual people. Transgender people are not protected by this law. Certain cities and counties have passed ordinances protecting transgender people from discrimination. In 2017, De Pere passed an ordinance that protected transgender people from discrimination by employers and landlords. It was challenged by some local organizations, but thanks to support from the community, the ordinance stayed in effect. Unfortunately, Green Bay does not have similar protections.

Awareness of these struggles helps people who are not members of the LGBTQ+ community to be allies. Being an ally connotes standing up for the rights of other people. When De Pere passed the non-discrimination ordinance, many people in the LGBTQ+ community and their allies attended the meeting to speak up in support of the ordinance. This helped to show the lawmakers that their community supported the ordinance. Knowing what the LGBTQ+ community needs can help you stand up for them in various ways.

#### Resources for information and support:

##### Local LGBTQ+ organizations:

###### *Diverse & Resilient*

(based in Milwaukee and Appleton but occasionally have events in Green Bay)

<https://www.diverseandresilient.org/>

<https://gsafewi.org/links/#northeast>

And, national resources:

*Gay, Lesbian, and Straight Education Network*

<https://www.glsen.org/>

###### *UWGB Pride Center*

(primarily for UWGB students, but they have community resources as well)

<https://www.uwgb.edu/pride-center/>

*Gay Straight Alliance for Safe Schools*

<https://gsafewi.org/>

###### *Napalese Lounge in Green Bay*

(LGBTQ+ affirming space, puts on LGBTQ+ events)

<https://www.napalese.com/>

*Parents, Families, and Friends of Lesbians & Gays*

<https://pflag.org/>

(PFLAG doesn't have a chapter in Green Bay; the closest one is in Door County. They do partner with some Green Bay organizations for events.)

###### *Vivent Health* (LGBT+ affirming health organization)

<https://viventhealth.org/>

*The Trevor Project*

<https://www.thetrevorproject.org/>

Here is a link to resources throughout Wisconsin:

Youth: On Facebook: LGBT Kids Quarantined

*Tonie Bear has lived in Green Bay for eight years and has volunteered for several community groups such as the UW-Green Bay Pride Center, March for Science, and the YWCA Community Services Committee. Tonie has a Bachelor's Degree in Underrepresented Youth Development from UW-Green Bay and is currently pursuing a Master's Degree in Cultural Foundations of Community Engagement and Education at UW-Milwaukee. When not in school, Tonie enjoys writing, baking, and playing with two kitty companions, Callie and Bean.*



## When you know what could have been!

Poem by Neema Afsal

You awaken, when you know What could have been!  
You are in peace and calm until you get a taste of What could have been.  
The mind then throws a fit with thoughts  
Of why things aren't What they could have been,  
Of why it had been peaceful without What could have been,  
Of the worth of what there is and What could have been,  
Of the battles to fight for What could have been!

Had I not felt free that one time I chose for myself,  
The mind would have stayed blissful not knowing the joy of freedom.  
And there won't be no fight to be independent.

Had I not felt empowered with that one recognition from myself,  
My mind would have been content not knowing that I could be better.  
And there won't be no aspiration.

Had I not tasted the thrill of that win or that failure of so many times prior,  
The mind would have been calm not knowing the glory of victory.  
And there won't be no battle.

Had I not been calmed by the welcome of that one kind smile,  
The mind would have been saved from the pain of exclusion so many times after.  
And there won't be no struggle to belong.

Had I not felt the magic of that one glance of attraction and adoration,  
The mind would have been in peace not knowing the euphoria of being in love.  
And there won't be no craving to be loved.

Sometimes I wish though that I don't see, hear, feel or know no more,  
Then my mind can stay blissfully ignorant of What could have been!

*Neema Afsal is a software engineer. She has been living in the Green Bay area for the past 12 years. Neema enjoys the calm and privacy that Green Bay offers. Neema is a music and movie lover who occasionally ventures into writing prose and poetry.*





## Women's Suffrage - A Centennial

By Shveta Pant

The most recent presidential elections was momentous and not only because it was held in the middle of the worst pandemic in recent memory. In light of this great democratic process this article honors an important milestone that occurred a little over a 100 years ago. The United States Congress passed the 19<sup>th</sup> Amendment to the Constitution on June 4, 1919. It declared, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex" and that "Congress shall have power to enforce this article by appropriate legislation".

The origins of the Suffragist Movement can be traced to John Locke (1632-1704) - the English physician and Renaissance philosopher. Drawing on Lockean principles, Thomas Jefferson declared in 1776, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Historian Carl L. Becker wrote in 1922, "Most Americans had absorbed Locke's works as a kind of political gospel; and the Declaration, in its form, in its phraseology, follows closely certain sentences in Locke's second treatise on government."

The World Anti-Slavery Convention, held in London in June, 1840 with the exclusion of women, accorded momentum to the suffragist movement in the United States. The Seneca Falls Convention was the first Woman's Rights convention and was held in Wesleyan Chapel in Seneca Falls, New York from July 19-20, 1848 "to discuss the social, civil, and religious condition and rights of woman." Elizabeth Cady Stanton (non-Quaker), Lucretia Coffin Mott and Martha Coffin Wright (Quaker women) were the organizers. They presented the Declaration of Rights and Sentiments and a list of resolutions. Almost 300 men and women attended the convention and the suffragist resolution was endorsed by 100 attendees, predominantly women. Fredrick Douglass was the only African American participant and signatory. It was the only resolution that failed to garner unanimous support.

**Susan B Anthony****Elizabeth Cady Stanton**

Elizabeth Cady Stanton, the author of the Declaration of Rights and Sentiments, emulated Thomas Jefferson's Declaration of Independence. She candidly declared in the introductory paragraphs that "We hold these truths to be self-evident: that all men and women are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are life, liberty, and the pursuit of happiness; that to secure these rights, governments are instituted, deriving their powers from the consent of the governed. Whenever any form of government becomes destructive of these rights, it is the right of those who suffer from it to refuse allegiance to it, and to insist upon the institution of a new government, laying its foundation on such principles, and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness."

1869 marks the inception of women's suffrage organizations. The discord over the 15th Amendment split suffragist activism into two organizations - the National Woman Suffrage Association (NWSA) and the American Woman Suffrage Association (AWSA). The 15th Amendment, passed in 1870, granted that "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude." The NWSA opposed it as it did not accord suffrage for women while the AWSA supported it as they believed that progress in voting rights should not be stalled and women's rights can be pursued after Black male voting rights were granted.

Elizabeth Cady Stanton's and Susan B. Anthony's paths crossed in 1851. They founded NWSA with its headquarters in New York City. They espoused woman's rights to education, divorce and suffrage through their newspaper called the Revolution. The motto of the periodical was "Men, their rights and nothing more; women, their rights and nothing less!" Lucy Stone, Julia Ward Howe and Henry Blackwell formed the AWSA in 1869 as a single issue (suffrage) organization.

Other contrasting attributes made the two organizations distinct from each other. For instance, AWSA had both men and women members while NWSA had only women members. Furthermore, the AWSA pursued campaigns at the state level while the NWSA chased a federal constitutional amendment. In the presidential election of 1872, Susan B. Anthony was arrested and tried, in New York, for illegally casting a ballot for Ulysses S. Grant. A further 15 women were arrested for the same reason.

The Woman's Christian Temperance Union (WCTU) founded by Annie Wittenberg reinforced the women's enfranchisement movement in 1874 - resulting in a backlash from the liquor industry because it feared that women would potentially vote for Prohibition. Additionally, businesses exploiting children opposed suffrage because they believed that women would vote to abolish child labor. In 1890, the NWSA and the AWSA consolidated into the National American Woman Suffrage Association (NAWSA). Their initial membership of 7 thousand grew exponentially to 2 million. Its pivotal figures were Susan B. Anthony, Elizabeth Cady Stanton, Carrie Chapman Catt, and Lucy Stone.



**Wyoming women voting.**

Wyoming became a territory in 1869 with a provision for women's right to suffrage and holding public office, voted for by an all-male legislature. In the 1880s approximately 90% women exercised suffrage and in 1890, Wyoming became the first state to grant women the right to vote. It had applied for statehood in 1890 after fulfilling the population sufficiency criterion.

The National Association Opposed to Women Suffrage (NAOWS) was founded in New York in 1911 by Josephine Jewell Dodge. Its members comprised of wealthy women and plantation owners who wished to maintain women's status quo - women belong to their hearth and home- and felt that enfranchisement would not only debase women but would also inspire minorities to crusade for their rights.



**Anti-Suffrage Cartoon by E.W. Guston**



**Carrie Chapman Catt**

Woman suffrage was proposed in Congress in 1878 and the Senate voted on it unsuccessfully for the first time in 1887. However, the progressive era spanning 1890-1925 infused vigor into the suffragist movement. Women from across a broad cross-section of the society made a foray into public life. Their widening roles fueled this political campaign.

Following Susan B. Anthony's retirement in 1900, Carrie Chapman Catt became the president of NAWSA. She strategically supported the First World War to align suffrage with nationalism. This won President Woodrow Wilson's support and commitment to suffrage in 1918.

In 1914, a constitutional amendment for women's rights was proposed again only to be dismissed by the Senate. The Republican U.S. Representative James R. Mann from Illinois proposed the resolution supporting enfranchisement on May 21st, 1919. Eventually, on June 4th, 1919 the Senate passed the 19<sup>th</sup> Amendment, guaranteeing everyone the right to vote irrespective of sex, and it was ratified on August 18<sup>th</sup>, 1920 with Tennessee being the 36<sup>th</sup> state to do so. It was nicknamed the "Anthony Amendment" for Susan B. Anthony.

Many women of color were however, still not afforded their right to vote. Native American women could exercise their right to vote after the Indian Citizenship Act of 1924. Latinx women faced obstacles such as the use of literacy tests. The efforts of suffragists like Luisa Capetillo led to voting rights for all Puerto Rican women in 1935. While native born Asian American women were given citizenship, many were denied the right to vote and Asian American immigrant women were excluded from voting rights until the Immigration and Nationality Act of 1952. Although Black women initially worked side by side with white suffragists, discrimination against Black women in the women suffrage movement became apparent. African American women were told to march at the back of parades, such as the 1913 Women's Suffrage Parade in Washington. The only African American women's organization to participate was Delta Sigma Theta Sorority. Their 22 founders marched as their first public act despite the exclusion of Black women in voting rights campaigns. Black women gained the right to vote with the passage of the Voting Rights Act of 1965.

After a long campaign lasting close to a century, all women in the USA succeeded in gaining enfranchisement. Women's rights had important social, political, and economic ramifications. Today, women have expanded their roles and are able to have more agency in their own lives and that of their communities.

*Shveta Pant received her MBA with a focus in Communication and Marketing, from Louisiana State University, in Shreveport in 2009. In her free time, she enjoys reading, writing and teaching. She has been residing in Green Bay since 2017. She believes Wisconsin has a lot to offer in terms of natural beauty and both indoor and outdoor activities.*



## A Lesson From Locums

By Dr. Bintou Gassama

**What is locum tenens? That is the most frequent question I get when I mention what I do for a living.** According to Oxford Languages, locum tenens means ‘one holding a place’ – which is exactly what I do. As a locum psychiatrist, I go where I’m needed. Should an outpatient psychiatrist retire leaving patients that require ongoing care, I hold their place while the health care system finds a permanent psychiatrist to replace them. Should an inpatient psychiatrist go on vacation, I hold their place, and admit and care for patients while they are away.

I did not intend to become a locum physician, but rather stumbled into it through introduction and encouragement from a dear friend of mine. My friend and I both graduated from the same residency program in the great city of Tampa Florida. While our batch mates were moving into permanent positions in some healthcare system somewhere, my friend stated that she was going into locums where she could work as needed and take as much time off as she wanted. At first, I could not wrap my head around this. However, in about a year, I joined her in this career path.

When my recruiter informed me of a wonderful opportunity in Duluth, Minnesota, I said “sure”! Originally from The Gambia in West Africa, I wasn’t afraid of living in a new place. I came to the United States when I was nine years old and spent the rest of my childhood in Georgia. It took some time for me to adapt to living in the United States. However, by the time I had finished university, medical school and residency, I was confident that I could live anywhere. In Duluth, my assignment was to hold a place and provide continuing care for the patients of two outpatient psychiatrists who had retired.

When I arrived in Duluth, in August, I was beyond delighted. Duluth was in its full autumn glory, situated right next to Lake Superior. The water, the sunsets, the lighthouses, the parks... I loved it all. Living in the downtown area, I was right in the middle of everything that this charming city had to offer. I was able to walk by the lake and enjoy the lake walk trail almost daily. In the evenings, I was able to walk down to dinner or happy hour. Every Wednesday, I would enjoy the sailing race put on by the local yacht club. While at Duluth, I was fortunate enough to get close to one of my co-workers who also enjoyed the outdoors. We started on an adventure of hiking the Superior hiking trails. By the time I finished my assignment in Duluth, we had hiked from Duluth all the way to Superior, Wisconsin.

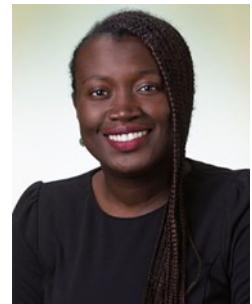
Upon arrival, what I did not realize about Duluth was its transformation into a frozen tundra every winter. Nevertheless, although completely frozen over with piles of snow everywhere, Duluth retained its beauty with Lake Superior frozen on its shores. Despite the weather, walks by the lake continued, but now aided with a parka, winter boots and hot hands. One fortunate discovery I made during my first winter in Duluth was the music department at the University of Minnesota – Duluth campus. As a music enthusiast, I felt very lucky to have access to so many recitals and performances – especially in such a relatively small town. The department had weekly performances, which were open to the public, which gave me much to look forward to. Overtime, being a frequent attendee, I met a professor from the University who eventually became a good friend as well.

My primary lesson from my first locums experience is the importance of connections.

A salient type of connection is, of course, with people. Now, if this was 20 years ago, I think I would have struggled with being alone. However, with unlimited minutes and text messaging, not to mention WhatsApp, I had no trouble staying connected with friends and family. Moreover, with my new friends, I made an effort to spend as much time as possible with them. However, it is not lost on me that I would have not even started locums had it not been for a friend who literally changed my life. My experience so far has reinforced the importance of friendships as a source of enjoyment, reassurance, networking, and guidance.

Another form of connection that was fundamental in my experience was to the city I lived in. Arriving in Duluth, I did not know much about the city nor did I know a single person. By the time I left, I felt very connected to Duluth. I had attended recitals, opening nights at art galleries, parks, dinner parties, saunas, happy hours, jazz lounge, restaurants, dinners, a lecture, hiking trails, and so much more – I felt very much at home in Duluth. I still feel connected to Duluth, a place I was able to live in because of being a locum.

*Dr. Bintou Gassama is a travelling psychiatrist from Tampa Bay, Florida. She has been in Green Bay for just under a year. Outside of work, she enjoys cheese, hiking, being around water and having new experiences – all of which Wisconsin has provided in abundance.*



## The ZikSA Film Festival

By Manali Gavankar

Ziksa Inc. is a women led non-profit organization that aims to create awareness of various issues in the community through Art. Lavanya Surendar is the founder of the organization and she resides with her family in the Fox Valley.

The team behind ZikSA comes from diverse personal and professional backgrounds, and Art binds us together. Some of us have a deeper appreciation and a natural inclination towards Art, while others are artists themselves. To share Art easily our organization has been working on building a network of and providing an online platform for artists and creators from around the globe. The goal is to make the process easier for artists to present their work with art lovers.

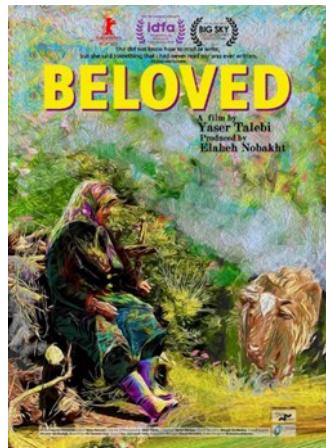
Film and media are excellent tools to engage communities. Many of us consume entertainment in the form of movies and TV shows. During the COVID -19 pandemic the art industry has taken a huge hit, but it has also paved the way for innovation. The pandemic forced all of us to stay home, resulting in people tuning into entertainment from the safety and comfort of their home. It was one of the few comforts in an otherwise terrible situation.



This precedent set the stage for us at ZikSA to organize our very first Film Fare Summer Festival, virtually. ZikSA Film Festival is planned as an annual event and this year's theme was 'WORLD CINEMA: RACE, CLASS, and VOICE'. It premiered on YouTube and Facebook during the weekends, from June 19<sup>th</sup> (Juneteenth) to the 4<sup>th</sup> of July.

We had been mulling over this idea since the end of 2020 and we kicked off the process of inviting filmmakers to make their submissions by February 2021. We received an overwhelming response from different corners of the globe! Altogether, we gathered 222 films. In addition to sharing the films as an art form, we also wanted to focus on the stories that the filmmakers set out to capture through their craft. In most film festivals, it is commonplace to celebrate and showcase technically sound films. In contrast, ZikSA Film Festival intends to celebrate the stories that depicts social issues, without weighing in the production value of the film.

Representing diverse voices was the primary screening criteria. For example, we selected films like Tanko's Diary that captures the struggle of two women from a remote village in Nigeria to save their helpless and sick son. We observed that the filmmakers may not have had the best equipment and technology available to shoot and to deliver the best production value. We were proud to highlight unique stories and important issues through films such as 'Water Water Everywhere' by Maharshi Kashyap, from India. This film talks about the issues of annual flash floods in Guwahati, and how, in contrast, people struggle for drinking water daily in the same city. Also, documentary films like 'Beloved' which is directed by Yaser Talebi which intimately captures the life experience of Firouzeh, an 82-year-old cow herder from Northern Iran.



We were excited to premier our jury member Chandrika's short films, 'Rigor Mortis' and 'The Glimpse' as an in-house feature. Chandrika is an engineer turned independent filmmaker. She is a native of India and has been working in the U.S. for the past six years. Prior to attending the Motion Picture Institute for Screenwriting, Film Direction and Production; she completed her Master's in Mechanical Engineering with research in brain biomechanics from Michigan Technological University.

The process of organizing and managing ZikSA Film Festival 2021 was taken up by the five board members of Ziksa Inc. Besides Chandrika, the jury comprised of Lavanya Surendar, who is an educator, researcher and a performing artist; Rose Hegele, who is a Soprano and artistic collaborator; Renee Baker, who is a Filmmaker and Sonic Concept artist; and myself, a film set designer. Most of us were relatively new to the process of organizing a film festival. Being a virtual event, our festival came with its own set of challenges. Fortunately, Chandrika introduced us to an online platform, Film Freeway, which eased the process. Film Freeway is a website that allows filmmakers to submit their movies to hundreds of International Film Festivals. It is one of the most popular film submission websites in the world. Sundance, Raindance and other established festivals also accept entries through this website. We assigned 43 films to each jury member and then swapped our top 10 films. Each of us eventually shortlisted 6 films which resulted in a total of 26 finalist films. These 26 movies were premiered in the film festival. The jury then selected the top three films and these filmmakers were added to our network of artists.

The final array of films represented many from India, some from Iran, Turkey, Bangladesh, Portugal, Bosnia, Croatia, Brazil, France, Netherlands, Nigeria, United Kingdom and the United States. World Cinema indeed! We propose to publish interviews of some of the filmmakers on our platform. We are eagerly looking forward to our next year's event and we hope that you will join us!



*Manali Gavankar is a film set decorator. Hailing from India, Manali has been a chief collaborator on award-winning projects with a global scale and reach, like Netflix original Sense8, Hotel Mumbai, and Victoria & Abdul. She moved to the U.S. to pursue Masters in Production Design from Savannah College of Art and Design, and she continues to explore her craft.*

## BRAIN TEASER ANSWERS

1. MILES – SMILE, LIMES, SLIME
2. GREASE – AGREES
3. HORNETS – SHORTEN
4. SCREAM – CREAMS
5. TRAINS - STRAIN

## QUOTE

Again and again in history some people wake up. They have no ground in the crowd and move to broader deeper laws. They carry strange customs with them and demand room for bold and audacious action. The future speaks ruthlessly through them. They change the world.

-Rainer Maria Rilke



## Cricket in Green Bay

***Dr. Rekha Vijayan in conversation with Mr. Siva Kumar and Ms. Seema Harsha***

Come good weather and outdoor physical activities beckon. For those who enjoy playing sports many opportunities present themselves. Cricket is the most popular sport in India and the second most popular sport in the world. Almost everyone who has lived in India has played cricket at some point. Cricket is a social sport and the Indian diaspora carry with them their love of cricket.

Cricket is played between two teams of eleven members each. The grass field is usually oval in shape and varies in diameter from 450 to 500 feet. The perimeter is marked and is called the (outer) boundary. At the center of the field is a 22-yard pitch with a three stump wicket at each end. The pitch is soil covered with a minimal amount of grass. Teams take turns to bowl and bat the ball. The team that scores the most runs wins the match. The cricket ball is hard, and consists of a cork core wound with a string and then a leather cover stitched on. Players wear gloves, hard helmets and long pads to protect their knees and shins. Cricket is played in various formats such as a 5-day game (aka Test match), 1-day game (aka 50 overs-a-side) and 20-20 game (aka 20 overs-a-side). An over consists of 6 bowls of the ball. Two umpires oversee each match.



The United States national team was organized by the United States of America Cricket Association, which became an associate member of the International Cricket Council (ICC) in 1965. The first international match played by the United States was against Canada in 1844. The United States made its international tournament debut in 1979 at the ICC trophy in England.

Green Bay has an estimated 4% of Asians in the population. Many of them are of Indian origin. It has naturally followed that cricket would be a visible activity among this populace. In 2010, a few enthusiastic individuals started to play cricket informally amongst themselves at the Beaver-dam baseball ground. Green Bay Cricket Association (GBCA) was founded in 2012. GBCA is a registered nonprofit organization. They hold regular meetings and have volunteers in roles such as President, Vice President, and Treasurer. They collect membership dues. They are not affiliated with the US National cricket organization.

They use two venues in Green Bay to play the game. The primary venue is the Ashwaubenon sports complex (ASC). GBCA worked with Ashwaubenon to make an artificial pitch at a cost of \$14,000, with contributions from GBCA and Ashwaubenon. The pitch is a concrete slab covered by a coir mat. There is no fee to use this venue. Chappell Elementary School serves as a secondary venue. They rent it from the Parks and Recreation Department (PRD) at \$20 an hour. The PRD marks the grounds with spray paint or small flags. The boundaries are consistent with traditional cricket rules and is set at 60 yards from the pitch for the outer boundary. They do not use a traditional cricket ball. As a result no protective gear is worn. Instead, they use a hybrid tennis ball that is harder and heavier than a regular tennis ball. They buy them online in bulk annually. The hybrid ball creates more bounce and speed than the traditional cricket ball. The format they restrict themselves to is the 20-20 game. The above variations from the norm have been adapted for convenience, financial constraints and the number of volunteers.



They play three tournaments a year. The first tournament is in the spring and is considered a warm up tournament. The format is called Super Six for the six members-a-side and six overs-a-side game format. It is conducted over three weekends with about five matches a day with each match lasting an hour. Their biggest series is over the summer and lasts four months. It involves eight teams with the traditional eleven players-a-side and 16 overs-a-side game. They play during the weekdays evenings as well. Each match lasts three hours. In the fall, they compete for 3 weeks in 12 overs-a-side format. They have a scheduler and director for each tournament. Rain cancellations and reschedules make this a busy job.

**Each team pays a tournament fee, for instance, \$450 for the summer league. The umpires are assigned from other teams in the league that are not playing on match day. On an average, 110 men play cricket over the course of the three tournaments. Most of the players are of Indian origin, while others are from Pakistan, Sri Lanka and Bangladesh. Majority of the players are above the age of 30 years and are employed in the software industry. Some of them are college students from UWGB and nearby towns.**

**The spread of the participating teams are: six from Green Bay, two from neighboring areas such as Appleton, Oshkosh and Fond du Lac. The nearest town that has its own league is Milwaukee. Every year GBCA sends two consolidated teams to compete in the bigger Milwaukee league. This is played on weekends over two months. The GBCA teams have been consistently ranking among the top three teams in the Milwaukee league.**

**The GBCA has mostly catered to men's cricket. Their vision was to include women and children. This was set this in motion in 2015. Seema has been a key member of the ladies contingent and has been instrumental in mobilizing the participants. This started off as a one day camp. They coached them on the basic skills and then finished up with teams playing against each other. In 2018 they held a triangular series for women and children. This included practice sessions for three months leading up to the competition. Most of the participants were from Green Bay with some coming from Appleton. In 2019 they had wider participation and local corporate sponsorship with 25 women and 35 children. Competition day witnessed sponsors, uniforms, food, drink and trophies. They do similar fun events on the final day of the 3 men's tournaments and attracts 200 spectators.**

**Siva moved to Green Bay in 2016. Prior to that he lived in Colorado. In Colorado, he played in their bigger cricket league of 300 members. Here, he joined GBCA and was invited to be part of the Board in 2018 and has been the Vice President since 2019. Siva has been the head coach for both the women's and children's league.**

**GBCA has been involved in a few community events. They engaged in an event at the annual meeting of their main sponsor KFORCE Technology in 2019. Volunteers instructed the gathered employees and their family members on the basics of cricket.**

In 2019, Mr. Jaz Singh, a visiting high school teacher from Australia, used the help of the GBCA to teach students at Bay Port High school about cricket. This was a fruitful exercise, and the plan is to have more of these training sessions in local schools.



GBCA have relied on word-of-mouth awareness but hope to use marketing tools in the future. In 2020 and 2021 only the men played cricket, due to concerns around COVID. Some of the ongoing challenges have been availability of players due to summer family travel plans. Family support is essential as it is a significant time commitment. A thriving cricketing community is a great asset to this region. It brings people together and keeps their sporting culture alive. They are poised to strengthen this further in the years ahead.

GBCA Committee: President- Jay Patel, Vice President- Siva C Kumar, Secretary- Sankar Sathyamoorthy, Treasurer- Sidhaarth Ghai

Core members: Karthik Grover, Ramireddy Katterapalle, Honorable core member- Deepak Ahuja. Those interested may contact: [greenbaycricket@yahoo.com](mailto:greenbaycricket@yahoo.com)

<https://cricclubs.com/GreenBayCricketAssociation> where one can follow the current league

*Siva C Kumar is from Tamil Nadu, India. He has lived in the United States for almost fifteen years and has been in Green Bay for the last five years. He has an eight year old daughter. He works in the software field, for Schneider.*



## In Appreciation.....

By Sridevi Buddi

**Nancy Heykes is an embodiment of service, leadership and exemplary volunteerism.**

**As the Board Chair of IndUS from 2012-2019 Nancy guided us through 2 major transitions, one in 2014-2015 and another in 2018-2020. During the first transition, Nancy took an active role in mentoring the executive team and volunteering. This was despite the Board being passive in nature. The second transition saw Nancy supporting and facilitating my vision as the President of the Executive team in effecting major changes such as drafting new bylaws, and restructuring the Board as an active entity to ensure the sustenance and continuity of IndUS as an organization.**

**The mission of IndUS is to build Indo-American friendship and goodwill by serving the community through social, cultural, educational and charitable activities. The task of building goodwill between various cultures necessitates acceptance and inclusion, especially in the context of multilateral relationships. Nancy has devoted her time to developing camaraderie between diverse cultures such as Hispanic, Hmong, African American, and Native American cultures thereby solidifying America's rich cultural diversity. She remained actively involved even after she stepped back from the role of Board Chair in 2019.**

**Nancy's spirit of community service is evident in the pivotal role she plays on the boards of many non-profit organizations in the Fox Valley such as Goodwill and Harbour House. She continues to serve, after her retirement, on the board of CDFC (Celebrate Diversity Fox Cities, as the treasurer for Manitowoc Rotary club, pro bono counsel for Fox Valley Memory Project, and pro bono Counsel and Coordinator for NPLI (Non- Profit Leadership Initiative), which develops management and leadership skills in leaders of nonprofit organizations.**

**Nancy has mentored many leaders who have graduated from NPLI, including Oliver Zornow (Executive Director of Building for Kids and Board Governance Chair for IndUS) and myself. It is exacting to serve as whole heartedly as she does, despite not residing in the Fox Valley. On top of the number of hours she dedicates to an organization, the added hours for the commute has been extraordinary. In 2018, she was honored with the Walter L. Rugland Community Service Award for Lifetime Volunteer Leadership! Thank you Nancy for your contribution to IndUS, the Fox Valley community and for mentoring me! It has been a privilege.**

*Sri Buddi is an US American with roots in Indian heritage. Her passion for service makes her a volunteer in several non-profit organizations. She is a Strategic Mentor on the Board and was President of IndUS of Fox Valley from 2016-2019. She is the founding Rotary advi-*



## TRIVIA QUESTIONS

1. The country Ivory Coast is now known as what?
2. Volleyball was originally called what?
3. Who was the 1st human being sent into space?
4. The Boot is a nickname for which country?
5. What is the color of black boxes in aircraft?
6. How many separate pieces of wood make up a modern violin?
7. In which country was the Caesar Salad invented?
8. A group of frogs is known as?
9. Which is the world's most active volcano?
10. Which Asian river is extremely valuable because it flows through a desert area?

*Answers on page 42.*

## JOKES

During a lesson about adjectives, my friend, an elementary school teacher, asked her class to describe their mothers. One boy described his mother's hair as auburn.

Impressed by his sophisticated word choice, my friend asked, "How do you know her hair color is auburn?" Her student replied, "Because that's what it says on the box."

—Anonymous

My five-year-old, Matt, worked with a speech therapist on the ch sound, which came out k. The therapist asked him to say chicken. He responded with kitchen. They tried again and again, but it always came out kitchen. Undeterred, she pushed him for one more try. Matt sighed and said, "Why don't we just call it a duck?"

—Pamela Spinney

## IndUS News

Make Music Day. After a long hiatus from our education and outreach activities due to the pandemic, we had an excellent opportunity to participate in day-long activities on June 21<sup>st</sup>, 2021. Fox Cities Performing Arts Center (PAC) asked us to be part of this world-wide celebration of music. First launched in 1982 in France as the *Fête de la Musique*, it is now held on the same day in more than 1,000 cities across 120 countries. People pour into streets, parks, and plazas to share their music. It is free and open to the public.

Fox Cities PAC hosted three major events led by IndUS volunteers. Other sponsors included Community Foundation of the Fox Valley Region, Community First Credit Union, Heid Music, Building for Kids, Rock Garden Studio and The Heist. The celebration included a free open-air concert, an outdoor workshop and two virtual concerts. Jacob Woodford, Mayor of Appleton marked this day a Make Music Day in Appleton.

- Outdoor Open-Air Concert at Houdini Plaza (12:00 p.m. - 1:00 p.m.) Maria Van Laanen, President of PAC, opened the celebration. IndUS musicians performed live music. They included various genres: classical instrumental sitar recital by Shreekant Shah accompanied by Sutanu Sur on tabla and Dilip Tannan on harmonium, a violin rendition by a young artist, Sumedha Sur; Sufi, folk, and Bollywood songs by Dilip Tannan, Ishita Sur, Dheeraj Verma, and Shreekant Shah. Ritu Tannan and Ria Butala emceed the concert. The audience thoroughly enjoyed the lively music and many took to their feet, dancing their hearts out. Quoting one of them, "I could've listened to it all day." Click here to see the NBC news coverage of the concert. [https://www.facebook.com/watch/?v=168397045258743&notif\\_id=1624242099789207&notif\\_t=watch\\_follower\\_video&ref=notif](https://www.facebook.com/watch/?v=168397045258743&notif_id=1624242099789207&notif_t=watch_follower_video&ref=notif)
- Outdoor Dance and Music Workshop (3:00 p.m. – 4:00 p.m.) Fox Cities PAC hosted the workshop in partnership with IndUS and Building for Kids. Participants were led by members of IndUS in creating bell anklets and learning of their role in traditional Indian dance and music. The program started with Shreekant Shah playing sitar, accompanied by Sutanu Sur on tabla and Dilip Tannan on harmonium. There were musical instruments on display: a flute, a violin, a swar mandal (Indian harp), manjira and naal. They explained each instrument and answered questions from curious children.

- Lavanya Surendar demonstrated a romantic story in the traditional Bharatanatyam dance form. Anandi L. Silva Knuppel showed dance movements in the traditional Odissi dance form. An interactive workshop allowed the participants to practice dance steps. B. S. Sridhar was the master of ceremony. He shared interesting information on many facets of dance and music. A craft activity of coloring Indian dance pictures engaged little kids.
- Virtual Concerts (7:30 p.m.) In a pre-recorded Maria Van Laanen interviewed Madhuli Bhave-Bhide of IndUS, who spoke of and demonstrated Hindustani classical ragas and their intricacies. It can be viewed  
<https://www.facebook.com/>  
[FoxCitiesPerformingArtsCenter/videos/2853656201614277](https://FoxCitiesPerformingArtsCenter/videos/2853656201614277)
- Feed the Dog (8:00 p.m.), a local band, performed a live concert streamed from Rock Garden Studio. Can be watched at <https://www.youtube.com/watch?v=8-8i55yJcmw>

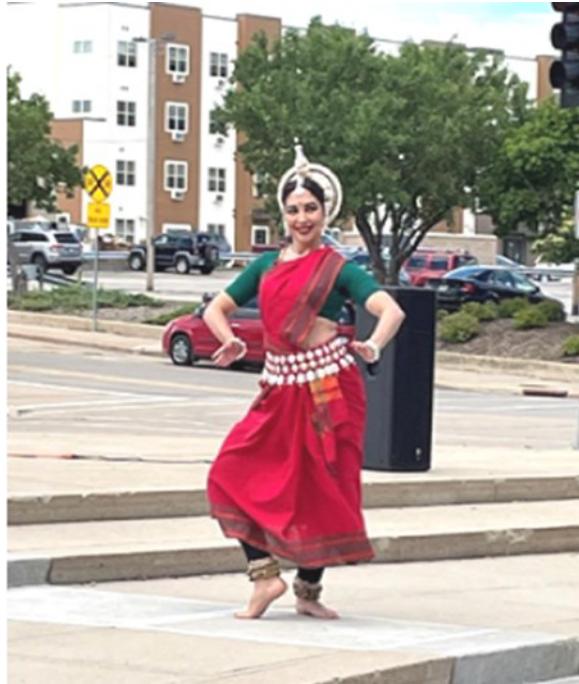


## SEVA

In January 2018, a group of five ladies chose to make a difference in their community by serving at the New Community homeless shelter. That group was formalized under IndUS as Green Bay SEVA and has grown in size to 31 ladies. Each year we have served on at least ten days with a squad of about six volunteers on each day. Our volunteers have ranged in age from pre-teens to 60's. The crew plans the meals, buys the groceries, prepares the meals on site and serves it to the public in attendance. On an average, we serve 170 people on each day. We make a difference while having a blast with the troupe. Sadly, due to Covid -19, the shelter shut down for volunteers. During that time, the SEVA group donated \$3000 to the shelter. Volunteering has now resumed and we have completed two service days this summer.



Appleton SEVA will resume lunch services at Salvation Army on September 11, 2021. We will be serving under a carefully redesigned environment with due regard to post-pandemic health and safety concerns. Due to another volunteer body seeking an opportunity to serve, Salvation Army has requested us to serve only on the second, fourth, and fifth Saturday of each month. If you would like to join the IndUS volunteer team, please contact Dr. B. S. Sridhar at [rotariansridharb@gmail.com](mailto:rotariansridharb@gmail.com).



### Mark your calendar

August 21<sup>st</sup>, 2021. Celebrate Diversity in Fox Cities (CDFC) will hold their annual volunteer recognition and cookout in Jefferson Park in Menasha. IndUS is a co-sponsor of the event. We will contribute entertainment, make mehendi designs and bring delicious food to share.

September 18<sup>th</sup>, 2021. Rhythms of the World will celebrate dance and music from around the world at Houdini Plaza, downtown Appleton. Several community organizations, including IndUS are involved in planning this extravaganza.

November 20<sup>th</sup>, 2021. IndUS of Fox Valley will hold its annual Banquet at the KI Convention Center, Green Bay with the theme ‘Winds of Change.’

## Curio Corner

### Dal

By Jamila Seaton



A favorite and loved dish made from pulses

Pulses are legumes (split peas, lentils, beans)

The word dal comes from Sanskrit, *dal-* “to split”

Caribbean style dal is usually spelled “dhal” and uses primarily yellow split peas

Dal originated in the Indian subcontinent

Versions of dhal puri and dhal have become staples for Indian diaspora in many countries, including Guyana, Trinidad and Tobago, Jamaica, Suriname, South Africa, Mauritius and Fiji

Split mung beans (mung dal) is most popular in Bangladesh and in West Bengal, India

Pigeon pea version is called *Toor dal* in Hindi

Dal is typically eaten with rice, chapati or naan

It is rich in protein, fiber, iron, manganese, folate and other dietary minerals and nutrients

### TRIVIA ANSWERS

1. Cote D'Ivoire
2. Mintonette
3. Russian Cosmonaut Yuri Gagarin
4. Italy
5. Orange
6. Seventy
7. Mexico
8. Army
9. Hawaii's Mauna Loa
10. The Indus river

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