AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994: Volume 23 Issue 6 June 2022

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AHIA CELEBRATES BAISAKHI 2022 at MADISON Function Centre DURAL on May 28,2022



AHIA President's Report

Hello Every One,

I hope you all are keeping well and ready to rug up for the wintery months ahead. We are continuing with our face-to-face Senior's Meeting on Saturday 11th June'22 at the Wentworth-ville Community Centre. On this day AHIA will also conduct a Special General Meeting to make a few changes to AHIA's Constitution. In brief, it is just to bring our financials into the electronic transactional era. Recently an email was also sent out to all AHIA members giving details of the changes proposed.

I urge you to consider the changes and come to the meeting on Saturday 11th June'22 and give your support.

Last Saturday we celebrated Baisakhi function at the Madison Function centre with great success. I like to thanks all the AHIA members who attended this function. It is my pleasure

to work with such hard-working EC Team who made it all possible.

Our sincere thanks to Dr. Hari Harinath, Chair, Multiculturalism who attended Baisakhi celebrations. And thanks to Multicultural NSW for making available part grant to celebrate Baisakhi.

Further, the EC has decided to celebrate Baisakhi with Seniors as well on the Saturday 11th June'22, please join us again.



See you all at our next meeting and until then please take care and stay safe.

With best wishes

Sushma Ahluwalia President, AHIA



AHIA Secretary's Report for June 2022

Dear Members,



Hope you are all well. We are now entering the peak winter season while the unseasonal rainfall and wild weather on the East Coast continue. Please take good care of yourself.

On a positive note, we have received wonderful feedback from members who attended the Baisakhi celebration lunch function on 28 May 2022 at Madison Function Centre, Dural. AHIA appreci-

ates Dr Hari Harinath, Chair, Multiculturalism NSW for attending the function on behalf of Hon Mark Coure, MP. It was indeed a great venue with quality and variety of Indian food and meeting and greeting friends.

The seniors' meeting on 14 May 2022 went extremely well as usual. Sushma Ji's welcome address and good wishes for members' birthdays and anniversaries, followed by Bhajan by Mrs Urmila Nanda, a short speech on Mother's Day by Mrs Sardana and Mr Ashok Kumar, a duet song by Mr Ravinder Gupta and Mrs Poonam Gupta and many members participated

in the singing session. We thank all the members who participated in the singing session. Members then enjoyed playing Bingo while the tea and snacks were served by our kind volunteers.

We apologise for several emails sent to you on 27 May 2022 through our website due to an IT issue which is being looked at by our Executive Member Raj Batra Ji. As included in the email of 27 May 2022, we have convened a Special General Meeting on Saturday, 11 June 2022 for the approval of a few amendments in AHIA's constitution. It will be held from 1 pm to 4 pm on Saturday, 11 June 2022 in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145. After the special general meeting, the agenda includes the Baisakhi celebration, particularly for seniors and our usual seniors' meeting program.

We look forward to seeing you on Saturday, 11 June 2022.

With best wishes,

Mohinder Kumar Secretary, AHIA

June 2022 AHIA Sandesh & Seniors Newsletter

AUSTRALIA has voted for a change. Anthony Albanese is the choice of the nation as their new Prime Minister. Labor has won the majority in the House of Representatives, securing 77 seats out of 151. The coalition will have 58 and the Greens four, with the remaining 12 shared between various independents. It is a kind of sweet 'revenge' as the Labor party, headed by Bill Shorten lost to Scott Morrison in 2019,the

Scott Morrison after losing the elections has been replaced by Peter Dutton, as the Leader of the Opposition. Coalition's other partner Nationals too have a new leader. David Littleproud has taken over the reigns of the party from high profile

Barnaby Joyce.

Anthony Albanese went into action on international scene immediately, even before the results of the election were finalised. He along with his Foreign Minister Penny Wong went to attend the 'QUAD' meeting in Japan. He had the occasion to meet US President Joe Biden, India's Prime Minister Narendra Modi and Japan's Prime Minister Fumio Kishida. This



'unlosable' election. Consequently Anthony Albanese took the Labor party command and delivered them the victory.

Some of his new team of ministers have a lot of previous experience, as they have served in Rudd and Gillard Labor Governments.



Mr Albanese was deputy prime minister under Kevin Rudd in 2013.

13 out of the 30 ministers sworn in

at Canberra's Government House on Wednesday are women, the largest number to serve in



to the new positions.

an Australian Cabinet. The new government will also include two Muslim ministers: Ed Husic and Ms Anne Aly. Both were sworn into their positions during a ceremony at Government House on Wednesday using the Quran - as they affirmed their commitment

meeting in Tokyo was very significant for India as well. The Russian-Ukraine war has put a lot of pressure on India. India has not condemned the Russian invasion and had abstained at the UN voting. India has long enjoyed friendly relations and a close defence relationship with Moscow; most estimates suggest more than 50% of India's military equipment comes from Russia. India cannot afford to lose Russian support and supplies in view of border threats from China and Pakistan.

PM Modi seems to have been able to convince its Quad allies about India's position.

"India isn't looking at the situation in Ukraine in terms of their relationship with that country - it's thinking about the dangers in its own backyard", Happymon Jacob, an associate professor of diplomacy and disarmament at the Jawaharlal Nehru University in New Delhi, said.

Santram Bajaj



'Sandesh' is AHIA's Newsletter and is published every month.

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INSIDE THIS ISSUE

** The Cartoons/pictures are courtesy various Newspapers. **The Content and the opinions expressed in the writings are the responsibility of the writers concerned.

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AHIA celebrates Baisakhi in style!

With a lot of fun, song, and dance, AHIA celebrated the Baisakhi festival on 28 May at the Madison Function Centre, Dural.

Baisakhi, although mostly celebrated in the north of India, is celebrated in the other parts of India, in various forms. Traditionally Baisakhi welcomes the month of Vaisakh, which according to the Hindu calendar falls in April/May. True to the calendar period in India, it is culturally celebrated as a festival of Harvest. Farmers, particularly in the Punjab, use Baisakhi as an opportunity to give thanks for a plentiful harvest and pray for a good one in the years to come.





In 1699, Guru Gobind Singh chose the festival as the moment to establish the Khalsa - that's the collective name given to Sikhs who've been baptised. The story goes that at the festival, he came out of a tent carrying a sword and said that any Sikh prepared to give his life for his faith should come into the tent. Five men disappeared into the tent, and the Guru came out - alone - with blood on his sword. This worried the crowds. That is until the five men then came out from the tent unharmed and wearing turbans. They became known as Panj Piare or the 'Beloved Five' - and they were to be the first members of the Khalsa. They were baptised by the Guru who sprinkled them with Amrit, which is the Sikh word for holy water. He also said prayers. This ritual

became the basis of the Sikh baptism ceremony. (courtesy BBC)

The guests arrived at the Madison function centre, dressed in festive colours and were welcomed with a warm cup of chai and delicious chaat. MC for the event Preeti Thandani welcomed the VIPs Dr Hari Harinath OAM, Chair of Multicultural NSW and Pawan Luthra, Indian Link. The program started with dances presented by lovely little talents from Juhi Bhavsar's Nithyan Dance group. Pawan picked up the mike and did a 'roving microphone' as he moved around the hall asking guest what their special memories were from Baisakhi in India. Everyone really enjoyed the interactions as they recollected memories of their childhood along with some joining in with a song!

Ajay from Madison centre, aka Maya da Dhaba, was personally taking care of the entire catering. He kept all well fed with delicious, unlimited food and drinks which included a sumptuous buffet with hot dosas being prepared on demand! A spread of mouth-watering deserts was topped up by hot jalebis prepared in front of you!

No Indian event is eventful enough if it doesn't have Bhangra! The mood was set by a live Dhol player welcoming people to the dance floor. The DJ Aj ensured people kept dancing on the floor with his selection of appropriate lively music till the very end.

All in all, it was a great enjoyable day!! Thanks to the AHIA EC team that helped put this together. The event organised by AHIA was partly sponsored by the grants from the NSW Government.

Vivek Bhatnagar

June Birthdays and Wedding Anniversaries

Happy Birthday to

Asha Rani
Asha Rani Nath
Asha Sanghi
Ajaib Sidhu
Braham Prakash Sharma
Chander Chopra
Chandrakant Modi
Girdhari Relan
Gurdeep Sekhon
Gurdial Mahajan
Lalitha Shetty
Madan Mohan Dutta
Prem Bhargava

Ramachandran Nagainellur Rattan Shah Singh Satya Bhardwaj Saurabh Kaushik Suman Bhargava Veena Masson Vimla Sharma

Happy Wedding Anniversary to

Mr. and Mrs. Vipin and Anita Khosla

Mr. and Mrs. Harjit Singh and Paramjit Grewal

Mr. and Mrs. Sandeep Bansal and Neeti Gupta Mr. and Mrs. Sohan and Harjit Kaur Grewal Mr. and Mrs. Surjit Kumar and Sita Devgan Joshi

Mr. and Mrs. Vijay and Neena Badhwar

HAPPINESS

Everyone wants to be happy. We should develop our will to be happy. We are all children of God, and He loves us all. It is, therefore, our birth right to remain happy. Everyday happiness is based merely on senses or some worldly pleasures, relationship, such as happiness at the birth of a child, satisfaction from a well done job or promotion or the purchase of a new car or property and so on. We should have balance between materialistic and spiritual life which causes happiness and peace of mind.

If we live in the Will of God and if we are grateful to Him, whatever he has given to us, then we feel extremely happy. Then we treat happiness and sorrow on the same footing. Acceptance and gratitude help us to be lighter and live in positivity. Peace of mind will support our positive outlook.

Everybody wants to be happy within. When you have happiness within, you want to share it with others. And when you have happiness within, you cannot help radiating happiness and sharing it with others. You go to a happy person; he will automatically make you happy. He will relax you in two minutes. If you go to a miserable person, he will make you miserable within a very short time.

A French writer has said that "God is a comedian to an audience that is too afraid to laugh." If the Lord created human being in his own image and if he is full of joy, then who stops us from laughing? The choice is in our hand – we can choose to laugh or choose to mourn. As the Lord is all compassionate, loving and kind, surely he has a sense of humor.

For keeping us happy we should cut short our desires and needs. If our desires remain incomplete or not fulfilled, we will feel sad. We should spend less money than our income so that we have not to beg from others and could meet the necessities of our life. We should not lead a luxurious life and lead a simple, kind and humble life.

In happiness and sorrow, our attitude should be positive, friendly and constructive. If our attitude is positive, the result will be positive. And if we have negative thinking, the result will be negative and we will feel miserable.

For example there are two persons in prison. One looks at the

earth and feels that the floor is very dirty. The other person looks at the stars and feels happy by looking at the beauty of the stars. He feels that in the garden of God beautiful flowers are shining.

Another example is of Edison. His factory was burnt due to fire and he lost two million dollars. He called his wife and said to her that there is great value in disaster. Thank God, all our mistakes have been burnt and we can start our life fresh and make more improvement. This is positive attitude.

Some people feel happy on some big event, but if a small incident happens, they feel sad. For example, there was a woman sitting near a lake along with her little son, who was playing nearby. Suddenly her son fell in the lake and was drowning. The woman started crying. A guard who was also sitting close by to that woman jumped in the lake, saved the life of her son and delivered the son to her. She was happy and grateful. Soon she saw that one of his shoe was missing, she felt very sad.

We should always keep clean the chamber of our heart, as God is within our body and soul is part of God. The soul can merge into God if we purify our soul through meditation. We will get released from the bondage of birth and death and have peace, happiness, bliss and love of God.

If we indulge in sensual pleasure, hatred, back biting, anger, attachments, greed, egoism etc., our life will become miserable and we will remain trapped in the bondage of 84 lakh species, and continue to move in the cycle of birth and death again and again.

We should try to lighten the load of heavy Karma with the grace of God and by devotion and love of God through meditation, and by being a good humane.

We should learn the technique of laughing by joining various laughing groups and laugh like laughing Buddha.

Laughing like walking is healthy medicine for life which cures most of our illness and rectifies our problems. However, we should have positive attitude, kind heart, humble and simple living. We should be caring, sympathetic and human in true sense.

Roshan Lal

June 2022 AHIA Seniors Meeting

Venue: Grevillia Hall ,Community centre, 2 Lane street Wentworthville

Time: 1 to 4 PM on Saturday June 11,2022

There will be a Special General Meeting to discuss some changes to the AHIA Constitution.

All the members have been informed via email sent earlier.

Acknowledgements:

The Baisakhi function photographs used on various pages were submitted by Vivek Bhatnagar, Kali Gupta, Subhashini Channa, Vinod Ahluwalia and Mohinder Kumar. Thanks to all, but it was difficult to label individually—my apologies. Editor.

Crop Rotation Raj Batra

Crop rotation is a technique designed to overcome pests and diseases, minimize chemical use, help in building and maintaining healthy soil, and manage nutrient requirements to increase the yield. The principles of crop rotation have been successfully used for thousands of years in agriculture and are still used today. This practice can be used in your own home with great success

Crop rotation is rotating crops, so that we do not end up putting the same crop in the same bed or plot in successive seasons. It reduces the buildup of pests and diseases in the soil by removing their preferred host and therefore breaking the pest or disease's lifecycle. It can reduce and even remove your requirement for chemical spraying. It manages soil pH and nutrient levels, to help your vegetables get the most out of your soil. Use of composts, manures, lime and fertilizers at the right times will benefit successive crops.

The family name for any plant goes a long way in planning for the crop rotation. In successive years or seasons, we don't want to plant Broccoli for example, which is a member of the Brassicaceae family in the same plot. As well as this we don't want to

plant any other members of the Brassicaceae family in this same plot either (Cauliflower, Kohlrabi, Cabbage etc...), as they are affected by the same pests and diseases. So we group them together (Brassicaceae) and rotate them to another bed that hasn't seen Brassica for a number of years. We group certain plants together and they are rotated as a group. For example, beans and peas are both in the Legume group, and garlic and onions are in the Allium group. With a little planning you will have your crop rotation system going in no time. The knowledge about the plants how they feed or draw nutrients from the soil aids in planning the crop rotation. For example; The Brassicaceae family (Cauliflower, Kohlrabi, Cabbage etc...) require lots of nitrogen for good leaf growth and are generally considered heavy feeders . A crop to follow nitrogen hungry Brassicas may be legumes such as peas, beans, and lentils. Legumes feed lightly and have the ability to 'fix' nitrogen into soils, improving the nitrogen content for future plantings. Tomatoes and capsicums (acid lovers) like a lower pH, and the pH usually drops (becomes more acidic) as more compost and manure is added to soil, so lime should be applied after they are finished ready for a crop that enjoys a higher pH. An example of crop groups in a four year rotation would be as

Legumes & Pod Crops	Brassicas & Leaf Vegetables	Alliums	Other (Root and Fruiting Crops)
Okra Runner Beans Lima Beans Peas Broad Beans	Kales, Cauliflowers Cabbages, Brussels Sprouts Mustard Greens, Pak Choi Swedes & other Tur- nips Radishes, Silverbeet, Spinach	Onions (All types) Shallots Chives Leeks Garlic	Capsicums, Tomatoes, Celery, Beetroot, Salsify Parsnips, Carrots, Potatoes Sweet Potatoes, Corn

A yearly rotation schedule would look something like this.

	Bed 1	Bed 2	Bed 3	Bed 4
Year 1	Brassicas	Other	Alliums	Legumes
Year 2	Legumes	Brassicas	Other	Alliums
Year 3	Alliums	Legumes	Brassicas	Other
Year 4	Other	Alliums	Legumes	Brassicas

Bibliography

[&]quot;Crop Rotation" https://sgaonline.org.au

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AHIA Seniors meeting on May 14,2022 —





Photos by Tilak Kalra

90 PLUS Young

Mr. Lajpat Rai Sardana (extreme left),

Mrs. Kailash Bhatnagar, Mr. Krishan Kumar Yadav, Mrs. Sudershan Yadav, Mr. Roshan lal Gakhar



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AHIA CELEBRATES BAISAKHI 2022 at MADISON Function Centre DURAL on May 28,2022

