



VISIT VPA WEBSITE MEMBERSHIP FRIEND ON FACEBOOK

Register to VPA West using PayPal ID: westtreasurer@myvpa.org
Membership: Family - \$40; Individual: \$20



MY TAX FILER
 Suchir Poo, CPA, PLLC
 Certified Public Accountant

Services:

- Individual & Business Tax Filing
- Business Formations
- Bookkeeping & Payroll
- ITIN Preparation
- FBAR & Foreign Compliance
- IRS Amnesty Programs
- Notice representation
- Sales / Franchise Tax
- PAN Card & India Tax Filing
- Inheritance & Repatriation

Locations:

Fremont
 38350 Fremont Blvd Ste 203 Fremont CA 94536
 Phone: (510) 400-8809
 Email ID: Bayarea@mytaxfiler.com

Sunnyvale
 1190 Miraloma Way Ste P Sunnyvale CA 94085
 Phone: (408)-940-3043
 Email ID: Sunnyvale@mytaxfiler.com

Pleasanton
 5506 Sunol Blvd Suite 205 Pleasanton CA 94566
 Phone: (925)-800-3561
 Email ID: Pleasanton@mytaxfiler.com

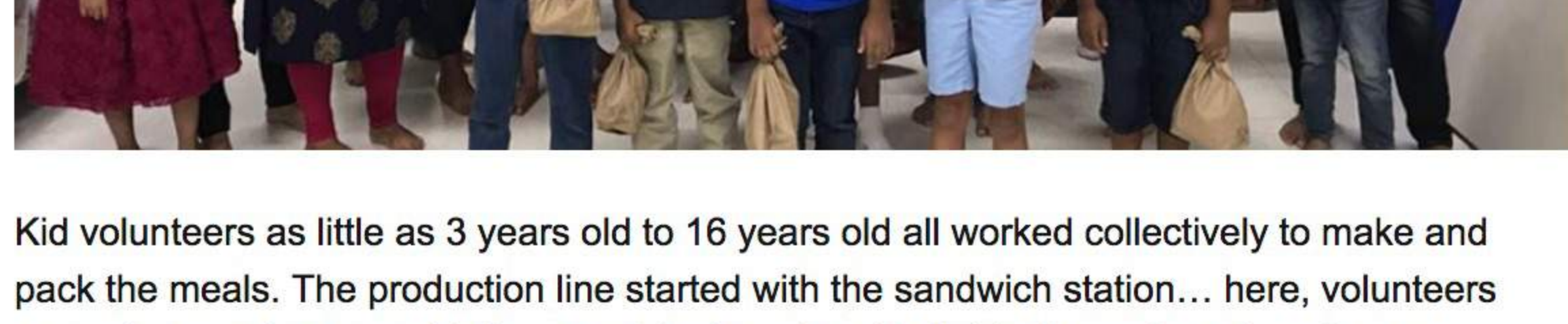
Next event is Annual Day

Date: December 8th, 2018
Location: Mission City Center for Performing Art Center, Santa Clara

We are seeking talented individuals/groups for to our annual day programs in various age categories, if interested please send an email to vpawest@gmail.com

Sandwich Seva

Don't you feel great helping others? This feeling of selflessness is exactly what the kids of our VPA community experienced on July 21st, 2018. At the local Shirdi Sai Parivaar temple, the summertime sandwich making seva took place and it attracted lots of eager.. hard working kids. The kids spent their Saturday afternoon (12-2pm) carefully crafting sandwich meals to send off to the local homeless shelter



Kid volunteers as little as 3 years old to 16 years old all worked collectively to make and pack the meals. The production line started with the sandwich station... here, volunteers spread peanut butter and jelly onto white bread and individually packaged each one.



Simultaneously, another set of kids on the other side of the table opened up paper bags, ready to be filled. The bag moved down and down the long table as small hands filled the bag with tangerines, cookies, juice, granola bars, and chips. The package is almost ready now, more volunteers carefully placed the sandwich into the bag. Finally, at the end of the line, older kids and parents rolled up the bags and filled them into packing boxes to be transported and distributed at the shelter. All in 45mins, these kids were able to make 100+ meals for the needy. As a treat, the kids enjoyed pizza and cake lunch.

Camping

Every summer VPA West offers a camping experience to the community. This year, we took a different route on lodging and decided to do a tent-only event. The venue, Caswell Memorial State park is located along the Stanislaus River near the town of Ripon, California. On Friday Sept 7th, the families arrived before dusk, to pitch their tents. The group camping area had a capacity of 70+ people with running water, restrooms and shower facilities.



Once settled, the dinner arrived from a nearby restaurant which included tandoori chicken, chicken/ paneer curry, roti's, veg pulao etc. As night time rolled in, the campfire was set, and the children gathered eagerly around to make smores.

The next morning, breakfast was ready by 7am for the early risers. People enjoyed their meal and then the group headed out for a morning hike. One of the best things about Caswell State Park are the many nature trails with enticing options for everyone. On the hike, we had fun telling jokes, stories, being one with nature, and eating wild grapes.

Back in time for lunch, we enjoyed dosas and pulogre before heading out again. Just behind a cluster of trees was a beautiful sand beach. Here we spent our afternoon playing in the river and soaking up the sun. After a fun time at the beach we came back, showered and relaxed. Now, dinner preparation started.



We might have been far from home, but we sure did bring our tradition with us! On the grill, we made tandoori chicken, spiced corn, grilled veggies and paneer.



At the same time, we also had biryani and curry from a local restaurant. Something unique about this year's camping event was the Go Green Initiative. Instead of using disposable cups and plates and generating a mountain of waste, we brought steel plates from our homes and washed them after each meal.

Adults and kids joined each other in playing games like Charades and Antakshari. In the night, the kids enjoyed roasting smores again and watching the fire. One by one, people started to go back into their tents after a tiring but very fun day!

The final day of this camping getaway again started with an early breakfast. People started to dismantle their tents and pack up, as we had to check out of the campsite by noon. Everyone pitched in and cleaned up the area. All in all, this camping trip was a success and we hope to see many MORE of you next year!



VPA Veggie Garden

The Veggie garden group was started earlier this year to remember and cherish our roots. Our Vokkaliga ancestors in Karnataka were mainly landlords and farming was their livelihood. We want to inculcate some of the traditions and values of our ancestors in your younger generation. Grow what you eat and eat what you grow is our motto. We have a Whatsapp group and a Facebook page as well. If you do not have a backyard try growing in your patio. We encourage members to go to the local farmers market & enjoy locally grown fresh veggies and fruits. Some of the benefits of being in this group are as below

- Exchange seeds, saplings and traditional cooking recipes.
- Knowledge transfer of backyard farming practices between members.
- Share excess produce.
- Share accomplishments and encourage members to grow more.

Some of the highlights, key accomplishments this year.

1. Growing local fruits like Apple, Pear, Persimmon, Fig, Apricot, Grapes, Kiwi and Tropical fruits like Guava, Pomegranate and Watermelon
2. Growing tropical plants in Bay Area weather: Curry Leaf, Drumstick leaves, Jasmine, Banana etc.. and berries like Gojiberrries, Strawberries, Blueberries and raspberry.
3. Growing traditional herbs like Amaranth (Dantina Soppu), Malabar Spinach(Basale), Methi, Coriander, Dill, Mint and Indian Tulasi
4. Successful growth of all varieties of Indian veggies and our south indian favorite beans Avarekayi (hyacinth bean).
5. One of our VPA families has converted their entire backyard to a Veggie garden and have not bought veggies during the entire growing season.
6. Another VPA family have a chicken coop as well & have not bought eggs in over a year.
7. We are over 40 members strong and growing.



Kid's Corner

VPA kids are always chasing their dreams. Here are a couple notable examples for this quarter: if you want to share your kids' story, we encourage you to reach out to us at vpawest@gmail.com

Name: Saniha Dogganahalli
Age: 11yrs
Recent Accomplishment: Runner-up at John's incredible Pizza, Kids Cooking Show

Two months ago, I participated in a cooking competition for kids. It all started on July 4th when I decided to make chocolate cupcakes for America's Independence Day. My dad had gotten an email from John's incredible pizza place about a cooking competition for kids aged 7-12. To participate I had to record a video of myself cooking my favorite recipe. I submitted a video of me preparing chocolate cupcakes which got me into the semi-finals.

For the semifinals at Fresno I prepared 3 varieties of chocolate cupcakes-Berry Blast, July 4th and Bananalicious with Vanilla frosting. The judges loved my cupcakes and I was selected for the finals. The final competition was in LAS VEGAS on Aug 16th. The other two finalists and me had to cook a dish in John's Incredible pizza kitchen within an hour. I made Saffron rice, mini chicken kebabs, and cucumber salad bites. During the competition I was really nervous but was equally excited for this incredible opportunity. I want to be a pastry chef when I grow up. My parents are my inspiration to do this.



Finalist Saniha of Fremont, Calif.

My mom kept keeping me on my toes. My dad kept encouraging me to do my best and listen to my heart. So to all the kids out there follow your heart and "Enjoy the little things in life, for someday you will realize they were the big things." Below is a media link regarding the competition and some.

Below is a media link regarding the competition and some pictures.
<https://www.vegasnews.com/177288/johns-incredible-pizza-company-crowns-kids-cook-off-champion.html>

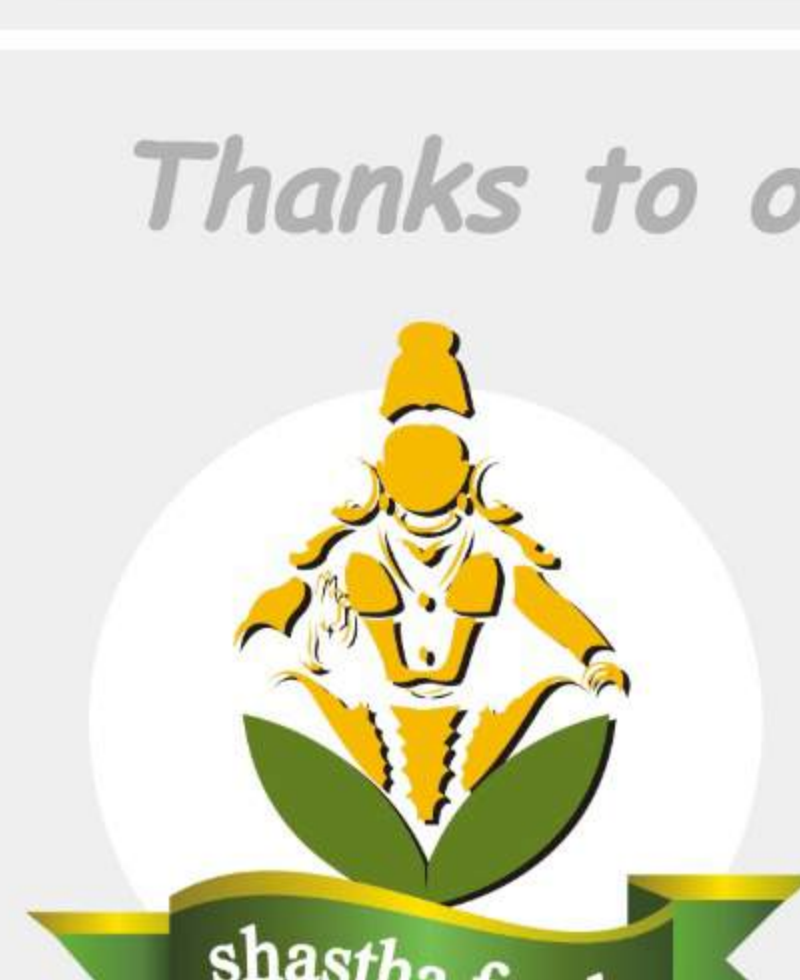
Name: Aadya Srinivas
Age: 12yrs
Recent Accomplishment: Won Silver medal at Junior regional championship, Houston for under 13 age group



My inspiration for badminton comes from my grandfather who was an avid sports person. He would always say, "Exercising gives you a healthy body and mind." I explored different sports including tennis, gymnastics, and soccer. However, badminton was the one which I fell in love with. One challenge I face is juggling school and badminton. For some tournaments, I miss school days which I have to make up. Any sport needs discipline, being physically and mentally strong and also eat right. As of now, I want to represent the US and become the top badminton player.

These goals will require lots of effort and dedication, and I'm ready to put in as much as I can! This has already taught me that success and failure will cross my path, but I have to keep going. One quote which I go by is "If you don't sacrifice for what you want, you want becomes the sacrifice!"

Thanks to our sponsors !!



MY TAX FILER
 Suchir Poo, CPA, PLLC
 Certified Public Accountant

Services:

- Individual & Business Tax Filing
- Business Formations
- Bookkeeping & Payroll
- ITIN Preparation
- FBAR & Foreign Compliance
- IRS Amnesty Programs
- Notice representation
- Sales / Franchise Tax
- PAN Card & India Tax Filing
- Inheritance & Repatriation

Locations:

Fremont
 38350 Fremont Blvd Ste 203 Fremont CA 94536
 Phone: (510) 400-8809
 Email ID: Bayarea@mytaxfiler.com

Sunnyvale
 1190 Miraloma Way Ste P Sunnyvale CA 94085
 Phone: (408)-940-3043
 Email ID: Sunnyvale@mytaxfiler.com

Pleasanton
 5506 Sunol Blvd Suite 205 Pleasanton CA 94566
 Phone: (925)-800-3561
 Email ID: Pleasanton@mytaxfiler.com