




VPA West Newsletter July 2018

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 MEMBERSHIP

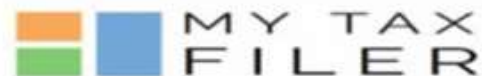
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Register to VPA West using PayPal ID: westtreasurer@myvpa.org

Membership: Family - \$40; Individual: \$20

Upcoming Events:

VPA West Camping Sep 7-9 2018
Where: Caswell Memorial State Park
Signup: westtreasurer@myvpa.org



The Barbecue

It's that day again. The annual VPA family barbecue at Quarry lakes, Fremont. There were roughly about 250 guests who got together for a lively Sunday. The organizing committee reached well ahead of time (~10am) to get the grill going.



Volunteers hard at work



A large table next to the BBQ grill had marinated chicken and veggies waiting to be grilled. Surrounding it were the most delicious-smelling, jack fruit diced and peeled to a container.

There were scrumptious noodles, corn, hot dogs, spicy rasam rice, chicken tandoori, mutton dry and cool majjigae to wash it down.

GoBoys gathered around the grill to socialize, while women complimented each other as they enjoyed the beautiful spring weather. Kids had most fun while running in and out of the gazebo with popsicles and water melon in hand.



GoBoys gang



Gowdthees gang

Fun and fitness

Sequoia Bicycle ride

On June 3rd, 2018 VPA West members embarked their journey to Sequoia Bicycle ride. The bike routes ranged from 72 to 100 miles with an elevation of 7K to 10K ft. The Infamous Tunitas Creek climb and summer heat didn't stop the boys from reaching their goal.



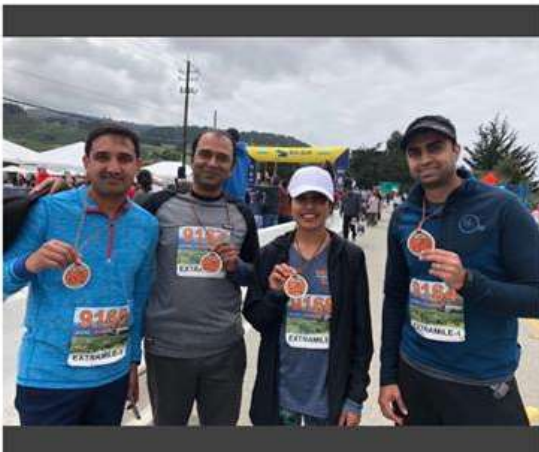
Sequoia Bicycle ride



They motivated each other as they rolled into the finish line. The event was well organized by Western Wheelers bike club with ample aid stations throughout the course. In the end, it's all the happy faces that matters. Go VPA West!!!

Big Sur International Marathaon

Running for as little as five minutes a day could significantly lower a person's risk of dying prematurely. Our VPA community has considered this seriously and has developed few finest runners. This year's Big Sur Marathon included following individuals: Smitha, Prashanth, Madhava, Vinod, Vivek and Anitha. The course was very scenic with spectacular views on either side of the trail.



The team practiced couple months prior to the event and hit the finish line with ease. But let's not forget that every runner was once a beginner like you, and someone helped them out. Please feel to reach out to us and get added to VPA extra mile Whatsapp group for this fun journey.

Kids' Corner

As a new initiative, we are requesting article from young minds to nurture the inner writer in them. Here is one from Maanvi Keremane. Please don't forget to send in yours for the upcoming Newsletters that will be released every quarter. Enjoy!


JADEY
By Maanvi Keremane
(2nd grade)

Have you ever had a plant?

One day my parents and I went to Walmart so we could get kitchen and golf items. Also more things like pots. After getting all the kitchen and golf items we went to the plant area. When we were at the plant area "A moment later my mom called me, she said look for the plant you like." I looked and looked just when a plant caught my eye! I liked that plant because the tag said she was a Angel plant and I knew she would be my gaurdian angel. I asked my mom if I could get her and my mom said yes.

We carried all the items to the car and when my dad started the car I held on to my plant tight so the soil in the tiny pot did not spill. When we reached home I named my plant 'Jadey' because she is a short baby jade but I know she will grow big.

Plants are helpful because they give oxygen also when you see them grow you feel happy. A happy person spreads **HAPPINESS!**



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