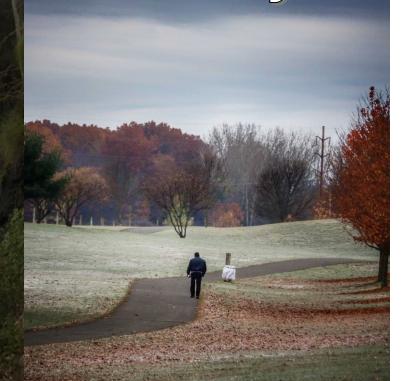


Path to success is narrow, crooked and lonely. Walk with love and humility.





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Editor-in-chief's Message

Dear TRICIA Community,

It's hard to believe that we are at the end of the year, waiting to welcome 2019. And it is time for the fourth and final edition of the first volume of *Tricia Times* which, as usual, arrives with interesting articles, photography, and illustrations. The final edition presents thought-provoking poetry by Revathi Sridharan, a mother's enthusiasm for healthy, homemade snacks, a cute set of



Winter Edition 2018

Editor-in-chief Annu Subramanian

poems by Pranusha, an interesting crossword puzzle, a passionate account of the life of Tanaji, a set of beautiful artwork, and a vivid narrative of a man's interest in motorcycles and how he weaves through the unique traffic conditions in India. Mr. Benki leaves a beautiful note on his amazing journey as the president of TRICIA.

TRICIA had an eventful year of social and cultural activities. The team was busy organizing a variety of celebrations. Starting with the Republic Day of India and ending with the TRICIA annual dinner, the executive committee tirelessly organized a fabulous summer picnic, Tennis tournaments, and a ladies-only bus tour to Boston. In addition, this year's team launched college-essay seminars to benefit the youth in our communities.

Hope you enjoyed time with family and friends during Thanksgiving. The end of the year brings along more holiday cheer, precious time with family and friends, and eternal hope. Wishing you happy holidays and a delightful New Year.

Best wishes,

Annu Subramanian

Editor-in-Chief

(You may contact Annu Subramanian at <u>dawnheaven711@gmail.com</u> with questions about writing and contributing To Tricia Times.)

This magazine is designed by Kavitha Muralimanohar.

TRICIA () TIME Engage......Educate......Enlighten

Amazing Journey of 2018

Annual Report & Thank You Note from the president

"The very essence of leadership is that you have to have vision. You can't blow an uncertain trumpet." -Theodore M. Hesburgh

Dear TRICIA Members,

When I got an opportunity to serve the great diversified Indian community of the Capital District as President of TRICIA, I thought about starting a few new initiatives based on my eight years of service in TRICIA.

The Republic Day of India was held on January 28th, where about 25 groups presented various patriotic based performances. The leaders of our local regional associations were honored and the outstanding community service awards were presented. We wanted to launch the quarterly magazine for the benefit of our literary community. I would like to thank our TRICIA Magazine Committee (TMC) and the Editorial Board for successfully releasing four issues of TRICIA-Times, with the contributions from our community members. We raised and donated money to Kerala Flood relief and Cyclone Gaja Relief Fund to help the affected people in India. The Ping-Pong Tournament was held at the Guilderland YMCA on May 12th, and was attended by over 100 players.

Our flagship event, The 'Spring Festival of India' held on June 10, 2018 at the Empire State Plaza was a huge success with a record number of more than 600 performers. With the support of our regional associations, we introduced the concept of "Vaibhavas" to showcase the unique heritage, tradition, and cultural diversity of the different states of India. We had to start the program early this year in order to accommodate the huge participation. Also, we introduced a lottery system to allot the performances fairly, in the presence of all the choreographers. For the first time, our entire Spring Festival Event was telecasted on Desi TV channels, including Mana-TV and TV-5.

The Annual Picnic and Indian Independence Day celebration held on August 19th at Elm Park was attended by around 700 people. We served food from three different caterers and organized lots of activities and fun games throughout the entire day. On September 16th, the TRICIA Tennis Tournament was held at Central Park Schenectady. It was a huge success with the participation of over 120 players in various categories.

For the first time, TRICIA held two interactive workshops on how to master essay writings for college admissions. The first workshop was presented by Harvard graduate Jane Chen on Sept 8th and the second workshop was presented by internationally accomplished writer and our Editor-in-chief Annu Subramanian on Sept 15th. We wanted to celebrate Women's Day differently this year to have a more exciting atmosphere. The result was the fun filled Bus Trip to Boston on September 29th exclusively for women, including the female driver. Our last event, the Annual Dinner was held on November 16th at Banquet Hall of East Greenbush Fire Station. The singers from "Dhwani" group entertained the crowd of all ages, with the good selection of Bollywood hits from the last four decades.

It was a fantastic year filled with many successful events. I would like to thank the Executive Committee members, BOD members, event coordinators, volunteers, sponsors and most importantly all the members of TRICIA for the wonderful support. I enjoyed this year as much as you did. These moments will be cherished for the rest of my life.

I wish President-Elect Ashok Adikoppula and his team the best for 2019 and request them to take TRICIA to new heights.

"The best way to find yourself is to lose yourself in the service of others" - Mahatma Gandhi

Best Regards, Basavaraj. Benki President, Tri-city India Association, Albany, NY

"You still stand watch, O human star, burning without a flicker, perfect flame, bright and resourceful spirit. Each of your rays a great idea - O torch which passes from hand to hand, from age to age, world without end." - Karel Capek





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Brave Tanaji

By: Sudhir S. Kulkarni

Most of us are familiar with Shivaji and his heroic battles for the fredon and soul of Maharastra. However, along witz Shivaji, there were lots of brave warriors who joined him in this struggle. In the early 17th century, Maharashtra was under the control of the Mughal emperor in Delhi, and Adilshah, ruler of Vijapur in Karnataka. The common man was suffering due to endless battles between these two for territories since the decline of Vijaynagar Empire in the 16th century. Local Maratha sardars (commanders) were holding posts of honor under these two royal masters. Shahaji Bhosale was one of them and he never thought of establishing freedom from these two rulers. His son, Shivaji (born in 1630), was inspired by his mother, Jijabai, to become a liberator of the common man to end this insecurity. He became restless and angry due to oppression of the ruling class. The flame of swarajya (self rule) started burning in his young age. While growing up, he collected a band of devoted followers known as Mavlas (from the region around Pune). With their help, Shivaji swore to throw off the yoke of alien rule. At the age of 16, Shivaji captured Torna, a small fort around Pune, which



was under Vijapur rule. With that success, he later started taking the forts of Sahyadri mountains in Western Maharashtra. He knew the importance of holding forts at strategic locations to control erritories around them. In 1658, Aurangje (spelling) occupied the Mughal throne after his father Shahjahan's death. It took a few years for him to consolidate his position as an emperor. In 1665, Aurangzeb sent a large army under the Rajput commander, Jai Singh, to take care of Shivaji's aggression in Deccan. Realizing certain defeat, Shivaji had to seek a temporary truce with Jai Singh and was forced to return some to the Mughals. Kondana Fort , 22 miles southwest of Pune, was one of them.

One day in 1670, Jijabai, who was in her Pune palace, was deeply disturbed by the Mughal flag flying



on nearby Kondana fort. She asked Shivba (as she affectionately called Shivaji), that he should send a sardar to retake that fort. Shivaji thought about Tanaji Malusare, a Maratha sardar from Mahad of Kokan region, who had assisted Shivaji in his earlier expeditions. Tanaji was in the midst of preparing for his son Raiba's wedding. As soon as Tanaji got the message from his Maharaj (as his sardars used to address Shivaji), he left for Pune with his force,Suryaji (his brother), and Shelarmama (his maternal uncle). In Pune, when Shivaji broached the subject of capturing Kondana, Tanaji said,"Raiba's wedding can wait, but not the attack on the fort!"

The fort was well guarded on three sides and the only

access was from the side of a precipice (more than 2000 feet above the ground), which was considered insurmountable. A plan was made that Tanaji, along with 300 Mavlas, would climb ver-



tical cliffs on the west side in the middle of the night. In the meantime, Tanaji's brother, Suryaji, and Shelarmama (with 500 Mavlas) would attack the front gate. Tanaji and his troops used the help of a Monitor Lizard (like iguana) named Yeshwanti (victorious), to climb up the precipice to reach the fort.

Once inside, Tanaji's men opened the front gate so Suryaji and his men could enter the fort. The fort was controlled by Udaybhan Rathod, appointed by Jai Singh.

"The strongest people are not those who show strength in front of us but those who win battle we know nothing about."

A fierce sword fight took place between Tanaji and Udaybhan. During the fight, Tanaji broke his shield but he continued fighting bravely by tying his upper garment over his hand to ward off Udaybhanu's blows. Tanaji was gravely wounded during this fight and died in the battlefield.

Hearing the bad news, Mavlas started to run from the fort. Suryaji came forward and announced to his troops that ropes for downward escape were cut and the only way out would be to fight the enemies and defeat them. Mavlas listened to him and the battle resumed. Even at 80 years old, Shelarmama engaged Udaybhan in a fight and killed him to avenge Tanaji's death. By dawn, Mavlas, who were outnumbered by the enemy, defeated the Mughal army. Shivaji's saffron flag was unfurled at Kondana once again.

Upon hearing about the demise of Tanaji, Shivaji was struck with grief and expressed his sorrow by uttering in Marathi, "Gad ala, pan sinha gela (Fort won, but I lost the lion)!" So the Kondana was renamed "Sinhagad" (Fort of Lion).

The great historian Sir H. G. Rawlinson said about this battle, "It was a task, which the Mavlas alone, perhaps of any troops in the world, could hope to cope with successfully." A bust of Tanaji was erected inside the fort in memory of his martyrdom in 1970s.

The Bollywood actor Ajay Devgan is producing a Hindi movie titled "Tanaji: The Unsung Warrior" scheduled to be released in 2019.

Sudhir S. Kulkarni



Sudhir & his family have been living in the capital district for the last 50 years. He is a life member of TRICIA, served as a vice president during the year 1971-72. After working for NYSDOT for 35 years, he retired in 2003. Since his retirement, he has published six books in Marathi, three of them on Bridges. His hobbies include playing Duplicate bridge, travel, and writing.

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Every "Good bye" makes way to a new "Hello"

By: Revathi Sridharan

Good-bye 2018

As time transcends Its moment to cross the fence Another year's end Its records marked

Seen many suns descend And Moons ascend Tremulous voices of nature Several souls put to rest

Good-byes are testing The tears of the wasted year make it easy With a hope to rise again And a new trail shall begin

Counting an year's age Good-bye to the hoary stage Nearing the finale of journey Of the year twenty-eighteen!

Нарру 2019

An inspiring occasion Of new beginnings and association Reflect and introspect The year that's left

Look forward Towards hope and a new target A faith of confident toast And an unswerving spirit

Nothing new to say and hear That's not been said year after year Prayers don't hurt To bring renewed confidence – when in doubt

May this year -Make us not old, but mature Give us another chance to prove Bless us with sense to recall the right Let us forgive wrong and forget Pave way to march ahead with a resolve - towards the unknown task of the year that's novel!

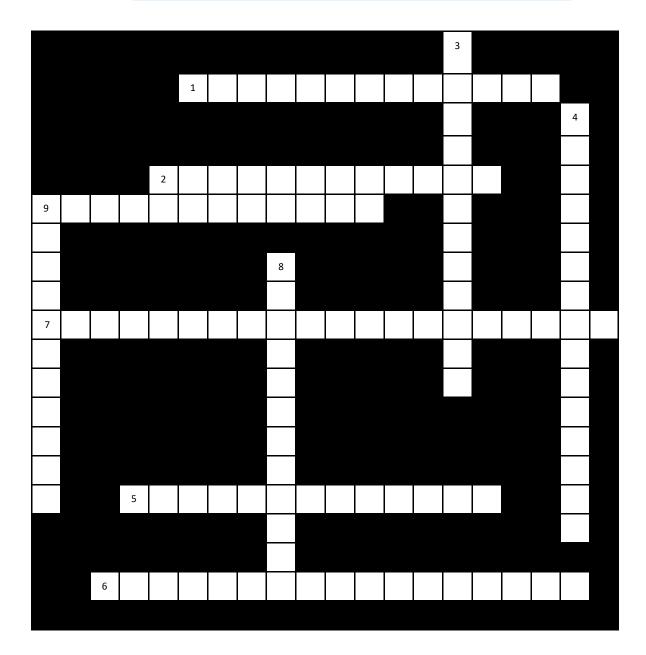
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Nobel Peace Prize Winners (1901–1910)

By: Tanisha Muralimanohar(12yrs)



Across

 He was an economist who was inspired by the Crimean War.
He passed away while attending a peace conference at Bern.
She was the first woman author to win the award.
He has a famous toy/stuffed animal named after him.
There is a statue of him in Milan
He earned a diploma from the School of Oriental Languages.

Down 3 : He was the first person to win the award, solo. 4 : It was the first institute to win the award, it is a place where you study international law. 8 : He once fought in a war and then became a teacher/translator/ writer. 9 : This business department was the result of the third Universal Peace Congress

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"There are just two things you can do to win a Nobel prize - have a good idea and pursue it effectively."- Ivar Giaever

Motorcycle Madness By: Vishvesh Obla

There are only two means of quickly commuting inside any city in India today: one is walking and another is riding a two-wheeler. The former has its disadvantages since you share the path with many other things that also has wheels. In my experience in the past twenty years of visiting India, that has been 'developing' like an ever-widening ripple, but the two-wheeler wins hands down by its convenience and ease of use.

Many a times, many a friend of mine has asked how I still dare to ride a motorcycle in such traffic that India alone can boast of. Maddening would be the adjective that comes to the minds of most NRIs whenever they get a chance to describe it, but wisdom that pertains to the Indic spirit would perceive a method behind the madness, an order in the chaos — in fact, a realization of life itself that the complaining NRI would be paying top dollars for in a corporate guruji's air-conditioned ashram (never to find it, though). Riding a motorcycle, believe me, could hence become an enlightening experience itself beyond just transporting our mortal bodies.



Let me elaborate my point. I get asked frequently as to how I adjust myself to the wrong side of the road. 'Follow the Indic wisdom' is a simple answer, as it seems to me, beyond the reach of such people who ask such questions. For, there is no right or wrong side of anything and they are only a matter of perspectives as the sages of yore in India have always been saying. The mo-

ment you first kick the starter of your motorcycle and pull over into the dusty roads, your NRI nose does twitch by the rush of the dust, keen on finding how big your nostrils are. But a few sneezes after the Indian in you awakens, if you have still retained it, what annoyed you only a moment earlier gets accepted as a matter of fact. And in the 'awakened' state, you don't see a thousand automobiles in a Tyndall-effect kind of a scattering around. You see only those automobiles in the direction you want to follow (no, there is no such thing as an empty road inany city in India anymore, and the possibility of finding yourself alone never arises). You switch to the driving gear and merely follow suit with the one before you becoming the guiding principle. When he stops, you do. When he speeds up, you take or leave the space between your two vehicles, which gets promptly occupied (in the latter case) by another motorcycle from any side; it even relieves you from any boredom of following the same person. It is as if life led you in its stream! Where does the 'wrong side' of the road come into such a picture when there seems to be an 'evolved' harmony that cannot be 'codified' as traffic rules in books, which the sinister-looking traffic sergeant asks you to 'obey'?

'Pal, now you don't need to wear a helmet before 9 am and after 9 pm. And in the weekends as well,' told my good friend on the first day I had landed and when I told him how my previous vacation sucked since I couldn't go around in a two-wheeler. While I was visiting India during a hot summer month, I was forced to go around the city in a cab because the helmet rule had been implemented just then, and that made me feel that my vacation had reduced to half (considering the number of days) because of the time I wasted in a four-wheeler. One year after this visit, better sense had prevailed; the cops had acceded to one of the realizations of Indic wisdom: fate is stronger than will and what may happen is a matter beyond wearing a helmet or getting your brain fried, therby dying a slow death. Just as I was talking to him, two vehicles parked near me. I recognized the girls; my cousin's daughters. Two were sitting on one vehicle and the third one on the pillion seat of the second, and not all were wearing a helmet. A few minutes later, I realized that the one wearing a helmet was my cousin. I understood that the rules were even more flexible for the women folk who probably were not accident-prone as the men folk and were exempted from wearing it, whether they were on the pillion seat or on the driving seat. I was moved by such kindness and I decided that cops, being such noble characters, wouldn't hassle an NRI like me, even beyond the helmet hours. Believe me, that realization led me to a great vacation with a little brand-new scooter that didn't mind the roads in between potholes on the numerous tiny streets of Madurai, and it took me to all the nooks and corners where the city still breathed its real spirit.

There was a remarkable thing that I noticed during this visit. Because of the political turmoils in Tamilnadu,

"This isn't life in the fast lane, it's life in the oncoming traffic."- Terry Pratchett

no street in Madurai has had any repair in the past two or three years. Even worse, whatever repair was being done had been left halfway, too. One would realize that one has to learn a different skill — which has nothing to do with knowing how to ride a motorcycle — to use a two-wheeler in Madurai. It has been there all the time since man drove a two-wheeler in such a city, quintessential to any city in India. Unfortunately, its 'development' too has been directly proportional to the other developments. But what I observed was indeed remarkable! It has increased the tolerance level of all those motorists to such an extent that no one utters a bad word against you, even if the fault was entirely yours! I have enjoyed venting off at a fellow motorcyclist without any feeling of anger, though — even here when I get an opportunity, I enjoy honking at someone who made a mistake — but during this visit, in the first few days when I was totally in the wrong and expected to receive a choice abuse, my opponent would only give me a pardoning look; even worse, when I said a sorry, he would only say, 'please take care!' The situation of the streets seemed to me to have touched the very Indic spirit of tolerance, with some kind of an inward harmony itself in the hearts of all the



motorcyclists, in the acceptance of the realities of life! Now, friends, what should stop you from cruising in a motorcycle around a city like Madurai in India, which is only but sweetness and light, if you could only see it?

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There was a time before I left India when my daughter used to ride in the front (when I drove a two-wheeler) and my wife in the back. We left India when she was three. When we landed in India when my son was two years old, I took both my son and daughter on the motorcycle. They have always loved it as much as I do during all our visits. My wife, too, wants to ride a scooter in India. The traffic has become ten times worse in the last ten years itself, every street clogged with two-wheelers, but still the charm of riding a two-wheeler hasn't faded, at least for me. And I hope to retain the same pleasure even as I grow older. The only thing is... I should get a motorcycle driving license in India, at least during my next visit (it expired fifteen years ago)!



"If I complain about a traffic jam, I have no one to blame but myself."- Steve Wynn

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From Nietu's Art Class (Ladies)



Painting by Mrs. Padmaja Cherukuri

Painting by Mrs. Anuradha Patil



Paintings by Mrs. Sunitha Vijay and Mrs. Mythili Divakara Murthy

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From Nietu's Art Class (Ladies)

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ĐS

Vaishnavi Srihari (4 years)

Ruchir Dixit (5 years)



Riddhi Kannabiran (9 years)



Myra Chibber (6 years)



Ameya Pillai (7 years)



Aanya Sinha (9 years)

"I dream my painting and I paint my dream." - Vincent Willem van Gogh

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Winter Edition 2018

Talent Around Us



Pranusha Appanabhotla (7yrs) is a self-motivated and responsible kid. She puts herself in the front whenever someone is seeking help. She takes great effort in building and creating new things. She is excellent in her academics. Her hobbies include writing, reading, painting, sketching, singing, dancing, and outdoor activities. We, from the TRICIA, wish the little genius a bright future.

" Winter"

You sleep in a blanket made of thread, and you can make a Gingerbread. While snow piles up, drink hot cocoa in a cup.

<u>"Snow</u>"

You can see the snow is white, It covers all the streets and lights. Snow! Snow! Snow! Snow! Snow! Snow! the snow is very deep and low.





"Santa"

He leaves presents under the tree, he zips through the sky like a bee. "Ho! Ho! Ho! Ho!" he will say, then he goes back home, lays in bed and will say "what a fun day!"

Presents"

Presents have pretty bows, and they are lined up in rows. You open the wrappers so you can see, what is under the Christmas tree.



"Your talent is God's gift to you. What you do with it is your gift back to God."- Leo Buscaglia

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DIY HEALTHY FRUIT SNACKS FOR KIDS(NO ADDED SUGAR)

By: Manisha Kulshreshtha

Well, in today's world we usually tend to go for the healthy choices, but we all know that just because store-bought fruit snacks have the word "fruit" in them, it that does not necessarily mean they are a healthy alternative to an apple. Most of the time they have all the harsh ingredients that we find in candies and contain artificial flavors/color. I'm sure that no one wants to feed these unhealthy snacks to their kids. When I came to know about these unhealthy and harmful ingredients, when I thought of making super easy Do I'T Yourself (DIY) Fruit Snacks.

I have a YouTube channel titled Manu's Kitchen, and I always try to post recipes that are easy to make and are healthy to eat. This article includes one of the favorite recipes of my family; DIY Fruit Snacks for kids. As a mother of two kids, I know how important such recipes are.

Fruit Rollups:



These are my kids'favorite snacks and mine, too. Take any fruit of your choice (mango, strawberry, cherry, berries) and make a puree of that fruit (when necessary, peel the fruits). Once you have the puree ready, spread it on a baking sheet and put it in the oven on the lowest temperature for dehydration. It takes 2-3 hours to completely dehydrate the puree, depending on the fruits. If you are using fruits that are a little sour, you can add some honey for sweetness. Once the puree is completely dehydrated, take it out and cut out the strips from the sheet. Roll them up and the Fruit Roll ups are ready to eat.

Yogurt Bites

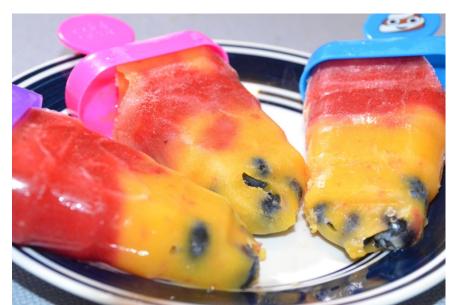


Yogurt Bites are the easiest to make. Choose your kid's favorite yogurt flavor and berries (strawberry, raspberry and blueberries). You will need some kind of mold to make these. I used silicon cupcake molds for this. Now cut strawberry pieces in round shape and place it at the bottom of the mold. Pour two spoons of flavored yogurt on top of that and add some blueberries and raspberries on top to decorate. Freeze them for few hours and the yogurt bites are ready. They make the perfect evening snack after a hot summer soccer practice.

"Food, to me, is always about cooking and eating with those you love and care for."- David Chang

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Rainbow Popsicles



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These popsicles are again a great snack for kids in the summer. For this recipe, you will need fruit purees and some fresh cut fruits. In my recipe, I used strawberry and raspberry puree for red color and mango/peach puree for yellow color. To give all the purees some sweet taste, I added a few drops of organic honey. Now to assemble this, we used Popsicle molds. Add few black or blueberries at the bottom and add some mango/peach puree. Now add some fresh strawberry pieces on top of yellow layer and then add red puree with some mango pieces on top. Now insert the popsicle stick in the middle and let it freeze overnight. When you take it out the next day, it is ready to be enjoyed with the freshness of fruits.

I hope that you really liked all the above recipes and are willing to give them a try for the sake of your kid's health and wellness. I would also like to request all the moms and ladies out there to be creative with their kid's food and to incorporate as many fruits and vegetables as possible in their diet. So open up your refrigerators and try making these yummy snacks with whatever is available. I am sure that you will do great. Please share your thoughts and pictures of ourcreation on my channel (Manu's Kitchen) or my Instagram(Manisha_Manus_kitchen). I would love to see your creations.

Thanks Manisha Kulshreshtha



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Photography By: Ramkumar Mathur



"Look deep into nature, and then you will understand everything better."- Albert Einstein

FRICIA O TIMES Engage......Educate......Enlighten

Winter Edition 2018

Photography By: Ramkumar Mathur



"Wherever you go, no matter what the weather, always bring your own sunshine."- Anthony J. D'Angelo



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"For last year's words belong to last year's language and next year's words await another voice." — T.S. Eliot



"For last year's words belong to last year's language and next year's words await another voice." — T.S. Eliot Assoch

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Winter Edition 2018

TRICIA upcoming events

TRICITY INDIA ASSOCIATION

invites you to

Hindu Cultural Center 450 Albany Shaker Road Albany, New York

Event Coordinators Smita Jain and Elangovan Raman

Sunday, January 27, 2019 from 1:00 pm to 5:00 pm

Day Celebration

Cultural Program Coordinators Purti Patel & Sudha Datla

Refreshments will be provided

Tor more information, please contact:

Ashok Adikoppula, President: 479 381 9554; Smita Jain, Vice President: 518 445 5678 Elangovan Raman, Secretary: 518 229 7875; Sudha Datla, Treasurer: 518 258 1280 Purti Patel: 518 364 2374; Abdulrahman Moideen: 518 894 1271; Ravindra Vuppala: 314 604 1262 Kalpesh Kathiriya: 518 265 7858; Venu Morishetty: 518 429 7531; Ved Shravah: 518 449 4103 Basavraj Benki, Past President : 518 522 0108

🖂 contact@triciany.org

www.triciany.org

AlbanyTricia

"A nation's culture resides in the hearts and in the soul of its people."- Mahatma Gandhi

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Winter Edition 2018

Precepts of Magazine:

What are the proposed release dates of this magazine?

The TRICIA Magazine will be released on last Sunday of every quarter. The dates for this year 2018 are April 15, Jun 24, Sep 30 and Dec 30.

What's the language for this magazine?

As of now, we are starting with only English language.

What are the deadlines to submit the contents for this magazine?

The deadline for submitting the content is 15th of last month of every quarter.

They are March 15, Jun 15, Sept 15 and Dec 15.

Your article should be max 2 pages or 1000 words.

Do you publish Ads of businesses? What are the prices for Ads?

Yes. You can promote your local business through our magazine.

The prices for Ads are \$50/- quarter page, \$100/- Half page, \$150/- Full page.

Please send your articles/short stories/poems/paintings/pictures/cartoons etc., to<u>magazine@triciany.org</u>, https://triciany.org/magazine/



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"Volunteers do not necessarily have the time; they just have the heart."~Elizabeth Andrew