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RACK 2 mention Bay Area

Inspira

A Bay Area Edition
September 2008



Leading Indian Ladies
Area

From our Hearts

It is our pleasure to receive Mr. Firoz and Mrs. Lila Poonawalla in the San Francisco Bay Area during the Fall of 2008. To celebrate their visit, along with organizing a gathering, we wanted to present them with a thoughtful gift, one which expresses our love and affection. We wanted to contribute our time and effort in bringing this idea into fruition. And what better way than to have as many Lila Fellows in the Bay Area as possible, contribute some of their creativity? Thus was born the idea of Inspira - A Bay Area Edition.

It has been a wonderful journey for us the last few weeks with many of us putting our thoughts on paper and coming up with interesting articles and beautiful paintings. Meghana Gupte has designed beautiful artwork for the magazine. Her design for the cover page fittingly represents modern women and Lila Fellows involved in various activities in their everyday lives. Uma Kelkar and Mitalee Gujar have enthusiastically contributed their time and effort towards the fit and finish of this newsletter. Haripriya Rajagopal willingly donned the hat of the editor and spent blissful hours putting the newsletter together.

In this special Bay Area Edition of Inspira, we are proud to present a wide variety of articles ranging from thought provoking ones to personal experiences, from columns about inspirational people to self-motivating pieces. This newsletter is a pot-pourri of our Bay Area lives, experiences and thoughts. Inhale the fragrance of this mélange and savor all its nuances!

Mr. and Mrs. Poonawalla, we hope you enjoy turning the pages of this gift!

Love,
Lila Fellows (Bay Area)

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Recycling

An environmentally conscious Lila Fellow writes...

Recycle: tr.v. to pass through a cycle or process again

Gautama Buddha already stole my top idea of recycling the human soul via rebirth a long time ago, forcing me to focus on more mundane items for recycling. Nature has the concept of recycling albeit on a very grand scale when we think of recycling dinosaurs in the form of crude oil after 65 million years. So for all practical purposes, why do we care about recycling even if there was no global warming? Finite resources are the key. The earth has finite resources - fresh air, fresh water, oil, minerals, arable land and thus food. (Malthusian Catastrophe). Countries around the world are using up their reserves to meet the demands of the population when annual production is overtaken by annual consumption. For commodities that can be stored, that is fine, however, what about fresh food/water/electricity?

That's where living within means kicks in. Recycling is just that - consuming in a manner that doesn't take away the resources from future generations or does so at a responsible rate. A responsible rate of consumption is a rate that allows growth of technology which replaces the existing one. So, we save 80% of a tree if we recycle paper. But we save 100% of a tree if we reuse the same paper before we send the paper for recycling (additional 80% of the next tree saved). My claim is therefore that recycling and reusing are shades of the same concept.

As individuals, how can we make small yet influential changes that will help to change the consumerist culture of the (developed and newly developed) world? We all do turn off the lights in

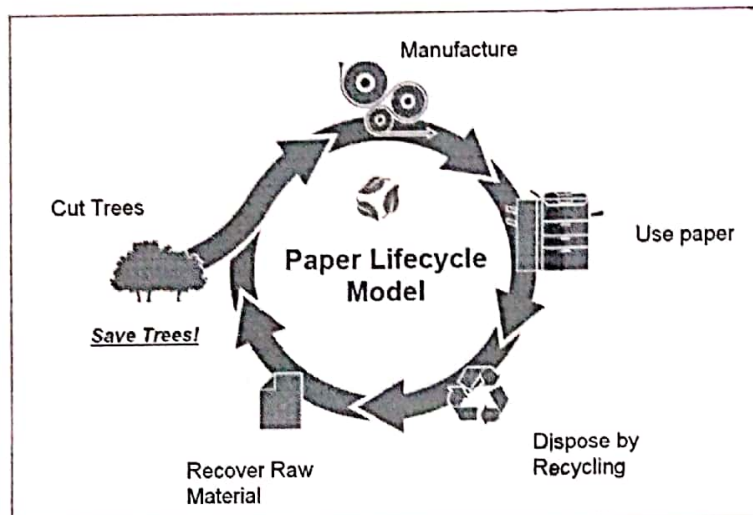
rooms we don't use, replace the filament bulbs to fluorescent, shop in paper bags and turn off the water when brushing. Now what? Now - let's carpool. Let's vote for public money to be spent on public transport. Let's recycle toys, toddler clothes. Let's reuse plastic bags as much as possible. Let's, as parents - ask day care centers to stop using a fresh plastic bag for diapers (they can use all the plastic bags I have accumulated to cover soiled diapers - the fresh bags are going to be thrown away). It is time to do things that put us out of our comfort zone (initially). Let's use recycled papers for toilets, kitchens, checkbooks, you name it and a greener alternative is available. But the price is too high! Even recycled art is exorbitant. Here is my take on it - to the extent possible, we as

a people need to put our money where our mouth is. Most companies offering greener solutions have to have higher prices because there are not enough patrons to support them besides the fact that cleaner means of production also cost more. We send papers to the recycling plant but

don't buy the recycled paper back. Without consumption of recycled products, we make no impact on the demand on earth's resources. Only by paying for green products does the cycle of recycling come a full circle.

Let's consume what we truly need and try to restore the earth to its green self. Let's decide what portion of budgets we will give to support sustainable products and processes and then actually give it.

~Uma Kelkar (Lila Fellow 1999)



The Last Lecture

A Lila Fellow does a book/video review of an inspiring man and his last lecture...

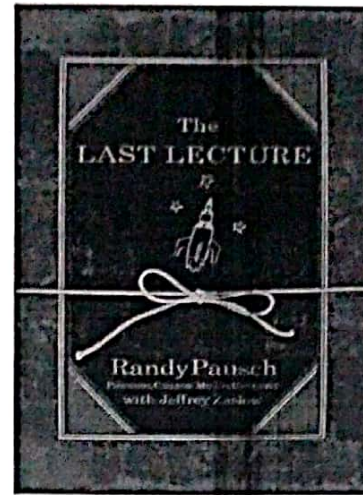
A year ago, Randy Pausch was just another regular guy. He was a well-known and respected Professor in the field of Human Computer Interaction in the Computer Science Department at Carnegie Mellon University, a good husband and a great father to his three kids. He was famous in technical circles for his work, and for teaching interesting courses. He loved his work and life and looked forward to it everyday.

It all changed in a moment.

In August 2006, Randy was diagnosed with pancreatic cancer. Last August, he was told that he had 3-6 months to live. All the treatments he had tried had not really helped.

In September 2007, in the first of Carnegie Mellon's university's lectures titled *Journeys*, Randy Pausch gave a lecture in which members of the community shared reflections and insights on their personal and professional journeys. What Randy revealed in his lecture was that these lectures were previously titled *The Last Lecture*. The speaker had to think, what if he had one last lecture to give before he died, what would it be? In Randy's own words "I thought, damn, I finally nailed the venue and they renamed it."

But the lecture he gave wasn't about dying, it was about living. It was simply a father's effort to digest a lifetime of advice for his children into one talk — a talk that Dr. Pausch knew he would not be around long enough to deliver in person. It was so remarkable that thanks to the wonders of technology, the hour-long speech did not disappear into oblivion. It was put up on YouTube, written about in *The Wall Street Journal* and more than six million people have viewed the lecture to-date. In October, Randy was invited to appear on *The Oprah Winfrey Show*, where he gave an edited reprise of his talk to Winfrey's 10 million-strong television audience. ABC did a segment on Randy after which almost a million people logged on

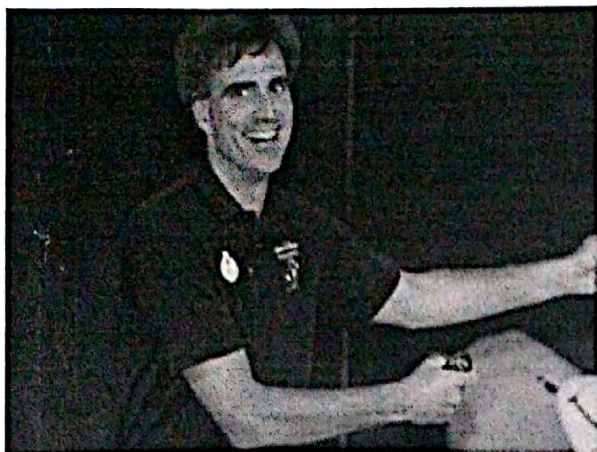


Front Cover of The Last Lecture

to the ABC website just to find out more about him.

In an era of thousands of questionable self-help books, Randy's honest, simple and realistic life lessons hit home. In his last lecture, he tells the audience, "I don't know how to not have fun. I'm dying and I'm having fun, and I'm going to keep having fun every day I've got left." Titled, "Really achieving your childhood dreams", this one hour lecture had as its theme his youthful ambitions, how he achieved them, and how he enabled others to achieve theirs. He doesn't discuss spirituality or religion, but speaks with the tone of a man who has lived life well and has figured out what's really important about it. The most interesting part of his lecture is the third section where he discusses what enables you to achieve your dreams. "Never lose the childlike wonder," he advises. "Show gratitude... Don't complain; just work harder... Never give up."

Most of Randy's dreams were different and interesting; some nerdy, like experiencing zero gravity, authoring an article in the *World Book Encyclopedia*, some fun ones like to be one of the guys who wins the big stuffed animals in the amusement park, and to be an Imagineer with



Dr. Randy Pausch at one of his lectures

Disney. He talks about how he achieved all of them except one, which was to play in the National Football League. However he converts even this effort into a positive experience by saying "Experience is what you get when you didn't get what you wanted"

Randy's advice has been converted into a book

called "The Last Lecture". His wife persuaded him to write the book, but he was worried it would take too much time away from his children. So he dictated it over the phone, over 53 one-hour sessions while he rode his bike every day to keep up his strength. "I've always said I only care about the first three copies of the book," I'm speaking only to my children," he said. "I didn't set out to tell the world how to live life."

This man who said "We cannot change the cards we are dealt, just how we play the hand" finally lost his battle to pancreatic cancer on July 25th 2008. He will be missed not only by his family and friends but also by millions who admired him and will always be remembered as the dying man who taught America how to live.

Listen to his lecture on YouTube or on his home page- <http://download.srv.cs.cmu.edu/~pausch/>

~Haripriya Rajagopal (Lila Fellow 2003)



LPF Quiz

How well do you know the Lila Poonawalla Foundation?

1. When were the seeds of the Lila Poonawalla Foundation sown?
2. What is the motto of the Foundation?
3. Name the two Lila Fellows who are also trustees of the Foundation.
4. Who is the only chief guest to have presided over the Award functions twice?
5. Who is the only male chief guest to have presided over an LPF Award function?



Lila Poonawalla Foundation

- Answers**
1. September 16, 1994
 2. Leading Indian Ladies Ahead
 3. Dr. Neelu Nawani & Shaheen Patel
 4. Dr. Kiran Bedi
 5. Dr. A.P.J. Abdul Kalam

Women CEOs at Tech Giants: The Rise and Fall

A Lila Fellow writes about women in high positions in the Bay Area...

Having spent about six years in the Silicon Valley (the tech haven), there is nothing unusual about a high tech company ousting its CEO due to business strategy conflicts. The recent dethroning of VMware CEO and co-founder Diane Greene however aroused my attention for various reasons. My primary reason for concern was the fact that this company is my source of bread and butter. I shared the same anxiety that several of my fellow employees at VMware experienced early morning on 8th July, 2008 when this news was announced. Diane's ouster however was significant to me for another reason. With her abrupt departure, the number of women CEOs at the Valley's technology "giants" dropped down to zero on that day. This one was the last in a series of departures with Hewlett Packard's (HP) Carly Fiorina and eBay fame Meg Whiteman, all leaving on a low note. Is it a Coincidence or a Trend?

One of my reasons for joining VMware was the immense respect I had for Mendel Rosenblum*, right from my graduate years at Stanford. After being part of the company, it was hard not to sense Diane's passion for the company. She came across as an independent leader who coddled her engineers and always had unlimited time for them. Sensitive to employee emotions, Diane reportedly fought with Palo Alto City Council to sanction the construction of a pond on the company's new Palo Alto headquarters, just so that the company's eight-year-long tradition of 'dunking' people before they get married continues. Diane always described herself as an accidental CEO, "I never aspired to be a CEO, period" she said during an interview with the Fortune magazine in 2007. Fortune later described her as the toast of Silicon Valley and included her in its Power 50 list of Most Influential Women in Business. In the same article however, it was also noted that as a leader of the virtualization giant, which also had a recent high-profile IPO, her future was bound to be anything but smooth sailing. And so it was. People close to the company



Founder and former CEO of VMware, Diane Greene

say Diane clashed repeatedly with EMC management over costs, the company's independence, and its ability to strike deals to distribute its software with EMC competitors like IBM and HP. VMware's announcement in the second quarter of 2008 that the revenues for the year would fall below previous guidance of 50% growth would be the turning point; the board made its move and Diane quickly became history for VMware.

HP's Carly Fiorina comes up as a stark contrast in personality to Diane. Carly's youthful vitality, eloquent charm, and cover-girl attractiveness brought her a celebrity-like status. On being appointed CEO of HP in 1999, which also made her the first woman to lead a Dow Jones 30 company, she became the epitome of female leadership in an otherwise male dominated sector. Clearly, her being a woman received as much emphasis as her being the first outsider to lead HP, despite her strong insistence otherwise: "My gender is interesting but really not the subject of the story here". It wasn't clear if this ostentation or the extra attention that the company received, because of



Former CEO of Hewlett-Packard, Carly Fiorina

her, eventually worked against her, but Fiorina started getting unpopular amongst her own employees. She was blamed for being focused on her own ideas and alienating her employees and board members. The company's controversial deal to buy Compaq in the spring of 2002 did not produce the shareholder returns or profits she had promised. Carly ended her 6-year-long reign at HP on Feb 9, 2005, when board members forced her out.

Meg Whitman's leadership style on the other hand was reputed to be consultative, open, empowering and visionary. Her departure from eBay wasn't as unexpected. Meg had set the expectation right when she declared shortly after taking up the reigns as eBay's leader that no CEO in her opinion should stay in power for longer than a decade. Her departure however came at a key point for the company with its core auction business declining in momentum, making a few people wonder if her decision was self-made.

Being a woman in tech, it's slightly unnerving to see your role models, despite being widely admired, depart from positions of high visibility. What is promising though is that there is a solid core of female talent working very close to the top



Former CEO of eBay, Meg Whitman

leadership and advancing steadily. Safra Catz is successfully reigning as Co-President and CFO at Oracle and is on the top of the list to take Larry Ellison's place, according to Bloomberg News. Ann Livermore ceded her candidacy for CEO at HP in 1999 to reposition herself as the latest Internet whiz; she now sits with the company's top executive management team as Executive Vice-President of Technology Solutions and reportedly is a hot property for numerous Silicon Valley head-hunters for high-tech CEO spots. Champion of innovation and often touted as Google's talent scout, Marisa Mayer firmly holds the title of VP for search products and user experience at Google. These power-women are no doubt working hard to create a niche for women in the tech sector. Even more reassuring is the fact that the number of girl-geeks choosing engineering/technology as their career preference is rising steadily. More and more of these women, holding key positions at various levels in the tech industry, will build the required infrastructure that will help their fellows succeed in their run for the C-suite.

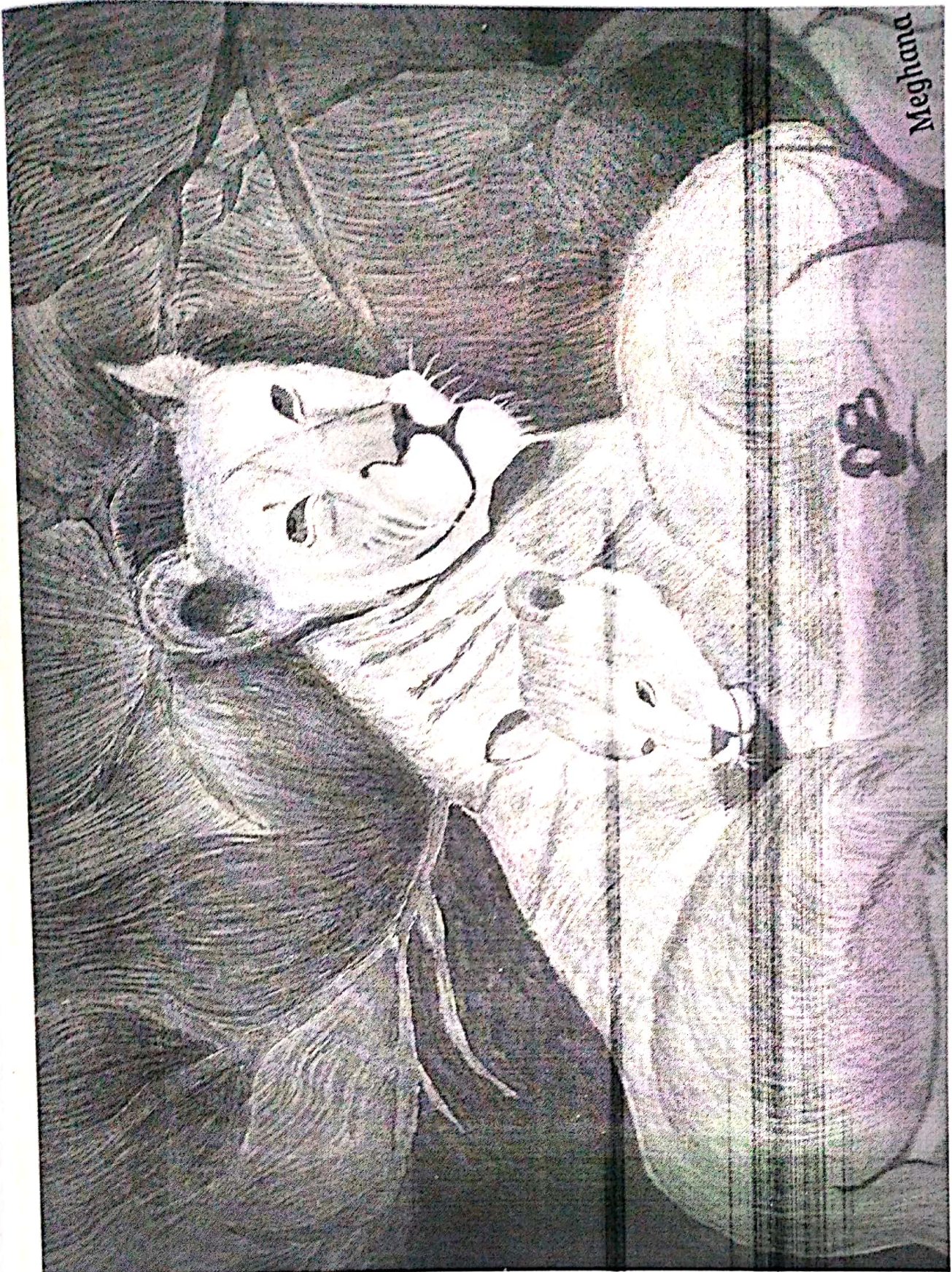
** Professor at Stanford University and a Founder and Fellow at VMware*

~Madhura Sharangpani (Lila Fellow 2002)





~Meghana Gupte (Lila Fellow 2007)



~Meghana Gupte (Lila Fellow 2007)

My Experiences in the Bay Area

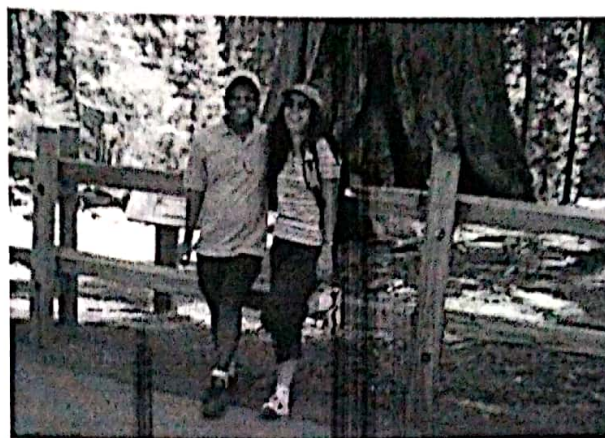
A Lila Fellow talks about the new phase in her life ...

One of the most memorable days in my life was the day I landed in my dream land, the Bay Area and started off on a new married life with my husband. I had heard about it from a number of friends and relatives, but experiencing it was very different from imagining it. The Bay Area has great weather, lots of places to visit and I made lots of friends. Soon, the days quickly became busy with the new phase in my life, being a homemaker and studying for the CPA examination.

The first month or so after my arrival in the United States was significant, as I explored new things. I was so busy that it actually felt much longer than a month. Most of my energy was spent in getting my basic necessities sorted out. I had to buy all the essentials for our apartment. I realized that there are a number of things you need for survival here – a social security number (SSN), a credit card and knowing how to drive a car. To my surprise, I found that, credit is valued more than cash. Also, the South Bay does not really have good public transport available as an alternative to driving. So knowing how to drive (on the “wrong” side of the road) assumed a lot more significance. Amidst all this, I enjoyed making new friends in this environment.

One of the very important things I learnt in the US is to communicate with and understand people from other cultures such as Chinese and Mexican; there is a lot of cultural diversity in USA and it is a fascinating experience interacting with people from other cultures. I also observed an interesting contrast in the culture between India and USA. Everything I need is here, but everyone lives in a nuclear family. I miss living in a joint family. There is affluence here, but the simplicity I find back in India even amidst luxury and prosperity is missing.

My husband and I both like traveling and in the past year or so, we have visited a number of different places in USA. I really enjoyed visiting the



Shweta and Vinay at the Sequoia National Park

Golden Gate Bridge in San Francisco; I have been there a number of times now and yet it continues to catch my attention every time. Over last Thanksgiving, we visited Los Angeles, Hollywood, Beverly Hills and San Diego. At SeaWorld, in San Diego, watching shows by ‘Shamu’ the whale and the sea lions was an enthralling experience. We also went on a trip to the East Coast and visited New York, Washington DC, Philadelphia, Boston and Niagara Falls. The Maid of the Mist boat ride goes very close to the Niagara Falls, and viewing it from the boat, one cannot help but appreciate God’s wonderful creations. We also hiked to many interesting places in California. I had an unforgettable experience camping in Sequoia National Park when a bear visited our campsite at night and we spent the night frozen with fear.

I have completed a little over a year in the Bay Area and it seems to have whirled past me. Last year, I missed the New Year Lila Poonawalla Foundation party and meeting Lila Ma’am, Firoz Uncle and all the trustees. This year, I am eagerly looking forward to my vacation in December during which I plan to visit India and meet all the Lila Fellows and Trustees in Pune.

~Shweta Kakade (Rairikar) (Lila Fellow 2004)

Step it up and Dance!

A Lila Fellow writes about interesting western dance styles ...

'Dancing with the Stars', 'So You Think You Can Dance', are some of the popular dance reality shows in USA. The concept and theme of these reality shows is similar to some of the dance programs in India but I am amazed by the various dance styles demonstrated by the choreographers and the participants. Some of these dances are in styles like Salsa, Samba, Mambo, Hip-hop and Bollywood. But I have never heard of dances like Foxtrot and Paso Doble. In this article, I am writing briefly about some of these dance styles.

Foxtrot: I find it hard to imagine this style of dance. Foxtrot is one of the classic Ballroom dances; you might have seen something similar in old movies where, in a large crowd, people dance close to their partners and a big band plays in the background. Foxtrot was originally referred to as "Fox's Trot". Actor Harry Fox developed this dance style, to help female dance partners cope up with the more difficult two-step dance steps, by adding stagger steps. Thus, Foxtrot is a combination of quick and slow steps that offers greater flexibility and pleasure while dancing. Foxtrot is danced in a closed position, facing your partner and holding him/her close. The closed position is the most basic position used in most ballroom dances; I think it gives an elegant and romantic appearance to a dance.

Paso Doble: 'Paso Doble'.... What does it mean? It sounds like 'Double Pose' to me but its true meaning in Spanish is 'two-step'. It originated in Southern Spain and is based on music played at Spanish bullfights. When I saw a Paso Doble dance performance, I thought that it was very aggressive, passionate and more like a dance meant for a male performer. The movements of the leader of this dance are designed around those made by a

matador. The partner takes on the role of his cape. Out of the five Latin dances (Cha-Cha, Samba, Rumba, Paso Doble and Jive), this is the only dance which is primarily centered on a man. Paso Doble is a progressive dance. This means that as you do it, you can expect to move around all over the place. Usually, it is performed as an exhibition of the dancer's talent, as a form of entertainment or in some sort of competition and creates a Spanish bull fighting atmosphere in a competition.

Samba: Samba is a fun dance, the festive style and mood of the dance has kept it alive and popular to this day. It basically originated in Brazil and is a national dance. A Samba dancer is known in Brazil as a 'Sambista'. It is primarily danced as a festival dance during the street festivals and parades, as in

the Carnival at Rio. A unique feature of this dance is the excessive hip movement of the dancers. Dancers bounce up and down on their toes, giving it a lively and cheerful look. Samba is one of the most interesting dances to familiarize yourself with, if you are interested in dancing culture.

Foxtrot, Paso Doble, Samba all have their unique styles and origins but one common facet all of them have is 'Fun'. When I attended a basic Salsa dance workshop with my husband Ajit, I

thought it was great fun. It is also a great way to spend quality time with your spouse. But in these dance classes, you don't need to have a partner as you are supposed to rotate yours all the time. Taking turns with different partners teaches you to interact with other people and also trains you in basic dance etiquette. Our instructor used to say, "I have never heard any person saying, 'I wish I couldn't dance'". I believe him too, so guys what are you waiting for, let's step it up and dance!

~Sujata Dongre (Lila Fellow 2003)



Spicy Buttons

The smell of a recipe wafting in from a Lila Fellow's Kitchen...

Mushrooms are a kind of fungi that I've developed a taste for because of a house mate who cooked the best mushrooms with cumin and hot spices. This recipe specifically avoids those spices in order to not offend that supreme dish with a sub par preparation of my own.

Ingredients-

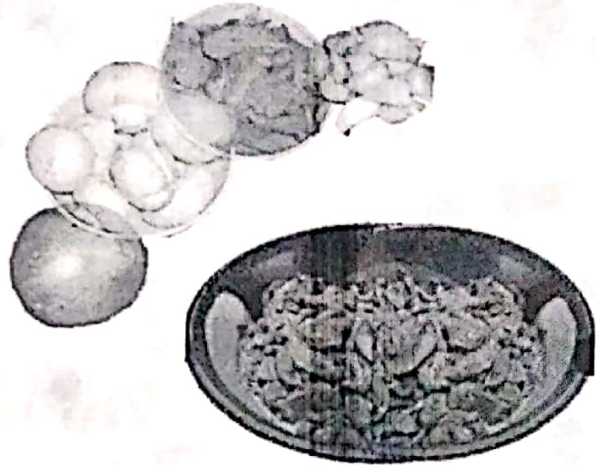
- ~1 pound brown mushrooms
- 1 medium sized onion
- 3-4 cloves of garlic
- Chives
- Basil
- 2 tablespoons of cream
- Pepper
- Salt
- Vodka (optional)
- Peas to add color



Preparation

Slice washed mushrooms no thinner than 3-4mm. Julienne cut onions. Slice garlic so that they can be easily removed by the non-gourmet. Heat oil in a pot that can be covered, add onions and garlic and sauté until the onions turn transparent and their

edges, a little brown. Add cut chives in it (yes, do it). Add ground pepper generously. Stir, sit back, for 5 seconds. At this point for some more heat, you can add either paprika or some other heat adding ingredient. I added 'El Pato' yesterday. Now you are ready to add mushrooms. Instead of water, to add an extra tang, I tied up plain yogurt in a cloth and drained its water for about 2-3 hours. I used this water to cook my mushrooms. Cook it covered for a while, then take off the lid to let the excess water evaporate. Add the peas (if frozen, wash in warm water prior to adding) and salt. Now twiddle your thumbs☺



Delicious, cooked spicy buttons

Once the water has disappeared, add the cream and about a handful of basil. This dish is high on herbs and spices as you can tell. Don't worry about the basil; it will lose a little bit of its aroma with the cream. Cook on low heat until it amuses you. For a sharp taste, vodka (1 shot equivalent) can be added right after the cream.

This dish goes well with plain rice as it is spicy.

~Uma Kelkar (Lila Fellow 1999)

Fitness FUNdaes

A fitness conscious Lila Fellow tells us how much fun exercising can be ...



I have always believed that good health is the key to a good life. Like most other girls, I was obsessed with keeping my weight in check and tried various indoor and outdoor activities like aerobics and tennis. However, as a student, I always found it hard to find the time for exercise between classes and exams. I resorted to dieting and skipping meals, but soon realized that it was a bad idea as I was constantly thinking about and craving for good food ☺

One of the first things I noticed when I came to California for further studies was that people were extremely health conscious. Students always found time for exercise in spite of loads of course work. Professionals managed to squeeze in time for working out between deadlines at work and driving their kids from school to extra-curricular classes. I motivated myself to hit the gym regularly and tried various machines – but I soon got tired with the same old routine. I wondered how others, with busier lives than mine, managed to consistently carry out their fitness regime.

After talking to friends and fitness instructors, I realized that the best way to remain motivated is to have fun and incorporate variety into your fitness routine. I have tried some of the following and I've had a great time – hope these work for you too.

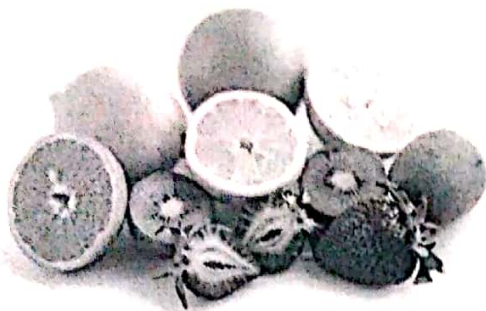
- Join a group exercise class at a gym. I've tried cardio kickboxing, spinning and step workouts. There is tremendous energy in these classes coupled with pulsating music. Watching everyone sweat it out will surely keep you motivated.
- Had a heavy lunch at work? Gather some colleagues and go for a brisk walk. It's a great way to get to know your colleagues well and digest all that food.
- Love music and movies? Enroll in a dance class

with different styles like bollywood, hip-hop, or belly dancing. You'll burn a lot of calories and discover some hidden talents ☺



- Buy a bicycle for yourself and your spouse/children and go for long rides to discover new places. Pack sandwiches and snacks and make it a family outing.
- Train for a marathon! Sounds intimidating – but can be accomplished if you set your heart and mind to it. I trained with Asha for a half-marathon and raised funds for the education of underprivileged children in the process. I met spirited trainees and coaches, and learnt about the importance of stretching and nutrition. I realized that overcoming physical challenge is a victory of mind over body.
- Bored of going to the gym on weekends? Call up those friends you've wanted to meet for a while and go for a hike. Hiking up a trail is a great way to be one with nature and get some pristine air. Practice your photography, catch up with friends and burn all those calories.
- Incorporate cardio, endurance and strength training into your gym work-out rather than focusing on one. Doing cycling/treadmill, weights and yoga/Pilates will keep your body conditioned and will keep you challenged without getting bored of the routine.

- Pay attention to your diet – be aware of what you eat and drink. All that exercise will not show any results if you pig out on junk food. Exchange low-cal recipes with friends, get a book on nutrition and make healthy choices. For sweet cravings – substitute chocolate with granola and flavored yogurt. Toss in cranberries and nuts into your salad, and keep fruits and whole grain snacks like cereal bars/wheat thins in your office for that mid-day snack



- If you are more of a sports person than a gym person, join a volleyball, tennis or basketball league. Sports sharpen your body and mind and teach you team spirit and leadership.
- If you're like me and love to shop – spend a weekend day in the mall and check out your

favorite stores. All the walking will be your exercise dose for the day and all the good clothes will motivate you to work out harder so that you can fit into them😊



- Last but not the least, believe in yourself and have patience. Set yourself realistic goals and work slowly and surely towards them. Don't think of exercise as a chore – make it a priority. Think of it as a stress-reliever at the end of the day – an hour with your iPod that you look forward to. Find out what keeps you going, and challenge yourself.

Here's to good health and happy living!

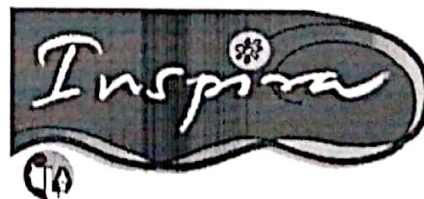
~Mitalee Gujar (Lila Fellow 2000)



Inspira Quiz

Find out how much you know about Inspira ...

1. When was the first edition of Inspira published?
2. How many issues of Inspira have been published to date?
3. What is Lila Poonawalla's column in Inspira called?
4. What is the name of the new column introduced recently which allows Lila Fellows to interact and express their thoughts on a given topic?



Answers
1. July 2000
2. 25
3. From My Heart
4. Clip Board

Special Feature: The Lila Family in USA

LPF Senior Trustee Maya Thadhani reports from San Francisco...

Dear Friends,
Greetings from San Francisco! With thoughts of meeting my children, Sharmila/Kevin and Sonya, dancing in my head, I took off for USA on a Lufthansa flight on April 27th 2008 and reached San Francisco the same day. I eagerly look forward to my 6 month sojourn in the USA every alternate year, so when Haripriya Rajagopal (LF 2003) asked me to send her a write-up for a booklet which she is working on for Lila and Firoz's impending visit in September, it was a timely request. I have spent 3 glorious months with family and friends in charming San Francisco, seen a lot, done a lot and left on August 3 for the second leg of my vacation with Sharmila/Kevin in Boulder, Colorado - god's own country.

Many of you however know, that I have embraced another family that I love very much - LILA FELLOWS (LFs). While in San Francisco, one of my most satisfying experiences always has been meeting them in the city and the surrounding Bay Area. So happily, an email announcing my arrival elicited a heart warming response.

On May 18th, Sujata Dongre (LF 2003) with husband Ajit Datar and Meghana Gupte (LF 2007) spent the entire afternoon with us in Sonya's condo. Haripriya and Deepak dropped in later that

evening. Sujata is taking advanced courses in Japanese in San Jose State University and is planning to do her Masters there. Meghana is studying animation at the Academy of Art in San Francisco. She shares an apartment in the city with three girls - tough! Haripriya is a Sr. Member of Technical Staff at VMware in Palo Alto; her husband Deepak has just earned his PhD in Electrical Engineering at Georgia Institute of Technology. Congratulations!



LPF Trustee Maya Thadhani surrounded by her daughter Sonya, Lila Fellows and their families at Santana Row, San Jose

Hey! The best is yet to come. Sonya hosted a lovely buffet luncheon for LFs at Amber, a popular Indian Restaurant, at Santana Row, San Jose on June 1. So much food and what variety! At this cozy reunion were Haripriya, Deepak, Sujata, Ajit, Shweta Rairikar (LF 2004) and husband Vinay Kakade, Mitalee Gujar (LF 2000) with brother Ameya, Meghana,

Uma Kelkar (LF 1999) and her Mom. COEP alumnus Mohit Gundecha, who knows Lila well, joined the gang.

Great camaraderie, a sumptuous feast, pleasing ambience and great weather marked the afternoon at Amber. We had a lot of fun. Lunch over, we headed to Mitalee's apartment at Santa Clara for chai. She works for NetApp as a Member of Technical Staff in Sunnyvale. Another accolade -



Maya Thadhani with Renuka Agrawal in San Francisco

Mitalee's husband, Srivinas Vinnakota, has recently joined her after graduating with a MBA degree from Kellogg's Institute of Management. Congratulations! Shweta will qualify as a certified public accountant in 2009. Asmita Katdare Mondal (LF 1996) and Madhura Sharangpani (LF 2002) could not join us for lunch due to prior commitments.

I chatted over the phone with other LFs in the USA. Ruta Inamdar (LF 2000) is in Michigan. She quit Nestle's when she got married to Hemant Parmar and is now doing a job search for a marketing position in the food processing industry. Meanwhile, she is studying Spanish and doing pottery. Jyoti Dalvi Malhotra (LF 1998) is besotted with her adorable 6 month old daughter Arshia. She works for the Brewer Science as a Sr. Scientist at Rolla, MO and is actively organizing a workshop for teachers and students in her area with a view to encourage their interest in Math and Science.

Ketaki Desai (LF 2002) got her PhD in Biotechnology early this year from the Univ. of Texas at College Station and is on the east coast with her fiancé. She is getting married on November 29th at Pune. Vijayalaxmi Mishra (LF 1999) is successfully engaged in Medical Research at Indianapolis. Ria, her daughter is over a year old now. Sarita Bafna (LF 2003) is in Seattle with Microsoft and surprise surprise, she helped me track down another Wharton grad, Renuka Agrawal Gregg (LF 2003), who now works in Microsoft in San Francisco. I enjoyed meeting her at

Sonya's on July 28th and caught up with a lot after a long time. Samidha Ghatpande (LF 2000) has returned with her family to India.

Dr. Supriya Kulkarni (LF 1996) who is in Toronto is heading to Pune to get married to Shashant Parkhi on October 9th. She is doing extremely well as a consultant in breast imaging procedures and the like. Jovina Amor (LF 1998) who is in Denver was excited about her son Ved's first birthday party on August 24th. She is now an associate with JG Johnson & Co. and it was a great pleasure to meet her and her family, including her in-laws.

Other 2007 Lila Fellows Pallavi Ozarde, Omakara Veenanki and Kanak Malshe have done extremely well at their universities, made many friends and love USA. Pallavi has transferred to University of Indianapolis for a doctorate program in physical therapy and Kanak has finished a year at Northeastern University in Boston MA, and is currently doing an internship at Schlumberger, a Fortune 500 company in Boston.



Maya Thadhani with Omkara and Haripriya at Sunnyvale

Thank you Haripriya, Deepak and Shweta, Vinay for warmly inviting Sonya and me for lunch. Sonya and I thoroughly enjoyed your meals and your gracious hospitality. And to Uma as well for treating me to a fine Italian lunch at Mona Lisa in the city. Uma has recently joined as Senior Analog Design Engineer at Teranetics.

Another terrific coincidence! Omkara flew in to San Jose on June 21 from New York where we met at Haripriya's for lunch. She came to meet us there! Another lovely reunion! She doing her Masters at

SUNY Buffalo New York and has made many wonderful friends.

For the rest, I could write a book. So much has happened here these last three months. Being a newspaper buff is fine, but more often that not, what we read and see on TV these days is a cascade of calamity, grotesque behavior, tragedy, corruptions and greed. As if the staggering gas prices, spiraling food costs, home foreclosures, a dwindling economy and quakes in the stock market were not enough, senseless shootouts, over 300 wildfires that devastated thousands of acres of land and homes in California, job cuts etc have put America in a tight corner. However cheers went up in Castro St. when the California Supreme Court ruled that the same sex marriages were constitutional. I attended the Gay Pride events in July and saw how happy the same sex couples were when this was announced.

And picture this - The frenzied Obama-Hillary

preliminaries consumed the nation. Obama won. Now its Obama, Obama, Obama all the way. Does America get its first African-American president? Let's see,

I've overstepped my space limit so let me sign off by saying that its always such a pleasure to meet the Lila Fellows here and to talk to many others across USA. Listening to your stories deepens my understanding of your feelings: that you care for the Foundation and the strength of your sisterhood. You are recipients of a truly gylving and mentioning experience. Belief leads to success and your accomplishments are ours as well. You are caretakers of our heritage. We are proud of you.

Lila and Firoz, what can I say? I will miss meeting you in San Francisco as well as the LPF get-together planned for you on September 12. But you will meet your family and that is all that matters.

Love,
Maya Thadhani.



Did You Know?

Trivia about the history of the Silicon Valley...

- William Shockley, the inventor of the transistor, decided to set up the Bay Area's first semiconductor company, Shockley Semiconductor, in the 1950s because he wanted to live close to his old mother!
- Engineers from Shockley Semiconductor left and started Fairchild Semiconductor, whose engineers, in turn, left and founded companies like Intel, National Semiconductor, AMD, LSI Logic. The Bay Area is today called Silicon Valley due to its large concentration of semiconductor firms.
- Shockley labeled the group of eight engineers who left his company and started Fairchild the "Traitorous Eight". Members of the "Traitorous Eight" included Robert Noyce and Gordon Moore. Both went on to found and become CEOs of Intel.
- Shockley Semiconductor's office in Mountain View, which is considered to be the birthplace of Silicon Valley, closed after Shockley kept losing his best employees. It is now a vegetable market.

Tête-à-tête

A few lines from Lila Fellows ...

LILA : Leading Indian Ladies Ahead..... I bet no one will prove this wrong..... As in the name itself, Lila Ma'am and LPF are always so supportive, not only to me but also to my mother. Getting a scholarship is like getting wings to fly high without any fear of failure. I would like to thank Lila Ma'am and all the trustees for always being there for us.

-Sujata

Hi Lila Aunty,

Thanks to you and Firoz sir for setting up the LPF foundation. I have never seen a foundation like this. In most trusts, things stop after handing over the scholarship. In LPF, it all starts after receiving the scholarship.

The LPFs meet at San Jose at Amber restaurant was my first get together wherein I got an opportunity to meet other Lila Fellows. It was very nice to meet and see the senior LPFs in touch with each other and the foundation.

This foundation has given me so much in just one year itself! Not to forget to mention Maya aunty and Sonya who have called me at their place in San Francisco several times, guided me when I most needed their help, celebrated my birthday and also took me to a Chaat corner in Berkeley.

The LPF has been like a second family to me!

Thank you,

Meghana

I am really grateful to Lila Ma'am, Firoz Uncle and all the trustees for giving me the support and encouragement for higher education and making me part of the Lila Family.

-Shweta

Lila as a name has different meanings in different languages – in Persian it means lilac, symbolizing love, in Swahili its means goodness, in Sanskrit, it can mean playfulness or the free will of God.

Mrs. Lila Poonawalla truly combines all these meanings into her life which is characterized by many traits including, energy, enthusiasm, creativity and her goodness in giving something significant back to the society in the most constructive way – encouraging education.

Mrs. P, you do set a great example!

- Haripriya

