

### Message from Rajsekhara Acharya President, ORIOZ

There have been few developments in ORIOZ during the first quarter of the year. Firstly, I am proud to announce the funds we, as a community raised to contribute to the Victoria Bushfire appeal. We raised \$750!!! Thank you.

Secondly, the Executive Committee had a face to face meeting in Canberra on 7<sup>th</sup> March 2009. Other senior members such as Bharadwaj Mishra and Charu and Priya Mishra also joined this special meeting. Canberra members of Orioz also joined the discussion. It was a productive discussion with many constructive suggestions. I would like to highlight 2 main points from this meeting. The Committee has agreed in principle to introduce a Board of Advisors governance structure subjected to approval by majority of general members at the next AGM. And, the next Sammilani will be held in Easter break 2010 – Easter Saturday and Sunday. Venue will be announced shortly.

On behalf of the Executive Committee I sincerely thank our Canberra team who organised the logistics of this meeting and looked after outstation members.

I understand that we have some new members and new arrivals in all our states in Australia. On behalf of Orioz and the Oriya Community I welcome them to Australia and to our Oriya community. I will request our existing members look after them when they are new here.

I will be happy to receive any feedback, comments and opinions you may wish to share with me or the ORIOZ Committee.

Rajsekhara Acharya

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### ନିଉଁ ପ୍ରସ୍ତୁତିକା

ପଠକ-ପଠାଳ ପ୍ରସ୍ତୁତିକା

ପ୍ରକାଶ-କାଳୀନ ମିତ୍ର

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ତେଜାଁ ପୁଅ ଯେ ଧୁଲିରେ ଗଢେ  
ତେଜାଁ ବୁକୁରା କପରେ ବଢେ  
ଗରଜାଁ ମାଉସ ଗୋଷାଳ ଛାଡେ  
ତେଜାଁ ବିରାଟି ପରଲ ଗୋଡେ  
ତେଜାଁ ମୁଆଁ ଯେ ହାତ ଗାମୁଚେ  
ତେଜାଁ ଦମାଳ ପଢ଼ି ଶାଢ଼େ ।

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ଗୋଟ ନ ଯୋଇ ଯେ ଦେଉଳେ ପଢେ  
ମୁହଁ ନ ଯୋଇ ଯେ ଗୋଡ଼େ ଚଢ଼େ  
ହାଣ୍ଡି ନ ଯୋଇ ଯେ କଲେ ଗୋଷାଳ  
ବାଉଳ ପଞ୍ଚାଏ ଦୁଲେ ନ ଯୋଇ  
ଶିଖର ହୋଇ ଯେ ନ ଧୁଏ ମୁଣ୍ଡ  
ପାଣି ପୁରାଏ ଯେ ନ ଯୋଇ ବୁଣ୍ଡ  
ନ ଧୁଆଇ ଯେ ନ ଯୋଇ ଶାଢ଼ି  
ଅଣ୍ଟା ପାଣି ନାହିଁ ଖାଏ ଯେ ଭାତ  
ରାତି ପିତା ଲୁଗା ଯେ ନ ଧୋଏ  
ଗରା ନ ମାଟି ଯେ କୁଏ ପଞ୍ଚାଏ  
ବାସନ ନ ଯୋଇ ଖାଇବା ବାସେ  
ଖୋଲେ ଦମାଳ ପାଙ୍କୁ ଧର୍ମ ଛାଡେ ।

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ପର ଗୁମର ଯେ ଗପେ ଦାଣ୍ଡରେ  
ଯାତ୍ରା ଦେଖିଯାଏ ଯେନି ଶାଞ୍ଜରେ  
ମାଲଦଣ୍ଡା ଚିଢ଼ିଫ ଗୋରୁ ଲୁଣ୍ଡରେ  
ଅସଲ୍ୟ ଯଥା ଉତ୍ତର ବୁଣ୍ଡରେ  
ନ ଚରଇ ଯେତୁ ଗାତ ଦଣ୍ଡରେ  
ମୁହଁ ଗାଣ ବରେ ଦେଇ ଦଣ୍ଡରେ  
ନିଠ ବସଇ ଯେ ଠକ ଧୋଣ୍ଡରେ  
ଦମାଳ ଧରାକୁ ଗଣେ ଭାଣ୍ଡରେ ।

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ପିଅପିଆ ଯେତେ ଦୁଏ ବନବା  
ଯୋଗା ବୁକୁରା ଗୋଲେ କାମୁଡା  
ଯୋଗା ଦେହକୁ ଛାଡ଼ିଲେ ବନବା  
ଶ୍ରାମରେ ଯେତେ ପଢ଼ି ଲହରୀ ମତା  
ଯେତେ ଅଣିଲେ ନ ପୁରଇ ଯତା  
କହେ ଦମାଳ ଏ କରମ ଯୋଗା ।

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ବଣା ହୋଇ ପାଣ ନ ପାରେ କଣି  
ଦେଉଳେ ପଢ଼ିଲେ ବେଗଣି ଲଣି  
ବାଲି କପିଲେ ନାସପୋଡା ବୁଣି  
ଶାଢ଼ା ସମର୍ପଣା ଗାଡ଼ିଲେ ଖାଣି  
ଦେଲିଲେ ଦକ୍ଷିଣା ହୋଲେ ଗଣି  
ଗରିବ ମାଉସ ହୋଲେ କପଣା  
ଛିଣିଲେ ମୁହଁ ଚଳୁଣ୍ଡକୁଣି  
ଗୋଟା ପୁଅକୁ ଗୋରୁ ହୋଲେ ଧଣା  
ଚିରିଯାଏ ଯେତେ ମୁଣ୍ଡେ ମାଣି  
ଶ୍ରାମରେ ପ୍ରବଳ ହୋଇଲେ ଗାଣା  
ଦେଉଳେ ପାଖରେ ଗଢ଼ିଲେ ବୁଣି  
କରମ ଗାମୁଆ ଦମାଳ ଗଣି ।

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ଦେବାପାଣି ଯେ ନାବା ଖାଉଦେ  
ବଦପାଟି କଲି ଦାଣ୍ଡରେ ହସେ  
ଦେଲ ନ ଚଳୁଣ୍ଡୁ ଆଗଣ କଣେ  
ପଢ଼ିଲେ ବସି ଦୁଢେ ଗୋଟ ପଣେ  
ମୁଣ୍ଡ ପୋଟି ନପେ ମହାକୁ ବଣେ  
ଉଲଟୁ ହୋଇ ଚଳ ମଧ୍ୟା ପଣେ  
ଅତି ଅଲକ୍ଷଣା ଦମାଳ ଗଣେ ।



Canberra Meeting on  
7 March 2009  
  
Bharadwaj Mishra  
Rajendra Padhee  
Priyambada Mishra  
Charu Mishra  
Sujeet Jena  
Saramista Mohanty  
Rajasekhara Acharya  
Sekhar Mohapatra  
Tapas Senapati  
Pankaj  
Sobesh Chhotray  
Shantanu Padhi  
  
*Well done Canberra!*

**Chena Tarakari - Matar Paneer (Mau-Tau-R Pau Neer)****Ingredients:**

Matar (green peas) 500 g, Chena (Paneer, home made or Ricotta) 400 g, Thickened Cream 300 ml or less as you wish, Fresh Tomatoes 2 medium size, Tomato Paste 2 table spoons, Onion 2 medium sliced, Garlic 3 grated cloves, Ginger 2 tea spoon freshly grated, Cumin Seeds 1 tea spoon, Turmeric power +Cumin Power+ Coriander powder+Garam Masala - 1 tea spoon each, Cinnamon stick 1 no, Cardamom pods 2, Bay Leaves 2 no, Chilli powder 1 tea spoon or Optional as you need, Olive oil about 200 ml (for frying and cooking together) Salt to your taste, Coriander leaves optional 4 table spoons.

**Preparation:**

Cut ricotta into small cubes.  
Shallow fry the cubes mildly and keep aside.  
Cut the tomato into small pieces.

**Cooking**

- ✚ Add oil to the preheated hot preferably non-stick 5 L sauce pan.
  - ✚ When sufficiently hot, add cumin seeds, cinnamon stick, cardamom pods and bay leaves. Stir for a few seconds.
  - ✚ Add onion and fry it for a minute
  - ✚ Add, ginger and garlic, sauté till mildly brown.
  - ✚ Add rest of the spices, salt and stir.
  - ✚ Add freshly chopped tomatoes; stir it under low heat for a minute or two.
  - ✚ Add the green peas, stir.
  - ✚ Add water and let it boil for 5 minutes.
  - ✚ Add the pre-fried paneer cubes and cook under the cover for 10 minutes or so.
  - ✚ Add cream and let that cook for 5 minutes or till done.
  - ✚ Cook for 15 minutes or so or till peas are tender under low heat.
  - ✚ Garnishing Optional
- Garnish with fresh coriander leaves and Garam Masala. It is ready for serving.

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**Suggested changes to membership types:**

At Canberra meeting it was suggested that we modify our membership categories. The objective is to make it easy for people to become and remain as members. And some thoughts have also gone to people who decide to take membership for a long period of time. Here is what we suggest:

- 1 year -\$10 per member (not per family)
- 3 years -\$25 per member (not per family)
- 5 years -\$40 per member (not per family)

We would love to hear your opinion.

Having the Executive Committee meeting was a fantastic opportunity to meet members of our Oriya community there. We would like to take this opportunity to introduce our Canberra team.

1. Shantanu & Anita Padhi and daughter Tanvi
2. Sekhar & Madhu Mohapatra and Prisha

**Start planning for next Sammilani – Easter Saturday & Sunday 2010**