

K habbar

(KONKANI SABHA NEWSLETTER)

VOL III No. 1

June 1980

Periodic newsletter
for circulation to
members of

K O N K A N I S A B H A

President

Mr. Damodar Baliga

Secretary

Dr. Gopal A. Bhandarkar

Treasurer

Mrs. Sunita Prabhu

Executive Committee

Mrs. Pratibha Bhandarkar (Food)

Dr. Vasudev Prabhu (Entertainment)

Mrs. Poornima Bhat (Games)

Miss. Vanita Kamath

Sub Committees

Food:

Mrs. Pratibha Bhandarkar

Mrs. Sumati Kamath

Mrs. Nirmala Nayak

Entertainment:

Dr. Vasudev Prabhu

Mrs. Sheila Pai

Mrs. Suman Nayak

Games:

Mrs. Poornima Bhat

Mr. Prabhakar Shenoy

Mr. Arun Kamath

FIA Representative

Mr. Vinayak Kudva

Address:

31-14 84th Street
Jackson Hts., NY 11370

PRESIDENT'S PAGE

As we enter our fifth year of existence, I could still very well remember the qualms I had when the formation of the Sabha was first suggested. Thanks to the efforts of some members the Sabha became a reality. The support of our members has been very encouraging on the whole. While some of our members relocated further away, we have been fortunate to enroll some new members. It is of utmost importance that we actively seek to enroll more members as the larger our number, the more effective and stronger we will be. So I request all our members to try to enroll at least one new member.

I have heard the question asked sometime if the Sabha does anything worthwhile other than provide an opportunity for us to get together. Our resources have been, and still are, very modest to try anything spectacular. But now an opportunity has presented itself for us to help one of our countrymen. Details of this can be found on page 4. I hope our members will generously support this worthy cause.

Last, but not in the least, I thank you all for electing me as the president of the Sabha. I am sure that with your cooperation, we can

MEET THE NEW OFFICERS

Damodar Baliga is a Chartered Accountant from India who came to the States in 1970 after four years in England. He has an M.B.A from Long Island University. He took an active part in the formation of the Konkani Sabha and was its treasurer for the first two years.

Dr. Gopal A. Bhandarkar was born in Bombay, came to U.S.A. in 1967. He received his B.Sc degree with distinction from Institute of Science, Bombay and M.B.B.S. from Grant Medical College, Bombay. He got his training in Anesthesiology at Nassau County Medical Center and Albert Einstein College in the Bronx. He is a fellow of American College of Anesthesiologists and certified by American Board of Anesthesiology. He is Chairman of Committee on continuing medical education of NY State Society of Anesthesiologists for Long Island.

Mrs. Sunita Prabhu was born in Kasargod and immigrated to the U.S.A in 1970. She is a graduate of the Bombay University. She was an active member of India Association of New Orleans from 1970 to 1975.

Mrs. Pratibha Bhandarkar is from Brahmavar and came to this country in 1967. She has been an active member of this Sabha since its formation. She has a keen interest in music and cooking.

Dr. Vausdev Prabhu is a chemical engineer, born in Bombay, who came to this country in 1967. He lived in New Orleans at first where he was the secretary of India Association. He has taken an active part in the Sabha activities.

Mrs. Poornima Bhat has been an active member of the Sabha since its beginning. She has a Bachelors degree in economics from University of Mysore and is currently studying computer technology at Morris County College. She manages her own company - PVB Company, a general service company devoted to motor carrier of news papers and marketing Avon cosmetics.

Miss. Vanita Kamath is the youngest member of the executive committee. She came to this country along with her parents in 1969. Currently a 11th grade student at Middletown High School (South) in New Jersey.

ANNOUNCEMENTS

The executive committee has, with much regret, accepted the resignation of Mr. Shrinath Nayak as the secretary of the Sabha. He is moving to Texas to take up a new job. However, we are pleased to announce that Dr. Gopal Bhandarkar has accepted the executive committee's nomination to that post. We feel we are really fortunate to get such a capable person and hope all the members will give him a helping hand. The executive committee sincerely thanks Dr. Bhandarkar for taking over the secretary's position despite his busy schedule. We wish Shrinath the best of luck at his new job.

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At the last annual general meeting a resolution was passed to increase the annual membership dues to \$15. Members could help considerably the activities of the Sabha by remitting their dues promptly to the treasurer:

Mrs. Sunita Prabhu
8 Long Hill Road
Randolph, NJ 07801

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The Sabha acknowledges with gratitude a contribution from Mrs. Chandrakala Nayak to help defray the cost of food at our meetings.

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Springtime Blooms:

AN APPEAL

Mr. K.Nityanand Shenoy is a 20 year old boy from Mangalore. He is suffering from a rare heart disease which cannot be cured in India. He has been undergoing treatment for the last seven years without much success. Doctors say that open-heart surgery is the only hope for his survival. Since there are no facilities in India for such an operation, Mr. Shenoy has contacted us to help him. We have contacted some doctors here who have agreed to do the operation, possibly without any charge. However, there will be substantial hospital and other expenses. Mr. Shenoy has asked us for help since he cannot meet these expenses on his own. Your generous contribution could make this operation possible for him.

Please make your checks payable to the Konkani Sabha or the Federation of Indian Associations and mail it to

Mr. B. D. Baliga
31-14 84th Street
Jackson Hts., NY 11370

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CONGRATULATIONS

to Dr. Maitreya Padukone (D.D.S)
on his passing the New York State
Dental license examination.

to Guru and Shalini Kelkar on

GENITO URINARY DISEASES

by

Sadashiva S. Rao, M.D. F.A.C.S.

Genito urinary system includes kidneys, bladder, prostate gland in male and urethra, male and female genital organs. Kidneys are paired organs where urine is formed and conyed to the bladder which acts as a reservoir. The urine from the bladder is eliminated through the urethra at regular intervals.

Genito urinary disease can be due to birth defect, infection, injury (generally due to a fall or auto accident) or neoplasm (cancer). The disease can affect young and old, male and female, equally. This disease generally present with specific symptoms whcih should be recognized early for proper diagnosis and treatment to achieve cure.

Birth defects are not an uncommon thing. The majority of them are recognized at the time of birth. Some of them require immediate medical attention, while some of them can be followed as the child grows with periodic medical attention. I must add having a routine circumcision is not a necessity.

Urinary tract infection is probably the most common disease. This is much more common in females because of their anatomical structure and physiologic changes such as menstrual cycle and pregnancy. The usual symptoms are burning sensation on urination, repeated urination, sometimes blood in the urine, back pain and fever. This can be effectively treated with medications such as sulfa, ampicillen etc. If these symptoms persist or repeatedly reappear, a complete urologic evaluation is indicated.

and infection stone. The dairy products (milk, cheese, ice cream etc.), sea-food and certain leafy vegetables are rich in calcium. Meat and alcoholic beverages contribute to uric acid formation. Certainly this not a disease to which every person is suspect. Some people are prone to this disease. When the stones are formed they usually produce symptoms. A sudden onset of pain in the back which usually travels to lower part of the body with nausea and vomiting is the first symptom. The pain is severe sometimes and requires immediate medical attention and hospitalization.

The stone is generally small and single and may pass spontaneously. Sometimes there may be more than one and they grow in size. These stone attacks tend to repeat. Some types of stones can be completely dissolved with medication. Sometimes the stones are removed surgically. The stone formers should avoid excess intake of dairy products. Generous intake of fluids (6-8 glasses of water in addition) is a good habit to get into. Urologic examination is advised for definite treatment.

Cancer of kidneys, bladder, prostate gland and genital organs is not uncommon. Back pain, blood in the urine, swelling of organ, fatigue and loss of weight may be some of the presenting complaints. If these symptoms persist in spite of regular medical attention, further urologic evaluation is a must.

Kidneys regulate and maintain blood chemistry and fluid balance in the human body. Infection, diabetes and hypertension can affect the kidneys and sometimes destroy them permanently. A clear understanding and early recognition of the disease is the key to successful treatment.

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the problem in person. Talk with the manager or whoever is in charge of consumer complaints - but deal only with someone who has the authority to act.

State the facts unemotionally in a simple, straightforward manner. Say clearly what action you want. Suggest a reasonable amount of time for resolution of the problem. If not satisfied with the response at the local level, write to the president of the store. or company that made the product. Many large brand-name manufacturers now give consumer complaint channels in the service literature that comes with the product - an address or special hot line number.

The letter should ask for a reply within a week, and should politely point out that you will take the matter up with the appropriate consumer protection organizations if you do not get a response. It's most unlikely that you won't get a reply- and often a resolution. But if you don't- or you don't know how to proceed- this minidirectory of consumer hot lines can help.

ADVERTISING: For deceptive advertising, write Director, Bureau of Consumer Protection, Federal Trade Commission, Washington, D.C. 20580.

Phone: 202 - 523-3727

AIR TRAVEL: For bumping, overcharge, lost luggage, etc., call Civil Aeronautics Board (CAB). Phone: 202 - 673-5937

APPLIANCES: Complaints you cannot settle with the dealer or manufacturer should

for General Motors, write for Guide To Assist Owners of General Motors Vehicles, Customer Service, G M, Detroit, Mich. 48202.

For Chrysler cars, call 313-956-5970

For Ford cars, call 313-337-6950

For American Motors, call 313-493-2344

BANKS AND CREDIT: If you feel that a financial institution discriminates in lending to you because of race, color, religion, national origin, sex, marital status, age or receipt of public assistance, contact Housing and Credit Section, Civil Rights Div., Justice Dept., Washington, D.C. 20530. Phone: 202-633-2000

If you think you've unfairly been denied credit by any other creditor, check: Director, Bureau of Consumer Protection, Federal Trade Commission, Washington, D.C. 20850. Phone: 202-523-3727

EDUCATION: For information about Basic Educational Opportunity Grants - financial aid for higher education to high school graduates based on financial need, call Dept. of Health, Education and Welfare (HEW), 800-638-6700. For application processing, call 800-553-6350

INSURANCE: On insurance claims problems you can't resolve otherwise, write or call your state's Dept. of Insurance and ask for its consumer service division for inquiries and complaints. For facts on low-cost residential (and commercial) crime

The following is an excerpt from the speech delivered by Dr. Vasudev Nayak, our ex-president, at the last Annual General Meeting.

Friends,

It has been my privilege and pleasure to be so closely associated with the activities of the Konkani Sabha all these years and to have been its president during the last two years.

Konkani Sabha has now completed four years of its existence, I should say, with ever expanding activities. This has largely been due to the extra efforts that the executive committee and sub-committee members put into their work. This did mean sometimes fighting against tremendous odds. I want to take this opportunity to acquaint all members with the typical problems that the working committees meet with in carrying the banner of the Sabha and keep it flying. There is a good lot each one of you can do and I would like to enumerate all so that you can do your best to keep the Sabha going and not just taper off in existence as it occasionally threatens to happen.

1) Attending the Sabha functions in itself is a significant step in strengthening the Sabha. I should commend you all present here today for the positive step of coming in. I am sure that almost each one of you had alternative preoccupations but

to all attendees at every function. The member in charge of the sub-committee for food arranges this and this is no easy task since all are not willing to do the cooking. We urge all our members to cooperate in this matter.

4) The member in charge of entertainment ensures that at indoor functions of the Sabha entertainment is provided by drawing upon the talents of our own members.

Persuading our members to give performances has, however, been not quite easy so far. We hope all members realize this situation and cooperate more in future.

5) Our Konkani Sabha is the first Konkani organization outside India. Our newsletter has fairly well spread the word about our existence and helped us in bringing into our fold several dues-paying associate members from other parts of the U.S. The newsletter is one of the more difficult activities of the Sabha at present. News about the members rarely reaches the editors and this defeats the main purpose of the newsletter. Whoever has some newsworthy item can jot it down on a post card and mail it to the editor or the Sabha.

We also need good articles for publication. We have members knowledgeable in many fields that they can write about. Dont wait for any deadlines - just mail it as soon as it is ready. The editor will take care of which issue that is to be published.

Advertisements cut the cost of publishing the newsletter. It would be a

A REQUEST TO ALL MEMBERS OF THE KONKANI SABHA

At the annual general meeting a resolution was passed increasing the annual membership dues to \$15.00. The associate membership fee for people residing beyond the tri-state area remains unchanged at \$5.00. per annum.

We earnestly request all members who have not yet paid their dues to please mail in their check today to our treasurer:

Mrs. Sunita Prabhu

8 Long Hill Road

Randolph, N.J. 07801

Thank you.

KONKANI SABHA
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