

Khabbar

(KONKANI SABHA NEWSLETTER)

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Quarterly Newsletter
for circulation to
members of
KONKANI SABHA

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Jul.,Aug.,Sep., 1982

**PRESIDENT'S
PAGE**

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*** Views expressed in this
Newsletter do not necessarily
reflect the views of the KONKANI
SABHA.

Dear Friends

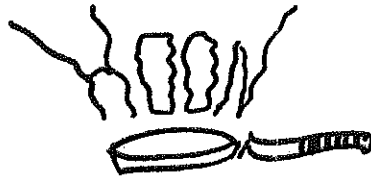
The summer was over rather quickly.Didn't it feel like we entered Fall right after Spring! Hope this year's winter will not be too cold.

This summer's picnic was really a success.It was heartening to see participation of more members.All the various activities were very well planned. The credit goes to one and all the members of the SABHA.

We are planning this year's Diwali Celebrations sometime in late October or early November. A grand entertainment program is planned out. We expect a good turnout for this function. The actual date and place of the function will be notified.

Hope to see you all soon,

Gopi K. Pai



Khabbar

NEW ARRIVALS

AKHILA, a girl to Anil and Maya Shenoy of SAUGUS, Calif.

PRIYA, a girl to Jayant and Jayanti Kamath of TOMS RIVER, NJ

UPANAYANAMS IN INDIA

Padmanabha and Amrith Kamath celebrated the Upanayanam of their son, GIRIDHAR; Ravindra and Pushpa Baliga celebrated the Upanayanam of their son, VIJAY. It is reported that the two boys are religiously doing their 'Sandhyavandanas' every day.

WEDDINGS

PREMANAND KAMATH celebrated his marriage with SUDHA, d/o Mr. and Mrs. Bhamy Krishna Shenoy of Bombay, this summer in India.

KRISHANAND KAMATH celebrated his marriage with USHA, d/o Mr. and Mrs. Vas Kini of Bombay, this summer in India.

CONGRATULATIONS

Dr. SHAILA NAYAK, for her success in the Sub Specialty Board in Blood Banking. She had completed her Specialty Board in AP/CP in Pathology a few years back.

RELOCATIONS

The Mallyas, Purander and Anuradha with Suvarna and Mander, have relocated to Irvine, Calif. The new address will be notified shortly.

The Nayaks, Sadananda and Veena, have moved to their new house at 21 Canfield St., STANHOPE, NJ (tel: 201-398-1619).

HOBN Khabbar (cont.)

The Nayaks, Ramesh and Roopa with Vijay and Rajiv, have moved to their new house at 205 Johnson St., CAMBRIDGE, MD. 21613 (tel: 301-228-7579).

The Nayaks, Shrinath and Sudha with Seema, Deepa and Anil, have recently moved to Bombay, India. The children have very well adjusted to this move and are presently attending King George School of Dadar. The Nayaks are looking for a house in Bangalore for permanent settlement. The SABHA wishes them all the success in this move. Their new address (for a year) is: A6 Navasahayog Co-op., 360 Senapathi Bapat Marg, MAHIM, Bombay 400 016.

NEW BUSINESSES

Mrs. Shantha Bhat opened "C AND J NOVELTY" dealing in corals and other precious stones.

Mrs. Neeta Acharya opened "NEETA CORALS" dealing in corals and other precious stones.

Mr. SANTAPPA NAYAK recently started his Engineering Consulting Service in New Orleans, LA.

The TRI ASSOCIATES an investment oriented company is being formed with the objective of investing profitably in Stocks and Bonds. This is OPEN to the SABHA members only. Interested parties please call Mr. Ravi Nayak (201-879-4291) or Mr. Narasimha Kamath (201-388-7302) or the Editor (201-852-8240).

OBITUARY

Mr. I.M. PAI, well known Indian Industrialist from Konkani Community, passed away recently in Bombay. The SABHA expresses the condolences to his daughters, Mrs. Shobha Baliga and Mrs. Vijaya Pai and their families.

SUGAR AND HONEY

by Dr. Vasudev Nayak

Life is probably sweeter in US than in most of the other countries including India. The consumption of sugar and other sweeteners in this country is 125 lbs. per head per year. This does not mean that an average family of four rushes to the grocer to get a 5 lbs. sugar bag every fifth day. Sugar is not only consumed directly as such, but also in innumerable other forms such as jams, jellies, syrups, cereals, pop tarts, cookies, ice creams, cakes and puddings and of course, the sodas. There are a few countries where the per capita consumption of sugar exceeds that of US. Cuba tops the list with 180 lbs/year. Netherlands(150 lbs), Eire(140 lbs), Australia, New Zealand, Denmark, Switzerland, U.K.-all consume more than 125 lbs per year. Ceylon is 50 lbs per year, and India's consumption is less than 15 lbs per head. It is no wonder that most of the western world has to worry about dieting, while an average Indian does not have that problem. In fact, 60% of the world population living in developing countries, which includes India, still consume less than 30 lbs of sugar per head per year, which is considered as normal limit for a healthy diet.

Sugar mentioned above includes sugar from both sugar cane and sugar beet. Sugar from the two sources are indistinguishable and identical physically and in their sweetness. Needless to say, sugar produced in India has the same sweetness as that produced in West Germany, Cuba or USA. Cane grows in tropical climates, and beet is grown in temperate climates. One-third of the world's production these days is derived from sugar beet.

Also included in the above consumption numbers is the various sugar substitutes, such as jaggery (gud), corn sweeteners, saccharin and many others.

The diet consciousness became more pronounced in US in the early 60's as seen in the spurt of consumption of artificial sweeteners at that time. Cyclamates and saccharin were the two artificial sweeteners which shared the market, and the clients were primarily the diabetics and the diet conscious people. These artificial sweeteners have no calories, and the diet drinks

sweetened by these were introduced in the market. Besides, Sweet 'N Low etc were also introduced at that time as table sweeteners. Within 5 years, the artificial sweetener consumption increased in US three times in the 60's. The trend would have continued but for the cyclamate ban in 1970. Cyclamates were banned by FDA because they produced bladder cancer in animals. In 1977, FDA declared its intention to ban saccharin, because it caused cancer in animals in lab tests. But since saccharin was the only non-nutritive sweetener available to diabetics and weight-watchers at that time, US congress overruled FDA with a stay of execution extending upto August 1981; this was further extended by President Regan to August 1983. FDA approved a new sweetener 'Aspartame' in July 1981, and it has started becoming available very recently with the trade names- Equal and Nutrasweet. GD Searle developed this new no-calorie sweetener in 1965. After several years of testing the product for safety, FDA finally approved it in July 1981. Acesulfam-K is another artificial sweetener developed in West Germany by Hoechst, and proven similarly by several years of testing as harmless. Hoechst has applied for FDA approval only in August 1982, and probably will have to wait for a few years before obtaining the approval. In any case, the congress or any authority will have no justification left for feeding the weight-watchers and diabetics with saccharin with its carcinogen qualities. If logic prevails, saccharin will disappear from the market within a year from now. The new diet drinks will have aspartame as the sweetener.

United States is almost the last country in the western world to approve aspartame. It has been in use already in many of the European countries and in Canada. Aspartame has sweetness nearly same as saccharin, which is 200 times sweeter than sugar; besides it has no bitter aftertastes unlike saccharin. It will not be a surprise therefore, if use of aspartame increases phenomenally in the developed countries within the next few years. The weight-watchers can freely drink their diet-sodas without having to tolerate any bitter aftertastes or live with the fear of cancer. While this will be a boon to the weight-watchers as well as to the soda bottling companies, there is some good news for the bakeries and the cookie-cake lovers also. Pfizer has obtained FDA approval for their Polydextrose which is a reduced-calorie bulking, bodying and texturizing agent in preparing reduced-calorie and low-calorie foods for weight control. It is claimed to be useful in replacing sugar, and in some cases, a portion of the fat content as well. Pfizer gives a number of recipes in their brochure, for use of their product in

frozen desserts, puddings, baked goods (chocolate cakes and cookies) frostings, peanut brittle, and also recommends its use in chewing gums and candies.

While these new sweeteners will eventually displace sugar from the market partly, there are some natural sweeteners of the seventies which have already made a big dent in the sugar market in US. High Fructose Corn syrup (HFCS) is the main competitor developed in early '70s. Corn, which is abundant in US and widely used as animal feed, found a better use with the development of HFCS. Corn starch is enzymatically converted into fructose and the resulting fructose solution processed to give the syrup. This syrup is now freely used in regular sodas, jams, jellies and many other products. (Please check up your jam bottle next time you use it). The soda and jam makers love HFCS because it is cheaper in spite of price support that was given to the sugar manufacturers. Sugar which was used in beverages and jam-jellies has been replaced to a large extent within the last 8 years by HFCS. Sugar consumption per head of 100 lbs. is now down to 79, while HFCS has reached 23 lbs per head already, and the corn industry hopes to make further progress.

The whey from cheese manufacture has been mostly a waste product all over the world. In the recent years, developmental work has been done in US and some countries of Europe to convert the waste whey into a sweetener. They would be shortly starting running the process industrially, and very soon, we will see icecreams sweetened by converted whey sweeteners instead of sugar or HFCS.

A Maryland company is developing processes to produce 'Levo-sugar', which is an 'optical isomer' of normal sugar. Levo sugar is identical in all respects to the normal sugar, except that the calorie content of Levo sugar is zero. The next decade will probably see this Levo-sugar competing with aspartame and acesulfam as sweetener for weight watchers.

The production and consumption of honey is also significant in US. About 140,000 tons of honey is consumed yearly in US which is only 1 pound per head per year, and this number has been steady for several years. They have evidently not heard in US of Dev Anand who has ascribed his ever green-ness to a large extent to his diet which includes honey as an important item, nor have they heard

the 88 year old sociologist-writer Ghurye who ascribes his excellent health to his diet which includes yoghurt and honey. In spite of extreme difficulty in obtaining honey in India, unadulterated with sugar syrups, it has been a must item in the diet of many movie-stars of India for many years. Fortunately, there is FDA control and pure Honey is available in this country;Indians in US who have heard about these people back home, might push up the per capita honey consumption in US (thereby causing another small dent in the sugar market,

(Dr. Vasudev Nayak is at present engaged in writing a multi-client report on Sweeteners and Aspartame. He himself is on honey diet.

He will resume his Hinduism series of articles in the next issue of Khabbar.)

Kid's Korner

Hi kids! the KHABBAR is really very happy about the response for the "KID'S KORNER". Lots of kids have shown keen interest in this. If you have any article of interest to publish, please send it to:

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SNAKE SNICKERS

What wedding present do you give to a snake charmer who marries an undertaker?

Towels marked "Hiss" and "Hearse."

If you cross a young python with a basketball, what do you get?

A bouncing baby boa

How does a snake feel when it sheds its skin?

Snaked

Why was the baby snake crying?

Somebody took away its rattle.

What is an Egyptian snake's favorite vegetable?

Asp-aragus

What did the boy snake say to the girl snake under the porch?

Give me a little hiss

APPEALS

MEMBERSHIP

Our KHABBAR is reaching nearly 200 Konkani speaking families all over USA and Canada. We are aware that there are many more families whom we have not reached so far, and we depend on you to introduce KHABBAR to them.

If you know of any family that donot receive KHABBAR, please let any of the Executive Committee members know and a copy of KHABBAR will be sent to them by the next day's mail with pleasure.

WANTED

INTERESTING ARTICLES

All members are invited to write articles of interest to be published in the KHABBAR. Please, let your fellow members have an opportunity to have a glimpse of your expertise. Please, mail your articles to:

The Editor
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Advertise in the KHABBAR.
KHABBAR circulation rate is nearly 200 worldwide.

HOLIDAY GREETING SPECIAL

During the Holiday Season, KHABBAR will publish list of members wishing Holiday Greetings and the New Years Wishes to all the members, for a nominal cost of \$5.00 only.

For a mere \$5.00 KHABBAR will convey your wishes to all the readers. At the same time, your \$5.00 will help the SABHA. Give your name and any personalized message togetherwith \$5.00 to:

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