

Khabbar

(KONKANI SABHA NEWSLETTER)

Volume: VIII Number: 3
July, August, September- 1985

From:
The Editor,
KHABBAR"
33 Quail Run
LONG VALLEY, NJ 07853

ADDRESS CORRECTION REQUESTED
Return Postage will be paid by Sender

To:

Quarterly Newsletter
for circulation to
the members of
K O N K A N I S A B H A

Volume VIII Number 3
July, August, September-1985

President: Mr. NARASIMHA C. KAMATH
Secretary: Mr. RAVINDRANATH V. SHENOY
Treasurer: Prof. PRABHAKER NAYAK
F.I.A. Representative: Mr. DAMODAR B. BALIGA

Editor: Mr. VASANTH K. BHAT

Mailing Address:
33 Quail Run
LONG VALLEY, NJ 07853
Tel:201-852-8240

*Views expressed in this Newsletter donot necessarily reflect the views of the KONKANI SABHA.

E D I T O R I A L

Dear fellow members,

I'm sure you all had a wonderful summer. The weather was great. Most of our visitors from the "Old Country" must have returned back and the life is surely returning back to normal. Kids are also back to school.

Our annual picnic was held not only on the rain date but also on Sri Krishnastami day. Even then, the attendance was very good. It is always encouraging to note member's active participation. Congrats to Ravi and Sharda Shenoy for making this picnic a real success.

The response to the Konkani Retirement Community is very poor. Only six responded positively. May be, we are not ready yet. May be we can give it try some other time. The efforts to "khabbarize" all the Konkanis in the North America will continue and your help is really appreciated. If you haven't paid your dues so far, please do so at your earliest.

Next years annual picnic has been tentatively scheduled for Saturday, August 16th 1986. As usual, it's going to be "same place, same fun". Please, keep that date open.

I take this opportunity to wish you, one and all, a happy and prosperous Diwali.



Vasanth Bhat

Letters TO THE Editor

Dear Editor,

I had appealed for financial help for a poor family in Bangalore (Khabbar Vol.VII No.3) last year and the members response was good. I'm again taking the task for appealing this year for the same family. All the members contribution has gone for the good cause. "Srimati" has purchased a sewing machine and tries to earn as much as she can. With one son in Engineering College and the other in Medical, it is difficult for her to make ends meet. Both the sons are very good in studies. I feel her condition to improve within two years. Meanwhile, I've decided to collect money from our friends in North America and send it to her. I kindly request all the members to help me to help a poor family really in need.

Mrs. Rohini Kamath, Flushing, NY

Editor's reply:

Dear Mrs. Kamath, I really appreciate your concern and efforts and wish you all the best. Members willing to assist can send their generous contribution to Mrs. Kamath at the following address:

150-42, 72nd Street, # 3E
Flushing, NY 11367

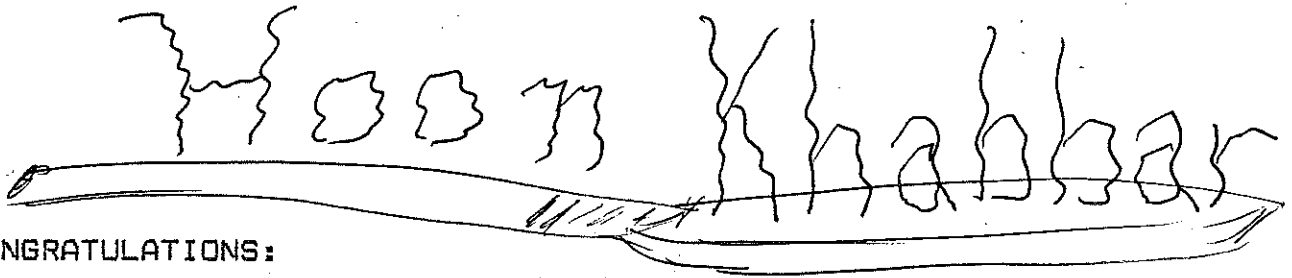
Dear Editor,

I read the article on Dr. Jayant Baliga with interest ("Profile"- Khabbar Vol.VIII No.2) and felt proud to be a Konkani. I thank Dr. Narayan Nayak for this wonderful article. I'm sure there are more Konkanis who have made it. I wish our members come out and let us know about our people.

Mr.Narasimha Kamath, Edison, NJ

Editor's reply:

The readers response to this Profile article was overwhelming. I am sure there certainly more Konkanis in North America who have excelled in their profession. I know for a fact, that there is a Konkani doctor in Opthomology in Boston area whose profile may worth it. All I can do is appeal to the membership to help us to know ourselves better.



● CONGRATULATIONS:

● Dr. SATISH NAYAK recently opened a maternal fitness center in Johnstown, PA. Dr. Nayak is the first one to start a fitness center like this in the USA. Recently, AMA approved exercises for maternal women. Dr. Nayak's Fitness center's opening ceremony was attended by local town leaders and politicians. Dr. Nayak appeared on several TV news casts and was also guest speaker on "Good Morning" show on local TV channel. Dr. Nayak practises OB-GYN in Johnstown, PA .

● Mr. R.P. BALIGA became the Managing Director of the NJ operations of Regency World Travel Inc. Mr. Baliga is anxiously looking forward to help the Konkani community with quality service.

● Miss ARCHANA KUDVA, a graduate of Etiwanda High School in Etiwanda, CA was salutatorian of the class of 1985. She was named in the Who's Who Among American High School Students and the National Honor Roll.

● Mr. MANOHAR PRABHU, 17, of New Castle, PA was class valedictorian and a National Merit Scholarship finalist. He will attend Harvard University this fall. He also won first position in regional physics, Spanish and biology competetions.

● WEDDING BELLS:

● MAYA, daughter of Venkatesh and Vatsala Kudva of Bhilai, was married to DEEPAK, son of Vishwanath and Prema Rao of Bangalore in Pittsburgh temple in June '85. Deepak is an Engineer in New Orleans and Maya has an MBA from University of Kentucky. Khabbar wishes the newlyweds all the happiness and cheer.

● UPANAYANAMS:

● Gopi and Sheila Pai of Wilton, ME, celebrated the sacred thread ceremony of their son, SANJAY, in Bombay on July 4 1985.

● Damodar and Shobha Baliga of Jackson Heights, NY, celebrated the sacred thread ceremony of their son, SAMEER, in Mangalore on July 10 1985.

Khabbar wishes both the vatus all the best. No wonder the boys are busy doing their Sandyavandanams!!

Khabbar (cont.)

● NEW ARRIVALS:

- Boy, AJAY, to Arun and Sujatha Kamat of Sunnyvale, CA.
- Boy, CHETAN, to Varadaraj and Kumuda Shenoy of Santa Clara, CA.
- Girl, DIVYA, to Sudaker and Nalini of Glen Ellyn, IL. Visiting Divya are her proud maternal grand parents, Mr. and Mrs. Devdas Pai of Mangalore.

● PANCHADIK

● The Amchigale Samaj started their Newsletter "PANCHADIK" covering Konkani news of San Francisco Bay area. Members interested in receiving a copy can get in touch with Ramesh Kamath, 40314 San Sebastian Pl., FREMONT, CA 94539.

● PICNICS:

● KONKANI SABHA held its annual picnic on the rain date of Saturday September 7 1985 at Jockey Hollow Park, Morristown, NJ. The picnic was well attended. It was refreshing to see several new faces. All the arrangements were superb. The "cook for you plus two" worked very well again. The sport activities were at their best. Several grudge Volleyball matches were played. The prize distribution was done by Mrs. Anusuya Kini of Bangaore. Once again, the present Office bearers decided to continue in office. Just a note- the Konkani Sabha's name was aired on "Bharat Wani" announcing the raindate for the picnic on WFUV 90.7 FM.

● AMCHIGALE SAMAJ held their summer picnic on August 11 1985. The picnic was overwhelmingly successful. Of more than 100 people attended, some guests were from India, Nigeria and United Kingdom. The highlights of the picnic were delicious catered food (including Rava Idli, Batata Vada, Kesari Bath, Tukdi) and Lady Victory trophies for the sports activity winners.

● OBITUARY:

● Smt. LAXMI DEVI KUDVA (75) died in Nasik on June 5, 1985. Khabbar sends heartfelt condolences to her son Vinayak Kudva and family of Williamson, WV, and daughter Rohini Kamath and family of Flushing, NY.

● Mr. VASANT KANTEBET (49) died of heart attack in June 1985, in NY. Khabbar sends heartfelt condolences to his wife, Nirmala and family of Little Neck, NY

Kwarterly Feature:

A Wonder of Modern Medical Technology

"EXTRA CORPOREAL SHOCKWAVE LITHOTRIPSY"
(Kidney stone pulverisation)

by

Dr. C.K.Kamath, M.S., Ph.D, Cincinnati, OH

I had the opportunity of undergoing the above procedure on July 1st 1984, at the Methodist Hospital, Indianapolis, IN. It was really unique, safe and painless. Not even a small scar on the body! After the treatment the X-ray showed that the kidney stones had vanished like magic!! It is a new technology that arrived in the USA only in March/April of 1984 and I may be the first Indian patient!!!

THE TECHNOLOGY

Recent research has shown that shock waves generated outside the body can pulverize urinary stones inside the body, resulting in spontaneous passage of sand-like particles. Such treatment may be an alternative to traditional surgical treatment in many cases.

Shock waves are high energy pressure waves; shock waves may be generated in air or water. The window shattering "boom" generated by supersonic aircraft is one type of shock wave.

In the medical application, shock waves are generated underwater by a "spark plug" electrode. Ignition of the electrode generates a spark that vaporizes a small amount of water. This event generates a pressure wave which is transmitted through water and biological tissue. The pressure wave may be focused with mechanical devices so that the energy is concentrated on the urinary stone. Shock waves fragment the stone. Multiple ignitions result in pulverization. The resilient nature of the biological tissue results in no tissue damage from the passing pressure wave.

TREATMENT

Candidates are admitted to the hospital. An anesthetic will be administered. The anesthetized patient is placed on a support platform and the patient is secured with multiple straps to prevent buoyancy. A catheter is placed into the patients' urinary bladder.

The patient is then positioned in the water bath so that the entire body below the neck is immersed. The kidney stone is positioned at the greatest energy point of the shock wave with the assistance of fluoroscopic monitors. The stone is exposed to multiple shock waves generated by the underwater electrode. Approximately 1,000 shock waves will be required at the rate of one per second. The entire procedure will last for an hour. The urologist monitors stone fragmentation.

"EXTRA CORPOREAL SHOCKWAVE LITHOTRIPSY" contd.

FOLLOW UP

Typically patients will be hospitalized for several days after treatment to monitor potential pain, fever or other side effects.

Blood tinged urine is to be expected for a few days. Stone particles typically begin to pass during treatment and may continue to pass intermittently for several weeks with little discomfort. Patients will be discharged when their symptoms and medical condition warrant.

COMMENTS:

The above procedure was very simple and didnot involve any traditional surgery. Not even a scar has been made and I could walk out of the room in about 2 hours. It is most amzing how modern technological advances can eliminate human suffering altogether.

India has high incidence of kidney stones, may be due to hot climate, eating spicy foods and using hard water which has high mineral content. But how can a poor country afford to have this kind of Lithotripler? May be Indian doctors in USA can help Indian Hospitals to procure such modern equipments. May be World Health Organization can organize sending such machines to help the suffering patients from the under developed and developing countries like India!

-----***-----

COGENERATION TURNS COCONUTS INTO ELECTRICITY

by

Vasanth Bhat, Long Valley, NJ

A steam cogeneration system producing electricity and steam for a Fuji Islands planatation was demonstrated recently at the Skinner Engine Company in Erie, PA. When installed, its boiler will be fueled with pieces of dead coconut trees, coconut shells and husks.

The coconut tree plantation, owned by Chapalia Properties Ltd., exports copra-coconut meat-to locations throughout Pacific including U.S. and Japan. Copra is the source of coconut oil which is a popular ingradient in food products, cosmetics, and lotions. The cogeneration system includes a Skinner steam engine which uses 5000 pounds per hour of 150 psig steam, a gearbox which will increase shaft speed from 400 engine revolutions to 1500 generator revolutions, and a Newage synchronous generator set to produce 160 KW of electricity and 5000 pounds of back pressure steam per hour.

For third world countries like India, steam cogeneration should become cost effective alternative. Almost anything that burns can be used as fuel and the system requires minimal maintenance and donot require highly skilled operating personnel.

Kitchen Klassics

Recipes for MICRO-WAVE COOKING

by

Mrs. Chandrakala Nayak, Port Reading, NJ

As I mentioned in the last issue (Khabbar Vol.VIII No.2) the microwave oven is such an amazing versatile appliance, it sometimes seems capable of doing just about anything. It bakes a potato in minutes, it defrosts frozen fish, chicken and other frozen items within minutes, it helps save energy, it helps keep the kitchen cooler in the summer, it heats baby formula in seconds. But, one thing it generally does not do, however, is brown food in the conventional manner. For that special microwave browning dishes are available.

My favorite recipes:

CAULIFLOWER DELIGHT

In a microwave oven-proof dish preferably Corningware, place 1/4 cup of cold water, a whole head of cauliflower with hard stem removed, sprinkle with salt and pepper. Cover the dish with plastic wrap so the wrap clings to the sides tightly. Prick the plastic with a fork to make 6-10 small holes. Place in the microwave oven and cook on high for 8 minutes. Leave the wrap on for additional 2 minutes. Sprinkle with garam masala and paprika before serving. Occasionally modify the same by cutting the cauliflower into small pieces and/or added Indian spices, especially cumin powder and turmeric powder.

PINEAPPLE UPSIDEDOWN CAKE

5 slices pineapple
5 maraschino cherries
2/3 to 3/4 cup packed brown sugar
1 - 18.5 oz pkg. yellow cake mix

Drain pineapple and cherries thoroughly with paper towels. Line a 9" microwave cake pan with wax paper or grease well. Place slices of pineapple in a circle at the bottom of the pan, with one in the center. Put a cherry in the middle of each pineapple slice. Sprinkle brown sugar over the fruit and pat lightly. Prepare cake mix as directed on box, fill pan 1/3 full, just enough batter to cover the fruit. Microwave at high power for 7 minutes. Remove and cover with aluminum foil. Let stand for 7 minutes; then remove from the pan.

Yield: Two 9" cakes and 3-4 cupcakes

Tip: Extra batter may be refrigerated up to a week

===###===

About the author: Mrs. Nayak is really an expert in Indian cooking. She is presently teaching adult classes in the Port Reading School system.

GOWDA SARASWATH SAMAJ (Regd.) HYDERABAD

H. No. 126A, ROAD No. 4, MARREPALLY, SECUNDERABAD - 500 026 A. P.

A P P E A L

Gowda Saraswath Brahmin residents of the twin-cities of Hyderabad and Secunderabad have been entertaining a latent ambition to have their own Organization for cultural/religious advancement of the members of the community and towards this, to have a building of its own. This latent ambition was given a fillip by His Holiness Sri Sri Sudheendra Theertha Swamiji of Kashi Mutt Samsthan through an emissary in 1975. Thereafter it took us some time to formally establish the Samaj which was done in 1977, and since then, the Samaj has registered slow but steady headway in its objectives. While doing so, the committee has also been making strenuous efforts towards realization of its ambition to have a building of its own to facilitate conducting of discourses, Bhajans and other religious functions. A suitable plot conveniently located, is in view. Members are aware that with the cost of construction materials, wages etc. of the present day, our project would involve formidable cost and efforts. It is desired to have one large auditorium and some self - contained rooms/residential accommodation for the benefit of parties holding functions in the auditorium, with requisite furniture and fittings. The modest estimate is Rs. 10.00 lakhs. The Committee has therefore desired to launch a fund raising programme.

It is proposed to honour the donors by way of (1) naming the hall/room after them; (2) display of their photographs at the hall/room for which they donate and; (3) etching out their name on the marble plaque to be prominently displayed in the Samaj Building. Details will be finalised soon.

Members of the Samaj and of the Gowda Saraswath Brahmin Community elsewhere and other philanthropists are being approached for their liberal munificence towards this ambitious and laudable project at Hyderabad. We are glad to inform that we have received encouraging response already and donation and commitments have started coming in.

The Samaj has obtained permission from competent authorities, exempting the donations to the Samaj from taxes, under Section 80 G of the Income Tax Act, 1961.

The President and Members of the Managing Committee appeal to one and all to generously donate for this noble venture and cause.

*Please send your generous donations to the
above address or to:* MR. M. R. NAYAK
C. 6, I-I-524 A, Damodar Kripa,
Gandhi Nagar
HYDERABAD - 500 380

Hyderabad.
9th August 1985

K. C. PRABHU
General Secretary

K. PANDURANGA PAI
President

REGENCY WORLD TRAVEL INC.,
2946 Hempstead Turnpike
LEVITTOWN, NY 11756
(Tel: 516-579-6999)

We are pleased to announce the opening of our Branch at:

10 Longhill Road
RANDOLPH, NJ 07869

We assure you that no body can beat our price or service.

Don't waste your time and you can just call us for all your travel needs
to: INDIA, SRILANKA or OTHER OVERSEAS DESTINATIONS, ALL DOMESTIC AIR
TRAVEL AND OTHER CRUISE< TRAIN< BUS OR HOTEL ETC.,

TRY US ONCE AND YOU WILL KNOW THE DIFFERENCE

FOR FAST DEPENDABLE SERVICE JUST CALL 201-895-3285, Mr. R.P. BALIGA,
Managing Director/N.J. Operations.

We also associate with the following Agencies in India who will offer
services for obtaining Pass-ports or Visa for your families and friends
in addition to the usual booking of passage.

At Bangalore:

=====

Mr. P.K. Baliga, Director
Regal Voyages Pvt. Ltd.,
109 Rajmahal Vilas Extn.,
Bangalore 560 080
Tel: 362717 or 364066

At Madras:

=====

Mr. M. Venkatesh
Embassy Travels Pvt. Ltd.,
55 Montieith Road,
Egmore, Madras 600 008
Tel: 812719

Klassified

• MATRIMONIAL:

• Citizen brother invites correspondence on behalf of his sister presently in Bombay, 20 years old, 5'-6", slim, attractive, B.Sc., Vegetarian, Mangalore GSB, Bharadwaja gotra. Prefer well educated GSB professionals, 25-28 years, visiting Bombay in the near future. Send inquiries to: The Khabbar(ref:RP-1), 33 Quail Run, LONG VALLEY, NJ 07853.

• Uncle is Looking for his 22 year old niece from Bombay (B.Sc. with Diploma in Computer course, fair, slim and attractive)- a suitable match- preferably Green card holder. Please write to: Dr. P.K.Mallya, 32 Choate, IRVINE, CA 92720, Tel: 714-857-8442

• WANTED:

• Articles of interest are always in need to be published in the "Khabbar". Let SABHA members share your knowledge and experience. Please send your articles to:
The Editor, "Khabbar", 33 Quail Run, LONG VALLEY, NJ 07853

***** Please patronize the advertisers of this "KLASSIFIED" section of Khabbar. Khabbar reaches about 400 families all over the world. The advertisement rates are \$10 for matrimonial column, \$15 for half page and \$20 for a full page.*****

CORAL & JADE NOVELTY

80-35, 159TH STREET, JAMAICA, N.Y 11432

INTRODUCING 22KT GOLD JEWELRY

BANGLES: GOLD-PEARLS-MEENA
EAR RING-PENDANT-RING SETS
ALSO SETS IN PRECIOUS STONES
MANGALSUTRA WITH DIFFERENT
STYLE PENDANTS
WIDE VARIETY OF EAR RINGS &
WEDDING SETS

COME
AND
COMPARE
OUR
PRICES

OM PENDANTS WITH LAXMI,
GANESH, HANUMAN, SAI BABA ETC
BABY RINGS & CHAINS
GENT'S RINGS & CHAINS
EAR RINGS OF VARIOUS STYLES
INCLUDING JHUMKAS.

GOLD FOR CASH ONLY

24 KT BANGLES & CHAINS

NO PRICES ON
PHONE PLEASE.

FASHION JEWELRY SETS (G.P)

WITH RICE SHAPE PEARLS, COLORED CUBIC ZIRCONIA, CRYSTALS
SETS WITH SEMI PRECIOUS STONES & MANY NECKLACE DESIGNS.

OVER 100 DIFFERENT KIND OF EAR RINGS TO CHOOSE FROM.

OPEN 7 DAYS BY
APPOINTMENT ONLY

SHANTA BHAT (718) 591 5154
APPROX. 3,5MLS FM HINDU TEMPLE, FLUSHING.

MAIL ORDERS
ACCEPTED.

800 545 4141 Ext. 255
Metro Milwaukee
(414) 475 1985

PLAN YOUR FINANCIAL FUTURE with



Visun
Corporation
Member, NASD & SIPC

11933 W. Burleigh St., Suite 101
Milwaukee, Wisconsin 53222

- Real Estate Limited Partnerships, Income or Tax Oriented
- Income Programs for IRA/Keogh/Pension Plans
- Mutual Funds ● Annuities ● Life Insurance
- Equipment Leasing Partnerships, Income or Tax Oriented
- Historic Structures Limited Partnerships

For specific investments, group seminars, women's seminars, or personal meeting call or write to Vish or Suchita Naik.

800 545 4141 Ext. 255
Metro Milwaukee
(414) 475 1985

PERSONAL FINANCIAL PLAN

Vish R. Naik, Ph.D.
Registered Investment Advisor

If what you read below sounds familiar, perhaps your personal wealth should be getting professional attention.

- You still pay too much in taxes.
- You can't seem to save.
- You're ready to get serious about investing.
- You're insured. Is it enough or too much?
- You want to educate your children.
- You know Social Security won't be enough.

Our computerized print-out on an average of 30 pages, PLUS ACTION COMMENTARY INDIVIDUALIZED TO YOUR PERSONAL NEEDS, will be sorted, tabbed and provided to you in a 3-ring binder.

For details call or write to Vish or Suchita Naik.