

Khabbar

North American Konkani Newsletter

Volume XXVI No. 2
April, May, June - 2003

From:

The Honorary Editor,
"Khabbar"

P. O. Box 222

Lake Jackson, TX 77566 - 0222

XXVI-2

ADDRESS SERVICE REQUESTED



FIRST CLASS

TO:

Khabbar Follies

In this section, Khabbar looks into the Konkani community and anything and everything that is Konkani from a Konkani point of view. The names will never be published but geographic location will be identified in general terms.

When it comes to the "Kwiz" section, *Khabbar* is probably the undefeated champion for a long time that I can remember! Lots of people tell me that they solve the puzzle but do not send in the solution (too lazy or they forget !?!) Well, I think it is a lame excuse and I'll not buy that. Then I get letters from some others who send in the correct solutions and something more. Here are a few of them that I received for the last quarter's quiz (Vol. XXVI No.1):

This family from TX who has NEVER solved a single puzzle in the past, happens to solve the last quarter's quiz and sends in the correct solution with this note, "Here's the answer to your quiz (Piece of cake, man). Try giving little bit harder one next time!"

This family from NY sends in the correct solution to last quarter's quiz with the following note, "If this Konkani father had any daughters, they would be entitled to a piece of the property too, right?"

This family from VA really solves most of the puzzles correctly but has been quiet for sometime. Moreover had given a wrong solution to the quiz that appeared in *Khabbar* Vol. XXV No. 4. When challenged, there came his correct solution to last quarter's quiz with the following note:

Dear Vasanthmaam,

What can I say - you win some, you lose some! :-)
But you won't deny that my overall record has been pretty good - I think I answered all your kwizzes one year and I've answered at least one correctly every year! Let's hope this correct solution from me is the beginning of a good trend.

Regards,
xxxxxxx. :-)

SUBSCRIPTION FORM:

Dear Konkani family,
Please, note that you have the FREE access to the eKhabbar, the electronic version of *Khabbar*, by logging on to ekhabbar.com. If you want hard copy, then only renew your subscription for 2003 at \$15.00 a year. **Please, don't pay for future years!** Please, fill the form below and send your subscription with a check payable to *Khabbar* to P. O. Box 222, Lake Jackson, TX 77566-0222. (Canadian Konkanis please pay cash or MO in US\$)

Name: _____

Spouse Name: _____

Address: _____

Telephone: _____

Email ID: _____

Children.....

Name	Boy/Girl	d.o.b.	Hobby/Interest

Comments, if any: _____

Quarterly Newsletter
For Circulation to the Konkani Community in North America
Volume XXVI No. 2
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Honorary Editor: Mr. Vasanth Bhat

Mailing Address:
P. O. Box 222
Lake Jackson, TX 77566-0222

www.ekhabbar.com

Tel: (979)-299-3210

Email: khabbar@hotmail.com

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The Editorial Committee reserves the right to exclude, edit and correct all material received for publication and does not accept any responsibility for views expressed by authors of the publications.

EDITORIAL

Dear Konkani family,

I hope all is well with you and your family.

This issue of *Khabbar* has been mailed to **ALL** families that have paid dues **at least once since 1991**. The on-line version of *Khabbar*, ekhabbar, will be on the web a **quarter** after the hard copies have been mailed. This issue has **not** been mailed to families that have specifically indicated that they will access ekhabbar. The numbers on the mailing label clearly indicate the year/s the dues for *Khabbar* has been received since 1991 and if there is any error, please, let me know.

For the dues of \$15.00 a year, you get:

- Four issues of the *Khabbar*,
- Annual Mailing List and
- Discounted advertisement rates.

The *Khabbar* Mailing List is a prized possession of our community and please help me to keep it up-to-date. Send names and addresses of Konkani families that are not in the list to P. O. Box 222, Lake Jackson, TX 77566-0222, or email khabbar@hotmail.com and rest be assured that I will "*khabbarize*" them!

The Konkani Youth are busy preparing for their second convention in July 2003 (from 4th thru 6th) in Austin, TX and response has been good. Certainly this will unite all the North American Konkani youngsters. I encourage **ALL** Konkani youth to get involved. Also, appeal to all Konkani families to support our youngsters by giving moral and financial support.

With their logo & theme contest over and a beautiful venue, the Konkani Sammelan 2004 will be the best event ever! And looks like the venue for the 2006 Sammelan is already set! **CAN** you guess where the 2006 Sammelan venue is!?!

Most of the articles and news item come voluntarily on a regularly basis. If you send them via email (khabbar@hotmail.com), it makes the editing job much easy.

Thanks to **Smt. Radha Golikeri** of Houston, TX for contributing articles in the new section "**Dalithoy for Konkani Soul**". I am really hoping more people contribute articles to this section.

Also, *Khabbar* is glad to revive the "**Khabbar from Kular**" section with contribution from Basti Vaman Shenoy, President, Konkani Bhas Ani Sanskriti Pratistan, to keep us abreast about all the Konkani happenings back home.

The past quarter must have brought the happiest news to all the Konkanis worldwide. Government of India showered the most prestigious awards of *Padma Vibhushan & Padmashri* to **Sri. T. V. R. Shenoy** of Delhi and eminent book seller **Narayan Shanbhag** of Mumbai respectively. *Khabbar* extends the warmest greetings to the winners.

Also, I welcome the newly formed umbrella organization **Vishwa Saraswath Federation (VSF)** which will

ensure that all Saraswaths will unite under the banner of VSF leaving behind the barrier of time and distance and facilitate the need for a common platform.

Also, back in India, the Konkani spirit is also very much alive. Plans are there for a Rs. 4 crore project, "**Vishwa Konkani Kendra**" (VKK) to revive the Konkani literature and culture by **Konkani Bhas Ani Sanskriti Pratistan**. I hope North American Konkani will participate in these two great undertakings (VSF and VKK) by donating generously.

On the Quiz front, *Khabbar* has remained as an undefeated champion for a long time! It is really a pity to see only a handful few got the correct solution to the last quarter's quiz!! Let us see how many of you will be able to solve this quarter's quiz.

Khabbar will always publish appeals for charity free of charge but cannot collect money on behalf of any charity. Families are encouraged to send the money directly to the concerned charities. It is amazing to see so many appeals come to *Khabbar* on a regular basis. *Khabbar* firmly believes in helping our people whether it is in India or here. Please, extend your help to the maximum extent.

Hope peace & tranquility prevails on earth. Have a great summer.

Devu Boren Karo.

Vasanth
Editor

Letters to the Editor

Letters to the Editor will be considered for publication unless the writer requests otherwise. Letters may be edited for publication. Editor reserves the right not to publish anonymous letters. Initials only on request if the writer includes his or her name.

Dear Vasanthmaam,

Just today, we logged on to the web connection

<http://www.ece.rice.edu/~vijaypai/photos/> mentioned in an item in the latest issue of *Khabbar* (Vol. XXVI No.1). Looking at so many beautiful, clear, color photos was an exhilarating experience. Pictures do make a greater impression on the mind, and convey the aspects of the Konkani society and ceremonies so effectively. The experience is rich indeed.

May we request you, through *Khabbar*, to encourage more such web connections for photo presentations from the members of the Konkani community? The facility, we feel, will be appreciated by the readers.

Thank You,

Yash, Anjali & Shilpa Rao,
Chandler, AZ
yashrao@cox.net

Dear Vasanth,

During July 2-4, 2004, Konkani of Los Angeles will be hosting the 2004 Konkani Sammelan at the Hyatt Regency Hotel in Garden Grove, California (in Orange County, Los Angeles). Please surf the web page at www.konkani2004.com for details.

The Entertainment Committee would like to call forth ALL KONKANI TALENT!!!

If any of you are interested in performing during this Sammelan, please contact Shivadev and Lata Ubhayakar at shivadev@earthlink.net

Dear Vasantmaam,

In the past, our KASC newsletters were always sent after the publication of '*Khabbar*', so news items were old by the time the next issue of '*Khabbar*' came. Therefore, I decided to update you with any *hoon khabbar* from Southern California, before it becomes "*thanda khabbar*".

Thanking you,

Vivek Ullal

vivekullal@sbcglobal.net

Dear Sir,

We have re-hosted the www.gsbsbsamaj.com web site for the benefit of the community. It contains 18 pages of history 45 pages Konkani books etc. We have provided free matrimonials and free yellow pages for the benefit of the community. Please visit.

Prabhakar Bhandarkar

highprab@vsnl.com

Dear Vasanth,

I wonder if you can spread the word to the Konkani Community re: the camp that I have been associated with since 1989?

It is a wonderful opportunity for our children to learn our Hindu culture, religion etc. apart from meeting kids of a similar background for 2 weeks of learning and fun. This camp used to be in Stroudsburg, PA years ago. It has been in Rochester, NY since 1990. Our web site is www.omhsc.org. Our 1st session for the camp is full. We are still taking kids for the 2nd session-21st of July 2003 for 2 wks.

We have a strong Konkani presence in the camp.---All volunteers---Myself – Camp DR/parent/driver etc., Padmanabh Kamath DR/Sec/organizer etc., Damodar Pai--Our camp Gourmet Chef., Vittal Shenoy --Asst. Chef., Asha Kamath-- Mom/volunteer/etc.

The ex campers and counselors visit the camp .Needless to say, our spouses are deeply committed to the camp, as we all have seen the benefits for the kids. Jyothi Bhatt was the camp director for 3 yrs. She is once again going to be directing this year.

Thank You.

Regards,

Vimala Bhatt

vimalabhatter@hotmail.com

Dear Sir,

On behalf of Chairman and Trustees of Konkani Language and Cultural Foundation (Konkani Bhas Ani Sanskriti Pratistan), I wholeheartedly say " DEVU BAREN KORO" to you for taking very keen interest in the Mega Project "World Konkani Centre-Vishwa Konkani Kendra (VKK)."

The Trustees have passed a Resolution authorizing **Dr. Ramadas Kamath** of Apple Valley, CA and **Mr. Ganapathi Shenoy** of Las Vegas, NV to form a Committee in North America to give information about the World Konkani Centre project to the North American Konkani friends and also to give publicity to the project at various quarters wherever possible. VKK has also authorized them to receive, collect monies from the donors and trusts, etc. by way of Cheques and Bank Drafts in the name of the Foundation.

You may also give/send VKK Brochures to your friends. Whenever some good work commences here, we will pass on the information you.

You may kindly suggest some more names from various States in U.S.A. to be included in the Committee so that the World Konkani Centre (WKC) will get large number of enthusiasts to work for the success of the project.

We have already opened W.K.C. Website www.vishwakonkani.org .

Devu Baren Koro,

Yours faithfully,

Basti Vaman Shenoy

President,

Konkani Bhas Ani Sanskriti Pratistan

Vishwa Konkani Office:

Navaratna Palace

K.S.Rao Road

Mangalore-575 001. D.K., INDIA

Telephone: 0824- 2429377(OFF.)

Hoon Khabbar

Congratulations:

AMITA, of Boston, MA, d/o Suren & Vidya Kamath of San Antonio, TX ran the Boston Marathon on April 19th 2003 as a CITGO/MDA Miracle Marathon Team to raise money for Muscular Dystrophy Association (MDA). Also, she ran the race in honor of her dear uncle, Niru Rao, who fell victim to ALS (Lou Gehrig's disease) in 1999 and passed away in August 2001. Her goal of raising \$2,500 was easily reached by support of family and friends and her parents matched every dollar that she raised!

"Life After Merger" article by Subhash Desai featured **Mr. K. V. KAMATH**, Chairman & MD, ICICI in *Silicon India* March 2003 issue. The managing team of ICICI discussed how the bank grew to the global scene.

"Prabhu's Project: Safeway.com" article by Venkat Ramana featured **Mr. VASANTH PRABHU**, executive VP & CFO of the largest grocery chain, Safeway, in *Silicon India* January 2003 issue. The cover page of the magazine had his picture also.

Ms. PRATIBHA BHANDARKAR of Bayport, NY proved once again to be instrumental in planning and hosting the Ninth Annual Brookhaven Memorial Hospital "Women for Women" Fundraiser, which raises money to enhance breast cancer screening and treatment services at Brookhaven Memorial Hospital in New York. The event, held exclusively for women, was hosted on Long Island, NY on Tuesday, April 15th and was attended by more than 350 women. The event was incredibly successful, raising \$88,000 through ticket sales, pledges, and raffles. Congratulations to Pratibha for another successful year of fundraising.

SUDHAKAR SHENOY of Great Falls, VA has been named Lord Fairfax for the Dranesville District in Fairfax County – the most affluent

county in the United States. Shenoy, the first Asian American chairman of the Northern Virginia Technology Council has been appointed to the honorary post by Supervisor Stuart Mendelsohn, Draneville Republican for his "spirit of volunteerism and commitment to the community".

Mr. Shenoy is the founder and CEO of Information management Consultants Inc., an internationally recognized systems and software development firm in Tysons Corner, VA.

JONA, d/o Ashok & Suvarna Hattangadi of Orlando, FL has been awarded the 2003 Paul and Daisy Soros New American Fellowship. Jona graduated summa cum laude from Duke University and now a student of Harvard Medical School, counseled HIV positive women in urban township in Cape Town, South Africa. She also designed and conducted training workshops for traditional healers in Botswana on dealing with HIV/AIDS patients.

She is one of the six South Asians, who number among the 30 New American Fellows for the year. They were picked from 84 finalists, in turn short-listed from about 1,100 applicants. She will receive upto \$20,000 as stipend and half tuition for two years of graduate study in any institution of higher learning in the US

Konkani Graduates:

ASHWIN, s/o Dr. Vasudev & Sunita Prabhu of Mission Viejo, CA, graduated from Tufts Medical school on May 18th 2003. He will do internship at Metrowest Hospital (Framingham) in Boston Area. and four year Radiology Residency in Los Angeles at University of Southern California.

VINAY, s/o Dr. Vasudev & Sunita Prabhu of Mission Viejo, CA, will join MBA program in Los Angeles at University of Southern California.

MEGHANA, of Minneapolis, MN (d/o Vasudev and Jyoti Nayak of Houston) has earned a PhD in

Political Science from the University of Minnesota. Her thesis was on Indian politics. She has taken up a faculty position at Pace University in NYC starting fall 2003 as Assistant professor of International Relations.

NIRAJ, s/o Vasudev and Jyoti Nayak of Houston, TX has graduated with honors from the University of Illinois at Urbana-Champaign with a Bachelor of Electrical and Computer Engineering. He will move to the Los Angeles area to start on his new job while working on a Masters degree.

AARTI MASKERI BHAT will be starting her Internal Medicine Residency at Kaiser Hospital, Sunset Blvd. L.A. from July 2003.

DEEPA SHAH RAO will be starting a Internal Medicine Residency in Phoenix, AZ from July 2003.

SACHIN, s/o Suresh & Usha Shenoy of Sugarland, TX graduated from William P. Clements High School and will attend University of Houston majoring in Pharmacy this Fall.

NIKHIL, s/o Madhav & Vijaya Shanbhag of Syracuse, NY graduated from Yale Law School on May 26th 2003. After taking his New York bar examination, Nikhil will be clerking for federal judge Parker Barrington Daniels Jr. of the second circuit court of appeals in NYC for one year. After completing his clerkship, he will join the Washington DC law firm of O'Melvany & Meyers. Nikhil did his undergraduate studies at Cornell University where he obtained a degree in Economics and Mathematics.

NIRAJ, s/o Madhav & Vijaya Shanbhag of Syracuse was recently awarded the Barry M. Goldwater Scholarship, the most prestigious national awards for undergraduate students in the field of Science, Mathematics or Engineering. Niraj just completed his sophomore year at Cornell University. The scholarship awards \$7,500 per year for his junior

and senior year. Niraj is majoring in Biological Sciences.

New Arrivals:

MAYA, a baby girl to Nitin and Geeta Pandit of Burlington, MA, on March 22nd 2003, a sister to Neil. Maternal grandmother is Ahalya Krishnanand Udiyaver (d/o of Gulvady Umesh) of Saraswat Colony, Santa-Cruz, Mumbai. Currently visiting are paternal grandparents Dr. Chandrakant N. Pandit and Shalini Pandit (d/o Tonse Ramanand Rao) of Indiranagar, Bangalore & Erandwane, Pune.

ANEESHA, a 7.43 lbs and 19 inches tall beautiful healthy baby girl born to Shrinivas & Poornima Nayak of Tampa, FL on May 20th 2003. Paternal grandparents are Shri & Smt. A. D. Nayak of Mumbai and maternal grandparents are Shri & Smt. S. C. Pai of Delhi. A baby sister to Anika.

ARJUN, a 7 lbs & 9 Oz baby boy to Anil & Prabha Bhat of Canton, MI on May 23rd 2003. A brother to Maya.

Brahmopadeshams:

Pankaj & Asha Dhume of Pune, India (formerly of Houston, TX) celebrated the brahmopadeshams (aka munji, thread ceremony) of their son, **Chi. GAURAV** on Friday April 25th 2003 at the hall of King George school in Mumbai.

Satish & Seema Kamath of Fremont, CA celebrated the sacred thread ceremony of their son, **Chi. ANIKESK** (grandson of Manjunath & Rohini Kamath and Ramesh & Varadha Baliga of Mumbai, India) on Sunday May 18th 2003 at 10:46 AM *Muhurtam* (Karkata Lagnam) at Shri Dwarkanath Bhawan Hall, near Wadala Bus Depot, Dadar, Mumbai.

Arjun and Suchitra Nagarkatti of Thousand Oaks, CA celebrated the sacred thread ceremony of their son, **Chi. KABIR**, (grandson of Late Dr. Udhav & Late Heera Nagarkatti, and Manohar & Shanti Amladi), at their residence in Thousand Oaks, CA on Saturday, May 17th 2003. Friends and relatives from both the coasts of

U.S.A and India witnessed the wonderful event.

The unique feature of this munji was that the Purohit was **Dr. Shukavak Das**, a Caucasian American Hindu convert, who has studied Vedas and the rituals of Hindu ceremonies both here in United States, and in India for several years, and obtained a PhD in Hinduism. He explained the various parts of the ritual in English, after chanting the mantras in Sanskrit. This was indeed a good education, not only for the vatu, but also his guests (youth and adult). Every ritual was performed in fullest detail as prescribed in the Vedas. There was Bhajan singing at the end of the day.

It has been reported that the vatus are busy doing Sandhyavanandanam.

Engagement:

Chi. ANAND s/o of Venkatesh & Vasanthi Rao of Walnut, CA engaged to **Kum. JENNIFER** d/o of Thomas & Diane McGlenn of Huntington Beach, CA. Wedding will be held at Hindu Temple Malibu, CA in 2003.

Chi. VIVEK, s/o Venkatraman & Prabha Pai of Houston, TX, was engaged to be married to **Kum. KAVITHA**, d/o Radhakrishna & Shashikala Pai of Mumbai, India, on February 22nd 2003.

Kum. SANDYA, d/o Madhu & Sabitha Kamath of San Ramon, CA and **Chi. NITHIN**, s/o Manohar & Mukta Mallya of Bangalore on March 22nd 2003.

Kum. AMITA, d/o Anil & Maya Shenoy of Encino, CA, got engaged to **Chi. Dr. RAVI THARANI** of San Diego, CA on March 30th 2003. Dr. Tharani is a first year resident at USC in Orthopedic Surgery and Amita recently completed her Masters degree in Social Work from UCLA.

Newly Weds:

Sudhakar & Bina Shenoy of Falls Church, VA celebrated the wedding of their daughter **Sow. SUSHMA** with **Chi. AMIT**, s/o Aschraj & Usha Saluja on Saturday April 26th 2003 at the Omni Shoreham Hotel in Washington, DC.

Sow. SEEMA, d/o Gopi & Sheila Pai of Germantown, TN married to **Chi. ANUBHAV**, s/o Jawahar & Aruna Kamath of Shakopee, MN on Sunday May 25th 2003 at the Memphis Botanical Gardens in Memphis, TN.

Sow. AARTI, d/o Chaitanya & Gayatri Maskeri of Bella Vista, AR weds **Chi. SHAILESH**, s/o Vishwanath & Shalini Bhat of Chino Hills, CA on Sunday, May 25th 2003 in Philadelphia, PA.

Sow. DEEPA, d/o Bharati & Kirti Shah of El Centro, CA weds **Chi. NIHAAL**, s/o Mohan & Suman Rao of Northridge, CA on Sunday, May 25th 2003 in La Jolla, CA.

The *Purohit*, **Dharmasetu Das**, a Caucasian American Hindu convert (Dr. Shukavak Das trained him) conducted the rites as prescribed in the Vedas, but explained every step in English.

Chi. VIVEK, of Danville, CA, s/o Venkatrao & Vaishali Pai of Houston, TX married to **Sow. KAVITHA**, d/o Mr. & Mrs. V. P. Radhakrishna Pai of Mumbai on Sunday June 15th 2003 at 12:37 PM (*Abhijin Muhurtham*) at Indraprasta Hall in Mulund, Mumbai.

Wedding Reception:

Sadananda and Sharda Pai of Houston, Texas celebrated the wedding of their son **Chi. VIJAY** with **Sow. KAVITA**, d/o Shri Pramod & Pratima Kamath of Dombivali, Dist. Thane by arranging a wedding reception on April 5th 2003 at Gauranga Hall of Hare Krishna Temple, Houston. Vijay and Kavita were married on December 26th 2002 in Mumbai. Reception pictures may be viewed at

<http://www.ece.rice.edu/~vijaypai/reception>

Konkani Happenings:

The Konkani Association of California (KAOCA) held their annual *Yugadi* function on Saturday April 5th 2003 at the Hindu Temple, Sunnyvale, CA from 4:00 - 10:00 PM.

The Konkani Association of Southern California (KASC), sponsors of the 2004 Konkani SammeLAN, held their annual *Yugadi* function on Sunday April 20th at the City of Arcadia Recreation Center.

The program began with snacks, social hour, invocation, and Aarati. The next item was Jaidev Chandavarkar singing a hymn in praise of Lord Ganesh. Following this, Vivek Ullal played a film song and a popular Bhajan *Vaishnava Janato tene kahiye* with classical touches and interludes, ably accompanied on tabla by Ajay Ullal. The following item was children's variety entertainment, during which Galen and Makana Krulce played melodious tunes on the piano, and Chetan Bhat gave a very hilarious and interesting talk in Konkani, giving his fondness for *ulonche vishayu*. Ravi Joshi sang the Konkani translation with tune of the song from the film, Padosan, "*Mere samanewale khidki pe*", bringing the entire crowd down in stitches, with laughter. He also sang another Hindi film song. Mohini Kamath recited her beautiful Konkani poem, *Yeyati, Yeyati, amgele gavanka*, as an invitation to all Konkanis to attend the 5th Konkani Convention (Konkani SammeLAN) to be held in Garden Grove, California in July 2004. The chairpersons of various committees of the SammeLAN, briefly described the activity in their committees, and Mohan Kamath, Vice-President of the Executive Committee of the SammeLAN, presented an imaginative and excellent Powerpoint slide show about the SammeLAN, giving everyone a good perspective about the most updated developments. Jaidev Chandavarkar presented a very funny mimicry item Bhadraklok from Bengal, for which he dressed in traditional Bengali attire and recited a famous English poem with Bengali accent, and a more serious patriotic Bengali poem by Dwijendra Roy, composed in 1940's. The election for KASC Committee slate of office-bearers was held, and the committee members were elected unopposed by a unanimous vote (see below for details). The last item was a hat trick (a term used in cricket) by Radhika Hattiangadi, where she told the story of a married couple (Jyoti and Vivek

Ullal) by a medley of famous Hindi film tunes and gazals. She had made a similar presentation at the couple's surprise silver wedding anniversary in 2000, and was requested an en core by several individuals. She sang all the songs effortlessly, with a beautiful melodious voice, and interspaced with funny comments and similes in chaste Konkani. This item was also a competition in name that movie contest. The master of ceremonies was Vikram Hattiangadi, who did a very good job. The delicious snacks and dinner was catered by Rajan Radhakrishnan of Madras Pavilion, in Houston, TX, who had catered the food for the 2002 Konkani SammeLAN. Beena and Aravind Shenoy and their team of volunteers ably managed the serving and distribution of the food, and also the arrangement and planning of snacks and dinner. We thank the outgoing and incoming Committee members, performers, volunteers, and the audience. Special thanks to Mohini Kamath for delicious *madgane* as usual, and Rajan and his two cooks who came all the way from Texas to prepare delicious Konkani food.

Results of Annual K.A.S.C. Election for Committee Members:

By an unanimous vote the new Committee for Year 2003–2004 was selected. We thank and congratulate the new Committee, and also thank the outgoing Committee for work well done, and all the hard work and time they dedicated to make the K.A.S.C. into a vibrant and active association with new enthusiastic members.

President:

Shantaram and Mukta Pai

Vice-President:

Prasan and Sabitha Pai

Treasurer:

Hemu and Mamata Kalle

Secretary:

Yogesh and Vidya Alekal

Cultural Secretary:

Rekha and Ajit Pai

Youth Rep:

Vikram and Rohan Hattiangadi

Editor:

Vivek and Jyoti Ullal

Konkanis In Southern States (KISS) held their annual picnic during the

Easter weekend from April 18th thru 20th 2003 at Cleburne State Park in Cleburne, TX. The theme for the picnic was "*Vasant Utsav*".

Under Houston Kannada Vrinda's program of "Sights and Sounds of South India", **Houston Area Amchigale Samaj (HAAS)** presented a dance skit "South Indian Houstonians" at Miller Open Air Theater in Hermann Park at 8:00 PM on Saturday April 26th 2003. More than three thousand people attended the function and it was a grand success. The skit depicted how Konkanis try hard to infuse their most treasured cultural aspects in their children as they grow up in the local culture. **Nandu Balsaver** and **Kanchan Kabad** were the producers. The cast held a roast/ toast party for the producers at the Pavani Restaurant on May 30th 2003. Needless to say both were well roasted!!

Konkani Association of Ontario (KAO) performed the annual Satyanarayan pooja at Kalibari temple on May 4th 2003 at 4:00 PM.

Houston Area Amchigale Samaj (HAAS) held a *hari kirthan* program of **Mrs. Keshavdas Pai**, w/o Late Sant Bhadrakiri Keshavdas Pai, on May 10th 2003 at the Eldridge Park Hall in Houston, TX from 2:30 p.m. to 4:00 p.m.

Email ID Changes:

The email ID's of Anuradha Nayak of Houston, TX has changed. to anunayak@juno.com

Relocation:

The **SAVANT** family, Satish & Shubhada have relocated from Westland, MI to 701 6th St. NE #15, Roseau, MN 56751-1281 and the email ID: satish_savant@hotmail.com

The **BALIGA** family, Ragavendra & Jayashree together with their kids, Anoop & Neena have relocated within Ann Arbor, MI to 2751 Whispering Woods Drive, Ann Arbor, MI 48103. The telephone number is the same (734)-332-9203.

The **BALIGA** family, Naresh & Nirmala together with their daughters Aneesha & Anjali have relocated from El Dorado Hills, CA to 102 Falls Grove Blvd., # 1409, Rockville, MA. The telephone is (301)-294-3387 and email ID: nbaliga@attbi.com

The **SHENOY** family, Bhamy Venkatramana and Suman have relocated to 11602 Blalock Forest St., Houston, TX 77024. Their new telephone is (713) - 797- 9890 and email ID: bhamysuman@hotmail.com

60th Birthday:

Dr. NARASINHA KAMATH, Flushing, New York celebrated his 60th Birthday on March 17th 2003 at his residence by performing *Satyannarayan Pooja*.

Obituary:

BANTVAL VAMAN MALLYA passed away on February 28th 2003 in Ottawa, ON, Canada, loving husband of Sunitha and dear father of Prakash, Satish and Aruna. Sadly missed by five grandchildren and extended family and friends. Mr. Mallya served the Hindu temple of Ottawa, as its resident Manager over the past year and was actively associated with the Sai Centre in Ottawa. He was also associated with The Konkani Association of Ontario; attended several functions and was the Chief Guest of one of KAO's diwali functions. Prior to emigrating to Canada ten years ago, his career in aviation spanning 35 years took him to Bangalore, Bombay, Madras, Delhi and London, England. Widely traveled and well read. and had passion for music and astrology. *Khabbar* extends its heartfelt condolences to Mallya family.

Smt. RATNABAI PAI (86), w/o veteran cinema pioneer, Late Sri Kochikar Vittaldas Pai of Mangalore, passed away in Mangalore on May 11th 2003. *Khabbar* sends heartfelt condolences to her daughter Mrs. Shanthi Pai & family of Altamonte Springs, FL and son, Nityanand Pai & family of NY.

Sri. ANANTH DIVGI (72), passed away after a brief illness, in Pune, early hours of March 10, 2003. *Khabbar* sends heartfelt condolences to his daughter Anjali Kallianpur & family of Randolph, NJ.

Ananth Divigi was one of the founders of Divgi Metalwares, and of UMA Tools, producers of automotive components, and among the major industries in Pune.

KHABBAR FROM KULAR

By: BASTI VAMAN SHENOY.

President, Konkani Bhas Ani Sanskriti Pratistan, Mangalore, India

On 12.01.2003 : 7 Eminent, distinguished Saraswats (i) **Hon. Shri Suresh Prabhu, M.P., New Delhi** (ii) **Shri Anant Pai, Mumbai** (iii) **Shri V.S. Sonde, Sirsi** (iv) **Smt. Vasanthi A.Pai, Manipal** (v) **Dr. Gowri Pai, Puttur** (vi) **Shri T. Jagadish Kini, Bangalore** and (vii) **Shri K. Gokuldas Prabhu, Kerala** were honored on the occasion of 3rd Anniversary of First Vishwa Saraswat Sammelan – 1999. Shri K. K. Pai, Shri A.K. Manjunath Shenoy, Shri Basti Vaman Shenoy (Chief Convenor), Shri Kudpi Jagadish Shenoy (Treasurer), Dr. Kasturi Mohan Pai, Shri Venkatesh N. Baliga (Secretary) were present.

On 14.01.2003 : Dakshina Kannada Jilla Kannada Sahitya Sammelan was held at Bantwal. Great Kannada Writer **Yerya Laxminarayan Alva** was the President of the Sammelan from 10th to 12th January 2003.

Famous Konkani Drama Troupe from Mumbai **Konkani Triveni Kala Sangam** performed their famous family drama "Nandadeep" at various places in Uttara Kannada and Dakshina Kannada Districts sponsored by Dr. T.M.A. Pai Foundation, Manipal.

On 17.01.2003: T. A. Pai 81st Birthday was celebrated at Manipal. Former Governor of Karnataka Her Excellency Smt. V.S. Ramadevi inaugurated the function and gave keynote address on 'Vision and achievements of Shri T. A. Pai'. Padmashree Dr. D. Veerendra Hegde, Dharmadhikari, Shreeksheeta Dharmasthala presided. Shri Dattaraj Salgaonkar, Industrialist, Goa was the Chief Guest.

On 19.01.2003 : 'Konkani Divas' was organised by G.S.B. Mahila Vrinda, Mangalore at Shri Gokarna Mutt. Msgr. Alexander F. D' Souza, President, Karnataka Konkani Sahitya Academy lit the Lamp. Shri Basti Vaman Shenoy, Shri A. K. Manjunath Shenoy and Smt. Gayathri M. Acharya, President, G.S.B. Mahila Vrinda were on the dais. Competitions for the School Students and College Students in Konkani Songs, dance, elocution were held.

Famous Konkani Koir Maistry **Shri Bennett Pinto** died of heart attack at his young age of 45 years. He was a member of Konkani Academy and Director of the Konkani Department at St. Aloysius College, Mangalore.

On 01.02.2003 : Konkani Translation Workshop was held at Kalangann, Makale, Shaktinagar, Mangalore under the auspices of Karnataka Konkani Sahitya Academy. Prof. Dr. William Madtha, Principal, St. Aloysius College was the co-ordinator. Shri

Gokuldas Prabhu, Vice-President, All-India Konkani Parishad was honoured for Kendra Sahitya Academy Award for translation work.

On 03.02.2003 : Konkani book “Shenoi Goembab” published by Konkani Bhas Ani Sanskriti Pratistan was released by Fr. Mark Waldar at a function held on 03.02.2003. Shri K.K.Pai, Chairman, Konkani Bhas Ani Sanskriti Pratistan presided. Shri Kepul Dinesh Nayak, Secretary, Canara High School Association was the Chief Guest. Shri Basti Vaman Shenoy, Prof. M. Madhav Pai, Shimoga and Dr. Shivaram Kamath, Kumta have compiled the book on the life and works of Shenoi Goembab(Shenoy Vaman Raghunath Rao Varde Valaulicar), Father of Konkani Movement. The books will be distributed freely to the High School and College Students in 14 cities in Karnataka State and elocution competition will also be held.

On 12.02.2003 : T. V. recording Unit from Bangalore Doordarshan Kendra visited Kalaangann, Mangalore and recorded Konkani Kharvi folk Dance and Music, also Mando Dance by Mandd Sobhann. They also recorded Konkani Bala Geetha of G.S.B.s organised by Smt. Malathi Kamath and group.

On 15.02.2003 : **Vishwa Konkani Kendra** an abode for the Konkani Heritage Brochure was released at Mangalore by Hon. **Shri R. V. Deshpande**, Minister for Heavy Industries, Government of Karnataka. **Mr. N. Yogish Bhat**, M. L. A. was the Chief Guest. Shri Basti Vaman Shenoy welcomed the Guests, Shri M. Raghunath Shet, Chairman, Vishwa Konkani Kendra Construction Committee gave details. Shri Venkatesh N.Baliga, proposed Vote of Thanks.

On 23.02.2003 : Ist Death Anniversary of late Shri P. R. Nayak of Nayak’s Publicity was celebrated with Hindustani Musical concert by Pt. Vinayak Torvi. Smt. Vasanthi R.Nayak, W/o late Shri P. R. Nayak and exponent of Konkani Music organised the recital.

On 02.03.2003 : The Executive body of All-India Konkani Parishad Goa was held at Mangalore. It was resolved to organise All – India Konkani Parishad – 24th Adhiveshan at Calicut, Kerala in the first week of January 2004.

On 14.03. 2003 : Dr. T. M. A. Pai Konkani Book Awards – 2001 have been presented to Rev. Dr. Pius Fidelis Pinto, Mangalore for his book “Desanthar Thavn Bondhadek” and to Shri Avdhoot Y. Kudtarkar, Goa for his book “Shaktipath”.

SARASWATH PRATHIBHA PURASKAR TO T. V. R. SHENOY AND NARAYAN SHANBHAG

NEW DELHI 3rd Apr 03:

His Holiness Srimad Sudhindra Thirtha Swamiji, Mathadhipathi of Sri Kashi Math Samsthan Varanasi conferred Sarswath Prathibha Puraskar to eminent journalist **Padma Vibhushan T. V. R. Shenoy** of Delhi and eminent book seller **Padmashri Narayan Shanbhag** of Mumbai in a ceremony organized by Gowd Saraswath Samaj New Delhi on behalf of Vishwa Saraswath Federation (VSF) for excelling in their own field of work. Ceremony was organized at Saraswath Sanskriti Bhavan, New Rajinder Nagar. Incidentally both the luminaries received Padma award on the very same day from the President of India.

Saraswath Prathibha Puraskar is the first of its kind introduced by VSF to acknowledge the contribution done by the Saraswaths to the Nation and the Society. "It is a good beginning that both the Saraswaths who received this award today are from the field of knowledge sharing which is the boon of Goddess Saraswathi" said Colonel Kini, Convener, VSF. He updated the gathering about the activities of VSF on social issues and need for the Saraswath Bhavan in Delhi and sought the blessings of Swamiji for the growth of VSF.

Both Shenoy and Shanbhag clarified to the people that it is the Goddess Sarswathi who makes other worldly things to flow. Goddess Lakshmi comes behind if one professes the Saraswathi. Shanbhag who came to Mumbai with mere Rs 450 in his heydays is now a well-accredited man, in the book selling. His rare skill unlike other book venders is that he reads the book and satisfies himself before it is bought for selling. Shenoy had all praise to Shanbhag who made him such a learned person today. It is the knowledge, which can make a person good, and then the Nation can become a knowledge society both the awardees reiterated.

Swamiji in their *ashirvachana* blessings stressed the need for unified approach for the upliftment of Saraswaths. Selfless and dedicated efforts only will yield results that have the blessings of God. Getting Honor to an individual is showering God's grace on him. We should honor them and respect them then Almighty also becomes very happy. It is a testimony that two of the Saraswath's getting Nation's highest civilian award immediately after the formation of VSF shows that a macro community "Saraswaths" are being identified for their National contribution and it is boon to Saraswaths. Though we are micro community our efforts and contribution to the world, Nation and the society should be of macro level. Lauding the service done by both the luminaries Shenoy and Shanbhag, Swamiji said knowledge sharing with masses from one's soul is a purified approach with selfless service, which has resulted in getting these awards. A journalist can change the Nation and also harm the nation. Changing the Nation for development and prosperity of

human being is what these awardees have done for which we are proud. One gets their positions based on their qualification. One should perform and act with " *Manasa. Vacha. Karmana*" then the purity flows and we can call them " *Sathpurusha*".

Local Volunteer Wins National Title "Woman of the Year"



As published by The Leukemia & Lymphoma Society

Many people feel deep concern when they hear about someone battling a serious illness like blood cancer. Some people turn their concern into action. Maya Shenoy of Charlotte put her compassion to work in this community to raise hundreds of thousands of dollars to fund researchers working to find cures for leukemia, lymphoma, Hodgkin and non-Hodgkin lymphoma and myeloma.

The Leukemia & Lymphoma Society recently acclaimed Maya Shenoy The 2002 National Woman of the Year. As the nation's top woman fundraiser Mrs. Shenoy was recognized in a full-page ad in the national edition of USA Today on February 5, 2003.

In a profile during Thanksgiving in the Charlotte Observer she pronounced her personal motto as, "Community, Compassion, and Commitment." As a volunteer fundraiser, she has raised more than two million dollars for non-profit organizations. Maya Shenoy has also dedicated countless hours to serve many organizations, serving as President of the Juvenile Diabetes Foundation, American Cancer Society, American Heart Association, and Mecklenburg County Medical Society Alliance in Charlotte, as well as serving as the host for the 2001 National Meeting of the Leukemia and Lymphoma Society of America in Charlotte. Maya serves on the local and/or national boards of several non-profit organizations. She was nominated a member of the Illinois State University Foundation Board of Directors in 2002. Maya Shenoy is currently a National Trustee for The Leukemia and Lymphoma Society of America.

In 1944 the deVillier Family donated a \$1,000 in honor of their son, 16-year-old Robbie deVilliers, who was diagnosed with acute leukemia. His doctors at the New York Hospital had done all they could. There was no effective treatment; not even a clear idea of the cause. One thing the doctors did know: leukemia killed quickly, brutally, inevitable. Robbie died in October, just three months after his diagnosis. As a memorial to his brief life, his parents established a foundation to support scientific research into their son's diagnosis. Today that legacy lives on through the Leukemia & Lymphoma Society and all cancer survivors. They are living proof that you can make a difference. In 1999, the Society celebrated our 50th Anniversary. The progress we've made during that time in the fight against leukemia and blood related cancers is slow but sure. In 1949 less than 4% of children diagnosed with leukemia would survive, today survival rates are over 80%. And with continued support we hope to see leukemia relegated to the history books in the near future.

Bhagavad-Gita as a Stress Management Guide - Cont.

By: K. P. S. Kamath, M. D.

Psychiatrist in private practice in Cape Girardeau, Missouri

Chapter Three:

Lord Krishna started giving Arjuna *Gitopadesha* only after the latter said to him: *Gita*: 2: 7, 8: "My will is paralyzed, and I am utterly confused. Tell me which is better path for me. Let me be your disciple. I have fallen at your feet; give me instruction. What can overcome a sorrow that saps all my vitality? Even power over men and gods or wealth of an empire seems empty." His Mind became disconnected from his Intellect due to grief. He now needed the benefit of Lord Krishna's Intellect to make that connection. Make a note here that Lord Krishna did not give Arjuna unsolicited advice (U.A). He did not open his mouth till he knew Arjuna was ready to accept his advice. Accordingly, Krishna warned Arjuna at the end of *Gita* 18: 67, 68: "Do not share this wisdom with anyone who lacks in devotion or self control, and who lacks the desire to learn!"

To Arjuna's credit, he did not blindly accept Krishna's advice. He listened closely to Krishna and questioned him many times to clarify his own recurring doubts: *Gita* 3: 1: "Why do you urge me to engage in this ghastly fight if You think Intelligence is better than selfish work?"

In my everyday practice as a psychiatrist, I have found that only those people who sought counseling with an open mind and desire to change got well. These people had already admitted to themselves that their Mind was in distress and their Intellect was clouded. Now they needed the benefit of the Intellect (experience, insight, knowledge and wisdom) of the psychiatrist to clear the cloud in their Mind. When we consult lawyers, accountants and doctors, we are, in effect, using their Intellect to solve our life problems in return for a fee (sacrifice). People who go to them with an attitude 'Who are you to tell me what to do? What makes you think you know more than I do?' don't benefit from the advice given. This was Duryodhana's attitude.

We studied in the previous chapter how actual loss of or fear of losing people or material things is at the root of all stress. Let us now study how *Gita* tackles these issues.

LOSS: Natural reaction to any loss is grief. When we lose someone either through death or breakup, the broken attachments release emotions of sadness and sorrow in the mind. Like a balloon inflating with air, the mind is filled with these painful emotions. In psychiatry we call this acute stress. Grieving over the loss by crying, sobbing, sighing and lamenting relieves this tension, like releasing air from the balloon. Clearly, our grief is far greater if the lost object is a person we love rather than a material thing. Coping with a loss means grieving over the loss, coming to terms with that loss, and moving on.

When Arjuna was going through anticipatory grief -for no one had died as yet- Lord Krishna convinced him in *Gita* 2: 11-20 that when people die it is just the body that dies, not the Soul, and so it is meaningless to grieve over death. *Gita* 2: 21: Just as we discard old clothes and put on new, the Soul enters into a new body. A truly enlightened person who knows the true nature of Soul and body, therefore, neither grieves nor feels the need to grieve. This revelation and insight neutralized Arjuna's grief and cleared his thinking. Lesser mortals like us who are yet to be thus enlightened, however, will have no choice but to go through the grieving process after losing someone or something we love. As for the sin of killing those he worshipped all his life, Lord Krishna reminds Arjuna that it would be a greater sin not to perform his duty (dharma) as a Kshatriya: *Gita*: 2: 33. Besides, fighting a righteous war with purity of heart, without considering loss or gain, happiness or distress will incur no sin: *Gita*: 2: 38 These revelations neutralized Arjuna's guilt and fear of sinfulness. His will to fight was re-energized once these mental blocks were removed by Lord Krishna.

FEAR OF LOSS: How can one overcome fear of loss, which is at the root of most stress we experience in life? Behind life problems related to job, money, family, temple, relationship, etc., there lurks the fear of losing someone or something we are attached to. More the attachment, more the fear, which means more stress. How, then, can we reduce this fear in our daily lives? *Gita's* advice is simple: Train yourself to reduce your attachments to people and material things. Practice constantly to eliminate selfish desire for such attachments from your Mind. Get rid of greed. Learn to let go and let God: *Gita*: 2: 49: "Seek refuge in the attitude of detachment and raise your spiritual awareness. Actions motivated by selfish desire make one miserable." Now, take any life-problem you feel trapped in and try to solve it. You will soon realize that you must give up something first: money, time, position, security, relationship- in order to achieve a lasting solution. People who feel trapped in a life problem, say, marriage problem or job problem are those who are unwilling to give up their attachments to at least one of the following: security, pride, hate, greed, sick relationship. Willingness and ability to renounce liberates one from fear of loss.

What are the consequences of excessive attachment? *Gita* 2: 62, 63: "When you keep thinking about sense objects (people, money, etc.), attachment comes. Excessive attachment breeds selfish desire, the lust of possession that burns to anger. Anger clouds the judgment; you can no longer learn from past mistakes (you lose contact with your wisdom). You lose the power to choose between what is wise and what is unwise (your judgment is clouded); and your life is an utter waste."

Here we should remember how Dritharashtra's excessive attachment to his evil natured son, Duryodhana, blinded him to his faults and led to the downfall and destruction of his entire progeny. Most parent-child problems in Indian families are rooted in excessive attachment of parents to their (even grownup) children resulting in controlling behavior on the part of parents, and resentment and rebellion on the part of children. Marital problems leading to divorce in young couple are more often than not due to constant interference by parents of the boy (rarely by girl's parents) who have difficulty letting go of their grown up boy (or girl).

Is it easy to control one's Senses? Lord Krishna admits it is not easy to control one's Senses nor the tendency of the Mind to get attached: *Gita*: 2: 60: "The Senses are so strong and impetuous, O Arjuna, that they forcibly carry away the Mind even of a man of discrimination who is endeavoring to control them." *Gita*: 2: 67: "As a boat on the water is swept away by a strong wind, even so one's fixation on Senses and Sense Objects could carry away his Intellect (better judgment, leading to serious stress)."

So, what is *Gita's* advice for stress-prevention in the long run? Simple: Gradually reduce your attachments to sense objects (material things and people); learn to enjoy your wealth and material comforts in a detached manner ("If I have it, fine; If I don't have it, I will manage without it"); control your senses by regulated principles of *Jnana yoga*, *Karma yoga* and *Bhakti yoga*, which we will study later. You don't have to close the gates (Senses) completely. Just install turnstiles on them. Then shift the focus of the Mind (zone # 3) from material things (zone # 5) to the Intellect (zone # 2), the seat of wisdom, and to the Soul (zone # 1), the seat of eternal peace and absolute tranquility. Read *Gita* 2: 61, 64-72. Lord Krishna says repeatedly that with will power and practice one could achieve this goal. Read *Gita* 6: 18-28.

Does *Gita* recommend us to become a *sanyasi*? Not at all. Simply reducing our attachments, and eliminating weaknesses such as lust, greed, anger, hate, selfish motive in our deeds, etc. is enough to reduce stress and bring peace of mind. In addition, regularly fixing one's mind in deep meditation on the *Atman* (*Jnana yoga*); serving humanity without selfish motive (doing selfless volunteer work, for example) (*Karma yoga*); always worshipping God with selfless devotion (*Bhakti yoga*) also brings peace and tranquility. One path is not exclusive of the others. All three paths lead to Self-realization, a point wherein the Mind merges with *Atman* (Self). When this happens, we are liberated from the *karma phala* of our misdeeds. Stress in our everyday life begins to decline rapidly.

Here is an old story that illustrates *Gita's* message succinctly: A *sanyasi* gave up all attachments, meditated till he achieved *samadhi* and went to heaven upon his death. There he saw, among other great souls, a prostitute he knew of back on earth. Unhappy about his being equated with a sinful prostitute who lived a full life, the *sadhu* complained to God, "Lord, how could you grant heaven to this

sinner? I had to sacrifice everything life had to offer to get here." God replied, "It was her *Dharma* to make her living as a prostitute. She served her clients with a great deal of devotion and yet she was utterly detached from any sense enjoyment. Even while engaged in her "sinful acts", her pure mind was unshakably fixed on Me. You *sanyasi*, on the contrary, sat in front of the temple meditating on Me, but your eyes were always on her when she came to the temple to worship Me!"

Gita: 2: 65, 66: "For one so situated (senses under control and mind fixed on Soul), miseries of material life exist no longer; in such a happy state, one's Intellect is steady. One whose Mind is not in touch with his inner Intellect, it is not at peace. When one has no peace of mind (when one is stressed), he can not enjoy happiness." The message is: While you are controlling the Five Gates (Senses), redirect your focus and energy on to the inner compound and the temple, and get in touch with your wisdom, moral values and divinity.

What happens if we cannot control our Senses and if we get too attached to Sense Objects? *Gita*: 2: 44 : "In the minds of those who are too attached to sense enjoyment and material opulence, and who are bewildered by such things, the resolute determination for devotional service to the Lord does not take place." What happens to people who experience Lust (selfish desire) due to excessive attachment? *Gita*: 16: 21: "Lust, Anger and Greed represent three gates leading down to hell (on earth)."

So, how does one deal with everyday hassles of life ? *Gita*: 2: 14, 15: "When Senses contact Sense Objects, a person experiences cold or heat, happiness or distress. These experiences are fleeting like summer and winter seasons. Bear with them, O scion of *Bharata*, and learn to tolerate them without being upset (stressed). Those who are the same in pleasure and pain are truly wise and fit for immortality and liberation." *Gita*: 2: 56: "One who acquires the ability to keep his mind unperturbed in happiness or distress is called *Stithaprajnya*. "This person has trained himself to become immune from the effects of loss or threatened loss.

Gita does not recommend one to give up his wealth, power, status, etc. *Gita* says that selfish desire (*kama*) to have these by hook or by crook is bad. *Gita* says: "Renounce and enjoy life!" Let me give a true example of this in real life: When a brother of mine admired an expensive car of a rich friend, this truly liberated businessman's response was this: He looked away from his Mercedes, pointed his left arm toward it, made gestures of futility with his fingers, and said disdainfully, "Isn't this just a false prestige thing?" His attitude was one of utter detachment: 'If I have it, fine. If I don't have it, that is fine too. It is all a prop that I need to project the image of being "successful" in this business world I live in.' This man, contrary to all appearances, is a true *yogi*.

pkamath001@charter.net

.....To Be Continued

FIRST-EVER REPORT ON SOUTH ASIAN AMERICAN HEALTH

CALLS FOR MORE RESEARCH, BETTER DATA

Published by the South Asian Public Health Association (SAPHA), the Brown Paper is the first national initiative to evaluate and summarize existing knowledge about several key health indicators for South Asian Americans. The report focuses primarily on South Asians living in the US, as well Diasporic communities that have lived for several generations in other regions of the world, such as the Caribbean & the African continent. South Asians have origins in Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, & Sri Lanka.

"The two year effort to produce this document is only the first step in establishing an agenda for the health of South Asian communities," explains Abhijit Ghosh, co-chairperson of SAPHA's Board of Directors.

The Brown Paper consists of 13 chapters: A Socio-Demographic Profile; Youth Health; Women's Health; Lesbian, Gay, Bisexual and Transgender Health; Elderly Health; Cancer; Cardiovascular Disease; Diabetes; HIV/AIDS; Intimate Partner Violence; Mental Health; Nutrition; and Substance Abuse. The publication also includes a comprehensive Resource Guide, which lists over 100 resources and agencies that provide services to South Asians across the United States.

Key findings revealed in the Brown Paper:

- Leading cause of mortality is cardiovascular disease; heart disease has a higher prevalence in Asian Indians than other Asians and non-Hispanic whites.
- Top chronic illness concerns are obesity, diabetes, and high blood pressure.
- When compared to white children, Asian American children are 2-3 times more likely to lack a usual source of health care services and continuity of care.
- Women who have emigrated to the US from India are more likely to deliver low birth weight infants than white women and women in other ethnic groups, although they receive first trimester prenatal care at about the same rate as white women.
- In both the intimate partner violence and HIV/AIDS chapters, authors note that the stigma associated with seeking assistance often deters South Asians from accessing services.

According to Ushma Upadhyay, co-editor of the Brown Paper and a member of SAPHA's Board of Directors, "All too often, South Asians are seen as a model minority, which prevents understanding and further research into their health issues. For instance, as long as people believe that substance abuse or HIV has not touched this community, the longer it will take for South Asians battling 'stigmatized' illnesses to seek and get assistance."

Approximately 2 million people of South Asian origin live in the United States, according to year 2000 Census data—a growth rate of 106% over the last ten years. Significant increases in population, coupled with wide diversity within the South Asian community, present a challenge for health care providers to respond to both community and individual needs adequately.

Additional statistics of note:

- Asian Indians stand 12th in national poverty level rankings.
- South Asian uninsurance rate is 21% (national average is 18%).
- 25% of Asian Indians have limited English proficiency, which means they do not speak English well.
- Asian Indian elderly comprise 10% of the Asian Indian population.

"This new report finally brings together literature from all over the world to help us understand the health needs of this rapidly growing group of Americans. Health care providers, researchers, and policymakers will be better able to provide care and solutions to health disparities among South Asians. Gaps in available data can be better addressed by researchers," explains chapter author Susan L. Ivey, MD, MHSA, a key researcher in cardiovascular disease among South Asians. Academic researchers, health care providers, advocates, and activists throughout the US have contributed to planning and development of the Brown Paper. Based on research and analyses of each topic, the authors have made recommendations for policymakers, health and human service providers, and public health advocates.

Next Steps:

As the next step, SAPHA will distribute the Brown Paper to key individuals and decision-makers in the field of public health and public policy. SAPHA will also build partnerships with community-based organizations throughout the US in an effort to increase awareness on issues of South Asian American health, foster dialogue on issues raised by the Brown Paper, and explore ways in which communities can identify innovative ways to address their health needs and empower themselves through healthy living.

ABOUT SAPHA: Recognizing the importance of addressing the health and well-being of South Asian communities, a group of public health professionals and students in the United States founded SAPHA in 1999, creating an on-line community. By 2002, SAPHA formed its Board of Directors, has grown to over 400 on-line members, and hosts activities and events throughout the nation. To further its mission, the South Asian Public Health Association seeks to: (1) Provide a forum for mentorship, dialogue and resource-sharing among public health professionals working with South Asian communities; (2) Advance the leadership, networking and professional development of South Asian public health professionals; (3) Raise awareness of health risks and encourage healthy behavior among South Asians; (4) Increase awareness of the value of culturally-appropriate services for South Asians in the United States; and (5) Encourage and support research and academic communities interested in South Asian health issues.

To order a copy of the Brown Paper and for additional information about SAPHA, visit <http://www.sapha.net> or e-mail info@sapha.net

(Acknowledgement: *Khabbar* thanks **Ms. Sharmila Rao Thakkar** of Chicago, IL & **Ms. Kalpana Bhandarkar** of New York, NY for their help in publishing this)

Thanks to Shanthi Jayakumar and her team, the souvenir of Konkani Sammelan 2002 was probably a masterpiece. A concept of "Dalithoy for Konkani Soul" was initiated there similar to the "ChickenSoup" series. Here is the second essay and Khabbar hopes this will inspire all Konkani writers to come forward with their stories...

AMBAKKA TAKES THEM FOR A RIDE

By Smt. Radha Golikeri, Houston, Texas

Ambakka loved traveling. It was an annual ritual with her to spend summer vacation at Mangalore where her sister and her family lived. Ambakka and her children enjoyed the change immensely and on her return to Bombay, she would go into ecstasy while narrating how delightfully they spent the holidays. She was very proud of Mangalore where she grew up. She perceived every aspect of Mangalore as superb. She used her enormous vocabulary of exquisite adjectives precisely while describing the beauty and bounty of Mangalore. She would say, salubrious climate, clean water, luscious mangoes, fleshy breadfruit (Jeeve Kadgi), non irritant elephant ear leaves (Patrado Paan), crunchy cashew nut macaroons, beautiful temples, imposing St. Aloysius College - to name a few things.

Her two nephews, 9 and 11 years old, heard the account time and again and were all agog. They decided to join Ambakka on her next trip. Ambakka happily agreed to take them with her.

Soon the month of May arrived and as planned the party of 7, Ambakka and 6 children reached Mangalore. Mhaant and Mhaav were happy and they planned several outings for the kids. That year the monsoons threatened to approach much ahead of time than the normal date. Mhaantu was eager to take all the guests around Mangalore before the vagaries of rain outdid his schedule of sight seeing. There were lots of places to be seen. The locations were spread over from one end of town to the other. In those days there was no convenient public transportation like bus or taxi. The only conveyance was jhatka. It is a horse drawn cart with a capacity of 6 to 7 riders. Mhaantu hired Manja's jhatka for the grand tour. As arranged, Manja was ready at the door on the dot of time, the next day.

The older kids had qualms looking at the size of the cart and the stature of the animal. It seemed disproportionate to the number of riders. Discussion on seating arrangement started. :Mhaantu being the conductor cum guide, chose to occupy the front seat and insisted that Mhaav be seated next to him The arrangement was justified because :Mhaav was a good prompter and whenever Mhaantu stumbled while delivering the commentary, her input was of vital importance to keep the continuity. All the children, ages ranging from 3 to 11, were huddled in the middle. Ambakka occupied the last portion of the cart to prevent the kids from rolling off the moving cart. This also helped to shield them from cop's vigilant eyes as the cart was to carry a load more than the permissible limit.

It was now the turn of the horse to adjust to the heavy weight he was to haul. The horse suddenly stood on his hind legs giving a big jolt to the occupants. Manja wielded the whip, indicating the horse to put on his best behavior. A bit of coaxing and back patting restored confidence in the animal. After a couple of balancing acts, the horse settled himself and pulled the vehicle slowly and steadily.

Mhaantu cleared his throat and commenced the running commentary as the jhatka traversed through the various places. The details were too many and monotonous; In the process, the children missed getting to know many landmarks. Ambakka's alertness would catch the sight of cops stationed at cross-roads. She would quickly tap on the children's heads with her knuckles, signaling them to bend down to avoid the watchful cops. Mhaantu would turn around and give a cautious glance to make sure Ambakka's instructions had been followed. For some unknown reason, there were many cops on the road that day. After a few rounds of knuckle taps and eye signs cautioning danger ahead, the children were so trained, that they bent their heads before receiving any taps. They listened to Mhaantu's commentary with heads hidden in between knees. In short children did more listening than seeing on the entire trip.

After a long strenuous ride, the party returned home tired and hungry. On the verandah, Ajja was resting in his easy chair. As the children entered, Ajja asked them whether it was an enjoyable outing. Ambakka, in her triumphant mood, waxed eloquently about the trip with special emphasis on how they steered clear from cops' eyes. Out of politeness, the older kids were silent and discreetly non-committal The youngest of the lot patiently waited till his mother (Ambakka) finished her recital Then with twinkle in his eyes, sharply quipped, "Ajja, we could not see much except Manja's posterior. We have' sprained our necks too." Sometimes, children's remarks are frank and innocent. This was the cutest one I had ever heard.

KONKANI SAMMELAN 2004 – A PROGRESS REPORT

The Executive Committee and the 17 Sub-Committees are working tirelessly to showcase a memorable event for the July 4 weekend in 2004. Even though it is a year away, all volunteers realize an early start will smoothen wrinkles along the way, as we approach the SammeLAN date.

The Executive Committee meets every month faithfully, each EC member taking his turn to act host, steering our discussion to reach our goals and fine-tuning our strategy. The Sub-committees meet with their team members in lively discussions planning their strategies to present it to the Executive Committee.

SammeLAN 2004 has been approved by the Franchise Tax Board of California as a non-profit entity thus exempting donors in California having to pay taxes on their donations. Approval from the IRS is expected soon. With an IRS approval, Konkani anywhere in the country will qualify to make a tax-free donation.

We are appealing to each and every Konkani in the USA to mark their calendar for the July 4, 2004 weekend to attend the SammeLAN in Los Angeles and enjoy lots of authentic Konkani food, and witness the spectacular show we plan to present.

For up-to-date information, please, visit our website: www.konkani2004.com

Devu Bare Koron

Ramadas Kamath/Mohan Kamath/Sridhar Rao/Jaidev Chandavarkar/Malavika Gangolly.

The Executive Committee

KONKANI SAMMELAN ESSAY COMPETITION:

The Souvenir Committee for the 5th North American Konkani Convention (aka SammeLAN) is inviting participants to submit original essays. The topic is "What Does Konkani Heritage Means To Me". The essay should not exceed 500 words. Participants should belong to a North American (U.S or Canada) Konkani family. Please submit the essay in Microsoft Word 97 or 2000, by e-mail (as a attached file) or by floppy diskette or CD-R disk. Deadline for submitting essays is April 15th 2004. Send

entries to Vivek Ullal, Editor, Souvenir for the SammeLAN. E-mail is: vivekullal@sbcglobal.net. The mailing address is: 5604 Indian Hills Drive, Simi Valley, CA 93063. Winning essays and a few best ones of those received for each age category, will be published in the souvenir. The SammeLAN Committee will present prizes to the winning essays in each age category. The Age categories will be: 1) Below 11 years. 2) 11 –14 years 3) 14 years and above. Judges will judge according to criteria set by the Editorial committee. Judges will not know the names of the authors to ensure impartiality.

Yeyaachi Yeyaachi Aamgele Gaavaank

By Mohini Kamath, Cerritos, CA

Yeyaachi yeyaachi aamgele gaavaank
khandit yeyaachi Los Angeles sammelanaak
taarik udgaasu - visurnakaachi
July doni teeni chaari taariked
doni hazaar chaari varsaantu.

Te teeni divas jataa aamgele Konkani sammelan
hazaar katlyaan aamchigele ulloche jena
vatu meltachi aamgele gaavantu
prasiddha jalele Disneyland aani Hollywood gaavaantu.

Dhaavnu dhaavnu hasunu hasunu yeyaachi.
duddu deevnu sahaay karyaachi
potaabhukhen yeyaachi
aamgele ruchi ruchi randap kauchaak yeyaachi.

Mhalgadyaank ghevnu yeyaachi, dostaank ghevnu yeyaachi
chaldu baalaank ghevnu yeyaachi
kutumb samet yeyaachi
aamgele bhaashevairi priti dovornu yeyaachi.

Vatu melnu gammat karyaachi
naanaa naven janale gurtu karyaachi
panchaadeeka maarnu ruchi ruchi randap khaiyaachi
aani yen aamgele Los Angeles sammelan
gaujeri gammateri jauchetashi devaalaagi maagyaachi.

KONKANI SAMMELAN 2004



Preserving Our Heritage / Promoting Our Youth

SammeLAN 2004 Theme & Logo

The Theme for the Konkani SammeLAN 2004 is "Preserving Our Heritage / Promoting Our Youth".

The logo for the Konkani SammeLAN 2004 symbolically represents passing the light of knowledge, as portrayed by the flame, from the mother's hand to that of her child. The "OM" represents the all-pervasive auspicious symbol of the Hindu religion. The roots on the palm trees represent our deep cultural heritage that is to be shared with our youth. The scene in the background represents the beauty of the Konkani coastline with the palm trees swaying in the breeze. The boat on the water signifies the migration of Konkani from India to the United States. The sun represents the dawning of a new and wonderful day similar to our Konkani youth. The entire logo is resting upon a beautiful lotus flower, which is India's national flower and the symbol of truth, auspiciousness and beauty.

KONKANI CALENDER

July 2003	August 2003	September 2003
9 th Ashada Yekadashi	2 nd Naga Panchami	6 th Yekadashi
13 th Poornami	8 th Yekadashi	9 th Ananth Chaturdashi
16 th Sankashta Chaturthi	11 th Poornami	10 th Poornami
28 th Amavasya	15 th Sankashta Chaturthi	13 th Sankashta Chaturthi

	20 th Sri Krishna Janmashtami	25 th Mahalaya Amavasya
	27 th Amavasya	26 th Navarathri Beginning
	30 th Gowri Thrithiye / Ganesh Chaturthi	30 th Lalitha Panchami

Khabbar thanks Sri P. V. Kamath of Mumbai, India for furnishing the Panchang and My Astrologer-version 1.0 by Mr. Muralidhar Shenoy of Durham, NC

My Sincere Thanks to

Some readers go out of their way to help Khabbar. Monetary means is one of them. The Advisory Committee of Khabbar has decided on publishing the names of the families that has contributed \$50.00 or more to Khabbar. This quarter, the following have extended their help and thanks to you

Names	Amount, \$
B. Suresh & Usha Shenoy, Sugarland, TX	250.00
Balakrishna & Indumathi Pai, Bloomfield Hills, MI	65.00
Vasudev & Shaila Nayak, Cranbury, NJ	150.00
Ashok & Sudha Rao, Shreveport, LA	160.00
Ramkrishna & Vaishali Acharya, Rockville Centre, NY	66.00
Ramesh & Sarita Kamath, Springboro, OH	50.00
Gurudutt & Bina Trasy, Princeton, NJ	50.00
Sudhakar & Bina Shenoy, Great Falls, VA	60.00
Srinivas & Gauri Kini, Lutz, FL	100.00
Venkat Krishna C. & Savitha Rao, Philadelphia, PA	50.00
Govind & Pratibha Bolor, Houston, TX	100.00
Mulki Sudhir & Subhalaxmi Bhat, Atlanta, GA	150.00

STATEMENT OF ACCOUNTS

Description	Credit, \$	Debit, \$
Balance Carried over since Khabbar Vol. XXVI No. 1	2,065.00	
Money Received:		
Subscriptions (74) and donations	2094.00	
Advertisements (11)	315.00	
Interest	1.00	
Sub Total:	2,410.00	
Money Spent (Khabbar Vol. XXVI No. 1):		
Printing-Khabbar (900) - 20 pages		810.00
First Class Mail-Khabbar (805)		483.00
Canada Khabbar (30)		25.50
Overseas (20)		60.00
Mail Fines, computer paper & labels, envelopes, service fees, etc		321.50
Sub Total:		1,700.00
Final Balance:	2,775.00	

Money spent on this issue was not available during press time.

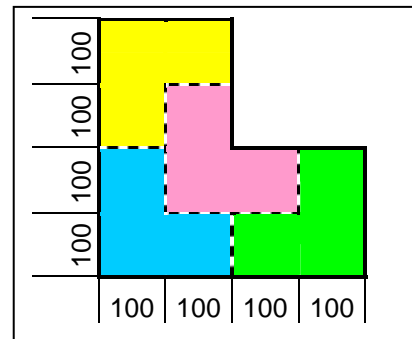
KWIZ

The last quarter's quiz: A Konkani father had an agricultural property shaped as below. He has four (4) sons and wants to divide the property into identically equal part to each. How does he do?

The following gave the correct solution:

- Praveen Kamath, Centreville, VA
- Hari Kamat, Fort Wayne, IN
- Suresh B. Shenoy, Sugarland, TX
- Vasanth K. Bhat, Lake Jackson, TX
- Govind Kamath, Austin, TX
- Sudhakara B. Shenoy, Houston, TX

Vindya Bhat, NYC



This Quarter's Quiz

By

Krishna Kudva, Alta Loma, CA

Continuing with the Konkani tradition of quizzing, here's the brainteaser for this quarter. If you can solve this correctly, send it to Khabbar address to have your name published in the next issue.

Fill in the numbers 1 thru 49 in a 7 by 7 square that adds upto 175 - on all horizontal rows, all vertical columns and diagonal box lines..

Konkani Youth Convention 2003

in austin, tx from friday, july 4th till sunday, july 6th

The convention is a great way to meet new people and reminisce with old friends. There will be interesting seminars, many ice breakers, fun trips around Austin, great food and a Boat Party on lake Travis! We have lots of surprises rolled up our sleeves, but you must come to find out!

Registration starts april 1st

look for updates at www.konkaniyouth.com

got questions?

e-mail us at youthkonkvention@hotmail.com,

Attendees will have to be at least 18 years old to attend the convention by July 4th 2003.

A P P E A L

Satchidananda Institute of Medical Sciences (S. I. M. S)
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Introduction:

With a view to offer cheer, solace and succor to the downrodden and the sick, inspired by our Master, Pujya Swami Satchidanandaji of Anandashram, we were prompted to set up a temple of service in his name – Satchidananda Institute of Medical Sciences.

Patients in general, in and around Kanhangad, needing the services of specialized and advanced treatment, have to go to far away cities. Patients who are economically very poor find it all the more difficult to avail of such services. To meet the requirement of all categories it was felt necessary to set up a full fledged multi specialty hospital, not with a commercial ambition but with an ideal to make it a forum of service to offer medical facilities even to the poorest of the poor.

The proposed super specialty intends to have a medical center, diagnostic center for investigation, medical and paramedical teaching, and research in the field of medicine etc. These facilities will be open to all deserving cases irrespective of caste, creed, nationality, religion, and the beneficiaries are the general public only.

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The Advisory Committee of Khabbar has unanimously decided NOT to accept any ads. wherein the advertisers prefer to stay anonymous by using Khabbar reference.

WANTED:

Any Hoon Khabbar, sunshine news, your or your child's promotion or achievement, articles of interest, etc. are always in need to be published in Khabbar. Share your joy or grief with fellow Konkans. Send your contribution to: Khabbar, P. O. Box 222, Lake Jackson, TX 77566-0222. email: khabbar@hotmail.com

KONKANI CHARITIES

The American Konkani Association (A. K. A.) is helping eligible Konkani youth by granting College Loan Scholarships. Send your generous contributions to:

American Konkani Association, 1613 Maple Avenue,
Berwyn, IL 60402

KONKANI CHARITIES

The Saraswat Foundation is helping poor deserving Bhanaps in India. Send your donations to: Saraswat Foundation
178 Norman Drive, Morrisville, PA 19067

KONKANI CHARITIES

The Three river Area Konkani Association (TAKA) is a non-profit organization helping the needy Konkans in North America and India. Send generous contributions to:

Three river Area Konkani Association
111 Volpe Dr., MONROEVILLE, PA 15146

World Konkani Conference (WKC)-1995 Video

As a fundraiser, the Konkani Basha Mandal of Mangalore has provided a rare video-"Coming Together" of the WKC-1995. This 35-min. video covers the highlights of the December 1995 historic event held in Mangalore. The social and cultural events are a treasure every Konkani should have. Please, send \$20 (cash or check made out to WKC-1995) and mail to:

Ms. Nina Padukone, 430W 22nd Street, New York, NY 10011

KONKANI COOK BOOKS

The two Konkani Cook Books, "Indian Cooking Konkani Style" and "Millennium Masala Konkani Style" published by American Konkani Association (A. K. A.) are for sale. The cost per book is \$12.00 + \$1.50 for S & H. Mail check payable to A.K.A. to:

Mrs. Sandhya Kamath, 440 Glencrest Dr.,
Barrington, IL 60010, Phone: (847)-271-9771

skamath@aol.com

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As a service to Konkani community, Sri. B. N. Baliga will offer free matrimonial assistance and send "SOIRIKA"

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APPEAL

I hope you are aware of my free service of Matrimonial Information to our Samaj since 1988. To meet the expenses towards the free publication of the SOIRIKA, your financial help is required. Your contribution will also be utilized to provide Mangalasutra, Sarees, and marriage expenses of the poor brides and also for the remarriage of young widows. Your contribution, big or small, may kindly be sent to by way of DD or check in favor of "GSB Matrimonial Trust" and sent to: Sri B. N. Baliga, 5th Main, Near Band Box, Bangalore 560 009 (INDIA)

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Klassified(Cont.)

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PHOTOGRAPHS FOR THE FORTHCOMING SOUVENIR
FOR KONKANI SAMMELAN 2004.

All material must be original, and topics related to Konkani history, culture, individuals, or language. Please submit text in electronic form in Microsoft Word 97 or Word 2000. Artwork or photographs must be submitted by scanned electronic files in jpeg format, at resolution 300 dpi or greater. If hard copy photographs or art is sent, please send good quality originals that can be scanned. Any contributions in Konkani medium must be in Devnagari or Roman script. Send all files as e-mail attachments or CD-R/floppy disks to Vivek Ullal, Editor. The email is: vivekullal@sbcglobal.net. The postal address is: 5604 Indian Hills Drive, Simi Valley, CA 93063.

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