

Khabbar

North American Konkani Newsletter

Volume XXVI No. 4

October, November, December - 2003

From:

The Honorary Editor,
"Khabbar"

P. O. Box 222

Lake Jackson, TX 77566 - 0222

XXVI-4

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.

There is no doubt in my mind that *Khabbar* is a part & parcel of life of Konkanis in North America. In fact, *Khabbar* has developed a special relation with most of the Konkani families and here are some examples of those close encounters of a different kind.....

The *Khabbar* and the annual subscription is always an issue (!?) with North American Konkanis. They get excited whenever they find out that they are delinquent and this makes them funnier. Case in point is a letter I got from NJ:

“Sorry I have been SO delinquent in paying my *Khabbar* dues – 4 years – Anyone else would have sent several collection agencies behind me by now. Thank you for being so kind, and not sending agencies after me!”

Khabbar sends reminder to its “unofficial” news reporters to collect “*hoon khabbars*” and there was an error (!?) in the last month’s email to these reporters. The email went to all these reporters with NO message (Was it done purposely...!?). Anyway, not to be undone, right way, this reporter from MA replied,

“ Hi Vasantmam...what was that about? empty msg? too hoon too soon....vaporized?”

North American Konkanis really appreciate this quarterly newsletter and send in words of compliment. Some of them really stand out and this one from a family in IA:

“*Khabbar* is our lifeline to our roots to India.”

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 2004 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
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Honorary Editor: Mr. Vasanth Bhat

Mailing Address:
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Make check payable to "Khabbar" & mail to P.O.Box 222, Lake Jackson, TX 77566-0222

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 1993**. In other words, families who have not paid since 1992 will not be receiving this issue and for families that have paid only in 1993, this will be the last time they will receive the hard copy of *Khabbar*. The numbers on the mailing label clearly indicate the year/s the dues for *Khabbar* has been received since 1993 and if there is any error, let me know.

It is time to renew your subscription for 2004. The Advisory Committee of *Khabbar* is glad that the annual dues will remain the same at \$15.00 a year and for that you get:

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

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 2004 *Khabbar* Mailing List will be mailed **only** to families that have paid their subscriptions for 2003. Please, note that this list is a prized possession of our community and 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'll "*khabbarize*" them!

The Advisory Committee of *Khabbar* is pleased to report that there are quite a few unofficial *Khabbar* correspondents in your area who send in the *hoon khabbars* on a regular basis. It is quite evident that this quarter these correspondents have done a great job. If your area is not represented wholly, let me know and I'll recruit more volunteers. Also, 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.

The umbrella organization, **North American Konkani Association (NAKA)** was formed in 1996 after the successful competition of the first ever Konkani Sammelan in NJ. NAKA has been dormant due to lack funds. Now the landmark decision taken by the overwhelming majority of **Konkani Sammelan 2002** Committee to send their surplus fund to NAKA will rejuvenate it.

So far, all the previous four Konkani Sammelans in North America were regionally sponsored. Now onwards, NAKA will be able to centralize those efforts. Here is an opportunity for all of us to put all our energies behind NAKA. NAKA in turn will assist all future Sammelans in North America by providing the seed capital. Also, the future Sammelans will deposit their surplus funds into this pot and hope NAKA will grow to serve the Konkanis in North America forever. If you have any

constructive suggestions, please email them to naka1@indiatimes.com. Together, we can make NAKA a *jawka* Konkani organization!

SammeLAN-2004 will be the first sammelan where we can show our unity. **I appeal to all Konkanis to put aside the regional affiliations and support them.** Go to their website: www.konkani2004.com to find out all about this great event of 2004. This is probably one of the best websites. There is even a professionally recorded song "*Yeyaachi*" inviting one and all to come to LA in July 2004! Go to <http://www.konkani2004.com/articles.htm#Yeyaachi%20Yeyaachi>

On the Quiz front, only **three** were able to solve last quarter's quiz correctly! What happened!?!

As the year 2003 comes to an end, it is time to reflect on needs of the community. A lot needs to be done to help the needy of our community either in India or here. *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.

With the year 2004 fast approaching, I hope the struggle to rid terrorism from this world will materialize soon.

Happy Holidays & Happy New Year to you all. *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 Vasanth,

Please publish the following in the next issue of the "Khabbar"

"We are very happy and thankful to all our friends who arranged our "Golden Wedding Anniversary" at the Sitar Restaurant on Long Island on Nov 2nd 2003. It was a pleasant but complete surprise. The security for the secrecy was in a way better than the security arrangement for the anti terrorism by the Govt. We appreciate the efforts.

We would like to thank each and every one for their presence and efforts. Besides NY and near about NJ friends from CT, PA, CA and south NJ made their presence possible. We wish that many more similar occasions of appreciative gatherings happen in due course in our ethnic circle.

Dattananda & Shanta Bhat

Popularly known as "Bhatmam & Shantakka"

g.d.bhat@worldnet.att.net

Dear Dinesh,

My name is Vivek and I am from Gurpur. As you might be knowing that in the month of February 2004 *Kumbahishek* will be held in Gurpur and we request you to publish this message in the Konkani newspaper in America known as *Khabbar* and the site is www.ekhabbar.com

Vivek Prabhu

Dear Vasanthmaam,

I am forwarding this appeal from Gurpur Temple. Please, advise me on how to get this fully or partially into the next issue of *Khabbar* and www.ekhabbar.com. The appeal runs into many pages and it is in color. Is this considered as an appeal or a paid advertisement?

Thanks

Manohar (aka Dinesh) Gurpur

Atlanta, GA

mgurpur@hotmail.com

Editor's Reply:

It's done! See page #18. *Khabbar* will always give support to Konkani causes.

Dear KISSers,

I am very glad to offer my best wishes to you on the eve of the First Anniversary of the Konkani Sammelan-2002 (KS-2002) held at Houston, TX, from 4th to 6th July 2002.

It was a great privilege on my part that I was given a chance to participate in the KS-2002. I remain, grateful to you all for providing me such a rare opportunity of being one among you during the Sammelan and offer my services to our people successfully to the best of my ability. Indeed, this was an ever-memorable event of my life and for always, the sweet memory of this remains very fresh in my mind. I sincerely thank you all for your kindness, hospitality and affection shown to me during my visit to U.S.A. KS-2002, was simply marvelous. It was a landmark in the history of Konkani in the U.S., in its own way. The organization, and the management of the Sammelan were superb. The souvenir of the Sammelan came out brilliantly covering every aspect of our samaj. The programme guide provided every minute detail of the Sammelan. The seminars were useful and educative. The cultural programmes were excellent, joyous and pleasing. The traditional Konkani food was unforgettable for its variety and very fine taste. The Keynote address and other talks were thought provoking. No doubt, the Sammelan in total convinced everyone about the need of the day for the welfare of our Samaj. The involvement and intermingling of the delegates in the sammelan was highly appreciable. Their concern and commitment to this noble cause of sammelan was unique. The three days of the Sammelan almost brought back the glory of our people and made every one experience a homely atmosphere.

The Sammelan was a great source of joy and inspiration to all the participants and it was a grand success. The important aim of the

Sammelan was to spread the message of the rich culture and heritage of our motherland and Konkani among our younger generation in America and also to bring about awareness in them about our forefathers, their way of life and the values preached and practiced by them with a purpose to carry forward those ideals for the benefit of posterity of our Samaj. The final message of the Sammelan was, **"Unity is our strength and Konkani is our binding force"**.

We can work wonders for the well being of our Samaj by effecting perfect balance between materialism and spiritualism. Let us always remember our motherland with great devotion. Let simple living and high thinking be the way of our life. Let us help our less fortunate brothers and sisters to the best of our ability. Let us respect and use our mother tongue 'Konkani' freely in our houses and there by honour the apt slogan of the Sammelan "Proud to be a Konkani" with all earnestness.

Lastly, I offer my sincere prayers to Lord Sri Venkataramana to bless you all with health, wealth, happiness, long life and prosperity. May, Konkani and Konkani live long!

With warm regards,

*K. Ravindra Bhat,
Karkala, India*

Hi Vasanth:

There is a petition to the Citizens Committee on Stamps of the US Postal service that is being circulated amongst Indians in USA. It is meant to bring out a Diwali stamp similar to Hanukkha, Eid, Xmas stamps. Our folks can send the petition if they could look up the following website.

<http://www.PetitionOnline.com/diwali03/petition.html>

Thank you.

Regards,

*Narayan Nayak
nhnayak@myrealbox.com*

Hoon Khabbar

Congratulations:

AMAR KOCHIKAR PAI of Bedminster, NJ has joined Avaya as VP, Finance & Corporate Controller.

Dr. GOPAL A. BHANDARKAR of Bayport, NY received the Dr. Jacob Dranitzke Award during the Hospital Ball NYC – 2003 on Saturday November 15th 2003 at the Grand Ballroom, The Waldorf Astoria in New York City.

The career Communications Group's Women of Color for her achievements and contributions in Research, Science & Technology, recognized **Mrs. VIDYA J. NAYAK** of Cupertino, CA, Director of Research & Development at the Guidant Corp. She was awarded at their Conference in Nashville, TN on September 13th 2003. Mrs. Nayak holds a Masters degree in Chemical Engineering from Stanford University, and is a recipient of several US patents. Her efforts were instrumental in the development of drug eluting stents at the Guidant Corporation.

She has also been appointed to moderate a session titled "The Top Five Health Issues Facing Americans Today" in the track called "Health and Wellness". On October 22nd 2003 at Long Beach, CA at the 17th Annual Governor's Conference for Women. Speakers at her session include Dr. Julie Gerberding MD, MPH, Director of CDC (Atlanta, GA) and TV Medical talk show host Judith Reichman, MD of UCLA Medical Center, Women's Health Issues Contributor, "Today" show & author, *I'm Too Young to Get Old*.

Families & friends of **Dattanand & Shanta Bhat** of Jamaica, NY honored them on November 2nd 2003 at Sitar Restaurant in Huntington, NY.

Dr. MURALIDHAR V. PAI, In-Charge, Manipal Assisted Reproduction Center KMC, Manipal has won the most prestigious "FOGSI (Federation of Obstetrics & Gynecological Societies of India) Corion Award 2003, for the Best

Scientific Research, in Senior Category. This is the highest award, a gynecologist in India can dream of. The award carries trophy, citation and cash of Rs. 75,000/-. It will be presented on 9th January 2004 during 47th All India Conference of Obstetrics & Gynecology to be held in Agra.

NANDAN NILEKANI of Infosys and **K. V. KAMATH** of ICICI were among the India's top 10 CEO's listed by of 11/3/2003 publication of (sify news)- www.Samachar.com.

AARTI of NYC, d/o Sudhakar & Nandini Mallya of Wanaque, NJ competed in the NYC marathon on Sunday November 2nd 2003. It took Ms. Mallya little over 4 hours to finish the 26.2 mile race!

Sri GOKULDAS PRABHU won the prestigious *Sahitya Akademi* (2002) award. The award was given for the book ('*Chavki*'), which is a Konkani translation of the epoch making Malayalam novel '*Nalukettu*' by the eminent writer M.T. Vasudevan Nair. Earlier, Sri Prabhu had won the *Sahitya Akademi* Award (1994) for creative writing in Konkani. The book chosen was '*Antar Ayami*', (People of internal dimensions), a collection of short stories. The book also won the Dr. TMA Pai Foundation Award for Best Book in Konkani in 1993.

Congrats to **Dr. VASANTH PRABHU** of Phoenixville, PA who as Rotary member, coordinated to have Cataract surgery for 1,000 poor people in India. After spending his own money and matching funds from Rotary club, free service from Indian doctors and free IOL (Intra Ocular Lens) from Indian manufacturers, expenses were a bare minimum of Rs.1,000 per patient!

Konkani Graduates:

ASHA, d/o Amar & Teresa Pai of Bedminster, NJ graduated from Cornell University and has joined JP Morgan.

ANEIL, s/o Amar & Teresa Pai of Bedminster, NJ graduated from High School and has joined George Washington University in Washington, DC.

MENAKA, d/o Drs. Mohan and Nalini Pai of Dundas, Ontario, Canada graduated from McMaster University Medical School with a Doctorate of Medicine in May 2003. Menaka has started her residency in Internal Medicine at McMaster University and hopes to eventually specialize in hematology. As a medical student, Menaka was awarded the American Society of Hematology Medical Student Award, and the Cancer Care Ontario Studentship. She also received Queen Elizabeth's Golden Jubilee Medal this spring from the Federal Government of Canada, in recognition of her academic excellence and community service in the area of antiracist education.

NIKHIL, s/o Drs. Mohan and Nalini Pai of Dundas, Ontario, Canada was awarded the prestigious Goldman Sachs Global Leadership award from the Institute of International Education in June 2003. He was one of 50 students from around the world and one of only 20 from North America to receive this honour. This award supports young people who have demonstrated leadership ability, outstanding academic achievement, and a keen interest in developing a global perspective in their future work. Nikhil was recognized for his work with War Child Canada, an organization that protects the rights of children in war-torn countries, his contributions to the 2003 Canadian Foreign Policy Dialogue, and his efforts to promote human rights on campus. Nikhil is a third year Biology student at the University of Western Ontario, and hopes to pursue a career in medicine and international child health.

DURGA K. PAI MD, d/o Dr. Kateel N. & Jayashree Pai of Crawfordsville, IN has started Radiology residency

from July 1st 2003 at St. Francis Hospital, Southern Illinois University, Peoria, IL.

ROSHAN, s/o Rajaram & Gayathri Baliga of Winston-Salem, NC, graduated on June 9th 2003 with a Bachelor's degree in Electrical Engineering from the Massachusetts Institute of Technology (MIT). As an undergraduate, Roshan was active in the school newspaper and the ultimate Frisbee team. Roshan is pursuing his Master's degree this year, doing research with the Graphics Group at MIT's Laboratory for Computer Science.

AVINASH, s/o Jayant & Pratima Baliga of Raleigh, NC, graduated on May 18th 2003 with a Bachelor's degree in Electrical and Computer Engineering from Carnegie Mellon University (CMU). Avinash is continuing his studies at CMU in pursuit of a Master's Degree followed by a PhD in the areas of image processing and face recognition.

RADHIKA, d/o Srinivas & Prabha Baliga of West Bloomfield, MI, earned her Bachelor's degree in Electrical Engineering from the Massachusetts Institute of Technology (MIT) on June 9th 2003. Radhika is a member of the *Eta Kappa Nu* and *Tau Beta Pi* honor societies at MIT. She is currently pursuing a Master's degree at MIT, doing research in the area of MEMS technology.

MEGHNA, d/o Rajaram & Gayathri Baliga of Winston-Salem, NC, recently received her Virginia Teaching Certificate following three years of teaching Biology at Woodbridge Senior High School. This fall she returned to Wake Forest University to pursue a Masters degree in Molecular Biology.

ATHMA, d/o Venkatesh & Vasanti Pai of Stamford, CT, was a class Valedictorian during the graduation ceremonies at Westhill High School in Stamford on June 19th 2003. Athma was ranked first in a class of 516 students, with a GPA of 5.2/4.0. She was an AP Scholar with Distinction. She was the Class-Historian, a member of the National Honor

Society, Captain of the debate and mock-trial teams, an editor of the award-winning school newspaper Westword and member of the school tennis team. She was also a violinist in the Stamford Young Artists Philharmonic Orchestra which gave regular concerts in Stamford and during last summer, gave concerts in New Hampshire and Quebec City. Athma received a number of state and community awards for leadership and academic excellence and scholarships from Robert C. Byrd Honors Program, State Street Debating Society, Leonhardt Scholars Fund of the Fairfield County Community Foundation, PT Council of Stamford and others. Athma is now attending the University of Pennsylvania as a Vagelos Scholar in Molecular Life Science.

New Arrivals:

ANOUSHKA, a baby girl to Srinivas & Rashmi Bhandary Savgur of Marlton, NJ on July 18th 2003. Her paternal grandparents are Umesh & Jaya Bhandary of Bangalore, India and visiting her are her maternal grandparents Raghuvveer & Vasudha Bhakta of Bombay, India.

PRITAL, 8 lb 3 oz and 20" tall baby girl to Pradeep & Latha Prabhu of York, PA on July 25th 2003.

PRAMOD, a baby boy to Manjunath & Hemamalini Prabhu of Rochester Hills, MI on October 18th 2003. A brother to Vandana. Grandson to visiting maternal grandparents Dr. Mukund & Shalini Shenoy from Gandhinagar, Dharwad (Previously from Kalamassery, Cochin). Paternal Grandparents Manuru Devdas & Shanta Prabhu of Rajarajeshwarinagar, Bangalore.

VISHAL, a 19.5" tall, 7-1/2 lb. baby boy to Ashok & Smitha Kamath of Katy, TX on Monday December 1st 2003. The paternal grand parents are Venkatesh & Sharada Kamath of Padubidri and the maternal grand parents are Balakrishna & Jaya Shenoy (visiting Vishal) of Bangalore.

Engagement:

Bantwal--Koppikar:

Kum. MAYA, d/o Prakash and Shobhan Bantwal of Robbinsville, NJ with **Chi. SAMEET**, eldest s/o Shyam and Vinaya Koppikar of Wisconsin on November 1st 2003, at Madison, WI.

Newly Weds:

Chi. ANAND, s/o Vasanthi and Venkatesha Rao of Walnut, CA married to **Sow. JENNIFER**, d/o Tom and Diane McGlenn per Hindu rites at the Hindu Temple Malibu, CA on August 17th 2003. A sumptuous Konkani food was served. The food was prepared by Madras Pavilion of Houston, TX under the able guidance of Dr. Purandar Mallya. Venkatesh & Vasanthi thank all their friends who helped them on this occasion.

Chi. DAYAL, s/o of Shantaram & Tara Gaitonde of Glen Ellyn, IL married **Sow. MEETA**, d/o Mahendra & Ramila Patel of Menlo Park, CA on August 23rd 2003. The wedding and the reception was held at the Fairmont, San Jose and was attended by over 800 guests. Over 70 came from seven countries, India, England, Zambia, Australia, New Zealand and Canada. The newly weds are currently living in Mountain View, CA.

Sow. SHALINI of Washington, DC d/o Jagadish & Jayalaxmi Shenoy of Kanhangad, Kerala married to **Chi. ERIK** s/o Mr. & Mrs. John Byker on Saturday October 4th 2003 at 3 O' Clock at Christ Our Shepherd in Washington, DC.

Chi. RAGHAVENDRA of Houston, TX, s/o Achutha & Srimathi Shenoy of Udupi married to **Sow. KEERTHI**, d/o Dr. Umesh Narayana & Asha Prabhu of Mulky on Thursday October 9th 2003 at Jnana Mandir, Shri Durgaparameshwari Temple, Bappanadu, Mulky at 12:21 PM *Muhurtam (Dhanurlagna)* followed by a *Shri Satyanarayana Pooja* at Shri Varadendra Kalamandir, Shri Lakshmi Venkataramana Temple, Udupi on Friday October 10th 2003 at 12:30 PM.

Chi. NITISH, s/o Shrikar & Nirmala Bangalore of Elmhurst, IL married to **Sow. JEANETTE LYN**, d/o David & Mary Shook on Saturday October 11th

2003 at BAPS Swaminarayan Temple in Bartlett, IL.

Chi. SIDDHARTH s/o Sathish & Gita Shenoy of Mississauga, ONT married to **Sow. SUCHETA**, d/o Sukhananda & Shobha Shenoy of Udupi on Wednesday October 29th 2003 at 12:10 noon (*Abhijin Muhutham*) at Shamili Hall in Udupi.

Wedding Reception:

Venkatrao & Vaishali Pai of Danville, CA held a wedding reception to celebrate the auspicious wedding of their son, **Chi. VIVEK, with Sow. KAVITHA**, d/o V. P. Radhakrishna & Sasikala Pai of Mulund West, Mumbai on Saturday October 11th 2003 at Shrine Event Centre, Livermore, CA.

Vishwanath & Shalini Bhat of Chino Hills, CA & Chaitanya & Gayatri Maskeri of Bella Vista, AR held a Wedding reception of their children **Chi. SHAILESH and Sow. AARTI**, on Saturday November 22nd 2003 at Four Points Sheraton in Fullerton/Anaheim, CA.

Konkani Happenings:

Konkani Association of Ontario (KAO) celebrated the Dandia party on Saturday October 4th 2003 at Earl Bales Community Centre Banquet Hall in Toronto, Canada.

Houston Area Amchigale Samaj (HAAS) celebrated their annual Diwali function on Saturday October 18th 2003 at Sugarland Community center in Sugarland, TX.

Capitol Konkani on October 25th 2003 (Saturday) celebrated Diwali in a very nice way at Chandrika & Murali Pai's residence in Germantown, MD. A Hindu Priest performed *Lakshmi Puja* along with *Lalitha Sahasranam* and *Deeparadhana*. More than sixteen Konkani married ladies sat to do the *puja & kumkumarchana*. All had good *prasad*, lots of food (sweets & konkani dishes etc.) for dinner. After dinner we had lots of fun games etc.

Konkani Association of California (KAOCA) celebrated their annual Diwali function on Saturday

November 1st 2003 at CET Auditorium in San Jose, CA. More than 400 Konkani's attended the festive occasion. For the first time we had a theater style seating. Veena and her team planned this event perfectly. Ravi Baliga managed the stage show to be on time. The highlight of the show was a Konkani Musical-Savithri. The creator of the show, including musical direction, was Patanjali Bhat. Only one act was performed. The entire musical will be enacted at the convention if approved by the Los Angeles organizers. The guests were treated to *Rullav, Mitaye undo, Burfi* in addition to a delicious dinner. Next years leadership team of KAOCA led by **Vidya Hemmad** was introduced.

...By the extraordinary correspondent.

Konkani Association of Ontario (KAO) celebrated the annual Diwali party on Saturday November 8th 2003 at Chingaucousy Secondary School, Brampton, Ont.

Konkani Sabha celebrated their annual Diwali on Saturday November 15th 2003 at the Sri Venkateshwara Temple Community Center (Bridgewater Temple), Bridgewater, NJ. The program included light refreshments, *Raas Garba*, Variety entertainment and sumptuous dinner.

The Konkani Association of Southern California (KASC), the hosts of the 2004 Konkani Sammelan, celebrated the annual Diwali program on Nov 15th 2003 at City of Arcadia Community Center. There were over 100 adults and over 25 children who attended the function. The program started with an *aarathi*, which was followed by entertainment program. Variety entertainment & cultural program started with welcome speech by the President Shantharam Pai. Kids really showed off their talents this time and did a wonderful job, congratulations to all the kids (and their parents!) who participated in different programs. Among the different items there are some items which are worth mentioning: Bharatnatyam by Jyothi Pai, Diwali puppet show beautifully narrated by master Avinash Joshi and last but not the least the 'Konkani Jeopardy' put

together by Raghuram Pai and family and hosted by Ravi Joshi (Mr. Ravi Joshi is well qualified to replace Alex Trebek when he is ready to retire). Jeopardy was well appreciated by everyone as it involved the entire audience including the youth. We found out how much we know or do not know about our culture. The youth representatives Vikram and Rohan Hattiangadi did a great job as the masters of ceremonies. President of the executive committee of Sammelan, Dr. Ramadas Kamath and his team gave upcoming Sammelan update. Prizes were distributed for Diwali lantern competition. This was followed by dinner, which was enjoyed by everyone, especially 'dalitoy' made by a Gujarathi caterer!!

Relocation:

The **PAI** family, Amar & Teresa, together with their kids, Asha & Aneil, have relocated from Boca Raton, FL to 9 High Pond lane, Bedminster, NJ. Their new telephone is (908)-672-8908 and email ID: amarpai@aol.com.

The **PAI** family, Prakash & Rekha, together with their son, Nilesh, have relocated from Houston, TX to 18788 Marsh Lane #1110, Dallas TX 75287. Their new telephone is (972)-862-3540 and email ID: rekha_pai22@yahoo.com

The **RAO** family, Sudhakara & Nalini have relocated from Woodridge, IL to 4104 Pond Run, Canton, MI 48188. The new telephone is: (734)-495-0385 and email ID: Sudi.Rao@us.bosch.com

The **PAI** family, Vijay & Kavita, have relocated within Houston, TX to 4419 Pine Blossom Trail, Houston, TX 77059. Their new telephone is (281)-218-0612.

The **KUMAR** family, Vinay Ramanand & Rajashree Vadhyar, together with their kids, Akshara & Nikhil, have relocated within Reading to 2508 Simon Drive, Reading, PA 19608. The new telephone is (610)-670-2849 and email ID: vinooma@comcast.net

The **KAMAT** family, Ulhas & Champa, have relocated back to the US after an assignment in Kenya to 19906 Crystal Rock Drive, Suite # 403, Germantown, MD 20874. Their new telephone is (301)-560-1511 and email ID: ulhaskamat@hotmail.com

Mr. SUNIL NAYAK has relocated from Denver, CO to 3279 Sturbridge Drive, Highlands Ranch, CO 80129-1532. The new telephone is (720)-344-9109 and email ID: nayaksunil@msn.com

The **KINI** family, Subhash & Annapoorna, together with their son, Akshay, have relocated from Yonkers, NY to 12 Thomas Lane, Scarsdale, NY.

The KAMATHS, Nidish & Archana relocated from Lake Forest, CA to 5550 Genesee Court East # 207, San Diego, CA 92111. The new telephone is (858) 467-0981

The **BHATS**, Sanjay & Smita, relocated from Portola Hills, CA to 62 Barcelona, Irvine, CA 92614. Their new telephone is (949) 679-7540.

The **PRABHUS**, Sridhar & Nandini, relocated from Irvine, CA to 10969 Rochester Ave. # 407, Los Angeles, CA 90024. Their new telephone is (310) 477-8843.

The **CHANDAVARKARS**, Ashok & Rajalaxmi, have relocated from Mission Viejo, CA to 28061 Pinnacles Court, Laguna Niguel, CA 92677. Their telephone is (949) 643-8496.

Ms. SHANTHI PAI has relocated from Altamonte Springs, FL to 20415 N. 133rd Drive, Sun City West, AZ 85375. The new telephone is (623)-214-5676 and the email ID: shanthi.pai@att.net

The **BALIGA** family, Ravi and Asha, relocated from San Ramon, CA to 33, Hidden Hills Place, Danville CA 94506.

The **RAO** family, Vivek and Anjali, relocated to 30, Mariani Court, Emerald Hills, CA 94062.

The **PAI** family, Eknatha and Shanthi, relocated from San Jose, CA to 4493, Norocco Ct., Fremont CA 94555.

Email ID Change:

The email ID of the **KAMATH** family, Ganesha & Lakshmi of Morristown, TN has been changed to: glvkamath@hotmail.com (preferred) glvkamath@yahoo.com (alternative)

25th Wedding Anniversary:

Special From Connecticut *Khabbar* Correspondent.....

The 25th Wedding Anniversary Celebrations for **MOHAN & VASUMATHI PAI** of Fresh Meadows, NY was celebrated at the residence of Rajarama and Aneetha Shenoy of Shelton, CT on October 18th 2003. Friends and relatives from Canada, Virginia, Delaware, New Jersey, Massachusetts, New York and Connecticut joined in the celebrations to wish the couple continued happy, healthy and prosperous life together.

A re-enactment of their wedding was followed by a "Musical Journey of the past 25 years", choreographed by Nithu & Narendra Kamath of Toronto, and a quiz about their lives.

This party was no exception to keeping up with the fine Konkani tradition of great food and company. Good doze of Cardio vascular elixir was on hand to neutralize any side effects of *Tuppa Rulav, Phova CHatni, Chooda, Chips and Dips, Ambe Sasama, Puli Koddela, Batate Song, Chane Ghashi, Patrado, many upkaris, Madgane, Happolu-Pappodu, Phana Taaka, Mithayi Undo, Ubbati-toopa*, Chocolate cake or Cheese cake on hand!

Friends and families threw a surprise 25th Wedding Anniversary party to **Drs. RAMAKRISHNA & MAYA PRABHU** of Houston, TX at the residence of Ramchandra & Prabha Malya in Houston, TX on Saturday November 22nd 2003.

30th Wedding Anniversary:

VASANTH & POORNIMA BHAT of Lake Jackson, TX celebrated their 30th Wedding Anniversary with family and friends on November 8th 2003.

RAVINDRANATH & SHARDA SHENOY of Montville, NJ celebrated their 30th Wedding Anniversary with family and friends on November 19th 2003.

Welcome to North America:

The KAMATH family, P. Vasudev & Sudha, of Mumbai have migrated again to US and their new address is 16 Birch Brush Road, Shrewsbury, MA 01545. Their telephone is (508)-845-5344 and email ID: vasudha60@yahoo.com

Obituary:

Smt. USHA A. NAYAK (79) died in Mumbai on Sept. 22nd 2003. *Khabbar* sends heartfelt condolences to her daughter Mrs. Shubhangi (Lalita) N. Kamath & family of Flushing, NY and son Mr. Suresh A. Nayak & family of Flushing, NY.

Smt. SUGUNA KAMATH (85) passed away in Bangalore on September 30th 2003. *Khabbar* sends heartfelt condolences to her daughter Mrs. Usha Shenoy & family of Sugarland, TX.

Dr. SADANAND PAI (59) passed away in Santa Rosa, CA on October 10th 2003. *Khabbar* sends heartfelt condolences to her wife, Hymavathy of Santa Rosa, CA and daughter Sonia (Pai) Danek of Petaluma, CA.

Smt. SUMITRABAI (83) passed away on November 5th 2003 in Bangalore. *Khabbar* sends heartfelt condolences to her sons, Banur Dhruvkumar & family of Sudbury, MA and Nagesh Rao & family of Roswell, GA.

ACKNOWLEDGEMENT

Nitish and Jeanette Bangalore and their respective parents (Shrikar and Nirmala Bangalore; David and Mary Shook) sincerely thank relatives, colleagues, neighbors, and friends for their blessings, presents, and good wishes at the wedding ceremony and reception at Milwaukee, Wisconsin on October 10th 2003 and the reception at the B.A.P.S. Swaminarayan Temple in Bartlett, IL on October 11th 2003. We could not have celebrated these landmarks in our lives without all the great help from the Shook family and

from the Konkani community. A special note of appreciation to AMKA

youth who are carrying on the tradition of helping and caring! Kindly

treat this as our personal acknowledgement.

From Special Khabbar Correspondent:

Konkani joins the riders to raise \$1 million for multiple sclerosis (MS)

Neither heat nor humidity, fog nor hills kept **SUREN KAMATH** of San Antonio, TX and the 2,500 cyclists in the MS 150 Bike to the Beach marathon from their goals. Participants peddled 150 miles from San Antonio to Corpus Christi, to raise \$1 million for multiple sclerosis. "For me, it all started at the KS2002 medical seminar " said Suren. "Listening to doctors Vasudev Shenoy and Gajanan Shanbag has inspired me to do a drastic life style change and get involved in many athletic events". The marathon was launched on October 4th morning and continued through the hilly terrain, stopping at an overnight campsite. Cyclists made the last 30 miles on comparatively flat terrain but against a stiff headwind that required more energy. Suren had joined a team formed by the local Sheriff's office to raise funds and train on weekends by riding in the hill country roads during the six months prior to the event. There was a lot of camaraderie among the riders. Raising money for the research to find the cure was a good thing but getting in shape while doing that was a personal benefit for Suren.

From Exclusive Khabbar correspondent:

Over sixty friends gathered at the Sitar Restaurant on November 2nd to celebrate the Golden Anniversary of Dattanand and Shanta Bhat. It was a surprise party and they were really surprised! A number of people there were getting together after a long time.

During his tenure at Air India, he was posted in New York, Rome, Cairo, London and Zurich. They were like Konkani ambassadors, welcoming any Konkanis traveling there and treating them to wonderful Konkani food at their house. After retiring from Air India, they settled down in New York.

In the early seventies, there were many Konkani youths here, as well as some young couples who had just immigrated to this country. Shantakka and Bhatmam always invited these youngsters, treated them to nice home cooked meals and made them feel quite at home. With his large station wagon, Bhatmam helped quite a few of us move our belongings from one apartment to another. Nowadays though, they relax by going to the temple and cruises.

As our numbers grew here and families got larger, everyone got immersed in their own struggle (rat race?) and get togethers became less frequent. People moved due to their jobs and we see less of our friends. But it does not mean we care any less for them. It is unfortunate that we get trapped by the pressures of work and family. It is important that we find time to always keep in touch with those we love.

We all wish Shantakka and Bhatmam many happier years together.

A Profile..... Dr. GOPAL A. BHANDARKAR

Winner of Dr. Jacob Dranitzke Award during the Hospital Ball NYC – 2003 on Saturday November 15th 2003 at the Grand Ballroom, The Waldorf Astoria in New York City.

Dr. GOPAL A. BHANDARKAR first joined Brookhaven Memorial Hospital in 1971. Throughout his tenure at Brookhaven, Dr. Bhandarkar has exemplified the Medical Center's credo of Neighbors Caring for Neighbors. Dr. Bhandarkar first joined the Brookhaven Family as an attending Anesthesiologist. His professional achievements include the introduction of new anesthesia protocols, equipment and pharmaceuticals at the Medical Center. He developed the conscious sedation protocol and started the Pain Management Department in 1996. He has served as co-chair of the Credentials Committee since 1995 and joined the Hospital's Board of Directors in January 2002.

At Brookhaven, under Dr. Bhandarkar's leadership, the Department of Anesthesia has grown from eight physicians to more than fifteen. Dr. Bhandarkar's contributions to the Medical Center extend beyond medicine. Dr. Bhandarkar has been a key member of many of the Hospital's fundraising activities since the early 1970's. He has worked tirelessly to attract new friends and donors to the Hospital, including serving as a Co-Chair of the Annual Hospital Ball in 1993. In 1996, Dr. Bhandarkar served as a member of the New Millennium Campaign Committee, which helped raise more than \$8,000,000 to fund the new Emergency Pavilion. Outside of the Hospital Dr. Bhandarkar served as a delegate of the New York State Society of Anesthesiologists since 1985 and he is an active member of the Suffolk County Society of Anesthesiologists, where he served as President in 1989.

Dr. Bhandarkar lives with his wife, Pratibha, in Bayport and they have been married for 36 years. Pratibha is also very active in supporting the Hospital's fund raising events, especially through her work for the "Women For Women" dinner. Dr. Bhandarkar and his wife have three children, Deepak, Sunil and Kalpana.

Dr. Bhandarkar has played an instrumental role in the continuing growth and development of Brookhaven Memorial Hospital. In his work he has been intimately involved with all departments of the Hospital, and perhaps most fittingly, worked at the Medical Center for many years with Dr. Jacob Dranitzke. Because of his outstanding contributions to the Medical Services of Brookhaven Memorial

Hospital and of his commitment to the community, we are pleased to present to Dr. Gopal A. Bhandarkar the Dr. Jacob Dranitzke Award.

Bhagavad-Gita as a Stress Management Guide - Cont.

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

Psychiatrist in private practice in Cape Girardeau, Missouri

Chapter Five:

What is the role of Rajasic GuNa in Stress?

If Vedas and other assorted sacred religious texts of our *Sanaatana Dharma* are like a vast, majestic ocean, *Bhagavad Gita* is like a spring-fed, cool, sweet water well just beyond the shore where a stressed traveler could quench his thirst. Even though *Gita* is a potpourri of religious, spiritual, metaphysical, mystical, political, philosophical and psychological topics, it excels mainly as a guide to managing everyday life stressors via control of the mind. So, *Gita* stresses much about the need to understand the mind.

In our Chapter Four we read how "selfish Desire springs from the force of *Rajas* GuNa" (*Gita*: 3: 37). *Gita* often refers to "GuNa" throughout the text. Let us study what GuNas are.

In Konkani, we often use the word "GooNa" when referring to one's character, or inherent nature as in, "*Chelli chandi nathleriyi, gooNanthu bhari changi.*" (Even though the girl is not very beautiful, she has great character.) GuNas are inherent part of our mind and personality born of Nature (*Prikriti*). Roughly, GuNa is an inherent trait or temperament of our personality. Our behavior, not speech, is the clue to our real GuNa.

Gita: 14: 5-10: Refers to three types of GuNas: *Sattva*, *Rajas* and *Tamas*. Of these we need to know more about *Rajas* than others as *Gita* specifically identifies this particular GuNa as the cause of most stress in life. Roughly, these three GuNas correspond to the proverbial Good, Bad and the Ugly!

1. A person with predominantly Sattvic GuNa is a good guy, attached to Joy and Knowledge. He is a contented person who is enlightened. This guy is "*bhangar manushyu*" "*Chaang jana*" "*devatha manushyu*", etc. He is a man for all seasons. This person lives by certain principles, codes of conduct and spiritual values. You might know an elderly man with these qualities back home.

2. A person with predominantly *Rajasic* GuNa is one with passion, selfish desires and cravings; and he is very much attached to profit motivated actions. This person is a "go getter", "greed is good" kind of guy. The crooked CEOs we are reading about in newspapers, and corrupt bureaucrats in India are good examples. His focus is always on acquiring money, material things and power. He invites stress, goes out of his way to cultivate it, suffers from it, gives it to others, and sometimes even enjoys it. In Konkani we often refer to this kind of guy as, "*Usho manushyu.*" You can safely say that vast majority of business people in America are in this category. Going after Sense Objects or self-gratification is their goal. Most Americans want their children to be like this, too, believe it or not! Well, for that matter, many Indian parents now want their children to be like this, too! Raising our awareness about this GuNa in us, and taking timely preventive action, we could avoid stress-producing behavior in ourselves.

3. A person with predominantly Tamasic nature is an ignorant nincompoop who lives in a dark world of his own, deluding himself about knowledge, whittling away his life in sleep and sloth. We can see how this person could easily cause stress to all around him by virtue of his uncouth behavior.

At any given time, we have all the three GuNas in us in various permutations and combinations. The same person might be *Sattvic* at one time in his life, *Rajasic* at another and *Tamasic* at still another time. Most of us strive to promote ourselves from *Tamasic* to *Rajasic* to *Sattvic* GuNa, a steep uphill struggle, indeed, but not impossible. These GuNas are not hereditary. I have known many families in which the grandfather is *Sattvic*, son is *Rajasic* and the grandson is *pukka Tamasic*. Or vice versa. Another curious phenomenon is that one might appear to be *Sattvic* to one, say, to a family member; *Rajasic* to another, say to a customer; and *Tamasic* to a third, say, to you father-in-law or mother-in-law! Such is the nature of GuNa in people!

Since *Gita* says most stress in life comes from the effect of *Rajasic* GuNa on our actions, it being the enhancer of selfish Desire, let us study this in greater detail.

Gita:14: 12: O chief of Bharatas, when there is an increase in *Rajasic* (passion) GuNa, the symptoms of great attachment, uncontrollable desire, hankering and intense endeavor develop.

Gita:14:16 Works done in the mode of passion (*Rajas*) result in distress.

Gita:18:24 Work performed with desire for its fruits, with great labor and under false pride is said to be in the mode of *Rajas* GuNa.

Gita:18:27 The worker who is too attached to the work (workaholic) and the result of the work, who wants to enjoy the result, who is always envious, unclean and subjected to joy and sorrow, is said to be in the mode of *Rajas* GuNa.

Gita: 18: 31: O son of Parthaa, that imperfect understanding which can not distinguish *Dharma* (right) from *adharma* (wrong) and therefore mistakes right action for wrong action is said to be in the mode of *Rajas* GuNa. (Duryodhana being a prime example.)

Gita: 18: 38: Happiness derived from the Senses with their Objects appears like the nectar in the beginning and poison in the end. Such happiness is in the mode of *Rajas* GuNa.

Gita describes an extreme variety of *Rajasic* GuNa in chapter 16 naming it Demoniac (*Asura*) GuNa: *Gita: 16: 4*. It identifies the following traits: pride, arrogance, false prestige, anger, harshness and ignorance. Also read *Gita: 16: 12-16*: "Being bound by hundreds of thousands of desires, by lust and anger, they secure money by means of sense gratification. They think: 'So much wealth I have today and I will gain more according to my schemes. So much in mine now, and I will increase in the future, more and more. He is my enemy, and I will kill him and others also. I am the lord of everything, I am the enjoyer, I am perfect, powerful and happy. I am the richest man, surrounded by aristocratic relatives. There is none so powerful and happy as I am. I shall perform sacrifices, I shall give some charity, and thus I shall rejoice.' In this way such persons are deluded by ignorance. Perplexed by such anxieties and illusions, they become entangled in sense enjoyments and fall down into hell (of stressed-out life)."

Let me give an example of *Rajas* GuNa in full bloom. A true story: A young Indian doctor Dr. X quit surgical residency in St. Louis to take up the job of Emergency Room physician in our town. During his weekend visits to St. Louis for partying with his old friends, he was perturbed by their large homes with marble floors, swimming pools, luxury cars, etc. Envious and jealous, he began to brood over his 'misfortune' as compared to them and became obsessed with making more money. His drinking and smoking got worse. His performance at work suffered, and soon he was fired from his job for not being able to wake up for emergencies. Angered by this, he decided to compete with the hospital by opening an "Urgent Care" facility. He began to work day and night. He neglected his health, his family and even his appearance (his teeth became yellowish brown from the accumulated coffee, tobacco and curry stains for he did not have time to brush his teeth). He admitted dozens of patients to the hospital. He started making hospital rounds in the middle of the night. To make more money, he began to do sleazy stuff such as operating on his patients' warts, performing unnecessary tests, etc. He leased two Mercedes cars, started plans for a 10 bedroom, 10-bathroom house (must have a diarrhea problem). He threw lavish parties and charged them as business expense. He boasted that he would soon have a house larger than those of two other leading doctors in town (exactly like him*). He even said he would soon drive his competitors out of town! (We will soon see who left town first.)

Within one year, his health deteriorated. He fell asleep twice while driving, wrecked his car in a ditch and hurt himself. One day, he fell asleep on a patient in the operating room. First he was carried out of the operating room suspended by his limbs; and then he was suspended from the hospital staff privileges. I was asked to evaluate him for suspected manic-depressive illness, for the hospital president thought his behavior indicated that particular craziness considering his reckless spending, erratic habits and grandiose plans. I politely declined the honor saying Dr. X did not have manic-depressive illness. I told him that he had a syndrome typical of members of a certain community from India: Jealousy, extreme competitiveness ("C & C disease"), ostentation, grandiosity and living large. If sent to a psychiatrist, I predicted, he would perform '*Brahmopadesh*' on the psychiatrist. The hospital president asked me, "What is that?" I explained patiently what *Brahmopadesh* was. For I knew that this fellow had the gift of the gab like most of his community people do and would certainly do a snow job on his shrink. The tragedy was that even though he was very street smart, deviously intelligent and cunning, he had neither the insight into his stupid behavior nor the wisdom to stop it.

Sure enough, Dr. X returned with a clean certificate from the shrink and started his shenanigan again. He began to take pain medications for his stomach ulcer. He started shooting drugs in his veins. As a result, his forearm developed abscess and the skin on his forearm died requiring skin graft. His arm was tied to his chest for months to transfer the graft. (He tried to sue the doctor for negligence while recovering.) His license was suspended and he was twice sent to rehabilitation hospital for 4 months each. He went on disability for five years. He regained his license telling lies. He lost it again after authorities found out he was using drugs again. In the mean time, his wife and two children went through hell. He still smokes 5 packs of cigarette a day and drinks regularly . He is now totally disabled. After all this, he still has no insight and he has not learned anything from his experience. He still talks to his friends (what are still left) about "making millions."

The tragedy of this Indian doctor was that he, with his heritage of *Gita*, should have known better. Read *Gita 3:37,38*. Envy and jealousy activated demoniacal *Rajasic* GuNa within him. This in turn ignited and boosted his selfish Desire (*Kama*) and anger (*Khrodha*); which then took control of his Senses (zone # 4) and Mind (zone # 3). Mind became obsessed with Sense Object (zone # 5: money). Excessive attachment and selfish desire to possess money followed. This rabid obsession with money disconnected his Mind (zone # 3) from his Intellect (zone # 2) leading to the loss of insight, judgment, wisdom and perspective. *Gita 3: 39-41*. And finally, consumed by burning fire of selfish Desire, he destroyed his own life and ruined his family. Amazing how a 2500-year-old document is so relevant to our every day life in the 21st Century!

*One of these doctors, a Pakistani, recently died along with his wife and four children when a small plane he was piloting crashed in Arkansas. He had bought this airplane as part of one-upmanship game he played with his competitors.

THE EAST AND THE WEST

'Success' Story of a humble monk
As appeared in India Tribune Chicago January 11, 2003

Swami Jyotirmayananda of Kerala says success is "self-fulfillment." It needn't be pleasurable or materially rewarding.

From Chennai, he comes, traveling the US -- from New York to California -- as did he in India, as a wanderer, preaching the gospel of Swami Vivekananda. Swami Jyotirmayananda has, literally, no home, no possessions. "The sky, thy roof, the grass, thy bed." His is the song of the Sanyasin. He has neither wealth, nor retinue, nor fame, yet dares he to say what is success?

Said Yudhistira, "Follow the path the great have trodden." Jyotirmayananda follows the monk who changed the East and West. Vivekananda, who introduced Hinduism and Yoga to America, and inspired Indians to a renewed appreciation of their spiritual heritage.

Swami Jyotirmayananda's book, "Vivekananda -- His Gospel of Man-making," is now in its fifth edition. He has, through it, become well known -- though the monk wouldn't call that "success." Vivekananda said: "That desire for fame is the most of all filth". But, Jyotirmayananda's book is becoming famous. That is success.

Born in 1945, in a Konkani Purohit family, in Kerala, after his studies, he worked at a firm in Madras, then as lay worker for the Vivekananda Kendra. In 1976, he became a monk.

Three years of itinerant life led him to conceive an idea to chronicle the life and times of Vivekananda, to offer a glimpse of his personality, and his gospel of "Man-making." But he had no practical means to start. Then, while wandering in Kerala, he met Mother Krishnabai at Anandashram. She unexpectedly offered him money. With this sum, he embarked upon a five-year task of writing his book, sustaining himself on 100 rupees (\$2.00) a month.

When finished, he went to a printing press in Madras, asking them to print his 2000-page manuscript. They said to the unknown monk, "Where's the money?" Crestfallen, he veered, made a flier about his book, then spent another year soliciting 800 pre-publication orders.

His first edition was published in 1986. The Governor of Madras released it; the first copy was accepted by Swami Ranganathananda of the Ramakrishna Order. He offered a copy to the Mother, who blessed it. The book sold out.

Later, when he offered her all the proceeds, Krishnabai would not accept, since it came, she said, from his dedication. He used the money for a second edition. When that too sold out, he returned with a greater sum. But Mother Krishnabai was no more. Jyotirmayananda donated every rupee to her ashram for the feeding of the poor. He was "joyously" among the poor.

His 986-page book has been reviewed by leading writers and scholars. Prime Minister A. B. Vajpayee has it in his library. It graces some 500 university libraries in 50 US States, and 5,000 libraries in India.

He attended the UN World Peace Summit (2000) as one of 100 spiritual leaders of India, has given presentations at leading colleges, before scholarly and critical audiences, and the youth of the West. Swami Ranganathananda, president of the Ramakrishna Order, wrote his book should be "in every library". Renowned journalist M.V. Kamath wrote: "There has never has been a book like this before, and it is unlikely that there will be another like this again". Around the world, monks have praised it.

But "success" came mainly of struggle. The vicissitudes of fortune caused him pain, as well as pleasure: the printer who failed deadlines, a Christian copy editor who deleted Vivekananda's criticism of missionaries, a theft, rain damage, transporting books to US at tremendous cost, and struggling to dispose them as a stranger in a strange land. Twenty-two years on one project, never accumulating, donating the proceeds again and again. Miraculously, it seemed, successive editions were brought out.

His journey is measured almost by his beard grown long and white with time. In his ochre robe, he looks like a patriarch out of Levant. The fifth edition has sold out; he donated all to the poor. Now, the poverello again awaits the will of God.

Dedicating his life to Vivekananda, in poverty and in chastity -- he calls this success. "To succeed," said Vivekananda, "you must have tremendous perseverance, tremendous will, 'I will drink the ocean,' says the persevering soul, 'at my will mountain will crumble,' have that sort of energy, that sort of will; work hard and you will reach the goal."

By this definition, the mendicant, Jyotirmayananda has succeeded -- in these cynical times -- tremendously well. He can be contacted at: swamijyoti@vivekanandagospel.org

Want to have more control over the stock market? Give Technical Analysis a try (Part 1)

By Rajeev Nayak

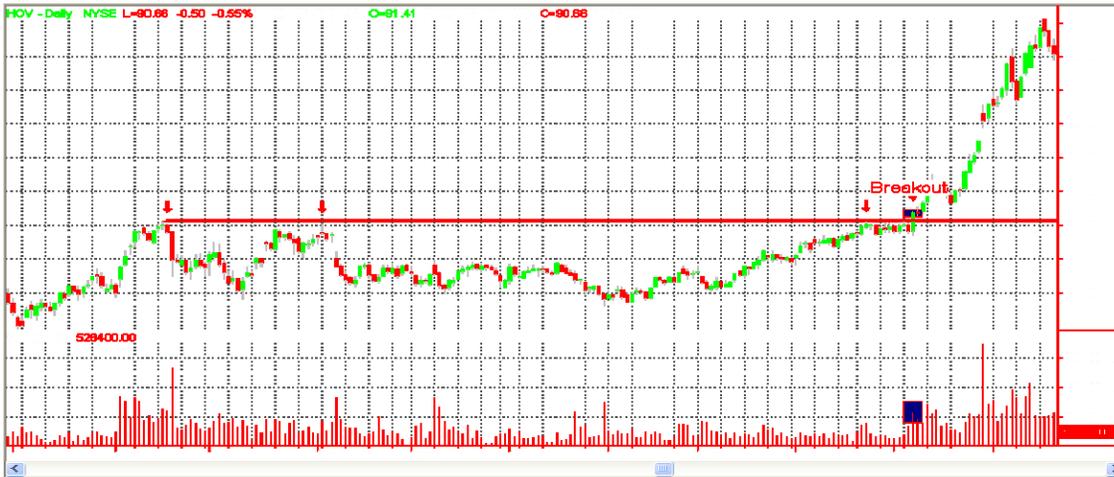
Rajeev Nayak resides in Indiana, Pa and is a full time equity trader

The time is March 2000 and the stock market has been in a general up trend well over the past 18 years. Many stocks have tripled and quadrupled in value in as little as six months to a year's time. Analysts are upgrading stocks, while market pundits are calling for Dow 25,000. The economy seems too good to be true with the unemployment rate as low as 4.0% and corporate profits soaring, in part due to the tech boom that has lasted well over a decade. With all these positive developments taking place, it would seem that there would be no way for the market to go but up.

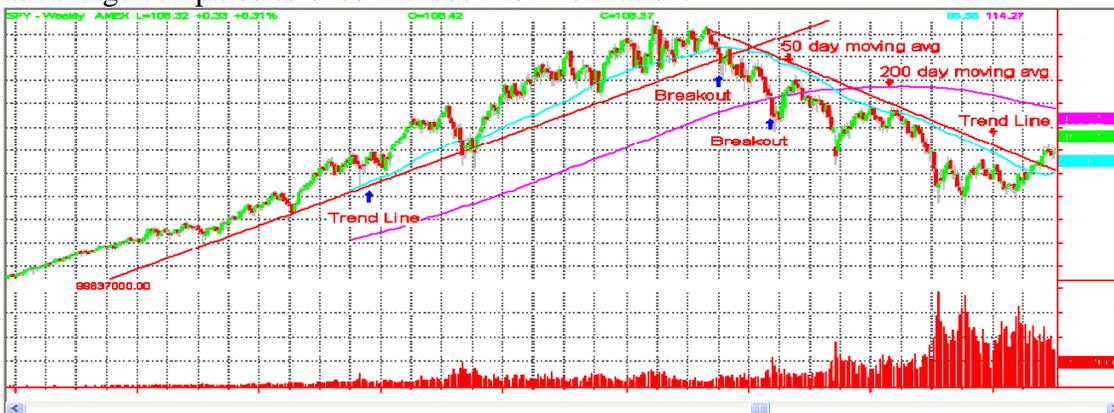
Of course, as we all know, after March, the market began a correction that lasted well into 2003. What began as a rally into March 2000 became a decline by end of year for many holders of index funds or market tracking stocks. Stocks that were selling in the \$100's became half of their previous highs within a few months. Even the tech-driven NASDAQ declined significantly, and had lost as much as 75% of its index-high value by October 2002, causing investors to lose much of their portfolio values. Furthermore, the economic picture became steadily weaker as the market eventually entered a recession, and events like September 11 and corporate scandals such as Enron exacerbated the situation. But was there any way that investors could realize that what began as an everlasting bull market for 18 years would turn into a bear market of indefinite magnitude over a short period of time? The answer lies in **technical analysis**.

Technical analysis is the study of a stock's past price movements (over a period of time) used to forecast future short-term price movements of the same security. It is a timing mechanism used by short-term traders as well as investors that allows them to get a better sense of the directional movement of a market, sector, or stock issue. Most often, technical analysts will analyze these price movements in the form of a chart pattern. A typical chart will depict the relationship of price movements over a period of time, as well as show the corresponding volume (# of shares traded) for each day. Analyzing trends in the charts can give one the ability to determine major inflection points or areas of price resistance that if penetrated can cause a stock to make a significant appreciation or even depreciation in price. Imagine being able to predict a major market bottom or even a 5-point increase in a stock in one day! Through technical analysis, one can forecast these events with a high level of success.

Here's an example of an actual trade that I made a few months ago. The issue is Hovnanian Enterprises, a homebuilding stock. Now everyone knows that homebuilders have been skyrocketing, but by looking at the price pattern of this particular issue, one could time the stock at the right moment and make a sizable gain. Each of the small bars on the chart represents the price range for a particular day, with the corresponding volume for each day shown below. Note how the price starts to hit \$40 several times (as shown by the arrows) but fails to penetrate this level. However, on 5/7/03, it finally crosses this resistance level (as indicated by the breakout) on heavy volume (greater than the average volume for 50 days) and begins to make a major ascent for the next month and a half. A technical trader could profit from this trade simply by buying above the highest resistance level point (\$40.80) and sell near the \$70 level. To protect myself in case the stock was to unexpectedly decline, I have a stop order in place a reasonable distance below my buying price so that my loss would be limited.



Now that you have the general idea of how a chart works, let's revisit the March 2000 example using a weekly price chart of the S&P 500 (represented by SPY). As can be seen on the chart, the S&P 500 is in a sustained uptrend from 1996 until 2000. However also notice that the trend line (connecting the lowest lows of this time period) is crossed during the month of October 2000. Once this occurs, a major caution flag is warranted, since it suggests that the up trend is suspect. Furthermore, it crosses both the 50 and 200 day moving averages (statistically known as critical price support levels) suggesting that the bull market is over. Now how can one take advantage of this information? One option would be to lock in a significant chunk of any gains that had been made during the bull market, until the trend line is broken (at the up trend line breakout level). Though a little bit of the profit is forfeited between March and October, a significant amount is preserved. Another option would be to simply short sell (borrow shares from a broker to sell at a higher price) below the break of the trend line and place a buy to cover stop loss right above the breakout point. Your risk is reduced if the market rebounds, while your profit potential is unlimited if the market declines, which it did through 2002. Regardless which option is chosen, investors with knowledge of technicals and chart patterns would be at a greater advantage compared to ones without this information.



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Banana Halwa
Onion Vadi
Garlic Vadi

Wheat Sevai (Thin noodles)

Shetty Chicken Masala (Kori Roti Masala)

And many more items to follow....

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One Of Her Kind

This article by Mayur Shetty as appeared in local Indian Newspapers was submitted by Mrs. Mohini Kamath, Cerritos, CA
She's made history recently by becoming the first woman to hold the coveted post of deputy governor at the Reserve Bank of India.
KISHORI (nee Bhat) JAYENDRA UDESHI



Had it not been for her father, Kishori Jayendra Udeshi might very well have become the CEO of Standard Chartered or Citibank. In which position she might have been roaming the corridors of the Reserve Bank of India (RBI) to obtain clearances and such like. Instead, because she gave in to her father's wish that she work only in the public sector, Udeshi has now created history by becoming the first lady deputy governor of RBI.

Making history is not something new for Udeshi. She started doing that early in life. Decades ago, the hallowed precincts of St. Xavier's College, Mumbai witnessed its first girl all-rounder when Udeshi scuppered the boys of her batch to win the coveted award. Looking at the dignified woman now sitting across us in her eighteenth floor office at the RBI headquarters, it's difficult to visualize her as the sprightly girl who had once been a national badminton player and a member of the college basketball team. The incongruity strikes her too as she smiles and says, "That's all Paleolithic age stuff. You don't have to write about that".

Coming back to the present, we ask her why she chose central banking. Udeshi says that her leaning towards economics is attributable to the legendary economist RK Hazari, whom she idolised. Hazari gained fame for his conclusive study on the contours of Indian business during the 1950s, based on an exhaustive analysis of the most prominent industrial firms which were then in the hands of 18 Indian families and two British houses.

But more than anything else, it stemmed from Udeshi's desire to be a workingwoman. "I just wanted to work. However, my father was very strict and would not let me work anywhere unless it was a government concern." So began Udeshi's journey in the exchange control department at the old headquarters of RBI, housed just across the road from her present office in the new RBI tower. The transition from the old building to the new one has not exactly been a walk across the road though. Between the time that she moved out of the exchange control department and finally moved into the deputy governor's office, Udeshi worked in RBI's Bangalore office, then held charge of Ahmedabad, before returning to Mumbai to put in stints at various Central Office departments, such as exchange management and human resources management.

The imposing central bank headquarters may give the impression of an ivory tower, but the view from within is quite different. Says Udeshi, "We have changed, but the change is so gradual that one does not discern it. We have gone from rigidities to flexibility. We are much more transparent than we ever were. From our view point we are making all the efforts to move towards having debates and a consultative approach."

Having been a career central banker, unlike some of her peers and predecessors who have come in from commercial banks or the government, most people at RBI view Udeshi as one of their own and take great pride in her success. It's been a while since her appointment but the stream of visitors waiting to pay their courtesies to the new deputy governor still continues.

However, she knows that there is no room for complacency in heading the department of banking operations in a country with the largest network of bank branches. Her plush leather chair hasn't lulled Udeshi into believing that this is a cushy job. She is fully aware that the Department of Banking Operations and Development job is a hot seat and the central bank has to be on its guard against weak

links in the system. "Our banking system is very resilient. But then you do always find one or two bitter almonds in a packet," says Udeshi.

As an old hand at implementing the central bank's foreign exchange regulations, Udeshi is also mystified when people question her about when India will have capital account convertibility. "What people don't realize is that if you have an international credit card you already have capital account convertibility." she says.

And it is the issues raised by bank customers that have caught her attention. The biggest issue according to her now is credit delivery. "I am not talking about the big corporate but of the small and medium enterprises... if they are complaining about lack of funds it must mean that credit is not being delivered properly," says Udeshi.

In her years in RBI what has struck her the most is the image that the central bank has been able to maintain. "I feel very proud of being in the central bank, the high degree of values and the high degree of ethics in our approach to the public," says Udeshi. This faith has reinforced her commitment to maintain the trust reposed by public. "You cannot demand respect. It comes due to your behaviour... and that is something I cherish," is her parting shot.

KONKANI CALENDER

January 2004	February 2004	March 2004
2 nd Yekadashi	1 st Yekadashi	2 nd Yekadashi
7 th Poornami	5 th Poornami	6 th Holi - Poornami
10 th Sankashta Chaturthi	9 th Sankashta Chaturthi	9 th Angaraka Chaturthi
14 th Makara-Sankranthi	12 th Kumbha Sankranthi	13 th Meena Sankranthi
21 st Amavasya	18 th Maha Sivaratri	20 th Amavasya
28 th Ratha Sapthami	19 th Amavasya	21 st Ugadi
		30 th Shri Rama Navami

Khabbar thanks Sri P. V. Kamath of Shrewsbury, MA 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, \$
Praveen & Prema Prabhu, Greensboro, NC	75.00
Narayan & Shanta Bijur, Kendall Park, NJ	70.00
Pandurang & Jayanthi Nayak, Katy, TX	50.00
Dattananda & Shanta Bhat, Jamaica, NY	155.00

STATEMENT OF ACCOUNTS

Description	Credit, \$	Debit, \$
Balance Carried over since Khabbar Vol. XXVI No. 3	2,920.00	
Money Received:		
Subscriptions (40) and donations	1,021.00	
Advertisements (4)	100.00	
Interest	4.00	
Sub Total:	1,125.00	
Money Spent (Khabbar Vol. XXVI No. 3):		
Printing-Khabbar (875) - 20 pages		787.50
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		244.00
Sub Total:		1,600.00
Final Balance:	2,445.00	

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

KWIZ

The last quarter's quiz: What do these words have in common: **BELL, BUG, LAST, PICK, POT**

You can replace the current vowel in all these words with any of the other vowels and they still form meaningful English words.

The following gave the correct solution:

Anuradha C. Ghai, Allentown, PA, **Praveen Kamath**, Centreville, VA and **Mukund Kamath** of San Ramon, CA.

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.

How many English words can you name that has at least 23 alphabets?

KONKANI SAMMELAN 2004 – UPDATE

Contributed by the Executive Committee, SammeLAN-2004.

APPEAL

Dear Konkani family,

The fifth North American Convention, "Preserving our heritage, promoting our youth" is a celebration of the cultural heritage of the Konkani people. The SammeLAN will take place between July 2nd thru July 4th 2004 at the Hyatt Regency in Orange County, CA.

The funding for this major event comes primarily from registration fees with limited amounts from advertising. Funding from these two sources is not enough to meet our costs. We will have to rely on donations from within and outside our community. The funding has to cover hall and stage rental, decorations, sponsoring of visiting speakers and artists, food, entertainment, printing and other major expenses.

We invite you to sponsor the SammeLAN at a level that you feel will make a difference. The levels of sponsorship and benefits awarded are described in the Sponsorship form. Your financial support will play an integral role in helping SammeLAN to achieve its main objective: to honor the rich cultural heritage of Konkanis.

Please, make your tax-deductible donations towards the SammeLAN to the "North American Konkani Association". Please note that NAKA is a non-profit organization, with the Federal ID# 58-2387065 and California State tax ID# 2452392. We appreciate your circulating copies of the sponsorship form to your friends, family, personal and business associates for their contributions to this unique event.

Sincerely

Dr. Ramadas Kamath,

Dr. Mohan Kamath,

Sridhar Rao

Konkani SammeLAN 2004 - Sponsorship Form

(Feel free to duplicate this form)

As you may be aware, it is not possible to meet the expenses of the Sammelan solely from the registration revenue. We need your help. There are various ways you can help, such as sponsoring an event, a program, or an activity as explained below. If you need more information, please contact one of the committee members.

Your/Company name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: () _____ Email: _____

Sponsorship Levels:

- Navaratna (Nine Gems): \$10,000 & above {Benefit: Stage recognition with award, Family registration for up to 4 people, Two hotel rooms for three nights, and one full-page color ad or family picture in the Souvenir}
- Vajra (Diamond): \$5,000 {Benefit: Family registration for up to 4 people, One hotel room for three nights, and one full-page Black & White ad or family picture in the Souvenir}
- Kempu (Ruby): \$2,500 {Benefit: Free registration for up to 2 persons, and half-page Black & White ad or family picture in Souvenir}
- Neelu (Sapphire): \$1,500 {Benefit: Free registration for up to 2 persons}
- Pachchu (Emerald): \$1,000 {Benefit: Free registration for 1 person}
- Moti (Pearls): \$500
- Powlen (Coral): \$250
- Any amount (Pushrag): \$_____ {We appreciate any amount}

Navaratna, Vajra, and Kempu Sponsors Only: Please give us the name(s) of the persons attending the Sammelan, and send a camera-ready ad or color family photograph to print in the Souvenir.

Neelu and Pachchu Sponsors Only: Please give us the name(s) of the persons attending the Sammelan.

Event Sponsorship

We invite businesses and/or several individuals (e.g.: family members such as parents and children, brothers, friends etc.) to jointly sponsor an event. The sponsorship levels and the benefits are as follows:

Please circle the event you would like to sponsor

1. Lunch / Dinner: \$5,000 {Benefit: one full page Black and White ad or pictures in the souvenir}
2. Breakfast / Snacks: \$2,500 {Benefit: one half page Black and White ad or pictures in the souvenir}
3. Seminars: \$1,500 {Benefit: one-quarter page Black and White ad}

Instructions: Please circle the appropriate item of this form above and mail it with your check payable to "North American Konkani Association" along with the ad and the photograph to:

Konkani Sammelan 2004, P.O. Box 683, Walnut, CA 91788-0683, US 0683, USA

A P P E A L S

|| *Srimad Madhavendra Yatinathakrata Pratista* ||

|| *Sri Varadaraja Vijayate* ||

SRI VARADARAJA VENKATARAMANA KSHETRABHIVRIDDI COMMITTEE

SRI VARADARAJA VENKATARAMANA TEMPLE

GURPUR-574 145, MANGALORE, KARNATAKA. PH: 0824-2257232

SAHASRA KUMBHABHISHEKA - 5-FEB-2004

Gurpur, 2-Aug-2003, Shravana Shuddha 5

Benevolent Devotees,

The town of Gurus, GURUPURA is situated on the banks of the pious river Phalguni, is a center for propagation of *Bhakti*, town of Ten temples, is on the National Highway No. 13 between Mangalore and Karkala. By blessings of *Guruvaryas* and the good deeds of our ancestors, Sri Varadaraja Venkataramana Temple has spread its fame all over the Mother Earth. Being set up in the most pious atmosphere, the devotees are prompted to offer *sevas* to the Lord. Since the past four centuries, this small town has been a centre of attraction for the devotees and *sevadars* from all walks of life.

His Holiness Srimad Madhavendra Thirtha Sripadagalavar of Sri Kashi Mutt Samsthan, who has attained "*Jeevantha Samadhi*" at Walkeshwar in Mumbai, had installed the idol of Lord Varadaraj, that was worshipped by them in the year 1742 on the Holy *Akshaya Thadige* day along with Sri Venkataramana. During the year 1919, as per the dictum issued by Sri *Kalabhairava Avesha* at Sri Temple, the idol of Lord Srinivas with specific icons (present *Utsava Moorthy*) was presented by His Holiness Srimad Indirakanth Thirtha Sripadagalavar of Sri Gokarna Parthagali Jeevotham Mutt.

His Holiness Srimad Madhavendra Thirtha Sripadagalavar set aside the *Pattakanike* offered at the time of *Pratisthapanam* of Sri Lord (*Pattada Devaru*) as *Mooladhana* for Sri *Brahma Rathotsava*. Even today, on *Vaishaka Shudha Panchami Day* Sri *Brahma Rathotsava* is being performed with great pomp and grandeur with the funds entrusted by Kashi Mutt Samsthan.

The daily worship of the *Paduka* of His Holiness Sri Madhavendra Thirtha Guruvarya, the *Paduka* and the *Panchaloha* idol of His Holiness Sri Sukrathendra Thirtha Guruvarya adjacent to Lord Mukhyaprana Shrine is a specialty of Sri Temple. His Holiness Srimad Sudhindra Thirtha Swamiji of Sri Kashi Mutt Samsthan has performed four *Chaturmas Vrithas* at this Temple is another uniqueness.

The Swamijis of Kaivalya Sri Samsthan Gowdapadacharya Mutt have been bestowing their choicest blessings, guidance, dictum, and support towards all the functions undertaken at Sri Temple.

The "*Abhayahasta*" of Sri Kalabhairava Darshana promised the devotees to proceed in all good works without hesitation and the "*Kottu Padakolluva*" fame has attracted a large number of devotees and *sevadars* to Lord Varadaraja.

Under the auspicious presence of His Holiness Srimad Sudhindra Thirtha Swamiji, "*Ashtamangala Prashna*" was held between 21-Feb-2003 and 28-Feb-2003 at Sri Kshetra Haridwar. The following "*Prayashchita*" was carried out : *Saptha Thirtha Snana, Navagraha Yuktha Maha Mrathyunjaya Havana, Gayathri Havana, Nutana Aarudha Naga Pratishtee* and *Poorva Naga Puner Pratishte, Prethodhara* in Holi river Ganga at Kashi, Sri Maha Vishnu *Havana*, etc. During their camp in May 2003, His Holiness Srimad Sudhindra Thirtha Swamiji have advised us to hold "SAHASRA KUMBHABHISHEKA" on *Magha Shudha Chaturdashi of Subanu Nama Samvatsara*, i.e., on Thursday, the 5th Feb. 2004 to enhance the pomp and glory of Sri Temple.

The *Rajatha Kalasha* will contain *Pancha Pallava, Pancha-Thwak, Panchagavya, Panchamrutha, Pancharatna, Pancha Thirtha* from sacred rivers, *Mrathika* from Seven Kshetras and Seven Mountains put together, prayed by the "*Rithvijas*" along with *Mantra, Japa* and *Tapa* which are used for the *Abhisheka* on the above auspicious day, which will then be distributed to the *sevadars* with the blessings of Lord Varadaraja.

In order to acquire Dharma and related "*Punya Purushartha*", benevolent devotees are requested to actively participate in this auspicious *Mahotsava* and co-operate with *Thanu-Mana-Dhana* to be blessed by Sri Hari Guru.

G. MADHAVARAYA PRABHU
Managing Trustee,
Sri Varadaraja Venkataramana Temple,
Gurpur

G. VAIKUNTA NARAYANA PRABHU
President,
Sri Varadaraja Venkataramana
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P.S.: Devotees are requested to send their contributions drawn in favor of "S.V.V.K COMMITTEE" either by way of cheque or demand draft to SRI VARADARAJA VENKATRAMANA TEMPLE, GURUPUR - 574 145, MANGALORE, KARNATAKA (INDIA).

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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

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

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178 Norman Drive, Morrisville, PA 19067

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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)-277-9771

skamath@aol.com

MATRIMONIAL ASSISTANCE

As a service to Konkani community, Sri. R. C. Nayak will offer free matrimonial assistance. Contact: Sri. R. C. Nayak

Pais Compound, Microwave Station Road
Mangalore 575 006 (INDIA)

A P P E A L

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