

Khabbar

North American Konkani Newsletter

Volume XXX No. 3

July, August, September - 2007

From:

The Honorary Editor,
"Khabbar"

P. O. Box 222

Lake Jackson, TX 77566 - 0222

XXX-3

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.....

--
I have a faint feeling that North American Konkanis are really addicted to *Khabbar*. Here are couple examples:

1. I get an email from prabhu@aviorllc.com

Dear Vasanthmam,
Is it possible to get my own copy of *Khabbar*? I am tired of having to wait to read it after my wife. Sometimes I have to hide it from her -it is like what our President tells us about our

addiction to oil! Little did I realize that *Khabbar* could do that to me!

Yours truly,
A *Khabbar* addict (Sent from my Blackberry Device)

2. Another email from this family from VA:

Dear Vasanthmaam,
Pray this finds you and yours in the best of health and spirits. As is my usual habit as a big *Khabbar* fan, I first turn to the Kwiz page in *Khabbar*, whether I can answer it or not :-)
followed by *Khabbar* Follies, Message from the Editor, Hoon Khabbar & so on ... Here's my answer to the latest *Khabbar* Kwiz:

Editor's Reply:

Hope these addicts may not need some rehab treatment !?!

SUBSCRIPTION FORM:

Dear Konkani family,
It is time to renew your subscription for 2007! 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 remit your subscription for 2007 at \$15.00 a year. **Please, don't pay for future years!** 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
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Comments, if any: _____

Quarterly Newsletter
For Circulation to the Konkani Community in North America
Volume XXX No. 3

July, August, September - 2007
Honorary Editor: Mr. Vasanth Bhat
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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 2005**. In other words, families who **have not** paid since 2004 will not be receiving this issue. The numbers on the mailing label clearly indicate the year/s the dues for *Khabbar* has been received since 2004 and if there is any error let me know.

This issue has **not** been mailed to families that have specifically indicated that they will access ekhabbar. The on-line version of *Khabbar*, ekhabbar, will be on the web a **quarter** after the hard copies have been mailed.

It is time to renew your subscription for 2007. Send your subscription with a check payable to Khabbar to P. O. Box 222, Lake Jackson, TX 77566-0222.

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 *Khabbar* Mailing 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!

Khabbar will publish all the developments and progress made by **The North American Konkani Association (NAKA)** on an on-going basis. Send your constructive suggestions to any of the Directors of the NAKA Board.

The NAKA sponsored **Konkani Youth Convention – 2007** held in San Francisco last month was a success! It is heartening to see support from the community across North America for this event.

The other NAKA sponsored event, the **Konkani Sannelan -2008 (KS-2008)** is taking firm roots. Make sure to be a part of this great event by helping them in all possible ways including sending much needed monetary support.

The unofficial *Khabbar* correspondents in your area who send in the *hoon khabbars* on a regular basis are doing an outstanding job. **Remember, if it did not appear in *Khabbar*, then it did not happen in North America!** If your area is not represented wholly, let me know and I'll recruit more volunteers. You send the news items via email (khabbar@hotmail.com).

On the Quiz front, *Khabbar* has still remained a champ! Only one was able to solve last quarter's quiz correctly!! **Remember, anyone getting correct solutions to 4 consecutive issues will get free subscription to *Khabbar* for a year.** I

have an easy quiz in this issue and let us see whether we will have any winners!

With the Foundation Stone laid for the ambitious project, **Konkani Kendra**, the **Konkani Bhas Ani Sanskriti Pratistan** is looking for more financial support. Thanks to **Basti Ganapathi Shenoy** who has devised a method wherein families wanting to help **Konkani Bhas Ani Sanskriti Pratistan** can do so with relative ease! Call him at (702)-341-6706 or email: bshenoy@cox.net if interested to extend your help for this worthy cause.

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.

On the sad note, I announce the death of **Sadanand Benegal** of Scarborough, Ont. Canada, who passed away peacefully on May 11th 2007. This talented artist will be greatly missed.

Hope peace & tranquility prevails on earth. Happy Diwali to you all.

Devu Boren Karo.

Vasanth
Honorary 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 maam,

Thank You for the offer to publish my articles in your esteemed newsletter. It was amazing to know that *Khabbar* reaches out to over 2,000 Konkani families in N. America.

Sorry for the delay in reply as I was tied down in a short term course & its tests for certification.

I would like to write articles on How to achieve Wellness in Mind - Emotion & Body as a whole.

On the basis of your feedback, I plan to start with an article on Diet-Nutrition & Physical Fitness. This would encompass an integrated approach by combining Modern scientific theories with ancient wisdom of Ayurveda & Yoga.

I am sending an article (attached) for publishing in *Khabbar*.

Hope you find the matter as per your requirements. If there are any suggestions or feedback, please let me know.

Yours Sincerely,

Neeta.

transform_soul@yahoo.com

Dear Sir,

Please go through the attached file. Kindly do the needful.

Devu Baren Koro,

BASTI VAMAN SHENOY

bvs_193@hotmail.com

Dear Editor,

This just an update on the progress of the book "*Sri Guru Charithamrutha*" by our mother Mrs. Rama Shenoy of Charlotte, N.C. As of today, entire (not net) proceeds of ONE LAKH TWENTY THOUSAND RUPEES from the book sales have been donated to the worthy cause of H.H. Srimad Sudhindra Thirtha Swamiji's Veda Patashalas in India.

We would like to remind readers of *Khabbar* that the book is still

available, and can be a great gift of heritage to oneself and others. The price of the book is US\$25 which includes shipping and handling. As indicated above, total proceeds of the book sales are being donated to H.H. Srimad Sudhindra Thirtha Swamiji's Veda Patashalas in India. For those *Khabbar* readers, who may be interested in purchasing the book, please contact by e-mail at vshenoy23@hotmail.com

Our thanks to you and the *Khabbar* community for the gracious support of the book and its beneficiaries.

Sincerely,

Maya and Vittal Shenoy
7036 Whitemarsh Ct.
Charlotte, NC 28210-4910

Hi Vasanth,

Could you include the attached request to our call for nominations for awards for the next Sammelan KS-2008 in the next issue of *Khabbar*?

Thanks a lot.

Bharat

bshiralkar@gmail.com

Vasanth uncle--

By way of proper introduction, I am a lawyer-turned-writer (correction--a Konkani American lawyer-turned-writer) and my first novel, *Chambermaid*, was just published by Grove Press. Vijay Kamath suggested I contact you about putting something about me and *Chambermaid* into the *Khabbar* Newsletter.

A little background about me --I was born and raised in Richmond, VA. My mother is originally from Mangalore and my father is from Coimbatore. I went to the University of Virginia, worked as a television news producer for two years and then graduated from the New York University School of Law in 2002. Thereafter I clerked for a federal court of appeals judge and

worked at a large Wall Street law firm until last November.

About *Chambermaid* -- it's a satire about one young Indian-American lawyer's clerkship with a deranged/powerful/hilarious federal judge (think John Grisham meets the devil wears prada). *Chambermaid* was just optioned by Blood Diamond producer, Paula Weinstein, to be made into a television series and has already sold around the world (France, Germany, Turkey, Spain and Thailand to date).

Any chance you could mention *Chambermaid* in the *Khabbar* Newsletter? If that's not possible, might you have any advice as to how I can get word of *Chambermaid* out into the Konkani community? After all, it's not everyday that a big commercial novel features Konkani words! I honestly think most community members would really enjoy it (and find it to be very relatable).

As an aside, I would be more than happy to serve as some kind of mentor for aspiring young writers (LOADS of people have emailed me with questions about getting published). I'd also be happy to discuss the television deal, whatever.

Any help/advice would be greatly appreciated. For more information, my website is www.sairarao.com

Saira Rao

rao.saira@gmail.com

Editor's Reply:

Dear Saira,

Thanks for your email and congrats on your achievements. I will certainly publish your penmanship about *Chambermaid* in the next issue of *Khabbar*.

Hoon Khabbar

Congratulations:

SANJAY BHATT, of Seattle, WA, s/o Ashwin & Kasturi Bhatt of Houston, TX, recently co-chaired a fund-raising campaign that raised a record \$45,000 for scholarships for outstanding minority high school and college students who are aspiring journalists. The team Sanjay led has established a \$100,000 endowment that will fund in perpetuity scholarships aimed at reversing the declining ethnic diversity of America's newsrooms. For details on how you can make a tax-deductible contribution to the Northwest Journalists of Color Scholarship, email Sanjay at sbhatt33@yahoo.com or go to www.aajaseattle.org.

SANJAY BHATT, of Seattle, WA, s/o Ashwin & Kasturi Bhatt of Houston, TX, graduated from the University of Washington's documentary filmmaking program. His documentary debut, "Beyond Deaf," a 10-minute short, is an inquiry into the world of the Deaf and features a deaf actor, educator and restaurateur. Sanjay is hoping to distribute it to schools and PBS affiliates and develop new films.

It is matter of pride for all the Konkans world-wide that our own **Pandit UPENDRA BHAT** performed Classical Music Programme at Rashtrapathi Bhawan, Delhi on the 12th July, 2007 at 5.00 P.M.

RAVIBAL SHENOY of Naperville, IL won the 1st prize in the 2007 *Katha* Fiction Contest for her story "The Sacrifice". The story is set in the Karwar area circa 1899. The story can be read online at <http://www.indiacurrents.com>.

Swami JYOTIRMAYANANDA has published a book "Sustaining Dharma Through Mandirs" on the occasion of the second Hindu Mandir Executives Conference (HMEC) in North America held in Edison, NJ on Aug. 10 - 12, 2007. If interested, contact *Khabbar* or Swamiji for a

complimentary copy by emailing swamijyoti@gmail.com

Several Konkani authors have published books of interest this quarter. Congrats to **Saira Rao** for her book, *Chambermaid*, **Shobhan Bantwal** for her book, *The Dowry Bride*, **Dr. K. P. S. Kamath** for two of his books, *Is Your Balloon About to Pop* & *The Secret Revolution of Lord Krishna (The real story of Bhagavad Gita)*

Madhujit Rao completed an enjoyable year 2006 Baseball season playing for the City of Brampton Minor All Star team. During the season he participated in many tournaments at Orillia, Whitby, Mississauga, West Hill, Brampton, etc. He was nominated MVP at the Mississauga Tournament. Madhujit Rao also participated in a Badminton Doubles Tournament at Mississauga. Jackson his partner and Madhujit both had an honorable mention in 'Brampton Guardian', the City of Brampton newspaper in April 2007 for their performance in the tournament.

Tarunjit Rao won a silver medal for his School during an Inter School Track and Field meet for 4x100 meter relay at York University, Toronto in May 2007.

Konkani Graduates:

SID RAO, s/o Yash & Anjali Rao, b/o Shilpa Rao, of Chandler, AZ, graduated in Supply Chain Management & Global Business from Arizona State University, Phoenix, AZ, and is now with Food Marketing Corporation, Houston, TX.

NIKHIL, s/o Mohan & Nalini Pai of Dundas, Ont. graduated from McMaster School of Medicine with his Medical Doctorate (M.D.) in May, 2007. He will be commencing his Pediatrics Residency at the Hospital for Sick Children, through the University of Toronto this July. He also plans to pursue a paediatric

subspecialty and a Masters of Public Health (MPH) during this time.

SANGEETA, d/o Gautam & Aruna Ullal of Hamilton, Ont. received Bachelors (Hons.) in Biology and Psychology from McMaster University. She will be starting her PhD in Experimental Psychology and Music Cognition at the University of Nevada, Las Vegas this Fall.

VENKATESH, s/o Pushpa & Late Diwakar Shenoy of Houston, TX graduated with Mathematics major from University of Houston in May 2007 with Honors, and has joined the family business.

DHIRAJ, s/o Pandurang & Shilpa Bhakta of Glendale, NY graduated with 1st Honors from Bishop Loughlin High School, Brooklyn, NY. An athlete, 6'8" & 235lb., he got \$48k+ scholarship for 4 years undergraduate degree course to play Basketball, will join Fisher College, Boston this Fall.

ATHMA, d/o Venkatesh & Vasanti Pai of Stamford, CT graduated with distinction from the University of Pennsylvania with majors in Biochemistry and Anthropology and a minor in South Asia Studies. In September, she will be joining the Ph.D. program in the Department of Human Genetics at the University of Chicago.

SHARAD MALLYA of Montclair, NJ graduated in May 2007 with an MBA from Stern Business School of NYU, Manhattan, NYC.

AJEETH, s/o Sridhar & Nandini Rao of Walnut, CA graduated with an MBA majoring in Finance from the University of California in Irvine. He has chosen a career as Financial Analyst for a California Corporation."

ADITYA, s/o Jathin & Vidya Ullal of Saratoga, CA graduated with very high honors from Saratoga High School and will be attending UC Berkeley, CA this fall. He was

awarded National Merit Scholarship finalist, AP scholar of distinction, Scholar of Distinction of his school district, Bank of America achievement award for Psychology, President's Education Award. Aditya has won several community and public service awards for volunteer service. He served as commissioner of the city youth advisory commission and was elected chairman, receiving plaques and certificates for service and dedication to the city and for advising the city on matters relating to youth. He is a nationally ranked debater at the national championships in Philadelphia, PA and won several awards in the congress and extemporaneous speaking categories at speech and debate tournaments organized by the National Forensic League. As captain, he has coached and led his debate team to victory in the absence of a formal coach. Aditya worked as research assistant at Stanford Medical Center and has co-authored two research papers published by APA. Aditya was founder and vice-president of the Young Entrepreneur's Club at his school, after 4 years of volunteering at TIE, an entrepreneurial organization.

New Arrivals:

SAMEER, a baby boy to Divya & Nadum, born 8 lb. 10oz., 21 1/4 inches long on Feb 10th 2007. Maternal grandparents are Pandurang & Shilpa Bhakta of Glendale, NY.

NATANYA NETHRA, a baby girl to Ira & Rupa Domnitz of Sugar Land, TX, on August 13th 2007, sister to Rivan. Visiting her are proud maternal grandparents, Srimathi (Kusumalatha) & K.Narayana Rao of Chennai, India.

Brahmopadesham:

Ganapathi & Suvarchala Kamath of North Brunswick, NJ celebrated the sacred thread ceremony of their son, **Chi. AKSHAY** (grand son of Padmavathi & late Govindaraya Kamath of North Brunswick, NJ and grand son of K. Sadanand & Bharathi Nayak of Hyderabad) on Wednesday the July 4th 2007 at 11 -07 a.m., (Simha Lagnam) at Mahamaya Mahaganapathi Temple at Shirali, Uttara Karnataka, India.

Pradeep & Geetha Bhandarkar of Bloomfield Hills, MI celebrated the sacred thread ceremony of their son, **Chi. KARTHIK** on July 5th 2007 at Sanghaniketana in Mangalore at 10:30 AM (Mithuna Lagnam).

Engagement:

Chi. VINOD, s/o Pushpa & Late Diwakar Shenoy of Houston, TX engaged to **Kum. SUBHIKSHA**, d/o Shivaram & Geetha Pai, Coimbatore. A December 26th 2007 wedding in December is planned.

Newly Weds:

Sow. SHILPA, d/o Vilas & Sneha Prabhu of Millersville, PA married to **Chi. ANIL**, s/o Balachandra & Vijaya Pai of Cherry Hill, NJ on Saturday August 11th at Lancaster Host Resort in Lancaster, PA followed by reception.

Sow. REENA, d/o Ravindra & Vidya Nayak of Flanders, NJ married to **Chi. AVINASH**, s/o B. K. & Pranitha Bhasker on Saturday August 25th 2007 at Teaneck Marriott at Glen Pointe in Teaneck, NJ at 11:30 AM followed by reception.

Sow. VAISHALI, d/o Suman & late Dr. Prabhaker Nayak of Wanaque, NJ married to **Chi. JACOB**, s/o Mr & Mrs Dean Benner on Sunday September 2nd 2007 at 4:30 in the afternoon at the Crystal Springs Country Club in Hamburg, NJ.

Wedding Reception:

Narasimha & Aruna Shenoy of Malvern, PA celebrated the wedding of their daughter, **Sow. PRIYA**, with **Chi. ALEXANDER JR.**, s/o Alexander & Thankamma Madampil on Saturday July 28th 2007 at 6:00 PM at St. Sophia Greek Orthodox Church in Jeffersonville, PA.

Relocation:

The **BALIGA** family, B. VITTALDAS & PUSHPA, together with their sons, Vivek & Pradeep, have relocated to 21 Walden Place Ct., Elgin, SC 29045-8208. The new telephone is (803)-788-4369 and email ID: vitaliga@yahoo.com

The **NAYAK** family, Narayan & Saguna, have relocated from Bradford, PA to 15964 NE 95th Way, Redmond, WA 98052.

The **KAMATH** family, Krishna & Savitri, have moved from Scottsdale, AZ to Clinton, MS and their new address is 217 Kirkwood Drive, Clinton, MS 39056. The new telephone is (601)-924-2812 and email ID: kkamath217@comcast.net

The **BHAT** family, the newlyweds, Vinodh & Kalpana, have relocated within NYC to 635 West 42nd Street, Apt 36K, New York, NY 10036. The telephones are Vinodh cell: (917)-880-1820 and Kalpana cell: (917)-648-2068.

GURUDAS M. PAI has relocated from Palm Beach Gardens, FL to 16612 Bayberry Road, Tustin, CA 92782.

The **HEGDE** family, Uday & Kavitha, with their kids, Anya & Amit, relocated from Westford, MA to 17, Marian Road, Acton, MA 01720-2121. The new telephone is (978)-392-8771 and email ID: uday_m_hegde@yahoo.com

The **KAMAT** family, Ulhas & Champa, have relocated from Germantown, MD to 102 Falls Grove Boulevard, Suite 1209, Rockville, MD 20850. The email ID: ulhaskamat@hotmail.com

Email Changes:

The email address of Golikeri family, Sudhir & Ranjana, of Houston, TX has changed from sgolikeri@houston.rr.com to sgolikeri@comcast.net effective immediately.

Obituary:

SADANAND BENEGAL (75) of Scarborough, Ont. Canada passed away peacefully on May 11th 2007. *Khabbar* sends heartfelt condolences to his wife, Mukta and sons Kiran & Suraj. Sadanand was a mechanical Engineer by profession and a very talented artist in sculpting. Back home in India he worked for Border Roads in NEFA,

India. He came to Canada with his wife Mukta in 1970 and changed his career to make scale models. After his retirement, he started sculpting using special foam. In 1980, he made two large heads of Tutan KHAMUN that were exhibited at the Art Gallery of Ontario.

Sadanand Benegal's contributions to our community are remarkable. He was past president of Konkani Association of Ontario (KAO) and also a member of the Advisory

Committee. Sadanand left a permanent mark in the 2006 Konkani Sammelan with the exhibition of: a large map of India at the entrance, three dimensional banners, over hundred center pieces and the display of his extraordinary sculptures.

VITTAL ACHARYA (78), s/o late Bala Acharya of Udupi passed away with sudden heart attack. After retiring from Air India as a Navigator, he had settled down with his wife

Sunita and three children Geetha, Preethie and Ajit in Iowa. *Khabbar* sends heartfelt condolences to his wife, Sunita Acharya & family of Windsor Hts., IA, his three sisters Vanamala Kamath & family of Vancouver, BC, Sheela Shenoy & family of Calagary, ALB, Vijaya Shenoy & family of West New York, NJ and his younger brother Janardhan Acharya & family of Vancouver, BC.

KONKANI HAPPENINGS

The Michigan Konkani Association (MKA) held their annual Ugadi function on March 17th 2007 at Southfield Civic Center, Southfield, MI

The American Midwest Konkani Association (AMKA) celebrated their annual Yugadi at the Balaji Temple in Aurora on Saturday, April 14th, 2007 between 3:00 pm and 9:00 pm.

The Konkani Association of Ontario (KAO) held their Satyanarayan puja was on May 12th 2007 at Vaishno Devi Mandir, Oakville. At the function, Saukur Dinkar Bhatmam and his wife were honored with a Shawl and a Sari, respectively. Members of KAO observed a one minute silence in the memory of **Sadanand Benegal** and prayed for his soul to rest in peace.

Konkani Sabha Picnic Hoon Khabbar:

Thank you all for coming to the Konkani Sabha Picnic at Mercer County Park in New Jersey on Saturday, June 2nd 2007 from 10 AM to sunset. It was great weather, perfect for the picnic. The early birds treated themselves to a sumptuous breakfast dished out by the organizing committee families comprising of Idli Chutney and Upma.

We wish to thank **Rajesh and Radhika Mallya** for their \$50.00 contribution towards gifts and prizes. Thank you for all binging authentic Konkani dishes. Special thanks to goes to Reshmi Nayak for Fruit Salad, which we looked forward to since Diwali program, Meera Pai for unique Nendrabale Plantain Rolls, and Tara Prabhu for Ghara (Jackfruit) Happolu. This is an inspiration for everyone to look for authentic Konkani special appetizer blitz for Diwali function – "Show off your culinary skills".

Children's competitions grabbed kids' attention and energy. The kids got busy playing in the play area while the adults were enjoying Volleyball and Cricket. There was plenty of 'Panchadik' to engage in and make new friends and acquaintances. Bingo game was enjoyed by kids and adults.

Everyone had a great time throughout and the wholehearted participation made the picnic a great success.

Thanks,

Ganapathi Kamath, President
Konkani Sabha

Houston Area Amchigale Samaj (HAAS) held their variety entertainment Extravaganza on 14th July 2007 at the Sugarland Community Center in Sugar Land, TX

The Konkani Association of Ontario (KAO) held their annual picnic on Sunday, July 22nd at Jack Darling Memorial Park, in Mississauga, Ont.

The Michigan Konkani Association (MKA) held their annual Summer Picnic on August 5th 2007 at Marshbank Park, West Bloomfield, MI.

The Konkani Association of Southern California (KASC) summer picnic held this year on August 11th at the Mission Bay Park, San Diego, CA was a well attended with about 88 members attending. Choosing a venue outside L.A. was in wake of the committee's idea of having local picnics to encourage participants from areas outside L.A.

For those who have missed this splendid event, it was a perfect sunny day at the Bay. The event started with a welcome speech from KASC President Dr. Ramdas Pai followed by a one to one introduction from all the attendees. It was a great opportunity to meet some new Amchigeles from San Diego. With special snacks like Tamales, Samosas for starters and delicious lunch catered by Bombay Coast Restaurant of San Diego, the day was bubbling with zeal and enthusiasm of all attendees. There were games like beach volleyball in the morning to a fun filled Antakshari (men vs. women) making it a day to remember.

We thank all committee members and volunteers for working hard to make this event a grand success and every member that attended this fun event. Special appreciation for the tireless efforts put in by Mohan & Vasanthi Shenoy and for reserving this wonderful location with excellent facilities. Special mention about the initiative from our President Ramdas Pai & Sudha Pai for coming early at

4 am and helping to set up the place. Special thanks to Arvind & Beena Shenoy for a great catering arrangement and personal menu selection. With this being a major success, we look forward to having many more such local picnic.

Konkani Association Of California (KAOCA) celebrated their annual picnic on Saturday August 25th 2007 at the Amador Valley Community Park in Pleasanton, CA.

Houston Area Amchigale Samaj (HAAS) held the *Krishna Janmastami* celebration on Saturday September 8th 2007 at the Sugarland Community Center in Sugar Land, TX at 6:00 PM.

Konkani Youth Convention - 2007

KYC Core Team 2007

The 2007 Konkani Youth Convention was a great success. All 110 attendees took advantage of their time in San Francisco and really got to know one another. We raised enough money to refund our NAKA seed money and already have groups thinking about hosting the 2009 Youth Convention. The Core Team is thankful to all our donors and supporters for all the kind words, guidance and support that were given since we started thinking of KYC 2007, and we look forward to working with everyone for the 2008 Sammelan!!

A quick recap of the weekend.

On Friday night we started off with some quick ice breakers and took the group to McCormick and Kuleto's Seafood Restaurant for some socializing, ice breakers and an excellent dinner overlooking the San Francisco Bay and Alcatraz.

On Saturday morning we had a great Community Service Seminar led by Meera Shenoy, Shilpa Nileshwar, Chaitra Shenoy and Sumeeth Bhat. They each described what drives them to give back to the community and motivated many of the attendees to see how they can participate as well. There is already talk of having multiple Konkani Community Service Days throughout North America!!

Following the Seminars we split into two groups and started a tour of San Francisco. We drove through some of the historic districts of San Francisco, stopped off at the Japanese Tea Garden and spent time taking in an amazing view of the city from Twin Peaks. Each of the tours ended at Crissy field which gave everyone a spectacular view of the Golden Gate Bridge and the San Francisco Bay Area.

After lunch we returned to the hotel to have our final seminar. The topic was "Who are we?" led by Vaman Kamath, Sumeeth Bhat and Suncheth Bhat. This amazing presentation highlighted the history of the Konkani Culture and was eye opening for many of the attendees, so much so that we are thinking of having a longer seminar in 2008 to cover more details. It also gave everyone an opportunity to share their stories and find out what being Konkani means to them.

We closed out Saturday with dinner at Gaylord Indian Restaurant. We feasted on some of the best Indian Food San Francisco has to offer. Special thanks to Mr Pundalik Kini for sponsoring our dinner that evening, everyone was amazed at the amount of food and the level of service the restaurant offered. Definitely a spot to stop at if you are ever in San Francisco. Following dinner we wrapped up the evening at Loft 11, a nightclub in the heart of San Francisco. Everyone danced, socialized and relaxed after an exhausting, but amazing weekend!!

The KYC ended with a seminar on Sunday to recap the weekend, discuss feedback and just give everyone an opportunity to speak their mind about what the weekend meant to them.

The Core Team was amazed at the level of excitement and participation the attendees this year came with, and we hope we keep building on that excitement and enthusiasm as we try to take Konkani Youth and the Konkani Community to the Next Level!!

KHABBAR FROM KULAR

By: - Vishwa Konkani Sardar BASTI VAMAN SHENOY

Konkani speaking Kudumbi brethren have commenced construction work of much needed Konkani Kudumbi in Yedapadavu near Gurpur, Mangalore.

Kasaragod Chinna, famous Theatre and Cinema artiste organized 'Thadi Gina Thom' - 25th Show at Mangalore enacted by School going Children from Kasaragod.

A Seminar on Konkani Teaching in Schools was organized by Konkani Sanskrathika Sangha at Shri Ganapathi High School was held Dr. Kasturi Mohan Pai, Secretary, Karnataka Konkani Linguistic Minority School Association, was co-ordinator.

Shri B. Yogish Baliga, Hindustani Classical Sangeeth Guru expired. He was Principal at Sarswathi Sangeeth Shala, Bantwal and Karkala. Hundreds of students were trained under his guidance in Hindustani Classical music and instruments.

8th Vishwa Saraswath Sammelan Anniversary was held on 9.6.2007 at Mangalore C.V. Nayak Hall, Padma Vishushan Rajarshi Dr. D. Veerendra Heggade, Dharmadhikari of Shri Kshetra Dharmastala was the Chief Guest. Saraswat Bhisma Shri K. K. Pai (President, Dr. T.M.A. Pai Foundation, Registrar, Academy of General Education, Manipal), Supreme Court Advocate and Income-tax Consultant Mr. S.V. Pikale, Mumbai, Dr. B. Madhav Bhandary, newly elected Chairman of Mangalore Urban Development Authority, were honoured. Dr. Heggade profusely lauded the services of Saraswats to the development of the Country and Karnataka State in particular.

80th birthday of Mr. S.V. Pikale was celebrated in Ravindra Kala Mantap, Prabhadevi at Mumbai on 20.06.2007. Shri K.K.Pai, Manipal and Vishwa Konkani Sardar Basti Vaman Shenoy were also felicitated.

Rajapur Saraswath Co-op. Bank, Mumbai honoured Shri K.K.Pai on its Silver Jubilee at Mumbai by Mr. Sadananda Nayak, C.M.D.

All India Konkani Parishad Foundation Day' was celebrated on 08.07.2007 at Manipal. Mr. K.K.Pai, Mr. M.V. Kamath, President, Prasar Bharathi, Dr. Tanaji Halarnkar, Basti Vaman Shenoy, Paul Moras J.B.Sequeira, J.B.Moraes were honoured.

'Konkani Doctors' Meet' was held at Mangalore on 29th June 2007 organised by Konkani Bhas Ani Samskriti Pratistan. Veteran Eye Surgeon Dr. C.R.Kamath presided. Mr. K. Gopalakrishna, Executive Director, Corporation Bank and Shri K.U.Shanbhag, Deputy GM, Syndicate Bank were the Chief Guests. C.D. presentation on World Konkani Centre Project was appreciated by the participants.

Shrimans B.P.Baliga, Vice President, Jet Airways, S.M.Rao, Abu Dhabi, S.V. Pikale, G.V.Masurkar, visited World Konkani Centre site.

Vishwa Konkani Parichay Kosh Committee President Basti Vaman Shenoy, Dr. Tanaji Halarnkar, Gokuldas Prabhu addressed Konkani writers, historians at Calicut, Ernakulam and there was spontaneous response to contribute entries on various matters to Parichay Kosh. Shri Muralidhar Govindraya Kamath family donated 3 acres of land to Bharatiya Vidya Bhavan at Shimoga. The Foundation Stone laid by H.E. T.N. Chaturvedi, Government of Karnataka on 12.07.2007. Basti Vaman Shenoy was present.

P. Dayananda Pai and P.Satish Pai Trust distributed 69 Merit Scholarships to G.S.B. Students of Mangalore, Udupi Districts worth Rs.3.00 lakhs. Mr. Dayananda Pai also announced two endowments of Rs.5.00 Crores each for (i) Education to Poor and Merit Students (ii) Old age pension and health problems.

Chaturmasya for Mathadhipathis: H.H. Shri Sudhindra Thirth Swamiji on 03.08.2007 at Shri Venkatramana and Shri Mahalasa Temple, Konchadi, Mangalore, Shri Vidyadhiraj Thirtha Swamiji of Parthagali Mutt at Venkatapura, Shirali on 03.08.2007, H. H. Shri Shivananda Saraswathi Swamiji, Kaivalya Mutt at Shri Venkatramana Swamy Temple on 28.07.2007, H.H. Shri Sadyojatha Shankarashram Swamiji, Shirali Chitrapur Mutt at Mallapur on 20.07.2007.

Konkani Language was included in the 8th Schedule of the Constitution on 20.08.1992 and declared as a National Language. The anniversary was celebrated at Mangalore by Konkani Bhasha Mandal Karnataka attended by Hon. Minister Shri B. Nagaraja Shetty and Karnataka Konkani Sahitya Academy attended by Hon. Minister Shri M.P. Prakash and Mr. N. Yogish Bhat, M.L.A., Konkani Sahitya Sangha, Kumta attended by Dr. Kasturi Mohan Pai, Expert Narendra Nayak and Venkatesh N. Baliga.

'Jai Konkani', Kundapura celebrated Konkani Manyata Divas by organizing 'State Level Konkani Manyatha Divas' at Kundapura. Hon. Minister Dr. V. S. Acharya, Shri K. K.Pai, Basti Vaman Shenoy, S.V. Pikale, Mumbai, Dr. H. Shantharam and Dr. Tanaji Halarnkar, Chief Editor, Vishwa Konkani Parichay Kosh attended the function.

‘Vishwa Konkani Parichay Kosh’ introductory Meetings were held at Kochi, Calicut (Kozhikode) and Mumbai attended by Basti Vaman Shenoy (President), Dr. Tanaji Halarnkar Chief Editor) and Shri K. Gokuldas Prabhu. Good number of Konkani writers, Historians, Botanical scientists, artists gathered.

The Secret Revolution of Lord Krishna The Historical Context of the Bhagavad Gita Chapter: 2 Orthodox Vedic Dharma evolves

By: - K. P. S. Kamath, M. D., Cape Girardeau, MO

Much of the information we have about these Indo-Aryans, their language, culture and religion comes to us from Rig-Veda, a collection of sacred hymns composed by their bards between 1500 and 1000 B. C. Three more Vedas, mostly related to sacrificial rites, were composed during the last centuries of this period. These Vedas or treasures of knowledge were orally transmitted by special class of priests through brilliant feats of memory from generation to generation. Vedas were considered as divinely revealed, and were known as Shruti, meaning that which was heard. The sacred Vedas became the foundation of the orthodox Vedic Dharma. The most important part of orthodox Vedic religion was sacrificial rites dedicated to various nature gods: Indra, Varuna, Yama, etc. (3:10-12; 3:15; 4:32). These increasingly elaborate Yajna were colloquially referred to as Karma or the Works (4:32). The original purposes of these sacrificial rites were to thank the Vedic gods or Devas, for their benevolence; to request them to fulfill their desire for wealth, children and victory in war, and to please them to bestow rains for their crops (3:10-14). The desire-driven Yajna came to be known as Kamyā Karma (18:2). The intention of the sacrificial rite was known as Sankalpa (6:2, 4). Whatever benefit, real or imaginary, one accrued from the sacrificial rites came to be known as Karma phala (2:47) or just Karma (3:4).

Evolution of the Varnashrama Dharma

Inevitably the Aryans, being a minority, gradually interbred with the conquered people of the Harappan civilization, though they despised and referred to them as Dasyu or Dasa, meaning slaves. Nevertheless, they attempted, as far as possible, to preserve the purity of their race by developing a system of Varna, or color-based class system. It was an apartheid-like system wherein the white-skinned people were considered superior to those with dark ones, even though the latter were generally much more civilized than the Aryans. To this day, all over India, light skin color is highly valued. White-skinned brides are highly sought after by Indian men and dark-skinned girls have hard time finding suitable boys. Most North Indians I know look down upon their darker skinned South Indian brethren. The skin-color consciousness of the contemporary Indian society runs rather deep into its ancient past.

As the intermingling with the local people continued unabated the population stratified itself into four Varna: Kshatriya (warrior and aristocratic class 18:43); Brahmana or Brahmin (priestly class 18:42); Vaishya (mercantile, agriculture and cattle-rearing class 18:44) and Sudra (labor class 18:44). Those who were too primitive or foreign to be assimilated into this class system were referred to as mlechhas or outcastes. The upper three classes were known as Dvija (1:7), meaning twice-born, even though the Bhagavad Gita refers to Vaishyas (9:32) as “inferior.” Over time the word Arya (Ayya in South India) became synonymous with noble or aristocratic class (2:2). This class system, originally based on one’s skin color came to be known to Aryans as Varnashrama Dharma (1:41). Later on Jati Dharma (1:43), the caste system based on one’s hereditary profession, became superimposed on Varna system and the original meaning of the term Varna was forgotten due to long passage of time. Vedas justified the Varnashrama Dharma on the bases of one’s Karma phala (comeuppance) from the actions of one’s past life and one of three inherent, Nature-born Qualities known as Gunas – Satvic, Rajasic, Tamasic- ascribed to his class (4:13). Even though the Bhagavad Gita seems to endorse the Jati and Varnashrama Dharma, as we will read later, its main goal, to teach people to cancel-out Karma phala (2:47; 18:49) and cross over the Gunas (2:45;14:19), strikes at the very root of the Varnashrama Dharma (18:66).

This relatively rigid system of class gave a semblance of stability and order to the newly evolving Indo-Aryan civilization. People of “inferior birth” (9:32) –Vaishyas, Sudras and women of all classes- were forbidden from listening to the chants of the Vedic hymns uttered by Brahmin priests. Intermixture (Varnasankara 1:41) of classes was frowned upon by the Varnashrama Dharma and hell was guaranteed for those responsible for it. Dreading the consequences of the impending war and its disastrous consequences to the society, prince Arjuna laments in the Bhagavad Gita:

“Why shouldn’t we refrain from committing the sin of destroying families? (1:39). With the destruction of families well-established family traditions perish; this would lead to lawlessness in the families (1:40). Women become corrupted, intermixture of Varna takes place (1:41). Ancient caste-bound duties (Jati Dharma) and family-bound duties (Kula Dharma) become ruined due to intermixture of Varnas (Varnasankara) created by the family destroyers (1:43). The families as well as those responsible for the destruction of families through intermixture of Varna would go to hell; for their ancestors would be deprived of water and rice cakes (1:42). We have heard it repeatedly that men whose family laws have been broken would be in hell indefinitely.”(1:44)

Orthodox Vedic Dharma or Brahmanism was essentially an elitist religion which rested on three pillars: sacrificial rites, Varnashrama Dharma and supremacy of Brahmins. The main goal of the Bhagavad Gita was to establish an egalitarian New Dharma that would downgrade sacrificial rites (3:17-18), stress equality of all classes (5:18-19) include people of all classes into its fold (9:26-34).

Kingdoms and Republics are established.

Gradually, the invading Aryan tribes spread in the south/southeasterly direction, settled down, became civilized, and formed various ancient kingdoms -Kuru, Panchala, Matsya, Chedi, Kashi, Kosala- and republics such as Shakyas, Koliyas, Mallas, and the like. Human nature being what it is, these kingdoms often fought amongst themselves for supremacy now that they had no natives left to

conquer. The great epic Mahabharata, often referred to as the fifth Veda, is about a great war that allegedly took place around 900 B. C. on the ancient battlefield of Kurukshetra (1:1) about one hundred miles north of New Delhi, India, in which all these tribal kingdoms fought on one side or the other. There is no material evidence to prove that the Mahabharata war was an actual historical event. It is very likely, however, that the core of the Mahabharata epic was based on an actual war that took place in the region of Kurukshetra toward the end of the Vedic period.

Sacrificial rites become important to the aristocratic class.

In the beginning of the Vedic period (1500 – 1000 B. C.) the Kshatriya (warrior) class held preeminence among the four social classes. The Kshatriya aristocratic class consisted of the king and his entourage consisting of his chief priest, ministers, general and nobles. To legitimize their rule and consecrate their power, prosperity, health and longevity the kings often performed various highly elaborate sacrificial rites by Adhikara (entitlement 2:47): Rajasooya, Vajapaeya, Ashvamaedha, etc. Their Adhikara was granted by various Vedic scriptures such as Brahmanas. Not everybody could perform any Yajna they liked. Priests trained in the art of Yajnas performed these increasingly complex and exacting rituals and were richly rewarded for their services. Inevitably such Yajnas created unnecessary jealousy (Asooya) and hatred (Krodha) among the intensely competitive kings of various tribes. In fact, the beginning of the Mahabharata war could be traced to the Rajasooya Yajna performed by Yudhistira, the eldest Pandava prince, to consecrate his ascendance to the throne of Indraprastha.

Nexus of Brahmins and Kshatriyas develops.

As people settled down and began to cultivate agricultural crops sacrificial rites to appease nature gods for rain (3:14) and protection from natural calamities became more important and widespread even among the less prosperous classes. Naturally Brahmins gained the upper hand by virtue of their monopoly over the Vedas and the increasingly complicated art of Vedic sacrifices. This gave the Brahmins the opportunity to declare their superiority over Kshatriyas in the hierarchy of the Aryan society as well as to become powerful and wealthy themselves. The Brahmin superiority over Kshatriyas was repeatedly drummed in by means of various oral as well as written texts composed by the former. Since they needed each other in this whole sacrificial farce there developed a quid pro quo –I scratch your back and you scratch mine- relationship between Kshatriyas and Brahmins. Brahmins performed various grandiose Vedic sacrifices for the benefit of vain Kshatriya nobles, invoking Vedic gods to reward them with power, land and wealth (2:43). In return Kshatriyas rewarded Brahmins with ample fees for performing the intricate sacrifices. Gradually Brahmins became the uppermost class in the hierarchy of Varnashrama Dharma. Throughout India's long history Brahmins did whatever they needed to do to maintain their supremacy over other classes. By and by the focus of the Yajna shifted from the Devas to satisfying the performers' own selfish desires (2:42-43).

(To be continued) pkamath001@gmail.com 6/30/07

Grilled Sea Bass with Fenugreek Chipotle Ketchup

By Hari Nayak, Jersey City, NJ. Co-author: "Modern Indian Cooking"

SERVES 6

2 tablespoons coconut Milk
1 tablespoon ginger, minced
1 tablespoon garlic, minced
1 teaspoon red pepper flakes
3 tablespoons malt vinegar
2 teaspoons ground cumin
¼ teaspoon clove powder

½ teaspoon cinnamon powder
1 teaspoon ground paprika
Salt to taste
1 tablespoon vegetable oil
2 pounds sea bass fillets, about 1-inch thick, cut into 2-inch pieces
Lemon wedges, for garnish

In a large bowl, mix together all the ingredients, except the fish and lemon wedges.

Add the fish and mix, making sure all the pieces are well-coated. Cover with plastic wrap and marinate in the refrigerator, at least for 4 hours.

Preheat the grill to medium-high (375°F) Baste the grill or grill pan with oil to prevent the fish from sticking to the grill.

Place the marinated pieces on the grill and cook, turning once or twice, until the fish pieces are opaque and just flaky inside and lightly charred on the outside, 5 to 7 minutes. Serve hot with lemon wedges and chipotle ketchup

Self Help for Perfect Health

By: - Dr. Neeta Pai

With this first article of Self Help for Perfect Good Health , I need to give the workings of the Basic Anatomy of the Human Body , which are fundamental to the understanding of the details which appear later on.

The cardinal rule is "Perfect Health in Humans is due to Working in Harmony of the Different Sub-Systems, which are a part of the Body."

I use the word Systems, as it simplifies to explain the workings of the Human Body with analogy to workings of a Computer or a Car, which today almost everybody has used and is familiar with their functioning.

Broadly the Systems in Humans can be classified & compared to Computers as ;

HUMANS	COMPUTERS
a) Physical System	The Hardware
b) Emotional System	The Database
c) Mental System	The Program
c) Spiritual System	The Operator (using the above Three to get desired Results)

Most of us will be familiar with the first three systems & let us refresh our understanding of the,

PHYSICAL SYSTEM:

This system is called by the Seers as " the TEMPLE of the SOUL" ; a simplified is given below;

Assume an Individual as a SOUL which has been given a Vehicle to go wherever IT prefers.

The Physical Body is akin to the Vehicle (A futuristic one - as it will be seen later) by which IT can go about as desired.

The Chassis & Body of the Vehicle can be compared to the Bony Skeleton & its covering by the Muscular system and the Skin .

Similarly Microprocessor Controls of the Vehicle, is comparable to the Brain.

The Electrical Wirings of the Vehicle , correspond to the Spinal Cord & the Nerves.

The Battery is comparable to the Heart & the circulatory system , which gives the Vital Spark to Run the Vehicle.

The fuel tank storing and supplying the fuel is the Gastrointestinal system.

The Carburettor or Air Intake is a mechanism akin to the Respiratory system .

Each cell in the Individual works as a Combustion Chamber where Fuel and Air are chemically reacted to Develop Energy required to run the various Sub-Systems.

The Exhaust System is the equivalent Excretory System where Unused Products & By-Products are Disposed Off out of the System.

Elaborating on the Sub-Systems of the Physical Systems of the Body ;

The **BONY SYSTEM** - Comprising of all Bones of the body which make the Moveable Majority of joints & some cases of Rigid joints . The bones of the skull protecting the brain. The vertebral column which protect the spinal cord. The pelvic bones which protect the reproductive system. The Ribcage which protects the lungs. It can be seen that the bony system is a framework which gives us a shape, a protection for other important organs & a functional system for movement of body.

The **MUSCULAR SYSTEM** - Comprises of all Muscles of body. They Act like the Prime Mover component (Wheels & Tyre Assmblly) of the Vehicle which helps us go forward or backward or any other Movement , by their action.

The **BRAIN (CENTRAL PROCESSOR) & NERVOUS SYSTEM (WIRING)** - The Brain Stores & Runs Programs which integrates data from the various Sub-Systems to give the required Actions and sends out Signals to various Sub-Systems using spinal cord & nerves , making the various Sub-Systems function coherently.

The **HEART (BATTERY) & CIRCULATORY SYSTEM** - Supplies the ignition (energy/fire) to all the cells for their optimal functioning.

The **GASTROINTESTINAL SYSTEM** - Where the fuel required by the body is taken in and sent to storage for use as & when required. This comprises of mouth, esophagus, stomach, intestines & various organs like liver, spleen, and pancreas.

The **RESPIRATORY SYSTEM (The AIR INTAKE & RADIATOR)** - Includes the Lungs, the Bronchi, the Trachea. This is the system which takes in Air which has Oxygen which is required for mixing with Fuel got from the Food to give us the Energy to perform various actions. The Respiratory System along with the Skin also works as the Radiator of a Vehicle i.e. it cools the body when it becomes hot & also acts as an exhaust to throw out certain by-products.

THE EXCRETORY SYSTEM (EXHAUST) - Here the used up Fuel By-products are thrown out. It comprises of Kidneys, Ureters , Bladder, Urethra along with the Skin and also Respiratory System.

THE INPUTS (KEYS / BUTTONS & SENSORS) - The 5 senses - touch, smell, vision, taste, hearing. Here a Very Important Point to Note is, that just like in a computer , if the correct keys or Data is not given or a mistake is made while entering, the correct processing does not take place; A similar case happens with information taken up by the Brain with these five senses.

We now come to the aspect of Nourishment & Functioning of this whole System as an integrated unit , which brings us to Medical Science of NUTRITION / DIET & YOGA ,calling it as " Nourishment " is that which gives one perfect ingredients for all-round growth. All the systems comprising physical body require specific ingredients for their maintenance & working which come from food that we eat & air that we breathe.

FOOD & EATING - The act of eating as per yogis is a 'Sacred Act' - the importance here given to eating is to Get a Full Focus on all the Senses (Inputs) used in the act. Yoga says that its not what a man eats ,but it is the amount that he assimilates that nourishes him.

HUNGER v/s APPETITE - Civilization & its effects have made Hunger & Appetite as one & the same thing , which however is not correct, as can seen from this following example;

We know the sensation of good natural thirst calls for drinking some cool water to quench it.

However now we hear people say they are Thirsty for a Cola , Soda or for other Drinks. From this it is clear that the nature of Thirst has been Perverted.

Similarly Appetite is Perverted Taste (Pressing of wrong keys or entering wrong data) .

Appetite is an Acquired Habit of Eating or Drinking things which appeal to our Taste & has little to do with Real Hunger or Thirst ; we continue to speak of and think of every craving for something to pop into the mouth as hunger , while many of these cravings are as much as a symptom of Appetite, as is the craving or desire for Alcohol or Narcotics.

Natural Hunger like Natural Thirst is expressed through region of mouth - via the key for taste. When one is Truly Hungry the mere mention , of any food causes a peculiar sensation in mouth, the throat & the salivary glands start secreting saliva.

The important fact is in True Hunger , Stomach Does Not give symptoms of faintness, emptiness a goneness feeling in region of stomach which are Actually a cause of Appetite - a Habit.

In Hunger a person enjoys every food given to him even a dry slice of bread because the body gets its nourishment . In Perverted Hunger it is the mind that gets its satisfaction - Appetite.

The process of eating starts from the mouth. It is important that the right method for extraction maximum nourishment from the food be adopted. One particular medical authority on food, Mr. Horace Fletcher says mastication is an extremely important process for getting optimum nourishment from food.

In the natural state man enjoys mastication as do animals who chew their food with great relish & children who keep their food in the mouth & rolling it from side to side.

When eating is done due to real hunger one holds the food in the mouth, chewing it well, enjoying the taste of every morsel, instead of bolting it down the throat as soon as it enters the mouth.

Modern science now understands why the yogis gave importance to eating as a sacred science. First the salivary glands secrete ptyalin an important substance to digest one of the components of the food we eat, called carbohydrates , plus the mere complete focus on the act of eating activates the correct sensory keys of taste perfectly , so that the required data goes in and starts the whole process of what we call optimal digestion.

A SIMPLE MEDITATION

Just for Today , as you sit to eat , FOCUS on the Food. As the first morsel enters your mouth just express your gratitude in your heart to the universe for giving you this nourishment. Just savour the morsel and experience the satisfaction as it goes to your stomach.

The mere awareness of this process which may just take 1 minute of your time will start the process of perfect digestion.

Dr. Neeta G. Pai , MIAP, is a Certified Practicing Physiotherapist with an experience of over 25 years , & presently attached to Elizabeth Hospital , Mumbai . Over the past few years she has promoted an Holistic Therapy initiative called " TRANSFORM " , for Preventive Therapeutics , using Alternative Therapies like Nutrition ,Naturopathy , Yoga , Acupuncture / Acupressure , Homeopathy / Bach Flower remedies , Auto-Suggestion / Hypnotherapy ,Somatic Therapy for Trauma.

KONKANI CALENDER

October 2007	November 2007	December 2007
10 th Mahalaya Amavasye	3 rd Konkani Sabha Diwali	9 th Amavasya (Dark Moon)
11 th Navarathri - Beginning	8 th Naraka Chaturdashi	15 th Skanda Shashti
16 th Lalitha Panchami Sharada Pooja	9 th Deepawali	15 th Dhanu – Sankranthi
17 th Tula - Sankranthi	16 th Vrishk - Sankranthi	20 th Vaikuntha Yekadashi
19 th Durgastami	17 th MKA – Diwali Gala	21 st Mukkoti Dwadashi
20 th Ayudha Pooja	20 th Karthika Yekadashi	23 rd Poornami
20 th KASC Diwali	21 st Uthana Dwadashi	26 th Sankashta Chaturthi
21 st Vijaya Dashami	23 rd Vaikuntha Chaturdashi	
22 nd Yekadashi	24 th Karthika Poornami	
25 th Poornami	27 th Angaraka Chaturthi	
28 th Sankashta Chaturthi		

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

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, \$
Vasant & Veena Kamath, Rehoboth, MA	115.00
Praveen & Prema Prabhu, Greensboro, NC	60.00
Pankaj & Asha Dhume, Pune, India	50.00
Ratnakar & Jayanthi Pai, Farmington Hills, MI	51.00

STATEMENT OF ACCOUNTS

Description	Credit, \$	Debit, \$
Balance Carried over since Khabbar Vol. XXX No. 2	3,577.00	
Money Received:		
Subscriptions (41) and donations	940.00	
Advertisements (1)	45.00	
Interest	5.00	
Sub Total:	990.00	
Money Spent (Khabbar Vol. XXX No. 2):		
Printing- Khabbar (425) - 20 pages		386.99
First Class Mail-Khabbar (387)		224.46
Canada Khabbar (15)		15.00
Overseas (20)		60.00
Mail Fines, computer paper & labels, envelopes, service fees, etc.		413.55
Sub Total:		1,100.00
Final Balance:	3,467.00	

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

KWIZ

The last quarter's quiz: How many new words can you make out of any and/or all the seven days of the week?

The Answer: Monday is the only day of the week that has an anagram - **Dynamo**.

The following gave the correct solution: **Praveen Kamath, Centreville, VA**

This Quarter's Quiz

By

"Vasanthmaam"

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 **Moreover, if you get correct solution for 4 consecutive quizzes, you will get FREE subscription to Khabbar Newsletter for a year!**

The ten children at Ram's party were given a bag containing 60 laddus. They shared them out so each girl got seven laddus and each boy got five, except for the birthday boy, Ram, who took two extra laddus. How many girls did Ram invite to his party?

KS-2008 Update:



Konkani Sammelan 2008

July 3rd- July 5th Santa Clara, California

Update on Konkani Sammelan 2008 Activities

Registration is NOW open for Konkani Sammelan 2008.

We are ready for registration. Are you? Delegates to KS 2008 can register to this mega event thru ONLINE (www.konkanisammelan.org) or the old fashioned way by mail-in of registration form. The registration form is available for download from the website. The preferred method is by Mail-in registration to avoid pay the ever increasing PayPal commissions.

Due to site & capacity restrictions, we may be compelled to put a ceiling on maximum number of attendees allowed to this event. To avoid disappointment, we encourage you to register as early as possible. While you are registering for this event, please ensure you book your stay at the Santa Clara Hyatt, the preferred choice Hotel for Sammelan. Hotel registration is done using this link <http://santaclara.hyatt.com/hyatt/hotels/group-booking.jsp?requestid=347988>. Only 400 rooms are available. Rooms with good view are limited & a limited number of rooms at discounted rates are blocked at this hotel. Don't miss out on this opportunity.

"Souvenir: The Souvenir committee is waiting eagerly for your articles, poems, artwork, and photographs for publication in the Souvenir. Send us your thoughts on Konkani heritage, history, religion, spirituality, cuisine, or tried-and-trusted health remedies. No matter what the subject, if it has any relevance to "Konkani-ness", we want to hear it! Please visit the Sammelan website for complete details, and email your contributions to: konkvenir08@gmail.com. **The last date for submitting Souvenir Contributions is January 8, 2008.**

To advertise in the Souvenir, please contact Arun Kamat at souvenirads@gmail.com. Guidelines for Advertisements will be found in the Sammelan website. **Advertisements for the Souvenir should reach Arun by January 8, 2008.**

An Essay contest also has been planned. Send us an essay, poem, play or short story which demonstrates the theme of the Konkani Sammelan 2008: "Awaken the KONKANI in You". Two winning entries will be selected from contributions in each of three age groups: up to 12 years, 13 to 19 years, and 20 years or more. Please visit the Sammelan website for details, and send your entries to awakenthekonkanicontest@gmail.com. **The last date for submitting Essay Contest Entries is January 1, 2008."**

Devu Baren Karo

Nominations for Distinguished Awards of Excellence for the next Sammelan (KS-2008):

Do you have friends or relatives that have outstanding achievements? Here is your opportunity to get them recognition at the **Konkani Sannelan 2008**. The Sannelan plans to honor distinguished Konkani from North America for their achievements. Please take a few minutes to nominate deserving candidates. The Awards Committee is soliciting nominations of candidates in the following six categories:

1. **Arts** – for demonstrated excellence in the performing, visual, or liberal arts.
2. **Science/Research** – for achievements in the fields of biological, physical, mathematical or medical sciences.
3. **Technology** – for contributions to engineering and technology in engineering, computer science or other technical fields.
4. **Entrepreneurship/ Professional Achievement** – for having demonstrated leadership, business acumen and management skills in their chosen fields.
5. **Education/Public Service** – for outstanding teaching or administrative skills in Education, having held public office or performed social/ spiritual work.
6. **Outstanding Youth** – for distinguished academic and extracurricular achievements.

Nominations (including the award category and a description of the candidate's achievements) should be addressed to: KS 2008 Awards Committee at : bshiralkar@gmail.com (preferable) or mailed to c/o Bharat Shiralkar, 1127 Quail Ridge Ct., San Jose, CA 95120.

NAKA, the North American Konkani Association

The NAKA Board now consists of:

Vasanth Bhat, Damodar Baliga and Nina Padukone (Founding members), Ramesh Kamath & Bharat Shiralkar, Vasant Acharya & Sandhya Kamath, Suren Kamath, Sudhir Golikeri & Suresh Shenoy, Ramadas Kamath, Ashok Bhatt & Sadanand Mankikar. Seema Kamath, Ranjit Shiralkar & Sheila Shenoy (Youth).

This quarter, the KonCANi Sannelan – 2006 surplus was deposited to NAKA account. The Board has been busy developing fund raising strategy for **KS-2008** and other ways to help preserve our culture here in North America. Also, this quarter, The NAKA Board reviewed how the Board can be a viable force in the community. The tentative draft of the plan included the following:

1. Revise the Constitution as recommended by Dr. Vasudev Nayak
2. Develop a website for NAKA
3. NAKA be a depository of Konkani artifacts in North America
4. NAKA be a conduit to charities (Konkani or others) in India or here
5. NAKA to encourage one religious activity in North America.
6. NAKA be a support group – seniors, grievance, etc.
7. NAKA be a perpetual fund raiser for Sannelans
8. NAKA to assist in establishing the site for future Sannelans

If any North American Konkani have any constructive suggestions, please, contact any of the NAKA Board Members or send them to NAKA, 2465 Bergen Avenue, Brooklyn, NY 11234. Phone: (718)-251-4795 and Email: naka1@indiatimes.com

NAKA - Statement Of Accounts

Date	Description	Credit, \$	Debit, \$
3/5/2007	Balance from last report	54,733.09	
5/31/07	Interest	356.40	
6/25/07	Surplus KonCANi Sannelan - 2006	13,542.69	
8/31/07	Interest	382.66	
9/10/07	NAKA Sponsorship of Award for KS-2008		1,000.00
	Final Balance:	68,014.84	

Signed: Damodar Baliga
Treasurer, NAKA

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~~~~~

**For information on Author Events in New Jersey & other areas, visit  
Shobhan's website  
[www.shobhanbantwal.com](http://www.shobhanbantwal.com)**

### Upcoming Konkani Events

**SHANKAR SHANBHOGUE**, a veteran musician is touring the US on his own. (He was an invited guest artist for KS-2004 but, could not come to US due to visa problem). Local Konkani associations or families can arrange to host a program of his. He will be in New Jersey from September 4<sup>th</sup> and stay there till October 8<sup>th</sup>. His visa is good till October 15<sup>th</sup> but, he is planning to fly back to India on 8<sup>th</sup> of October from Newark.

Contact: [shankarshanbhogue@yahoo.co.in](mailto:shankarshanbhogue@yahoo.co.in) or call (248) 449 8181 for further details

### Konkani Sabha 2007 Diwali Function

Date: Saturday, November 3rd, 2007.

Time: Registration counters open at 3 PM sharp

Entertainment events start at 3 PM sharp.

Note: We have strict time constraints with the hall, and need to vacate by 8 PM.

We will be starting the events at 3 PM sharp to meet this time constraint.

Location: Shri Venkateshwara Temple Community Center, 780 Old Farm Road, Bridgewater, NJ 08807 Tel: (908) 725-4477

Cost: Registration and Payment by October 5th - \$15 (12 years and older) and \$8 (ages 6 to 12)

Registration after Oct 5th and at the door - \$17 (12 years and older) and \$10 (ages 6 to 12)

Activities: Variety Entertainment, Socialization, Appetizer and Dinner

**Konkani Cuisine:** This is voluntary. You can bring authentic Konkani Appetizers and sweets to Konkani Sabha 2007 Diwali Function. This is an opportunity to **show off your culinary skills**.

Anyone interested in receiving the Konkani Sabha flyers, please contact the office bearers, or, email your contact information including email addresses to [KonkaniSabha@gmail.com](mailto:KonkaniSabha@gmail.com)

Visit our website at [WWW.KonkaniSabha.org](http://WWW.KonkaniSabha.org) for further details and updates on our activities. Anyone interested volunteering to organize the events and activities, and/or in performing at the Diwali function please contact the office bearers.

| Title          | Name             | Phone Number   | Email                       |
|----------------|------------------|----------------|-----------------------------|
| President      | Ganapathi Kamath | (732) 422-0175 | gkamathcpa@yahoo.com        |
| Vice President | Gurudatt Kamath  | (732) 274-9542 | gurudatt_kamath@hotmail.com |
| Treasurer      | Rajesh Nayak     | (973) 779-3119 | rajesh_nayak@yahoo.com      |
| Secretary      | Ganesh Kudva     | (908) 251-5162 | ganeshmkudva@yahoo.com      |

### KONKANI APPEALS

VISHWA KONKANI LIBRARY  
J.B MOREAS MUMBAI  
(Member Vishwa Konkani Sahitya Akademi)

One of the several wings of Vishwa Konkani Kendra is the Vishwa Konkani Library. This will be a treasury for Konkani books in all scripts. At present they are scattered from Maharashtra in the North to Kerala in the South. The books written in the last two centuries and earlier or manuscripts preserved on palm leaves will be added to the library in the near future. The process has already begun.

It is no secret that almost all our books see only the first edition. If an ardent book lover wants to read a particular book published, say, 10 years earlier, he will find it hard to locate the book anywhere. If he is lucky, he might find it with some book lover friend. In the circumstances, researchers, students, historians and Konkani lovers will find it difficult to pursue their interests.

Keeping all this in mind, the Vishwa Konkani Library has decided to approach book lovers to donate books in any script, to the Library. As I said earlier, nearly all of our books see only one edition. Therefore, the only way to collect old books is to fall back on private collections. Fortunately there are many book lovers, particularly in Goa and Mangalore who have built up their personal collections of books over a period of time. As I explained above, several of these worthies, will gladly and willingly part with their precious books if they are taken good care and made good use of them, particularly as many of them will be in their beloved collection after their demise. The Vishwa Konkani Library, I am sure, will sort out and preserve these books which will be of perpetual help to those who seek them.

Therefore owners of such personal collections, who want to donate their books to the Vishwa Konkani Library, will benefit if they approach the Vishwa Konkani Kendra to do the needful at their earliest. The Kendra will take necessary action to categorise and preserve the books and protect them from natural causes.

The Vishwa Konkani Kendra seeks donation of books from personal book collectors. Their names will be written on the books and a donors' list would be displayed in the Library.

The Vishwa Konkani Kendra and the Vishwa Konkani Sahitya Akademi is on the job of preparing exhaustive Bibliography of Konkani books in all the major scripts published in the last two centuries.

The Vishwa Konkani Kendra also seeks donation of literary works on palm leaves which are scattered all over the Konkani area. We also appeal to book lovers to help us in compiling the list of books publisherwise. We will also use the earlier Bibliographies published in Karnataka and Goa. In other words, all help to start Vishwa Konkani Library is most welcome.

In this regard, you may correspond with:

President: Vishwa Konkani Kendra, Navaratna Palace, K.S.Rao Road, Mangalore-575001; Ph: (0824) 2429355

E-mail: [bvs\\_193@hotmail.com](mailto:bvs_193@hotmail.com)

Do you care about having a say in what you buy? What our government does in your name? What your children are shown on television, hear on the radio, and can do on the Internet?

I have never sent a chain letter before. But as someone who cares passionately about journalism, I am sending you this email in hopes that you will pass it on to your friends and family members and become more aware of the political peril we all face if our press withers any further under the onslaught of relentless corporate raiders and ideologues.

An informed voting citizenry is at the heart of a vital democracy, and we are tilting toward the complete loss of the seed corn that provides most of us (including talk radio, Google News and Jon Stewart) with critical information - a robust, independent press.

While imperfect as all human endeavors are, the press was considered so fundamental to democracy that it was the only private enterprise given special Constitutional protection under the First Amendment.

Please follow the links below to the first installment of The Seattle Times' series on "The Democracy Papers." Talk about it with those you care about. Call or write your elected Congressional representative and demand media reform now. Please don't be silent on this: It's too important to the future of our open, free society.

Yours truly,  
Sanjay Bhatt

[sbhatt33@yahoo.com](mailto:sbhatt33@yahoo.com)

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## **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 Konkanis in North America and India. Send generous contributions to: Three river Area Konkani Association 111 Volpe Dr., MONROEVILLE, PA 15146

## **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](mailto:skamath@aol.com)

## **MATRIMONIAL DIRECTORY**

Mr. Basti Ganapathi Shenoy of Las Vegas, NV is maintaining a list of Konkani youth that are eligible for matrimony. Interested boys and girls can send in their information to:

**Mr. Basti Ganapathi Shenoy**

**8017 Celebreeze Crt., LAS VEGAS, NV 89145**

Phone: (702)-341-6706; Email: [bastishenoy@gmail.com](mailto:bastishenoy@gmail.com)

**Please call during weekends only from 10:00 AM to 10:00PM (PST)**

## **A P P E A L**

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) <http://www.soirika.com>

## **MATRIMONIAL ASSISTANCE**

As a service to Konkani community, Sri. B. Srinivas Kamath will offer free matrimonial assistance. Contact:

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Dr. (Miss) P. Gowri Pai, Anandshram Seva Trust @, Darbe P. O. 574 202, Puttur, D. K., Karnataka, INDIA Email:  
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