

**Regional Indian American Community Center (RIACC)
Hall of Worship and Amy Community Center**

Non Profit, Tax Exempt Organization (501(c3))
PO Box 411, Kingsport, TN-37662

Tel No: (423) 349-6515 • Email: how@riacc.us • Website: <http://www.riacc.us>

Quarterly Newsletter [October-December 2005]

Board of Trustees

Dr. Ashok Mehta
(Chairman)
423-854-8997

Dr. Puneet Goenka
(Secretary-Treasurer)
423-928-2894

Dr. Jayant Mehta
423-282-3031

Dr. Pramod Shah
423-854-9943

Mr. Ashok Gala
423-288-8501

Dr. Avtar Dhaliwal
423-282-0082

Dr Manoj Srinath (1/1/06)
423-288-5869

Anil Agrawal (1/1/06)
423-929-2210

Executive Committee

Dr. Manoj Srinath (President)

Dr. Girish Hoskere
(Vice President)

Mrs. Bharati Solanki
(Treasurer)

Mrs. Poorvi Tiku &
Mrs. Rushmie Bakshi
(Secretary)

**Hall of Worship
Committee**

Mr. Ashok Gala (Chairman)

Dr. Manoj Srinath

Dr. Puneet Goenka

Dr. Rekha Kumar

Mrs. Rama Sharma

Regular HOW Hours:
Sun 11am-1pm
(Aarti 12:30pm)
Wed 6:30pm-8pm
(Aarti 7:30pm)

Closed on Wednesday before
Thanksgiving

Dear Members and Friends,

Happy New Year and Congratulations to all members for a very productive year. In 2005 we had the highest number of paid members. I encourage everyone in the area to join the RIACC family. A membership form is included on the last page of this newsletter.

We had many great programs this year: Anniversary Celebration, Holi, Picnic, Janmashthami, Annakoot/Diwali, Ganesh Chaturthi, Garba and so on. My thanks to the Executive Committee and Hall of Worship Committee for their hard work. They have already planned many activities with dates for 2006, visit our website for details.

We have completed fund raising for a priest. A committee under Dr Jay Mehta is actively searching for a priest. We are working to complete an entrance from the road to our parking lot in the near future. Our board is actively planning for the priest quarter and dining hall expansion. We welcome Anil Agrawal and Dr. Manoj Srinath as our new board members.

Dr Piyush and Dharmi Joshi, Dr Pani and Aruna Panini and Mr Haribhai and Rekha Puranik have relocated. We appreciate their many contributions over the years. We wish them the best. God Bless all of us.

Yours

Ashok Mehta

Chairman, RIACC

January 8th, 2006 Special Program

The priest sub-committee has identified Sri Bhanuprasad from Willmington, Delaware as a potential candidate for a priest. He will be conducting a Ganesh Pooja on Sunday January 8, 2006 at 3pm. We will interview him and encourage all members of this community to attend the pooja and participate in the priest selection process for HOW.

Mathematics Coaching

Vishwa Sakhare will be offering Math classes at HOW. Anyone interested please contact him at 423-929-2616.

Bal Vihar

Bal Vihar is conducted every Sunday at HOW at 11:15am. Contact Raji Suresh for details - 423-245-7658

Dance Classes

Nilu Patel conducts Bharatnatyam classes for young girls every Sunday at 11:15am. Contact her for more details - 423-636-1718

If you have moved and/or changed your email address, please send an email to how@riacc.us with the updated information!

Programs for 2006

Date	Time	Special Event
Sun Jan 01	11:00am	Ganesha Pooja—off to a good start for 2006!
Sun Jan 08	3:00pm	Priest from Delaware to perform Ganesh Pooja
Sat Jan 14	6:30pm	Makar Sakranti, Sunderkand Path – sponsored by Rama Gupta
Sun Jan 15	11:00am	Satyanarayan Katha, Pongal – sponsored by Suman Sahni
Sun Jan 29	11:00am	Indian Republic Day celebration – pot-luck lunch
Sun Feb 12	11:00am	Poornima, Satyanarayan Katha
Sun Feb 26	11:00am	Maha Shivratri – pot-luck lunch
Fri Mar 17	6:30pm	Satyanarayan Katha, Holi Celebration
Sun Apr 02	11:00am	Ugadi Celebration – sponsored by Giri Hoskere
Sun Apr 09	11:00am	Ram Navmi Celebration, Sunderkand Path
Wed Apr 12	6:30pm	Poornima, Satyanarayan Katha, Hanuman Jayanti
Sat May 06	TBD	HOW Anniversary Celebration
Sun May 07	TBD	HOW Anniversary Celebration
Sun May 14	11:00am	Poornima, Satyanarayan Katha, Mother's Day
Jun	TBD	RIACC Picnic
Sun Jun 11	11:00am	Poornima, Satyanarayan Katha,
Sun Jun 18	11:00am	Sunderkand Path, Father's Day
Wed Jul 12	6:30pm	Guru Poornima, Satyanarayan Katha
Fri Aug 04	TBD	VarLaxmi Pooja
Sun Aug 09	6:30pm	Poornima, Satyanarayan Katha
Sun Aug 13	11:00am	Indian Independence Day celebrations
Fri Aug 18	6:30pm - 12am	Shri Krishna Jayanti Celebrations – sponsored by Rama Sharma
Sun Aug 27	11:00am	Ganesh Chaturthi – sponsored by Rekha and G S Kumar
Wed Sep 06	6:30pm	Poornima, Satyanarayan Katha
Wed Sep 27	6:30pm	Garba Raas
Sat Sep 30	TBD	Durga Ashtami
Sun Oct 01	11:00am	Durga Navmi, Bhajan
Mon Oct 02	TBD	Vijaya Dashmi, Dashara
Sun Oct 08	11:00am	Sharad Poornima, Satyanarayan Katha
Tue Oct 10	5:00pm	Karva Chauth Pooja
Sat Oct 12	TBD	Diwali Laxmi Pooja, Prasad only
Sun Oct 13	11:00am	Annakoot Celebration
Sun Nov 05	11:00am	Poornima, Satyanarayan Katha
Wed Dec 06	6:30pm	Poornima, Satyanarayan Katha

Following are the standard Sunday Programs each month, unless a special program is scheduled for the same day:

- 1st Sunday—Japji Sahib / Kirtan
- 2nd Sunday- Guest Speaker
- 3rd Sunday—Sunderkand Path
- 4th Sunday—Vishnu Sahasranam

All programs are subject to change—email updates will be sent out in case of any change!

Email Updates: If you would like to receive email updates on HOW activities, please submit your email address to how@riacc.us. Please add how@riacc.us to your address book to ensure receipt of the emails.

Shivani Gupta engaged to Krishna Mukkamala

North is north and south is south and the twain shall never meet. That aphorism was put to rest on October 8, 2005 when Shivani from up north was engaged to Krishna from down south. The placid function was performed by Pundit Mauniji of Knoxville temple that in the words of Kalyani performed the auspicious ceremony "without rushing us in a peaceful and loving way."

Nupur, Shivani's sister helped with the decorations. She had a talk with Shivani to ask her what her dream engagement would be like and took it from there. She was admirably helped by her "mausi" Veena.

The RIACC community pitched in to attend the function in full force and bless the young couple. Ashok Gala and Satish Mehta helped with parking the many cars in the vicinity of the "mandap". How they managed to park the more than 50 cars on Charsley without a mishap would require a column on its own that our esteemed journal cannot afford to publish. Also the day before the engagement Kiran Mukkamala the groom's brother was to be picked up from the airport. Satish Mehta asked BK Gupta "What does Kiran look like?" "Like his brother" replied BK Gupta. Satish Mehta and Ashok Gala took it from there and drove to the airport. Don't we work in mysterious ways? There was a sharp looking photographer Woon Chow who was busy snapping pictures left and right in a very professional manner loaded with an expensive camera and supporting gear. I was more than certain he was some expensive professional photographer. Some investigative digging revealed that he was Shivani's and Krishna's classmate who does weddings engagements and other occasions with equal aplomb. Woon is a brilliant M.D., PhD student. Chow's very keen observation was that he didn't quite understand why the groom's side was given such priority and respect!

The lunch that followed the brief, crisp function was delicious to say the least. It was a nippy October morning and the "masala chai" prepared so lovingly by Sheila Mehta and Brinda Gala was just what the doctor ordered.

We are told the wedding will be sometime in April 2007, just before their graduation from the Medical College of Virginia. After attending this memorable engagement party we just can't wait to attend that magical moment in their lives. RIACC wishes the young couple all the best.

Do You Recycle?

Sorting trash before you dump it in the bin? Keeping plastics, aluminum, newspapers among others separate from regular trash? Yes, that's what recycling is all about. As simple as that. Hard to do in the beginning, takes a conscious effort, but eventually it becomes second nature.

"The earth has a limited amount of space with limited resources that must sustain us all. We cannot keep wasting our resources and polluting our land! Recycling is the answer. When we recycle our newspapers, bottles, and cans, we are saving these materials for future use. When you waste these materials, you could be trashing your grandchildren's future! Recycling conserves energy as well as resources. Recycling 1 ton of paper saves over 4000 kilowatts of electricity. There are also economical reasons for recycling. Recycling reduces waste disposal costs and creates employment opportunities."

[SOURCE: http://www.eastman.com/gsar/Recycling_Packet.htm]

Common items you can recycle: Aluminum, Glass, Plastic, Paper, Computers, Used Motor Oil, Yard Waste, Tin, Cardboard and many others.

Produce Less Waste by Practicing the 3 Rs:

- Reduce the amount and toxicity of trash you discard.
- Reuse containers and products; repair what is broken or give it to someone who can repair it.
- Recycle as much as possible, which includes buying products with recycled content.

[SOURCE: <http://www.epa.gov/epaoswer/non-hw/muncpl/reduce.htm>]

Bristol, Johnson City and Kingsport City departments, all offer recycling services (curbside pick-up and/or drop-off locations). Please contact your city department today, to find out how you can participate!

A Short History of RIACC – Hari Puranik

We will give readers of this esteemed quarterly a short history of RIACC. This is for benefit of members who have recently joined the organization.

In 1984 Joy Cherian, Chairman of the Washington, DC chapter of the Indian American Forum for Political Education (IAFPE) visited Johnson City and in that year the Tennessee Chapter of that organization – a precursor to RIACC - was formed. Some of the issues that that this local chapter of IAFPE attempted to address were:

- There shouldn't be a glass ceiling for members of our community
- The Indian Embassy and Consulates should improve the procedure for issuing Passports and Visas.

How to raise issues of concern to our community in Washington.

IAFPE brought together Senators, Governors, Congressmen and even the Indian Ambassador. This organization mainly dealt with national issues of concern to our community and there was a \$25 annual membership per member.

Nine years later, in 1993, twelve members of our community gathered in Hari Puranik's house and decided to form a local organization which was registered as Hall of Worship and Community Center and subsequently changed to Regional Indian American Community Center or RIACC. At this meeting Avtar Dhaliwal spoke the following words which are part of history now "Put your money where your mouth is". He suggested all in favor to shell down \$500. All twelve members promptly gave that sum to solidify the idea.

With the formation of RIACC focus changed from national issues to local issues. RIACC decided to make its main goal having a community center of its own. The first Executive Committee comprised of the following members:

Chairman Jayant Mehta

Secretary Piyush Joshi

Treasurer Hari Puranik

One of the staples of RIACC was a monthly meeting. Initially these were held at member's houses by rotation. Themes included religious topics interspersed with financial, art, literature and others. There was even one magic show. And a special function was held annually to celebrate Diwali. At this function a variety entertainment was put up by members and their children.

Later when membership picked up the monthly meetings were held first at the Piney Flats Fire Station, later at the Day's Inn in Johnson City and finally at Girls Incorporated in Kingsport.

Other than the monthly meetings a couple of activities deserve special mention:

Bal Vihar: Hari Puranik conducted this activity in members' houses in Kingsport from 1988 to 2000. At one time there were as many as 22 students. Some of his distinguished Alumni include Amol Sharma and Sejal Mehta. In year 2000 Aruna Panini took over this activity, now led by Raji Suresh.

Wisdom from East and West Conference. This was a brainchild of Jayant Mehta and consisted of an annual conference held at Johnson City Medical Center. It brought together eminent speakers of religions from the east and west who discussed topics with themes as diverse and interesting as "Meditation" and "Prayer in Health and Healing". The first meeting was held in 1997 and the last one - the sixth in 2002.

In May 2003 the dream of RIACC was brought to fruition and we made 406 Westfield Place, Kingsport our home with the inauguration of the Hall of Worship and Amy Community Center. And you know the rest of the story. Thanks to the generosity of Ashok and Pragna Mehta who contributed generously to make this a reality. At last count RIACC had a membership of 75 members and many more well wishers in the area.

Omega - 3 s : Beyond the sea – Rekha Kumar, Food Committee

Some of our HOW members are disturbed about their high triglyceride levels and wondering what they could do to lower them. This prompted me to do some research on the subject. I am giving below what I found out. Many of us have heard about Omega – 3 s. But what are they and how are they beneficial?

Omega – 3 s are special poly unsaturated fats found in fish and some plant food. These fats help reduce blood clots (which cause heart attacks), arrhythmias, inflammation and high blood pressure. They also, it appears, lower triglycerides. And that’s not all. They are vital for brain development and are linked to better cognitive function in older people – like GS, my spouse!

Fish such as salmon and herring are the best sources of two types of Omega – 3 s called EPA and DHA. I am giving the shorter abbreviations. You can ask your internist to give the full expansion of these terms.

But what if you are a vegetarian? Plants are a source of a different Omega – 3 called ALA. EPA and DHA are more efficient than ALA in terms of what they can do. Fish are able to convert ALA in algae and other sea plants into EPA and DHA, we humans can also convert plant food containing ALA into EPA and DHA albeit less efficiently. There is no official recommended intake for Omega – 3 s, but there is evidence that as little as 500 mg of EPA and DHA and as little as 1,500 mg of ALA a day may be beneficial.

A 3.5 oz cooked salmon has 1,800 to 2,100 mg of EPA and DHA.

Natural sources of ALA for us vegetarians are shown below:

Kidney beans 300 mg

Canola oil one tbsp 1,300 mg

Flax seed ground one tbsp 2,200 mg

Flax seed oil one tbsp 7,200 mg

Walnuts one oz 2,600 mg

Tofu ½ cup 230 mg

So you might consider taking Flax seed oil if your lipid profile is not up to the mark. But as always it is better to discuss with your physician before starting any supplements especially those of you who are on medication.

SOURCE: UC Berkeley WELLNESS LETTER July, 2005

Shop Online and Save

Pragati Inc is bringing you a complete global shopping experience

www.swadeshistore.com

Premium Quality of Products, Market Competitive Prices backed up with Great Customer Service.
Products Appliances/ Art / Books / Electronics /Computers / Home and Garden / Women's apparels /Yoga

***www.Nopins.com* - Save on Call any time Anywhere - TRY IT FREE**

***One Account can share up to eight phone numbers *Nine Speed Dial Numbers**

***Online Call Detail Records (CDR's)**

***www.dialworld.com* - Phone cards with GREAT rates anywhere in world**

Sales@dialworld.com ■ Tel:1-800-476-4511

Words of Wisdom from the Dalai Lama – Ashok Gala

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's: Respect for self, Respect for others & Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

Kirtan Program Organized by the Punjabi Community - Rushmie Bakshi

Japji Sahib is a prayer by Guru Nanak which marks the beginning of each day for every Khalsa Sikh. *In keeping with the multi-faith philosophy of the Hall of Worship, the Punjabi Community has undertaken to perform this Paat one a month, **usually on the first Sunday.***

Japji Sahib consists of the *Mool Mantra*, a set of 38 hymns and a final *Salok* which appear at the very beginning of the Sri Guru Granth Sahib, the Holy Book of the Sikhs. It is regarded as the most important Bani or 'set of verses' by the Sikhs and is recited every morning by all practicing faithful of this religion. The word 'Jap' means to 'recite' or 'to chant'. The Paat is said to be a summary of the message contained within the whole of the Sri Guru Granth Sahib. The first verse of the Paat is the Mool Mantra:

- There is Only One God
- Truth is His Name
- He is the Creator, Protector, Without Fear, No Enmity, The First Entity, Without Incarnations, Self-perpetuating; With the Guru's grace: Recite!
- True in the beginning, True Through the Ages, True even now and says Nanak will be True in the future |1|

These mornings will start with Shabads, Sikh songs of praise and then, for the first few months, a DVD version of the Paat will play, with everyone reciting along. The paat will be followed by a translation of one of the Hymns, Ardas and a reading from the Shri Guru Garanth Sahib. The Paat will begin at 11:30 and Ardas will be at noon. Langaar, a common dining hall, will be organized by the Punjabi Community.

The entire Indian community is invited to join in the resitation, and copies of the paat will be available in English and Hindi. On that day anyone entering the Hall of Worship will be required to cover their heads, and cloths will be provided for this purpose. Anyone who wants more information on the paat may call Rushmie Bakshi, at 639-7875.

**Vaheguru Ji Ka Khalsa, Vaheguru Ji Ki Fateh!
(The pure ones (khalsa) belong to God, Victory belongs to God)**

RIACC Hall of Worship and Amy Community Center

Non Profit, Tax Exempt Organization (501(c3))

PO Box 411, Kingsport, TN-37662

Tel No: (423) 349-6515 • Email: how@riacc.us • Internet: <http://www.riacc.us>

RIACC Hall of Worship and Amy Community Center Membership Form - 2006

Last Name	
Husband's Name	
Wife's Name	
Address	
Email Address	
Telephone (Home)	
Telephone (Work)	

• **Membership Due**

1. Everyone is requested to pay \$100 annually for membership/maintenance
2. I am also pledging an additional \$_____ monthly/yearly for general fund
3. I/We would like to donate \$_____ towards the expansion of the dining hall (est. cost \$150,000)

• **Volunteer Opportunities**

I/We can help RIACC in the following areas (Circle your choices):

Food/Kitchen

Building Maintenance / Property Care

Cultural and Religious Programs

Spiritual Education

Fundraising

Youth Education and Programs

Communications (newsletter, emails etc)

Website Management / Database

Library Development

Alankaar / Dress for Deities

Open temple for a month

Other (Specify):

• **Feedback/Suggestions for Improvement - this will help us serve you better!**

Please mail this form with your check to RIACC, PO Box 411, Kingsport, TN-37662

Thank you, RIACC Executive Committee

RIACC Hall of Worship
P.O. Box 411
Kingsport, TN 37662

PRSRT STD
U.S. POSTAGE
PAID
JOHNSON CITY, TN
PERMIT NO.147

RETURN SERVICE REQUESTED

Please visit our website for updated Program information -

<http://www.riacc.us>

Submit any significant events in your family to how@riacc.us for publication in the next newsletter.

Did you know we accept advertisements in the RIACC newsletter? Write to how@riacc.us for more details

Interested in writing articles/book reviews? Send them to how@riacc.us for publication in the newsletter

Directions to the Hall of Worship:

From Johnson City - Take I-181 (I-26) towards Kingsport. Take Exit 49 (Rock Springs Exit). Take a left on the RAMP and see below

From Kingsport: Take I-181 towards Johnson City. Take exit 49 (Rock Springs Exit). Take a Right on the RAMP and see below

Drive about quarter of a mile and make a left turn on to Westfield Road, immediately after the Power building. Drive about half a mile and keep right on the fork onto Westfield place, the third building on the left is Hall of Worship.