

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

Non Profit, Tax Exempt Organization 501 c(3) [Tax ID: 62-1497843]
PO Box 411, Kingsport, TN-37662

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

Quarterly Newsletter [July-September 2006]

Board of Trustees Mr. Anil Agrawal <i>Chairman</i> 423-753-5464 Ashok Gala 423-288-8501 Dr. Puneet Goenka <i>Secretary-Treasurer</i> 423-928-2894 Dr. Jayant Mehta 423-282-3031 Dr. Pramod Shah 423-854-9934 Dr. Avtar Dhaliwal 423-282-0082 Dr Manoj Srinath 423-288-5869 Dr. Ashok Mehta 423-854-8997	Programs October-December 2006		
	Date	Time	Event
	Sunday 10/01/06	11:00am	Durga Navmi
	Sunday 10/08/06	11:00am	Poornima - Satyanarayan Katha: Pot-luck Lunch
	Tuesday 10/10/06	5:00pm	Karva Chauth Pooja - No dinner program
	Sunday 10/15/06	11:00am	Sunderkand Path - Pot-Luck Lunch
	Saturday 10/21/06	5:00pm	Diwali - Laxmi Pooja only - No dinner program
	Sunday 10/22/06	11:00am	Diwali Celebration - Annakoot program
	Sunday 10/29/06	11:00am	Vishnu Sahastranam - No Lunch Program
	Friday 11/03/06	6:00pm	Sunderkand Path (schedule change only for November): Pot-luck Dinner
	Sunday 11/05/06	11:00am	Poornima - Satyanarayan Katha: Pot-luck Lunch
	Sunday 11/12/06	11:00am	Guest Speaker - details will be announced by email
	Sunday 11/19/06	11:00am	Guest Speaker - details will be announced by email
	Sunday 11/26/06	11:00am	Vishnu Sahastranam - No Lunch Program
	Sunday 12/03/06	11:00am	Guest Speaker - details will be announced by email
	Wednesday 12/03/06	6:00pm	Poornima - Satyanarayan Katha: Pot-luck Dinner
	Sunday 12/10/06	11:00am	Vishnu Sahastranam - No Lunch Program
	Sunday 12/17/06	11:00am	Sunderkand Path: Pot-luck Lunch
	Sunday 12/24/06	6:30pm	Vishnu Sahastranam - No Lunch Program
	Sunday 12/31/06	12:30pm	Open for Aarti only
	Sunday 12/31/06	9:00pm	New Year Dinner and Dance sponsored by GS and Rekha Kumar for RIACC Paid members
	Monday 01/01/07	11:00am	Ganesh Pooja and Abhishekham

Executive Committee

Dr. Ashok Mehta
President
423-854-8997

Mrs. Brinda Gala
VP & President Elect
423-288-8501

Mrs. Bharati Solanki
Treasurer
423-247-2126

Mr. Rajesh Patel
Assistant Treasurer

Mrs. Poorvi Tiku
Secretary
423-239-9530

Mrs. Rushmie Bakshi
Assistant Secretary
423-639-7875

HOW Committee

Dr. Rekha Kumar - *Chairman*
423-854-9229

Mr. Jayant Mehta
423-282-3031

Dr. Puneet Goenka
423-926-2894

Mrs. Rama Sharma
423-288-8471

Dr. Ashok Mehta
423-854-8997

Regular HOW Hours: Sun 11am-1pm (Aarti 12:30pm)

Message from Dr. Ashok Mehta (President - RIACC)

Contribution by our devotees this year - a big THANKS for the gifts and donations:

- Small temple by G.S and Rekha Kumar - \$250 value
- Three Chatri or Umbrellas by Mr. Guruprasad for our deities - \$300 value
- Five carpets from Vijay and Dipti Singh
- Dandia, 100 pairs by Bharati and Chandrakant Solanki
- Pearl necklace for our deities by Raji and Arun Suresh - \$300 value

Dining Hall and Priest Quarter - Please review the proposed plan at HOW and give us your feedback

Priest Search - Priest Committee has been working hard. We have made an offer to Mr. Surendra Mishra from Varanasi, India. We are awaiting his visa.

What you can do for the Hall of Worship - volunteer to:

- Open the hall on Sundays
- Sponsor some events - Satyanarayan Katha, Sunderkand Path or others
- Pay your annual donation of \$100 per year
- Become a member of the Executive Committee
- Be a guest speaker or provide suggestions for a guest speaker
- Donate your religious books for our library
- Maintain the premises - both inside and outside

Contact Dr Ashok Mehta or any Executive Committee member for further information. Thanks to all volunteers for your hard work and support!

All Nutrients in a Single Bowl - Rekha Kumar

Let's face it, like it or not, we live in a fast paced society. Get up, fix breakfast, see the kids off to school, then for many of us - it is off to work. Come lunch it's a quick bite at a fast food restaurant. After work take the kids to sports or perhaps piano lessons. Then it is time to fix dinner. Put the kids to sleep and hit the sack. To further complicate this hectic daily schedule, some of us would like to remain vegetarians. Under these constraints balanced and nutritious meals have to take a back seat. I have developed a recipe that is at the same time, nutritious, tasty, uses ingredients most of which can be found in the local supermarkets and can be cooked in a short time. The recipe also doesn't require inordinate culinary skills. I have found it ideal for lunch and to simplify my work, I cook it for the whole week on a Saturday or a Sunday afternoon.

This recipe has all the ingredients of a balanced meal - the customary six servings of vegetables, about two ounces per day of the much touted Tofu, has very little of butter or oil and is yum, yum tasty (granted I am a little biased!). We know that obesity presents many health problems such as diabetes, high blood sugar, heart disease, joint problems and some types of cancers. We cannot afford to continue to eat like kids. We need to modify our diet. One must start with a good sensible breakfast, have a light lunch and a good dinner. Diet plays an important role in minimizing the risk of your getting one of these terrible diseases. I am suggesting a chunky mixed vegetable soup. A side benefit of eating this soup for lunch is that it is also good for weight reduction. Now for the recipe. I will first list the ingredients (Some of these ingredients (specially salt) are approximate and should conform to one's taste):

40 oz packet of mixed vegetables, 14 oz packet of frozen broccoli florets or cuts 3 bell peppers each of a different color, 4 cups of water, 2 or 3 cups of 1% (fat) milk, 12.3 oz or 349 gm packet of 'extra firm' silken style Tofu (optional), 1.5 Tea Spoon Full (TSF) of ground coriander powder, 0.5 TSF of curry powder, 3 TSF of salt, 0.25 TSF of turmeric, 1 TSF of cumin seed, 1 TSF of oil, 6 oz can of tomato paste or sauce, twigs of coriander leaf. peeled and diced apple (optional), peeled and diced yam or sweet potato. 0.25 cup nuts (optional)

In a hearty saucepan or deep dish, heat the oil. Add cumin seed. After they splutter, add the packet of mixed vegetables and Tofu. You can also add other vegetables like potato, sweet potato, cauliflower, beans or even apples at this time. Since we eat this soup week after week, I vary the mix of these optional vegetables so as to vary the taste from week to week. Add turmeric, salt and water. Mix well. Cover the pot and cook till the vegetables are soft. Add more water, if necessary. Then add milk, spices, tomato paste and coriander leaf. Cook to desired consistency. Add nuts like pecan and walnut (optional). Serves 6 to 8 persons.

As I mentioned, this soup is good at lunchtime or as an after-school snack with toast or crackers for the kids. It is not only tasty, but also contains all the essential nutrients in a single bowl. It is the equivalent of a 'TOTAL' meal (an analogy to the cereal)! And unlike a soup made with pureed ingredients - it doesn't need a heavy cream for thickening. Also, this low calorie and yet filling meal is just what the doctor orders!

Hetal Mehta Ties the Knot

Dr. Jayant and Minakshi Mehta's daughter Hetal married Dr. Surya Challa in an authentic Hindu marriage ceremony at the elegant Meadowview Convention Center in Kingsport on August 19, 2006. The ceremony was ably performed by Acharya Anklesh Dave of Chattanooga.

Most of us have seen Hetal grow in the Tri-City area over these years. She needs no introduction. She has grown to be an intelligent, pretty, affectionate and talented lady. Surya Challa was an unknown quantity for almost all members of our community. We now know a little bit more about him. Apart from being an accomplished surgeon, we also now know that he is adept at many languages, is good at Western as well as Carnatic music, plays the violin, is a pilot, an author and a poet. And perhaps we have just touched the tip of the iceberg. He also has an exceptional sense of humor.

RIACC wishes Hetal and Surya Challa a long, Happy and Healthy married life.

What I was particularly impressed was the short program before dinner at the reception and how the meal was served. With close to 300 guests it is a logistical nightmare for the host family to prevent a stampede at the table. There was a touch of genius in providing two tables which could be accessed from either side. In queuing theory that is referred to as providing four servers. That made for smooth sailing of the food that was served. Giving the complete menu too was a first in our gatherings.

BK and Kalyani stay tuned! Also Pragna and Ashok Mehta, and Des and Promila Bharti: we hope you are paying close attention because your turn is not too far away.

Ashok Gala Felicitated

The Regional kickoff of the 2006-2007 **United Way of Greater Kingsport** took place on August 18, 2006 at the salubrious Meadowview Convention Center. We are proud to report that our one term popular President Ashok Gala is serving on the Board of this elite organization. The Campaign slogan of United Way is "One Matters" and it has set the ambitious goal of collecting \$3.4 million this year for Greater Kingsport alone.

In addition, Ashok is one of the thirty-four persons nominated for the 2007 class of the big-league LINK adult leadership program. LINK is the brainchild of the Kingsport Area Chamber of Commerce and is designed to develop community leaders who will take on an active and leadership role in various community activities.

Readers may or may not be aware, that Ashok Gala served on the Board of Girls Inc - a satellite of United Way - for six years and was the President of the Board for two of those six years. In 2003 he received the Girls Inc "Adult Volunteer of the Year Award" for Region IV that comprises five states - Tennessee, Kentucky, Alabama, Georgia and Florida. The presentation of this distinguished and rare award was made in Alabama.

It has been said that without volunteers non-profit agencies would never be able to fulfill their mission. And of course that holds for RIACC and the Hall of Worship.

Don't you think with all of Ashok Gala's accomplishments he deserves a second term as President of RIACC Executive Committee?

Sahib

Fine Indian Cuisine - Restaurant - Lounge - Banquet - Catering

Tel: 423-283-7100

Lunch: 11:00am - 3:00pm ■ Dinner: 5:00pm - 10:30pm

Lunch Buffet Special: All you can eat only \$6.95 plus tax Enjoy more than 20 courses in buffet

*** Kids (Under 5 years) eat FREE 7 days a week * We specialize in Catering and Banquets ***

2312 1/2 Browns Mill Road at Days Inn, Johnson City, TN

Directions: 1-26 Take exit 35, Roan St South to 1st traffic light, turn right on Browns Bill Rd and turn right into the Days Inn parking lot

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Something to Marvel - By G S Kumar

Kingsport Highway near where we live is being broadened from a two lane highway to a five lane highway. The way this work is being done is nothing short of a miracle.

Before this work was undertaken there was thick brush of trees on both sides of the highway. There are a couple of apartments and umpteen roads that criss cross. And there are businesses such as Ace Hardware, Ingles Superstore, Super Cars and two strip malls. And then there are two schools – Indian Trail Middle School and Boones Creek Middle School.

If someone had suggested that we should widen this part of the highway I would have told him pointblank “Are you crazy? It just can’t be done without a major disruption of life around Kingsport Highway.”

However, the work has been undertaken by the City and is well under way to completion. The portion from the junction of CVS Pharmacy and Food City to Zak’s Furniture has been completed and has resulted in smooth flow of the increased traffic. This part included dismantling and then laying down a wide bridge that has been named “Daniel Boone Bridge”. By the way one of the persons who walks his dog by our house John Boone is a direct descendent of Daniel Boone.

Some of the incredible tasks that have been undertaken in this outstanding project I am listing below:

- Laying down of the bridge which I have mentioned above. The bridge was constructed in two phases – first one half allowing traffic to move in the other half of the bridge, and then reversing the roles.
- Slice the hill near Ace Hardware to provide room for the additional lanes. Then grass has been laid on the remaining part of the hill. This involved removing the rock, loading it on trucks all the while ensuring that the traffic was allowed to move smoothly.
- Before this project was undertaken there were big trees from Sprint Telephone (now EMBARQ) to Car-mol Hills Drive. How they have been uprooted and hauled away still is a mystery to me.

All along this route there are apartments, schools, strip malls and grocery stores. Imagine children being brought to the school in session while this construction is going on. Not one car but close to hundred apart from buses that come to school daily. What would happen if the road was closed for construction? None of that happened.

We have lots of Indians coming to USA be they to take care of the grandchildren or during the delivery of babies. I have nothing against that. What I am against is the MPs and Ministers and government officials galore who come to USA to buy trinkets. Instead would it not be a good idea to bring the poor Indian workers who do road construction in India to learn from the way the Americans take on these projects? That would relieve many of the miseries of travel on Indian roads.

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.