

# RIACC QUARTERLY NEWSLETTER

## OF CHANGING TIMES

Thank you for giving me the opportunity to be the editor again for this unique newsletter that serves the Indian community around the Tri-Cities area. Those who have been here more than twenty-five years can certainly vouch for how much the area has developed – but for me the change just in the last ten years has been like night and day.

I'm grateful that a group of like-minded individuals got together and decided to take on a huge undertaking of setting up a Hall of Worship and community hall. Just like everything else in the area, the development on this effort has only been upwards. From starting out with one small *murti* to having three beautiful *murtis* and not a single religious/auspicious event missed in the last eight years, this community has come a long way.

I view getting a priest all the way from India as a big achievement for such a small community. We all stepped forward and supported the idea. The Priest committee worked very hard and made it all happen. Hats off to all those who helped Pandit Surendra Mishraji enhance his skills. Learning a new language and then giving a lecture in that language is certainly a milestone in one's life.

How did we come such a long way? Was it one person? Was it a committee? However clichéd it sounds, it is because all of us have remained UNITED and supported this effort in various ways. Most of us have contributed in some way or another – monetarily, sponsoring lunches & programs, staying back to clean, teaching our priest English, coaching him for his driving test, driving him around, doing groceries for him, calling for medical help when he needed it, organizing external events and attending programs amongst many other tasks to keep this organization going.

Pandit Surendra Mishraji's recent resignation has forced us to face certain realities and ask ourselves some tough questions. Did we get too ambitious thinking that such a small community could afford a priest? Or did we take RIACC, Hall of Worship and the priest for granted? Yes, we were all happy that we have such a community center and a priest, but in the last year how many people stopped to think – have I donated money this year? Have I paid my membership dues? Have I sponsored programs or offered to help at any event? How can I help the priest further his skills?

My words are not meant to chastise anyone, but to serve as a reminder of the progress we have collectively made over the past years for a cause that's dear to all of us. So let's get back on the same page and do what we can to remain united towards RIACC's vision of **"Promoting religious, educational, social and cultural activities based on Indian philosophy of peace, love, justice and harmony."**

Sincerely,

Poorvi Tikku

**Special General Body Meeting on Sunday August 21st at 11am. Please attend and make sure your voice is heard!**

**Hall of Worship Hours**

**Sunday 10:30am—1:00pm**

*Aarti at 12:30pm*

**Open on Mondays (6pm) during the month of Shraavan (August) for Shiv Abhishekham**

### RIACC Board of Trustees

Dr. Manoj Srinath

*Chairman*

Dr. Jay Mehta

*Vice Chairman & Treasurer*

Dr. Pramod Shah

Dr. Ashok Mehta

## PROGRAMS AUG—OCT 2011

Date	Time	Programs
Sun 8/14/11	11:00am	Satyanarayan Katha [Giri & Monika Hoskere], Raksha Bandhan, Indian Independence Day
Mon 8/15/11	6:00pm	Shiv Abhishekham
Sun 8/21/11	11:00am	<b>*Special General Body Meeting to discuss hiring of a priest*</b>
Mon 8/22/11	6:00pm	Shiv Abhishekham & Janmashtami
Sat 8/27/11	4:00pm	<b>RIACC Picnic -Bays Mountain Eastman Picnic Shelter #33</b>
Sun 8/28/11	11:00am	Bhajan
Mon 8/29/11	6:00pm	Shiv Abhishekham
Sun 9/04/11	11:00am	Bhagwad Gita discussion
Sun 9/11/11	11:00am	Satyanarayan Katha [Manoj & Veena Sreenath; Guruprasad & Prema]
Sun 9/18/11	10:00am	<b>RIACC Golf Tournament</b>
Sun 9/18/11	11:00am	Bhajan
Sun 9/25/11	11:00am	Vishnu Sahastranam
Sun 10/02/11	11:00am	Bhagwad Gita discussion/Gandhi Jayanti
Tue 10/04/11	6:00pm	Garba
Wed 10/05/11	6:00pm	Garba
Sun 10/09/11	11:00am	Vijaya Dashmi/Bala Jayanti
Sun 10/16/11	11:00am	Satyanarayan Katha <b>[Slot open for sponsorship]</b>
Sun 10/23/11	11:00am	Bhajan
Sun 10/30/11	11:00am	<b>Diwali/Annakoot</b>



*RIACC Golf Tournament*

***Sunday September 18***  
***@10:00am***

*Are YOU going to be there?*

Contact: *Andy Delwadia*  
*delwadia@yahoo.com* or  
*Ashok Gala* at  
*agala57@yahoo.com* to sign-  
up and for details

## DR. KRISHNASWAMI GUHA

*BY DR JAY MEHTA*

On July 10, 2011 Dr. Krishnaswami Guha organized a musical program to bring Celestial music from the shores of the Indian Ocean “Shakti in the Mountains” to Johnson City, TN. The program was a great success.

Every year, Dr. Krish Guha has been conducting programs and seminars on music and philosophy. He has tried to bring Local Americans and people of Indian origin living in this area together. Through his efforts he has provided excellent community service. In organizing some of this programs Krish puts his time money and efforts based on the commitment that the East and West can learn from each other.

His programs on Buddhism, Philosophy of Jadu Krishnamurty and Carnatic music have been a great success. My compliments to his dedication. We are fortunate to have such a talented person in East Tennessee. I encourage all of you to support and participate in his musical and spiritual programs.



*Interested in writing an article or submitting recipes to share in the newsletter? Send it to **how@riacc.us**. Deadline for submitting articles for Q3 newsletter is Oct 1, 2011.*

## MESSAGE FROM THE PRESIDENT

BY DARSHAN SHAH

Temple is and should be the place for union; union of Atma to Parmatama, person to person and culture and religion. Role of 'Guru' or "Priest" needs no emphasis as most of our Upanishads, Vedas and other religious books are beyond comprehension of common man. Hindu religion has given more emphasis on this role than probably other religions and even considers them as a God in so many 'Sampradayas'. Role of priest as an employee is also very complicated if you dare to think that way when your duty as a 'Trustee' is affected by some harsh realities. Whatever happened at RIACC in last 4-6 months is not what should have happened but the reality is that it happened. Whatever happens, happens for the best, even though we can't comprehend by our so-called high "intellect". That's the faith most Hindus have when unfortunate events happen. Proponents of corporate culture or psychologists might call it adjustment or coping behavior. Regardless of the reasons behind that belief, it helps to move forward. Playing the blame game is always good gossip at all social events but finding truth is always elusive and difficult. Learning from experience is always chosen as the path forward for those who want to progress.

So, what did we learn as a community with our experience of having a priest at RIACC for the last 4-5 years? I think we all agree that it's good to have either a part time or a full time priest in our community. Monetary contribution from a small community for prolonged time, growing needs of growing family and increasingly difficult recessive environment are hardcore realities, which can't be argued. Certain questions we need to ask ourselves including officers and trustees of RIACC:

- ⇒ How I can contribute to have Priest at RIACC?
- ⇒ Are maintenance charges of \$125/year enough?
- ⇒ Do we need to start priest fund so that people who don't visit temple often still contribute by donating online or through direct deposit to RIACC priest at fixed intervals?
- ⇒ Do we need to change by-laws of RIACC such that we don't have to balance budget?
- ⇒ Don't more people need to be present at general body meeting to ask questions to the Board and make sure the community voice is heard?
- ⇒ Last but not least, should we not pay our dues so we can vote in decision making for our community when the need arises?

Finally, it's our temple, we have to preserve it, run and maintain it and progress together as a community. Let us learn from our Independence history and not divide ourselves.

Hari Om

*"You are what your deep driving desire is.*

*As your desire is, so is your will.*

*As your will is, so is your deed.*

*As your deed is, so is your destiny."*

*- Brihadaranyaka Upanishad IV.4.5*

## HEALTH BOOSTING STRAWBERRIES

SOURCE: 100 HEALTH BOOSTING FOODS, HAMLIN

Did you know?

A daily portion of strawberries can help ward off infections and keep your heart healthy by raising blood folate levels, which helps to reduce the build-up of the harmful amino acid homocysteine in the blood, and by reducing systolic blood pressure. Strawberries may also be anti-ageing.

The fruits have some of the same disease-fighting antioxidants as raspberries including ellagic acid which combats carcinogens and anthocyanidins, which have anti-cancer, anti-microbial and anti-inflammatory properties. Their antioxidant phenols may help ease arthritis and asthma, while the proanthocyanidins are thought to help keep the urinary tract and the heart healthy.

**Storing and Serving:** For the best flavor buy strawberries in season rather than those imported and use them as soon as possible. Wash before hulling to prevent saturating the insides.

RETURN SERVICE REQUESTED

**Regional Indo-American  
Community Center (RIACC)**

**Hall of Worship &  
Amy Community Center**  
**Non Profit Tax Exempt  
501 c(3)**  
**Tax ID: 62-1497843**

**Mailing Address:  
PO Box 411  
Kingsport, TN-37662**

**Street Address:  
406 Westfield Place  
Kingsport, TN-37664**

**Phone: 423-349-6515**

**E-mail: [how@riacc.us](mailto:how@riacc.us)**

**<http://riacc.us>**

## SIGNIFICANT EVENTS

- ◆ Congratulations to Rinki & Deep Bhattacharya (Kingsport, TN) on birth of their (first) baby boy, **Rishi Bhattacharya** born on April 19, 2011
- ◆ Congratulations to Supria & Mohit Bhalla (Johnson City, TN) on birth of their second baby girl, **Mahira Bhalla** born on February 26 , 2011
- ◆ Congratulations to Deep Bhattacharya on his upcoming overseas assignment to Shanghai, China with Eastman Chemical Company. Deep will be the *Global Market Leader for the Transportation Industry in the Asia Pacific Region*. We will certainly miss Deep, Rinki & little Rishi



New baby? Graduation? New business? Wedding? Other important events?

Send an email to **[how@riacc.us](mailto:how@riacc.us)** and we will publish it in the **Significant Events** section!