

RIACC (Regional Indian American Community Center)

Hall of Worship & Amy Community Center. Non Profit Tax Exempt 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.usk

Board of Trustees

Board of Trustees

Dr. Jayant Mehta
(Chairman)
423-282-3031

Dr. Pramod Shah
(Vice Chairman/Treasurer)
423-854-9934

Mr. Ashok Gala
423-288-8501

Mr. Anil Agrawal
423-753-7464

Dr. Puneet Goenka
423-928-2894

Dr Manoj Srinath
423-288-5869

Dr. Ashok Mehta
423-854-8997

Executive Committee

Dr. Ranjan Chakraborty
(President) 423 434 9257
Mrs. Megha Narang
(President Elect) 423-367-9626

Dr. RC Ramaswamy
(Treasurer) 423-645-1938

Mr. Swaminathan
(Asst. Treasurer) 423-202-4341

Dr. Darshan Shah
(Secretary) 423-202-7919

Mrs. Supria Bhalla
(Asst. Secretary) 423-276-0544

HOW Committee

Dr. Jayshankar Devapiran
(President)

Dr. Puneet Goenka

Dr. Manoj Srinath

Dr. Darshan Shah

NEWSLETTER QUARTER III 2009 (July-Sep)

| Date | Program | Time |
|---------------|---|-----------------|
| 5-Jul | Bhagvad Gita Discussion (likely to be cancelled due to holiday weekend) | 11:00 AM |
| 12-Jul | Satyanarayan Katha | 11:00 PM |
| 19-Jul | Bhajans & Open Hours | 11:00 AM |
| 26-Jul | Vishnu Sahastranam | 11:00 AM |
| 31-Jul | VarLakshmi Pooja | 6:00 PM |
| 2-Aug | Bhagvad Gita Discussion/Rakshabandhan | 11:00 AM |
| 8-Aug | RIACC ANNUAL PICNIC | 3:00 PM |
| 14-Aug | Janamastami/Independence Day | 6:00 PM |
| 16-Aug | Satyanarayan Katha/Independence Day | 11:00 AM |
| 23-Aug | Ganesh Chaturthi / Vishnu Sahastranam | 11:00 AM |
| 30-Aug | Bhajans & Open Hours | 11:00 AM |
| 6-Sep | Bhagwad Gita Discussion | 11:00 AM |
| 13-Sep | RIACC Golf Tournament | 11:00 AM |
| 19-Sep | Navratri begins | |
| 20-Sep | Satyanarayan Katha | 11:00 AM |
| 27-Sep | Vishnu Sahastranam | 11:00 AM |
| 28-Sep | Dashera | 6:00 PM |

Friendly Reminder

A big thank you to the members of the community who have paid their Yearly Membership fee of \$100 and a reminder to those who have not yet made the payment. Please do so at the earliest. Payment can be made via a check.

☼HOW Hours☼

Sun-Fri: 10:30am-1:00pm; 6:00-8:00pm; ~On Saturdays Call Before Visiting~ Aarti at 12:30pm and 7:30pm.

Some Important Announcements *by Dr. Jayant Mehta*



RIACC is our home away from home. It is an embodiment of our community spirit . It is largely perceived as a religious organization with a focus on spiritualism and to a large extent that has been the case. However as the community has grown from strength to strength our vision is for to become much more to many more.

While we currently offer many programs - Bal Vihar, Dance Class, the Quarterly Newsletter - we believe there is so much more potential given the richly talented members of our community. We would like to further broaden the scope of activities at the Hall of Worship that not only encompass traditional rituals and religious aspects as they do but also include other activities that will help grow our community spirit and involve the younger generations to come. And yes by that I mean fun activities, cultural programs, social services, educational programs which will bring yet another dimension to this great organization . With the new Hall of Worship we now have the space to do just that. We are actively seeking volunteers who will help drive this within RIACC. We need people with variety of expertise & more importantly commitment to step forward and make this a reality.

Lastly many Thanks to all the members who paid their Monthly Dues & Donations. And a humble request to those who have not paid yet to do so at the earliest. Also please send us an email or communication when there is a change of address or move from the area. This will ensure that we are able to share the communication whether it is Monthly Programs or the Quarterly Newsletter in a timely manner.

The New Hall of Worship *by Anil Agrawal*

Have you been to your Hall of Worship facility lately? Have you noticed major changes? Well, we all have. After years of continued support and hard work, we are only months away in completing the PHASE I of our expansion plans. We promised to you during our last years' anniversary event, a functional building and a priest quarter. The PHASE I project is almost complete, under hands-on supervision by our expansion and construction committee.

We anticipate seeing our honorable newly wed priest to move into their home in matter of next few months. This facility is equipped with Kitchen, Master Bedroom, Guest Bedroom, and a Board room. There is plenty of room for the couple to maintain their privacy and make this facility their home. You do not want to miss the back yard, as it is huge for us to put together a play area for kids, or use as extension of parking lot, or use it as we please. We believe the major part of the expansion portion is almost complete; the final finishing touches to the fellowship hall will be prioritized with your ongoing support and funds availability. We anticipate the PHASE I project is going be right on our budget, including some of the enhancements that were also made during the making.

We want to plan a GRAND opening next year to unveil this to the entire community and celebrate our accomplishments. I hope you are as excited as I am. Thanks for your continued support to your community.

Rakshabandhan : The Thread of Love

The festival of Raksha Bandhan or the Rakhi festival as it is colloquially called, will be celebrated on 5 August 2009. On the occasion of Raksha Bandhan, sisters tie a rakhi on their brother's wrist as a symbol of fondness & sisterly affection towards them. Raksha Bandhan actually means a bond of protection & the brother vows to protect his sister from harm that could befall her. He also showers her with gifts in return & later in the day, the entire family gathers around for a feast.

Significance of Raksha Bandhan

This occasion has a deep and relevant meaning carried forward to this day from ancient times in India, which symbolizes the fondness that a sister has for her brother and the value of family ties. At the same time, this festival has a profound social message for all responsible individuals that they should live in harmonious coexistence as brothers and sisters in society.

History of Raksha Bandhan

Although it is not clearly known when the rakhi festival originated, it seems to have its roots in the ancient rituals of India. Rakhi history is entwined in the antiquity of this ancient nation. According to certain beliefs, the custom of Raksha Bandhan could have originated from the practice of wearing the yagnopavitam (sacred thread).

According to another story, Lord Indra, who is the ruler of the heavens, was on the verge of losing a battle against the demon Vritra after a twelve year long war. At this stage, Indra's wife Shachi tied a rakhi around Indra's wrist, thus ensuring victory. Another account from recent history has it that Rajput and Maratha queens have sent rakhis to Mughal kings for their protection. A famous account is the story of Queen Padmini of Chittor, who sent a rakhi to Emperor Humayun for protection from the invasion of Sultan Allaudin Khilji.

According to another legend, Lord Yama, the God of death, had a sister called Yamuna. It was customary of Yamuna to tie a rakhi on her brother's wrist on every Sharavan Purnima. Since then, it became an accepted norm for sisters to tie a rakhi on their brother's wrist. Yet another account has it that Draupadi tied a strip of her sari to Krishna's finger to stop bleeding when he hurt himself by hurling the Sudarshan Chakra. Later when Draupadi was subjected to utter humiliation by the Kauravas, Krishna came forward and protected her from the disgrace.

How to make a Rakhi?

Rakhi is generally a decorated silk thread. It may be a simple thread or it may be decorated with beads or designer motifs, religious symbols or even jewels

Material required

1. Silk threads-multi-colored
2. Cotton thread
3. Beads, sequins
4. Scissors
5. Glue

Take a bunch of silk threads, Red & yellow are considered auspicious colors. The threads should be 30" long. Fold the length of the thread bunch to half. Tie a tight knot at one fourth of the length using the cotton thread. Cut the loops of the folded thread & fluff the open ends with a hard brush. Divide the longer part of the thread into two halves & plait them. Tie the ends with the cotton thread and fluff the open ends. These two strands will be used for the tying. Decorate the upper part with sequins, beads or religious motifs. If you are using multicolored threads arranged in some specific way, cut them short to a suitable length not more than ½".



A Belated Welcome to our Editor, Supria by G. S. Kumar

As we laze around in our air-conditioned homes, and every three months, like clockwork, plops in a RIACC Newsletter in the mailbox, as if by magic.

Did you ever wonder who is responsible for it? Perhaps not. Supria Suri Bhalla is the Editor who has made this miracle happen the last two years. I am reminded of Shankar Pillai, Editor of Shankar's Weekly in India in the 1960's. He was a silent, withdrawn person, who through his cartoons could rip apart the most powerful of politicians. He used to conduct an annual art contest for children who collected on the sprawling grounds of Modern School in Delhi on a balmy winter morning, to paint to their hearts' content. The winners in different age groups were awarded prizes by none other than Prime Minister Jawahar Lal Nehru. During this entire hubbub, Shankar would hide behind the curtains and had to be dragged out by Nehru.

But I digress. I wanted to introduce to the readers, the Shankar of RIACC Newsletter, Supria. She graduated with a BA in Economics from Lady Shri Ram College & followed that up with an MBA with specialization in Marketing. She worked for Whirlpool (India) & then Reckitt Benckiser (India). Lucky for us, they transferred her to the US on a work visa. Currently she is employed at Eastman in Global Marketing, as a Market Insight & Strategy Manager.

Supria is married to handsome Mohit Bhalla who is alum of UT Austin where he got a Masters in Chemical Engineering. He then did an MBA from the prestigious Graduate School of Business, University of Chicago. Mohit played hockey and cricket for his college and Heads the Corporate Development (Mergers and Acquisitions) function at Eastman. The Bhallas have a daughter Maheka who turns 3 in September. And Maheka is cute. What else would you expect?

While not busy at work or playing with their daughter, Supria is busy reading, sketching and cooking. She continues to bring out the newsletter despite receiving no cooperation from us, the readers. We don't send her any articles. You will agree with me, that is not fair. Please thank her the next time you meet her for her dedicated work, & more important, make her life a little easier by sending in a contribution. It doesn't have to be original. We get so many outstanding e-mails. One of them could become the basis for an article. I can assure you, it will feel good to see your name in print. Let us give a belated, hearty RIACC welcome to Supria.

Golf Tournament coming up on Sep 13

Please block your calendar's for the upcoming Annual RIACC Golf Tournament on September 13. The event will be coordinated by **Dr. Andy Delwadia & Ashok Gala**. Please watch-out for emails from HOW for further details. Till then enjoy some interesting quotes on Golf...

- I've spent most of my life golfing. The rest I've just wasted.
- Have you ever noticed what golf spells backwards?
- The only time my prayers are never answered is on the golf course.
- Reverse every natural instinct and do the opposite of what you are inclined to do, and you will probably come very close to having a perfect golf swing.
- If you think it's hard to meet new people, try picking up the wrong golf ball.
- It's good sportsmanship not to pick up lost golf balls while they are still rolling.

A Fairy-tale Wedding for Carolyn & Raj



RAJ and **CAROLYN** MEHTA celebrated their wedding over the Memorial Day weekend. Raj is the son of Dr. Ashok & Pragna Mehta who have resided in Tri-cities for over 20 years & are pillars of the Tri-cities community.

It was the wedding dreams are made of, with lot of festivities, fun and most of all beautiful emotional moments when two people commit to spending their lives together. Events spanned five straight days with a combination of Indian rituals & Catholic traditions. From

the Rehearsal dinner, Catholic wedding to Garba night, Hindu Wedding, Griha Shanti Pooja it was a true meeting of the East and West. Each occasion was beautifully planned in Bollywood style combined with an ethnic Gujarati flavor. All of Tricities was dressed up in traditional Indian clothes (yes we do wait for such occasions to wear our traditional clothes) & Pragna had done a spectacular job with the decorations at the various venues. With almost 500 people attended the reception and almost hundred guests were from out of town it was almost like a family reunion. The 5 minute video at the Grand Reception Night was another wow moment in the wedding extravaganza! Congrats again Raj and Carolyn !!



Mindfulness Conference at ETSU

By Dr. Jayant Mehta

On Saturday, May 30th 2009, A Mindfulness Conference was hosted at East Tennessee State University. A RIACC Sponsored event, the morning group of lectures covered the mindfulness practice and common aspects of Sufism, Hinduism, Christianity & Buddhism. The speakers include John Shuck, the Pastor at Presbyterian, in Elizabethan, Sandy Westin, the Communication Director for the United Regions Initiative (URI), Lacy Zarifah and Rebecca Nunley who are members of the Dances of Universal Peace Groups, the UU Buddhist Sangha (Gabriel Zeiger, Sharmi Mehta, Franklin Montenegro) and Dr. Jayant Mehta. The lectures, mindfulness practices and video presentations were very well received.

Lunch was followed by a video presentation of a lecture by Jiddu Krishnamurthi on the Beauty & Depth of Death. Here the Philosopher emphasized that life and death are defined only by the thought in one's mind. He challenged the listeners to live a life of meaning that was outside the domain of limited thought.

A concert of classical Indian instrumental music with Pandit Partho Sarodi (disciple of Maestro Ravi Shankar) on the stringed instrument, the Sarod an Shyam Kane (disciple of mastero Zakir Hussain) on the Tabla was held in the Votaw Auditorium if ETSU. The artists mesmerized the audience with their "vidwat" and the choice of Raag. A tasteful dinner had been prepared by Bhuvana Guha & Mina Mehta, with a fruit desert prepared by Kusuma Holla.

10 Rules for Bollywood

1. Two brothers separated in childhood will always grow up on different sides of the law. The law-breaker, however, will suddenly turn over a new leaf before the end, bash up the villain (who is the *real* bad guy), and be pardoned for all his sins before the last-scene family reunion. (This is possible only if he has a heroine - see rule 2 below).
2. If the number of heroes is not equal to the number of heroines, the excess heroes/heroines will a) die b) join the Red Cross and take off to Switzerland before the end of the movie
3. If there are 2 heroes in a movie, they will fight each other savagely for at least 5 minutes (Rule 10 if they are brothers).
4. Any court scene will have the dialogue "Objection milord". If it is said by the hero, or his lawyer, it will be overruled. Else, it will be sustained.
5. The hero's sister will usually marry the hero's best friend (i.e. the second hero). Else, she will be raped by the villain within the 1st 30 minutes, and commit suicide.
6. In a chase, the hero will always overtake the villain, even on a bullock-cart, or on foot.
7. When the hero fires at the villain(s), he will never a) miss b) run out of bullets. When the villain fires at the hero, he will always miss (unless the hero is required to die, as in rule 2
8. Any fight sequence shall take place in the vicinity of a stack of a) pots b) barrels c) glass bottles, which will be smashed to pieces.
9. Any movie involving lost and found brothers will have a song sung by a) the brothers b) their blind mother (but of course, she has to be blind in order to regain her sight in the climax) c) the family dog/cat.
10. Police inspectors (when not played by the hero) come in two categories:
 - a) Scrupulously honest, probably the hero's father - killed by the villain before the titles.
 - b) Honest, but always chasing the anti-hero (as in Rule 1), saying "Tum kanoon se bach nahin sakte", only to pat him in the back in reel . Usually, this inspector's daughter is in love with the anti-hero. c) The corrupt inspector, (usually the real villain's sidekick) unceremoniously knocked about by the hero(s) in the climax

Rasoi—Onion Pakoda Recipe for the Rainy Season

Ingredients:

- 6 Onions
- 1 tsp Chilli powder
- 4 Green chillies 2 Cups besan
- 1/2 Cup rice flour
- A pinch baking soda
- Salt to taste
- Oil for frying

Directions

1. Thinly slice the onions. Rub the onions with salt.
2. Add the chilli powder, besan, green-chilli paste. Mix well to make batter
3. Take a small portion of the mix at a time and drop it in hot oil. Fry till golden brown. Serve with chutney or ketchup.

Top 10 Fundamental's for Changing the World

By Henrik Edberg



1.. Change yourself.

"You must be the change you want to see in the world."

2. You are in control.

"Nobody can hurt me without my permission."

3. Forgive and let it go.

"The weak can never forgive. Forgiveness is the attribute of the strong." "An eye for eye only ends up making the whole world blind."

4. Without action you aren't going anywhere.

"An ounce of practice is worth more than tons of preaching."

5. Take care of this moment.

"I do not want to foresee the future. I am concerned with taking care of the present. God has given me no control over the moment following."

6. Everyone is human.

"I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps."

"It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err."

7. Persist.

"First they ignore you, then they laugh at you, then they fight you, then you win."

8. See the good in people and help them.

"I look only to the good qualities of men. Not being faultless myself, I won't presume to probe into the faults of others." . "Man becomes great exactly in the degree in which he works for the welfare of his fellow-men." "I suppose leadership at one time meant muscles; but today it means getting along with people."

9. Be congruent, be authentic, be your true self.

"Happiness is when what you think, what you say, and what you do are in harmony."

"Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well."

10. Continue to grow and evolve.

"Constant development is the law of life, and a man who always tries to maintain his dogmas in order to appear consistent drives himself into a false position."

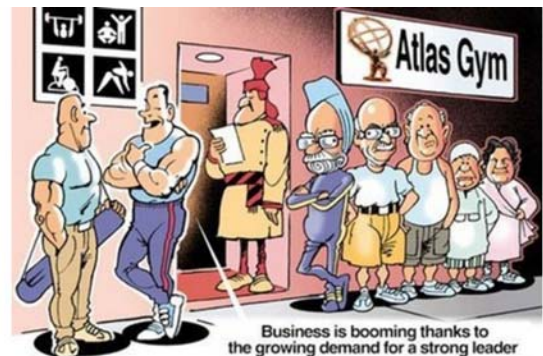
Submit articles & significant events for the next Newsletter to how@riacc.us.

The Next Newsletter will be published in the first week of November.

RETURN SERVICE REQUESTED

Important Notices

- **Congratulations** to Twinkle Majethia, daughter of Parul & Rohit Majethia. According to UES (Unicoi Elementary School) Officials for the first time in possibly the schools history a student from UES won an award at the Upper East Tennessee Science Fair. Twinkle, a fourth grader at UES won second place in the Biological Science Category for her project "Which brand will you use". Twinkle said that she got the idea for the project when she and her mother were looking at washable markers. When asked how she felt she said " I was really thrilled...I wasn't really expecting to win"... *Congrats Twinkle we are all very proud of you!*
- **Congratulations** to Tarandeep and Parminder Singh have welcomed a new addition to their family... a beautiful baby girl named Meher
- **Thank you** to Chadrakant & Bharati Solanki for donating a car to Panditji
- **Thank You** to Dr. Puneet & Seema Goenka who will be coordinating a Hindi Class for the children in the Tricities area. The classed will be taught weekly by Panditji at the Mandir. Please contact Seema for further information (423-741-0789).
- **Sponsors needed** for Satynarayan Katha in September



Directions to the Hall of Worship:

From Johnson City - Take I-26 towards Kingsport. Take Exit 6 (Rock Springs Exit). Take a left on the RAMP and see below

From Kingsport: Take I-26 towards Johnson City. Take exit 6 (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.