



KONKANI EXPRESS

August 2018

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Message from the President

Greetings everyone,

July marked the beginning of the second half of the year and as we release this newsletter we are already a full month into the second half of 2018. The first 6 months saw Hindus all over the world celebrate events such as MahaShivaratri, Holi and other festivities with the pomp, piety and color. Festivities for Raksha Bandhan, Krishna Janmashtami and Ganesh Chaturthi celebrations to name a few, kick off the second half of the year and continues right into Navaratri celebrations in October and the grandmaster of celebrations – Diwali, "Festival of Lights", in November. That typically wraps up the main events for the Hindus before the New Year starts.

In keeping with these wonderful traditions and festivities, HAAS has two events coming up in the next few months. Janmashtami will be celebrated on Saturday, August 25th and we will wrap up our tenure as your HAAS committee with the annual Diwali Gala on Saturday, November 10th. Akhila, Archana, Aparna, Sheila and I, along with our youth coordinators, invite you all to come celebrate with us and make these events a rousing success.

The Fall season also marks the beginning of school for our children and young adults. Among the recent graduates that are college bound this year are our very own youth coordinators Samhitha Bhat and Neha Bhat. Our heartiest congratulations and well wishes to them as well as the rest of our Konkani graduates.

The HAAS Konkani community is a place to bond, promote Konkani talent, keep our culture alive and meet and make lifelong friends and we cannot do it without all your support and participation. We request each and every one of you to spread the word and introduce HAAS to all your friends and families.

Enjoy the rest of the summer and we look forward to seeing all of you at our Janmashtami celebration in August.

Sincerely,
Jayanthi Nayak

Amchi Achievements

Congratulations to the following HS Graduates:

Samhitha Bhat

Nikhil Baliga

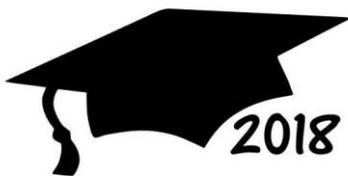
Neha Bhat

Rohit Kamath

Megan MCFadden

Divya Sashital

Shruti Gadiyar



Recipe Corner

Following is a menu for a complete Konkani meal by Sudha Bhandary (Mother of Jayanthi Nayak)

Bread Bondas - Appetizer	<i>serves 4</i>
20 slices of white bread 2 medium potatoes 6 green chilies 1 tsp. asofoetida water salt to taste oil for deep frying	Wash and boil potatoes. Let it cool. Remove the crust of bread. Remove the skin of potatoes and smash the potatoes along with the bread crusts. Crush chilies, asofoetida, and salt into the potatoes. Season with hot oil, mustard seeds and curry leaves. Make 20 small quarter sized balls. Dip the white slices of bread in water, squeeze out the water, wrap it around the potato balls. Deep fry the balls in hot oil. Serve with any chutney.

Cabbage Sukke - Upkari	<i>Cabbage or onion bhuthi is similar... see below</i>	<i>serves 6</i>
½ a cabbage 1 potato diced 1 onion chopped ½ cup coconut 4 roasted red chilies dime sized tamarind salt to taste 1 tsp. oil 1 ½ tsp. urad dhal ¾ tsp. mustard seeds 6 curry leaves	Wash and chop cabbage. Cook cabbage, potato, and onion using about ½ cup of water. (Alternative: Green and yellow bell pepper and russet potatoes also make a good combination for sukke recipe). In a blender, puree' the coconut, red chilies, and the tamarind using sufficient water. Meanwhile, heat oil in a seasoning dish and brown the urad dhal (light brown). Add to the masala and blend for another minute. Once the cabbage is cooked, add the masala and bring it to boil. Remove from flame. Season with mustard seeds and curry leaves. <i>Variation:</i> For a Bhuthi – add coriander seeds along with urad dhal; Increase the amount of onion while cooking. Lastly, season with one finely chopped onion at the end.	

Garlic Chutney - side dish	<i>Loshne Guli – usually served with dinner as a side dish</i>	<i>serves 4</i>
3-4 cloves of garlic ¼ cup coconut 2 roasted red chillies Tamarind to taste salt to taste	Skin and crush the garlic cloves. Saute' in a little oil until brown. Coconut should be roasted until all water has evaporated. Then blend the coconut, red chili, roasted garlic, tamarind and salt to a paste. Serve as a side dish.	

Devasthana Saar	<i>serves 8</i>
2 cups black chana 2 tomatoes 4 green chilies 1 tsp. coriander pwd. ¾ tsp. cumin pwd. 1 marble-sized jaggery Salt to taste Coriander leaves	Soak chana overnight. Pressure cook for 20-30 minutes with plenty of water. Separate the cooked chana from the saar. Add all the rest of the ingredients to the saar and boil until the green chilies are well cooked. Season with oil, mustard seeds and big pinch of asofoetida. If saar is not spicy enough, you may add red chilies with the seasoning. Garnish with coriander leaves. Serve with plain rice.

Lemon Rice	<i>Also known as "Chitranna" serves 4</i>
2 cups of cooked rice salt to taste 1 tbsp. oil ½ tsp. mustard seeds ½ tsp. cumin seeds ½ tsp. methi seeds 4 green chilies 1 tbsp. peanuts or cashew pieces 8 curry leaves ½ tsp. turmeric coriander leaves lime/lemon juice	Mix cooked rice with salt. Set aside. Heat oil in a wok. Add mustard seeds. When they start to splatter, lower the heat and add cumin and methi. When you get a good smell of cumin and methi, add broken green chilies, peanuts or cashews, curry leaves. When cashews turn light brown, add turmeric. Saute' for a second or two. Add the cooked rice and chopped coriander leaves. Cook covered on low flame for 5 min. Add juice of lime or lemon to taste. <u>Variation- Sambar rice:</u> Substitute chilies, turmeric, and lemon juice with 1 tsp. sambar powder and tamarind juice.

Save the Dates



Janmashtami

Saturday, August 25th

First Colony Conference
Center (Sugarland)

Annual General Meeting

Sunday, October 14th

TBD



Diwali Gala

Saturday, November 10th

Weekly Community Ctr (Cypress)

Konkani Spotlight

A little Taste of Fame

My dad, Jayanth Kabad, the Table Tennis champion

I had always heard that my dad, Jayanth Kabad, was an athletic superstar when he was younger. My dad was the Number 1 nationally ranked table tennis champion in India. He represented India and competed all around the world in the late 1960s and early 1970s. I didn't realize it, but table tennis was incredibly popular in India when my dad was growing up. My relatives and our family friends told me that people would come from all over the country to watch my dad play. I really wish I could have seen a video of his matches! To remember my dad's table tennis career, we have a photo album full of pictures and old newspaper articles on his matches, a display of the pins that my dad had collected during his travels and competitions, and many stories.

That said, it was a little hard for me to really understand how well known and successful my dad was at table tennis. To me, my dad was just my dad! It was hard to imagine that he had a huge life before me, because I always saw him in this specific and important role - my dad. Also, it is not in my dad's personality to talk about himself. He is quite modest and is the last person to toot his own horn. In fact, it is always my mom who proudly brags about him and shares these interesting facts about my dad.

Thus, I was always proud of my dad and his accomplishments in table tennis and beyond, but I didn't really grasp how well known he was for table tennis...that was until I took a trip to Banff two years ago.

Banff is a really beautiful town in the mountains, about a two-hour drive outside of Calgary in Canada. In 2016, my cousin and I decided to go on a week-long vacation there, and we had booked a hotel room in a very nice lodge right in the center of Banff. The town of Banff and the surrounding areas are so naturally gorgeous, so there were a lot of people visiting from around the world in the summer time. In the mornings, I would go to the lobby of the lodge for a cup of tea and sit on the couches by this little fireplace to watch people check in and out.

One of the people that came by was an Indian gentleman who might have been around 70 years old. His daughter was checking out at the front desk, so he sat on the couch opposite to where I was sitting, and he waited for her. He smiled and nodded at me, and I did the same in return, and we struck up a conversation about how beautiful Banff is and all of the different sites we visited.

Then he started the typical line of questioning that I always get when I talk to random Indian people. First, he asked me, "Where are you from?"

I thought he was asking where I was from specifically in the US, so I answered, "I'm from Texas. Houston, Texas actually. Where are you from?" He said he was from upstate New York. He had been working for IBM for 30 years there and recently retired.

Then he asked, "You are from India though, right? What part of India are you from?" And I said, "Oh yes! Well, my mom grew up in this small town called Sirsi, and my dad is from Bangalore."

He responded, "Ohhh, Bangalore! I was in Bangalore in the late 1960s. It's a nice city. So do you speak Kannada?"

I don't know any Kannada at all. I am Konkani, and I grew up speaking Konkani with my parents and grandparents. So in response to this gentleman's question, I said, "Well I actually speak Konkani. It's more of a dialect, I guess."

After hearing that, the man looked at me with a little bit of thought, "Ohhh, Konkani! That's very interesting. You know, I was in Bangalore in the late 60s...and there was this great table tennis player at that time...and he was Konkani...His name was Jayanth Kabad...Have you heard of him?"

My jaw dropped. There I was, in the middle of the mountains in Banff, Canada, sitting in this little lodge next to a complete stranger who happened to be Indian. All he needed to know was that I was Konkani and from Bangalore, and this complete stranger asked me if I knew of the great table tennis player, Jayanth Kabad!

"Heard of him?!" I responded and laughed, "Jayanth Kabad is my dad!"

The man was shocked! He couldn't believe it! "Oh my goodness, really?!" He said. "That is amazing! I used to go and watch him play table tennis in Bangalore. He probably doesn't know me at all, but I know him! He was fantastic! Can I take your picture? I have to show my friends that I met Jayanth Kabad's daughter."

For the first time, I really thought in my head, "Wow! My dad is FAMOUS!" I couldn't believe that after so many years, people still remembered his name and associated him with his table tennis success. I was beaming with pride.

Needless to say, I really do believe all the hype about my dad now! My dad was a superstar back in the day, and to me, he will always be the best!

Written by his daughter – Anasuya Kabad



Poems by Chaya Sheela Ubhayakar

Our family believes this dictum:
"If we like something someone has done
We show appreciation by word or action
Always, without demand or expectation"

A Gesture of Appreciation

Doesn't,
Have to be a big present, boxed with ribbons, bows or wrapper.

Just,
A smile, a kind look, a friendly glance from a dear one or an outsider.

May be,
An unexpected, random act of kindness, from a total stranger.

Could be,
A bear hug, a peck on the cheek or a gentle pat on the shoulder.

Or,
A single word, a simple note, a cute poem or a caring letter.

Shyly given thing,
Handmade, even a used one, as a gift from a child, doesn't matter.

What counts is,
The Timely Action, The Thought, The Care and, The Love

Behind The Gesture!

Poems by Chaya Sheela Ubhayakar

Teaching is a passion and not a profession.
Labor of love and not a job.

To me, Teaching is:

Exciting: when the energy saver light bulb comes on for my students

Deeply satisfying: when the bulb glows brighter each day

Heartbreaking: to see little ones burdened with LIFE

Worrisome: when they don't turn up for a few days

Reassuring: when a colleague says "great lesson"

Gratifying: when old students return for a hug or a hi

Challenging: when I give my all and receive blank stares

Aggravating: when I experience distasteful behavior

Maddening: to be held responsible for EVERYTHING (including parenting)

Heartwarming: when kids are spread around the room, heads down, working hard while humming to their favorite tune, "Mystery Man" by the Shadows

Stressful: to be bogged down with paper and computer work, meetings, long hours and deadlines

Wishful thinking: "just leave me to teach, please"

There are days when I declare to my ever patient hubby "this is it, I have had enough, I am retiring!"

Only to be jolted back by the lightning revelation, "But, I absolutely love what I do.

What do I do now?"

HAAS Information

HAAS – a community for the Amchigeles residing in and around the Greater Houston area.

Our mission:

- Preserve and promote Konkani culture, tradition and deep rooted heritage.
- Pass on the values and spirit of Konkani culture to generations after us, and
- Provide an opportunity to network socially and professionally with other Amchigeles.

For more details, refer our website at www.ourhaas.com

2018 Membership Details

Single person - \$15

Family of two - \$25

Each additional member to a family (child, youth, or adult) - \$5

Committee:

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