



# Ontario Konkani Association eSamachar



Volume IX - Issue Sept- 2016

Celebrating 25 years of Konkani Culture and Traditions in Ontario

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## Editorial . . . .

Hoping you all have enjoyed the hot summer we had this year and with schools/universities opening everyone is more busy to say the least.

KPL cricket tournament was held on August 28th in Oakville and was played in good spirits by the 4 teams. We had some close contests in hot and humid conditions. Kudos to the newly formed team Konka Lions for winning the trophy by beating the Amchi Royals in a nail biting final. Well played to the other 2 teams – Kokke Knights and Dorke Kings.

Also a BIG THANK you to the EC team and other volunteers for keeping the constant flow of refreshments in the form of Water melons, Gatorade and bhel puri.

The KPL III Gurudutt Nileshwar memorial Rolling trophy was won by Konka Lions. Thanks to Mahesh for coordinating with the T-shirt printing, Srin and Shashi for organizing the rules, booking the ground and the 4 wonderful captains for their support in making this a huge success.

Looking forward to seeing you all for the Dandiya event on October 01, 2016. Please register on our website at the earliest and enter into a draw to win some cool prizes. Last date to enter into the draw is September 18, 2016 so hurry up ☺.

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[Ontario Konkani Association](#)

# President's Message

- Kash and Shefali Nayak-

**Namaskaru to our dear OKA family & friends,**

We are truly honoured and at the same time brimming with pride to be part of such a dedicated and fun loving executive committee team for the year 2016-17.

As you are aware, we have already finalized on the usual and popular OKA event dates that we distributed to members during picnic as a fridge magnet for easy referral & reminder. For those who missed out the picnic, please collect your magnet while attending the 2 upcoming events - KPL-3 on Aug 28th and Dandiya on Oct 01st, 2016. Please stay tuned for more updates via email, eSamachar, or our website.

Also please make sure to pay your membership dues as applicable since it's a big help in running our events more smoothly in lieu of the increased pricing for venues, food, equipment rentals etc.

As we are putting in our thoughtful efforts for these events, we would encourage all members for their active participation and ongoing support to make them successful so that everyone can enjoy and have wonderful memories to cherish in the years to come.

Warm Regards



**Kash & Shefali Nayak**

**Presidents, Ontario Konkani Association, EC Committee of 2016-17**

# Sammelan Fund Raising: OKA Efforts

## A huge thank you. By: Sadanand Mankikar

Thanks to generous donations from many donors including a significant number of them from Canada, the 2016 Konkani Sarmelan was a great success. Efforts were made to recognize the donors and their contributions by publishing their names in e-Samachar and the Sarmelan Souvenir. Unfortunately, some of the donor's names and their contributions were missing in the Sarmelan Souvenir. We regret this unfortunate omission. All donors and their donations were recognized in the e-Samachar as well on the Sarmelan website [www.konkanisarmelan.org](http://www.konkanisarmelan.org).

We want to take this opportunity to thank **Mahesh and Manisha Nileshwar**, Scarborough, Ontario and **Vitthaldas and Radhika Prabhu**, State College, PA for their generous donations which brought total donation from OKA to \$ 8,251 US and \$ 15,631 CAD.

**Sadanand Mankikar**

*Thank  
you*



# 2016 OKA Grand Picnic



# Seniors Forum

By: Sadanand Mankikar

## COMING SOON Senior Citizens' Brainstorming Session

Tentatively scheduled in October

Keep your eyes on this spot and your e-mail incoming box for additional information

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A cursory review of the OKA directory may reveal that approximately 20% of our members are either seniors or soon to be seniors. It may also show that at least 10 are over 80 of whom at least a few are around 90. Nearly 20 are over 70, of whom a few will soon cross 80. Our small community includes a fair number of single women who are in their 70s and 80s. With this demographic, the question "Do we need a special program for our seniors?" arises. A number of ethnic groups have their own active Senior' Program. Should we have one and if so what should it be?

A well defined and planned program can look after various aspects including:  
forums/lectures/seminars/workshop on relevant topics,  
outings and activities of interest,  
buddy system for assistance, companionship, rides tec.  
assistance in using existing programs,  
assistance in financial and legal matters  
determine the best option for living arrangements  
facilitate transition to Seniors/old age homes  
providing assistance/companionship in the Seniors/old age homes  
assistance/guidance to the family when someone passes away etc. etc.

As a first step, we need to determine whether our community really needs and can manage such a program, and if so what that program should be. This can be done by involving seniors in a brainstorming session.

I am proposing to have a session soon to discuss the issues, needs and come up with solutions. In additions to seniors and soon to be seniors, we can also invite those non-seniors who are interested in getting involved in this program. The session should also include those professionals in our community who have relevant experience and expertise. Based on the outcome we can start developing and implementing a program that caters to the seniors.

For the first session we can expect at least 30-40 participants. So we will need a space that can accommodate general and break out sessions. We will also need funds to cover food (light breakfast, lunch and a coffee break). I am contacting you for your opinion, input and support. Please let me know how you can help.

And

As I had mentioned, recently I reviewed 128 Konkani families that I know fairly well and found the following (this is just a guesstimate):

<b>Age Group</b>	<30	30-60	60-70	>70	>80	Total
<b>Number</b>	102	168	59	34	10	373
<b>Percentage</b>	27.3	45.0	15.8	9.1	2.7	

As I have been mentioning, in my conversations and workshops, the over 60 group is fast growing. Number of those who are over 70 is increasing much faster. Of the over 70 group, at least 10 are single women, this too will increase. Analysis of the 2016 Sammelan attendees also yielded somewhat similar stats. Hence, I feel our Community needs a well planned and executed Program.

As a follow up of the 2016 Konkani Sammelan, Mr. Murali Shenoy of Atlanta is in the process of starting a website [www.amchigele.com](http://www.amchigele.com) and he has invited me to start a section "Our Seniors". I have a list of over 400 seniors from all across North America who could be part of the e-group who can access the web.

### **As far as OKA, I have the following suggestions:**

1. Initiate a Seniors Social Services System under the umbrella of OKA. The first task should be to conduct a Brainstorming session and develop and execute a Seniors Program. I prefer to hold it in October to maintain the momentum, especially, if I can organize it without burdening the EC. Also later days will fall in winter, for many it could be inconvenient.
2. Start Seniors' Forum section on the OKA website. As a start we could post all the relevant articles that were published in the past issues of e-Samachar. Also invite others to submit articles for posting. We can use this link for discussions on relevant issues by experts. We can also post important references such as contact information on various service providers including priests, doctors, funeral homes etc.
3. Tour of a Seniors' Residence : As I had mentioned to you, I am in the process of arranging a group tour of Shepherd Village Seniors Residence in Scarborough. Attached document gives a brief summary of the facilities. This tour could be interesting and informative. I also hope this will help us bring the seniors in our community together to develop a program.

# Seniors Forum

continued.

4. Workshops/Seminars/Get Togethers: Hold at least 3 or 4 events a year to keep our seniors informed and involved.

5. Funds for these activities: Each of the above mentioned activities (item 1 and 4) may take 4-5 hours and possibly will be attended by 30-40 individuals. Hence, we will need some good venue and need to provide some food. The average cost per event could be between \$ 300 to \$ 500. The brainstorming session may cost a little more. Even though we can try to get some donations from a few in the community, we may have to get most of the funds from OKA.

Warm regards

Sadanand

(905) 399-1073

# Seniors Residence Group Tours

## GROUP TOURS OF Seniors' Residences

We are considering organizing tours of two different Seniors' Residences: 1. The Shepherd Village in Scarborough where Shri Kamal Gokarn is an architect and 2. Sunnyside Senior's Home in Waterloo where Padma Kamath' father Shri Satyanarayanmam Shenoy is a resident.

These tours are aimed to give us an opportunity to get an idea of what is available for the seniors. As the senior's population grows, the demand for such facilities will increase. Even now most of the places, there is a long waiting list. I hope the seniors in our community will join us in this tour. The "seats" are limited – group of six for the tour of Sunnyside (may be able to accommodate two groups of six each on the same day) and group of 10-15 for the tour of Shepherd Village. The tours are held on certain weekdays only. Those who are interested in visiting either or both facilities are requested to send him an e. mail to [sadanand.mankikar@gmail.com](mailto:sadanand.mankikar@gmail.com) as soon as possible. Of course, it will be on a first come first served basis.

### **SHEPHERD VILLAGE, SCARBOROUGH**

It consists of 4 different buildings catering to different levels of independent living.

SHEPHERD MANOR is a high rise 11 storey building with different sized apartments. Apartments are rental and come with a fully equipped kitchen. Many seniors who don't want to bother with home ownership and all the maintenance work that goes with it, choose this type of living. Occupants are fully independent and can come and go as they please.

SHEPHERD GARDENS is a 4 storey building with different sized apartments that seniors can buy just as in a condominium. Buying and selling of apartments is done through the administration office at fair market value. Outside real estate agents are not involved. Occupants are fully independent. These units are called "Life lease apartments".

SHEPHERD TERRACE is a 4 storey building of rental apartments. These apartments do not have a fully equipped kitchen, but do have a mini fridge and a hot plate for tea, coffee, soups etc. Occupants have all meals prepared for them and eat in a Dining Room on the ground floor. They can still come and go as they please, but don't have to worry about cooking meals. It is like staying in a hotel, but you get to know many of the other residents.

SHEPHERD LODGE is the newest building in the complex. It is a 7 storey building for people who are no longer capable of looking after themselves due to physical or mental limitations brought on

# Seniors Residence Group Tours

continued.

by aging, accidents, etc. This is essentially a Nursing Home or Long Term Care facility, with 24 hour nursing care. Obviously all meals are prepared for residents and they cannot leave the facility unless accompanied by a responsible person.

The entire complex is administered by “The Shepherd Village Foundation” whose offices are in the complex on the ground floor of one of the buildings. The foundation arranges day trips by bus to various places in the summer months for those who are able and choose to go. Other activities like music performances, plays, etc. also take place throughout the year to keep the residents mentally and physically active.

## **SUNNYSIDE HOME LONG TERM CARE, WATERLOO**

### **Services**

Nursing and medical care, physiotherapy, occupational therapy, dietary consultation, social work, pastoral care, recreation and music therapy.

Home-cooked meals, personal laundry and housekeeping.

Nursing units supervised by a Registered Nurse and staffed by a range of health and supportive care professionals.

### **Levels of Care**

Continuing Care for people who require limited to total assistance with activities of daily living.

Special Care for people who require a secure setting due to wandering or memory loss.

### **Types of Rooms**

Private rooms: occupied by one resident and including an ensuite washroom, bed, nightstand, wardrobe closet and chair.

Basic rooms: occupied by two residents who share an ensuite washroom. Each resident has his or her own bed, nightstand, wardrobe closet and chair. Most basic rooms have a privacy wall between the two resident areas while some have only a curtain.

All rooms have central air conditioning and heating with a thermostat to allow minor adjustments to temperature.

Please see the following website and you tube for this facility

<http://communityservices.regionofwaterloo.ca/en/seniorsservices/sunnysidehomelongtermcare.asp>

<https://www.youtube.com/watch?v=HP81U8vvgXs>

For additional information or clarification, you may call Sadanand at (905) 399-1073

# Seniors Residence Group Tours

continued.

## **SENIORS' FORUM – OUR WEBSITE**

On the auspicious occasion of this year's Gouri and Ganapati Festival, we have created a website <http://amchigeli.com/> which has a section exclusively for the seniors in our community.

Amchigeli.com, a brainchild of Muralidhar Shenoy of Atlanta, has its origin from the good initiatives started at the Konkani Sammelan 2016 in Atlanta. The objective is to take forward these initiatives and support the Konkani community. The sections on this site include: Soirika, Amchi Mhalgade, Amchi Community (Randap, Emergency Support, Panchadika).

Amchi Mhalgade, facilitated by Sadanand Mankikar, aims to be a stepping stone and a mouthpiece for identifying the needs and concerns and help develop programs that can be helpful to all our seniors. It invites articles, useful references, relevant topics for discussion and questions for gathering information. We plan to post different issues from time to time and invite comments and suggestions from the readers. It is hoped that all our seniors join this group and share their thoughts and benefit from the website

Any suggestions to improve the site and make it more useful will be very much appreciated.

# OKA Mentor Program

Sadananad Mankikar

## OKA Mentor Program

In early 2015, a small Committee was set up to organize the Fifth Annual OKA Community and Leadership Program. The youth from this Committee had suggested setting up a Mentor Program for OKA members. With some efforts we were able to gather some useful information from approximately 30 members. This information had to be reviewed and rewritten. Due to some unforeseen reasons, we could not continue to work on this project. I am extremely happy that Arjun Mavinkurve has shown a great deal of interest in this project and is prepared to make this project a reality. Therefore, I am extremely happy to hand over this project to Arjun along with very best wishes.

As introduction, Arjun Mavinkurve (B.Com., MBA from University of Mumbai) is a member of OKA and lives in Markham ON. He currently works at Bank of Montreal in Operational Risk Management. He is married and has 2 young kids. He can be contacted at (647) 964-7925 or arjunmav@gmail.com.

OKA Mentor Program – future plan

### **Arjun Mavinkurve**

The OKA Mentor Program aims at developing a personal and career development program that connects individuals to achieve or exceed life's vision and goals.

In today's competitive environment, having a 'mentor', 'guide' or 'career coach' is a proven approach that provides the defining edge to derive mutual excellence and success: For mentors who are willing and keen to share their knowledge, wisdom and experience; with mentees aiming to identify and/or execute specific short-term or long-term goals.

The OKA Mentor Program aspires to provide this wonderful opportunity to the following type of mentees:

- Students/young adults planning to develop their careers in near future
- New immigrants to Canada
- Professionals looking for a shift or boost in their careers

**“A mentor is someone who allows you to see the hope inside yourself.” — Oprah Winfrey**

### **Next steps:**

Members who had previously provided their information for the OKA Mentor Program will be contacted individually, to obtain updates to their information and permission for future use of this information for the Program.

The Program will seek to develop a list of mentees who would like to avail this wonderful opportunity, as well as expand on the current list of mentors.

A framework / guideline will be prepared to enable the mentors and mentees to derive maximum benefit from the Program.

# Konkani Premier League KPL 2016



# Ruuchi Randap

## Cooking/Recipes

**Cabbage Upkari** is one recipe which was a staple at home. this recipe is made with cabbage, beans, cauliflower and even snake gourd, bottle gourd and pumpkin. the chana dal and the coconut were always there and this was my favorite combination with any veggie. this used to be my tiffin box lunch in school with chapatis.

serves: 5-6

### ingredients (measuring cup used, 1 cup = 250 ml)

2 small cabbage or 1 large cabbage/patta gobi  
½ cup chana dal/split & skinned bengal gram  
½ cup fresh grated coconut or desiccated coconut  
1 medium size onion, chopped  
5 to 6 garlic, crushed or chopped  
1 to 2 sprig curry leaves/kadi patta  
1 green chili, chopped  
1 tsp cumin seeds/jeera  
1 tsp mustard seeds/rai  
½ tsp turmeric powder/haldi  
½ tsp red chili powder (optional)  
3 tbsp oil  
a pinch of asafoetida/hing (optional)  
¼ cup chopped coriander/cilantro leaves for garnish  
salt to taste



### How to make the recipe:

soak the chana dal in water for 1 hour.  
heat oil in a pan and splutter the mustard seeds and fry the cumin seeds.  
add the onions and saute them till they become transparent.  
now add the garlic and curry leaves and fry for a minute or two.  
add the cabbage, chana dal, green chilies.  
add the spice powders and salt.  
mix everything and cover and cook the cabbage.  
after 10-15 minutes, when the cabbage is half cooked, add the grated coconut.  
cover and cook for some more 15-20 minutes till the chana dal is cooked.  
garnish with coriander leaves and serve cabbage upkari hot with chapatis, dal and rice.

# 2016-2017 Executive Committee

## The 2016-2017 Executive Committee

President - Shefali and Kashinath Nayak

Treasurer - Shilpa and Prasad Ganguli

Entertainment - Niveditha and Narendra Kamath

Food - Deepali and Vinayak Shanbhag

Web/Social Media - Sadhana Nayak and Sachin

Youth - Aparna Udiaver, Deeksha Nayak, Disha Nayak, Diya Kamath and Neha Kamath

Vice President - Divya and Ravi Nayak

Jt. Treasurer - Silna and Sanath Kamath

Jt. Entertainment - Laxmi and Vikram Nayak

Jt. Food - Nandita and Ravi Yedery

Jt. Web/Social Media - Neena and Vineeth Malebennur

Jt. Youth - Disha Nayak, Mrudvika Mallebennur

**Ravi and Divya-** Live in Toronto.

Fun facts Ravi was born in Delhi India and played cricket and was the captain of the cricket team. He also played tennis and was the student rep for his college.

Fun facts Divya - was born in Ernakulam Kerala. Won the state championship for poetry and many awards for classical music and extempore speech. She was also the school leader and the general secretary. Divya's first book Naurag the beginning is available at the Public library at various branches in Toronto.

Fun facts Disha – Was born in Toronto, Athlete and student leader, Disha is also the elected youth councillor for the city of Toronto.

# 2016-2017 Executive Committee

continued.

**Sanath and Silna** along with their princess Swana came to Canada in 2014 in search of some new opportunity and heights. Both are in IT by profession and work for Tech Mahindra.

Sanath is always focused and sets some short term goals for him and doesn't mind taking risks. He always sees a positive side in all situations. His childhood was not great as he lost his mother at a very young age of 8. His father raised him and his 2 elder sisters. Sanat is very passionate about sports ; say it Badminton, Cricket, Table Tennis, Swimming , Tennis, Carrom, Ice Skating ,etc.

Silna is the only daughter to her parents who are settled in Goa. She was a bright student in academics and won many accolades in school. Silna like to travel and see new places. She is a super mom, great companion, associate and a good cook.

Sanath & Silna joined the OKA group in the year 2016 for the new year event. This group is fantastic and they made them feel so special on the very first meet itself. This group brings reminds of our roots and back home memories. They are very proud to be a part of this group and feel that all the group members are very enthusiastic ,helpful , loving and caring.

Sanath's & Silna's whole time revolves around their lovely daughter Swana who is truly a blessing for them. Sanath's dad also stays with them and is a frequent visitor to Canada.

Some Fun Facts:

Sanath and Silna are together known as 'SilSan' among the friends group. Both are opposite in most of the traits the first being the height :) lambu & chotu !!

San is early to rise, early to bed but Sil likes to sleep late and wake up late. San is passionate about sports and Sil is a big zero in sports. Sil emotional , San practical and the list continues... that's why it is rightly said by some one that opposites attract each other.

# 2016-2017 Executive Committee

continued.

**Laxmi and Vikram Nayak** – ..landed in Canada in 2012 and have been members of OKA since 2013. Vikram enjoys working from his home-office as a Senior Consultant for Emtec Inc. and Laxmi prefers the hustle and the bustle of Downtown Toronto working at Acuity Ads Inc. as a Senior Quality Analyst. Vikram is a sports enthusiast and loves watching and playing any sport. Laxmi loves listening to music and often spend hours listening to all kinds of music. She also loves capturing memories in the lens of her camera. They have been part of cultural and entertainment portfolios previously and hope to add value and ensure that the OKA community is thoroughly entertained.

**Ravi and Nandita Yedery** moved with their daughter Sonya and 3 female cats from Mumbai to Canada in 2014. Immediately on landing, joined the OKA family as members. Ravi is ex-Military, having served in the Indian Air Force as an engineering officer for 20+ years and is working in Pathway Communications. Nandita has managed different portfolios in non- profit welfare organizations and prior to coming to Canada, she was an Advisory Board Member in Bombay YWCA, Mumbai. Nandita is presently working in an Office administration role. Their daughter Sonya, is pursuing her graduation at UTM (specializing in Anthropology) and is working in a customer service role at a wholesale outlet.

Nandita is trained in classical and folk dance styles and has choreographed and performed in numerous cultural events that had Indian and foreign dignitaries. She is a Fine Artist and is pursuing that as a second profession. She is also very skilled in preparing global cuisine.

Ravi is an avid sportsman, having played cricket, badminton, squash, hockey and volleyball at various levels. He is also a keen self-trained singer, having performed on with live music on a number of occasions.

Their daughter Sonya is trained in Indian and many international dance forms. She is also trained in drama. She is a key member of her University dance group called Rhythm Performing Arts and has participated in numerous dance performances. Their dance group is regularly invited to perform at various cultural events. Her dance group recently performed at Asian Fashion week and Mosaic

# 2016-2017 Executive Committee

continued.

festival at Celebration Square, Mississauga.

**Neena and Vineeth Malebennur :** Neena and Vineeth landed in 2007. They found Canada very beautiful, but Neena felt she could never move her permanently. So they returned to Oman. 3 years passed and Neena woke up one morning in Feb 2010, and asked Vineeth and kids whether they want to move. Her family jumped at the idea, and Neena and her kids, Mridvika and Kshithij moved in June 2010. Vineeth shuttled between Canada and Oman for one and half year and finally moved in 2012....

Life was tough for Neena in the beginning, living without Vineeth, and restarting life in Canada; And worse was for Vineeth to live far from his family. It's amazing how much children can adjust in tough situations. Mridvika and Kshithij supported to their fullest. Today, Neena and Vineeth feel, it was all worth it. Canada gave Neena and her family umeed se dugna....

Mridvika Malebennur: Mridvika, 15, is a very calm and composed person, other than when she and her brother, Kshithij fight. That 's the time Mridvika is the drama queen.

Mridvika is a talented singer; Her talent was noticed when she was just 2 years old, when she would repeat difficult compositions accurately. She started her training in Hindustani classical music at the age of 5, and has given several performances and won lot of appreciation.

Mridvika is currently in Grade 11 in Stephen Lewis Secondary School in Mississauga and doing very well academically. She finds it difficult to narrow down her choice of career, but bends more towards business management.