



Chiguru

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North American Sankethi Association (NASA)

3305 Colonial Drive, Mississauga ON, L5L 5G3, CANADA

<http://www.sankethi.org>

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1.



President's Note

ಸಮಸ್ತ ಸಂಕೇತಿ ಭಂಡುಗಳೆಲ್ಲಾ ದಿವಾಕರಂಡೆ ನಮಸ್ಕಾರೋ...

ಎಲ್ಲರನ್ನು ಮುಂಗಡಮಾ "ದುರ್ಮುಖ" ನಾಮ ಸಂವತ್ಸರಕ್ಕೆ ಶುಭಾಶಯೋ.

ಭಗವಂತೋ ಎಲ್ಲರನ್ನು ಆಯುರಾರೋಗ್ಯ ಐಶ್ವರ್ಯ ಸಕಲ ಸಂಪತ್

ಸೌಭಾಗ್ಯ ಮನ ನೆಮ್ಮದಿ ಕರುಣಿಚ್ಚಿ ಕಾಪಾಡ್ಗಡಿ. "ಜಯ" ಸಂವತ್ಸರಕ್ಕೆ

"ಅಷ್ಟಲಕ್ಷ್ಮಿ" ಕಾರ್ಯಕಾರಿ ಸಮಿತಿ ಶುರು ಆಯಿರಿ ಇವೊ "ಸಪ್ತ ಸ್ವರ"

ಮಾಯಿತಿ NASA 2014-15-2016 ಏಪ್ರಿಲ್ 9, 2016 NASA

ವಾರ್ಷಿಕ ಸಮ್ಮೇಳನಕ್ಕೆ ನಿವೃತ್ತಿ ಗೊಳಿಸಿ. ದಯೋ ವಚ್ಚಿ ಎಲ್ಲರು

ಪರಿವಾರೋ ಬಂಧು ಬಳಗ ಸಮೇತ NASA ಯುಗಾದಿ ಹಬ್ಬಕ್ಕೆ ವರಾಣ

ಅಂಡುರಿ, ಕಾರ್ಯಕಾರಿ ಸಮಿತಿಯ ಪರಮಾಯಿತಿ ಪ್ರಾರ್ಥನೆ. ರಿಯಾಯಿತಿ

ದರಕ್ಕೆ NASAತ್ತ ವಿಹಾರ ನೌಕಾಯಾನಕ್ಕೆ ಟಿಕೆಟ್ ವಂಕ್ಯಂಡ ಬಂಧು

ಮಿತ್ರರಿಗೆಲ್ಲ ಧನ್ಯವಾದೋ. ಸಾಮಾನ್ಯ ದರಕ್ಕೆ ಟಿಕೆಟ್ ಶಿಕ್ಕರಪ್ಪಿಂದಾಕ

ಜಾಯ್ಸ್ ಜಾಂಗ್ / Joyce Zhang (jjzhang@cruiseshipcenters.com)

ಸಂಪರ್ಕಿಚಿ NASAತ್ತ ಮೊಟ್ಟಮೊದಲ ವಿಹಾರ ನೌಕಾಯಾನಕ್ಕೆ

ವಾರಂಗೊ. ಎಂಗಡ ಸಮಿತಿಗೆ ನಿಂಗಲ್ಲಾ ಕುಡತ್ತ ಪೋತ್ಸಾಹಕ್ಕೆ ಫಲಮಾಯಿತಿ

ನಂಗೆ ಭರ್ಜರಿ ಮನೋರಂಜನಾತ್ಮಕ ಕಾರ್ಯಕ್ರಮಂಗೈ ಕುಡರ್ತಕಾಚಿ.

ಇಡ್ಡಿಯೆ ಮುಂತಿ ಸಮಿತಿಕೂ ಪೋತ್ಸಾಹಿಪಿಂಗೊ. ಎಂಗಡ ಸಮಿತಿಗೆ

ಪ್ರತ್ಯಕ್ಷಮಾಯಿತಿ ಪರೋಕ್ಷಮಾಯಿತಿ ಸಹಾಯೊ ಪಣ್ಣಿಂತ್ರಿ ಧನ್ಯವಾದೋ.

ಮಿಕ್ಕ ವಿಚಾರಂಗಲ್ಲಾ ಆಂಗ್ಲ ಭಾಷೆಲೆ ರಾಂದಿ ಓದ್ಕೊಂಗೊ.

My beloved Sankethi Relatives, Bhandhus and Friends Happy "Dhurmukha" New Year to you all, in advance. We will be celebrating 2016 Ugadhi on April 9, 2016 Saturday at the Community Center on Poplar Run Drive, Silver Spring, Maryland 20906 around 10 A.M. (NASA's annual GBM around noon.)

Ugadhi is one of the important festivals for Sankethis and on this auspicious day new NASA committee for the year 2016-17 2018 will take charge to serve the community. community. We, the present committee thank all of you for supporting our efforts and we are proud to share some of the highlights of 2014-15-2016 term:

- First ever NASA Cruise
- Started new columns in Chiguru like "Health" "Things to ponder" "News from back home / Sankethi Gramas" "Food Corner" etc.

- (Working towards another column on "Hinduism / Sankethism". The present committee will be more than happy to help the next committee on this.)
- NASA went high tech with introduction of "On line payment" in 2015.
- Recognized and honored Sankethi Artists with a Plaque. (Going forward we the present committee is willing to help & recommend future NASA BoDs to continue recognizing fellow NASA members for their achievements their respective fields.)
- Started new columns in Chiguru like "Health" "Things to ponder" "News from back home / Sankethi Gramas" "Food Corner" etc. (Working towards another column on "Hinduism / Sankethism". The present committee will be more than happy to help the next committee on this.)

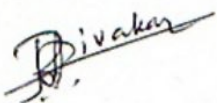
Considering the time & limitations we had as volunteers of NASA board, I think we did pretty well and I am sure we could have done better to satisfy all the needs of our community. God willing, we may return again and serve you all, in the near future! We (Amrutha, Prema, Pushpa, Nandini, Ranjini, Sheela, Tara & Ashwini) started as "Astalakshmi" team, but Ashwini had to resign after a year, due to her professional work load, thus we are ending the term as "Saptha Swaras". In other words... thanks a lot for listening to our songs / Swaras which was directly proportional to your encouragements.

We Sankethis, in NASA can do more and achieve more. All we need is continued support and guidance from past Presidents, Senior Members of NASA as well as well wishers of NASA. Our "Janaanga" should grow, prosper and continue to help the humanity. 650-700 years ago we all followed a female leader "Nacharamma" from Shankotai village in present day Tamil Nadu, India. Imagine how broad-minded we were (are) and respect the leader irrespective of the gender. We need more Nacharammas / Nacharappas to come forward to lead us again! We should continue our efforts to bring together more and more Sankethi Youths, take responsible positions as members of NASA board and help nurture the Values & Mission of NASA. I am confident that future BoDs will take care of this. I would like to sincerely thank my team members for being a good sport and participating in board activities, like a family. We as a family discussed, argued and at the end we remained as one happy family in spite of difference of opinions, like we see in any family! I am proud of my present team and each one has more potential to significantly contribute to the growth of NASA. I wish they get more time to volunteer and a more understanding leader to lead and benefit from their skills.

So dear Sankethis and friends of Sankethis, final official Good Bye from all of us. Looking forward to see you all in April-Ugadi Celebrations / NASA GBM and in the NASA Cruise on July 3, 2016.

लोकाः समस्ताः सुखिनो भवन्तु

Regards,




Divakar Rudrapatna
Dasa to NASA (Always at the service of Sankethis)
NASA – President (2014-16)

2. Ugadi Get-Together - Regional Event - Sat Apr 9 - Maryland Area



NASA BoD is pleased to organize a regional event to celebrate Ugadi in the Washington DC Area. We are counting on maximum participation from all our members to celebrate our New Year with food, fun and entertainment! Please take this as a personal invitation and kindly join us. We request that you contact any NASA BoD member and inform us of your participation. Getting an accurate representation of the number of participants will help us plan the food and activities appropriately.

Location:

13500 Star Gazer Lane
Silver Spring, MD 20906

If your GPS has difficulty with the above address, you can try 1503 Poplar Run Drive – The venue is just opposite this address.

Program:

10:30 – 11:00	Welcome
11:00 – 12:00	Shloka, Pooja
12:00 – 12:30	Presentation on Ugadi
12:30 – 1:30	Lunch
1:30 – 2:00	Social Session
2:00 – 4:00	General Body Meeting
4:00 – 4:30	Elections
4:30 – 6:30	Entertainment Session
6:30 – 7:30	Dinner



We invite members of all ages to share their talents - singing, dancing, acting, playing an instrument, prints, paintings, etc. Please contact Amrutha Viswanatha (amrutha.viswa@gmail.com, 908-331-2596) and/or Ranjini Srikantiah (ranjini@alum.mit.edu, 201-835-5081) if you are interested in participating.

Cost:

In order to offset the costs of meals and hall rental, the following admission fee will be requested.

Adults: \$10

Family (3-5 members): \$30

Donations to further defray the costs will be gladly accepted.

Accommodations:

If any of our members would like to stay at a hotel close by, the Marriott Courtyard in Silver Spring could be considered. The hotel phone number is: (301) 680-8500. Please contact the hotel directly for further information and to make a reservation.

3. NASA 2016 General Body Meeting and Elections

As previously sent out in the NASA News Flash on Feb 27, 2016, the following is a repeat notice to all NASA members of the 2016 General Body Meeting and Elections

The General Body Meeting (GBM) of the North American Sankethi Association will be held on **Saturday, April 9, 2016 at 2:00pm** at The Clubhouse, 13500 Stargazer Lane (off of Poplar Run Drive), Silver Spring, MD 20906.



The order of business will be:

1. Role Call
2. Reading of the minutes of the preceding meeting
3. Reports of committees
4. Reports of officers
5. Old and unfinished business
6. New business



Any member in good standing may introduce a motion from the floor with the permission of the Chair. Such permission shall not be denied if the member has given written notice of such motion to the corporation at least ten days but not more than fifty days prior to the scheduled date of the meeting. Provided however that the advance notice requirement may be waived if the estimated additional financial exposure to the corporation from the proposed motion is less than US\$500 in the relevant fiscal year(s).

7. Good and Welfare
8. Adjournment

The GBM will be followed by General Elections for the President and Board of Directors for the 2016-2018 term. Details are provided in the next section for those who are interested in running for a board position. Please contact any current Board member should you have any queries regarding the election process.

Please note that per NASA bylaws, only members in good standing as of the Record Date, March 25, 2016, may vote in any formal motion or election of officer bearers. We encourage nonmembers who wish to join NASA to consider life membership. Annual Members should renew their memberships by the record date as well. Membership forms are available on our website: www.sankethi.org. The minutes of the 2015 GBM were published in September 2015 in Chiguru Vol 32, No. 4 which can be accessed on our website.

Submitted by

Handwritten signature of Ranjini Srikantiah.

Ranjini Srikantiah,
NASA Secretary 2014-16

4. Elections for the 2016-2018 Term

Our Elections Officer – Dr. Y.N. Jayaram, has provided the following information. Please feel free to contact him or any current Board Member should you have any questions.



1. Any member in good standing can nominate another member in good standing for the position of president (one) and no more than 8 positions on the board of directors
2. For the office of the presidency- the candidate must be physically present at the general body meeting. Hence it behooves the nominating person to make sure that the person would be present physically and also it will help if the nominating person obtains the consent of the nominee prior to nomination
3. Self-nomination is also accepted. Please present yourself to the Elections Officer or any current Board Member.
4. In order to validate a nomination, it needs to be seconded by another good standing member at the general body meeting or by communicating with the Elections Officer in advance.
5. The Elections Officer must be informed of all nominations by e-mail, post or phone. The contact information for Dr. Jayaram is:

Y.N. Jayaram
15829 Hampton Village Drive
Tampa Fl 33618-1656
USA

yjayaram@yahoo.com

609-405-2889 (Cell)
813-908-1819 (Home)



6. Nominations from the floor are also accepted at the general body meeting

This is your organization -- Take part in it and make your vision come true by taking active part in the organization

My best wishes to all,

Jayaram

5. NASA 2016 Annual Get-Together – Get Ready to Sail!

Thank you to all who have registered for the first ever NASA Cruise! To date, 25 cabins have been reserved with a total of 58 Sankethis participating. This is amazing!

Spaces are still available if you are interested in joining this adventure. The fares are currently \$620 for an inside cabin, \$660 for an Oceanview cabin and \$720 for a Balcony cabin. Please contact Ms. Joyce Zhang at jzhang@cruiseshipcenters.com to find out price and availability details.

Carnival Victory sailing July 3, 2016 to Bahamas for 4 nights.

Itinerary

Jul 3 - Day 1	Port Canaveral, Florida	4:00pm
Jul 4 - Day 2	Freeport, Grand Bahama, Bahamas	8:00am -> 5:00pm
Jul 5 - Day 3	Nassau, Bahamas	8:00am -> 5:00pm
Jul 6 - Day 4	At Sea	
Jul 7 - Day 5	Port Canaveral, Florida	8:00am



Further details on this vacation can be found at:

[4 night Bahamas cruise sailing aboard Carnival Cruise Lines's Carnival Victory, 7/3/2016](#)

The NASA BoD is looking into organizing transportation to/from Orlando Airport area and a group dinner on-board ship. Further details to those who have registered for the cruise will be forthcoming so stay tuned ...

6. Health Corner

High blood pressure, or "hypertension" can truly be a silent killer. Hypertension is the leading contributor to heart attack, heart failure, stroke, and kidney diseases, yet many people may not know that they have it unless they have their blood pressure checked. The risk of hypertension increases with age and leads to additional complications when associated with diabetes. Lifestyle modification is essential in controlling your blood pressure. Losing weight if obese, reducing your salt intake, and increasing aerobic activity to 30 minutes at least 3-4 times a week are effective strategies in reducing blood pressure. Note that canned and processed foods have especially high salt levels. High stress levels can cause hypertension or worsen existing high blood pressure. Any stress-relieving activity, playing a musical instrument, singing, yoga, puja, reading, walking, or listening to music—really whatever works for the individual—will be helpful in reducing your blood pressure. As always, patients at risk for hypertension should schedule regular check-ups with their physicians and monitor their blood pressure at home.



Looking forward to seeing many NASA members for the Ugadi gathering on April 9th. Have a great spring!

Warmly,
Amrutha Viswanatha M.D.

7. Fun and Festivals – Yugadi – 8 Apr 2016

Reference: <http://festivals.iloveindia.com/ugadi/ugadi-date.html#016YDMXuvhCs5W3t.99>



Yugadi or Ugadi, is a Hindu festival celebrated by the people of Karnataka and Andhra Pradesh with much vigor. Yug means new era and Adi means beginning; together it means beginning of a new era. In other words, it also means the beginning of a new astronomical cycle. The festival falls in the spring season and marks the first day of the New Year, which is the first day of Chaitra (March or April), the first month of the traditional Hindu calendar. But since the Hindu calendar is a lunisolar calendar, Ugadi falls on different dates every year and is also one of the most important festivals of the Hindus. Legend has it that it was on this day that the Creator of Hindu Pantheon, Lord Brahma, began his auspicious creation and created the Earth, and set days, nights, dates, weeks, fortnights, months, seasons and years to count the time.

Preparation for Ugadi begins a day or two before the actual date with people washing and cleaning their houses; buying new clothes is also one of the many traditions. On the day of Ugadi, people, especially of Karnataka and Andhra Pradesh, take an extensive ritualistic shower or oil bath followed by partaking in prayers for good health and prosperity in the coming year. Then as the day moves on, people decorate their houses with mango leaves and rangolis, and Ugadi Pachhadi (Telugu) or Bevu Bella (Kannada), a unique dish of a specific mixture with six different tastes is also prepared. The dish symbolizes different experiences ranging from sweet to bitter and that everyone should learn from these experiences and continue with life's journey. Later in the day, the event of Panchanga Sravanam is organized in many temples and cultural and religious gatherings are held, whereby predictions for the coming year are made.

Also held in many parts of these two states are Kavi Sammelans (poetic recitals), literary discussions, appreciation of authors for their literary work through awards and recognitions, and recitals of Carnatic music and classical dances. The day is considered a promising one to begin new ventures. Apart from being celebrated in Karnataka and Andhra Pradesh, Ugadi is also celebrated in many other states of India and goes by different names. In Maharashtra it goes by the name of Gudi Padwa, Sindhis celebrate it on the same day as Cheti Chand, in Punjab it is celebrated as Baisakhi, as Vishu in Kerala, and as Puthandu in Tamil Nadu. Names may be different, but one common thing that connects all the states with this festival is that, it is celebrated with much fanfare, sumptuous feasts, and delightful family gatherings. In 2016, Ugadi falls on Friday Apr 8.

The NASA BoD wishes you all a very happy and prosperous Yugadi!

8. Congratulations!

NASA would like to recognize the achievements of Aakash Padakandla, son of Menaca and Bhaskar Padakandla, and grandson of Jai Rangappa and Vinnie Rangappa. Aakash has been honored as an Eagle Scout, which is the highest honor in Boys Scouts. He will be graduating from High School with honors in Carrollton, TX in May and then proceeding to college this fall.

NASA BoD wishes Aakash a bright and long future filled with more such achievements!

9. Community News

NASA has not validated the following announcements, they are provided for information exchange purposes only.

Students of Vidwan RK Padmanabha will be hosting for the first time in the US,

Vadiraja Aradhane

in the Bay Area California (Venue TBD)
on Saturday April 23-April 24, 2016.

This two day music festival will include performances by local Carnatic Music Groups on Saint Vadiraja, Discourse on Vadiraja Swamy by Dr. Aralamallige Parthasarathy, Gaana Pravarchana on Vadiraja Swamy by Vid RKP, Ghoshti Gayana and much more!!

Please contact Sheela Nagaraj-Dikshith (sheela71384@gmail.com or (201) 543-9434) for more information.

10. News from India

Book Traces Rich Heritage of Stat's Musical Village

By Meera Bhardwaj

Reference: <http://www.newindianexpress.com/cities/bengaluru/Book-Traces-Rich-Heritage-of-Stat%E2%80%99s-Musical-Village/2016/01/30/article3251514.ece>

Published: 30th January 2016 05:03 AM

Last Updated: 30th January 2016 05:03 AM



BENGALURU: Collating the musical heritage of Rudrapatna, Karnataka's sangeeta grama nestling on the banks of the Cauvery, has been a labour of love for R S Bhaskara Avadhani. It has taken Avadhani, considered an authority on the lineage of the musical village, almost three years to come out with his recently released title Samskruthika Grama — Rudrapattana. The 575-page tome in Kannada traces in detail the rich history of Rudrapatna right from the 17th century, and 'the glorious past of great Karnatak vocalists and instrumentalists'.

"Alas! Those days are gone as most people have migrated to either Bengaluru or to the US in search of greener pastures," says Avadhani, who also moved to the city in 1969. Here, he started a business manufacturing and dealing in solar water heaters and other products that use solar energy. "This music village, which gave Karnatak music greats like Venkataramaiah, Ranga Shastri and Thoti Thammaiah, is today just a memory. Its sons and daughters have left, forgetting the musical and spiritual lineage."

People only flock to the village in Hassan district for the annual music festival, and try to recreate its glorious heritage, he says. Avadhani also belongs to an old family in the village, and is well-known musician R K

Padmanabha's relative. "I can still trace our family land records back to 200 years." The 70-year-old recalls the days when he used to cross River Cauvery in monsoons during a nearly two-hour-long journey to reach his school in Basvapatna. "Our family was steeped in Vedic studies and performance of the Surya Namaskar." Although he left Rudrapatna after schooling and PUC, he felt drawn again and again to the village that was his home for 17 years.

Avadhani's initial foray into writing about Rudrapatna started in the form of a 15-page booklet in 2000, followed by a 60-page book in 2005. He has also written articles on Rudrapatna for a Sanketi magazine. It is said that about 600 years ago, Sanketi Iyers migrated from Shenkottai in Tirunelveli, Tamil Nadu, and settled down on the banks of the Cauvery in the village then called Hyagreevapura, and continued their tryst with music and Vedas.



"My book also talks about veena and violin players, including R S Keshavamurthy, Veena Rangappa, Veena Suryanarayana and R K Venkatarama Shastry. I have traced the history of 1,000 families from the end of 17th century to the beginning of 18th century," he says. "The family tree of great musicians of Rudrapatna forms part of the book and also those people who went to America." Scientists, engineers, litterateurs, people in the armed forces and other professionals, including 'some commoners who have done yeomen service', have found mention in the work. "I have detailed all their contributions with pictures, records, original documents and statistics."

Gathering information took him to other districts as well. "Two journalists — Alur Subbarao, involvement with Subash Chandra Bose and bringing out inspiring columns was immense, and R Venkatram, who brought out a daily, have been included in the book," he says. "Pilot Ramaswamy went from Rudrapatna to England and France and made name for himself. His flying experiences and the lives of 25 child widows, and how, despite poverty, they faced life with a smile, have been detailed." Another remarkable contribution is of a school peon, Ghouse, who picked up children from the streets and got them to attend school. "Rudrapatna has always been in the forefront of music, education and spiritual studies and Ghouse understood the value of education," says the author with passion. "R V Srikantaiah who went on to become a scientist at BARC, Mumbai, remembers this man with gratitude, and gives Ghouse all credit for his education."



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