



Know your Past President by Mrs. Pushpalatha Venkataraman

What our Ex-President Hema Vartak says

Dear Kasturi Kannada Friends,

Namaskara,

I had the honor and pleasure of being the president of Kasturi Kannada Sangha from 2011 - 2012. Although it was a challenge, since I had not been a member of Kasturi for long before taking over the role as president, I had a wonderful and experienced committee that were willing to help me with anything I needed assistance with. Thanks to the teamwork, I had a smooth transition. The Kasturi Kannada Sangha was and is a great organization not only to make new friends, and have a sense of community, but also a wonderful organization for my children to connect with their roots and appreciate our culture.

It is so great to see how far the Kasturi Kannada Sangha has come, and I am looking forward to attending many more functions in the future!

Thank you,

Hema Vartak



Hema Vartak

KKS President 2011-2012



Dwarakanath
KKS President 2006-2007

What our Ex-President Dwarakanath says

Dear Kasturi Family,

I am Dwarakanath and was the President of Kasturi Kannada Sangha during 2006 and 2007. Currently, I live in Houston, Texas and hence you don't see me at the Kasturi functions. However, my wife Mrs. Latha Dwarakanath still lives in the Cleveland area because of her job. Per the request of Mrs. Puspalatha Uli (Also, one of the past President of Kasturi),

I am very happy to write the following few lines for the Kasturi Newsletter:

We had a real challenge running the organization in those days because the Kannada families who were responsible for the start of the Kasturi organization in 1984 had already started either getting old and not coming to our functions regularly or they had already moved out of Cleveland. So, we had the challenge of getting new members for our Kasturi organization, which was difficult as the only way to reach out to more people were via mouth-to-mouth communication as there were no social media in those days. In addition, unlike today the number of Kannadigas living in Cleveland area was also less in those days. Hence to generate extra revenue to run the organization, in addition to membership fee, we used to screen Kannada movies at Strosacker Auditorium at Case Western Reserve University - thanks to Prof. Sreenath who was helping us get the auditorium booked free of cost. So, after paying for the movie reels and the person helping us screen the movie, the remaining money was another form of revenue for our organization. But we did manage get through all those difficult times, without depleting the Kasturi reserve money.

In contrast, nowadays thanks to all the social media like WhatsApp, it is lot easier to reach out to new people coming to Cleveland area. Lately, I have heard that more than 150 to 200 people come to our Kasturi functions, whereas it was hard to see even 30 to 50 people in those days at each function. Also, from my conversations with Mr. Ravi Alangar (Kasturi Treasurer - who was also the treasurer during my time), I came to know that the Kasturi reserve funds are much healthier than what it was during my time. I am really very happy to hear that so many people are coming to our current day functions and the kind of reserve money that the organization has when compared to our days when we were struggling to have even \$1000 reserve money. Also, I am extremely happy to see the organization growing to new heights every year with new Kannada families becoming part Kasturi family.



KASTURI RECOGNITIONS

Achievements

Suren Gourapura son of Dr. Renukaradhya Gourapura and Mrs. Sumathi Aradhya is currently doing his research on cosmology – understanding the contents and evolution of the Universe with Professor William C Jones at Physics Department Princeton University. A large part of his research involves the observation of the **cosmic microwave background (CMB)**, the faint afterglow left over from the Big Bang. Suren is currently in Antarctica with the team.

Link

<https://scholar.princeton.edu/jonesresearch/overview>

You can see pictures, live video of the launch and track the balloon here

<https://www.csbf.nasa.gov/antarctica/ice.htm>

If anyone is interested in Cosmology for future studies, we will have a zoom session with Suren so you can ask him any question related to his career and get advice from him.

Thank you Dr. Renukaradhya for sharing Suren's research with us.

Proud of you Suren and Team.



Mr. Suren Gorapura
Research in Cosmology

Research station, McMurdo, Antarctica.



The SPIDER team in Antarctica in November 2022

Before Launch





RECIPE OF THE SEASON

Eggless Cookies

_ By Priyanka Abhilash

Prep time: 5 minutes (plus 15-20 mins dough resting time)

Bake time: 22-25 minutes

Makes: approximately 12 cookies

Ingredients:

Unsalted butter -1 stick (1/2 cup, 4 oz) at room temperature

Powdered sugar - 1/2 cup

Cardamom powder - 1/4 tsp

All purpose flour (Maida) -1 cup

Baking powder -1/4 tsp

Salt - 1/8 tsp

Method:

Preheat oven to 300 degrees F or 150 degrees C.

1. In a mixing bowl, combine powdered sugar (Little at a time) with the softened butter until mixture is light and creamy.
2. Add cardamom powder and mix well.
3. In a separate bowl, sift All-purpose flour with baking powder and Salt.
4. Combine Flour mixture (little at a time) with the Butter mixture to form a soft dough.
5. Wrap dough in plastic wrap and let it rest for 15-20 minutes.
6. Knead the dough once again and divide into 12 equal portions.
7. Roll each portion into a smooth ball with no cracks and place on a cookie sheet lined with wax/ parchment paper or lightly greased foil. Leave ample space between dough balls.
8. Bake on the middle rack for 22-25 minutes (Keep a close eye- the cookies should remain white).
9. Remove from the oven and let the cookies cool for 5 minutes before transferring to a cooling rack to cool completely before eating.

Rava Haalbai

By Rashmi Shastry

Haalbai is a unique jaggery based sweet from Karnataka. Especially jaggery based sweets are very common in Malnad and coastal regions of Karnataka. Haalbai is a sweet cake, an authentic and traditional dessert recipe made in several households as a festival sweet or to celebrate special events.

There are different varieties of haalbai like Rice haalbai, Wheat haalbai, Rava haalbai, Finger millet / Ragi haalbai, Foxtail millet/ Navane haalbai. The most popular type of haalbai is rice coconut haalbai.

Rava haalbai is prepared using rava, coconut and jaggery. It is very simple and easy to make as it contains very basic ingredients. This dessert is modified version of the traditional coconut rice jaggery haalbai.



Ingredients:

1 cup chiroti rava / Fine sooji / Fine semolina

1 cup fresh grated coconut / Frozen coconut

1 cup Jaggery

3 or 4 cardamoms

4 or 5 cloves

3 tbsp ghee or more

2.5 to 2 ¾ cups water

(We can make around 30 pieces from the above Ingredients proportion)

How to Prepare:

Soak 1 cup of sooji rava in 2 cups of water for minimum 10 mins to 30 mins.

Grind soaked sooji rava along with water, coconut, cloves, and cardamoms to a fine paste.

Transfer it to a thick bottom pan.

Melt the jaggery with ½ cup water. Strain this jaggery to the rava coconut paste. Clean the jar with ¼ cup water and add it the mix.

Mix it thoroughly and keep it on the stove on high heat. Keep on stirring it to avoid the burn at the bottom of the pan.

After 2 to 3 minutes, it will become thick, reduce the heat to medium low, add a 2-3 tbsp ghee. Keep stirring it.

Whenever the mix starts to stick to the pan add little ghee and mix it.

Once the haalbai mix leaves the pan (it will take around 12 to 13 minutes) turn off the heat and transfer it onto the greased plate, spread it evenly.

When haalbai is warm enough grease the knife and cut this into desired shape and size.

Enjoy your delicious dessert :)

Tips: 1) If you add more ghee like around 4-5 tbsp, it gives better taste.

2) Adjust coconut, jaggery quantity according to your taste.



Peanut salad _ *By Dr. Lakshmi Hanasoge*

Ingredients:

Dry peanut
Finely chopped onions
Chopped tomatoes
Shredded carrots
Finely chopped raw mango
Pomegranates
Dry coconut flakes
Lemon juice
Chopped Cilantro
Garlic finely chopped
Crushed Black pepper
Finely cut green chilies
Salt to taste

Method:

Soak peanuts for an hour and cook it in the pressure cooker - 1 whistle Drain all the water

Add all the above ingredients and mix well, serve at room temperature.

Kasturi would be participating in volunteering activities (Non- meat Section) like packaging soap, pasta etc. Kids will get volunteer hours as credits and certificates.

Mangcalooda by Namrata Rao

Ottu Shavige is a traditional rice noodles version from Karnataka. In this recipe we serve the humble ottu shavige in a street style Falooda, with a 'mavina seekarane' inspired mango sauce with a Thai twist!



For ottu shavige:

1. Rice Flour - 1.5 cups

1. Salt - a pinch
2. Water - 1.75 cups
3. Oil - 1 tsp

For mango sauce

1. Mango pulp
2. Coconut milk
3. Cardamom powder

For coconut creme sauce

1. Thick coconut milk
2. Vanilla essence
3. Coconut cream

For assembly:

1. Rose syrup
2. Assorted nuts - chopped
3. Mango pieces
4. Tutti Fruity (optional)

Method:

Ottu Shavige Preparation:

1. Bring the water and salt to boil.
2. Once the water comes to a roaring boil, turn off the flame and add the rice flour.
3. Mix well and keep it covered for about 5 minutes.
4. Once the mixture cools down slightly (but still warm), knead into a soft dough.
5. Divide the dough into small portions and make shavige using 'chakkali varalu' or ottu shavige machine. If neither are available a potato rice can be used as well.
6. Place the shavige on plates/ containers and steam them until well cooked.

Mango sauce preparation:

1. To the mango pulp, add thick coconut milk, sugar, mix well.
2. Add cardamom powder per taste.

Coconut cream sauce:

1. In a thick bottom pan add the coconut milk and coconut cream and simmer.
2. Add sugar and simmer until thick and syrupy.
3. Turn off the flame and add vanilla essence.

Assembly:

1. In a tall glass, add a teaspoon of rose syrup along the walls of the glass.
2. Start filling the glass with alternate layers of ottu shavige (cooled), mango sauce, chia seeds, mango pieces and coconut cream sauce, until the glass is filled to the top.
3. Top the falooda with mango pieces, coconut sauce, nuts and tutti fruity.
4. Mangalooda can be served at room temperature or chilled!

Kasturi Volunteering Activities in 2023

Akshaya Patra Cleveland Chapter

Giving back to the community is something we need to teach our younger generation from the beginning. AP Cleveland Chapter is looking for volunteers from the age group of 8-25 to participate in various innovative activities of fundraising. AP Cleveland Chapter is striving hard for midday meals in schools in India so kids can come to school and get educated.

Kasturi Kannada Sangha would be collaborating with AP Cleveland Chapter in 2023 so our kids can get the opportunity to volunteer and come up with Innovative ways of fundraising and participate in other AP activities.

SEWA

Kasturi would also be collaborating with SEWA so kids can volunteer and get credits and certificates needed and can get exposure to volunteering.

Akron Food Bank

Kasturi would be participating in volunteering activities (Non- meat Section) like packaging soap, pasta etc. Kids will get volunteer hours as credits and certificates.