



## March 2023

# Know your Past President by Mrs. Pushpalata Venkataraman

### What our Ex-President Dr. Suma Achar says

Namaskara

I am Suma Achar a long-time member of Kasturi and had the privilege of the sangha's Presidency in 2009-2010.

When I arrived in US in 1995 Kasturi was a place where I met some kind people who became my lifelong friends and I cherish those friendships to this day with joy.

In 2009 the responsibility of organizing 'Kasturi 25' fell into my lap and I accepted it with the knowledge that I can DO it with help of my exceptional committee. I am thankful to my committee, my secretary Archana Mood and my beloved husband Sudhir Achar who stood by my side to make the function a grand success and will be in our memories for a long time.

My best wishes and support to the present committee and the future committees to continue to uphold our art and culture with grace and dignity.



**Dr. Suma Achar**

**2009-2010**

## **My memorable moments as President...**

**-By Suhas Sabade**

Chanda, Namita and I moved from North Carolina to Cleveland on a cold Saturday in Fall month of October 2002. We learned from a neighborhood Kannada Friend that the Next day is Deepavali Celebration at Kasturi Kannada Sangha in North Olmsted Community Center! We were so excited to attend as I had a taste of being a part of Sampige Kannada Events. From that Sunday onwards we became a part of Kasturi Kannada Sangha and enjoyed the association of all Kannadigas in the Greater Cleveland Ohio as an extended family of ours.

I was invited to work as Kasturi President for 2015-16 period and I took it as an opportunity to work closely with all Kannadigas in Cleveland.

I had an opportunity to Invite and Host noted kannada Singer B.R.Chaya and Padmapani for Kasturi Deepavali 2015 Event and that was a very cherishable and memorable moment of Organizing a Musical Event at Kasturi Kannada Sangha.

In spring of 2016 I had another great opportunity of Inviting and Hosting 'Idagunji Yakshagana Mela' to Perform Yakshagana at Kasturi Ugadi Event of 2016. A troupe of 11 Karnataka Pride Art of Yakshagana Kala visiting Cleveland was a Great Opportunity. Hosting and Organizing a Performance of these World Famous Yakshagana Artists was a very special and memorable experience and a very pride Moment for All Kannadigas of Cleveland.

Another Great and memorable Event during my Kasturi Presidency was the Food Sponsoring Event at Shiva Vishnu Temple of Cleveland Ohio during Spring of 2016. All Kasturi Kannadigas participated in the proud moment of Preparing, Cooking and Serving all devotees at Shiva Vishnu Temple of Cleveland Ohio.



**Mr Suhas Sabade**

**(2015-2016)**



**By Dr. Suma Achar**

## **DENTAL DECAY [ CAVITY] [ CARIES]**

Dental caries or dental decay is the most common disease in the world today. 90% of the adult world population has one or more cavities in the mouth. Dental caries is caused mainly by bacteria that reside in our mouth. The bacteria feeds on a biofilm that forms on the teeth called Plaque, which when hardens becomes calculus [ tartar]. The acids produced by these bacteria causes cavity or holes causing destruction of hard tooth structure. Left untreated, these cavities extend into the deeper layers of teeth. and cause infection and loss of teeth.



### **CAUSES:**

- Consumption of starches, snacks, sticky foods, and sugary drinks.
- Inefficient, irregular, and insufficient brushing and flossing techniques.
- Dry mouth
- Heartburn [ acid reflux into the mouth]
- Eating disorders like anorexia and bulimia
- Position of the teeth in the mouth
- Cracked teeth.
- Broken[fractured] teeth.
- Insufficient fluoride consumption

### **SYMPTOMS:**

- No symptoms in earlier stages of cavity formation
- Pain on chewing and biting or otherwise.
- Sensitivity to hot and cold foods and drinks
- Swelling[abscess] due to infection
- Jaw pain and occasionally headaches

### **PREVENTION:**

- Healthy diet
- Proper brushing and flossing techniques
- More frequent brushing and flossing [ at least twice daily]
- Use of mouth rinses or mouthwashes
- Use of fluoridated water for drinking
- Regular Dental visits [ once every 6 months for an exam, radiographs, teeth cleaning, diagnoses if any]
- Treatment in a timely manner.

## Oats and Broken Wheat Idlis



### Ingredients:

- 1 cup organic rolled oats.
- ½ cup fine broken wheat
- ¼ cup plant yogurt (optional, it can be avoided too)
- 1 cup water
- ½ teaspoon salt
- ½ tablespoon lemon juice
- 1 teaspoon fruit salt - Eno
- 2-3 tablespoons finely chopped or grated carrot
- 2-3 tablespoons of thinly chopped green beans.
- 2-3 tablespoons of finely chopped cilantro and few curry leaves finely chopped.
- 1-2 tablespoons of ginger & green chili paste (adjust according to your spice level)
- Idli steamer and idli molds.

### Instructions:

1. Roast rolled oats on slow flame until they become crispy, make sure to mix constantly and don't let them burn. Once oats are completely cooled, add oats to a blender or grinder and make a coarse powder. (Fine powder will give hard idli's)
  2. Roast broken wheat as well on slow flame until nice aroma is released.
  3. Mix powdered oats, broken wheat, plant yogurt, veggies and ginger green chili paste with 1 cup water. Leave it aside for 30 minutes. Make sure it's not too hard or too watery. This batter consistency should be little thicker than regular idli batter.
  4. After 30 minutes, add water in the idli steamer and let the water start boiling.
  5. Mix baking soda or Eno in the idli batter and pour batter on idli molds and steam them for 10-12 minutes on medium to high flame.
- while they are hot, they might look sticky, but look great once cooled off.  
These idli taste great by themselves or with Coconut chutney/Peanut chutney/Tomato chutney.



## Avocado Salad \_ *By Deepa Rao*



### Ingredients

Onion Pink -1

Salad 🍅 tomato 10-15

Cucumber-1

Green Apple 🍏 1 big sized

Grated Carrots

Grapes (Green) a bunch

Avocado 2

Black Beans

Add everything to a bowl.

### Garnishing

Olive oil

Lemon

Salt

Pepper

Red Chill's

Oregano

Mix all together without beans and salt so you can refrigerate and keep for 2-3 days.

Add salt and Beans when you eat.

## Potato Wedges\_ *By Sushma Lohit*



Air Fryer Potato Wedges are the classic side dish which gives you extra crispiness and a perfectly seasoned snack in just 20 minutes! you'll have the best side dish or snack for any weekend party!

You will need.

Salt to taste

Potatoes - 4

Garlic powder - 1 tsp

Red chili powder - 1 tsp

Paprika - 1 tsp

Chaat masala - 1 tsp

Olive oil - 1 tbsp

Breadcrumbs - 2 Tbsp mix everything together and coat it nicely to potatoes.

- Cut potatoes into wedges. Soak in cold water in a large bowl. Then drain them and use a paper towel and pat the wedges dry of any excess liquid.

- Season potato wedges with spice blend listed above and toss them evenly to coat.

- Place wedges in an air fryer basket. Air fry at 400°F for about 15 minutes. Halfway through, toss the potatoes to ensure the other side gets some air fryer love. If you skip this step, they simply won't be as crispy!

Serve right away with your favorite dip.



# Shiksha Daan

## The Gift of Education

Contact: [shikshadaan.fica@gmail.com](mailto:shikshadaan.fica@gmail.com) [www.shikshadaan.org](http://www.shikshadaan.org)

### Volunteer Opportunities

#### Shiksha Daan Online Tutoring:

We provide one-on-one online tutoring to Grade 2-12 students from low income families. We currently have 25 students in the program. We will like to have more tutors so that we can increase the student enrollment.

- Tutoring commitment is 2 hours a week during the academic year – preferably 1 hour sessions on 2 different weekdays after school.
- Tutoring is done online – tutor and student/parent decide on mutually agreeable days/times and use Zoom or similar platform.
- Tutors should be 16 years or older by the end of 2022 – great opportunity for high school students to get social work credit.

If interested, please complete the tutor registration form at:

<https://www.shikshadaan.org/tutor-registration>

**Partner Programs below.** If you decide to support one of these then please let them know that you are affiliated with Shiksha Daan.

#### Seeds of Literacy:

Seeds of literacy provides tutoring to adults to help them complete their high school equivalency diploma. Tutoring is done online as well in person at two different locations. Tutoring times are Mon. to Thurs. 9-11 am, 1-3 pm and 6-8 pm. Tutors are requested to commit to at least 1 two hour session a week. Tutors need to be 18 years or older and should have successfully completed high school – college degree is preferred. If interested please see <https://www.seedsofliteracy.org/get-involved/volunteer/> for information as well as to apply to be a tutor.

#### College Now College Student Mentoring Program:

College Now provides mentoring to college students who are graduates of Cleveland Municipal School District and have received a full Say Yes scholarship to attend college. Some of these students are the first person from their families to go to College. So the role of the mentors is to provide some guidance to the students to help them succeed in their college studies. Time commitment is very minimal – have 2 interactions with student through phone, e-mail etc. and attend 2-3 in-person meetings with the student. If interested please see [Become a Mentor | College Now Greater Cleveland \(collegenowgc.org\)](http://www.collegenowgc.org) The application deadline is April 1, 2023



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# VEDIC MATHS

In English

By Vaishnavi Naveen

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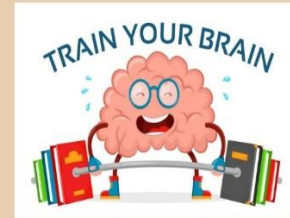
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