





September 2022 Know your Past President

-By Pushpalatha Venkataraman

What our Ex-President says

Dear Kasturi Kannada Friends,

As a past president, it was a pleasure to be part of our Cleveland Kasturi Kannada Sangha. We made so many new friends and learnt a lot from each other. Some of the dances & dramas that we performed as a group brings back beautiful memories of those days!

I am so glad to see the youngsters taking part in making this tradition continue. It is only because of your active involvement, enthusiasm & cooperation, that this group is thriving year after year! Wishing you all the best!



Vidhya Nadig 8th President of KKS

Namaste Cleveland Kannada Kasturi priyarigae,

When Shobha and I moved to Cleveland from DC on a snowy day on December 31, 1987, I swore that I will get ourselves out of here in two years. By Ugadi '88, we were getting comfortable and attended the Kasturi function. Ramprasad (the now famous singer) creatively sang a parody on all the ladies and promptly got brickbats, though I thought it was funny. Surprise, next there were elections. I contested and promptly got the lowest vote. However, over that year we got the privilege of coming in first to decorate any Kannada function and leave the last carrying the trash out with us. Thus began the 'maitri.' Incidentally, that was the last year that we had elections in Kasturi. Those days we would have three annual events - Ugadi, Summer Picnic, and Deepavali.

After serving in all officer capacities (the work did not change with the title), in 1999 Shobha and I were invited to be President(s) of Kasturi. During those two years we had 13 events: Hirannaiah Mitra Mandali drama from none other than the Master, two Kannada full length feature films at Case Western Theatre, Daasara Dina competition at Shiva Vishnu Temple, Music Concert by Singer Shreenath and Tulu Film Music Director Ramachandra Rao, Harikathe by Aralumalligae Parthsarathy, Pandit Rajeev Taranath on Sarod (jointly with Asha for Education), and hosted Mayamruga Director Sitaram on his promotional tour of their CD set. We collected \$11k funds via a dance event from Cleveland Arts Prize winner Sujatha Srinivasan to benefit a girl only Maitreyi Gurukula in Moorkaje, Bantwal Taluk, South Canara. We participated in two locally produced Kannada plays directed by Latha and Dwarkanath during Deepavali with a bunch of us adult amateurs acting. I distinctly remember 'Nannavala kaagada' by S. Gundu Rao wherein yours truly played the hero, with Suma Achar playing the opposite.

Children were young and would tag along to all the Kasturi events, and we thought that it was a great way to introduce our Kannada culture to them before they become tweens strengthening their wings to fly away. Every Ugadi tradition dictated that we needed to have bisi holigae, bisi haalu and lots of tuppa. Coordination was challenging, but there was always a volunteer who stepped up to transport the drama artists from Columbus, cook for fifty families, or pick up Udupa's holigae from Pittsburgh. Kasturi meetings were wonderful way to enjoy a relaxed weekend lunch or dinner at a committee member's home. Thirty-five years out in snowy Cleveland, we are proud of how Kasturi has grown, and the tradition is continued by younger enthusiasts. We wish the best to all of you and your family. Happy Deepawali in advance!

Profile

Prof. Sree Sreenath was born and raised in downtown Bengaluru (Chamarajapete). He is currently a faculty in Electrical, Computer, & Engineering Department at Case Western Reserve University with past research interests in computer models of Cancer, Global Sustainability and Space Robotics. He was the President of Sewa International, a Hindu faith-based nonprofit that raised \$48 million in 2021 for COVID relief in India. He is also the founder President of Vivekananda Yoga University (VaYU). VaYU offers graduate online yoga education (M.S. and Ph.D.). Shobha is a businessperson, who owned Subway restaurants. These days she has started an Adult Medical Day Care in Silver Spring, MD, for the elderly 67 and over to ease into retirement.



Prof. Sree Sreenath, (9th President of KKS)



By Dr. Beejadi Mukunda



Dr. Beejadi Mukunda, MD
Director, Department of Medicine, Cleveland Clinic Hillcrest Hospital
Past Chief of Staff, Cleveland Clinic Hillcrest Hospital
President, Atrium Medical Group, INC
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Article on Blood Donation

According to the American Red Cross, every two seconds someone in the U.S. requires a blood transfusion.

Benefits of donating blood include helping people:

- Injured in accidents
- Undergoing cancer treatment

Battling blood diseases

One blood donation can save up to three lives.

There is a major blood shortage currently and in January 2022 the American Red Cross announced that it was facing its worst blood shortage in a decade amid the Omicron surge. During the summer typically the donations drop due to various reasons, and it is especially important to consider blood donation right now due to these shortages and expected worsening of the shortages.

Blood donation also has additional benefits to the donors:

- Evaluation prior to blood donation may uncover abnormal vital signs which may indicate underlying problems such as high blood pressure and irregular heartbeats.
- Donors are screened for infectious diseases that the donor may be unaware of.
- The health screening may reveal if you have a rare blood type. This information can be useful if you ever need surgery or face another medical situation in which a transfusion may be needed.
- Regular blood donation may also reduce heart attack and stroke risks particularly in some individuals who
 make too much of normal blood, a condition called hemochromatosis.

Indian eligibility for blood donation:

- Residents of India for 5 or more years is a 3-year deferral from donating.
- Visitors to India are deferred 3 months after their return to the U.S.

Power Red donation:

- A Power Red donation is the equivalent of two Whole Blood Donations. Donor blood types must be O, A- or B- to qualify. If someone would like to donate Power Reds and doesn't know their blood type, a simple finger stick can be done at the blood drive to determine their eligibility. For Power Red donations only: Men must be at least 5' 1" and weigh 130 lbs.; women must be at least 5' 5" and weigh 150 lbs.
- Those who do not meet these criteria may still donate regular whole blood.

Blood donation can be very satisfying knowing that you are saving lives and helping the community. Please consider blood donation if you have never donated blood and if you are donating blood regularly - thank you for your generous donations!!



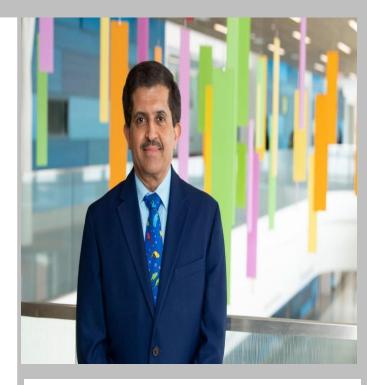
KASTURI RECOGNITIONS

Achievements

Cleveland Magazine - Cleveland Best Doctors

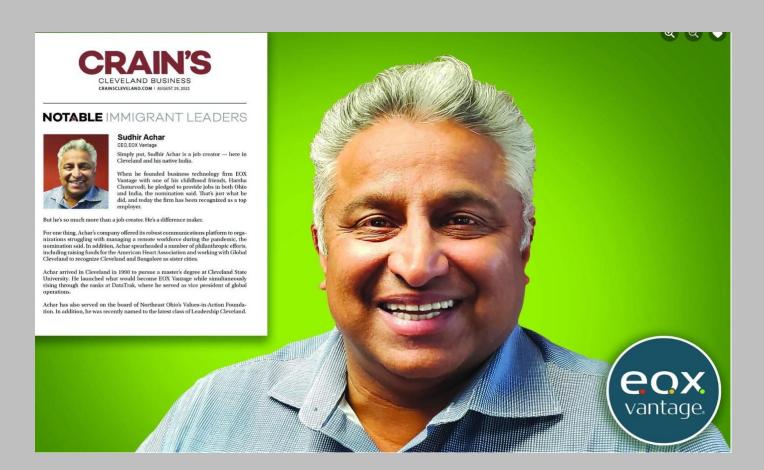
Dr Naveen Uli has been featured in the Best Doctors issue of Cleveland Magazine every year since 2008 including the most recent 2022 issue.

Congratulations to Dr Naveen Uli



Dr. Naveen Uli

Medical Director, Center for Diabetes and Endocrinology; Pediatric Endocrinologist



Recognition - Sudhir Achar

Congratulations to our Kasturi Member- Sudhir Achar, CEO, who was just listed as one of Crain's Cleveland Business' 2022 Notable Immigrant Leaders.



RECIPE OF THE SEASON

Plum Gojju:

Recipe by Ragini

A simple and easy recipe when you are craving for something sweet, sour and spicy!!

Ingredients:

3 Plums (Lemon Sized), if you are using smaller use 4-5 Plums

1 Medium size Onion - chop finely

2 Green Chili Peppers - chop finely

1/4 cup chopped Cilantro

1 teaspoon powdered Jaggery

Salt as needed

For seasoning:

1 teaspoon Oil or Ghee

½ teaspoon Mustard seeds

A pinch of Hing (Asafetida)

½ teaspoon Black gram (Urad Dal)

2-3 Curry leaves

Method:

Wash Plums and steam them or microwave them for 2-3 minutes. Plums get cooked very fast.

Once cooked, smash them nicely into a pulp. Remove the seeds from the pulp.

Add chopped Onion and Green Chili peppers, salt and Jaggery. Mix well.

Heat Oil or Ghee (Ghee smells better) for seasoning and add Mustard seeds. When Mustard seeds splutter add Urad Dal and Hing, add Curry leaves. Add to the mixture when Urad Dal turns golden brown.

Add Cilantro, mix well and Plum Gojju is ready!! You may add bit of Hing to the Gojju if you like Hing smell. Serve Gojju with hot Rice or Rotis.



By Dr. Suma Achar

2.Black bean Soup

Ingredients 1 can 8 oz black beans 2 cups vegetable broth / stock 3-4 cloves of garlic 1/2 large sized onion 1 small tomato 1 tbsp. rasam powder 2 tbsp. Corn (optional) Crispy tortilla strips(optional) Cilantro. Salt as needed.

INSTRUCTIONS

Rinse can of black beans and grind into a smooth texture.

Cut garlic, onion and tomato into small pieces.

Heat oil and sauté garlic and onion until the raw smell is eliminated. Do not burn garlic and onion. Add tomato and sauté till the liquid oozes out. Add salt and rasam powder and cook for a minute by adding the broth. Add the black bean mixture and cook for 5-6 minutes. Add water as per desired consistency. Add corn.







Investing in a Co-Living space? Here's the Post Pandemic Outlook

The pandemic has shaped our lives with completely different needs. A human, being a social being, was confined to their homes with the least interaction to curb the Covid outbreak. But this social constraint has paved the way for a new lifestyle of 'Co-Living'. Co-living allows people to have a shared motive to live together as a community in a new-age rental space. With separate rooms for personal space and common interactive spaces for social and community activities, Co-living blends a perfect mix of personal and social space with a common goal like employment, university, and so on.

This modern culture of the West is slowly being accepted in India. But the skepticism behind the sustenance of Commercial Co-living spaces is increasing and investors fear the future of Co-living in Indian Commercial Real Estate. In this article, we aim to tackle the fear of CRE investors by exploring the prospects of Co-living as a Commercial Real Estate in a post-pandemic India.

The Rent Vs Salary Battle

The pandemic has caused great financial trouble for many in our country with the highest number of employee layoffs, business shutdowns, and so on. This has pinched our monthly salary or income along with additional costs to bear like Internet connectivity and high electricity bills. While this being the scenario, landlords have also hiked the rent. Thus, millennials are posed with a serious question, "How to survive this disparity between lower salary and higher rent?"

The best answer to the above question is 'Co-Living'. Having the capability of solving the problem of High Rentals, Co-living offers an affordable renting solution with cost optimization of housing amenities. The basic cost of Co-living bed space is more than 50% lower than the standard rent in a locality. Along with that, Co-Living requires least or almost no deposits. Thus, no more blocking of your valuable funds.

Along with private bed space, the tenants enjoy shared access to daily necessary amenities like laundry, kitchen, dining, entertainment, Wi-Fi, and much more. This ensures further cost-cutting for the overall monthly accommodation expenses. Thus, with no additional costs to incur, the millennial generation facing pay-cuts can easily adapt and save money than paying unnecessary higher rentals.

• New Remote Lifestyle

Since a considerable part of Indians is working remotely, the social connections and interactions have gone amiss from their lives. Our life's existence works through maintaining the right balance. And thus, missing out on an important component of our lifestyle can be harmful in the long run with depression, social anxiety, isolation, and so on cropping up frequently. Thus, as humans, we long for our family, friends, and colleagues to spend endearing and fun moments that maintain the balance of otherwise hectic work life.

However, the pandemic has made it difficult to juggle between our professional and personal life and enjoying the perks of happening city life seems an impossible task in Covid. Perhaps in this post-pandemic life, Co-living is the right choice for remote workers in IT, software, finance, and companies in other WFH domains. The Co-living lifestyle allows 'flexible stays' in a place you can deeply connect with and have always dreamt of spending your life. But at the same time, you can work as a professional either staying away from your office or even with your colleagues in the Co-living ecosystem near your office. Moreover, Co-living offers a complete lifestyle solution with parties, conferences, and social gatherings all within the premises of the ecosystem. This also ensures a bio bubble to keep Covid at bay.

Thus, the Co-living arrangement fulfills five objectives with just one solution. They are:

- 1. A great company of people
- 2. Connect with the city of your dreams
- 3. Work anywhere from the world
- 4. Enjoy the perfect mix of work, leisure, and comfort!
- 5. Social Distancing with Health first

No more boring remote life! Lead a happening life with Co-living communities!

Millennials' Philosophy

The current Millennial generation is quite experimental with their lifestyle, habitats, foods, and much more. This excitement is also reflected in their 'Housing Plans'. Doing away with the Baby Boomers' age-old philosophy of "Owning a House to settle down in life", the current trend depicts more inclination towards Rental Housing. People are wanting to explore different places and not just settle down in one city for years. Also, people, these days are very much aware of maintaining their financial balance and sensibly avoid getting into any debt trap for the sake of buying a comforting 'House'.

As again replicating the trend of the west, the gradual shift towards Rental Housing gives Co-Living an added advantage in a post-pandemic world. The flexible rental offerings with negligible deposits are capturing the attention of the young generation. With services like Third-party maintenance and Regular Room Cleaning, a lot of monthly costs and hard work is saved for the tenants which ensures more time towards living their passion. This idea is striking a chord with Millennials on a larger scale.

So here's a deal of expenses you can save with Co-living:

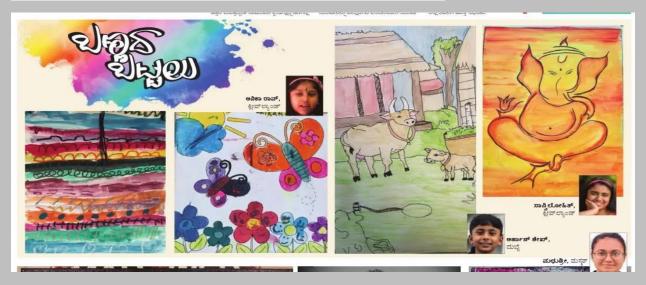
- 1. Leverage Cost for Owning a House
- 2. Daily maintenance of the property
- 3. Deposit Cost for Renting
- 4. Free facilities like Water, Electricity, Wi-Fi and much more.

To sum it up for the CRE investors, India is witnessing a fast-forwarded cultural shift. The Co-living concept is the best upgrade to traditional rentals and PGs. Offering all-in-one amenities, the Co-living is successful in trending amongst the country's future – The Youth. This paradigm shift is visible in top cities of India like Hyderabad, Bangalore, Delhi – NCR, Mumbai, and so on where Co-living Ecosystems are already functional and attracting a larger customer base. Investing in Co-living spaces is investing in the Future of the country. These commercial spaces offer attractive rental yields and hold high prospects of capital appreciation. But you must be thinking, who will manage the business. Well, we have a solution for this. <u>Assetmonk</u>, a leading fractional ownership real estate platform, is offering you a first-in-hand opportunity to invest in a Co-living Ecosystem "<u>The Landing</u>" in the premises of GMR Hyderabad Airport SEZ. You as a retail investor can invest in fractional ownership of this pre-leased Co-living Ecosystem managed by the experts in the business. Earn regular rental income with a profit-sharing avenue from the 12th year! To know more, check out <u>Assetmonk</u> and schedule a call with our experts!

Link: https://assetmonk.com/investment-options/co-living-space-investment/



Desi Swara Columns of Kasturi Kannada Sangha



Anika Rao and Saanvi Lohit – Art Display



Anika Rao and Priyansh – Art Display



Mrs.Janani Vikram and Mrs Rashmi Shastry-Ganesha Making.



Mrs.Ramya Sivakumar Byadagi and Baby Shreya Byadagi.

ಕ್ಲೀವ್ ಲ್ಯಾಂಡ್: ಸಂಗೀತ, ನೃತ್ಯ ಪ್ರದರ್ಶನ



ಕ್ಷೀವ್ಲ್ಯಾಂಡ್

ಒಹಾಯೋ ರಾಜ್ಯದ ನಾರ್ಥ್ ಈಸ್ಟ್ ಒಹಾಯೋ ಮರಾಠಿ ಮಂಡಲ ಸಂಸ್ಥೆ ವತಿಯಿಂದ ಕ್ಷೀವ್ಲಾಂಡ್ ನಗರದ ಇಂಡಿಪೆಂಡೆನ್ಸ್ ಮಿಡ್ಸ್ ಸ್ಕೂಲ್ ನಲ್ಲಿ 2022ನೇ ಸಾಲಿನ ಗಣೆಯೊಡ್ಡವವನ್ನು ಸೆ 4ರಂದು ಹಮಿಕೊಳಲಾಗಿತ್ತು

ಪ್ರಯುಕ್ತ ಕಾರ್ಯಕ್ರಮವನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಮರಾಠಿ ಮಂಡಲ್ ಸಂಸ್ಥೆ ಜತೆಗೆ, ಕ್ಷೀವ್ ಲ್ಯಾಂಡ್ ನಲ್ಲಿರುವ ಇತರೆ ಸಂಘಟನೆಗಳಾದ ಕಸ್ತೂರಿ ಕನಡ ಸಂಘ, ತೆಲುಗು ಅಸೋಸಿಯೇಶನ್, ತಮಿಳು ಅಸೋಸಿಯೇಶನ್ ಮತ್ತಿತರ ಸಂಘಸಂಸ್ಥೆಗಳು ಈ ಸಂಭ್ರಮದಲ್ಲಿ ಭಾಗಿಯಾಗಿದ್ದು ಬಹಳ ವಿಶೇಷವಾಗಿತ್ತು. ಸಂಘಟನೆಗಳ ಸದಸ್ಯರು ತಮ

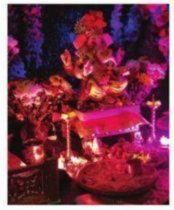


ತಮ್ಮ ರಾಜ್ಯದ ಸಂಸೃತಿ ಮತ್ತು ಸಂಪ್ರದಾಯವನ್ನು ಪ್ರತಿಬಿಂಬಸುವಂತಹ ಸಂಗೀತ ಮತ್ತು ನೃತ್ಯ

ಕಸ್ತೂರಿ ಕನ್ನಡ ಸಂಘದ ಸದಸ್ಯರು ಮತ್ತು ಮಕ್ಕಳು ಉತಾಹದಿಂದ ವಿವಿಧ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರವುಗಳಿಲ್ಲಿ ಪಾಲ್ಗೊಂಡರು. ಗಣೇಶ ಸ್ತುತಿ ಹಾಗೂ ಕನ್ನಡಾಂಬೆಗೆ

ವಂದನೆ ಸಲ್ಲಿಸಿದ ಮಕ್ಕಳು, ಪುರುಷರು ಮತ್ತು ಮಹಿಳೆಯರು ವಿವಿಧ ನೃತ್ಯ ರೂಪಕ, ವಿವಿಧ





ಜಿಲ್ಲೆಗಳನ್ನು ಪ್ರತಿನಿಧಿಸುವಂತಹ ವಸ್ತ್ರವಿನ್ಯಾಸಗಳ ಪ್ರದರ್ಶನವನ್ನು ನಡೆಸಿಕೊಟ್ಟರು. ಸಭಿಕರು ಈ ಎಲ್ಲ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಆನಂದಿಸಿ, ಚಪಾಳೆ ಮತ್ತ ಶಿಳಿಗಳ ಮೂಲಕ ಪ್ರೋತಾಹಿಸಿದರು. ಅದರಲ್ಲಿ ಮಹಿಳೆಯರ ಕೋಲಾಟ ಬಹಳ ವಿಶೇಷವಾಗಿ ಮೂಡಿಬಂದಿತು.

ಈ ಎಲ್ಲ ಕಾರ್ಯಕ್ರಮಗಳು ಕಸ್ತೂರಿ ಕನ್ನಡ ಸಂಘದ ಅಧ್ಯಕ್ಷರಾದ ದೀಪಾ ಅರುಣ್ ರಾವ್ ಅವರ ನೇತೃತ್ವದಲ್ಲಿ ಚಂದ್ರಿಕಾ ಗೋಪಾಲ್ ಅವರ ಗಾಯನ ಮಾರ್ಗದರ್ಶನ ಹಾಗೂ ರಮ್ಮ ಶಿವು ಅವರಸಂಗೀತಮತ್ತು ನೃತ್ಯಸಂಯೋಜನೆಯೊಂದಿಗೆ ಅದ್ಭುತವಾಗಿ ಮೂಡಿಬಂದು ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರವಾಯಿತು.

> ವರದಿ- ಶ್ರೇತಾ ಮಧುವೀರಪ್ಪ ವೀರುಪಾಕ್ಷಪ್ಪ ಕ್ಷೀವ್ ಲ್ಯಾಂಡ್



സ്ഥാണങ്ങ Sun, 18 September 2022 https://epaper.udayavani.com/c/70192074



Cleveland Ganesha festival 2022 organized by the North East Marathi Mandal-KKS Participation.

Why Volunteering is important for high school students





Samrudh Girish and Rishit Kedar Kulkarni

Samrudh and Rishi, volunteered at our recent Ganesha event. They came in early and helped us throughout the event. Our volunteers stood for the entire duration of lunch & ensured seamless ticket collection. Volunteering helps enhance Social & Communication skills and builds confidence in our children. It increases community participation & brings in a sense of belonging. Each time a child volunteers, he / she will pick up a new experience & there by the skill. We at Kasturi Kannada Sangha, would like to encourage more children in volunteering by recognizing their efforts through a "Certificate of Appreciation" and a letter to the school mentioning "the activities & hours of volunteering" as credits.

The young volunteers will also benefit immensely by learning key skills of life like collaboration, teamwork, making new friends.

The volunteers can also add this to their resume and earn specific number of community volunteer work hours.







Shiksha Daan

The Gift of Education

Contact: shikshadaan.fica@gmail.com 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 24 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 them high school equivalency diploma. Tutoring is done online as well in person at two separate 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 tow 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.

Refugee Response Youth Mentoring Program:

Refugee Response provides mentoring to youth from refugee families. Mentoring is done both in person and online. Refugee Response is currently looking for volunteer mentors for the in-person mentoring – this is done at their Learning Lab at W 47_{th} St, Cleveland. The commitment is 2 hours once a week. Tutors need to be 16 years or older. If interested, please see: https://www.refugeeresponse.org/become-a-vouth-mentor