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Sangama – Saint Louis Kannada Association

Madhuri Gururaj 636-536-4567 <b>President</b>	Anil Cashikar 706-564-6519 <b>Vice President</b>	Kavitha Upadhya 314-255-2252 <b>Secretary</b>	Parag Hukeri 636-405-1024 <b>Treasurer</b>
<b>Committee Members:</b>			
Padmini Prabhu 314-542-6032	Dattatri Chandrashekar 636-898-1095	Mahantesh Hallikeri 314-622-2585	
<b>Advisors:</b>			
Surekha Bidap 636-933-3806	Sunil Kantharaju 314-985-6769	Sathish Nanjappa 213-228-3478	

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### Event Details:

<b>General Body Meeting</b>	
<b>Venue:</b> Mahatma Gandhi Center 717 Weidman Rd Ballwin, MO 63011	<b>Date:</b> April 8 <sup>th</sup> 2016 <b>Time:</b> 10:00 am to Noon
<b>Ugadi Habba Cultural Events followed by dinner</b>	
<b>Venue:</b> Mahatma Gandhi Center 717 Weidman Rd Ballwin, MO 63011	<b>Date:</b> April 8 <sup>th</sup> 2016 <b>Time:</b> 3:00 pm to 9:00pm

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# Ugadi

Ugadi means the beginning of an era. It is the New Year's Day for the people of the Kannada and Telugu communities in India. It falls on a different day every year because the Hindu calendar is a lunisolar calendar. This holiday is one of the most auspicious days for Kannadigas and Telugus. The Saka calendar begins with the month of Chaitra (March–April) and Ugadi marks the first day of the New Year. Chaitra is the first month in Panchanga which is the Indian calendar. In some parts of India it is known as Vikram Samvat or Bhartiya Nav Varsh. This holiday is mostly prevalent in Karnataka, Andhra Pradesh, Telangana, and Maharashtra. Gudi Padwa, which is the Marathi New Year, is also celebrated on the same day.

Bevu Bella is enjoyed by people on this auspicious day. This recipe signifies the combination of all aspects of life. Ugadi 2017 marks the beginning of Sri Hemalamba nama Samvatsara (Hevilambi Nama Samvatsaram) in Hindu Panchangam.

The name Yugadi or Ugadi is derived from the Sanskrit words yuga (age) and adi (beginning): "the beginning of a new age". Yugadi specifically refers to the start of the age we are living in now, the Kali Yuga. The Kali Yuga began when Lord Krishna left the world. Maharshi Vedavyasa describes this event with the words "Yesmin Krishno divamvyataha, Tasmad eeva pratipannam Kaliyugam". Kali Yuga began on February 17 or 18, at midnight, in 3102 BCE

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# Ugadi @ Sangama

At Sangama, we celebrate Ugadi festival with cultural programs followed by traditional dinner with vabottu. This tradition has been followed since the year 1985!!! Yes, Sangama – Saint Louis Kannada Association will be completing its 32<sup>nd</sup> year with this Ugaadi celebration on April 8<sup>th</sup>. New committee will take charge of running Sangama for the next year. We wish the new committee all the best and request community to extend their co-operation & help the incoming committee members as you all been doing this year over year. It is your support and patronage that has kept the Sangama tradition lively all these years.

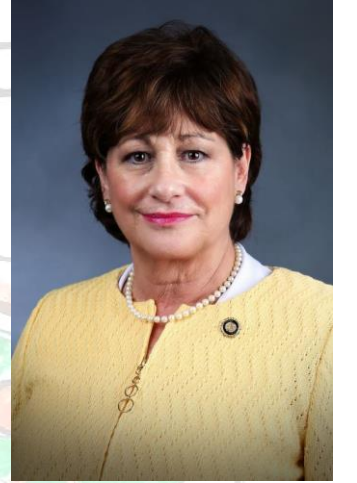
*The dinner is sponsored by Sangama Committee which includes a traditional festive menu Please RSVP to the Ugadi function evite at the earliest to help us get an accurate head count and plan for the event.*

## Chief Guest:

Sangama Committee 2017 is happy to inform that Missouri State Senator Jill Schupp, from District 24 has been accepted our invitation to be our Chief guest on Sangama Ugadi 2017.

For more information Senator, <http://www.senate.mo.gov/mem24/>

Senator Jill Schupp:



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## Membership Renewals

We look forward to have your continued involvement with Sangama and it is really appreciated by the whole Kannada community in St. Louis. Sangama is mainly run by the contribution of Sangama Member's annual membership fee. Ugadi is the start of our new membership year. We request all members to renew your membership on this day. If you are not yet a member, we request you to become a member and support Sangama.

Members have three options to renew their membership for the upcoming year –

- 1) Pay at the next Sangama event to treasurer or
- 2) You can even make your payments online at <http://www.sangamastl.org/membership/membership-levels>
- 3) Mail checks payable to "Sangama", c/o Sri Parag Hukeri, 16851 Babler View Dr. St. Louis, MO 63011.

## Past Events

### **Naada Habba**

This year Sangama celebrated Nada Habba on Saturday, November 5th 2016. We tried a few new things. All of them were very well received.

The program opened with US and Indian national anthems. This year we had a new song written by our own poet, Satheesha Krishnappa, honoring Sangama and its members' service to Kannada and culture. Smt. Seema Kasthuri set a beautiful tune and a group of members sang it for the very first time. This is a great achievement because everything was local - the poet, the music director as well as the singers. Everyone enjoyed the "Sangama Anthem". For the first time, we also obtained a red and yellow Kannada flag from India. Given the fact that this is not an official state flag of Karnataka and that flag hoisting cannot be done indoors, we had an informal flag honoring.

This was followed by "kolata" beautifully performed by a group of young teenage girls (Sanjana Prabhakar, Samhita Prabhakar, Niharika Sanjeeva, Roshni Ramesh, Arna Gowda, Anushka Ramgounda, Hansika Sakshi, Mounica Gandhi). Thanks to Kathyayini, Bharathi and Nandini for organizing a wonderful presentation of culture throughout Karnataka by kids. (Kushal, Sanvi, Jatin, Neha, Ayur, Saptaka, Aniket, Vivek, Nischal, Ankit). Then a stunning dance performance by Amoolya Pandurangi, Ankita Pandurangi and Sonia Palamand was presented in Kathak style. I am sure we don't need any more evidence that our youngsters love to be part of Sangama.

Kali Nali program was from the kids learning Kannada at the Kannada Shale. There was mono-acting and the kids were so amazing in their Kannada dialogue delivery. Kudos to the Kannada Shale teachers and organizers for their efforts to ensure Kannada literacy for our next generation in the US.

We had a very enjoyable play, 'Foreign Huduga', directed by Satheesha Krishnappa. Participants were Mahadev, Sateesh Krishnappa, Sudheendra, Sowmya, Yashaswini, Vishal, Padma Kadur, Naveen, Kaushik, Satish Nanjappa. Unfortunately, we were forced to miss another great event called "Sandalwood Kannada Kalarava" also planned by Satheesha Krishnappa due to shortage of time. We look forward to this program at a future Sangama event.

Surekha made a beautiful piece of artistic door, which was used as the background for taking family pictures for all members. Thanks to Mohan for taking photographs.

We designed special T-shirts and water bottles with Sangama logo to be given as prizes for winners of various events. These were also available for sale.

To reduce the burden of food preparation by members, we catered food from Tambulam with the menu of bisibele bath, chapathi, kurma, curd rice etc. Interestingly, we received feedback from members who loved the food as well as not so much.

All in all, we had an evening filled with fun events followed by scrumptious dinner.

## Jaatre / Mela

Jaatre celebrated on Feb 26th 2017 was welcomed by Sangama members with splendor. There were 12 vendors showcasing their arts & crafts, selling traditional items, information booths for members to enjoy. Food was loved by one and all. The queues at the food stalls were always busy. Thanks to Smt. Chaya & Gopal for making Dose at the venue.

For the first time Sangama Committee organize a Carrom competition. There were 18 participants who brought their talents and enjoyed the healthy competition.

We thank Jyothi Mysore, Padma Kadur and Mythili Hoskeri for their karaoke contribution.

Thanks to Kavitha Cashikar for organizing activities like creating paper planes, rangoli and coloring. sponsored

We thank all who had set up stalls, helped in running the event and people for taking part in the Jaatre event and making it a grand success.

Pics: <https://goo.gl/photos/Gcjyxb5U2bwCAR5n9>

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## Upcoming Events

- Ugaadi Habba & General Body Meeting: Saturday April 8<sup>th</sup> 2017
- Food Bank Volunteering – Saturday, June 10<sup>th</sup> 2017
- Father's Day Picnic: Sunday June 18<sup>th</sup> 2017
- Ganesha Habba – Sunday September 10<sup>th</sup> 2017
- Naada Habba – Saturday November 11<sup>th</sup> 2017

## Achievements of Sangama families

July 2016: Sanjana Bhavikatti won world champ in team sparring and team combat sparring beating team Korea, team Chili and team Brazil.

Dec 2016: Neha Patlu won 4th place at the St Louis young writer's guild for her story 'Adventure'.

Jan 2017: Anushka Ramgounda won second place in individual speaker at the Saint Louis Urban Debate League tournament.

Jan 2017: Anushka Ramgounda and her partner won second place in team debate at the Saint Louis Urban Debate League tournament.

Apr 2017: Samanvita Kasthuri, is one of the finalists in Fox Teen talent competition.

## Graduations in Sangama families this year

- High school graduations - Nidhi Bhaskar and Trisha Venkatesh.
- College graduations - Girija Hariprasad and Shalini Subbarao.
- Rishub Keelara, completed Masters degree in Health Policy, London School of Economics.
- Srikar Rao, completed medical fellowship and joining St. Johns Mercy in St. Louis.
- Smitha Milli, completed BS in EECS from UC Berkeley and joining PHD program.
- Lakshmi Naveen graduated from her residency in Psychiatry.
- Padmini Prabhu - Graduated from Saint Louis University Physician Assistance Program in 2016.

**Congratulations and best wishes from all Sangama families and we are very proud of all your achievements!!.**

## Kid's Corner

### Pooje Tatte making project for Ugadi:

Material: 3 thick paper plates, Tacky glue, any strong bonding glue (like E6000) any dark acrylic paint (not black), sequins, 1CD, small glass mirrors or large sequins, silk flowers, lace etc. (Deco Color paint pens & varnish spray optional)

How to make:

Step 1: Stick the 3 paper plates together with Tacky glue to make one sturdy plate.

Step 2: Paint the plate with your favorite acrylic color on top and the same or contrast color underneath and let dry.

Step 3: If you have varnish spray use it on the plate and let dry.

Step 4: Stick the CD on the center of the plate with the strong bonding glue. Stick a big silk flower to cover the center of the CD. Develop a pattern around the CD using sequins, small flowers etc.

Step 5: Use paint pens or use paint brush to decorate the plate for a festive look!

Step 6: Glue lace around the rim of the plate.

Step 7: The plate is ready!! You can place small „Arishina Kunkuma Akshata” containers on the CD while doing your „Pooje”!!!



## Plant a seed or a sapling:

Considering that Ugadi is a time for new beginnings, it's a great opportunity to get your kid to plant a seed or sapling and experience the drama as it grows. This activity also teaches them responsibility and to take care of something of their own. They can take up the routine of watering the plants daily.

**Preparation Time: 10 mins Activity Time: 30-40 mins**

### Materials you need

- 1) A medium sized pot. Clay pot may be a choice as it can be painted and personalised by your little one- Acrylic paints works best
- 2) Mud/Dirt – a small bag full, depending on the size of your pot
- 3) Seeds of your choice or a sapling from the nearest nursery. It can either be a flowering plant or a fruit or even a vegetable.
- 4) A bean seed is great – the plant that grows from it, shows dramatic day-to-day changes your kids would just love!!
- 5) Water – just a little. Do let them know that too much is unhealthy

### Tips for parents

By this activity you can bring your little ones closer to nature. You can help by explaining how the plant will grow only if it has enough water, sunlight, mud, nutritional supplements and also a good friend who can speak to / greet them every morning.

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## Hobbies of our Members

Paintings and Crafts by Padmashree Kishor:



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# Basic Etiquette to be followed in USA

Most of us are already aware of basic etiquette this is good opportunity to revisit the same and walkthrough the common mistakes in our day to day activities.

## Outdoor:

- Try to avoid recreational places like Bars / Pubs / Dance Place. Especially during night time, be at home and be safe.
- Don't speak in mother tongue while you are in group of others who don't understand the language.
- While you can talk what is correct, but never get into any arguments.
- If the person start's provoking you then immediately leave the place (Think of all your loved one before getting into any arguments).
- Hold the door for the people coming behind in any shopping malls / stores.
- Wait for your turn in billing lanes, don't rush before anyone.
- Always be mindful of the surroundings and your act while you are in public places.
- Please try to restrict kids run uncontrolled in shops / shopping malls /Trains etc.
- Use words like Sorry, excuse me, please etc. whenever required but don't be over polite. If someone is not clear on what you are saying, repeat it clearly or in different way. Be smiley, be polite and be good.
- Remember, you also have the same rights like anyone else in US. But in the hurry of getting what your right is, never get into arguments. If at any point of time, situation goes out of control -just dial 911.

## Driving:

- Adhere to traffic rules.
- Don't try cut lanes while driving in traffic (i.e. driving in an empty lane till end and then merging into busy lane).
- Don't rush your car to take the lone parking spot (i.e. if you are waiting to park your car and if other person in opposite direction is present before you then let them take the spot).
- If anyone is trying to provoke by showing some hand signals etc. try to ignore and go out of vicinity of the person but with care, if the other person is persistent then call 911. Police are always your friend and helpful. Keep that in mind and act accordingly.

## Within the Apartment:

- Whenever you see someone in Elevator / Laundry room greet them with a smile (most of them will greet back, even if they don't nothing to worry, smile is good exercise to your face).
- Make sure to hold the doors for people coming behind you.
- Don't make big sounds late in the night.
- Try to be friendly with your neighbors.
- Try to open windows / patio door in winter as possible. Cooking closed doors will create bad odor, also try to close bedroom & Closet doors while cooking. The cooking odor that stick to clothes is unnoticeable for us but can annoying for others (try to use deodorant on coats / jackets as well).

## Park:

- While it is perfectly fine to gather in park please make sure you follow park district rules & regulations all the times.
- Keep a watch on your kids all the times.
- Encourage your kids to play with other kids as long as they are fine.
- Make sure your kids take turns while playing.
- Restrict kids riding bikes on grass / tennis courts.
- Use the restroom responsibly.
- Don't use water fountains to clean hands and don't encourage kids to use water fountains with dirty hands.
- Please don't make huge noise while playing in park.
- Let others also play in your group if they are interested and try to vacate the courts as per the park rules.

## General:

- While school education is the best education, kids are bound to know more about American culture than an average adult. So make your kid as your gateway to American culture .Try to participate in any volunteering events at your kid's school etc.
- Try to attend community events.
- It is our basic duty to know what is happening around us. So please make sure to watch American news channels at least for few mins every day.
- Remember: You are ambassador of your country. Dress well, neat. Use clean dresses and shoes. It is not only represents you better but also a healthy habit.
- Entertainment is favorite option to everyone and some movies are really informative, please make sure that entire family watches some Hollywood movies as possible.
- Try to discuss with family / friends if you have question concerns.
- Do not forward unconfirmed news or posts, screen shots unless you got it first hand or you are sure about it's legitimacy. Some videos and posts are being circulated recently which are many years old. Do not get panic seeing such things and also just without thinking do not forward since you are about to make many others panic which is unnecessary just by small action of you i.e. Forward. Avoid forwarding such messages – let it die in your phone. Unless news is in legitimate newspapers or TV channels, you should not believe it. Remember: Facebook, Twitter and WhatsApp are for communication not to read news. Refer newspapers for true news. When you hear something, the only way to confirm it is to google and see if it is so reported in legitimate websites – not asking a friend who might have heard from someone else that that is true.
- Please call 911 if you are in in any emergency – or feel threat. It is your right. You don't have to take a chance anytime. Call 911.

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This year has been successful due to your support, encouragement and active participation!!! We sincerely thank you and request your continued support of Sangama – Saint Louis Kannada Association and related activities.

**DhanyavadagaLu,**

**The Sangama Committee (2016-2017)**

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