



Vachanamrutha

Veerashaiva Samaja of North America

Northern California Chapter

www.vsnanc.org

Date # Apr 15th 2011
Issue # 2

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ಮನದ ಕಾಳಿಕೆಯ ಕಳೆವವರೆನ್ನ ನಂಟರು
ದುರಾಚಾರದಲ್ಲಿ ನಡೆವವರು ಕನ್ನಡಿ ಎನಗೆ
ಹೇಯೋಪಾದಿಯ ತೋರುವವರು
ಇದು ಕಾರಣ, ನಾನನ್ಯ ದೇಶಕ್ಕೆ ಹೋಗೇನು
ಸಕಲೇಶ್ವರದೇವರ ತೋರುವದೊಳಿಲ್ಲಿಯೆ
- ಸಕಲೇಶ ಮಾದರಸರು

Those who criticize in front of me help brighten my intellect,
Those who help erase bad things from my mind are my family,
Those who engage in misconduct are my mirror as they reflect how a mean life can be,
For this reason, I refuse to go to a different country
Lord Sakaleshvara, those who can show me the way are right here!

- Sakalesha Madarasa

More Vachanas can be found in the below link
<http://www.facebook.com/pages/Vachanas/181093755261308?sk=wall>

President's message

Shri Guru Basava Lingaya namaha.

Shivaratri was a huge success with over 350 attendees, fine programs and delicious food. We also registered over 100 paid members on the event day. Thank you all for making it a memorable experience.

After the successful Shivaratri event on March 12th the committee is even more charged up and is working hard for the upcoming Basava Jayanti program. We are working on putting together another great event on the May 7th at Livermore temple. A large number of kids are participating in the Fancy Dress program along with several programs by kids. We will once again have free delicious food (suggested donation \$10/family) this time prepared by volunteers. On the top of it all we will have our famous **Ganapriya Nachiketa Sharma** (<http://www.ganapriya.com/ns/ns.html>) entertain us with his melodious recital of vachanas. I urge you not to miss the Basava Jayanti program.

It's been less than a month since we met for Shivaratri event, but it seems like eternity. A lot seem to have transpired since then including the great victory of the Indian Cricket team in the world cup and our other beloved festivals - Yugadi and Holi. Congratulations to all the Indian cricket fans.

All these call for more VSNA-NCAL gatherings and celebrations. This is why our sports and recreation committee is working tirelessly in organizing camping this year. They personally visited several campgrounds to find the best possible camp for VSNA-NCAL before choosing KOA campground near Santa Cruz. For more information and to register visit the camping page <http://vsnanc.org/vsnanc/?cat=61> on our website.

As you all know the theme this year is health and fitness. I am not sure if you have started eating healthy foods and exercising, but we are partnering with Sevathon to bring a fine running event to you. This will not only motivate you to start running but will also bring money to VSNA-NCAL coffers. I am looking forward to running with you in the Sevathon race. See you all at the Basava Jayanti program.
Sharanarhi.

- Chandra Shirashyad



Allama and Western Thought

-- by Vishwanand Pattanashetty

ಶಬ್ದವೆಂಬೆನೆ ಶೋತ್ರದಂಜಲು ಸ್ಪರ್ಶವೆಂಬೆನೆ ತ್ವಕ್ವಿನಂಜಲು
ರೂಪೆಂಬೆನೆ? ನೇತ್ರದಂಜಲು. ರುಚಿಯೆಂಬೆನೆ? ಜಿಹ್ವೆಯಂಜಲು
ಪರಿಮಳವೆಂಬೆನೆ? ಘ್ರಾಣದಂಜಲು. ನಾನೆಂಬೆನೆ? ಅವಿನಂಜಲು!
ಎಂಜಲೆಂಬ ಬಿನ್ನವಳಿದ ಬೆಳಗಿನೊಳಗಣ ಬೆಳಗು ಗುಹೇಶ್ವರ ಲಿಂಗವು!

David Hume was an 18th Century Scottish philosopher. He put forth the following analysis. Let us say you see a tree. How do you exactly see a tree? The image of the tree is captured by the eye lens & transmitted to the brain which recognizes it as an object of certain shape and color namely a tree. Notice that all this is happening inside your head.

How do you prove that there is a tree out there? You can touch it, you can see it, you can smell it, But again you are using your senses to tell you that there is a tree out there. You can not "prove" that there is something out there called tree without using your senses. You need something outside of the sensory data to prove that the real "tree" exists out there. The fact that "common sense" tells that there is a tree out there has no validity because the "common sense" also tells us that the earth is flat and stationary and the sun revolves around it, and there is a concept of up and down in space.

read more

www.vsnanc.org/newsletter/issue-2/Allama-VPattanashetty.pdf



'kaayakavE kailaasa' loses some of its meaning when translated as 'Work is Worship'

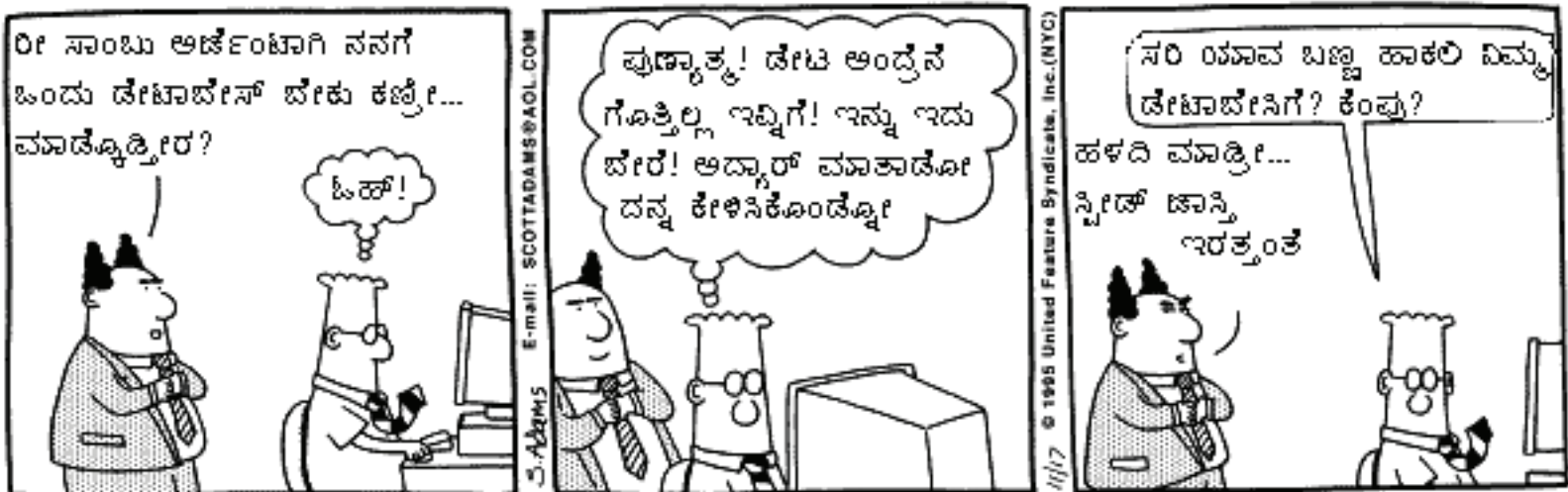
-- by Rajesh Goudar

One of the biggest gifts of Basavanna and Shiva *Sharanas* to the world is the concept of: *kaayakavE kailaasa*. The two words that make up this phrase have a deep meaning by themselves, while the sum total is much higher than the individual parts. The word *kaayaka*, which derives from the root word *kaaya* for body, means hard work (done by exerting the body) that is meaningful, truthful and beneficial to the society. This is clearly different from *kelasa*, which translates to any work and hence may or may not always be beneficial to the society. Stealing can be regarded as "work" (if somebody pays you to do so) but it cannot be "kaayaka" as it is bad for the society. The second word *kailaasa* literally refers to Mount Kailash (in what is now Tibet) that is considered to be the abode of Lord Shiva and a place of eternal bliss. Figuratively, it means a place where God resides.

By reading history and from the literature of the 12th century, we get an impression that the Indian society was segregated into tight hierarchical caste blocks. Your status in society and what you should do for a living was determined solely by what your parents did, rather than on your own skill level and current interest. Farmer's family did farming, warrior's family should be engaged in protecting the society (military), traders should do business and the priestly class took up education and offering of prayers to God.

read more

www.vsnanc.org/newsletter/issue-2/Kaayaka-RajeshGoudar.pdf



KIDS CORNER

Birthday Wishes



Aaditya Awatiger (March 8)
Sidhant (March 12)
Rishi Bhagatwala (April 16)
Sinchana Hallyal (April 19)
Tanya Bhagatwala (April 23)

Career Center



“Is the Internet Destroying Your Productivity?”

New York Times columnist David Carr says, “I’m so productive, I never get anything done.”

Sound familiar? Then you were probably too busy to attend this SXSW panel discussion, where Carr was joined by Molly McAleer, CEO of MollsSheWrote; Ta-Nehisi Coates, senior editor of The Atlantic; and Anthony De Rosa, a co-founder of Neighborhoodr.com—along with a large, diverse audience of hyper-connected attendees.

But were you busy working, or just doing busy work? Carr thinks that a lot of our time on computers is taken up by the latter: “Make the coffee, check the RSS, groom the avatar, freshen the blog, make nice with the Twitter—and now it’s time to do the same thing again,” he explains. “Meanwhile, your job/project/spouse/story sits there, staring at you with big cow eyes and wondering if you will ever leave the grid and do something real, something productive, something that will yield cash money and not just more followers on Twitter.”

Of course, people have always found ways to procrastinate or “slack off” from their work. A few minutes on Facebook isn’t so much different from the few minutes our parents or grandparents might have spent gossiping at the water cooler or on a coffee break. But for people who work at a computer, it’s harder than ever to stay focused.

read more

<http://www.monsterthinking.com/2011/03/16/is-the-internet-destroying-your-productivity/>

Allergies, Asthma and yoga by Ashwini Surpur

When everyone enjoys the onset of spring, the oversensitive among us are struggling with nasal allergies and asthma due to increased pollen count.

Yoga help in reducing the symptoms of allergies and asthma. Stress and the increased sensitivity of our body to foreign elements are the causes of allergies. The practice of jala neti where saline water is passed through nasal passage helps in desensitizing the nasal passage. This and other such practices will be followed by a deep relaxation practice, which a yoga teacher gives to the participants. This helps them handle the body's over reaction to allergens. Conscious process of relaxing the airways, deep awareness of the changes in the body are some ways to reduce the panic chain of events leading to asthma attack.

Do you practice yoga? Please do. And don't forget to consult your doctor before practicing yoga.

Yoga Bharati conducts yoga for kids, prenatal, postnatal yoga and for ailments such as Allergies, back pain, diabetes, weight management, stress management and other conditions. For details, visit www.yogabharati.org/workshops/ba

ONADRASHI GOJJU RECIPE



- by Netra Pradeep

Ingredients:

Raisins(dried grapes):1 cup.

Redchillies:5 to 6.

Dry Coconut powder:2 tsp.

Tamarind juice:3 tsp.

Jeera:1/4 tsp.

Greenchillies:2.

Turmeric powder:1/4tsp.

Urud dal:3 tsp.

Fenugreek seeds:1/4 tsp.

Jaggery:1 tsp.

Mustard seeds:1/4 tsp.

Curryleaves:4.

Vegitable oil:3 tsp.

Salt to taste.

Method:

1)Soak dry grapes for an hour.

2)Fry Urud dal, redchillies, fenugreek seeds with little bit of oil(fry one by one) untill they get red, and then add dry coconut powder and soaked dry grapes. Finally grind them together.

3)Heat oil in the pan.

4)For seasoning use mustard seeds ,cumin seeds,curry leaves and greenchillies.

Add the grind paste, tamarind juice,turmeric powder,jaggery and salt to taste. Add little bit of water if it is needed.

5)Boil for some time on medium flame.

Keep stiring in between..

Decorate this with fresh cilantro leaves and Serve Gojju with rice or chapathi.

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http://vsnanc.org/vsnanc/?page_id=73

Charity Partners



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Upcoming Events 2011

<http://vsnanc.org/vsnanc/?cat=60>

Basava Jayanti 2011

Please sign up your kids for the following competitions on Basava Jayanti on May-7th @ Livermore Temple.

Send details to shilpashree30@yahoo.com

1. Fancy dress for ages below 5 years
2. Fancy dress for ages above 5-8 years
3. Fancy dress for ages above 8 years
4. Group Vachana competition (Group of 5 kids) below 5 years ,
Note : minimum 2 kids in the group.
5. Group Vachana competition above from 6 to 8 years
6. Group Vachana competition above 8 years
7. Coloring competition for ages below 5 years
8. Coloring competition for ages above 6-8 years
9. Drawing competition for ages above 8 years
10. Linga making competition for ages below 5 years
11. Linga making competition for ages above 6 to 8 years
12. Linga making competition for ages above 8 years.
13. Quiz on Basavanna

Shivaratri Executive report 2011

<http://vsnanc.org/vsnanc/?cat=57>

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