



SABHA NEWS

Published by Samyukta Gowda Saraswata Sabha, 55, Habibullah Road, T.Nagar, Chennai 600 017.

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July 2010

EDITORS SPEAK:

This mid-year edition has a diverse bouquet featuring articles on travel, personal experience, prize winning culinary delights, expression of random thoughts and righteous virtues one must adapt to lead a meaningful life.

While we appreciate the continuing patronage from our regular authors, we see an imminent need to make the contributions to the newsletter more participative. Hence a renewed request to our esteemed members to help us in this endeavor.

Happy reading.

GOD-FEARING OR GOD-LOVING

- K.R. Baliga

"Random Thoughts" in our last Newsletter of January 2010 requested any "enlightened" reader to throw light on the matter of being "God-fearing" and "God-loving". Here is a response with no claims of enlightenment.

Before we go further, we should know what it is that we refer to as God. We will never be able to "know" God in the way we know an object or a person. Then how do we know that there is God? Is God a person or entity sitting somewhere high above such as Paradise, Heaven, Vaikunta, Kailas? We have no authentic information from any one who has returned from these places. Is God to be taken as a person who bestows favours and boons on those who praise God and punish those who disregard God? If so, will God not be as whimsical and biased like any of us?

God is the supreme principle which has created this universe, is sustaining it and into which it will resolve. This is much the same way in which various ornaments are born out of gold, exist because of gold and become gold when melted.

So, the search for God has to be made on the basis of logic, inference etc. since knowledge by direct observation (Pratyaksha Pramana) by our sense organs like eyes and ears is not possible. Now we know that any object is an effect born of some cause. A shirt e.g. is an effect born of a cause called cloth. Analysing further we find that cloth is made up of yarn; yarn from fibres; fibres are made of molecules; molecules are masses of atoms; atoms are made of particles and so on. In tracing the ultimate cause, we reach a point beyond which the human intellect is not able to function. Our Rishis called this as Brahman (which etymologically means big in an absolute sense) much as we refer to an unknown factor as 'x' in a mathematical equation. What different names or forms

sages have given to this does not matter as they refer to the same cause of all causes, the first cause without a cause, which we take as God.

Can we not know God? You cannot. Not in the way you know an object, say a chair. It is because God is the very subject activating your awareness. The Upanishads refer to God as the "eye of the eye", "ear of the ear", "mind of the mind" etc. indicating that God is the energy or factor which makes them function. It is this Life Principle which manifests as the 'self' or Atma in every thing.

So God is not an objective thing which can be grasped by our intellect or sense organs. But the presence of God, of course, can be inferred from this Universe we see around. This Universe is a cosmos, not chaos; not something which has come about accidentally. There is an order sustaining it. The laws of gravity, the physical order, the psychological order, the seasons, days and nights etc. – all are manifestations of this. This universal order supporting the Universe is called Dharma, for which, to the best of my knowledge, there is no equivalent word in English bringing out all its connotations. The one who created this order is God, and what was created is also God.

Why should we love or fear this manifestation of God as the universal order? If one abides by Dharma, life will be pleasant for everybody including oneself. If one disregards this Dharma as a universal order, one invites consequences which hurt everyone including one self. I fear to put my hand in fire because the dharma of fire is to heat and burn. I love fire during winter when it is very cold or when I have to cook something. In either case, it is my conformity to Dharma. Similarly, I am very particular that no one else should lie to me, cheat me or hurt me or speak harshly to me or disrespect me etc. This is called the universal Dharma of humanity and it implies that I too should abide by these in my dealings with others. That is why they say "Dharma eva hato hanti; dharma rakshati rakshitah" – Dharma destroys those who violate dharma; dharma protects those who abide by it. But do not take it that the "God of Dharma" punishes you or rewards you. It is your actions alone which will bring good or bad results. It is your act of extending your hand into the fire that burnt your hand. Mother Kausalya informed Rama while

leaving for the forest – May that Dharma which you have all along been upholding as dearer than your life, protect you in the forest.

On a different note, we all know that there is an ecological order which too is a manifestation of God as the universal order. Are we not seeing how reckless violation of this order is landing humanity in a great mess. So we can be "God-fearing" as well as "God-loving" and need not label the former as those without a clean conscience. Take it as though the "God-fearing" people are afraid of violating Dharma; and the "God-loving" as valuing Dharma so much that they will never transgress it. This, perhaps, is the import of the Kannada saying – "Devara bhayave jnaanada aarambha".

There could well be even better and convincing explanations than what has been given here.

THE SIGNIFICANCE OF RIGHTEOUSNESS

- Dr. Ramesh Pai

It is usually not emphasized in our scriptures that Yama, the God of death, is also Dharma, the God of justice and righteousness. He is impartial and makes no distinction between high and low, rich and poor. The Mahabharata is a vast epic in which characters appear at different times and under different circumstances. There are two characters who are intimately related to Lord Yama.

The first character is Vidura. Due to the request of his grandmother, Satyawathi, and a strange course of events, Vidura was born to sage Vyasa and a chambermaid at the palace. Hence, he was a stepbrother to the emperors, Pandu and Dhritarashtra. However, he had no claim to the throne because his mother was a *sudra* (low-caste) woman. Vidura's birth occurred because Yama incurred a curse from a sage for unfair treatment. It is believed that Vidura was actually Yama born as a human for one lifetime.

Vidura is by far the most saintly character in the whole epic. At one stage, the evil-minded Duryodhana had a beautiful mansion built of combustible material with the intent of setting it on fire while the Pandavas slept in it. When Vidura came to know of this plot, he sent a coded message

to Yudhisthira and the Pandavas escaped through an underground passage

Vidura was an ardent devotee of Krishna. When Krishna went as a messenger of peace on behalf of the Pandavas, he refused to stay in a palace arranged by Duryodhana and instead chose to stay in Vidura's humble abode. Vidura was totally against war and fearlessly advocated justice for the Pandavas for the return of their kingdom. His sage advice to Dhritarashtra is recorded as the *Vidura Neethi*. It is a beautiful exposition of ethical behavior and a moral code of conduct.

The other character connected to Yama is Yudhisthira, the oldest of the Pandavas. He was born to Kunti when she invoked Yama for progeny per the boon granted to her by the sage Durvasa. The word Yudhisthira means firm or steadfast in battle (*Yudhi* in battle, *sthira* firm). The other names by which he is known are indicators of his character. One is Dharmaraja, which means a ruler who follows dharma, or virtuous conduct. Another is Ajatasatru, which means peaceful by nature and not easily drawn to fighting. No one could bear enmity towards him.

Three interesting episodes in the Mahabharata are indicative of Yudhisthira's true nature.

Duryodhana was intent on killing his cousins living in exile in the forest and pursued them with a large army. Some *gandharvas* (semi-celestials) sporting in a lake objected to the invasion of their territory whereupon Duryodhana declared he was the ruler and could not be prevented from proceeding.

Chitraratha, the chief of the *gandharvas*, was an excellent warrior and he captured Duryodhana. When the news was conveyed to the Pandavas, Bhima was overjoyed. However, Yudhisthira felt that family honor demanded that his cousin be helped. He sent Arjuna who fought Chitraratha and freed Duryodhana. Chitraratha was brought in submission to Yudhisthira. After an exchange of views, Chitraratha and the Pandavas became lifelong friends. This is clear proof of Yudhisthira's magnanimity.

Once, Yudhisthira sent his youngest brother Sahadeva to spot a source of water. An unseen voice at a lake cautioned

Sahadeva that he could not drink until he had answered some questions. Sahadeva did not heed the voice of the *Yaksha* (forest-dwelling semi-celestial) and was rendered lifeless. The other Pandava brothers, when sent to find Sahadeva, met with the same fate. Eventually, Yudhisthira went and was delivered the same warning. He, however, heeded the voice and was able to satisfy the *Yaksha* with answers that reflected his keen intelligence, philosophical insight, and depth of knowledge. This constitutes the *Yaksha Prasna* episode. The Yaksha offered to revive one of the brothers. Yudhisthira selected Sahadeva because his mother Kunti would have one living son, and with Sahadeva's revival, Madri would also have one. The Yaksha was so pleased with Yudhisthira's consideration and compassion that he revived all the brothers. Then he revealed himself as Yama, blessed them, and disappeared.

At the epic's end, when the Pandavas began the trek to heaven, each one dropped along the ascent. Yudhisthira plodded on, followed by a dog, which had joined him along the way. At the top, the dog was not granted entry. Yudhisthira refused to enter if the dog could not accompany him. At that moment, the dog revealed itself as Yama, and pleased by Yudhisthira's steadfast loyalty and sense of justice, granted entry to all the Pandavas.

The Mahabharata leaves us no doubt about the sterling character of Yudhisthira. However, he showed he was human on two occasions, once when he lied during the battle to accomplish the difficult task of killing Drona, and again when he engaged in a game of dice with high stakes. The sixtieth verse in the second chapter of the Gita warns even wise men to be ever vigilant. Sri Krishna's advice is clear. He says:

*Yatato hy api kaunteya purusasya vipascitah
Indriyani pramathini haranti prasabham
manah* [Gita Ch.2.60]

O, son of Kunti, the turbulent senses carry away forcibly the mind even of a wise man though he is striving to control them.

(Dr. K. Ramesh Pai aged 90, an eminent surgeon who retired as Director of Medical Services, Andhra Pradesh now lives in USA where all his children are working)

FOR A HEALTHY HEART

K.R. Baliga

Have a heart, a healthy heart at that. Our behaviour is often at the dictates of the heart; and the condition of the heart depends on what we take in both in the form of food and feelings.

Here we will see what the American Heart Association and the British Heart Foundation have to say regarding our food. India, it is feared, will soon become the country with the largest number of heart diseases as South Asians are quite prone to obesity-linked heart diseases. Obesity has to be tackled by proper diet and proper exercise.

A few tips, based on the exhaustive recommendations of the two expert bodies are given in this article. What we eat will produce some cholesterol. Cholesterol is a normal, natural and essential constituent of our body tissue. But there are two types of cholesterol; HDL or High Density Lipoprotein which is considered good and LDL or Low Density Lipoprotein which is considered to be harmful. The latter tends to clog arteries and deposit plaque on the inner surface of arteries (especially arteries supplying blood to the brain and to the heart muscles). This affects the functioning of the brain and the heart ultimately leading to stroke or heart failure.

What we need is to see that no more than 250 to 300 of cholesterol is eaten every day. This is done by reducing the intake of food containing LDL and consuming items rich in HDL. The tips to follow –

Soya – Mix about 2 teaspoons of soya beans powder in each cup of atta while making chapathi.

Garlic – Eat one raw pod every day in a crushed form, if you can stand the smell and pungency.

Methi (Vendiyam) – Take one teaspoonful first thing in the morning with water. If you find it difficult to swallow, the methi seeds can be soaked in water overnight.

Chana (Kadalai) – About 10 numbers can be soaked in water overnight and eaten in the morning without taking off the skin.

Amla (Nellikai) – One raw amla every day as it is a very good source of Vitamin C and

an immunity booster. Not apple, but an Amla a day will keep the doctor away.

Ginger – Make sure the outer skin is scraped off. Small quantities of chopped ginger can be included in side-dishes.

Onions – Although our orthodox people prohibit onions and garlicks, good properties of these help to reduce blood pressure and elevated LDL.

Leafy Green Vegetables, raw Carrots, Beans, Cabbage, Red Pumpkin – One or two of these should be included in each day's food.

Oils – Avoid fried foods as a daily item, though once in a while it is alright in small quantities. Among oils gingelly oil and ricebran oil have the least side effects. St. John's College in Bangalore have reported that mustard oil is best for the heart. But most of us may not like the odour. Olive oil is good but it is very costly and beyond the reach of pensioners like us.

Spices: Haldi should be used in all curries possible. It is a good disinfectant.

Cinnamon: Cinnamon powder can be mixed with honey and this can be used as a spread for chapathi or bread.

Fruits: Apples should be eaten with the outer skin. Make sure you have washed the fruits like grapes well to remove insecticides.

Grapes and pomegranates: Better consumed as fruit and not juices.

Avoid totally alcoholic drinks and smoking. Coffee not more than one cup a day. Instead you can take buttermilk or yogurt (curds). Avoid red meat and eggs. An egg has approx 250 mg. of cholesterol which is almost the desirable total daily cholesterol intake.

Eat a balanced diet with plenty of high fibre foods. Choose fat-free or low-fat milk. Some nuts – almond, walnut, peanuts – should also be included in the diet, preferably eaten raw.

Apart from proper diet regular light exercise is a must and for age group 60 plus, it is walking for 45 to 60 minutes at as brisk a pace as you can for sustained pulse rate and breathing (Cardio-pulmonary) rate at as high a level as possible. Another essential

component is, meditation and breathing exercises. But this article is being limited for food and diet only.

According to an internet message, research studies have also suggested a simple natural therapy for opening of blocked vessels of heart.

Lemon Juice 1 cup
Ginger Juice 1 cup
Garlic Juice 1 cup
Apple vinegar 1 cup

Mix them and boil over a light flame for approximately half hour to reduce to about 3 cups, then take out and cool. After cooling, mix 3 cups of natural honey and store in a bottle.

Every morning before breakfast use one tablespoon regularly. This, according to the internet mail, will clear all blockages of blood vessels of the heart thus avoiding the need for any Angiography or Bypass surgery.

ON BEING TALL

- K.P. Ramesh Rao

If not for anything else, my friends used to praise me for my height, which stands at 6 feet and 3 inches. Envidable indeed it is, to be blessed with such height though it has brought with it, many experiences- some bitter and some sweet, as narrated below. I am now 73 years old and I propose to look back upon my experiences, in a lighter vein. My height was average up to my tenth year or so. It increased rapidly thereafter, between my 11th year and 16th year, and naturally I was considered to be tall for my age. While this caused no problems to me, it did to my parents. My father had to bear the brunt of the increasing costs of my frequently changing wardrobe and shoes. During my 11th year, my mother had to argue with bus conductors to make me eligible for the concessional fare applicable to children up to and inclusive of 12 years (half ticket as it was called in those days). It used to be a losing battle for her, most of the time. In my 14th year, when I was due to appear for the Matriculation exam, my class teacher announced, one day, that I was required to submit a Medical Certificate of fitness as I was under-aged. The entire class burst into laughter.

I was happy when my height finally stabilized at 6 feet 3 inches, by the time I joined college. Whenever I was introduced to other students, their first question used to be about my height. Once a senior student mockingly asked me, "What is your altitude sir and pray, how is the weather up there?" I replied, "6 feet and 3 inches when measured last and it is quite cool and comfortable up here".

While I would have been good target for stone throwers during a riot, there were hardly any riots in those days, least of all, in the south. I was, therefore, quite safe. Yet there have been many occasions when I got knocked on the head, especially while entering low ceiling houses. Alternatively, I would get tripped while trying to avoid such knocks. One incident I can distinctively recall, happened at Calcutta, when entering a bungalow which had a small inset gate, I received a hard knock on my head, as I was trying to avoid tripping. The pain was excruciating and it took me quite a few minutes to recover, I did, however, enjoy the realization that my head was, after all, not empty (as perceived by a few) and could withstand such shocks! An unusual yet irritating experience happened to me when I travelled on the upper berth of a train. As my feet stretched beyond the berth, co-passengers used them as towel hangers.

A funny description I heard while I was walking in Chennai with a very short cousin of mine, was "Here come the long and short of Chennai". On another occasion when we visited a government official, he greeted my wife and me with "Welcome Amitabh and Jaya". In my career, only once have I worked under a tall boss, who was almost the same height as me. Though we could see eye to eye on a physical plane, it did not extend to official matter and temporarily earned me the nickname of 'tall talker'.

Lastly, I wish to narrate an incident in which my jovial uncle was involved. This happened while I was working in Mumbai (Bombay in those days). Occasionally, when the local trains on Western Railway, were inordinately delayed, we used to spend our time at the tea centre housed in Resham Bhavan near the Church-gate railway station. It was a nice place furnished with low sofas and small tea tables placed in between the sofas. While we were comfortably seated and sipping tea, my uncle came rushing from a corner towards me, along with his friend, shouting "Don't

get up Ramesh, remain seated". After he reached me and regained his breath, he explained to me that he had made a bet with his friend that I was seated while his friend insisted that I was standing. I need hardly add that my uncle won the bet hands down!

WHY ARE AMERICANS JOBLESS?

- P.R. Shenoy

John Smith started the day early having set his alarm clock (made in Japan) for 6 a.m. While his coffeepot (made in China) was perking, he shaved with his electric razor (made in Philippines), he put on a dress shirt (made in Sri Lanka), designer jeans (made in Singapore) and tennis shoes (made in Vietnam). After cooking his breakfast in his new electric skillet (made in India), he sat down with his calculator (made in Mexico) to see how much he could spend today.

After setting his watch (made in Taiwan) to the radio (made in India), he got in his car (made in Germany) filled it with gas (from Saudi Arabia) and continued his search for a good paying American job.

At the end of yet another discouraging and fruitless day checking his computer (made in Malaysia), John decided to relax for a while. He put on his sandals (made in Brazil) poured himself a glass of wine (made in France) and turned on his TV (made in Korea) and then wondered why he can't find a good paying job in America.

And now he's hoping he can get help from his President (made in Kenya).

A PEEK INTO THE DODO LAND

Dr Shreya Sujeer Rao
and Dr Gururaj Rao

Mauritius, an island nation, located in the south-west part of the Indian Ocean, in close proximity to the African continent was the only known place in the world to be inhabited by the Dodo bird.

Getting to the island is a six and a half hour flight from Chennai to Sir Shivasagoor Ramgoolam International Airport (Mauritius). As you drive to your hotel the first thing that strikes you is the vast expanses of sugarcane fields on either side of the road as far as one can see. Clean

roads, ample civic facilities, hospitable and warm people greet you wherever you travel on this island, with an area of about 2000 km².

The nation first ruled by the Dutch, then the French and lastly the British, gained its freedom on 12th Mar 1968, it has developed into an economically strong republic. Though the majority of the population is of Indian origin, it is a multi-cultural society with Europeans, Chinese and people of African origin.

The influence of Indian culture is glaringly evident by the number of temples present in Mauritius. Almost every street or major road has a temple.

Ganga Talao, a temple for Lord Shiva, situated on the banks of a huge lake is a major tourist attraction. The only temple to have the entire Shiva family in one temple; namely Shiva, Parvati, Ganesha and Kartikeya.

The island is also known for its water sports and other adventurous rides available one can enjoy like the underwater sea walk; a small trek on the ocean bed amidst the flora and fauna of the ocean. Speed boating, parasailing, catamaran rides are also worth experiencing.

Another unique experience is to walk with tigers, which is a 20 min trek with the wild beasts walking right next to you.

Quad biking through the sugar cane fields is a must do for people who like to try driving an all-terrain bike, though I must admit maneuvering the bike does require some skill and power.

All in all a fun filled place to spend a week in an island that caters to all. A home away from home.

PICTURESQUE KONKANI

Aavsooka sukha aasleri garbhaaka sukha:

If you take proper care of the primary cause or the more important things, your efforts will be successful and you will have no problems.

Aalsaayina aayushya sartaa, vilaasaana aishwarya vattaa:

Idleness and laziness will just eat up your life with nothing to show as an achievement; profligacy on the other hand will end up in bankruptcy with total loss of one's wealth.

Anna daana trupthi ditaa, dhana dhanya dille tassi maagta:

Feed a person and he will be sated at some point. But if you give him materials or money, he will never be satisfied. There is no end to one's greed.

Aayushya rekhaa nattile dhana rekha itte prayojana?:

What benefit or happiness one can have from abundance of wealth if he does not have good health or expectation of a long, healthy life.

Udkaa hunsaani ujjo assathayi:

One functions only as long as there is support from a more powerful factor. If that factor is absent, one cannot even function, let alone have any power.

Yeka haathaani shabdu jaathave?

It needs two to have a quarrel. The fault is on both sides and you cannot blame one party alone to the quarrel as the guilty one.

Uddaaka peevnu jaati nimgilyaavari:

You have to take all care and precautions before starting any work. After the work starts, it is as good as digging a well after the house is on fire.

Kellelen karma khaattaati:

You sow the wind and reap the whirlwind. What you suffer or enjoy depends on your previous actions alone.

Kaalkaantu kaajjala sodlyaavari:

Refers to a wild-goose chase where one foolishly strives for something without making sure that conditions are conducive.

Aishwarya apahaaru kelleriyi, adrishta apahaara koroonga jaina:

You can rob one of his wealth, but not of his abilities, skill or good luck.

Kaantya maanayeri basle vari:

Refers to a most uncomfortable situation one can be in. A similar saying is hoon udkaa ghotu – you can neither drink it nor spit out.

Keeru ullayita mhonu moaru ullayithave?

We can only act according to our innate abilities. It is foolish to try to imitate what some one else does, unless one has the needed skill.

Koppaana kaatharale naanka samaadhaana jaathari chigurthave?

Act in haste and repent in leisure. What one has spoiled because of rage (any material object or relationship) cannot be made good by any action taken after the rage is over. The damage done is irretrievable.

FOR YOUR PALATE

Our Mahila Vibhag held a cooking competition on 14th January 2010 in association with Aachi Masala Produces. We reproduce some prize winning recipes.

MIXED VEGETABLE SABZI

- Nalini Baliga

Ingredients:

- Potato - 1 cup cut into ½" cubes
- Carrots - 1 cup cut into ½" cubes
- Capsicum - 1 cup cut into 1" squares
- Onions - 2 chopped fine
- Tomatos - 2 chopped fine
- Curry leaves - a few
- Coriander leaves - 1 tablespoon chopped for garnishing
- Haldi Powder - ¼ teaspoon
- Coriander powder - ½ teaspoon
- Chilli Powder - 1/8 to ¼ teaspoon as per taste.
- Mustard seeds - ¼ teaspoon
- Aachi kolambu Masala - ½ teaspoon
- Salt to taste
- Oils

Method:

Heat 1 tea spoon oil in a kadai. Lightly fry potato, carrots and capsicum separately till rawness goes. Set them aside.

Pressure cook separately in half cup of salted water potatoes, carrots and capsicum. Potato will need to cook a little longer. Drain and keep aside.

Heat 2 teaspoon oil in a kadai. Splutter the mustard seeds. Add chopped onions and curry leaves. After onion turn light brown add chopped tomatoes. Fry for 2 minutes. Add haldi powder, coriander powder, chilli powder, Aachi Kolambu Masala and fry lightly. Add the cooked vegetables and mix well. Salt to taste. Garnish with chopped coriander leaves.

VEGETABLE BIRIYANI

- Smita Ganesh Kamat

Ingredients:

Basmati rice	- 250 gm.
Mixed vegetables (cauliflower, green peas, carrot, French beans)	- 1 cup
Thinly sliced onion	- 3
Aachi Biryani Masala	- 1 tablespoon
Cinnamon, caraway seeds	- 2 teaspoons
Cloves	- 2
Tomato	- 2
Cardamom	- 1/2 teaspoon
Dry fruits (cashewnuts, raisins)	- 3 tablespoons
Salt to taste	

Preparation of green masala: Take some mint leaves, coriander leaves, 4-5 garlic cloves, ginger and 2-3 green chilies and prepare a paste.

Method:

First wash the rice in water and keep it aside for 20 minutes. Place the kadai over the stove and add ghee, whole cardamom, cloves and dalchini (cinnamon). Once the cardamom begins to crackle add shredded onions and fry the entire contents till the onions are golden brown in colour.

Add the chopped vegetables and fry for 2-3 minutes. Then add the green masala paste, 1 tablespoon Aachi Biryani Masala and salt to taste and fry for 2-3 minutes.

Add the rice, chopped tomatoes, 1/2 cup curd and 3 cups of hot water and cover the kadai tightly and cook for 15-30 minutes. Open and serve garnished with fried cashew nuts and raisins along with mix vegetable raita.

VEGETABLE FISH DELIGHT

- Veena Hegde

Ingredients:

(for dough)
Maida
Wheat rava
Oil for frying – 1/2 L
Dalda – 50 gm
Salt
Jeera – 1 spoon
Boiled aloo – 3

Boiled peas – 1/4 cup
Aachi turmeric powder
Aachi chilli powder

Aachi gharam masala powder
Onion fine chopped
Carrot -do-
Beans -do-
Cloves for garnishing

Method:

Dry mix maida, rava, salt for taste and hot dalda well. Now prepare dough for preparing chapathis adding water and keep aside.

To smashed aloo, add onion, carrot, beans, peas, turmeric powder, chilli powder, gharam masala powder and mix well. Keep aside for stuffing.

Prepare oval shaped medium sized chapathis from the dough. Keep veg. mix in the middle as stuffing material. Cut chapathis with knife and fold over stuff into fish shape. Garnish cloves as eyes and deep fry or can be baked in the microwave oven.

NUTRITIOUS LADOOS

- Veena Sujeeer

Ingredients:

Aachi sathu powder	- 2 cups
Besan	- 1 cup
Sugar	- 1 1/2 cups
Ghee	- 1 cup
Cardamom powder	- 1/4 teaspoon

Method:

Roast the sathu powder over low flame till it is light brown. Keep aside. Fry the besan in ghee till it is light brown. Powder the sugar. Let the powder and besan cool. After it cools down mix the sugar and the cardamom with the besan and sathu powder. Make into small ladoos. Add ghee if required.

Optional – Keep one raisin in each ladoo)

MUTTAR HARYALI

- Latha Kamath

- ❖ This curry can be made with fresh peas as well as dry peas.
- ❖ This curry can be cooked and kept in the fridge for a week.
- ❖ This curry can be had with Chapathi, Puri, Idiappam, Bread.
- ❖ With a little variation we can make Chicken and Egg curry with the same masala.

Ingredients:

1 glass dried green peas (soaked) or 2 glasses fresh peas.
Two heaped tablespoons coconut

1 bunch coriander leaves
 3 teaspoons coriander seeds
 4 onions medium sized
 2 tomatoes medium sized
 4 green chillies medium sized
 Ginger ½"
 18 flakes garlic medium sized
 2 teaspoons Aachi garam masala

Method:

Boil the peas with a little salt and 8 flakes garlic, In a kadai heat some oil- about 1 tablespoon. Add one after the other coriander seeds, 2 chopped onions, green chillies, ginger and remaining 10 garlic flakes. Keep roasting this for about 5 minutes, then add grated coconut and coriander leaves, fry for another 5 minutes on slow flame. After it is cooled grind it in a mixi. Need not be very fine.

Now again heat some oil in a kadai, add remaining 2 finely chopped onions. Fry for 5 min. add finely chopped tomatoes, fry this for 5 more min. Then add the boiled peas and ground masala. Boil for sometime and last add 2 teaspoon Aachi garam masala and boil for a min.

RANDOM THOUGHTS

D. J. Kamath
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We are a nation that specializes in lip service. We preach a lot and loudly, but rarely practice.

We proudly proclaim, "Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava, Atithi Devo Bhava". However, many persons ill-treat their elderly parents, forgetting that they will one day become elderly parents themselves. Some persons treat their own parents very well, but behave badly towards parents of other persons (e.g. employee's parents, neighbour's parents, spouse's parents). Teachers are among the lowest-paid persons in our country. We probably expect them to be happy to have been given a divine status and are honoured once a year on Teacher's Day. "Atithi Devo Bhava" is commonly followed only for wealthy or powerful or fashionable guests.

Some years back, a neighbour of mine spoke very highly about a gentleman living in our street, particularly about the fact that this gentleman visited the temple every morning without fail. When I replied that this "God-fearing" gentleman was known to indulge in unethical, sometimes

illegal activities to further his business interests, my neighbour was shocked.

There are persons who are themselves teetotalers and normally speak vociferously about "the evils of drinking", but organize cocktail parties to celebrate special occasions like weddings, silver weddings, etc. Even worse are those who are teetotalers and take pains to keep their children away from alcohol, but run businesses that produce and/or sell alcoholic beverages.

Many years back, my employer sent me on a business trip to Moscow and Paris. On the eve of my departure, the Managing Director of the company ascertained that I had made all necessary preparations, both work and personal, and then advised me to be on my "better-than-best" behaviour when I was abroad because, "People will judge your country by your behaviour."

Unfortunately, I have noticed that our behaviour in foreign countries gives our nation a bad name. Sometimes, we take great pains to lower India's image.

While men (including 6-footers) from most other countries generally manage to confine their bodies, particularly their legs, to the limits of their own seats in the aircraft's Economy Class, many Indian men, sometimes even short ones, sit with their legs wide apart, making the passenger in the next seat uncomfortable. This is quite common with India-born citizens of other countries as well. As somebody correctly said, "You can take an Indian out of India, but you cannot take India out of an Indian."

Jumping queues is another of our common (fortunately not very common) traits.

The worst sight is the behaviour of many Indian men when alcoholic drinks are served on flights. Many act as if the world is about to face extinction of alcohol! I have always wondered why they behave in such a disgusting manner. Is it just a craze for alcohol, or is it the thrill of getting something free? On one occasion, I saw some well-to-do Chennai businessmen making thorough asses of themselves. Each of these persons could have purchased a case of Scotch without batting an eyelid. Then why such craze for a few free drinks?

AFRICAN SAFARI

- K.P. Lakshman Rao

One bright Chennai morning, my wife in consultation with our son and daughter-in-law, decided that my happy serene retired life style will not do, I need to be put in shape and be with nature and thus germinated our African Safari. Decision is Masai Mara in Kenya, we live in tents and I am outfitted in "Cargo Pants", light shirts, cap and binoculars to complete my safari image. Unsaid, I think, is I will be feed to the lions, in case of dissent.

Day one, we take off from Chennai early morning, son and daughter-in-law join us at Dubai, and mid-afternoon we are in Nairobi. Dinner at Nairobi is at the restaurant - CARNIVORE. Served here is every known variety of meat cooked in all forms, a gourmet delight. Excellent meal and ambience, only need to check what the vegetarians nibbled.

Day two, we take off from Nairobi for Masai Mara, a 45 minutes flight which gives you one of the most breathtaking view of the vast savanna grasslands of Africa, dotted with bushlands and haunting tree line. We are lucky, the migration from Serengeti to Masai Mara and had begun, we see thousands of wildebeests, zebras, elands and a variety of gazelles, a truly magnificent sight. We were told that the migration covers nearly two million animals each season. We are received a resort airstrip by our guide Robert and Leopole the Masai warrior in his regal tribal-wear.

Our Safari over four days, in a rugged Land Rover, with Robert, gives us some of the most beautiful, breathtaking and chilling wild-life experiences we have had. Drove as close as ten feet from a pride of lions, witnessed herds of elephants led by their matriarch flow past us with young in tow, and kept our distance from the mighty rhino and her baby, whose keep-away look was adequate for us. Very graceful was the tall and angular giraffe and quite aggressive the huge buffalo whose eyes never left us when we drove past their herd. Sleek and muscular was the leopard whose looks in our direction from the tree top was awesome and must admit, a frightful experience. Beautiful to watch was the cheetah tracking the herd of gazelles grazing close by. Through-out the safari we drive through herds of wildebeest, zebra, buffalo, elands,

variety of gazelles, and the distinctive Topi, always astride an ant hill, and all animals grazing on the vast savanna grasslands.

A great experience was the "crossing" of the Mara river by thousands of wild beasts, zebra and elands, a feature of the migration, brought out vividly by the "Animal Planet" channel. A truly awesome sight with also the really huge Nile Crocodiles waiting on the banks for their pray. Further down the river we see a large concentration of Hippos lazing on the banks and in the river.

We were lucky to see two "face-offs". One between a large rhino and a lion/lioness pair. Was a territorial issue, and you will be surprised, the rhino drove out the lions on this occasion. Another was a pride of lions attacking a young giraffe. We witnessed the huge mother warding off the attack, but Robert told us that eventually the lion would get this kill. Also saw the fresh remnants of a lion kill, a wildebeest, and at this site all the scavengers, the vultures, eagles, hyena and jackal.

We had two close calls, both with elephants, one when our land-rover broke down and a lone tusker comes within ten feet of what must have been the most religious praying group of that day, and second when a large matriarch charged us when we drove too close to her young ones.

The Resort was a great experience. It was electrified to keep away the elephants but with many smaller animals within the perimeter. Our tents were self-contained, the cuisine was top-class and I did enjoy my afternoon siesta in the hammock. I slept well but others did hear monkeys on our tent roof, and bushbabies crying in the night. One morning, when my wife opened our tent flap, we had a large friendly warthog, requesting entry. I always saw merit in sound sleep and late rising.

The Masai Tribal history was given to us by Leopore, the Masai Warrior. I recall two things vividly. Bride Price was 20 cows and he would not go for his second one, "too much of a problem" he said and Brides only from other tribes. The second sounds familiar in today's context and on the first, none of the ladies were amused.

The beauty of The Masai Mara is not only in its haunting and wide open landscape and abundance of wildlife but also in its ecosystem and savanna grasslands. It is the

life line for its inhabitants and the source of the largest migration of animals on this planet. We also witness the essence of animal life. The predators (lions, leopards, cheetahs, crocodiles) only hunt when they are hungry, otherwise we see all of them in the same open Grassland.

We returned after a stay in Dubai, where I enjoyed the best of my wife's culinary skill, I suspect because of my son's presence. Am now a couple of kilos in health, but also with the knowledge that lions do not find me acceptable meat. Am now concerned what's going to be the next project to get me into shape.

YOUNG ACHIEVERS AWARD 2011

Members are requested to send the names, brief profile and the nature of achievement in educational, service, sports or cultural field of the persons you would like to recommend for the Young Achievers Award 2011. Only the National or State level excellence of achievement is recognized. The Sabha, as in the previous years, will recognize and honour the Young Achievers at the Family Evening to be held in January 2011. The proposals should reach the Sabha Office before 31st October 2010.

MATHEYENCHE PORMBOLU

-Premi and P.R.Shenoy

"Lands flavor" a beautiful, scenic resort is tucked away off the Mangalore Bantwal Highway in Adyar village, Mangalore about 12 kms from Mangalore. Started in 2007 by Mr. Srinivas Kamath (founder owner of Naturals Ice cream) a nature lover, it stands resplendent on a 5 acre plot on the banks of the rivers Netravati. It is built in the Jain style of architecture with beautiful carved wooden pillars and tastefully decorated with antique furniture. There are 18 rooms and the ground floor ones are equipped with modern and the traditional Mangalore bathroom with "Bhana" and "tapila" et al. The rooms are spotlessly clean and are beautifully designed and very comfortable.

A vegetable garden with the traditional Konkani vegetables, Pathrade leaves, Mangalore Gula etc welcomes us at the entrance to the rooms. A number of fruit trees are in the orchard with about 80 varieties of mango, a gum less hybrid jackfruit, Malaysian Rambutan, chickoo and

pear and a large variety of banana trees. Alongside the fruit trees is a walking track made of laterite.

The early mornings are a delight to watch the fisherman with their boats gliding by the serene Netravati. A variety of birds can be seen skimming the surface of the river for their catch.

The food here is to be seen to be believed - very personalized and all Konkani dishes, Fish delicacies included, made to order. We were really impressed by the courteous service of the entire staff.

All-in-all a great stay and worth a visit by one and all who visit Mangalore.

SGS SABHA CHARITABLE TRUST

The residents, numbering 10 at the Old Age Home run by the Trust, are feeling quite at home and are happy with the facilities provided to them. Their basic needs like food, clothing, as well as medical care are well taken care of.

It is encouraging that the revenue from the First Floor Hall has increased and credit should be given to Mr. S.A. Pai, Manager, for special efforts taken by him to spread, by word of mouth, the availability of the Hall. Further improvements have been carried out in the First Floor Hall providing extra facilities.

Trust is thankful to Mr. P.A. Kini of U.S.A. for his generous donation towards repairing of the terrace to stop leakages during rains. Sponsorship donations of Rs. 1500/- each, for day's expense, has shown an increase for the year ending March 2010. (242 days) While we express our sincere thanks to the Donors, we look forward to their continued support and it would be appreciated if, well meaning members of SGS Sabha who have not yet extended their support, to do so, for us to achieve the target of sponsors for 365 days.

Mr. K.R. Baliga and Mrs. Deepa Shenoy conduct lectures on religious matters for the residents. Mrs. Vijayalakshmi R Pai conducts Bhajan classes and Dr. (Mrs.) Shantha Kamath has been regularly visiting the Old Age Home.

The Board of Trustees is exploring the possibility of constructing few rooms to accommodate such of those old people who will be able to pay a Deposit and the Monthly Expenses for their stay.

Donations to the Trust are eligible for Income Tax concession under Sec. 80G. Cheques drawn favouring "SGS Sabha Charitable Trust" may be sent to the Trust Office, Dr. K.P. Mahale Centre, New No.17 (Old No.3), Ujjini Devi Street, Ayanavaram, Chennai 600 023.

(Email:sgschartrust@yahoo.in)

SCHOLARS WRITE

"I am in the final semester of Engineering course and feel real joy in informing you that I am placed in a company through campus selection. I am really thankful to SGS Sabha for granting me scholarships all these years and supporting me. In future, I would really like to contribute my part and help the deserving"

- K. Mohit Shenoy, Udupi.

"I have received your scholarships from past 4 years and it helped me a lot for my education. I have completed my B.E. course this June and I thank you for providing me financial help."

- S. Pranitha, Sringeri

12 Commandments for Senior Citizens

1. Learn to find pleasure in simple things.
2. Make the best of your circumstances. Remember no one has everything, and everyone has something of sorrow mixed with gladness of life.
3. Don't take yourself too seriously. You cannot prevent any one from behaving the way they do.
4. You cannot please every body. Don't let criticism worry you.
5. Be yourself. Let your neighbour not set the standard for you.

6. Do the things you enjoy doing but do not get into debt.
7. Have many interests. If you can't travel, read about new places.
8. Do what you can for those less fortunate than you.
9. Don't hold post-mortems. Don't be one who never gets over things or situations.
10. Avoid advising others unless they have sought it from you.
11. Never borrow trouble. Imaginary things are harder to bear than real things.
12. Keep busy at something. A busy person never has time to be unhappy.

-adapted from internet mail

WE MISS THEM

Since the publication of the last Newsletter No.35 in January 2010 the Sabha has come to know about the sad demise of the following members:

B. Radhakrishna Kini, Chennai	14-01-2010
P.Padmanabha Hegde, Chennai	15-01-2010
M.G.N. Shenoy, Chennai	23-01-2010
N.K. Pai, Chennai	04-03-2010
H. Purushothaman, Chennai	29-03-2010
Mrs. Meera Bai, Chennai	31-03-2010
Mrs.Narmada Mallya, Bangalore	01-04-2010
S.Thiruvikraman Hegde, Chennai	27-04-2010
Mrs. Shantha V. Bhat, Chennai	29-05-2010
H.V. Kamath, Manipal	28-06-2010
G. Ananda Rao, Chennai	12-07-2010
Mrs. K. Rama Bhat, Chennai	25-07-2010

WE REPEAT OUR REQUEST

Please inform Sabha Office as soon as there is any change in your address to avoid inconvenience or non-delivery of letters. We still receive quite a large number of communications addressed to our members returned undelivered for want of information of change of address

The Sabha is grateful to Sri Vasant M. Shanbhag, Canara Traders & Printers Pvt. Ltd. for printing this issue, free of charge. He is the Joint Secretary of the Sabha.