

Nagesh Shirali

1843 Fumia Place

San Jose CA 95131

PANCHADIK

KAOCA DIWALI

Date: Saturday, November 5, 2005

Location: San Jose Masonic temple, 2500 Masonic Dr, San Jose, CA 95125

http://maps.yahoo.com/maps_result?addr=2500+Masonic+Dr%2C&csz=San+Jose%2C+CA+95125

Start time: 4.00 pm

Entrance Fees :

(with RSVP): Members Only Adults : \$14 Kids (age 5 - 12) : \$9; below 5 free

(without RSVP) & Non Members Adults : \$18 Kids (age 5 – 12) : \$12; below 5 free

Membership Fee:

KAOCA membership fees cover the cost of membership from January 1, 2005 to December 31, 2005.

KAOCA 2005 membership fees for a family - \$30

KAOCA 2005 membership fees for one person - \$20

RSVP Date : October 22, 2005

Note: Entrance fees cannot be refunded or adjusted after RSVP date.

Payments for membership and diwali can be made through Paypal at www.kaoca.org or sending a check payable to KAOCA

(c/o Muralidhar Kamath)

2035 Finley Place

Santa Clara, CA 95050

From the President's desk :

Namaskaru! On behalf of the KAOCA committee I wish you all a Happy Deepavali.

The Festival of lights is one of the prettiest Indian festivals. 'Lighting Diyas' has been a tradition of paying obeisance to God for attainment of health, wealth, knowledge, peace, valor & fame. Please join us to celebrate this year's KAOCA Deepavali on Sat, Nov/5th at San Jose Masonic center, San Jose.

The committee is working hard to prepare for this annual function and the event promises to be entertaining & fun for all attendees. Several members of our community would be displaying their talents, and I request all of you to participate with family & friends, enjoy the festivities, and join us for fabulous Konkani food. This time, we are also adding some pizzazz at the end to dance the night away with great music orchestrated by a DJ.

On the day of our Deepavali function, KAOCA will collect toys for distributing during the holiday season to children supported by "Toys for Tots" program. Donation barrels will be setup at the entrance. We encourage you to donate generously new unwrapped toys to kindle joy in the hearts of the needy.

I am sure you will come dressed well for the occasion. To take advantage of your opulent clothes and preparedness to look your best, the committee has provided the opportunity for you to have your portraits taken when you attend the function. There will be a nominal charge for this service, which is comparable to standard rates available outside. The details will be published at the entrance and will be updated on our website.

We are also planning to have 30 minutes of Karaoke fun to spice up the event (and embarrass a few as well!). We will be updating the KAOCA website in the next week with the list of songs – please review this list, and interested participants can find ones that they would like to 'sing' to, and send their selected song to venpai@sbcglobal.net. We will be limiting each song to only 2 stanzas to allow for brevity. If you choose to bring your own, please let us know which song, and send a digital copy of this to venpai@sbcglobal.net. In the interest of time, we will also be limiting the number of participants to 7.

I am proud of the young & energetic KAOCA 2005 committee. The team's sustained enthusiasm was crucial for the success of all events organized. I thank my committee & the countless volunteers for their selfless efforts & enthusiastic support in making these events possible. Overwhelming response from the community at various events conducted during the past 12 months was a sure sign of encouragement & support.

Also, I recognize we may not have met every expectation or may not have catered to all tastes. I sincerely apologize for any such mishaps. In retrospect, the past 12 months was a great experience, we were able to accomplish a good portion of the year's agenda. We met new acquaintances, made new friends & learnt lots from others. I feel lucky to have been a part of it. I wish the incoming President Sridhar Chellappa & his 2006 KAOCA committee the very best.

Thank you for your continued participation & support. Look forward to see you all on Nov/5th. We pray to God, to enlighten our path of life with bright lights.

Devu Baren Karo.

Muralidhar Kamath

PS: Please send articles and announcements for future issues of Panchadik to nagesh_shirali@yahoo.com

Wedding Announcement

Wedding bells for Vivek and Rashmi. Marriage was held in Redding, CA on Aug/27/2005. Vivek Pai is son of Shobha & Dr. Arvind Pai, Redding, CA. Rashmi is daughter of Dr. Meera & Shivram Kulkarni, Mumbai.

Birth Announcements

Baby Boy Rishab to proud parents Amar and Amitha Pai was born on Aug 18th in Concord, CA.

Baby girl Aditi was born on Sep 6th in Mountain View, CA to proud parents of Swathi & Srinath Nayak, San Jose, CA.

Hearty Congratulations!!! to all graduates from Class of 2005.

Vedant Kulkarni graduated with his M.D. from Stanford University School of Medicine on June 12, 2005. While a medical student, Vedant was actively involved in the Arbor Free Clinic and on a committee for designing a new integrated medical curriculum. In July 2005, Vedant started his residency-training program in Orthopaedic Surgery at the University of California, San Diego Medical Center. Vedant is the son of Ranjana and Ashok Kulkarni of San Jose, California.

Chaitra P Shenoy, daughter of VP Shenoy & Kumuda Shenoy, Cupertino, CA graduated from Washington School of Law, American Univ, Washington, DC in May'05. She is a JD. She is currently working as a lawyer in a Public Interest Organization in Washington, DC. She recently gave her California Bar examination.

Kartik Nettar got his MD degree from Mt Sinai school of medicine, New York, NY. He started his residency program in ENT at Washington University, St Louis, Missouri.

Ajay Nayak graduated from Stanford University this June completing his Masters degree in Mechanical Engineering. He is currently working for medical equipment manufacturers: Guidant in their research division in Santa Clara.

Sarita Kamath graduated from Santa Clara University with bachelor in science, with major in combined sciences and minor in Spanish. She now works for Genentech and she plans to pursue a masters degree soon.

Maya Kamath graduated from UCLA in communications and is currently working at Santa Monica.

Jhanavi Nayak graduated from UC Berkeley in Molecular & Microbiology. She is currently working in Bay area.

Vaman Kamath graduated from Stanford in Science Technology & Society and is currently working for Red Herring.

Kavitha Baliga graduated from uci majoring in music/vocal performances.

Neha Hemmand graduated from uci.

Manjula Nadkarni Savkoor graduated with a degree in Motion Pictures and Television from the Academy of Art University, San Francisco, in May this year and class Valedictorian. A demo reel of her works can be viewed at http://www.mnadkarni.com/film_shorts.html

Aseem Padukone graduated High school and will pursue a Bachelors degree in Political Science from UC Berkeley

Aarti Kumar graduated from Kennedy High School. She has enrolled in the Undergrad program at UC Davis.

Vidya Pai, daughter of Vivek and Gita Pai, graduated summa cum laude from Northgate High School in Walnut Creek last June. Vidya was an AP scholar with distinction. Her community service activities included tutoring in a women and children's shelter in Oakland and volunteering at the Kaiser hospital in Walnut Creek. For her academic achievements and volunteer work, Vidya was awarded a number of scholarships including the Coca-Cola Scholar Award, Presidential Freedom Scholarship, the Governor's Scholarship, and Kaiser-Permanente Student Achievement Scholarship. Vidya attends the University of California, San Diego as one of twelve students selected for the eight-year (BS/MD) Medical Scholars Program. Recently, Vidya was chosen to join the La Jolla Symphony as violinist.

KAOCA is proud of your accomplishments and wishes you the best of luck.

Guidelines for Eating Well – Dr. Meena Pai

These Guidelines are aimed at improving health and reducing the risk of disease, especially high blood pressure, heart disease, stroke, type 2 diabetes, and cancer.

1. Aim for a healthful weight. Healthy bodies come in a variety of shapes and sizes. Work toward achieving and maintaining a weight that is best for you by choosing a variety of healthful foods and getting regular physical activity.
2. Be physically active every day. Regular physical activity that is vigorous enough to raise your heart rate has many benefits. When combined with a balanced diet, being physically active is the best way to maintain a healthful body weight.
3. Let the Pyramid guide your food choices. The Food Guide Pyramid is a simple, flexible guide designed to help you create a balanced diet. It encourages eating a variety of foods in balance with one another so that you get the nutrients your body needs each day. The Food Guide Pyramid can help you get the most out of your food choices.
4. Choose a variety of grains daily, especially whole grains. Foods made from grains, such as wheat, rice, and oats, are the foundations of good nutrition. They provide vitamins, minerals, starches, and fiber and are often low in fat. Whole grains may also help protect against heart disease and high blood pressure.
5. Choose a variety of fruits and vegetables daily. Fruits and vegetables are key parts of your daily diet, but most people eat fewer than the 5 servings that are recommended. They taste great, are easy to prepare, and may protect you from some types of cancer.
6. Keep food safe to eat. Prevent food poisoning by keeping hot foods hot and cold foods cold. Bacteria can grow rapidly when food is not stored or handled properly.
7. Choose a diet that is low in saturated fat and cholesterol, and moderate in total fat. Watching your fat intake can reduce your risk for heart disease, cancer, and high blood pressure. Choosing more grains, fruits, and vegetables can help you reduce the amount of total fat in your diet.
8. Choose beverages and foods that limit your intake of sugars. Added sugars have no other nutrients and, when consumed in excess, they crowd healthier foods out of your diet.
9. Choose and prepare foods with less salt. You can reduce your chances of developing high blood pressure by consuming less salt. Reducing your salt intake can also help you lower your blood pressure if it's currently high.
10. If you drink alcoholic beverages, do so in moderation. Alcohol supplies calories but few or no nutrients. Drinking alcohol is the cause of many health problems and accidents, and it can lead to addiction. Moderate alcohol consumption is defined as no more than 2 drinks a day for men and no more than 1 drink a day for women. .

Eating Well:

1. Grain Products

Whole grains, such as wheat, oats, brown rice, and potatoes, contain large amounts of vitamins, minerals, fiber, and water.

2. Fruits and Vegetables

Fruits and vegetables provide vitamins, minerals, and fiber and are naturally low in fat. Choose any form of fruits and vegetables: fresh, frozen, canned, or dried. Many fruits and vegetables contain compounds that appear to protect against some cancers.

3. Fiber

Fiber is the indigestible part of plants. It is not absorbed into the bloodstream like other nutrients are. However, it plays an important role in keeping your digestive tract healthy by providing "bulk." A high-fiber diet may protect you against colon cancer. There are 2 types of fiber found in foods: insoluble fiber and soluble fiber.

Insoluble fiber, which can be found in whole-grain products, such as whole-wheat flour, provides bulk for your diet. Together with fluids, insoluble fiber stimulates your colon to keep waste moving out of your bowels. Without fiber, waste moves too slowly, increasing your risk for constipation, diverticulosis, and probably colon cancer.

Soluble fiber, which is found in fruit, legumes (dry beans and peas), and oats, helps lower blood cholesterol, reducing your risk for heart disease. Soluble fiber, especially the fiber in legumes, can also help regulate your blood glucose level..

4. Water

One easy way to improve your diet is to drink more water. Active people need 6-8 glasses of water a day.

5. Sugar

In moderation, sugar does little harm. However, if too many of your calories come from sugar, you will gain weight and/or not get enough of the other nutrients you need. Sugar also contributes to dental cavities..

6. Fats in Foods

The Dietary Guidelines for Americans recommend that less than 30 percent of your total calorie intake come from fat.

Simple Ways to Reduce Saturated Fat

Reduce serving sizes of red meat to 2 or 3 ounces (about the size of a deck of cards). Cut off any visible fat.

Eat more fish and poultry (without skin). They contain less saturated fat than red meat does.

Bake or broil red meats, poultry, and fish instead of frying them in butter or fat.

Use fat-free or low-fat milk.

Try fat-free or low-fat cottage cheese or yogurt in place of cream and sour cream; or use fat-free sour cream and fat-free cream cheese.

Steam vegetables. If you choose to sauté them, use 1 tablespoon of oil (or less), or try using other liquids such as wine or defatted broth.

Use nonstick pans.

7. Dietary Cholesterol

For many people, foods high in cholesterol raise the amount of cholesterol in the blood. These foods include liver, other organ meats, egg yolks, and dairy fats. Limit how much you eat of these foods.

8. Protein

Protein is important for maintaining healthy muscles, tendons, bones, skin, hair, blood, and internal organs. Most adults get all the protein they need in their diets from animal products (milk, cheese, eggs, fish, meat), or from lentils, soy products, dried beans etc

9. Vitamins

Vitamins are tiny elements of food that have no calories, yet are essential to good health. Most people who eat a variety of foods get all the necessary vitamins.

10. Minerals

Minerals have many important roles in the structure and function of your body. Three important minerals are Calcium, Iron, and Sodium.

Calcium : It is the primary mineral needed for building and maintaining strong bones. Calcium is especially important for growing children and for women, especially in the peak bone-building years between the teens and early 30s. Children from 1-3 years need 500 mg of calcium per day; from 4-8 years of age need 800 mg per day; and those 9-18 years of age need 1,300 mg per day. Adults 19-50 years of age need 1,000 mg per day. Adults > 51 years need 1,200 mg per day. Fat-free or low-fat dairy products are the best source of dietary calcium. One cup of fat-free milk contains about 313 mg of calcium. Fat-free and low-fat yogurt have 442 mg per cup.

Salt: Most people get far more salt (sodium) than they need. For some people, excess salt causes high blood pressure. In general, processed foods contain the most salt, while unprocessed foods, such as fresh fruits and vegetables, have the least.

Iron: Your body needs small amounts of iron to make hemoglobin, which carries oxygen in your blood. Adult men need 10 mg of iron per day; adult women need 15 mg per day.

Adapted from Kaiser's healthwise handbook

DEEPAVALI

18 days after celebrating of Vidyadashami, in the month of Ashwija Bahula fortnight., on Trayodashi day comes the Deepavali festival. It is celebrated over four days from Ashvij (Vadhya) Trayodashi to Kartik (Sudha) Dwitiya

1.Dhana Trayodashi: Auspicious Puja is offered to Gold, Silver and Wealth on this day. In the evening, water is collected in freshly cleaned vessel (in olden days water reservoirs were being offered pujas) that are decorated with marigold – Jhandu flowers and Toran tied round; also sweet poha is offered, scented sticks are burnt and Arti is performed.

2.(a) Narak Chaturdashi : Early at dawn, before sunrise, it is customary to take oil bath applying scented “Uttna”. The significance of this oil bath is that Lord Shree Krishna killed the giant "Narakasura" with great effort and so he was very tired and so Krishna's mother Devaki did an oil massage to Shree Krishna and bathed him. Therefore, we ordinary people also got that chance to take oil bath using massage. As a mark of Shree Krishna's victory over evil i.e, defeating and killing Narakasura that day as sweet memory people eat sweet beaten rice and other sweets. It is also observed that at the time of bath, to simulate blood of Narakasur, oil mixed with kumkum is applied on the forehead.

After the bath, Kareet vegetable is crushed under one’s foot and its bitter seed is put into the mouth. Later jaggery mixed poha is used for breakfast. Usually during Deepavali, specialities that are prepared are Anaras, Bundi Ladu, Phenorya, Chiwda etc. For lunch, some sweet should be served. In the evening at the entrance and at the bathroom etc. oil lamps are lighted to celebrate deepotsava for 3 days at least.

(b) Laxmi Pujan : On new Moon day – Amavasya – traders and businessman open new accounts in their books, after Pooja offered to them, and Prasad distributed.

3.Bali Pratipada : On Kartik Shudh Pratipada is observed Go-Puja to cattle (as cattle is deemed wealth in India for centuries together) and also to Bali Chakrvarthi and Sri Krishna, the protectors of cattle. Copra, Jaggery and Poha, and Plantains are offered to the cattle at home (after giving them oil bath). The cattle are also decorated with garlands of flowers after or during their Puja.

4.Bhau-Beej : It is a glorious day in which a sister invites her brothers for food and offers them preparations that they most like. After an oil bath the sister performs Aarti to brothers, and in turn brothers give her gifts to mark the occasion.

Sources : Raschandrika, "Traditions & Customs" by Smt. Rama Bai (Alias Ammanna) & various websites

Scoring 120 out of 100! S N Surkund

Scoring 100% in Maths or other scoring subjects is not uncommon in either schools or colleges. Further, in the present 'Options era', scoring above 90% is very common. However, has anyone heard of scoring 120 out of 100, and that too in a mundane subject like PT (Physical Training, not Usha)? But it did happen while I was in Standard VIII in the Board High School, Udupi, in the early '40s.

We had a very dedicated PT teacher in Mr Vasudeo Rao alias 'Lait Kutty'-nicknamed so because of his habit of almost leaping ('*lait*' in Tulu language) while punishing students by hitting on the head with his fist (*kutty*). Being short, he had to jump to perform this favourite task of his on tall students, particularly on Mark Machado (6' 1") and Devidas Hegde (6' 0"). He was the one who introduced us to 'Baseball' and 'Hop-Step-and-Jump'.

During one of our PT periods, 'Lait Kutty' had to perform some 'home department' errand. Hence he told the class leader (monitor) to conduct 'pull-up' exercises by tying a pole to the two pillars of the basketball structure. He told the monitor that it will be 5 marks for each pull-up, adding that, in his 32-year experience as a PT teacher, he had not come across any student who crossed the single digit mark in pull-ups.

'Lait Kutty' vanished, leaving the monitor to conduct the show. The stage was set and, one by one, the students tried to break the record. Each of them got on to the stool, reached out and caught the bar and painstakingly pushed up and down, the legs dangling in the air.

The average score among the first few was never more than three. My turn was almost at the fag-end as, apart from my name starting with the alphabet 'S', I was the shortest boy in the class. When the time came, I comfortably did 24 pull-ups, thus scoring 120 out of 100 —5 marks for each pull-up!

The response to my superlative performance was stony silence! Then the whispers began: how I could perform 24 pull-ups at a stretch while all the rest had averaged less than 5?

By then our PT teacher returned and started checking the register wherein the performance of the students was recorded as per his instructions. The monitor was nervous, as he was sure that my score would make the teacher furious. And rightly so. When 'Lait Kutty' saw my score of 120 out of 100, he levelled a logical charge against the monitor —he must have been sleeping while I was in action!

When a few of my colleagues confirmed that they too saw my performance of 24 pull-ups at one stroke, he got very angry and thundered that I should repeat the performance in his presence. To top it off, he observed cheekily: If anyone could do 24 pull-ups, he would be a National Champion.

Though I was tired, I had no option but to comply with his orders. Asking for a respite would be construed as acceptance of my non-performance. Finally, with all the eyes in the entire class glued to me, I climbed the stool and reached out for the bar.

I prayed to '*Mukhya-Prana*' and Lord Krishna of Udupi Temple not to let me down, as my credibility was at stake. Taking a deep breath, I began my second round while, in pin-drop silence, all began mentally counting the numbers. And I did complete 23 pull-ups at one go, just one short of the previous record. The moment I tumbled down the stool, the utterly astonished 'Lait Kutty' rushed to me and congratulated me over my rare performance. But, more than that, he was curious to know how I mastered this feat.

The answer was elementary —simple but enduring practice. Every morning I would sneak into the neighbouring compounds to pluck flowers (not steal) for *pooja*. During these rounds, initially I dangled from tree branches for sheer fun. Later, on being told that pull-ups would increase one's height and make the shoulders broad, I religiously continued this practice. However, to my utter disgust, while the number of pull-ups increased, my height never did. Even today, at 65, I am only 5'2"!

Shivshankar Surkund is an Art graduate from Sir J.J. Institute of Applied Art, Mumbai and has an advanced training in Advertising and PR from Indian Institute of Mass Communication, New Delhi. In his book, "Adventures of a P.R. Man", he narrates interesting stories. The book has real-life incidents experienced by the author right from his school days in Udupi, till he retired as a PR man from Union Bank. For copies contact nsurkund@yahoo.com. There is a 25% discount to members of KAOCA.

