

**KSS Activities:**

6th Annual 'Dasa sharaNa saahitya sudhe' (formerly Purandara Dasara Aradhane)  
KSS invites members to nominate a charity in Karnataka.  
Kannada class for kids new 2009 batch still accepts students

**Community Messages:**

Sri Vinayaka Temple performs 'Maha Rudra Yaaga' Feb 8th –Feb 22nd ,2009  
Chinmaya Mission, Sacramento presents 'Gita Jnana Yagna' Feb 13th – 16th , 2009  
Mega Bollywood show at Crest Theater Feb 14th, 2009.  
Vibha, Sacramento presents 'Xpressions' – a drawing and painting contest for kids and Youth.  
North-South Foundation conducts regional Spelling Bee, Vocabulary Bee and Math Bee for Children.  
The Art of Living Course- Feb 20th – 24th , 2009.  
Ekal Vidyalaya presents "Holi Ke Rang-Ekal Ke Sang", March 21st, 2009.  
New Indian Restaurant opened in Roseville.

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**KSS activities;**

6th Annual 'Dasa sharaNa saahitya sudhe' (formerly Purandara Dasara Aradhane):

Please join us to celebrate sixth annual "Dasa Sharana Saahitya Sudhe"(Vocal musical tribute to Samagra Dasa & Vachana Sahitya) where Indian classical music lovers of Greater Sacramento come together to cherish the rich heritage of Carnatic/Hindustani music.

**Date & Time:** February 15th, at 2:00 - 6:30 P.M. (Sunday)

**Venue:** Shree Laxmi Narayan Mandir, 7495 Elder Creek Rd, Sacramento, CA

**Food:** Delicious Prasaada and coffee prepared at venue by KSS committee.

**Donation:** Minimum \$5/family.(All collected amount will be donated to temple)

Also KSS is encouraging people to come with Costumes of characters (Purandara Dasa, Kanaka Dasa, Basavanna, Akkamahadevi etc..... ). This is open for both adults and kids. We have also got procession at the venue with Bhajans.

If you are or your group is interested in participating, please write with the following details to [culturalteam@sackannadasangha.org](mailto:culturalteam@sackannadasangha.org).

If you are or your group is interested in participating, please write with the following details to

1. Name(s) of the composition(s)
2. Name(s) of the participant(s)
3. Name of the composer.
4. Contact Phone number and email of the participant.
5. Total Duration (in minutes)
6. List any special requirements you need.

Following **guidelines** will be used by cultural team to come up with beautiful program. However, you are encouraged to send in more entries . KSS team will make every effort to accommodate all. KSS encourages your participation.

1 person: 4 minutes

Group of 2 persons singing: 7-8 minutes

Group of 3 or more persons singing: 10-11 minutes (exception to Navarathnamaalike if any group is interested)

Last date to send in your entries is Sunday Feb 8, 2009.

Last date to send in your entries is on Sunday Feb 8th, 2009. For any questions regarding this event please do contact Pandu Itagi at 916-833-4142

Visit [www.sakkannadasangha.org](http://www.sakkannadasangha.org) for more details

### **KSS invites members to nominate a charity in Karnataka.**

Thanks to you all for contributing towards our charity of the year-2008 ‘Mathruchaya Ananthashram’ and help us reaching beyond our target.

This is the time to select another deserved charity for the year-2009 which is currently serving Karnataka. As most of you know, the goal is to select the charity in Karnataka and raise the funds throughout the year and hand over the check at the end of the year.

There are several charities which are helping in the field of education, helping underprivileged people, helping physically challenged people, helping needy women, helping old-age people.

KSS started this activity last year with a small charity where funds raised thru' KSS makes a big difference.

### **KSS selects a charity based on following criteria:**

Based in Karnataka.

The charity's main goal should be any one of the following such as helping physically challenged people, helping needy women, helping old-age people, helping poor people etc.

Recommend visit by a KSS member and checking on first-hand basis.

Ease of disbursing funds, less overhead expenses, and transparency.

Secular background,

As most of you already know, last year we short listed following 4 charities. 'Mathruchaya Anathashram' was last year's choice. KSS committee members visited and talked to these charities before proposing this to KSS. They also saw their charity work first-hand. This year we can select one of the charities in the list or look for new ones.

**Charities:**

1. Divyadeepa Foundation, Mysore  
[http://divyadeepatrust.org/index.php?option=com\\_content&task=view&id=12&Itemid=26](http://divyadeepatrust.org/index.php?option=com_content&task=view&id=12&Itemid=26)
2. Sri Sharada Devi Andhara Vikas Kendra, Shimoga  
Sharada Devi school for Blind children, Paramahamsanagar, Anupinakatte Road, Shimoga
3. Mathruchaya Sarvadharm Anathashrama, Shimoga  
<http://www.mathruchaya.com/>
4. Shri Krishna Balaniketana (Unit of Sri Krishna Sevadhama Trust), UDUPI.

Please let us know if you have any charities in mind. It need not be from your own place/district. The last date to send your selection is Feb 20th , 2009.

If you have any questions or suggestions please contact Venu Acharya at 916-719-6527 or [venugopal\\_acharya@yahoo.com](mailto:venugopal_acharya@yahoo.com) or any other committee member.

**Kannada class for kids, new 2009 batch still accepts students:**

The first Kannada class of year-2009 was held at SVCC temple. Believe it or not, total 26 kids of all ages enrolled in our 2009 batch of Kannada class.

The class is held every Sunday for one hour in Folsom. Registration is still open. Please come to the venue to register your kid.

**Duration: 1 hour**

**Schedule:** Every Sunday at 5.00PM -6.00PM.

**Location:** Folsom Karate Academy, 98 Clarksville Road, Suite #100., Folsom, CA 95630

We shall primarily focus on the following:

Kannada Writing Skills - "Odu Bari" - Akshara matthu Vaakyagalu

Kannada Conversation skills - "Mutthina Maathu" - Sambhashane

Kannada Language Projects- "Yojanagalu" - crafts, poems, tales, music, videos..

Field Trips/ Camps

Communication Skills, Confidence Building skills, Leadership Skills

We shall alternate the writing skills, speaking skills, projects, presentations, or innovative Kannada every other Sunday, so that we can maintain a good balance of the curriculum, and make weekly class interesting and helpful to you and your child.

**Parent's Participation:**

Remember that parent's involvement and contribution is quite significant in making each child excel in developing Kannada language skills. Thus, we would request each one of you to take a proactive approach of speaking in Kannada at home with your child/children most of the times. This year, parents will need to share your Kannada speaking, singing, or presentation skills at our classes by early appointments. Let us make it an interactive and innovative class. We can also try for Kannada Reading Books for the parents this year onwards.

If you want to register your kid please send an email to hshetty2003@yahoo.com Or call Hari Shetty at 916-984-5735

**Community Messages:**

Sri Vinayaka Temple performs 'Maha Rudra Yagna' Feb 8th –Feb 22rd ,2009:

This special and rare Maha Rudra Yagna is organized for universal well being conducted for consecutive 11 days. Eleven well versed Hindu priests are specially invited from India to perform this Yagna.

**Date:** Feb 8th – Feb 22nd 2009

**Venue:** SVCC Temple, 4679 Aldona ln, Sacramento CA 95841 Ph: 916-483-4760

For more details please visit [www.svcctemple.org/](http://www.svcctemple.org/)

Chinmaya Mission, Sacramento presents 'Gita Jnana Yagna' Feb 13th – 16th , 2009

CHINMAYA MISSION SACRAMENTO presents a Gita Jnana Yajna discourses in English on Srimad Bhagawad Gita Chapter 2 by Brahmachari Prabodh Chaitanya

**DATES:** DAILY, Friday Feb 13th to Monday Feb 16th, 2009

Session 1

Friday Evening 07:30 PM to 09:00 PM Gibbons Suite 700, La Sierra Community Center, 5325 Engle Road, Carmichael, CA 95608

Session 2 Saturday Morning 09:00 AM to 10:15 AM

(Bala Vihar) Multi-Purpose Room, Sacramento Country Day School, 2636 Latham Drive, Sacramento, CA 95864

Session 3 Saturday Morning 10:45 AM to 12:00 PM

Session 4 Sunday Morning 09:00 AM to 10:15 AM

Session 5 Sunday Morning 10:45 AM to 12:00 PM

Session 6 Monday Morning 09:00 AM to 10:15 AM

Session 7 Monday Morning 10:45 AM to 12:00 PM

### **Bhagawad Gita**

Srimad Bhagawad Gita contains the knowledge of the great Rishis in a condensed form. Their experience is expressed in the form of dialogue between Lord Krishna and Arjuna. Essentially, Absolute bliss and Eternality is the nature of the Self. Ignorant of this, we move in this world with pain and suffering. Srimad Bhagawad Gita teaches us, from various standpoints, why we must not grieve, and how we can overcome sorrow in our day-to-day life. Chapter Two is the summary of the entire Bhagawad Gita. This is an opportunity for all to get a glimpse of this divine teaching.

**Speaker:** Brahmachari Prabodh Chaitanya Acharya, Chinmaya Mission, San Jose  
Brahmachari Prabodh Chaitanya is the resident acharya of CM San Jose. A precocious student of spirituality, Prabodhji combines his impressive scriptural knowledge with his thirst to enhance and articulate the same.

An MIS/SW consultant with financial background from the University of Central Florida, Prabodhji's spiritual call came when he read Param Pujya Gurudev's commentary on the Bhagawad Gita. Since then, Prabodhji has dedicated himself to the scriptures and humanitarian services. Prabodhji studied Vedanta for the next two years under the guidance of Pujya Swami Tejomayananda and of Swami Ishwarananda. He is fluent in English, Hindi, and Gujarati, and is proficient in Sanskrit.

Please email [TheBhagawadGita@gmail.com](mailto:TheBhagawadGita@gmail.com) for volunteering opportunities and other information

For more details please visit <http://www.svcctemple.org/SacramentoBalaViharYajna.htm>

### **Bollywood show at Crest Theater Feb 14th, 2009**

South East Asian Cultural association of America and EasternMpire promotions presents mega Bollywood show on Valentines day. The stars include winners of Zee TV's Sa Re Ga Ma Pa challenge 2008 USA, Jaffrey Iqbal and Darshana Menon.

#### **The event details:**

Venue": Crest Theater, 1013 K st, Sacramento CA

Date: Feb 14th, 2009

Time: 7.00PM

For more details please visit <http://www.jeffreyiqbal.com/sacramentoshowj.html>

### **Vibha, Sacramento presents 'Xpressions' – a drawing and painting contest for kids and Youth:**

Vibha Sacramento proudly presents Xpressions - a drawing/painting competition for the children and youth. In the quest of encouraging local talent in Folsom, Eldorado, Roseville, Sacramento area Vibha is introducing a new event to unleash the painter within every child and youth.

Venue: Folsom High School, 1655 Iron Point Road, Folsom, CA - 95630  
Date: 28th February 2009  
Time: 10.00 a.m. to 1.00 p.m.

The participants will be divided into 4 age groups:

- Group 1 (5-7 yrs)
- Group 2 (8-11 yrs)
- Group 3 (12-15 yrs)
- Group 4 (16-18 yrs)

Each group will be assigned a separate topic/theme to base their artwork on. The topic will be provided on the day of the event. Here are some sample topics:

- Group 1: Animals, Zoo
- Group 2: Scenery, Video Game/ Cartoon character
- Group 3: A place you like or would like to visit
- Group 4: Green earth, Child Awareness, Dreams

Registration: \$15/child

For further information on registration please visit:

<http://wiki.vibha.org/Sacramento:Xpressions2009>

For any questions/concerns email: [coordinator@sacramento.vibha.org](mailto:coordinator@sacramento.vibha.org)

### **North-South Foundation conducts regional Spelling Bee, Vocabulary Bee and Math Bee for Children:**

The Sacramento North South Foundation (NSF) regional Spelling Bee, Vocabulary Bee, and Math Bee are scheduled to be on Saturday, March 28, 2009. Registration for the competitions will close on March 14th, so it is absolutely necessary that all students register before this date!! The regional competitions will be held at First Baptist Church, 4401 San Juan Ave, Fair Oaks, CA - 95628. Online registration is now open for all Sacramento Area regional competitions.

Also, Sacramento North South Foundation (NSF) is conducting a workshop on Spelling Bee and Math Bee on Saturday, February 7th, 2009. Registration for the Workshop closes February 3rd, 2009.

Online Registration Link: <https://www.northsouth.org/app9/login.aspx?entry=p>  
NSF Educational contests in the US are designed to encourage academic excellence among Indian-American children; the goal of NSF contests is to take learning to a new level, to challenge kids outside the classroom, and to help kids realize their potential and passion for educational excellence.

These contests are open to children of Indian origin. Based on the contest category, the contests are grouped into Junior, Intermediate, and Senior levels (when registering, please ensure that you register your child for the correct competition) . The contests are conducted every year in two steps. First, children participate in Regional Contests held at

various locations throughout the country during the months of March through April. Participants with high scores, based on a national cut-off, will be invited to the National Finals to be held in July 2009. Read more at: <http://www.northsouth.org/home.asp>

About NSF: NSF is a non-profit organization and the proceeds collected from the regional and national competitions are used to award scholarships to qualified and needy students in India entering colleges, regardless of their religion, gender, caste, or creed. Contest information and preparation guidelines can be found at the North South Foundation (NSF) web site at:  
[http://www.northsouth.org/2008/reg\\_contests/contestRules.asp](http://www.northsouth.org/2008/reg_contests/contestRules.asp)

Feel free to call or email if you need any further clarifications to Mr. Suri Jetty, Sacramento NSF Regional Coordinator, [s\\_jetty@yahoo.com](mailto:s_jetty@yahoo.com) (916) 353-0549

### **The Art of Living Course- Feb 20th – 24th , 2009;**

Life is much more than our innumerable habitual daily routines... It is so much more than just eating, drinking, sleeping, working, chatting...

The Program opens our eyes, mind and heart to how much more meaningful and complete our lives can be. In a harmonious environment, it's easy to say, "I feel peaceful and contented." However, if nothing goes to plan and there is utter chaos all around, and you still say, "Yes! I am peaceful and happy," then you have attained something very special indeed... That is The Art of Living... and that is what the Part I course brings to our experience.

Dates : Feb 20 to 24

Timings : 7 pm to 9:30 pm Fri, Mon, Tues, 12 to 6 pm Sat, Sun

Location : Bishops Court Apartments Complex, Rancho Cordova

Contact: Raajesh Ganeshan at [raaga\\_aol@yahoo.com](mailto:raaga_aol@yahoo.com) 916 984 4203

Register : [http://secure.artofliving.org/course\\_details.aspx?course\\_id=4269](http://secure.artofliving.org/course_details.aspx?course_id=4269)

#### **What is the course about?**

A revival of the ancient Vedic knowledge and the healing power of the breath, the Art of Living Course includes:

- \* Powerful breathing processes (Sudarshan Kriya, pranayams), meditation which reduce fear and anxiety, and help promote well-being and a sense of peace.

- \* Purna Yoga

- \* Interactive group sessions

The techniques are simple to learn, easy to practice at home and revitalize the body mind complex. Group follow up session occur every week in the Sacramento area.

**Ekal Vidyalaya presents "Holi Ke Rang-Ekal Ke Sang", March 21st, 2009**

Ekal Vidyalaya with the teens of Sacramento is preparing to showcase the local talents, It will be aired on TV Asia!. Perform on the tunes of your favorite Bollywood number, Salsa, Fusion, Classical, Folk, etc. Show your humorous side with standup comedy, the art of Ventriloquism, or skits. Various food selections, Attractive garments and jewelry booths.

**Free dance floor with the DJ to party the night away!**

Date; March 21, 2009 6 p.m. – onwards

Venue: Arcade Fundamental Middle School, 3500 Edison Avenue, Sacramento CA 95821

For more details contact - Aradhana, Phone: (916) 399 - 1969 Email: ekalv@yahoo.com Shashwati, Phone: (916) 276 – 1202, Email: shash\_roy@yahoo.com All the proceeds go to Ekal Vidyalay projects in India.

**New Indian Restaurant opened in Roseville:**

A new Restaurant was opened in Roseville. They have both South Indian and North Indian dishes. The address is:

Priya Restaurant, 9290 Sierra College Blvd #100, Roseville 95661

Telephone: 916-788-1949

Please visit KSS website at [www.sakkannadasangha.org](http://www.sakkannadasangha.org) for more info on KSS activities. This newsletter is sent as service to members of Kannada Sangha of Sacramento (KSS), Sacramento CA.

Disclaimer: The materials on this email are intended to be for informational and educational purposes only. KSS assumes no liability for the use or interpretation of information contained herein.

Come join hands with KSS. Together we can make a big difference.

**MARKETPLACE**

From kitchen basics to easy recipes - join the Group from Kraft Foods