

KPS NEWS



Newsletter for Shree Kadwa Patidar Members in UK

Editor: Chandubhai Makadia

Grand Opening of Dining Hall on 3rd October 2010

By Bipin Kantaria and Manoj Ardeshta

With the scaffolding coming down, we can now finally see the reality of our extension. It looks very impressive from the outside with curtain glass walling at both ends. The building committee visited the site last week and you could see many happy faces on realising the hard work everyone has committed to this project and is now coming to fruition.

We will not be borrowing any money from the banks to complete this project, but we are still raising interest free loans for the refurbishment of the main building. If you wish to contribute, please contact Vinubhai Dhania or Babubhai Makadia.



We have planned a grand opening on Sunday, 3rd October 2010. We will be celebrating our achievements at this opening ceremony by holding an exhibition of our proud history. If you

have any memorable stories or interesting pictures about our Samaj to share with fellow members please e-mail them to Mahindra Kaneria, mkpatel@iee.org by Sunday 19 September 2010

Samuhik Shreemad Bhagwat Saptah Invitation

With the blessing of his merciful and divine Supreme Lord Krishna & Shree Umiya Mataji, Shree Kadwa Patidar Samaj U.K. have organised Samuhik Shreemad Bhagavat Saptah Gyan Yagna at Kadwa Patidar Centre from Monday, 30th August 2010 to Monday, 6th September 2010. Everyday from 10.00am to 1.00pm and 3.00pm to 6.00pm

All KPS members cordially invited with family to participate in this auspicious occasion and to have

farar every day at lunch time and maha prashad in the evenings. The narration of this great scripture is to be undertaken by the renowned vedic scholar Shastri Shree Piyushbhai Mehta.

For further information contact:

Pallavi Makadia on 020 8841 1141 or Champaben Bhalodia on 020 8578 8105 or visit our website for full details of this invitation :

www.kpsuk.org

Inside this issue:

KPS Family Picnic update	2
US convention/Youth forum	3
Sports Day/Well-being event	4
National Sewa Day/Charity Walk	5
Diwali Dinner & Dance/Kids Party	6
Gujarati School/ Navratri details	7
Colorectal cancer & BBQ	8

Family Picnic growing in popularity

by Manoj Ardesna & Sundeep Jalavadia



The demand was much higher than the places available

The popularity of the family picnic is increasing. More than 225 people from all age groups enjoyed a fun filled day out at Wendover Woods in Aylesbury. The demand was much higher than the places available but we managed to accommodate as many people as possible.



For more pictures visit www.kpsuk.org

The weather was perfect, warm enough but not too hot, for the BBQ and various fun and games. This year a lot more people took advantage by going for walks and explored Wendover Woods and enjoyed the wonderful scenery and environment. There were toddlers, children, teenagers, youth, parents and grandparents and it was truly a family picnic and everyone had a wonderful time in a relaxed environment. Our community members are beginning to integrate more and more and enjoying each other's company.

There was a true community spirit and team work in food preparation and



cooking food on the BBQ. There were lot of fun activities and a quiz for all. The adults and children played various games including football. There was a variety of food: the starters included sweetcorn; samosas and mogo and main course included kachori; taplas; shuki bhaji and paneer shashlik, wrapped with salad and spicy source in fajitas (yummy!), was excellent. In addition a number of people brought tasty voluntary dishes. For desert there was ice cream and beautifully laid out cut summer fruit. Our special thank you goes to those ladies who helped

out with the food preparation and cutting and displaying fresh fruit.

Thank you to those who sent their feedback which was excellent. As always we can learn from this year's experience and improve in the future. We will take on board some of the suggestions and comments in organising next year's family picnic. We are already looking for next year's venue and if you know any picnic sites with BBQ facility to recommend please e-mail the details to

manoj.patel@talktalk.net

For pictures visit: www.kpsuk.com

Forthcoming events in 2010

Samu Saptah	30 Aug - 6 Sept 2010	Diwali Dinner & Dance	30 October 2010
Sports Day	12 September 2010	Diwali - Chopda Poojan	5 November 2010
Social Gathering	24 September 2010	Kids Diwali Party	6 November 2010
Dining Hall Opening	3 October 2010	Diwali Function	7 November 2010
Navratri	8 -17 October 2010	Social Gathering	26 November 2010
Sharad Poonam	22 October 2010	New Years Eve Party	31 December 2010

Visit Events on www.kpsuk.org for further details

KPS (UK) delegation visited Milan 2010

By Bipin Kantaria

A delegation of KPS UK attended the Baltimore Convention 'Milan 2010'. The UK Samaj was represented by Manoj Arde-shna, Bipin Kantaria, Chandu Makadia, Shivani Kantaria and Mansukh Kantaria. This was a fact finding mission together with the intention to expand our horizons and to increase the brotherhood among our community in North America. We were welcomed by the event organisers Mr Arvind Sitapara and

Kajal Kaneria. We were made to feel at home. The most important part of 'Milan 2010' was that it was totally organised by their youth. There was very little input from the seniors. During the three days lots of events and activities for all ages took place. The item included Dyro, passport to India, food from all four corners of India, a Bollywood themed night, trip to park for sporting activities, firework display, a Monte Carlo casino

night, and a cruise for the youth. After the conference the UK delegation met up with US committee members and discussed the ways of improving communication and sharing membership and matrimonial databases. The President Dr Bhanjibhai Kundaria suggested that in future UK should host a joint convention and make it an international convention by inviting people from Asia and North America.



The most important part of the Milan was that it was totally organised by their youth

Changes planned in Youth Forum structure

By Dr Sunil Bhalodia

In the coming weeks there will be some restructuring occurring with regards to the youth committee. It has been a year since we were set up, and in that year we have achieved many things however, a lot more needs to be done, after all 'Rome wasn't built in a day'.

Youth Committee

We are planning to end the existing youth committee and are instead favouring having a group of individuals, which will consist of one youth from all the major family groups who will be working under the Community Development Sub Committee.

There will be a meeting to formally disband the committee and select the new group. We want the whole samaj's youth to be represented, so if you are interested and feel that you want to have a say and are willing to share ideas and make them happen please let us know and or attend the meeting (date to be decided and published on our website).

See side Trip

Sea, sand and surf (ok lets be honest Rain, pebbles and the odd dodgy thepla): We are planning a trip to the seaside in August for the youth. An email will be sent out to all with specific details,

so keep an eye out and don't worry no thepla's will be involved and will pick a good sandy beach.

Badminton

For the past few months we have been playing badminton at the Harrow Leisure Centre during the weekend. It has become a regular KPS event for youths, and is a great opportunity to catch up with other members of the samaj and make new friends. So if you are interested in playing have a look out for the next weekly game on Facebook and come along, if you want more information then send us a email kpsyouth@kpsuk.org



lot more needs to be done, after all 'Rome wasn't built in a day'



Family Sports & Fun Day 2010

By Kirit Trambadia & Alpesh Makadia



We have designed to bring fun for all age groups and for people at all fitness levels

It is that time of the year again. For only one Sunday a year it is time for you and your family to come and enjoy. It's not just a sports day it's also a FUN day for the whole family. We have designed to bring fun for all age groups and for people at all fitness levels. It is a day not just for winning but also for having fun. We want to see all of you out there, especially children, mums and dads, baa's and bapuji's. Here you can meet friends, have fun, have a laugh, be a participant, be competitive and be part of the community, so get your trainers on and come down for a enjoyable day. We want you to have a fun and complete day – So we need your cooperation. We need your entry forms completed and submitted by 3rd September 2010. We need registration to be done between 9.00-9.30, This will help us keep to a timetable so we can have the draws for events ready. This will also enable us to have more time on the fun games for all age groups. We need to have stricter control on the number of entrants per event, so it will be on first come first serve bases. Please see enclosed leaflet and entry forms for more details or visit www.kpsuk.com

KPS well-being event planned

By Dr Sunil Bhalodia

With today's hectic lifestyle and stresses of life we owe ourselves the time to rejuvenate the mind, body and soul

Well-being is defined as a contented state of being happy, healthy and prosperous.

With today's hectic lifestyle and stresses of life we owe ourselves the time to rejuvenate the mind, body and soul. Balancing the elements of life will lead you to becoming much happier and healthier.

The well-being event will give you the opportunity to experience, learn and

purchase a variety of products and services. There will be key speakers, workshops and stall; this is an event NOT to be missed!

We want to help educate people to live better lifestyles through some simple techniques we can all achieve on a daily basis.

We are currently searching for individuals, who wish to participate at the event and have any expertise in alternative

therapy, natural beauty techniques, healthy cooking or are qualified in a medical profession to carry out free health checks or any other related areas.

Please contact sunilpatel81@gmail.com. More details about the event will be posted in due course. We look forward to seeing you all there!

Full details will be available on our website www.kpsuk.org

KPS's little cuties



Name : Aarav Bhalodia
DOB: 20 March 2010
Place: London
Father: Janak Bhalodia
Mother: Reena Bhalodia



Name : Vani Javiya
DOB: 16 May 2010
Place: London
Father: Divyesh Javiya
Mother: Diya Javiya

KPS to Participate in National Sewa Day

By Madhu Kalaria

National Sewa Day (NSD) is a day of social action where thousands of us come out and perform good deeds, on the 21st November 2010. By doing so we are giving back to our local community by lending our time and expertise; after all charity is more than donating money for good causes.

NSD Organisers have invited SKPS to participate in their annual event where multiple community organisations volun-

tarily join hands to provide services to the wider community.

Our project is to collect new toys, books and gift sets (toiletries) for children from birth to teenagers. These will then be distributed to children's homes, hospices and hospitals nationally. We would like all our samaj members to support this great cause especially as the Sewa day is very near Christmas time. Sewa is a Sanskrit word that refers to "selfless

service", performed without any thought of reward or personal benefit. We need volunteers as well as above mentioned gifts for this project.

For further details please contact: Madhu Kalaria, Manoj Ardesna or Kirit Trambadia or check our website.

www.kpsuk.org

Our project is to collect new toys, books and gift sets (toiletries) for children from birth to teenagers



KPS Ladies in a Midnight charity walk

by Madhu Kalaria

About twenty ladies from our Samaj put their best foot forward to raise money for St. Luke's Hospice in Kenton Grange, Middlesex on Friday June 11th 2010.

Moonlight walkers dressed in purple started at midnight, all wearing a custom-made purple T-Shirt followed a starlit, nine mile route through Harrow Weald, Stanmore, Kingsbury and Kenton.

The walk began at Harrow Leisure Centre, with a mass warm-up session, free massages and free fruit and water before a stream of participants headed off along the marshalled course. It ended there about two to three hours later (less for our



young walkers) with the walkers enjoying a well-earned breakfast.

The total raised, £210,000, has been a record amount since the event launched three years ago. This money will certainly go a long way to maintain St. Luke's Hospice which provides free services to our community.

It is good to see so many ladies from our Samaj taking part in this charity walk and hopefully this will encourage more ladies to join in next year.

Congratulations and well done to all those ladies who participated in this charity event.

It is good to see so many ladies from our Samaj taking part in this charity



Diwali Dinner and Dance Party - Are you ready to rumble? By Chandu Makadia

we are planning a even bigger and better party with a difference



This year's KPS Diwali Dinner & Dance is organised on 30th October 2010.

Considering last year's success and interest we are planning an even bigger and better party with a difference. To make this a bigger success this year we appreciate your input and

ideas of the kind of party you would like to have. Please e-mail your suggestions to:

kruviro@hotmail.com

This year we are considering a live music group instead of a DJ. We will have three raffle prizes and in addition we will have awards for the best dressed couple and best

dance couple as well. So guys start practising those groovy moves and have lots of fun.

For further information please visit our website and for ticket please contact Chandubhai Makadia & Vinubhai Dadhanian.

Please bring all your family and remember that friends are welcome too.

Children's Diwali Party 2010 by Sejal Sira and Madhu Kalaria

The organisers are promising to make it even BIGGER, with more excitement & laugh-

Preparations have already begun for another fun filled Children's Diwali Party. Building on the success of last year, the organisers are promising to make it even BIGGER, with more excitement & laughter.

The party is going to be held from 2pm to 5 pm on Saturday 6th November 2010 at the KPS Samaj Hall.

As well as a madcap En-



tertainer, there will be Diwali themed arts and crafts activities to enjoy, including making Diwali Cards, creating Rangoli's, and having Mehndi designs. Then of course, all the yummy party food!

So don't miss out. All Samaj children between age of 5 years and 13 years are invited to attend the children's social event of the year! Check the Samaj website for further details.

KPS members who passed away recently



Mrs Kanchanben Arjanbhai Kansagra
Deceased: 5 June 2010
Age: 78 Years
Place : Streatham



Mrs Shantaben Ranchhodhbhai Kansagra
Deceased: 19 June 2010
Age: 79 years
Place: London

Om Shanti... Shanti... Shanti...

Paddy the puddy cat sitter..

One day O'Leary decided to visit his friend Paddy and ask him for a favour.

"Paddy my friend", he said. "I'm going on holiday for a few weeks and I wanted to know if you could come around a couple a times a day to check up on me elderly ma, and feed me cat".

"No problem", replied Paddy. "You go an have a good time".

So the next day O'Leary left and headed for sunny Florida. However, after a week of him being there, he received a phone call from Paddy. "Everything's ok over here", Paddy said.

"Except you're cat. It's dead"!

"oly ell", replied O'Leary. "You could have been a bit more sensitive Paddy"! "What do you mean?", replied Paddy.

"Well, one day you could have rang me up and told me that my cat has climbed the tree. The next day you could tell me that it has gone even higher up the tree and refuses to come down. On the third day you could tell me that the cat lost its grip and fell from the tree and had to be taken to the vets because of a broken leg. Then on the fourth day

you could have told me that it died peacefully in the vet clinic", explained O'Leary.

So paddy apologised and another week went by, when one day O'Leary got another phone call, it was Paddy again.

"All right O'Leary", he said. "Everything's ok here, except your ma - She's climbed the tree and refuses to come down"!

If you have a good joke why don't you e-mail them to:
kpsnews@kpsuk.org



What soap is to the body, laughter is to the soul
-Yiddish Proverb

Gujarati School by Madhu Kalaria

KPS Gujarati School will commence its fifth year on Saturday September 4th 2010. The school was established to provide a platform to teach our children the Gujarati language and cultural values. It was this persistence and dedication by our volunteers and teachers that has paved the way to the school as

it is today.

Any parent wishing to enrol their child will be able do so at 9.00am on 4th September 2010 at Kenmore Park First and Middle School, Moorhouse Road, Kenton, Middlesex. For more information please call Madhu Kalaria on 020 8428 3262 mobile 07840

869184 or Rajendrabhai Changela on 020 8958 9532 mobile 07957 635243 oril Email:

makalaria@hotmail.com

madhu.kalaria@kpsgujaratischool.org

Any volunteers who wish to help at the school on Saturdays are more than welcomed.



New Term
Start from
4th September
2010

Navratri Festival by Bharat Changela

This year's Navratri festival will take place from Friday 8th to 17th October with Sharad Poonam on Friday 22th October at Kadwa Patidar Centre. Again this year there are two weekends during

the Navratri festival. Hopefully more members will be able to take advantage and participate in this year's festival. If you wish to present a special garba item during a break at the

weekends please contact Bharat Changela on 020 8200 5668 or e-mail bharat_changela@hotmail.com. For more details please see enclosed leaflet.



How you can prevent Osteoporosis

By Dr Rajan Dalsania



In the UK, 1 in 3 women and 1 in 12 men over age 50 yrs have osteoporosis

Osteoporosis is basically when you have lost bone material, such that they become less dense and weaker. As a result your bones will break more easily than normal.

In the UK, 1 in 3 women and 1 in 12 men over 50 have osteoporosis. This results in 310,000 fractures per year or an osteoporotic fracture every 3 minutes. Women lose bone material more easily than men, especially after menopause.

Risk factors for developing osteoporosis are:

Early menopause before age 45yrs; Family history of osteoporosis; Smoker; Alcohol intake above 4 units per day; Body mass index of <19; Lack of calcium or vitamin D (due to poor diet, lack of sunlight or malabsorp-

tion); Lack of exercise - on steroid medication; Medical conditions like hyperthyroidism, hyperparathyroidism, Cushing's syndrome, Crohn's disease, kidney or liver failure.

Osteoporosis usually develops over several years and without any symptoms to alert you. It usually presents with a fracture of a bone after a minor injury. If you have any of the above risk factors, speak to your GP who will assess you further. If you are at increased risk, you may be referred for a DEXA scan to assess your bone density.

What can I do to prevent osteoporosis?

The following should be done by everyone and not just those at risk of osteoporosis:

Regular weight bearing exercise e.g. brisk walking, running, aerobics, dancing, badminton, tennis etc

- Food & diet- rich in calcium- eggs milk, cheese, okra, spinach, apricots and figs. Exposure to sunlight helps to make Vitamin D. Calcium & vitamin D supplements may help.

- Stop smoking and cut down on alcohol (especially if you drink more than 3 units per day)

Your GP will advise on whether specific medications to help the bones stay strong are indicated such as bisphosphonates or hormone replacement therapy.

Act now, to reduce the chance of a getting a fractured bone.

Diwali New Year's Celebrations

By Manoj Ardeshta and Bipin Kantaria



This year's Diwali and New Year's celebrations will take place on 5th, 6th & 7th November at Kadwa Patidar Centre.

The Diwali is on Friday, 5th November and if you wish to participate in Chopada Poojan please contact Suribhai Savani or Jaisukh Savani on 020 8208 8750 (Office) or e-mail:

suri@officestop.co.uk .

The time for Chopada Poojan is 9.00pm for a 9.15pm start. The Children's Party is on Saturday, 6th November.

The New Year's celebration will commence at 10.00am on Sunday, 7 November. The planning for this year's Diwali Function is now in full swing, and to make this a

big success we need your participation and collaboration. There will be Group Rangoli, Rangoli Competition, Arts and Crafts exhibition, KPS history exhibition and Ankot if you wish to participate or volunteer to help out on the day please visit for more details www.kpsuk.org