

KPS NEWS



Newsletter for Shree Kadwa Patidar Members in UK

Editor: Chandubhai Makadia

The Samaj Honours Dev Patel

By Manoj Ardesna and Chandubhai Makadia



Chandubhai Makadia (right) congratulates Dev Patel as the President Babubhai Makadia looks on.

Dev Patel (Bhuva) who played a lead role in the internationally acclaimed film *Slumdog Millionaire* was honoured by our Samaj at the 16th Cultural Variety Show on 4th July.

The annual cultural show attracted the biggest audience in its history, and was a huge success. On arrival at the KPS Centre Dev Patel was mobbed by excited fans as he gave autographs and posed for photographs with his fans.

The variety show included plays and dances by pupils from the KPS Gujarati School, a rich mixture of Bollywood dances, traditional Garbo and Tippani Matla dance and a comedy drama *Heera Bapani "RAM KATHA"* by Masukhabhai Bhalodia. The Bollywood dance "Jai Ho" from film *Slumdog Millionaire* was the most popular dance performed by three groups.

In an interactive session with audience Dev Patel answered some interesting questions from the host Biren Kalaria and the audience. He received a special award from the President, Babubhai Makadia for his lead role in the Oscar winning film, *Slumdog Millionaire*.

Hitesh Kanjibhai Makadia also received a special award in recognition for receiving a MBE from the Queen for providing excellent pharmaceutical services to the local community in Leicester.

In a speech the chief guest Rajnibhai Kansagra congratulated the new graduates on their achievements and said that we must not forget the important role the parents play in their children educational achievements. He presented Academic Awards to nineteen new graduates for their educational achievements.

Visit www.kpsuk.com for photographs.

Our 2010 Variety Show is scheduled on 18th April 2010.

Write to the Editor



If you have any comments or suggestions about this newsletter or wish to express your opinion about any issues relating to our Samaj please e-mail Chandubhai Makadia at makadiacr@yahoo.co.uk

If your letter is suitable for publication it will be published in the next newsletter.

Whether letters will be published or not Editors decision will be final.

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Family Picnic a Huge Success

By Manoj Ardeshta and Sundeep Jalavadia



‘Well organised, plenty of food i.e. good variety for children as well as adults. Good location with plenty to do for all ages’ - Jayshree Lalakia.

KPS families enjoyed a fun filled day out at Wendover Woods in Aylesbury, our first ever KPS family picnic. More than 150 people from all age groups turned up. Despite damp ground from previous day’s rain, it was sunny and warm. There were toddlers, children, teenagers, youth, parents and grand parents and it was truly a family picnic and everyone had a wonderful time in a relaxed and informal environment.

There were activities and fun games for all. The community spirit and team work was excellent. There was lot of variety of yummy food; the starters included sweet corn, samosas and mogo and main course included paneer shash-

lik, pau Bhaji, fajitas as well as theplas and shuki bhaji for the elderly. In addition a number of people brought tasty voluntary dishes. Everyone participated in someway and made the whole day memorable.

THE FEEDBACK: The feedback we have received was very positive. We received a large number of compliments but can only include some of them due to space restrictions: ‘Thanks for organising the BBQ. It was really fun, the food was great and we all enjoyed ourselves’ - **Kunal Changela**; ‘Just to say a big thank you and well done for organising a very good BBQ event. We all enjoyed ourselves very much and good for com-

munity spirit’ - **Dr Rajan Dalsania**; ‘I just wanted to thank you for the great organization of the BBQ which my family and I thoroughly enjoyed. I hope we can arrange these sorts of events regularly particularly as it benefits the younger generation immensely (Social aspect)’ - **Mahendra Dedakia**; ‘Well organised, plenty of food i.e. good variety for children as well as adults. Good location with plenty to do for all ages’ - **Jayshree Lalakia**.

Visit www.kpsuk.com for photographs.



Website Development News



A web team is currently working on designing a new interactive website. We are hoping to relaunch a new website soon. Two youngsters Hiren Aghera, a management consultant and Binal Kaneria a web and graphic designer are already involved in this exciting project. We would like to build up a

team of people who can help us in the development of a new website as well as ongoing support. If you have any expertise in website development, content management, administration, maintenance, support or publicity and would like to get involved e-mail manoj.patel@talktalk.net

or contact:

**Manoj Ardeshta on
020 8204 0334.**

**VISIT
www.kpsuk.com**

The Dining Hall Extension Project

By Bipin Kantaria

Five contractors have been selected in the pre selection of Contractors process. All five contractors not only have the capabilities to the deliver this project but they have shown keen interest in this particular project. They will be invited to submit their tenders. The consultants are busy preparing their last parts of the tender documents and drawings. We are aiming to go out to tender in early September and hope to start the work in early December 2009. The details of the proposed extension will soon be on our website.

We will keep you updated with the progress of the extension building, so watch this space.

All of you now must have received the sponsorship letters. As stated in the letter this is an important project for the future development of our community and hope that you will be able to donate the modest sum we have requested. Please do send your cheques and gift aid forms as soon as possible to address stated on your letter. The continuing success of the Samaj will only be real-

ised if we get the support from **all the members of our community.**

In addition we are seeking larger donations for naming the Dining Hall £51,000, Foundation Stone £35,000; 3 Teaching Rooms at £10,000 each and 20 Plaques for £5000 each. We will contact most of you, but anyone is interested in large donations, you can contact any member of the executive committee. Please keep in mind the closing date for the large donation is 30th November 2009.



We are aiming to go out to tender in early September and hope to start the work in early December 2009

New Generation Open Forum - Seeing Strength and Potential By Anand Faldu

Community and Services Committee propose to organise an **open forum** to explore our awareness of the values, beliefs, strength, and potential of ourselves in contributing to Kadwa Patidar Community. We believe that living in these contemporary times there is an increasing need to **belong**, to draw us out of hopelessness, irony and negativity of fragmented cultures. This forum will give you any opportunity to address all the issues and hopefully ignite the collective imagination of what might be the future of our Samaj and take our rightful

inheritance.

On that note I would like to like to invite all Samaj members **BELOW THE AGE OF 35 ONLY** to come to this forum. This is an important opportunity to come along and have your say, please don't waste it. This forum is for the younger generation and is managed by the younger member.

Date: 12th September 2009

Venue: Main Hall, Kadwa Patidar Centre

Time: 11am – 4 pm

PLEASE CONFIRM IF YOU ARE ATTENDING TO:

anandpatel_7@hotmail.com also try to bring your cousins and friends.



Family Sports Day 2009

By Manoj Ardehna, Kirit Trambadia & Alpesh Makadia



'This year's Sports Day revamped and moved to a new venue'



Following the success of the Cultural Variety Show and the Family Picnic this year's Sports Day has been revamped to make it a FUN day out for a whole family. This year's Family Sports Day has been moved from Harrow Leisure Centre to a new location at Aldenham School in Elstree, Hertfordshire. We have designed the Family Sports Day to bring fun for all age groups and for people at all fitness levels. It is a day not about just for winning trophies but also having fun too. We want

to see all of you out there, especially children, mums and dads, baa's and bapuji's.

This year we look to improve the organisation and management of the Sports Day and increase the entertainment for not only those taking part but also for other family members too. To ensure we can plan and organise sports events in advance please help us so that we can make the day enjoyable for everyone. If you wish to participate in any sport event please send your

entry by **Friday 28 August**. Please note that **no entries will be accepted on the day**, so don't miss out on this year's sports day and sent your entries before the deadline. You will have to **register your attendance between 9.00am and 9.30am** on 6th September to participate in the sports events you have entered in advanced. Please see attached leaflet and entry forms for more details or visit www.kpsuk.com

State Retirement Pension

By Ramnik Hingrajia

To qualify for full Basic State Retirement Pension, you need to have paid or been credited with National Insurance Contributions for a minimum number of years during your working life. If you have insufficient number of qualifying years on your NIC record, you may be eligible to buy additional qualifying years by paying voluntary NI contributions.

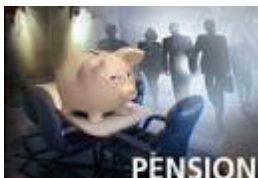
If you are a Male born 6 April 1933 to 24 October 1939 OR a Female born 6 April 1938 to 24 Octo-

ber 1944, you are eligible to cover any gaps in your NIC records for the tax years 1996-97 to 2001-02. Payment must be made by 5 April 2010 to benefit from being charged favourable rates.

If you are a Male born 6 April 1943 to 5 April 1950 OR a Female born 6 April 1948 to 5 October 1952, you are eligible to cover any gaps in your NIC records for a maximum of any six tax years going as far back as 1975-76.

Recommendation: If you were born within the above mentioned dates, you are urged to obtain State Pension Forecast by calling The Pensions Service on 0845 3000 168 or by visiting <http://www.thepensionservice.gov.uk/state-pension/forecast/home.asp>

To read the full article: visit www.kpsuk.com and click the link 'Members Notices'.



Navratri Festival

By Maganbhai Bhimani & Babubhai Makadia



This year's Navratri festival will take place from Saturday 19th September to 27th September with Sharad Poonam on 3rd October at Kadwa Patidar Centre. There is

good news that not only Nitu Shah and her party will be providing the music but also, there are two weekends to enjoy this year's Navratri festival. Hopefully, more members will be able to take advantage and participate in this year's festival. We would like to see you all enjoy this year's festival. If you

wish to present a special garba item during a break at the weekends please contact:

Maganbhai Bhimani on Tel 020 8204 0521 or Babubhai Makadia on Tel 020 8908 6501. For more details please see the leaflet.

Nitu Shah & Party will be providing music at this year's festival

Diwali and New Year's Celebrations

By Dr Jayant Depani and Suri Savani

This year's Diwali and New Year's celebrations will take place on 17 & 18 October 2009 at Kadwa Patidar Centre. The Diwali is on Saturday, 17th October and if you wish to participate in Chopada Poojan please contact Suribhai Savani or Jaisukh Savani on 020 8208 8750 (Office) or on mobile 07966245019 or e-mail

suri@officestop.co.uk. The time for Chopada Poojan is 6.45pm for 7.00pm sharp start.

The New Year's celebration will commence at 10.00am on Sunday, 18 October. Following the success of KPS's Got Talent Show at the last year's Diwali Fuction in Leicester, we have included the show in this year's programme. If you

wish to take part in this show please see enclosed performance entry form. Please contact Jayant Depani on 01763 529794 or e-mail

jayantdepani@hotmail.com for more information or if you wish to volunteer in the preparation and/or on the day of New Year's celebrations.



Don't miss a chance to enter KPS's got talent competition

Samu Suptah 2010

By Manoj Ardeshta

We have received a very good response and so far six families have already confirmed their interest to become Yajamans. There are only four more places available and the names will be accepted on 'first

come fist served' basis. The Suptah will be held at Kadwa Patidar Centre from 30 August to 6 September 2010. If you or family are thinking about taking part as a Yajaman please contact Manoj Ardeshta by phone: 020

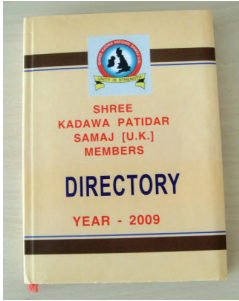
8204 0334 or by e-mail: manoj.patel@talktalk.net

as soon as possible and by 31 August 2009 at the latest. Please see enclosed leaflets in English and Gujarati for more details.

Don't miss this golden opportunity!



News in Brief



The Constitution is being redrafted

The current SKPS (UK) constitution which was originally drafted in 1975 is being reviewed and revised by the Policy, Administration and Constitution Sub-committee. Once redrafted and approved by the Executive Committee the draft will be circulated to all full members for consulta-

tion later this year.

New Samaj directory is now available

We have updated and produced a new hard-back directory this year. The price for the new directory is £5 and if you wish to purchase a copy please contact Maganbhai Bhimani 020 8204 0521.

Healthy Living - Yoga Classes

There are yoga classes being run on Wednesday evenings from 7.00pm to 9.00pm. If you are interested in joining the classes please contact Mradula Kalaria on 020 8428 3262.



It is very important for parents to instil our cultural values and religion in our children.

KPS Gujarati School

By Rajendrabhai Changela & Mradula Kalaria

It is very important for parents to instil our cultural values and religion in our children. In order for them to preserve and advance our culture and religion it's very important for our children to learn our mother tongue.

New research shows just how children's brain

can become bilingual so easily, the findings by scientists suggest that eventually it could help the rest of us learn a language a bit easier.

The KPS Gujarati School will commence its fourth year in September 2009. You will be able to enrol your children on 12th September 2009 at

9.00am at Kenmore Park First and Middle School, Kenton, Middlesex.

For further details, please contact Rajendrabhai Changela on 020 8958 9532 or Mradula Kalaria on 020 8428 3262. Any young samaj members who are able to provide voluntary help are welcomed.



**Om Shanti
Shanti...Shanti**

Samaj Members Who Passed Away Recently

NAME & ADDRESS:	Date Deceased	Aged
Mrs Pushpaben Jayantilal Makadia of Croydon, Surrey	30/03/2009	62
Mr Mahendrabhai Bhimjibhai Bhalodia of Greenford, Middlesex	27/04/2009	58
Mr Dahyalal (Rameshbhai) Jethalal Bhalodia of Bury, Lancashire	09/05/2009	61
Mr Sumanbhai Ramjibhai Modia of Telford, Shropshire	12/06/2009	61
Mrs Kamlaben Mohanlal Rabadia of Streatham Hill, London	18/06/2009	74
Mr Mavjibhai Meghjibhai Ardesbhai of Harrow, Middlesex	22/06/2009	88
Mr Bhupendrabhai Gordhanbhai Borsania of Edgware, Middlesex	14/07/2009	55
Mrs Rambhaben Govindbhai Dhulashia of Nairobi, Kenya	05/08/2009	90

Gujju Joke

A guju opened the door of his brand new Mercedes, when suddenly a car came along and hit the door, ripping it off completely. When the police arrived at the scene, the guju was complaining bitterly about the damage to his precious

new Mercedes. "Officer, look what that bastard did to my Merc!!!", he whined.

"You guju's are so materialistic, you make me sick!!!" retorted the officer, "You're so worried about your stupid Mercedes, that

you didn't even notice that your left arm was ripped off!!!"

"Oh bhagvaaaan!....", replied the guju, finally noticing the bloody left shoulder where his arm once was, "Where's my bl**dy Rolex???!!!!!!"



Gujju ka Khoon (Indian Gujarati blood)!

An Arab was admitted in the Lilavati Hospital at Mumbai for a heart transplant, but prior to the surgery the doctors needed to store his blood in case need arises. As the gentleman had a rare type of blood, it couldn't be found locally.

So the call went out to a number of countries. Finally a Gujarati in Ahmedabad was located who had a similar type of blood. The Gujarati willingly donated his blood for the Arab. After the sur-

gery, the Arab sent the Gujarati as appreciation for giving his blood, a new

Toyota Prado, diamonds, lapis lazuli jewellery, and a million US dollars. Once again the Arab had to go through a corrective surgery. His doctor telephoned the Gujarati who was more than happy to donate his blood again.

After the second surgery, the Arab sent the Gujarati a thank you card and a jar of Almond halwa sweets.

The Gujarati was

shocked to see that the Arab this time did not reciprocate the Gujarati's kind gesture as he had anticipated. He phoned the Arab and asked him that this time also I thought that you would give me Toyota Prado, Diamonds and Jewellery..... But you gave only a thank you card saying 'Jai Shree Krishna' and a jar of Almond sweets..... On this the Arab replied:

'Bapu..... now I have Gujju blood in my veins!'

A good laugh and a long sleep are the best cures in the doctor's book

Make most of your talent....

Always aim higher than you believe you can reach. So often, you'll discover that when your talents are set free by your imagination, you can achieve any goal. Always believe that you will ultimately succeed at whatever you do, and

never forget the value of persistence, discipline, and determination. You are meant to be whatever you dream of becoming.

- Edmund O'Neill

If you wish to write a small article suitable for KPS members on any topics please e-mail your article with your name, kadwa patidar Surname and contact name to the Editor, makadiacr@yahoo.co.uk

Remember ...
GOD is Above
 - to bless you,
God is Before
 - to Guide you,
God is Behind
 - to Protect you
Go is Beside
 - to Comfort you,
God is Inside
 - to sustain you.

Caption Competition



What did Dev Patel say to Hitesh Makadia MBE at the KPS Cultural Variety Show?

To enter email your caption with your first name, KPS surname and contact number to makadiacr@yahoo.co.uk. The winner will be announced at the Diwali Function on Sunday 18 October 2009.

Conditions: competition open to KPS members only, closing date 10 October 2009, one entry per person, editor's decision will be final.

Healthy Living

Know your number & healthy life style tips

By Dr Jayant Depani

Know your Body Mass Index:

BMI depends on height and weight.

weight (kg) / [height (m)]²

Check BMI regularly ::

BMI 20 to 25 Ideal

BMI 25 to 30 Overweight

BMI above 30 Obese

Know your Blood Pressure:

if you are above the age of 40 years:

Your BP should not be above 140/90 mmHg, 1st reading is systolic BP, 2nd reading is diastolic BP ideally BP should be checked 3 times with some interval. You can buy BP machine from your local chemist

or you can see the nurse in your GP's surgery.

Know your fasting glucose level

it should be below 6mmol/L, if remains above 6mol/L, you should see your GP-possibility of diabetes.

Know your cholesterol level should be below 5.2mol/L (fasting level)

Know your Alcohol intake in units/week

for men-should be less than 21 units/week
for women-should be less

than 14 units/week

Exercise 20 minutes/3 times per week, try to eat 5 different fruits/day.

Have some time for your self, invest in your health.

