

# KPS NEWS



Newsletter for Shree Kadwa Patidar Members in UK

Editor: Chandubhai Makadia

## 17th Cultural Variety Show a huge success

by Chandu Makadia

This year's Cultural Variety Show was the most successful in recent years with over 550 people attending. This year's theme was to reflect various Indian cultures. There was a truly entertaining display of performances as well as some surprises too. The overall quality of performances was of a high standard. The mix variety of performances included classical Indian dances, raas and garbas, bollywood dance routines, Michael Jackson's dance, dhol beats and a song.

With choreography by Neha Patel the show included items such as "Bedano Garbo"-a dandia raas dance (mix), "Padam" dance and "Duma Dum Must Kalander" by our very own Gujarati school which took us back into the streets of Gujarat.

There were other performances like "Rangilo Maro" took us to the unspoiled land of Rajasthan-a dance performed by the East London group. Then back to Gujarat



Honey Kalaria



with "Uchi Talavadi Ne Paar", a dandia raas dance item.

There were also fantastic items from our younger members- a song item by Aarian Gosal, who performed Alesha Dixon's "Breathe Slow", Amish Adodra who moonwalked to Michael Jackson's "Billie Jean"...and outstanding Dhol performance played by Ravi Talsania and Rhythm and Base!

The Kadwa Patidar Samaj honoured Honey Kalaria with a lifetime achievement award in the field of Indian Performing Arts. She gave a live interview on stage and shared her tips for achieving success in life and business. She talked about ups and downs in her life and said the secret for success is achieving the right work life balance. Honey has accomplished many great things during her career, including her ever-popular dance school Honey's Dance Academy

which provides a place for young individuals to grow and develop their skills.

The Samaj also recognised the educational achievements by our younger members by presenting them with academic awards. There were 15 new graduates this year.

KPS would like to congratulate all those involved in putting up a fantastic live Cultural Variety Show that we can all be proud of. For pictures visit:

[www.kspuk.org](http://www.kspuk.org)

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## Three youths elected on the Executive Committee

**By KPS Youth**



Deepesh Makadia and Shivane Ardesna hosted the 17th Cultural Variety Show

**There is so much more to come, and this is where we want more involvement and ideas for our Samaj youth members**



Dr Sunil Bhalodia receives an Academic award from Babubhai Makadia

**This year's Diwali show is going to be part-organised by the youth and will be a Diwali show like no other**

Over the past year you would have seen an increase in youth based activities and an increase in youth involvement compared to past years, which is the result of having a new 'KPS Youth Committee'.

**So, what has been achieved in the past year?**

- Three KPS Youth Members were elected onto the executive committee of SKPS (UK). This is significant move because it means there is a stronger presence to push forward the voices and ideas of our Samaj youth and make them happen.
- Project groups have been set up as part of the Youth Committee. Each group has been working towards a number of aims. For example, the social group has been involved in organising the youth events as part of the Friday social gathering. In March we had a successful poker night which was attended by over 40 youths. In April we had a quiz night.
- We have collected over 150 of your email addresses and are successful in reaching out to all of you, via emails

and Facebook.

- The Youth Committee has been involved in key KPS events; there were fabulous youth performances at this year's Cultural Variety Show and both the Cultural Variety and Mother's Day party were hosted by KPS Youth members.

**What to expect for the year ahead?**

Above is an idea of what we have done so far. There is so much more to come, and this is where we want more involvement and ideas for our Samaj youth members.

- Email addresses: we want to collect as many as we can, so that you all know what is going on in our Samaj. With this information we are planning to create a new business directory for use by all but especially the youth.
- Charitable Work: We will be taking part in National Sewa day on the 21<sup>st</sup> November 2010.
- Social Events (Within Samaj): There will be Friday social gatherings at the Samaj every month and we are going to organise a lot

more events, such as Wii nights, movie nights, poker tournaments and much more, so keep an eye.

- Social Events (Outside Samaj): We are planning a number of events for everyone to take part in. There will be another bowling night, go-karting, paintballing and even a summer themed ball is being planned.
- There will be a Well-being event in November with an Ayurvedic doctor, cooking classes, first aid training, stalls and much more.
- More youth involvement in KPS events; this year's Diwali show is going to be part-organised by the youth and will be a Diwali show like no other. The youths are also planning performances at Navratri.

So if you've read this and thought hmmm... it looks interesting, or you just want to know more or share any of your ideas for events you would like to see, let us know by emailing us on [kpsyouth@kpsuk.org](mailto:kpsyouth@kpsuk.org) We would love to hear from you.

## Dining Hall Extension Project update

By Bipin Kantaria

With the roof covering now in progress, we can now finally visualise the reality of the Dining Hall extension and the aesthetics of space and good design by the consultants. The Dining hall will look magnificent when completed and will complement the main hall. We are nearly half-way in the contract with building work to be completed by middle of September 2010. The final contract sum outrun is still below our budget.

The Executive Committee agreed to raise the shortfall of £400,000 by interest free loans before we decide to borrow money from the banks. To date we have pledged of £160,000 and we still require £240,000. We are requesting members to give us interest-free loans, please see the letter from the President enclosed with this newsletter for more details.

We have pencilled 3<sup>rd</sup> of

October for the Opening Ceremony subject to completion of the building work and availability of sponsors, so please pencil this date in your diary. On this day we plan to celebrate our achievements by holding an exhibition of the history of Kadwa Patidar Samaj (UK). If you have any other suggestions for the opening ceremony please e-mail them to:

[kataria1@gmail.com](mailto:kataria1@gmail.com)



Dining hall taking shape

**The Dining Hall will look magnificent when completed and will complement the main hall**

## Changes on the Executive Committee

By Manoj Ardesna

This year's Annual General Meeting (AGM) was attended by over 200 people. The President, Babubhai Makadia presented his annual report. He said we have made impressive progress over the past twelve months. He thanked Executive Committee members, Directors of KPS (UK) Ltd, Auditor and all volunteers for their contributions.

The Chairman of Gujarati School, Rajendrabhai Changela, presented his report and said that Gujarati school received a grant of £5,000.

The Chairman of KPS Ltd, Vinubhai Dadhania, reported the progress be-

ing achieved on the Dining Hall Extension project and praised improvements being made including the launch of the new website and the quarterly newsletter. The Auditor, Vinubhai Amratria presented the accounts of all three organisations which were all approved.

The elections were conducted by the Election Committee chaired by Mansukhbhai Changela. Three directors of KPS (UK) Ltd, Vinubhai Dadhania, Bipinbhai Kantaria and Chandubhai Makadia were elected unopposed with latter two being elected for the first time on the KPS Ltd Directors Board.

Sureshbhai Kansagra and Rajnibhai Kansagra decided not to put themselves up for re-election. Also, Dr Sushilaben Bhut decided to resign as a director. There were no changes with Gujarati School's office bearers.

There were no major changes to the office bearers of Shree Kadwa Patidar Samaj (UK) apart from Kishorbhai Bechra replacing Mradulaben Kalaria as the Joint Secretary. However, there were 6 new members elected on the 2010/11 Executive Committee with three of them from the KPS Youth Committee as well as 4 new advisors. For full details visit the website.



Babubhai Makadia and Rajendrabhai at the AGM

**The President reported the impressive progress achieved in the last twelve months**



Mansukhbhai Changela conducting the elections

## Mother's Day party

By Shivani Kantaria



Hosts Shivani Kantaria and Romit Makadia

**The feedback received from the audience was very positive**

"All that I am or ever hope to be, I owe to my Angel Mother..." - Abraham Lincoln.

This is a quote from America's first President – a simple thank you is not enough to appreciate the contribution of our mothers' in our lives.

On 13<sup>th</sup> March 2010 we celebrated Mothers Day with a difference. We started the show thanking our Kuldevi *UMIYA MATAJI*, grandmothers, all mothers and departed mothers. Over 300 people attended the party and it was a truly

family occasion. The event was filled with many activities for everyone, and this year we had a photographic slide show. Many thanks to the children who all contributed by sending in their dedications with pictures of their mums which were played on the screen throughout the programme. Also Bollywood song videos appreciating mothers were played on the big screen.

Performances included a Mother's Day themed dance by Neha Patel, a Mataji Garba by some of our grandmothers, Garba

Raas, and a Michael Jackson tribute dance by Aamish Adodra. A mix of music was provided by the excellent Diamond Cut DJs. Gifts and cards were presented to mothers by their children. The show was hosted by Romit Makadia and Shivani Kantaria from the Youth Committee.

The feedback received from the audience was very positive and everyone appreciated the new style of the programme. The organising committee would like to thank everyone who attended and supported this party.

## Members enjoy Social & Sports gathering

By Manoj Ardeshta



Members enjoys a game of Carrom

**This event provides an excellent forum where everyone has an enjoyable and fun filled family evening out**

The Family Social and Sports gathering on the last Friday of the month is proving a very popular event with excellent turn-outs. Over 180 people attended the first gathering on 26<sup>th</sup> March and over 220 people attend the second gathering on Friday 30 April. It was very encouraging to see family members from all age groups attending and enjoying the gatherings especially the number of children and teenagers.

This event provides an excellent forum where everyone has an enjoyable and fun filled family outing. There are a num-

ber of sporting activities for everyone which includes two badminton courts, two table tennis tables, two carrom boards, pool, darts, poker sets and chopat. Youth Committee organised separate activities for youths including poker and quiz nights.

There are plans to extend the activities in the future to ensure it becomes even more enjoyable evening for every one. Vegetarian food was served at 9.00pm after people have had enough opportunity to play

sports. We would like to thank members for sending their RSVPs in advance which meant that there was plenty of food for everyone.

After the first gathering it was decided that the Friday Club party will be held on a different Friday so that all members can enjoy both events. All KPS members are welcomed. Please refer to the forthcoming events on Page 6 for the future dates of these gatherings.

## Senior citizens enjoy a Religious Trip

By Madhu Kalaria

Adhik Maas or extra lunar month in Hindu astrology occurs in every 2 and half years of period in Hindu Panchang. Adhik Maas is also known as Purushottam Maas. Lord Purushottam (Lord Krishna) and Lord Vishnu are worshipped during this month. This year Purushottam Maas began on April 15<sup>th</sup> and ended on May 15<sup>th</sup>. Purushottam Maas is considered highly auspicious for performing vrat, pujas, fasts and rituals dedicated to Lord Vishnu. Hindus avoid auspicious functions and programs in Adhik Maas.

On 13<sup>th</sup> May, for the second year running KPS Senior Citizens organised

a day trip to Kent sea side to celebrate and perform Purushottam Maas Puja on the beach.

After an early start and blessed with sunshine, two coachfull of KPS members arrived at Folkstone in Kent around 11.00 where we were met by Krishna Kalaria who took us to a beach. Here all the women set around and performed puja, vrat kath and aarti dedicated to Lord Purushottam. Some ladies were even brave enough to soak their feet in the Sea.

This year once again, Champaben Kalaria and her family from Folkestone had invited all the day trippers for lunch at their home and once

again spoilt everyone with an elaborate and delicious lunch for over one hundred guests.

It was fantastic to see the joy and enjoyment on all senior citizens as well as younger members (who had not experienced this before). I would like to thank the Senior Citizen group to organise this trip, our sincere thanks to Champaben Kalaria and her family for their wonderful hospitality and of course to all the members who joined the trip as without them this day trip would not have happened. For pictures visit:

[www.kpsuk@org](http://www.kpsuk@org)



Coaches at the sea side in Kent

**It was fantastic to see the joy and enjoyment on all senior citizens as well as younger members**

## 2010 Diwali celebrations with a difference

By Bipin Kantaria

With 5 months to Diwali Annual gathering on 7<sup>th</sup> November 2010, we are now into the planning stages of the function. The main aim of this year's celebration is the collaborative work by all the members of the Samaj especially KPS youths and to meet and greet and celebrate our community and Diwali. With this in mind we need volunteers to help on the day and also join

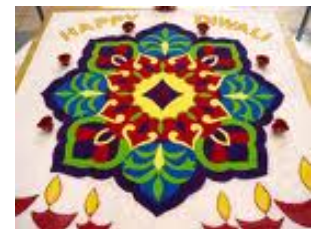
the sub-groups to lead the following activities:

- Sponsors of £2000, £1500 and £1000 raffle prizes.
- The Ankot will be of farsan and mithais.
- The art and craft exhibitions with entries from all the members
- The sponsors for the fireworks display if we get planning permission to showcase across in the park.
- The sponsor to cover

the cost of lunch, drinks and paid staff

- Volunteers to help KPS youth to organise history of KPS.

This year's celebrations will be co-ordinated by myself with the help of Chandu Makadia, Manoj Ardesna and Nitin Changela. We will soon be posting a detailed programme on our website within a month, so don't forget to check this out.



Diwali Rangoli Pattern

**The main aim of this year's celebration is the collaborative work by all members of the Samaj**

## My Dad my hero

By Daxa Sakaria

**He worked all his life to provide his children a better future**



My dad with Swami Ramdev

**He had the vision and founded Leeds Hindu Temple, the first Hindu temple in the UK in 1965**

My Dad, Manhar A Sakaria, was born on 20th April 1918 in Baruch, Gujarat. He came to UK in 1956 at the age of 38 as an economic migrant. His schooling was basic before he left school at the age of 14 to support his widowed mother and young sister. He worked from age 14 to 76 before he was forced to retire.

He is a very well read man so much so that you can sit with him for hours and discuss almost any topic- be it world politics, the ecology, the railway system, yoga and pranayam, psychology, physiology, philosophy, anything and everything. He is like a living encyclopaedia. Due to him I learnt Gujarati even though I was born here and I acquired his taste of Gujarati and English literature.

My father has 5 children and I am his youngest daughter. He had the vision and founded Leeds Hindu Temple, the first Hindu temple in the UK in 1965. He worked for the community and brought up single handedly, 5 children. My mother left our lives in 1967. He did his duty to his children and never remarried although he could have done and provided them the best education. Even though he is not very learned he sent me to a private fee paying school where I was the only Indian child! He wanted one child to go to University which I did before I qualified as a Solicitor.

My father was the first coloured person to obtain a licence to run an off licence from Tetley brewery. He was a shop keeper and had a string of shops. He worked all

his life to provide his children a better future. He was always self employed. He worked long hours and managed to fit in community work. I remember all dignitaries such as Swami Satyamitra giri staying at our home. It was not unusual for all dignitaries to get VIP welcome in our home.

If I had to describe my father I would say he is great father and a man with a very strong sense of civic duty. He went to the Haripura Congress in 1933 and has been in the company of Sardar Vallabhbhai Patel (his hero), Mahatma Gandhi, Subhashchandra Bose, and many more heroes of the Indian independent movement. As a child he went to jail.

For me he is my hero, my best friend and mentor and of course, my Dad.

### Samu Saptah News

Samu Saptah will take place from 30th August to 6th September 2010 at Kadwa Patidar Centre. There are now seven Yajmans participating in Samu Saptah and there is still opportunity for two more Yajmans. For further information please contact Pallavi Makadia 020 8841 1141.

### KPS Member who passed away recently



Mrs Santokben Ramjibhai Baria  
Deceased: 27 March 2010  
Age: 89 Years  
Place : London

#### Correction:

Mr Dineshbhai Laxmidas Kansagra died on 21st February 2010 and not on 21st March as published in February's newsletter. We apologise to his wife Ansuyaben and the Kansagra family for this error.

**Om Shanti... Shanti... Shanti...**

## Sardarji on fire .....ultimate joke!

A Gujarati, a Madrasi and a Sardarji were doing construction work on scaffolding on the 20th floor of a building.

They were having lunch and Gujju said, 'Dhokla! If I get dhokla one more time for lunch, I'm going to jump off this building.' The Madrasi opened his lunch box and exclaimed, 'Idli Sambhar again! If I get idli sambhar one more time I'm going to jump off too.' The Sardarji opened his lunch and said, 'Parotha

again! If I get a parotha one more time, I'm jumping too.'

The next day, the Gujju opened his lunch box, saw dhokla, and jumped to his death. The Madrasi opened his lunch, saw idli sambhar, and jumped, too. The Sardarji opened his lunch, saw the parotha and jumped to his death as well.

At the funeral, Gujju's wife was weeping. She said, 'If I'd known how really tired he was of dhokla, I never would

have given it to him again!' The Madrasi's wife also wept and said, 'I could have given him dosa! I didn't realize he hated idli sambhar so much.'

Everyone turned and stared at the Sardarji's wife. The Sardarji's wife said, '**Don't look at me. He makes his own lunch!**'



**Laughter is a tranquilizer with no side effects - Arnold Glasow**

**If you have a good joke why don't you e-mail them to: [kpsnews@kpsuk.org](mailto:kpsnews@kpsuk.org)**

## News in brief

**Hanuman Jayanti** was celebrated at Kadwa Patidar Centre on 9th April 2010. It was hugely successful with more than 60 people attending. The Hanuman Chalisa was chanted 21 times followed by Arti at 9.30pm. Maha Prasad was served which was prepared by each devotee who brought different food dishes for all to enjoy.

**Estates Management** The processes and procedures for hall lettings and day to day management of the Kadwa Patidar Centre are currently being reviewed. Also, the marketing to optimise rental income and management of staff will be reviewed in the near future. It is now anticipated that strategy day will be held in early September 2010.

**Sports day**—This year's sports day will be held on Sunday, 12 September at Aldenham School, same venue as last year.

**Navratri Celebrations** Navratri will be held from 8th to 17th October and Sharad Poonam on 22 October.

More details of both of the above events will be sent out in the August edition of KPS News.



## Forthcoming events in 2010

Social Gathering	25 June 2010	Sharad Poonam	22 October 2010
Family Picnic	18 July 2010	Diwali Dinner & Dance	30 October 2010
Samu Suptah	30 Aug - 6 Sept 2010	Diwali - Chopda Poojan	5 November 2010
Sports Day	12 September 2010	Diwali Function	7 November 2010
Social Gathering	24 September 2010	Social Gathering	26 November 2010
Navratri	08 -17 October 2010	New Years Eve Party	31 December 2010

## Colorectal (Bowel) cancer

By Dr Rajan Dalsania



**This is cancer of the large intestine and is the 3<sup>rd</sup> most common cancer in the UK**

This is cancer of the large intestine and is the 3<sup>rd</sup> most common cancer in the UK. Almost 30,000 cases were diagnosed in 2001. The annual incidence increases with age from 25 per 100,000 in people aged 45-55yrs, to over 300 per 100,000 in those over 75yrs.

### Risk factors

Although it can develop for no apparent reason, certain 'risk factors' increase the chance of colorectal cancer. These include:

- Age - Colorectal cancer is more common in older people over 60yrs old.
- Family history - first-degree relatives have 2-3 fold increased risk
- If you have familial adenomatous polyposis or hereditary non-polyposis colorectal cancer. However,

these are rare inherited disorders.

- If you have ulcerative colitis or Crohn's disease for more than 8-10 years.
- Obesity.
- Lifestyle factors: little exercise, drinking a lot of alcohol, diet high in fat, low in fibre

### Symptoms- What to look out for?

In the early stages, there may be no symptoms at all. Some of the 1<sup>st</sup> symptoms you might have include:

- Change in bowel habit. Often having alternating bouts of diarrhoea and constipation. The diarrhoea may have lot of sticky mucus also.
- Passing blood when opening bowels. This may be fresh red blood or darker blood mixed with the stools. This can lead to anemia.
- A feeling of the bowel

is not fully empty even after just passing stool.

- Abdominal symptoms like pain, vomiting if the tumour becomes large causing a blockage.
- You may also feel generally unwell, tired, lose weight, lose appetite.
- If the cancer has spread, you may get other symptoms depending on where it has spread to, such as jaundice if it has spread to the liver.

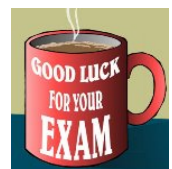
So, if you have any such symptoms, visit your GP. The Government has set up a screening programme. Those over 60yrs old will receive a bowel cancer screening card. It is very important you follow the instructions and send back this card to diagnose bowel cancer in the early stage, as earlier detection, means a better chance for cure.

### KPS Family Picnic and Barbeque - Sunday, 18 July 2010



After the success of 2009 Family Picnic and BBQ we have booked two private BBQ areas at Wendover Woods for this year's event. For further information please refer to the enclosed flyer and a booking form or visit [www.kpsuk.org](http://www.kpsuk.org). The maximum number of people we will be able to accommodate this year is 200. The places will be booked on the 'first come first served' basis. Please reserve your places early to avoid missing out on this event.

**Good luck to all those KPS youngsters who are taking exams over the next few weeks – KPS News**



# Make a difference

By Nitin Changela  
[nitin@london.com](mailto:nitin@london.com)

*"We must become the change we wish to see in the world" - M.K. Gandhi*

There is a saying that motivation is the driver for change. As KPS members we need to come together and focus on a challenge that will bring a difference to this world. As a member I would like to inspire you all in committing yourselves to a physical challenge and achieve personal satisfaction and gain a sense of achievement.

A life changing event set me on the road to achieving something I wouldn't have otherwise. In 1996, I lost my only sister, Nutan to leukaemia aged only 35. This tragedy inspired me to raise money for The Anthony Nolan Bone Marrow Trust [www.anthonynolan.org.uk](http://www.anthonynolan.org.uk) in her memory to save more lives.

In 1998, I started training for the 1999 London Marathon, which I ran in a little over 5 hours. Later that year, I ran the New York Marathon in 4 hrs, 40 min. In 2001, I ran the Paris Marathon and my last one (London) was in 2002.



Each year about 35,000 take part in the London Marathon and raise more than £40 million for charity. It is very rewarding experience and a personal achievement and you get a medal at the end! I have raised in excess of £9,000 for the Anthony Nolan Trust. So, if you ever thought NO I CAN'T, then say YES YOU CAN! Although I ran my Marathons, you are allowed to walk too.

If you wish to take up the challenge then here are some tips:

- For your first Marathon (dist. 26.2 miles, 42.2K), allow 6 months training before the big day.
- Train at a pace at which you can talk comfortably without panting.
- The training runs should be at least 2- 3 times a week- two of these can be midweek, 30- 45 minutes each, whereas one weekend run can start at say 20-30 minutes in Week 1 increasing by 15 minutes every week. So by Week 20 assuming you started training in November (the London Marathon is every April) you would hopefully have built up the weekend long run to about 4 to 5 hours, two weeks before the marathon day. The main objective of all the above is building up stamina.
- Magazines such as Runners World provide good tips for training schedules.
- Drink water frequently in small sips during runs and increase your intake of carbohydrates (pasta, rice, potatoes etc.) during training.
- Buy a good pair of running shoes from a specialist running shop.
- It is a good idea to attempt a 10K run or a half marathon for practice before the Marathon.
- GOOD LUCK!!

On 27th June, I am cycling 26 miles in London with my daughter, Priya for Leukaemia and Lymphoma Research, so if you wish to sponsor me, please log onto [www.virginmoneygiving.com/nitin](http://www.virginmoneygiving.com/nitin) to make a safe online donation.

## The KPS Fitness Challenge

### 10k Charity Walk in Devon - Venue / Date TBA

If you are interested in participating, please email me. This will become a reality if everyone joins in!

Sponsorship to a named charity