



# The Florida Kshatriya

KSHATRIYA SOCIETY OF FLORIDA, INC., 5700 DOT COM COURT, SUITE 1000, OVIEDO, FLORIDA 32765.

Issue 7

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

February 2011

## WHIZZING NEW YEAR

by Kiran Chhaganlal, President

The New Year appears to be whizzing by, with one month already used up. With regard to our Community matters, we are now racing ahead to the 'finish line'. You will see the dates and details of our next 3 events coming up in the next 6 months – the Annual Picnic later this month, the Batero Party Luncheon in May, and our Annual Mahotsav in July. I really do hope to see each and every one of you at all these events.

Under this and last year's Executive Committee, we have established the necessity of having a proper Committee which meets regularly, with a structured agenda and minutes for all meetings. We have hard-working Community Members inside and outside of the Committee, ensuring our 4 events in the year are well-planned and successful. Publication of this Newsletter provides better communications and transparency within our Society. We are now a registered corporate entity as well as a not-for-profit. To top it all off, there is a healthy interest within our Community to serve on the Committee, which is perhaps the biggest positive of all.

I feel it is time to look ahead and discuss whether we as a Community and as a Society can or wish to do more than what we have been doing. Perhaps we are fine where we are with current level of activity. It is important to review these matters every so often. That ensures that there is continued interest by our Community Members in the well-being of our Community's togetherness and growth. It also ensures that the younger Florida Kshatriyas continue to be as involved and interested in our Community matters as the current and previous generations have been. Perhaps these are things we can chat about at our upcoming three events.

I hope to see you all at our Community Annual Picnic on Sunday, February 27. Please log onto Society's website to register and pay for the Annual Picnic by Feb. 22 to take advantage of the lower rate. And if you have not paid your Annual Dues of \$15 per Family, you can do that too online at [www.KSOF.org](http://www.KSOF.org).

## 2011 ANNUAL PICNIC

DATE: SUNDAY FEBRUARY 27<sup>TH</sup>, 2011

TIME: 11:00 A.M. - 4:00 P.M.

VENUE: PAVILLION 4,  
BILL FREDERICK PARK,  
340 S. HIAWASSEE RD,  
ORLANDO, FL 32835



**JOIN IN:** COME ON AND BE PART OF OUR SOCIETY'S ANNUAL PICNIC! ITS GOING TO BE A GREAT DAY OF FOOD AND FUN IN THE SUN. VOLUNTEERS ARE GOING TO PREPARE GREAT FOOD. PLEASE CONTACT COMMITTEE MEMBERS BHAGWATI BULSARA (407) 295 4147 OR BINA KALIDAS (407) 574 3008 TO ASSIST WITH THE EVENT. PLUS THERE WILL BE CRICKET PLAYED.

**COST:** \$12 per person if paid by Feb 22; after Feb 22, \$15 per person. Children 10 and under are free. Please pay online at [www.KSOF.org](http://www.KSOF.org).

## 2011 BATERO PARTY LUNCHEON

DATE: SUNDAY MAY 15<sup>TH</sup>, 2011

TIME: 11:00 AM ONWARDS

VENUE: EASTMONTE CIVIC CENTER  
830 MAGNOLIA DRIVE, ALTAMONTE SPRINGS, FL 32701

COST: \$15 PER PERSON IF PAID BY MAY 9. AFTER MAY 9, \$20 PER PERSON. CHILDREN 10 AND UNDER FREE.

## 2011 ANNUAL MAHOTSAV

DATE: SATURDAY JULY 30<sup>TH</sup>, 2011

## INSIDE THIS ISSUE

<b>1</b>	2011 Annual Picnic
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# CARDIOVASCULAR INTERVENTIONS, P.A.

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Are you concerned over a loved one?

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Pradip Jamnadas, MD, MBBS, FACC, FSCAI, FCCP, FACP  
1900 N Mills Ave  
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## Calendar of Hindu Religious Events:

Feb 2 <sup>nd</sup> :	Mauni Amavasya
Feb 8 <sup>th</sup> :	Vasant Panchami / Saraswati Puja
Feb 10 <sup>th</sup> :	Ratha Saptami
Feb 11 <sup>th</sup> :	Bhishma Ashtami
Feb 12 <sup>th</sup> :	Madhva Navami
Feb 14 <sup>th</sup> :	Ekadashi
Feb 16 <sup>th</sup> :	Pradosha Puja
Feb 17 <sup>th</sup> :	Purnima
Feb 28 <sup>th</sup> :	Ekadashi
Mar 3 <sup>rd</sup> :	Sri Maha Shivratri
Mar 4 <sup>th</sup> :	Amavasya
Mar 16 <sup>th</sup> :	Ekadashi
Mar 17 <sup>th</sup> :	Pradosha Puja
Mar 19 <sup>th</sup> :	Purnima
Mar 20 <sup>th</sup> :	Holi
Mar 30 <sup>th</sup> :	Ekadashi
Mar 31 <sup>st</sup> :	Pradosha Puja
Apr 12 <sup>th</sup> :	Ram Navmi
Apr 18 <sup>th</sup> :	Hanuman Jayanti



## Happy Birthday!

Feb 3 <sup>rd</sup> :	Bhagvati Bulsara Harry Nathoo
Feb 5 <sup>th</sup> :	Varsha Narotam
Feb 7 <sup>th</sup> :	Ajay Narotam Kalpesh Nathoo
Feb 13 <sup>th</sup> :	Rohini Nathoo
Feb 15 <sup>th</sup> :	Dipa Kapadia Mya Khatri
Feb 17 <sup>th</sup> :	Deepak Kalidas
Feb 22 <sup>nd</sup> :	Sanjay Khatri
Mar 1 <sup>st</sup> :	Veena Khatri
Mar 4 <sup>th</sup> :	Deepti Khatri
Mar 8 <sup>th</sup> :	Jekisan Nathoo
Mar 18 <sup>th</sup> :	Dipika Jamnadas
Mar 20 <sup>th</sup> :	Prashiv Chhaganlal
Mar 27 <sup>th</sup> :	Jayesh Khatri
Apr 1 <sup>st</sup> :	Pranjivan Jamnadas Preeya Jamnadas
Apr 19 <sup>th</sup> :	Bharat Gohill
Apr 28 <sup>th</sup> :	Dr. Vina Gohill

## Interesting Facts

- The white powder on chewing gum is actually sweetened marble dust.
- Iceland consumes more Coca-Cola per capita than any other nation.
- Gum on postage stamps have from two to eight calories.
- During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants.
- Americans eat about 700 million pounds of peanut butter and 2 billion pounds of chocolate a year.
- It takes 548 peanuts to make a 12-ounce jar of peanut butter.
- There are more than 1,000 chemicals in a cup of coffee. Of these, only 26 have been tested, and half caused cancer in rats.
- The average American eats about seven pounds of potato chips a year.
- When Heinz ketchup leaves the bottle, it travels at a rate of 25 miles per year.
- Smelling bananas and/or green apples (smelling, not eating) can help you lose weight!
- Russia's best selling candy bar: Snickers.
- The average American will eat about 11.9 pounds of cereal per year.

## Happy Anniversary

Feb 7 <sup>th</sup> :	Harsh & Amisha Chauhan
Feb 14 <sup>th</sup> :	Sanjay & Varsha Narotam, Vishal & Mitisha Chawhan, Tejas & Rupal Malempati
Mar 9 <sup>th</sup> :	Vishal & Bhavini Chunilal
Mar 11 <sup>th</sup> :	Arvind & Veena Khatri
Mar 25 <sup>th</sup> :	Anand & Bhumika Nathoo
Apr 21 <sup>st</sup> :	Deepak & Jayshree Nathoo

## Events in the Community

- Feb 12 - Dance Fusion  
Held at the Linda Chapin Theatre at the Orange County Convention Center, Dance Fusion returns to Orlando for the second year in a row. The ten incredible competing teams are ready to dance the night away with dances that fuse eastern and western dance styles.
- Mar 12 - Vibrant India - Ekal Vidyalaya Benefit  
Held at the Peace United Methodist Church from 11 AM onwards, this program is to help promote fundraising for education in India. The event is another great tribute to young Indian-American students in Orlando donating their time for a great cause.

KSOF Members get a 10% discount at Gateway to India Restaurant.



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## UNDERSTAND HOW TO BUILD YOUR CREDIT SCORE

- Start building up your credit score and keep a close eye on it. If you don't have a good credit history its not too late to take action.
- Credits scores are used to rate the information in your credit report. They are calculated much like a traditional report card and are weighted based on a number of factors. There are many different credit scores with a variety of ranges.
- Even though there are many factors which can impact your credit score, here are three simple ways to build good credit:
  - Pay your bills on time
  - Eliminate outstanding balances on credit cards, since high debt can negatively affect your score, and
  - Don't open new credit card accounts if you don't absolutely need them



- Check out [www.ClarkHoward.com](http://www.ClarkHoward.com) for great money saving tips, filing tax returns, saving on car insurance, and more!

## HEALTH: MIND AND BODY

- Drink a glass of warm water with lemon every morning. It will help to wake up your body gently, massage the stomach, and generally improve your health from the inside - out.
- Automate your eating by planning your meals ahead of time.
- Oats are your friends! Eating a cup of oatmeal in the morning will fill you up.
- Use meditation to help you cope with stress.
- Take a brisk walk before lunch or dinner.
- Are your dishes too big? A healthy dinner should fit on a 9-inch plate.
- Boost your metabolism with some green tea or chili peppers.

### 100 CALORIE BROWNIES PRESCRIBED BY DR. OZ

Pre-heat oven to 350 degrees. In a blender add:

- 15 oz canned black beans
- 1/4 cup unsweetened cocoa powder
- 1 tsp espresso power (instant coffee)
- 3/4 cup liquid egg substitute
  - Blend / puree for 2 minutes
- Add 3 tbsp whole wheat flour
- 3/4 cup agave nectar
- 1 tbsp unsalted butter
- 1 tsp vanilla extract
  - Blend for another minute. Place in 8 x 8 baking dish. Place in oven for 20 minutes at 350 degrees, then another 5 minutes at 300 degrees. Chill. Cut into 15 pieces. 88 Calories per peice. Enjoy!

## Current Events



- Protests and riots have broken out across Egypt in response against President Hosni Mubarak. Mubarak has remained in power for 30 years. Curfews have been put in place in the cities of Cairo, Suez and Alexandria. The U.S. contacted Mohamed ElBaradei and others in Egypt to quell the chaotic atmosphere in Egypt. President Mubarak is on his way out.
- Stan Van Gundy, the Orlando Magic coach, is disappointed in his teams' performance. After the teams' 100-97 loss against the Memphis Grizzlies. Gundy makes it clear that unless the Magic improves their defence, they're not going to have a chance in winning the NBA Championship.
- The 17th Screen Actors Guild (SAG) Awards aired on Sunday January 31st. Some highlights are: Colin Firth for best male actor in "The King's Speech," Natalie Portman for best female actor in "Black Swan," Alec Baldwin for best male actor in a comedy series in "30 Rock," and Betty White for best female actor in a comedy series in "Hot in Cleveland."

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- Chronic Fatigue & Fibromyalgia
- Weight Loss, Wellness & Lifestyle
- Chronic Pain
- Anti-Aging



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