



The Florida Kshatriya

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

Issue 8

www.KSOF.org

April 2011

GETTING TO THE TAIL END OF THE YEAR

by Kiran Chhaganlal, President

For our current year, we now have only two events for our Samaj left to go. One is the Batero Party on Sunday, May 15 and the other is of course our Annual Mahotsav, which like last year, will include our Society's Annual General Meeting. Details on both events are on this page, and all our members can register online at www.KSOF.org to attend.

One outcome of coming nearer to year-end is that as the bulk of our Society's Executive Committee would have been serving our Community for two years by Mahotsav Day, there will naturally be some who will be stepping down. This will allow room for others in our Community to join the Executive Committee. As I stated in the last edition of The Florida Kshatriya, this Committee has streamlined a lot of our Society's activities, including the new things like this Newsletter which have been introduced. That has made things a lot easier. Our Community is also very fortunate in having many an experienced hand to guide and help us. The Committee over the past two years has been very representative of families within our small Community, with a good distribution of ages, as well as gender. Hence, our Community has received full and balanced input on all matters affecting the running of our Society. And because we have had a team of 10 – 12 on the Committee over the past two years, the work load has been shared, so that it does not become too heavy for any one person. Plus, a good number of our Community Members outside of the Committee also assist in all our Society events. Adding all these things up, being on the Executive Committee is quite fun and rewarding.

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2011 BATERO LUNCHEON



DATE: SUNDAY MAY 15TH, 2011

TIME: 12:30 PM - 3:30 PM

VENUE: EASTMONTE CIVIC CENTER

830 MAGNOLIA DRIVE, ALTAMONTE SPRINGS, FL 32701

JOIN IN: COME JOIN IN AND ATTEND THE ANNUAL BATERO LUNCHEON. THERE IS A GREAT GOSH AND PHULIA MEAL ALONG WITH A DELICIOUS VEGETARIAN MEAL & PASTA FOR THE KIDS! WE'RE LOOKING FORWARD TO SEEING EVERYONE AGAIN, EATING GREAT FOOD, AND PLAYING SOME FUN GAMES. PLUS DOOR PRIZES.

COST: \$15 PER PERSON IF PAID BY MAY 9. AFTER MAY 9, \$20 PER PERSON. CHILDREN 10 AND UNDER FREE.
PAY ONLINE @ WWW.KSOF.ORG

2011 ANNUAL MAHOTSAV & AGM

DATE: SATURDAY JULY 30TH, 2011

VENUE: EASTMONTE CIVIC CENTER

GROUP PRACTICES: WE'RE LOOKING FORWARD TO SPENDING TIME TOGETHER TO PREPARE ANOTHER GREAT SHOW THIS YEAR! IF YOU ARE INTERESTED IN PARTICIPATING IN ANY CAPACITY OR NEED HELP FINDING A GROUP FOR A DANCE OR SONG, PLEASE EMAIL TRISHA AT TCHHAGANLAL@GMAIL.COM.

INSIDE THIS ISSUE

1	Presidents Message, Society Events
3	Religious Days, Birthdays, Anniversaries
5	Fun Facts, Current Events
6	2011 Picnic Pictures



CARDIOVASCULAR INTERVENTIONS, P.A.

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Calendar of Hindu Religious Events:

Apr 12 th :	Ram Navmi
Apr 18 th :	Hanuman Jayanti
Apr 28 th :	Ekadashi
May 17 th :	Budh Purnima
Jun 15 th :	Vat Savitri Pooja
Jul 15 th :	Guru Purnima



108 Names of Krishna

Krishna is a beloved deity known by many names. Many say he has 108 names, significant of the 108 holy beads in a mala (rosary) which is used during prayer. Here are the first 10 names in the English alphabet of Lord Krishna:

- Achyuta - Never Failing
- Ajaya - Unconquerable
- Ananta - Infinite
- Arisudana - Slayer of Foes
- Avyukta - Crystal Clear
- Balabhadrapriya - Fond of Balarama & Subhadra
- Banasura Karantaka - Conqueror of Banasura
- Bhaktajanapriya - Lover of Devotees
- Bheeshmamuktiprada - Mukti-Granter to Bheeshma
- Brindavananth - Inhabiter of Brindavan Orchard



Happy Birthday!

Apr 1 st :	Pranjivan Jamnadas Preeya Jamnadas
Apr 6 th :	Ashvin Pitamer
May 3 rd :	Amisha Chauhan
May 12 th :	Asha Rathod
May 22 nd :	Anil Rathod
May 27 th :	Meeta Khatri
May 30 th :	Deena Nathoo
Jun 1 st :	Jayshree Nathoo
Jun 10 th :	Prashant Khatri
Jun 11 th :	Chhaya Nathoo
Jun 11 th :	Bhumika Nathoo
Jun 12 th :	Sadhana Solanky
Jun 16 th :	Preeti Chauhan
Jun 17 th :	Vaishali Khatri
Jun 18 th :	Sean Matthews
Jun 20 th :	Ramanlal Solanky
Jun 23 rd :	Bina Kalidas
Jun 24 th :	Leena Chhaganlal
Jun 25 th :	Ravi Nathoo Rajiv Nathoo
Jun 26 th :	Raj Solanky
Jul 3 rd :	Aruna Mohanlal
Jul 5 th :	Maniben Jamnadas Dr. Pradip Jamnadas,
Jul 10 th :	Hament Utam
Jul 12 th :	Kavita Kalidas
Jul 14 th :	Sanjay Narotam
Jul 27 th :	Prem Kalidas Krish Kapadia
Jul 29 th :	Aastha Nathoo

Happy Anniversary

Apr 18 th :	Rikesh & Purvi Kapadia
Jun 4 th :	Chandrakant & Aruna Mohanlal
Jun 6 th :	Pranjivan & Maniben Jamndas
Jun 19 th :	Sean & Bhumika Kapadia Matthews
Jun 28 th :	Harry & Alka Nathoo
Jul 17 th :	Ashvin & Survarna Pitamber

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



Gateway To India- Longwood
790 East State Road 434,
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Gateway To India- International
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Scott Joseph - Orlando Sentinel Restaurant Guide

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Fun Facts



- On average, a secretary's left hand does 56% of the typing.
- The words 'stewardesses' and 'reverberated' are the longest words (12 letters) typed with only the left hand.
- The longest words that can be typed using only the right hand in proper typing form are 'lollipop' and 'monopoly'.
- Check this out. Look at your keyboard. The only ten letter word that you can spell with the top row of letters is 'typewriter'.
- 'Skepticisms' is the longest word that alternates hands when typing.
- Your eyeballs are three and a half percent salt.
- An adult has 206 bones, and a newborn has 300.
- A sneeze leaves your body at 40 miles per hour.
- Human thigh bones are stronger than concrete.
- Human teeth are almost as hard as rocks.

How Much Sleep Do You Need???

Sleep. It's something you do every night. It affects everything from your mood to your quality of life. Simply because you hit the hay nightly, doesn't mean you know all there is to know about this necessary and fundamental bodily process. There are many surprising elements to a good night's rest. Anti-aging effects, heart health and stress relief are just a few of the countless benefits of sleep.

How much do you need? Recent research by David Dinges, the head of the Sleep and Chronobiology Laboratory at the Hospital at University of Pennsylvania does a study on that very question.



Not every sleeper is the same of course. While the study is not conclusive, it suggests that 7 - 8 hours is excellent and 6 or less hours is not good. The closer we are to the 7 - 8 hours, the higher functioning ability we have throughout the day.

Current Events



- The Cricket World Cup Final ending with an exciting win for India. India defeated Pakistan by 29 runs in the semi-final, 260-231. The final match was then against Sri Lanka, who topped New Zealand. The final was played in Mumbai and India saw their home team win by 6 wickets. The team captain is Mahendra Singh Dhoni. India last won the World Cup in 1983.
- Japan's relief efforts after the devastating 8.0 earthquake & tsunami is proving very difficult. The country was rocked by more than 100 aftershocks. A huge global concern now is how Japan is dealing with the reactors at its nuclear power plant. The latest update is that it will be dumping 11,500 tons of low contaminated water into the ocean from the stricken nuclear site.
- The Orlando Magic have entered the playoffs. Although the first game against Atlanta Hawks was a loss 103-93 Dwight Howard stays positive: "There was no need for us to hold our heads after Game 1," he said. "It's a series. It's not one game and you're out, so we understand that. We just have to continue to play basketball, continue to just stay motivated and continue to believe. They did beat us pretty good, but it's one game."

So although it is just over 3 months to our 2011 AGM, it is not too early to begin seeking nominations for our 2011/2012 Executive Committee. Do please come forward and let any one of the current Executive Committee Members know that you are interested to serve. And if you are shy of forwarding your own name, have someone else, like your spouse, parent, sibling, child, or friend, do that for you!!! So let us all together strive to have a great team in place for our Society's next year.

The Community Picnic Day on Sunday, February 7th was a highly enjoyable day, with great weather and temperature, scrumptious food, and plenty to drink, together with of course lots of lovely company all round. Thank you to all who joined the Picnic – the more people we have at our events, the more enjoyable it is for all. The day just seemed to be over quickly – I am told it was one of the shortest Picnic Days ever. If so, we certainly compressed a whole lot of fun in a shorter amount of time. Plus, the Annual Picnic also delivered a tidy profit to our Community. As with all our Society's events, the Committee conducted a review of the day to see what went right and what could be improved upon, so that the next event can benefit from that and be even better for all of us.

There is one matter that I would like to draw attention to. At our Samaj event, please do not gather any food items to either take away or 'reserve' for anyone arriving late, until the event is over with, and even then, please ask the Committee Member in charge about what is to happen to any left-over food dishes. Waiting till the end ensures that everyone present has enough to eat during the event, as that is usually the amount of food cooked. Sometimes, as we all know, towards the end of an event when everyone has finished eating, if there are any food dishes left over, we 'auction' off dabbas of those food items so as to raise some additional funds for our Community. I know it is difficult to hold off taking some extra food, especially when our very own Community Members cook it – after all, it is all very delicious. However, as we all recognize, we just need to restrain ourselves so that we can be fair to everyone attending our Community event.

I look forward to meeting you all at the Batero Party. Please do come, even if you are a vegetarian or prefer not to eat red meat (please advise Alka Nathoo or Bhagwati Balsara before the event) – there will be food dishes for everyone. Plus door prizes. As I stated earlier, the more folks that attend the merrier the event is. And merry it shall be with everyone there!

2011 PICNIC PICTURES

A special thanks to everyone for volunteering their time in organizing the food items, distributing the food, and venue preparations for our event. There was a lot of time and effort put into making our picnic enjoyable for everyone, both before the picnic and during the event itself. We also got lucky with perfect picnic weather! It was truly memorable. Also, a very warm thank you to those who came to enjoy the picnic. Your company is valued and we can all look forward more fun events!



Team work and fun smiles around the mamna. Thank you ladies. The mamna's were delicious!



Mamna & chicken on the grill! We also enjoyed great vegetarian food, drinks, music, and most importantly the company of friends and family.