



Dhwani

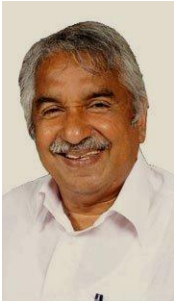
The Bi-Monthly Newsletter of MANOFA

April 2012

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Chief Minister's Message



04/04/2012

Message

Keralites all over the world are quite enterprising and they add value to the societies they live and also earn their respect.

The effort of *Malayalee Association of North Florida (MANOFA)* to start a bimonthly newsletter is appreciable. This initiative would enable the members to foster brotherhood and also to uphold the culture and traditions of Kerala and also to understand and appreciate the social and cultural aspects of the society in which they live and work.

My best wishes to all the members of MANOFA.

OOMMEN CHANDY

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Events - May and June

MANOFA Picnic

A fun filled summer day with lot of food, sports and games.

Location Losco Regional Park
Pavilion #1
10931 Hood Road South
Jacksonville, FL 32257
Date Saturday, May 5, 2012

Time 12pm – 6pm

Please RSVP using link <http://manofa.org/manofa-picnic.html>

JOKEPOT 2012

The first ever Malayalam stage show in Jacksonville directed by Nadirshah starring Kalabhavan Mani, Harisree Ashokan, Afsal, Bhama, Muktha, Ranjini Jose etc.

Location Parker Auditorium at Bolles Middle School
2264 Bartram Road
Jacksonville, FL 32207
Date Sunday, May 20, 2012

Time 5pm -8 pm

Please contact us at communications@manofa.org to make your reservation.

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Easter - Vishu Celebration 2012

Thank you everyone who attended the MANOFA Easter-Vishu social event. The response was excellent with over 150 attendees. We hope everyone enjoyed the entertainment programs and social gathering. Here are some pictures from the event.



Welcome to the Event!



Everything starts with a prayer...



Anchoring is an art



Presidential address
Philip Mathew



Let's play Bingo!
Ajumon Zacharia



A melodious song
Prince and Jeena



Kavitha about MANOFA
Salim Puthenveetil



Guitar by Gokul Madathil



Time for a solo song
Hannah Zacharia

More pictures from our Easter Vishu family night



How about a Hindi Song?
Sunil Nair



Nostalgic melody from 90's
Joseph Francis



Music filled with fun
Sujit and Manoj



Enjoying the programs!



No event will be complete without a
dance from our little stars!
Becky, Elsa and Netra



Yummy!



Bingo and Pizza – Not a bad
combination!

2012 Advertisement Rates

Full-Page - \$100
Half Page - \$50
Other (Quarter Page or smaller) - \$25

Please contact MANOFA at Newsletter@Manofa.org if would like to publish an advertisement in our newsletter.

Drawing

Rohan Madathil

Rohan Madathil





Picnic

Please find below, information on MANOFA picnic that you have eagerly been waiting for:

Location: Losco Regional Park Pavilion #1: 10931 Hood Road south, Jacksonville, FL 32257

Date: Saturday, May 5, 2012

Time: 12:00PM - 6:00PM

RSVP: <http://www.manofa.org/manofa-picnic.html>

Detailed Timeline of events:

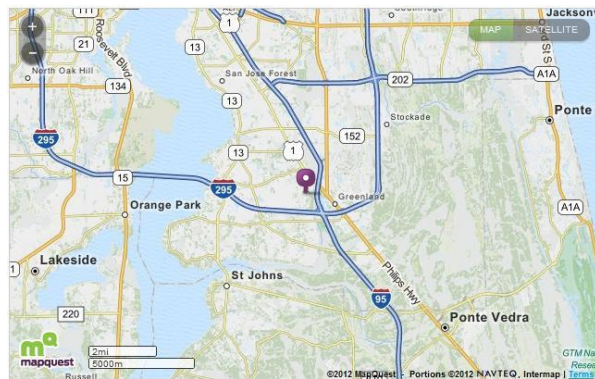
12 PM - 2PM - Barbecue (Chicken, Hotdog, Burger, Garden Burger etc.)

2PM - 4PM - Games & Track & Field events - 100m, Tug of War, Lemon & Spoon, Egg Throw, Musical Chair etc.. (In order to ensure active participation for all track & field events, food will not be served during this time)

4PM - 5PM - Tug of War and Kids Soccer

5PM - 6PM - Prize Distribution & Social

***** Please note that this is a FREE Event for MANOFA Members *****





Dr. JAX

Be Safe, Be Healthy

Being healthy is one top priority of most people, especially on to their loved ones. As the saying goes "health is wealth", which means your health is your only asset to the road on being wealthy. Here are some nutritional tips from experts,

1. More number of meals a day

Researchers advise active people to eat small meals frequently (about every three hours) to accelerate metabolism and maintain steady energy levels throughout the day instead of consuming three square meals a day.

2. Eat your fruits and vegetables

USDA now recommends that adult women eat approximately 2½ cups of vegetables per day. Men should aim for 3 cups. Men and women alike should aim to consume at least two cups of fruit per day. Fresh, canned, frozen, dried, cut, and pureed fruits all count toward this total, as do 100 percent fruit juices.

3. Drink 10 glasses of water every day.

It's especially important to stay well hydrated when following a comprehensive training, nutrition, and supplementation program. Drink at least one glass of water with each of your meals, and more throughout the day.

4. Choose seafood over chicken and meat.

Cutting down on red meat and increasing fish may improve your health. Eat a variety of proteins including beans, soy, nuts and seeds and choose proteins low in fat.

5. Consume appropriate calories for your age and life stage

Prepare your diet considering childhood versus teen versus adult, etc.

6. Eat early

If you're at all concerned about your body weight or body composition, eat breakfast every day and eat five or six times per day. Calories eaten in the morning are more likely to become heat energy than stored fat as compared to calories eaten later in the day.

7. Limit your consumption of "unnatural" foods

Limit your consumption of processed grains, foods with added sugar, fried foods and foods containing processed oils. Choose organic fruits, vegetables, and other foods instead of non-organic alternatives whenever possible.

8. Don't eat right before or right after you training.

If you can, work out first thing in the morning on an empty stomach for maximum fat burning. Also, waiting an hour to eat after a workout may be an effective strategy for increasing the residual fat-burning effects of exercise. Experts also recommend to avoid eating right before going to bed.

9. Strive for consistency, not perfection.

When you get off track in this way, don't allow it to slow you down. Enjoy the divergence, recommit to your goal, and get back on track with your next meal.

10. Find your "emotional reason" for staying on track.

Take a moment to consider your "emotional trigger" and use it to stay committed to your nutrition program.

A baby asked God, "They tell me you are sending me to earth tomorrow, but how am I going to live there being so small and helpless?"

"Your angel will be waiting for you and will take care of you."

The child further inquired, "But tell me, here in heaven I don't have to do anything but sing and smile to be happy."

God said, "Your angel will sing for you and will also smile for you. And you will feel your angel's love and be very happy."

Again the child asked, "And how am I going to be able to understand when people talk to me if I don't know the language?"

God said, "Your angel will tell you the most beautiful and sweet words you will ever hear, and with much patience and care, your angel will teach you how to speak."

"And what am I going to do when I want to talk to you?"

God said, "Your angel will place your hands together and will teach you how to pray."

"Who will protect me?"

God said, "Your angel will defend you even if it means risking its life."

"But I will always be sad because I will not see you anymore."

God said, "Your angel will always talk to you about me and will teach you the way to come back to me, even though I will always be next to you."

At that moment there was much peace in Heaven, but voices from Earth could be heard and the child hurriedly asked,

"God, if I am to leave now, please tell me my angel's name."

"You will simply call her, 'Mom.'"

HAPPY MOTHERS DAY

May 13, 2012



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9978-4 Old Baymeadows Road
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India Fest



MANOFA participated in the India Fest conducted on March 24th at the Metropolitan Park in Jacksonville. The stall was decorated in a Kerala style and the Volunteers prepared food for the patrons that visited the stall during the entire program from 2pm to 9pm. The food was authentic Kerala food comprising of Appam and Stew, and Mango Lassi. We also presented a semi-classical fusion dance in the event. We thank

the following Volunteers who put in their efforts to make this a grand success.
Aarathi, Ajay, Ajay Viswan, Asha, Bubble, Celin, Febin, Geetha, Gokul, Harry, Jaya, Jomy, Judy, Manoj, Mini, Mythili, Nisha, Pallavi, Prajish, Priya, Radha, Raji, Ragi, Reshma, Rohan, Romy, Sandhya, Sarah, Sheila, Simmy, Smitha, Sruthi, Ajumon, Bindu, Regin, Sayi, Sunil.





JOKEPOT 2012

MANOFA in association with S.G.O.C (St. Gregorios Orthodox Church) proudly presents the star-studded stage show "JOKEPOT 2012" in Jacksonville, FL. We request every MANOFA member to actively participate in this event.

Date: May 20, 2012

Time: 5PM to 8PM (Doors open 4:30PM - Nonstop 3 hr program)

Venue: Parker Auditorium at Bolles Middle School; 2264 Bartram Road, Jacksonville, FL 32207

- 🇮🇳 Your favorite stars on stage with wonderful orchestra and dancers.
- 🇮🇳 Harisree Asokan, who is coming to America after 13 years, is very keen on ensuring everything is planned to make this a perfect show.
- 🇮🇳 After his superb performance in mega event Asianet award night in Dubai, Sreejith TR has done great choreography for JOKEPOT.
- 🇮🇳 Excellent feedback from multiple venues where the show has been performed already.





Dear Friends,

Thanks to everyone who provided feedback on the previous edition of our newsletter. Please take a moment to key in and send your comments on the articles. We will make sure that all your comments will be forwarded to the authors of the articles. Your feedback will definitely encourage our authors especially when our kids are involved.

Special thanks to Regin, Suresh and Prajish for the pictures and write ups on our past events, to Joseph Francis for getting us Chief Minister's message and to everyone else for the great support. As always, we encourage you to send us more articles, birthday/anniversary wishes, announcements or even classified advertisements at Newsletter@Manofa.org.

Seasonal greetings to all teachers (Teacher's Day – 8th May), nurses (Nurse's Day – 12th May) and mothers (Mother's Day – 13th May) in our community.

Eldo Mathew
Director, Public Relations

Contact Us

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If you can't explain it simply, you
don't understand it well enough.
- Albert Einstein