



# Dhwani

The Bi-Monthly Newsletter of MANOFA

February 2012

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## A message from the President



Dearest MANOFA members,

Namaskaram! It gives me immense pleasure to address you all from the coveted seat of MANOFA's president. I thank you all from the depths of my heart for entrusting me with position and I promise to do the very best for the welfare and (up keep) of MANOFA. I would like to introduce you to this newsletter which would keep the members of our MANOFA family informed, updated and connected with everyone else.

It gives me great joy to see this association grow steadily and prosper in the past few years under the great leadership and perseverance of our past presidents. I would like to pursue this path and bring in many more events, activities and get together. We have planned about 6 events this year. Events will be in conjunction with the cultural and religious events and will be a great opportunity to celebrate the spirit of Kerala. It goes without saying that any celebration or event is impossible without the help and active participation of every member. I request every family and its members to come to the fore with creative thinking and bring about entertaining programs and activities. The Association also needs the support, help and the relentless pursuits of dear members to make every event a reality.

I believe that a published media can help weave the social fabric among our members. I request members to come forward with creative articles, painting, poems etc which will be entertaining to everyone. I also request you to reach out to me with your birthdays, anniversaries and any other important announcements and we will be glad to publish it for all to know. I also encourage you all to reach out to Keralites living in your vicinity and introduce them to the MANOFA family. Let us make it a mission that we make Jacksonville a home away from home for any visitor from Kerala.

"Starting this year we would like to have a charitable initiative where we identify the poor and the needy and extend our financial and emotional support to them."

I can confidently say that we all are immensely blessed both materially and spiritually in this Land. We would fail to touch the ultimate essence of humanity if we do not reach out to the needy and the destitute. Starting this year we would like to have a charitable initiative where we identify the poor and the needy and extend our financial and emotional support to them. I request you all to stand in unity as MANOFA will serve a helping hand to the ones in need. I once again thank you for electing me to this position. I can affirm that the newly elected committee incorporates the best of both worlds. We have the old presidents and other patrons to guide us with knowledge and experience. We also have some new members who can bring in fresh ideas and take MANOFA to a whole new level.

I reassure you that I will do everything to the best of my ability. I also believe that I will be able to deliver my duties if I have the love and support of our past presidents as well as every member in MANOFA. May the love and spirit of Keralam keep us all together!

Yours faithfully,

**Philip 'Wilson' Mathew**  
President, MANOFA



# Highlights of 2012

Dear Friends,

I am excited to highlight the events planned for 2012 during the inaugural issue of "Dhwani" and I am sure, each of you share the same excitement as we prepare for an eventful and fun-filled 2012. As you know, our first scheduled event for 2012 is the Easter-Vishu celebration, which is planned for Saturday, March 31st. This event, being the first of its kind, was planned based on suggestions from our members to meet during the first quarter of the year. Normally, we limit our social functions to 2 events; Onam and Christmas celebrations, both of which are scheduled during the last quarter of the year. This year we hope to present you with a range of activities spread throughout the year. This event is planned as a light entertainment event with emphasis given to social interaction, as we look to use this as a forum for our social enrichment. We invite our talented musicians to come forward to participate in the entertainment planned for the evening. Please contact Lisa Philip, our Cultural director for more information on the details of the cultural events planned for our Easter-Vishu celebrations. We request your whole hearted participation for the Easter-Vishu event. Other events that we have planned during the first half of the year include MANOFA Picnic, scheduled for May 5th at Losco Park and family outing(camping) planned for mid July.

We are also looking to conduct Malayalam language enrichment classes for our youth as well as locally targeted Charity volunteering opportunities during our summer months.

The latter part of the year will bring you a wide range of events including ONAM and Christmas celebrations. Details on all our events have been published ahead of time so you can mark your calendars and plan accordingly to ensure your participation.

Team MANOFA 2012 is working hard to present you with a wide range of events and activities that will foster relationships and help in the cultural and social enrichment of our community.

All these will not be possible without your continued support and participation. As we embark on this journey together, we look forward to your wholehearted support and participation that will help us in presenting you with an eventful and memorable 2012.

Thank You,

**Ajumon Zacharia**  
Secretary, MANOFA

Easter/Vishu Celebration	03/31/2012
Picnic at Losco Park	05/05/2012
Family Social/Outgoing/Camping	07/15/2012
Onam 2012	09/01/2012
Soccer Camp	09/15/2012
Sports Day	10/27/2012
Christmas & New Year Celebration	12/29/2012



Easter/Vishu  
Celebration  
On  
31<sup>st</sup> March



## A look at next 2 months

March 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Newsletter Release	5	6	7	8	9	10 MANOFA EC Meeting
11	12	13	14	15	16	17
18	19	20	21	22	23	24 MANOFA EC Meeting
25	26	27	28	29	30	31 Easter/Vishu Celebration

April 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Easter	9	10	11	12	13	14 Vishu
15	16	17	18	19	20 Last Date for Newsletter Article Submission	21 MANOFA EC Meeting
22	23	24	25	26	27	28
29	30					



## Team MANOFA 2012

President	Philp Mathew
Vice-President	Regin Ravi
Secretary	Ajumon Zacharia
Joint Secretary	Sayi Sathyavan
Treasurer	Sunil Nair
Auditor	Jesin Panjikkaran
Director, Cultural Events	Lisa Philip
Director, Facilities Management	Johny Johns
Director, Food and Beverages	Lucy Cherian, Chinnamma Abraham
Director, Membership	Manoj Kumar
Director, Public Relation	Eldo Mathew
Director, Sponsorships	Sujit Gangadharan
Director, Sports	Sajan John
Director, Technical Team	Raju Karappan

**A Snap from MANOFA Executive Committee Family Get Together**



## Cheers

Congrats to Dr. Ravi Kottoor and Reshma Mathew for winning the MANOFA newsletter name nomination context. They share the prize - a restaurant gift card worth \$50.



The winners of 'Jacksonville's Most Photogenic Babies of 2012' were announced and presented at Orange Park Mall on Sunday February 12, 2012. Among the participants of the 2 & 3 Year-olds, our Ramsagar Menon was adjudged the Judges Choice winner in the 'Most Beautiful' category. Congrats to Ramsagar, Venu, Sunitha, Govind and Kavya.



Congratulations to Sayi and Greeshma on the birth of their baby girl Adheetha on 3<sup>rd</sup> January.



Joson and Elizabeth were blessed with a baby girl Jennifer Maria Joson on 16<sup>th</sup> February. Congratulations!



Congrats to Rohan Madathil who celebrated his birthday on 11<sup>th</sup> January.

Would you like to wish someone a happy birthday or anniversary in the April newsletter? Do you have a new bundle of joy that you would like to announce? Send messages/stats and photos to [newsletter@manofa.org](mailto:newsletter@manofa.org) by Friday, April 20th.



## Dr. JAX

### **Be Safe, Be Healthy**

Spring is on the door and as the sun warms each day, you are spending more time outdoors with your children. It's a wonderful idea to get out of the house and enjoy some fresh air and outdoor playtime, but it's also important to keep spring safety topics in mind so your family is protected. Here are some safety and health tips.

#### **1. Reduce and Treat Seasonal Allergies**

If you know you're prone to sniffles and sneezes as the weather warms up, now is the time to stock up on allergy medications.

#### **2. Get in the Garden**

Not only does it make your landscaping pretty, but gardening also burns approximately 250 to 350 calories an hour.

#### **3. Get a Healthy Dose of Sunshine**

It doesn't have to be a lot, but a few minutes of morning sun will boost your vitamin D.

#### **4. Prevent and Treat Spring Colds**

If you keep warm and dry on the outside, hydrated on the inside, and above all well-rested, you can help ward off the dreaded spring cold.

#### **5. Be Aware of Poisonous Plants**

Don't let your children eat the ornamental flowers or shrubs. Some examples of plants you've likely seen in gardens, yards, woods, and parks include daffodils, eucalyptus, foxgloves (aka digitalis), hemlock trees, hydrangea, oleander, sweet peas, and wisteria.

#### **5. Use Caution with Things with Wheels**

More fresh air and exercise is ideal, but don't forget common sense precautions when using Bikes, Trikes, Cars, SUV's etc.

#### **7. Avert Water Dangers**

Be extra mindful of swimming pools, watering cans, wading pools, and pet water bowls that are accessible to toddlers or crawlers.

#### **8. Sign up Your Kids for Swimming Lessons**

Kids are ready for formal swim instruction as they're 4 years old, according to the American Academy of Pediatrics.

#### **9. Watch the Easter Eating**

Easter is coming, and you need to beware of the calorie costs for holiday eating.

#### **10. Clean Air**

Consider using an air-filtering system to remove allergens from your indoor air. There are filtering systems available for your vacuum and air conditioner also.

Interested to publish an advertisement in the Newsletter?

Contact MANOFA for more information at 904-567-6737 or send an email to [newsletter@manofa.org](mailto:newsletter@manofa.org)



*Please visit*

*[www.etsy.com/shop/rebha](http://www.etsy.com/shop/rebha)*





## Reflections

Here are some of the attractions that reveal the untouched beauty of the Jacksonville. This edition of the newsletter includes outdoor /nature activity locations that are good for biking, hiking, running, birding, camping etc.

Bethesda Park  
1079 Key Haven Blvd.  
Jacksonville, FL 32218  
Phone: (904) 764-5531

Fort Matanzas National Monument  
8635 A1A South  
St. Augustine, FL 32086  
Phone: (904) 471-0116

Confederate Park Dog Park  
956 Hubbard St  
Jacksonville, FL 32206  
Phone: (904) 630-2489

Huguenot Memorial Park  
10980 Heckscher Drive  
Jacksonville, FL 32226  
Phone: (904) 251-3335

Fort Caroline National Memorial  
12713 Fort Caroline Road  
Jacksonville, FL 32225  
Phone: (904) 641-7155

Little Talbot Island State Park  
12157 Heckscher Drive  
Jacksonville, Florida 32226  
Phone: (904) 251-2320

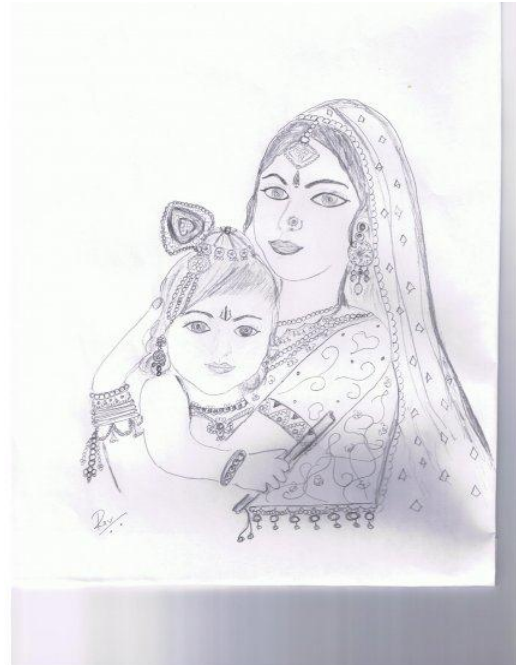
Kingsley Plantation  
11676 Palmetto Avenue  
Jacksonville, FL 32226  
Phone: (904)251-3537

Cedar Point  
9023 Cedar Point Road  
Jacksonville, FL 32218  
Phone: ( 904) 641.7155

**Have you recently visited a place in Jacksonville that you found attractive for a day out? Would you like to share the details of it for the rest of the community? Please send all your suggestions to [newsletter@manofa.org](mailto:newsletter@manofa.org).**

## The Art of Pencil Sketch

Revati Ravi





# എന്റെ കേരളം

Do you miss your Kerala? Here are some nostalgic pictures.

ചാണ്ടുങ്ങ



ആഞ്ഞിലിക്



മൽബെറി



ചക്കപ്പഴം



മാങ്ങ



കരിക്ക്



കണിക്കൊന്ന



കാപ്പി



നെൽപ്പാടം



പപ്പായ



*With that, there's only one thing left to do - A note of gratitude! So, thank you, all of you, for everything. Thank you for being a loyal reader. Thank you to those who have written articles for the newsletter, to our wonderful sponsors, to the editorial board and to everyone who has graciously proffered their time and resources to make the newsletter the success it is.*

*Please send all of your questions, suggestions, comments and criticisms to [Newsletter@Manofa.org](mailto:Newsletter@Manofa.org).*

**Eldo Mathew**  
**Director, Public Relations**

## Contact Us

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Please visit us at [www.manofa.org](http://www.manofa.org)

Inrested in contributing an article for the April newsletter?  
Please send an email to [newsletter@manofa.org](mailto:newsletter@manofa.org).

