



For Private Circulation
Vol. 11 Issue 5
December 2010

waltair times

HOUSE JOURNAL OF WALT AIR CLUB



club picnic spot



MANAGING COMMITTEE

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V. Hemanth Kumar Reddy

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M.V.S.N. Kumar

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Chairperson, Ladies Committee

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Dr. Mrs. Meenakshi Anantram

Mrs. Ranjini Chitra

Mrs. R. Shobha Prasad

Ex-Officio Members:

Mr. K.S. Anand Dutt

Mr. V Hemanth Kumar Reddy

Mr. M.V.S.N. Kumar

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9177891888, 9177892888
9177893888, 9177894888

Landline Numbers
2565240, 2565740, 2562182
2567468, 2567469, 2567478

CLUB TARIFF

We are giving below the charges payable by members for using the our club facilities.
Tariff subject to change. Ascertain the rates in force from the office.
Please note that taxes will be charged as applicable



GYM	
Health Club (Monthly)	300

CARD ROOM	
Ladies Sitting (Monthly)	100
Ladies Sitting (Per Day)	10

SPORTS	
Integrated Card (Monthly)	400

SWIMMING POOL	
Monthly card	200
Per Day : Member	25
Children	15
Guest Charges	50

SHUTTLE	
Shuttle Court -I (Monthly)	150
Shuttle Court -II (Monthly)	150
Guests Per day	50

TENNIS	
Tennis (Monthly)	200
Flood Light (Per Unit)	4

SQUASH	
Monthly card	100

BILLIARDS	
Member (Half an hour)	10
Guest (Half an hour)	10

GENTS CARDS SALE	
Single set (36+14)	50

CHAMBERS	
Member	886*
Guest	1410*
(Room Service 10% extra)	
Check In / Check Out time 9 a.m.	
*w.e.f. 1.12.2010	

ID CARD	
New smart card	160
Duplicate smart card	250
Affiliated club card	10

ADDRESS LIST	
Addresses only	250
Addresses with phone Nos.	400
Soft copy (Both)	2,500

BANQUETS	
President's Lounge	500
Waltair Lounge	800
Party Lawns	1,000
Jubilee Deck	1,500
Jubilee Deck (Parties)	3,500
Auditorium (5 Hours)	20,000
AC Dining Hall (5 Hours)	10,000
Club Grounds	10,000
Auditorium with Dining Hall	70,000
(For Weddings & Receptions)	

GUEST CHARGES	
Normal Days	
(other than Fri, Sat & Sun)	50
Friday, Saturday & Sunday	100

Classified Advertisements in Waltair Times carry a tariff of ₹ 500 per unit of 2½ X 2.5½ column

Advertise with Waltair Times

Location	Single Issue	3 Issues	6 Issues	12 Issues
Back Page Full	₹ 25000	₹ 60000	₹ 90000	₹ 144000
Back Page Half	₹ 15000	₹ 30000	₹ 48000	₹ 72000
Inside Back Full	₹ 15000	₹ 36000	₹ 60000	₹ 96000



T.V.S. RAO

Dear friends,

My warm greetings to you. Let me start by wishing you all a Merry Christmas and a Happy New year, 2011.

I thank all those who have personally conveyed to me their appreciation of the design and contents of our Waltair Times.

As I mentioned in my first editorial, it is my desire to turn our journal into a family fare. We have had in the last four months contributions from our members in good measure. Our Ladies committee have presented a Quiz. Dr. Meenakshi Anantram sent a puzzle for the kids. There have been poems. Our member Mr. Ramgopal is contributing a column of satire and subtle humour every month, so we have named it "Ram's Column". I thank all these contributors. In a club of our size surely there is a lot of potential in waiting especially among our active and vibrant ladies and youth. I appeal for more and more participation by you because this after all is your journal and you should feel free to share your talents and thoughts with your fellow members.

We have also been featuring our affiliated clubs. After the Madras Gymkhana Club, the Cosmopolitan Club, Chennai and the Prsidency Club, Chennai, we are introducing the Secunderabad Club this month. Hope the information gives you an idea of the origin, nature and facilities in the affiliated clubs.

This month we are carrying an article by Mrs. Anuradha Reddy on alcohol for Diabetics. We thank her for responding to our request made on the occasion of the World Diabetes Day on November 14.

We are yet to achieve another goal: release of the magazine by the 1st of every month. This needs all contributors including our Committee members, and advertisers, sending in their matter latest by the 22nd of a month because it takes a full week to process, design and print the journal. I am sure every one would like a timely release and extend their cooperation.

Sincerely yours,
T.V.S. Rao

PROGRAMME FOR DECEMBER, 2010

03	Friday	Movie	06.30 PM
05	Sunday	Beer n' Biryani with Family Tambola	11.30 AM
10	Friday	Movie	06.30 PM
11	Saturday	Tambola	07.30 PM
17	Friday	Movie	06.30 PM
19	Sunday	Family Picnic	10.00 AM
24	Friday	Christmas Eve Celebrations	05.30 PM
31	Friday	New Year Eve Celebrations	08.30 PM



Dear Member

Seasons Greetings!

We are heading for December, perhaps one of the most eventful months of the year in the Club calendar. We will be having the inauguration of the Yoga, Aerobics & Table Tennis Facility above the present Gym, Club Picnic, Christmas Eve Celebration as well all a Grand New Year Celebration. The theme for New Year Eve this year will be **Arabian Nite**. Please participate in large numbers and plenty of efforts are being made to make these events memorable. This is apart from the regular Tambola and Movies. We are also planning to have a Live performance by a Singer or Musical instrument, if time permits.

I wish all of you a Merry Christmas and a Happy New Year !!

MVSN Kumar
Hon. Secretary

Inauguration of YOGA Centre



Our Club's Yoga, Aerobics and TT Room will be inaugurated in the new hall constructed over the Gym, at 9.00 a.m. on Sunday 19th December 2010, Followed by breakfast



Merry Christmas 'n' Happy New Year

Sensible dressing
for all Occasions

Range starts from Rs. 400/-

Designer

Collections

- Sarees
- Salwar Suits
- Kurtis
- Western Waer
- Bed Spreads
- Wallpapers

Blossoms
Exclusive Boutique
...Feel the difference

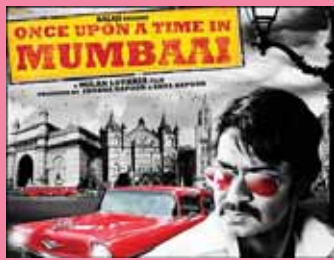
Sundays Open

Sampath Vinayaka Temple Road, Vizag. Ph: 2767890, 6664448

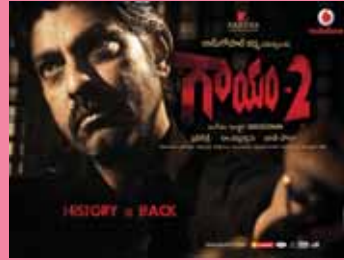
MOVIES SCREENED IN NOVEMBER



06.11.2010



13.11.2010



19.11.2010



26.11.2010

WINNERS OF TAMBOLA HELD ON 20.11.2010

8			33	56	62	82
	16	20		46	57	73
		29	37	59	64	79

1st Prize winner



(Mrs.Ch.Sri Lakshmi - R-250)



2nd Prize winners



Mr.A.K.Gupta (G-76)



Mr.T.Rajesh (R-383)



Mrs.Y.Durga Prasad (D-33)

Member Honour



Dr.Sujana D/o.Dr.Ghanta Venkateswara Rao (V-121) got Ph.D. from prestigious WISCONSIN UNIVERSITY, USA. Her research work is detection of foetal abnormalities by examining mother's blood with cent percent accuracy. Her work is published in a famous journal PLOS of USA.



THANKS FOR THE GESTURE

We thank our member Mr. M.Janardhana Rao (M.No.-J-108) of Paradize Biryani, for sponsoring the chef for preparing food during the Diwali Mela.

Celebrations

Waltair Times can be the medium through which Members can share the good tidings in their families with other members. We shall be happy to publish information reported by members about Weddings, Birthdays, Anniversaries and other celebrations along with photos. We intend to start the column from the January issue.

Editor



MEMBERS ADMITTED IN THE MONTH OF OCTOBER, 2010



S.NO.	MEMBER'S NAME	CATEGORY	M.NO.	D.O.J
1	MRS.P.DEEPA RAJU	LIFE	D-98	29.10.2010
2	MR.B.SATYANARAYANA	LIFE	S-853	10.11.2010
3	MRS.M.KANTHI REKHA	REGULAR MC	K-245	16.11.2010
4	MR.DEEPAK MANU MENDA	REGULAR MC	D-99	28.10.2010
5	MRS.S.DEEPTI	REGULAR MC	D-100	03.11.2010
6	MISS.P.SHRUTHI RAJESHWARI	REGULAR MC	S-857	11.11.2010
7	MR.P.PRITHVI RAJU	REGULAR MC	P-234	02.11.2010
8	MR.M.SRIBHARAT	ASSOCIATE	S-856	12.11.2010
9	MR.D.AKHILESH S REDDY	ASSOCIATE	A-265	02.11.2010
10	MR.P.ADITYA HIRAN	ASSOCIATE	A-266	06.11.2010
11	MR.K.VARUN VARMA	ASSOCIATE	V-289	04.11.2010
12	MISS.S.DIVYANJALI	ASSOCIATE	D-101	03.11.2010
13	MISS.S.ALEKHYA	ASSOCIATE	A-267	02.11.2010
14	MR.S.AJAY VARMA	ASSOCIATE	A-268	02.11.2010
15	DR.K.SRAVANTI	ASSOCIATE	S-859	06.11.2010
16	MR.V.SREE SIDDHARDHA	ASSOCIATE	S-860	03.11.2010
17	MISS.U.SRUTHI	ASSOCIATE	S-858	03.11.2010

*Welcome to
Waltair Club*



NEW BOOKS ADDED TO OUR LIBRARY

The following books have been purchased for the Library

Book	Author
Gravity Shift	Wendy Dobson
The Host	Stephanie Meyer
Simply Fly	Captain Gopinath
The Mosque of Africa	V.S.Naipaul
Super Power ?	Raghav Bahl
Chicken Soup of the Soul – Indian Teachers	Jack Canfield
Bed of Roses	Nora Roberts
Intervention	Robin Cook
English, August	Upamanyu Chatterjee
Spirit of India	Ken Follett
The Thousand Autumns of Jacob De Zoet	David Mitchell
Absolute Khushwant	Khushwant Singh
Cure	Robin Cook
Cobra	Fredrick Forsyth
Kothi Kommachi-I (Telugu)	Mullapudi Venkata Ramana

We are thankful for
the following
donations of books to
the Library

1.	Mr.Sandeep Bharadia (S-427)	-	5 books
2.	Mrs.Sangita Rathi (S-446)	-	4 books
3.	Mrs.B.B.Sumidaa Devi (S-801)	-	5 books
4.	Mr.P.V.V.Satyanarayana (S-425)	-	36 books
5.	Mr.P.M.Subramaniam (S-139)	-	8 books
6.	Mr.M.Ramakrishna (R-282)	-	3 books

DIWALI DHOOM-DHAM

Diwali-eve celebrations in our club, organized on the 4th November, were attended by close to 1700 members & guests. Free toy rides and entertainment for kids like Merry go Round, Giant Wheel, Horse Riding, Rifle Shooting, Bouncies, Play Pans etc. and traditional stuff like Mehindi, Chilaka Josyam, Koya Dora, Mixture & Mithai organized by the Committee, which were on the house, were enjoyed by all. Loads of games & food stalls were arranged for children. Free Crackers, Chocolates & gifts were distributed to children. Live music by Babu & Orchestra kept every one enthralled. Bacardi Cocktail Counters were organized. Scintillating & lively fire work show with Mayasabha Rockets, 500 shots, Mallepandiri etc. was, of course, the highlight of the fun filled & a lovely evening, which was capped by a sumptuous dinner spread by Waltair Club & Chrome.





CHILDRENS DAY & TAMBOLA FOR KIDS



Childrens Day was celebrated on Sunday, the 14th Nov in the Club from 4-30 pm. The AC Dining hall was decorated with balloons & festoons. Various games & Competitions were conducted for the kids. The highlight of the entertainment was a Tambola exclusively planned for the kids. Around 200 kids and ladies participated and enjoyed. Snacks were sponsored by the Club. The prizes for the children were sponsored by Michellin Pit Shop. The event was organised by the Ladies Committee.

CAKE MIXING CEREMONY AT HOTEL GRAND BAY



It was on the 16th of Nov. when we (Ladies Committee) descended on Welcomhotel Grand Bay for the Annual Cake Mixing Ceremony.

It was a first time experience for most of the members of the Ladies Committee to witness this unique custom 6 weeks prior to Christmas.

We were all dressed in aprons , chef hats and gloves..surrounding a huge table which was being loaded with dry fruits, tutti fruity bits , raisins , dates, dried ginger pieces and figs. After we mixed it out evenly came the fun part of the process which brought out the 'child' in us.

We were given bottles of beer, rum, vodka, wine, whisky and brandy to pour over and soak in the dry fruits. We pushed them, mixed them, tossed them,swirled them and really enjoyed the experience.

We sincerely thank the Executive Chef of Grand Bay Mr.Virender Sharma for giving us this opportunity !

CLASSIFIED ADVERTISEMENTS

Many members are posting notices on the Boards in the Club. Their messages would have a much larger reach if advertised in the Waltair Times. The tariff is very nominal (Rs. 500 for 2" x 2.5" column). Members are requested to utilize this facility.

CHAMBERS TARIFF REVISED

With effect from 1-12-2010, the tariff for Chambers has been revised as follows:

Members	:	₹ 886
Guests:	:	₹ 1,410

Check-in/Checkout time is 9.00 AM

RULE OF THE MONTH



COMPLAINTS AGAINST STAFF

Complaints and suggestions shall be made in writing in a book kept for the purpose. No member shall strike, abuse or punish any servant of the Club. Any member having cause to complain of any servant may enter his complaint in the book in words, which are not considered unparliamentary, or otherwise bring the matter to the notice of the Hony. Secretary

(Article XXII - A)



The Hony. President and Managing Committee of
Waltair Club

Extend to all readers Warm Greetings and wish them
A Merry Christmas and
A Happy New Year
2011

CONGRATULATIONS

Waltair Club
Congratulates its members



Mr. Dharmana Prasada Rao
(M. No. P - 97)



Mr. Vatti Vasant Kumar
(M.No. V - 59)

on their Re-appointment as Cabinet Ministers
in the Government of Andhra Pradesh

MEMBER HONOURED



Dr. L.V.Raghava Rao was elected as the National Vice President of the Indian Medical Association. This is the first time a National Leader of Doctors from Visakhapatnam is elected to this office. Hearty congratulations for the unique honour.

Proxy voting Is it required at all in Waltair Club?

By
Dr.L.V.RAGHAVA RAO, (R-187)

Proxy is defined by courts as "an authority or power to do a certain thing.

A person can confer on his proxy any power which he himself possesses. He may also give him secret instructions as to voting upon particular questions. Where the proxy is duly appointed and he acts within the scope of the proxy, the person authorizing the proxy is bound by his appointee's acts, including his errors or mistakes. When the appointer sends his appointee to a meeting, the proxy may do anything at that meeting necessary to a full and complete exercise of the appointer's right to vote at such meeting.

While all this deals with the rights of a member who cannot attend the meeting but wants to use his right to vote, he is losing the most important aspect of the meeting wherein he can clarify certain points and hear other side of the debate. Thus the objectivity of the meeting is lost and he is forced to act on one side of the story.

It is opined by experts that "Ordinarily it should neither be allowed nor required, because proxy voting is incompatible with the essential characteristics of a deliberative assembly in which membership is individual, personal, and nontransferable. It is further opined, "Proxy voting is not recommended for ordinary use. It can discourage attendance, and transfers an inalienable right to another without positive assurance that the vote has not been manipulated."

It is time that this so called privilege be scrapped as the member who gives his proxy is losing his absolute inalienable right of deciding for himself after using his discriminatory power and vote. Let us have a healthy and happy membership based on friendship and fellowship. After all ours is a social club registered as a non trading, non profitable company .

In summary:

1. Leading Clubs as old and reputed such as ours like Bangalore Club, Secundrabad Club, Century Club of Bangalore do not allow Proxies in their AGM's and EGM's in order to promote participation and debate the merits and demerits of the proposed resolutions.
2. Our Club is a non profit, non trading company and there is no involvement of Share Capital and Share holders. Hence it is not mandatory to allow proxies even as per Indian Companies Act.
3. In our Club we are still allowing Proxies only because the word is mentioned in our Articles.
4. As per another section of the Companies Act only one proxy is allowed per member as it is a non trading company.
5. The members who have given their proxies do not have the benefit of hearing the deliberations.
6. A proxy even if given should be for a specific resolution. How can the same proxy be utilized for all resolutions?
7. The number of Proxies deposited are more than double of the Members present in the EGM. How can there be a fair voting.
8. The Members who have spared their valuable time to attend the EGM feel that their time is wasted as their opinions will not be considered.
9. If such large number of Proxies are allowed then voting can take place through postal ballot. An EGM becomes irrelevant.
10. Important decisions cannot be taken based on Proxies as they may be one sided. Proxies can be detrimental to the growth and development of the Club if they are misused.



arab n



PLAYBACK SINGER
MALATHI



SIZZLING DANCER
POOJA



ACTRESS
LEENA



DJ GANGU



MEMBER MALE @ 900/-
MEMBER FEMALE @ 800/-
MEMBER CHILD @ 400/-

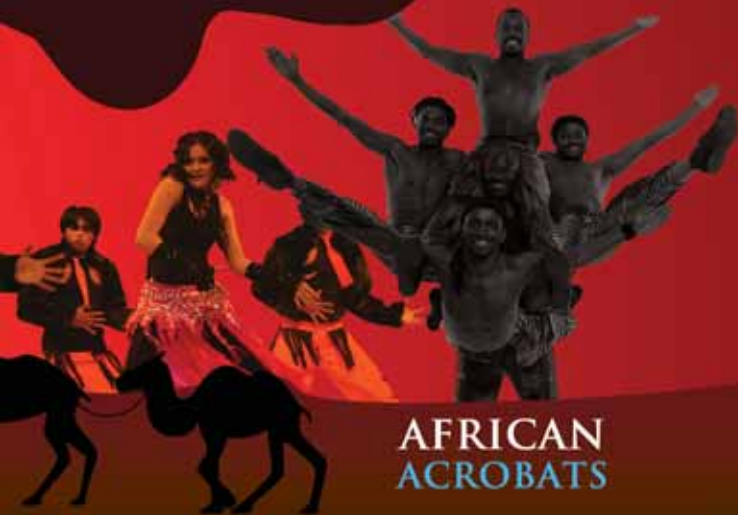
GUEST MALE @ 1500/-
GUEST FEMALE @ 1200/-
GUEST CHILD @ 750/-



MEN
LOUNGE S
WOMEN
PARTY W
Dress code ma
their guests.



Indian Night 2011



**AFRICAN
ACROBATS**



**STAR SINGER
ANGELA**



MC SHONA

SMOKE SUIT/JACKET & TIE

WINE & DANCE
Mandatory to members as well as

**31st December 8pm Onwards @
JUBILEE GROUNDS, WALT AIR CLUB**



FAMILY PICNIC

Sunday 19th December, 2010



Venue
Sunray Village - Savaravallii



A farm House nestled in greenery and pollution free environment.



Food
Breakfast - Snacks - Lunch
- Evening Snack

ENJOY !
Loads of Games, Fun do's, Music
& Entertainment
For CHILDREN, LADIES & MEN



Contribution

Member-Rs.150/- M.Child-Rs.100/-
Guest Rs.250/- G.Child-Rs.150/-

Please Note

1. Breakfast at Club premises between 8.00 A.M. to 9.30 A.M. Only.
2. Members are requested to Register their names by 17th Dec. After 17th Rs.100/- extra.
3. Bus leaves the Club at 10.00 A.M. sharp



WALTAIR CLUB

LADIES COMMITTEE & ENTERTAINMENT COMMITTEE

Presents

Winterfest

for all the 3 generations

Lots of games involving Parents, Grand Parents & Children

Group Talent search
Consisting of all 3 Generations

(Singing, Dancing, Music.. etc.)

on Friday, 24th December
@ Jubilee Deck, from 5-30

FANCY DRESS COMPETITION

ONLY YOU

(Child below 15 yrs)

YOU N YOUR PARTNER

(child to be accompanied by either Parent or Grand Parent)

Note : Gifts to be distributed by SANTA CLAUS on that day to be labelled and submitted in the Club Reception before 23rd Dec 2010.

For Details Contact : Mrs. Shaheda 98491 16001, Mrs. Rajini Chitra 99491 09444





EATING FRUIT...



We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! * FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil...

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining — every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc. — actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will **NOT** happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.



STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene — the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can u believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks **HEART ATTACK PROCEDURE':** (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

(Contributed by Mr G.S. Raju)

వధువు హితచర్య

అత్తవారింట అడుగుపెట్టే అమ్మనాన్నల గారాల పట్టులూ పొందాలి మీరు అత్తమామల ఆదరాభిమానాలూ, ఆశీర్వచనాలూ అత్తగారితో కలసిపోవాలి అందంగా పాలూనీళ్ళలూ మామగారిని గౌరవించి, బాపగార్లను, మరుడులను అభిమానించి పొందిలి మన్ననలూ ఆడబడుచులను అర్థం చేసుకొని స్నేహితులూ అయిపోయి కలపాలి మాటలూ తోటికోడళ్ళకి అచ్చంగా అయిపోవాలి తోడబుట్టిన అక్కలూ, చెల్లెల్లూ అలిగితే ముద్దలు కలిపి అన్నం తినిపించే అమ్మకు బైబైలూ అడిగిందల్లా, అడగందల్లా కొనిపెట్టే నాన్నకు టాటాలూ చెప్పి శ్రీవారి చేయిపట్టి, మనసు చేతపట్టి ఎక్కాలి ప్లైటులూ అయినవాళ్ళందరితో కలిసి గడిపిన అచ్చట్లూ ముచ్చట్లూ మనసు పొరలను కదిలించి తెప్పిస్తాయి కన్నీటి దొంతరలు ఏమి చెయ్యాలో, ఎటు వెళ్ళాలో తెలియని మనస్సుయోమయాలు తొలిగిపోయి అతని సన్నిధిలో కరిగిపోతుంది కాలం నిమిషాల్లా మనసైనవాడి మాటలే అవుతాయి మీకిక పన్నీటి జల్లులు పాలలో తేనెలా కలసిపోవాలి మనసులు. అతడే అవుతాడు నీకిక సర్వస్వాలూ జీవిత గమనంలో అవుడో, ఎప్పుడో వచ్చే కోపాలు తాపాలు “భరించేవాడే భర్త” “సహించేదే భార్య” అయినప్పుడే నిలుస్తాయి సంసారాలు ఉండాలి అప్పుడప్పుడు మనసును ఉత్తేజపరచే కాకరపువ్వుత్తులూ ఆలోచన లేకుండా చేసుకోకూడదు వాటిని ఆటంబాంబులు భార్యాభర్తల అన్యోన్యం, అనురాగం సంసారంలో కురిపిస్తాయి అమ్మతాలు!

పి. అహల్యా రావు
W/o వెంకి (V-77)

CROSSWORD PUZZLE - NOVEMBER

Congratulations to winner of Crossword puzzle for November, **Wunnava Sandilya**. He may contact the club office to claim his prize. **Razzmatazz** has sponsored prize

Answers to the puzzle

- Across**
1. Krishna, 3. Prasad, 5. Dhanteras, 7. Ganesha, 11. Malaysia
12. Tihar, 13. Lakshmi.
- Down**
1. Knowledge, 2. KaliPuja, 4. Amavasya, 5. Diya, 6. Narakasur
8. Ayodhya, 9. Laddu, 10. Sisters.



Alcohol, is widely used all over the world as component of various drinks. The environment contributes to the pathogenesis of alcoholism in several ways. Social and cultural factors favouring drinking versus non drinking play a role in increasing the risk of exposure of the population to alcohol. Alcohol in any form (whisky, brandy, gin, wine, beer etc.,) has a very high caloric value (one ounce of whisky has 105 calories, 240 ml of beer has 127 calories) and these calories from alcohol are empty calories. Alcohol is everywhere – when the family gathers, at parties. “What will you have?” someone asks. If you have diabetes, what do you say?

It all depends. Start by asking yourself three basic questions:

Is my diabetes under control?

Does my conscience agree that I am free from health problems that alcohol can make worse—for example, diabetic nerve damage or high blood pressure?

Do I know how alcohol can affect me and my diabetes?

If you said “yes” to all three, it’s okay to have an occasional drink. What does occasional mean? The American Diabetes Association suggests that you have no more than two drinks per week.

Alcohol moves very quickly into the blood without being broken down (metabolized) in your stomach. Within five minutes of having a drink, there’s enough alcohol in

ALCOHOL, ALCOHOL AND ALCOHOL EVERYWHERE

your blood to measure. Thirty to 90 minutes after having a drink, the alcohol in your blood stream is at its highest level.

Your liver does most of the job of breaking down the alcohol once it’s in your body. But it needs time. If you weigh 70 kg., it will take about 2 hours to metabolize a beer or mixed drink.

If you drink alcohol faster than your liver can break it down, the excess alcohol moves through your blood stream to other parts of your body. Brain cells are easy targets. When someone talks about getting a buzz from alcohol, this is what they are feeling.

Risks of Low Blood Glucose (Hypoglycemia)

If you have diabetes and take insulin shots or oral diabetes pills, you risk low blood glucose when you drink alcohol. To protect yourself, *never drink on an empty stomach*. Plan to have your drink with a meal or after eating a snack that contains *protein, fat, or both*.

How does alcohol add to your chances of having low blood glucose? It has to do with your liver.

Normally, when your blood glucose level starts to drop, your liver steps in. It goes to work changing stored carbohydrate into glucose. Then it sends the glucose out

But,
for
Diabetics,
is it safe to **DRINK?**

into the blood, which helps you avoid or slow down a low blood glucose reaction.

However, when alcohol enters your system, this changes. Alcohol is a toxin. The liver wants to clear it from the blood quickly. In fact, the liver won’t put out glucose again until it has taken care of the alcohol. If your blood glucose level is falling, you can quickly wind up with very low blood glucose.

This is why drinking as little as 2 ounces of alcohol (about 2 drinks) on an empty stomach can lead to very low blood glucose.

Finally you can’t end diabetes but you can conquer it. So save yourself from diabetic complications arising from drinking alcohol.

Mrs. Anuradha Reddy
Diabetes Foundation, Visakhapatnam



DOCTOR'S ADVICE

TEN BEST WAYS TO GET RID OF WORK STRESS



Dr. N.N. RAJU (M. No. N-171)
Professor of Psychiatry
Mob: 98491 11505
E-Mail: drnnraju@gmail.com

Stress during your work, especially if you are the decision making boss of an organization, is unavoidable.

Here are the ten best ways to combat STRESS

1. Mini breaks : Three to five minute break every two hours of continuous work
2. Lunch break, the longest of the breaks, be taken along with your colleagues rather than alone in the room where you are working.
3. Pursuing a hobby: preferably with a friend
4. Good food: Avoid junk like chips, cookies or sweets but include dry fruits, peanuts, cucumbers and carrot
5. Nice surroundings : with tidy table
6. Time management: If possible arrive half an hour early, plan for the day's work. Avoid carrying forward the unfinished work and finish on the day
7. Deep breathing: If you are very tense, take a breath and repeat two to three times
8. Exercise: A scheduled exercise every day helps in long run.
9. Get a life : Finish your work at your office even if it requires extra work, but do not carry your work to your home where you get all the relaxation

RAM'S COLUMN

In the lighter vein

OBAMA'S ADDRESS TO INDIAN PARLIAMENT

With apologies to William Shakespeare, Mark Antony's funeral oration adapted to Obama, US President's speech during his visit to the Indian Parliament

Friends, my dear Indians US lovers,

I came here not to praise Pak, but to bury the enmity between India and Pak. India is no lesser a friend than Pak

The good that Pak has done to US shall remain till we are buried. They have helped us to fight AQ but generously gave a luxurious hiding place to Bin Laden in Pak itself. After all, if they give up Laden no aid can be obtained from us in future. We appreciate India because of its soft protest when US gave 2 bn arms aid to Pak. After all, Pak is our friend to fight terrorism though they keep Bin Laden safely.

We live to fight terror and sell arms. My friends, Indian Ministers, Indians -- No nuclear arms to Pak, only hard weapons whose sounds can be heard in Kashmir. I know how hard it must be for India. So we shall sign the Nuclear Deals with clauses that India should meet (though you cannot). After all, US safety comes first.

I promise here to India more H1-B Visas for every stealth bomber given to Pak, for every jet and submarine I give Pak. More US companies will be in India and I fully endorse that India and Pak should solve their problems bilaterally. We give support to both as usual. (and you keep fighting as usual).

Just wait till I visit Pakistan and address their Parliament.

** Obama came, saw and left. What he conquered, what we gained or lost will remain a question.

Contributed by
Mr. M. Ramgopal
M No. R - 51



4. THE SECUNDERABAD CLUB



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27802317,27718387 & 27718388

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Room Reservation :27802982

E-mail : contactus@secunderabadclub.org

Website: www.secunderabadclub.org

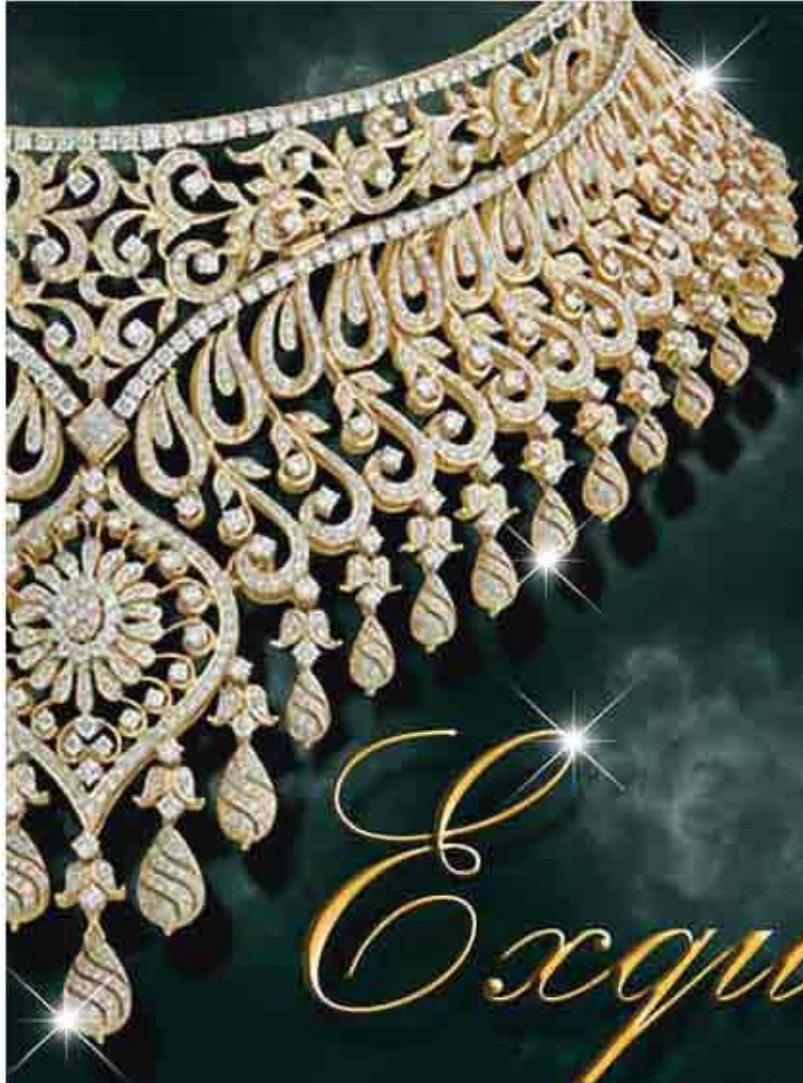
Secunderabad was founded by the British in 1806 during the rule of Sikander Jah. Secunderabad Club was established in 1878, when it was known as Secunderabad Public Rooms. Later its name was changed to Secunderabad Garrison Club in 1888, then to Secunderabad Gymkhana Club, then United Services Club and finally in 1903 to Secunderabad Club. It was meant for British service officers and later on admitted Indians who were deemed to be gentlemen of culture and position., members of nobility, businessmen of repute and State Government officers.

The Secunderabad club provides excellent sports facilities including cricket, tennis, indoor badminton, squash, basketball, table tennis, billiards, beach volley ball, gymnasium, horse riding, swimming and golf. It has a sailing annex on the banks of Hussain Sagar lake. It has several restaurants, bars and dining halls, serving delectable food of all varieties. Facilities such as health club with sauna, steam bath and massage parlour, men's saloon, ladies beauty parlour, departmental store, fuel bunk, nationalized bank, printing press, modern laundry, dry cleaning facility and its own plant nursery. It provides residential accommodation through 32 well furnished air-conditioned rooms.

For Affiliated Members	Room Tariff
Club Rules for Reciprocal Members: (a) Mode of Introduction :Introduction Card and M. Ship Card from parent Club (b) Mode of Payment :By Cash / Credit Card (c) Visiting Charges :40/- per day (d) No of times reciprocal Members allowed: Not more than 10 days at a stretch subject to a maximum no of 30 days in a Calendar Year.	Single : Rs.1500/- Double : Rs.2500/- Heritage Room: Rs.3000/- Club Subscription Rs.50/- per day per head Heritage Deluxe: Rs.3500/- Club Subscription Rs.50/- per day per head

IMPORTANT ANNOUNCEMENT

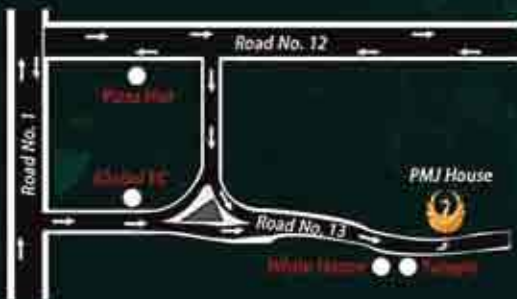
With immediate effect the reciprocal arrangement with M/s.Film Nagar Cultural Centre, Hyderabad, has been withdrawn.



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