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July 2011

waltair times

HOUSE JOURNAL OF WALT AIR CLUB





MANAGING COMMITTEE

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Dr. Mrs. Meenakshi Anantram

Mrs. Rajini Chitra

Mrs. R. Shobha Prasad

Ex-Officio Members:

Mr. K.S. Anand Dutt

Mr. V Hemanth Kumar Reddy

Mr. M.V.S.N. Kumar

CLUB TARIFF

We are giving below the charges payable by members for using 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 2" X 2.5" column

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Mobile Numbers
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9177893888, 9177894888

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

INTEGRATED SPORTS CARD TARIFF

~ 100	Yoga and Squash
~ 150	Yoga and Shuttle
~ 200	Yoga and Swimming
~ 200	Yoga and Tennis
~ 300	Yoga and Gym
~ 400	Yoga, Swimming, Shuttle, Squash and TT
~ 700	Yoga, Swimming, Shuttle, Squash, TT and Aerobics
~ 800	Yoga, Swimming, Shuttle, Squash, TT Aerobics and Gym



From the President



Dear Members,

I am indeed thankful to you for electing me as President of this prestigious Club for the year 2011-12. The confidence reposed by you will surely inspire me to serve the Club with commitment and zeal.

The new Committee will be shortly finalizing their plans for the year and I am confident that with your cooperation and help we will be able to meet your expectations.

G. Ramakrishna

From the Editor

Dear Members,

Time has come to bid adieu to you from the Editorial Committee of the year 2010-2011.

In the last issue I have reviewed what we could and what we couldn't last year. The new Editorial Board which will start functioning from the next issue (Vol.12; No.1) will, I hope, take our agenda further.

I thank the Managing Committee for 2010-11, and particularly President Anand Dutt for the opportunity given to me.

Thanks to all the contributors who supported the Bulletin throughout the year. I thank the Office staff, particularly Manager Mr. Satyanarayana and Ms. Kavita for their excellent support and cooperation.

I wish all the readers good health and prosperity.

T.V.S. RAO



Editor recognised in the Celebrations

PROGRAMME FOR JULY, 2011

01.07.2011	Friday	Movie	07.00 PM
08.07.2011	Friday	Movie	07.00 PM
15.07.2011	Friday	Movie	07.00 PM
22.07.2011	Friday	Movie	07.00 PM
29.07.2011	Friday	Movie	07.00 PM
30.07.2011	Saturday	Tambola	07.30 PM



NEW MEMBERS ADMITTED IN THE MONTHS OF MAY & JUNE, 11



Welcome to
Waltair Club

S.NO.	MEMBER'S NAME	M.NO.	CATEGORY	D.O.J
1	MRS.J.HEMAMALINI	H-156	LIFE	01.06.2011
2	MR.P.S.MASTAN RAO	M-253	LIFE	01.06.2011
3	MR.A.TARUN KUMAR	T-66	LIFE	01.06.2011
4	MR.M.MOHAN KRISHNAM RAJU	M-252	LIFE	02.06.2011
5	MRS.N.S.P.R.K.KUMARI	K-248	LIFE	06.06.2011
6	MR.M.V.V.SATYANARAYANA	S-882	LIFE	06.06.2011
7	MR.K.V.V.S.N.V.KISHORE	K-250	LIFE	09.06.2011
8	DR.V.RAMA RAO	R-610	LIFE	11.06.2011
9	MR.V.A.SIDDIQUI	S-892	LIFE	15.06.2011
10	MR.K.MALLIKHARJUNA RAO	M-255	LIFE	15.06.2011
11	MR.V.V.R.DURGA RAO	D-104	LIFE	15.06.2011
12	MR.B.JAGADESH BABU	J-114	LIFE	15.06.2011
13	MR.K.RAJINI KUMAR	R-613	LIFE	15.06.2011
14	MR.S.VENKATESH	V-303	LIFE	15.06.2011
15	MR.Y.SRINIVAS	S-893	LIFE	15.06.2011
16	MR.T.VIJAYA KUMAR	V-304	LIFE	16.06.2011
17	MR.CH.SRINIVAS	S-891	LIFE	16.06.2011
18	MR.V.SRIJAN BABU	S-896	LIFE	17.06.2011
19	MR.B.HARI VENKATA KRISHNA	H-157	LIFE	21.06.2011
20	MR.G.SAI KISHORE BABU	S-894	LIFE	23.06.2011
21	MRS.NIKHITA AGARWAL	N-183	REGULAR MC	29.04.2011
22	MISS.P.MEDHA	M-250	REGULAR MC	02.05.2011
23	MR.VAIBHAV KAMBOJ	V-297	REGULAR MC	04.05.2011
24	MRS.D.SWAROOPA RANI	S-877	REGULAR MC	04.05.2011
25	DR.K.SRAWANT	S-876	REGULAR MC	05.05.2011
26	MISS.K.SAHITYA	S-875	REGULAR MC	05.05.2011
27	MISS.VYOMA MURARI	V-298	REGULAR MC	06.05.2011
28	MRS.V.ARCHANA	A-275	REGULAR MC	09.05.2011
29	MRS.J.BINDU	B-133	REGULAR MC	09.05.2011
30	MR.M.AKSHAY	A-180	REGULAR MC	10.05.2011
31	MRS.A.GAYATRI DEVI	G-107	REGULAR MC	10.05.2011
32	MR.Y.MAHENDRA	M-251	REGULAR MC	20.05.2011
33	MR.M.SANDEEP	S-881	REGULAR MC	23.05.2011
34	MR.T.VAMSI KRISHNA	V-299	REGULAR MC	01.06.2011
35	MR.AKSHAY JELOKA	A-277	REGULAR MC	01.06.2011
36	MRS.A.SRILEELA	S-885	REGULAR MC	01.06.2011
37	MR.V.UDAY KUMAR	U-34	REGULAR MC	01.06.2011
38	MR.ARUN C PENTAPALLI	A-279	REGULAR MC	02.06.2011
39	MRS.L.ARUNA	A-278	REGULAR MC	02.06.2011
40	MISS.G.JYOTHSNI	J-92	REGULAR MC	02.06.2011
41	MR.Y.VAMSI KRISHNA	V-302	REGULAR MC	03.06.2011
42	MRS.N.DEEPTHI RAJU	D-103	REGULAR MC	03.06.2011
43	MR.B.SARAT YAJI	S-889	REGULAR MC	04.06.2011
44	MR.K.ADITYA PANINI	A-285	REGULAR MC	06.06.2011
45	MRS.B.V.N.SUSHMA	S-887	REGULAR MC	06.06.2011
46	MRS.G.SATYA	S-886	REGULAR MC	15.06.2011
47	MD.FAIZULLA KHAN	F-03	REGULAR MC	07.06.2011
48	MR.A.DEEPAK	D-102	REGULAR MC	07.06.2011
49	MR.RANDOLPH ANTHONY TELLIS	R-607	REGULAR MC	07.06.2011
50	MR.T.ROHIT CHOWDARY	R-608	REGULAR MC	07.06.2011
51	MR.M.SRI KRISHNA	S-883	REGULAR MC	08.06.2011
52	MISS.S.SURYA SHEETAL	S-884	REGULAR MC	10.06.2011
53	MR.T.P.R.K.REDDY	R-611	REGULAR MC	10.06.2011
54	MR.JAIDEEP CHANDRA DEO BHANJ	J-93	REGULAR MC	13.06.2011
55	MRS.V.PRATIMA	P-274	REGULAR MC	13.06.2011
56	MR.ADHEER CHAUHAN	A-280	REGULAR MC	13.06.2011
57	MISS.ANAIKA JAGGA RAO	A-179	REGULAR MC	15.06.2011



S.NO.	MEMBER'S NAME	M.NO.	CATEGORY	D.O.J
58	MR.M.ADITYA SRIKANTH	A-287	REGULAR MC	17.06.2011
59	MR.K.SRIKANTH	S-895	REGULAR MC	17.06.2011
60	MR.N.SANKEERTH	S-653	REGULAR MC	18.06.2011
61	MRS.A.JYOTHI	J-115	REGULAR MC	25.06.2011
62	MRS.M.MOHINI	M-256	REGULAR MC	25.06.2011
63	MRS.P.L.SHILPA	S-900	REGULAR MC	27.06.2011
64	CDR.B.L.N.RAO	L-52	SERVICE	25.05.2011
65	MR.M.N.A.PATRUDU	P-273	SERVICE	06.06.2011
66	MRS.S.SARADA DEVI	S-890	SERVICE	06.06.2011
67	MISS.J.SANJONA	S-879	ASSOCIATE	04.05.2011
68	MISS.J.SANDHYA	S-880	ASSOCIATE	04.05.2011
69	MISS.RUPAL DHILLON	R-606	ASSOCIATE	04.05.2011
70	MISS.G.SWETHA	S-878	ASSOCIATE	12.05.2011
71	MR.G.K.ARAVIND	A-276	ASSOCIATE	16.05.2011
72	MR.P.KUMARA SWAMY	K-249	ASSOCIATE	03.06.2011
73	MISS.M.ALKA	A-283	ASSOCIATE	06.06.2011
74	MR.ADITYA RAMNATH	A-281	ASSOCIATE	06.06.2011
75	MISS.ANUPPRIYA SENGUPTA	A-282	ASSOCIATE	07.06.2011
76	MISS.K.GAYATHRI DEVI	G-108	ASSOCIATE	07.06.2011
77	MR.K.ROHIT VARMA	R-609	ASSOCIATE	07.06.2011
78	MR.Y.VEEERENDRA	V-300	ASSOCIATE	11.06.2011
79	MR.G.S.MANOJ REDDY	M-254	ASSOCIATE	13.06.2011
80	MR.N.VIKRAM	V-301	ASSOCIATE	13.06.2011
81	MR.K.SATYA ANAND	A-286	ASSOCIATE	13.06.2011
82	MR.K.RAVI VARMA	R-612	ASSOCIATE	14.06.2011
83	MR.M.S.ARVIND VARMA	A-284	ASSOCIATE	18.06.2011
84	DR..D.SHRUTI RAJU	S-888	ASSOCIATE	18.06.2011
85	MR.D.SRIRAM RAJU	S-897	ASSOCIATE	18.06.2011
86	MR.M.SAKETH SAI	S-898	ASSOCIATE	20.06.2011
87	MISS.VINEESHA VALSARAJ	V-305	ASSOCIATE	24.06.2011
88	MR.G.BHUVAN BABU	B-134	ASSOCIATE	29.06.2011



Welcome to
Waltair Club

THE NEW MANAGING COMMITTEE ASSUMES CHARGE





Welcome the Managing Committee for 2011-12

The New Managing Committee for 2011-12 led by President Mr. Goli Ramakrishna has taken charge at the AGM on 29th June 2011. While congratulating the outgoing Committee headed by Mr. K.S. Anand Dutt for their successful year, let us wish the new team all the best in their endeavours to reach higher levels of achievement. We are giving below very brief introduction of the new Team.



Mr. GOLIRAMAKRISHNA
Hon. President

A postgraduate in Commerce, is in salt manufacturing and aqua business after retiring from service from HSBC Bank as Officer. He is a promoter of Sri Kanaka Mahalakshmi Coop. Bank. Was President of Rotary Club of Visakhapatnam. Served as our Club Secretary.



Mr. K.S.M. KRISHNAMURTHY
Vice-President

A Chartered Accountant by profession. Was President of Rotary Club of Visakha Port City and Secretary of Visakha Tax bar Association. Presently Secretary & Correspondent of Praveenya Institute of Marine Engineering. Served as Treasurer of our Club.



Mr. P. PHANEENDRA BABU
Hon. Secretary

A commerce graduate, Phani has been our member for 18 years. He served for two successful terms as Secretary of this Club about a decade ago. He brings a lot of experience to his third term in the post.



Mr. V. RAVINDRA
Treasurer

He is an Engineering graduate and is successfully running Sri Sudha Hotel as its proprietor for the last 12 years. He served the club earlier as Catering Committee Chairman for two consecutive years.



Mr. B. RAMA MURTHY RAJU,
Member
Entertainment
Committee

Law graduate Mr. Ramamurthy Raju, also known as Sudhakar Raju, is Managing Director of Supraja Dairy and Supraja Foods. He served on club sub-committees earlier.



Mr. V. KAMARAJU
Member
Library & Chambers
Committee

A commerce graduate, Kamaraju is into construction business called "Trends Developers". Served as Committee member in 2007-08 and 2008-09



Mr. N. SRINIVASA RAO
Member
Sports Committee

A commerce graduate, Mr. Srinivasa Rao has been our member for 13 years and served earlier on the Sports subcommittee



Mr. K. GOPALA KRISHA (Gopal)
Member
General Services
Committee

An Engineering graduate, Gopal has his family business in Vizag and Bangalore. He is a member of Lions Club of Bangalore and started a charitable Trust in his father's name.



Mr. A. SURESH
Member
Catering Committee

A Master in Business Administration from Shimla, Mr. Suresh owns a business of cellular networking implementation for BSNL, IDEA, Vodafone, etc. He is a member of Rotary Club of Visakha Port City



Mr. B. RAMBABU
Member
Bar Committee

An Engineering graduate, Mr. Rambabu is into business. He has been our Club member for over 15 years.



Movies Screened



03.06.2011



10.06-2011

FREQUENT LIBRARY USER AWARD, 2010-11

Our Library is a storehouse of information with classic books and contemporary magazines. The 2010-11 Committee recognized the following members with the Frequent Library Users Awards:

- 1. Mr. T.Ch. Ramaiah Naidu - R-122
- 2. Mr. M. Balakrishna - B-061
- 3. Mr. K.M. Lakshmana Rao - L-013

MEMBERS' HONOURS

Mr. A. Satyanarayana (S-200), Mr. J.S. Karunendra (K-86) and Mr. M.S.P. Rama Rao, regular members of our Club, have been elected as Members of the Managing Committee of Federation of Chambers of Commerce and Industry, Hyderabad, for the term 2011-13. Congratulations on the distinction.

Mr. V. Sreemanth (S-300) has been elected as Secretary of IBP Century Club.

Super Bumper Tambola, 19-06-2011



Bumper Prize: Bajaj Purser 150 CC Bike



1st Prize Winner: Mrs. P. Sai Eswara Rao (S-329)



2nd Prize (Jewellery Gift Voucher)
Winner: Mr. Ch. Suryanarayana Sekhar (S-697)

Additions to our Library

The following new books were added to the Library:

- 1. The Abduction John Grisham
- 2. Love in Torn Land Jean Sasson
- 3. Woman and the Weight Loss Tamasha Rujuta Diwakar
- 4. Don't Lose your mind, Lose your weight Rujuta Diwakar
- 5. Only Time will Tell Jeffery Archer

Thanks to the following donors who gave books to our Library:

- 1. Mr. M. Ramakrishna (R-282) 13 books
- 2. Mrs. Sheila Christy Jackson (S-679) 40 books

Celebrations



The book in front of "The Pavilion" indicates a Page in the history of our Club. 17th June 2011 is a day that the Managing Committee of 2010-2011 will never forget and hopefully every member of our Club. For, it is on this day SIX major Projects have been Inaugurated. Starting at 5 PM sharp Mr.K.Vijay Kumar, Past President and member Master Plan Committee, Inaugurated the Hydraulic Lift in the Main Building in the presence of nearly 50 members. Everyone shifted to the "Jogging Track" which was Inaugurated by Mr.Pyda Krishna Prasad, Past President and member Master Plan Committee. Next was the Inauguration of the "Renovated Changing Rooms" near the Swimming Pool by Hony. Secretary Muppidi V.S.N.Kumar. The "Chambers Expansion" was Inaugurated by Mr. Adeep Bhanaji Row, Past President and member Master Plan Committee. The Electrical Master Plan was Inaugurated by Mr.N.Vijay Kumar, Past President and member Master Plan Committee. Finally at 6.30 PM "The Pavilion" was jointly inaugurated by Mr.Anand Dutt Kancharla, President 2010-2011 and Mr.P.V.Subba Rao, Past President 2009-2010 and member Master Plan Committee in whose year the Civil Structure of the Project commenced.

(Other than these projects the Committee can boast of the Inauguration of "Aerobic Studio", 2010 - The Lawn Bar & Restaurant, Black Topping all roads, Compound wall Wire Fencing, Covering the foul smelling drainage along the western compound wall, connecting to GVMC underground drainage etc., etc.).

About an hour after the inauguration of The Pavilion, the CELEBRATIONS commenced at the Club grounds. In the presence of a strong gathering of 1500 Members including their families the President welcomed the gathering and recognized his Committee Members by felicitating them with a flower bouquet and a memento. This was followed by felicitating the Master Plan Committee and very senior members who joined the Club before 1970. Then came a superb laser show enjoyed by everybody in which the history of the Club and the achievements of the Past Presidents was showcased right from 1980. The galaxy of Past Presidents were called on stage and individually felicitated by wrapping with a shawl, a flower bouquet and presentation of a special memento of "The Pavilion". Interspersed in between was the electrifying performances by our very own members – "The Zumba Dancing" and "Aerobic Fitness Program" both being programs that are available in our Clubs new "Aerobic Studio". Our member son Abhishek was given a cash support of Rs.50,000/- from the Club towards his achievement in National level tennis Championship. Our Club should be proud indeed.





The program was organized in the most professional and enjoyable manner by Mrs. Meenakshi of "RazzMatazz" who also compered the show along with our member Mr. Prem Mirpuri.

SHANE and his dance troop thrilled the audience with some excellent singing and performances. The DJ Rahul ultimately took over with members dancing non stop.

The food was mouth watering with a huge spread of 40 to 50 varieties including Punjabi, North & South Indian delicacies and Continental fare.

Thanks to the Main Sponsors Vaibhav and many others it was possible to serve liquor, snacks and food free of cost to Members. It was indeed a Memorable evening.





Let us feel the patriotism in our hearts as we celebrate our country's INDependance

INDependance Eve Bash



" Long years ago, we made a tryst with destiny and now the time comes when we shall redeem our pledge...
At the stroke of the midnight hour, when the world sleeps,
India will awake to life and freedom."

August 14th 2011 at 8 pm

Bollywood and Tollywood Dancers & Celebrity Singers are specially being flown down for you & your family.

Let us blast the skies with thrilling pyrotechnics at the stroke of midnight

Enjoy finger licking celebration spread of food and beverages

Managing Committee

TARIFF FOR NEW FACILITIES

The tariff for the new Pavilion halls and chambers inaugurated on the 17th June has been fixed as follows:

The Pavilion

Pearl - I	Rs.1250
Pearl - II	Rs.1250
Oyster	Rs.2500

New Chambers Block

	Member	Guest
Chamber	1299	1999
Suite	2500	3500

CHAIRPERSON FOR LADIES COMMITTEE



Mrs. V. Usha Madhavi (R-446) has been appointed as Chairperson for Ladies Committee to function in the year 2011-12

HEALTH CAMP



A medical camp was conducted by the Club from the 2nd to the 5th July at our Centenary Auditorium. A large number of members utilized the opportunity. Latest equipment was used for the diagnostic tests. The tests were conducted by Vijaya Medical Centre

and screened a total of 114 members.

APPEAL FOR CONTRIBUTIONS

The incoming Editorial Board invites contributions from members on a regular basis in the following areas

1. Literary pieces like poetry, stories and articles
2. Topics of interest to ladies like Cookery, Beauty tips, etc.
3. Recent developments in the field of Medicine and Health
4. Celebrations in members' families
5. Puzzles, games and quizzes
6. Articles on topics of general interest

Any photos or graphics may be sent by CDs.



COCONUT

The Kalpavriksha

Did you know that coconuts are one of the wonder foods on earth that amply provides for all human needs? They can even save your life! Few people (even fewer doctors) understand how important the coconut is to stabilizing blood sugar; lowering cholesterol; healing; hydration; and even replacing blood plasma in an emergency. Referred to as “Kalpavriksha” (Sanskrit for the tree that supplies all is needed to live) in ancient India, the coconut palm has been recognized as top immune booster, antifungal, antibiotic, antiviral and antibacterial remedy for thousands of years all over the world. Yet, it has only been recently that modern researchers have begun to fully discover the massive health benefits this amazing fruit seed offers.

To give just one example of coconut’s lifesaving properties, they were used extensively in the Pacific during World War II. Since blood plasma supplies were scarce, it was very common for medics to siphon pure coconut water from young coconuts to be used as emergency plasma transfusions for soldiers who were wounded. Since coconut water is nearly identical to human blood, it was suitable for people of all blood types.

Because of its strong antioxidant properties, the coconut can be used to:

- Lower cholesterol
- Improve digestion
- Ward off wrinkles
- Stabilize glucose levels
- Fight off viruses
- Build cells
- Regulate hormones
- Increase thyroid production
- Lose weight
- Increase metabolism
- Fight infections
- Stave off memory loss
- Kill bacteria
- and More!!

Considered one of the most treasured foods of all time, coconut products -- including coconut flesh, coconut water, coconut oil, and coconut cream -- each deliver superb benefits. Coconut oil, for instance, is considered the best and safest oil to use for cooking -- even superior to virgin olive oil when it comes to giving the body what it needs for optimum health. Unlike other fats and oils that we typically use for cooking and baking, coconut oil does not form polymerized oils, or dangerous trans fatty acids in our bodies, which can raise our cholesterol levels; clog our arteries and even make our skin sag and wrinkle. Plus, this ultra-safe oil can give your body important antioxidants that can help build stronger cells and improve your overall health and well-being. Here are a few ways that you can use coconut products to stave off disease and to recapture the look and feeling of youth:

Coconut water

The coconut is a natural water filter. It takes almost 9 months for a coconut to filter every quart of water stored within its shell. This makes the resulting coconut water completely pure and sterile, which is one reason why it can be used for blood transfusion. Another benefit of coconut water is the fact that it has the highest concentration of electrolytes than anything else found in nature. This makes it an excellent source of hydration.



Coconut oil

In addition to being superior for cooking and baking, coconut oil also makes superb topical oil that can help to naturally rid the skin of dangerous toxins. It also gives the skin the perfect mix of hydration and antioxidant that it needs to stay healthy, smooth and younger-looking longer. Another great benefit of coconut oil is in protecting your teeth from the bacteria that can cause cavities and disease. Simply rubbing a little fresh coconut oil on your gums and teeth can keep them stronger and healthier than virtually any other dental treatment. Most people don't realize that coconut oil can help you lose weight! Yes, simply changing your cooking oil from the unsaturated fat variety to coconut oil can help you lose those extra pounds. Here's why: Unsaturated fats found in canola, corn and other vegetable oils, as well as margarine suppress the metabolism, which makes it harder to lose weight -- and easier to gain it. Over time the metabolism suppression may result in 20 to 30 pounds of excess weight that your body cannot get rid of. Coconut oil, on the other hand, helps to increase thyroid function and boost your metabolism -- to important components to shedding unwanted pounds

Coconut cream

The best skin treatment product one can use to achieve flawless skin may quite possibly be coconut cream. Unlike traditional skin creams which can actually introduce fats and oils to the skin that will break it down over time, making it look older, creams derived from coconut can actually replenish the skin, giving it more youthful and healthy glow than most other skin care products in the market.

When it comes to buying coconut products, coconuts are all not created equal. Wild coconuts are always the best. Whether you are using this wonder food to boost your immune system; to increase your metabolism or fight wrinkles. Using products from young coconuts will help you reap the most benefit. Young coconuts contain the purest unsaturated fat, compared to the fat in the more matured varieties. This is why they offer the most rejuvenation properties for the body's tissues. But how can you tell how old a coconut is? Young coconuts are usually green in colour and oddly shaped. The brown hairy ones are mature coconuts, and while they offer a lot of healthy benefits they are not nearly as good for you as younger varieties.



FOREIGN REMITTANCE

A lawyer working in UK wrote to his wife in India ...

"Dear Sunitha darling,

I can't send you my salary this month because the global market crisis has affected my company's performance. So I am sending 100 kisses. You are my sweetheart. Please adjust.

Your loving husband,

Jita Singh"

His wife replied ...

"Tinku ke Papa,

Thanks for the hundred kisses. Below is the list of expenses I paid with kisses:

- 1. The milk man agreed on 2 kisses for one month's milk.*
- 2. The electricity man agreed not to disconnect only after 7 kisses*
- 3. Our landlord Balkar Singh comes every day to take 2 or 3 kisses instead of monthly rent.*
- 4. Supermarket owner Jaswant Singh didn't accept kisses only. So I gave him other items. I hope you understand.*
- 5. Miscellaneous expense is 40 kisses.*

Please don't worry about me. I still have a balance of 35 kisses and I hope I can survive the month using this balance.

Shall I plan the same for the next month?"

Sent in by Mrs. Syamala Subba Rao



ముత్యాల సరాలు - 8

దురాశ

'కళ్యాణకట్ట' అనే ఊరిలో భైరవుడు అనే వేటగాడు ఉండేవాడు. వాడు పరమనోములి. ఒకరోజు వేటకు వెడితే రెండు, మూడు రోజులు ఇంట్లో కూర్చునేవాడు. నోములిపోతు ఇంట లక్ష్మీదేవి ఉండదు. వాడి ఇల్లు ఎప్పుడూ దరిద్రంతో వెలవెలపోతూ ఉండేది. రెండురోజుల క్రితం అడవికి వెళ్లి పావురాలను పట్టుకొచ్చి సంతలో అమ్మి తెచ్చిన డబ్బులు అయిపోవడంతో భార్య పోరు పడలేక వేటకు బయలుదేరాడు. 'ఈరోజు పక్షులని కాకుండా ఏదన్నా అడవి జంతువును పట్టుకొచ్చి అమ్మితే ఎక్కువ డబ్బులు వస్తాయి. దానితో ఓ వారంరోజుల పాటు వేటకు వెళ్లకుండా హాయిగా ఇంట్లో పడుకోవచ్చు' అనుకుంటూ బాణం భుజానికి వేసుకుని అడవిలోకి బయలుదేరాడు.

మధ్యాహ్నం వరకు తిరిగినా వాడికి ఒక్క అడవి జంతువు కూడా కనిపించలేదు. కడుపులో ఆకలి మొదలైంది. దాహంతో నాలుక పీడ చగట్టుకుపోసాగింది. ఎదురుగా కనిపించిన చెరువులో కడుపు నిండా నీళ్లు తాగి కాళ్లు చేతులు కడుక్కుని ఒడ్డుమీదకొచ్చి చెట్టు క్రింద కూర్చున్నాడు.

దురంగా ఉన్న పొదలో పచ్చగడ్డి చివుళ్లను తింటున్న ఓ లేడిపిల్ల భైరవుడికి కనిపించింది. వెంటనే బాణంతో గురిచూసి ఆ లేడిని కొట్టాడు. బాణం దెబ్బకి ఆ లేడి పిల్ల గిలగిలా తన్నుకుంటూ మరణించింది. భైరవుడు తన పంట పండిందనుకుంటూ ఆనందంగా ఆ లేడిపిల్లని భుజం మీద వేసుకుని ఇంటికి బయలుదేరాడు.

కొంతదూరం నడిచేసరికి అతనికి ఓ అతవి పంది కనిపించింది. దానిని చూడగానే లేడిపిల్లని క్రిందపడేసి పందిని బాణంతో కొట్టాడతను. బాణం పంది డొక్కాలో బలంగా గుచ్చుకుంది. అది బాధతో పెద్దగా అరుస్తూ భైరవుడి మీదకి ఎగిరిదూకి తన పళ్లతో అతని గొంతును గట్టిగా కొరికింది.

భైరవుడు కిందపడి ప్రాణాలు విడిచాడు. పంది కూడా కింద పడి గిలగిలా తన్నుకోసాగింది. ఆ సమయంలో కడుపునిండా కప్పలను తిని నెమ్మదిగా ప్రాకుతూ పుట్టలోకి పోతున్న ఓ పాము పంది క్రింద పడి మరణించింది. దానితో పాటు ఆ అడవి పంది కూడా మరణించింది.

ఓ నక్క ఆహారం వెతుక్కుంటూ ఆ వైపుగా వచ్చింది. వేటగాడు, పాము, లేడి, పంది చనిపోయి ఉండటం చూసి "ఆహా! నాది ఏం అదృష్టం. ఈ పూట ఆహారం వెతుక్కోవటానికి నేను బయలుదేలే నాకు నెలల తరబడి సరిపోయే ఆహారం దొరికింది.... ఈ పాము నాకు రేపంతా సరిపోతుంది... ఆ లేడి ఓ వారం వరకు సరిపోతుంది. ఆ పందితో నెల బ్రతకవచ్చు... ఆ మనిషితో మరో నెల గడవవచ్చు. అయ్యో ఈ పూటకు ఆహారంగా సరిపోయేది ఏదీ లేదే. అనుకుంటూ చుట్టూ చూసింది."

వేటగాడి ప్రక్కన పడి ఉన్న బాణం కనిపించింది దానికి. దానికి తీగగా కట్టినది దున్నపోతు నరం.

ఆహా ! ఈ పూట నాకు ఆహారంగా ఈ నరం సరిపోతుంది అనుకుంటూ ఆనందంగా ఆ నగరాన్ని పుటుక్కున కొరికింది.

మరుక్షణం ...
బాణానికి వంచి కట్టిన వెదురుబద్ద వేగంగా పైకి లేచి దాని డొక్కల్లో గుచ్చుకుంది. బాధతో విలవిలలాడుతూ ప్రాణాలు విడిచింది ఆ ఆశపోతు

నక్క. చూశారా! పేరాశ వల్ల ఆ నక్క ఎలా ప్రాణాలు పోగొట్టుకున్నదో. అందులే ఎప్పుడైనా దొరికిన దానితో తృప్తి పడాలి. కాని పేరాశ పనికిరాదు. దాని వల్ల కష్టాలు, ప్రమాదాలు వస్తాయి.

దురాశ దుఃఖానికి చేటు.



అన్ని భాషలకీ మూలమైన సంస్కృతాన్ని, మనలో చాలా మందికి మాతృభాష అయిన తెలుగుని అందరూ పూర్తిగా విస్మరించి, మరిచిపోయారని చెప్పలేక పోయినా, నేటి పరిస్థితులలో వాటి ప్రాభవం, వైభవం తగ్గయిన ఓవ్వకొని తీరవలసిన నిజం. శ్లోకం సంస్కృతానికి, పద్మం తెలుగు భాషకి సొంతం. వాటిలో చెప్పబడని నీతి, లీతి లేవు.

తేనె తీయనా? చెరకు తీయనా? మామిడి పండు తీయనా? పనస తొన తీయనా? చక్కెర తీయనా? అంటే చెప్పలేము. మందారాలు మకరందంలో

చెరకు, మామిడి రసాలతో బాటు, కొంచెం చక్కెర పాకం కలిపి చేసిన అమృత గుళికలే యీ శ్లోకాలు, పద్యాలు.

తెలుగు భాష గొప్పదనాన్ని, కమనీయతని తొలిసారి గుర్తించినది, చాటినది శ్రీనాథ మహాకవి. అంతర్జాలం (Internet)లో దొరికిన యీ పద్యం చూడండి.

జనని సంస్కృతంబు సకల భాషలకునూ, దేశభాషలందు తెలుగులెప్ప జగతి తల్లికంటె సౌభాగ్య సంపద, మెచ్చుటాడు బిడ్డ మేలుగాదె.

సంస్కృత శ్లోకం

నభసో భూషణం చంద్రో, నాలీణాం భూషణం పతిః
వృథివ్యా భూషణం రాజా, విద్యా సర్వస్య భూషణం

చదువు తాలుకు ప్రాముఖ్యత వివరించే శ్లోకం ఇది. ఆకాశానికి భూషణం చంద్రుడట. నిండు పున్నమి ప్రాముఖ్యత మీ అందరికీ తెలుసు. మలి స్త్రీలకు ఎన్ని ఉన్నా భూషణం భర్తే కానీ, నగలు, చీనీ చీనాంబరాలు కావు. దేశానికి భూషణం రాజు. ఆ రోజులలో రాజ్యులుండేవి కదా విద్య నేర్చుకుని, విద్యుత్తు సంపాదించిన వ్యక్తికి ఎక్కడా ఎదురు లేదు కదా! అన్ని ఆ భరణముల కన్నా గొప్పది విద్య.

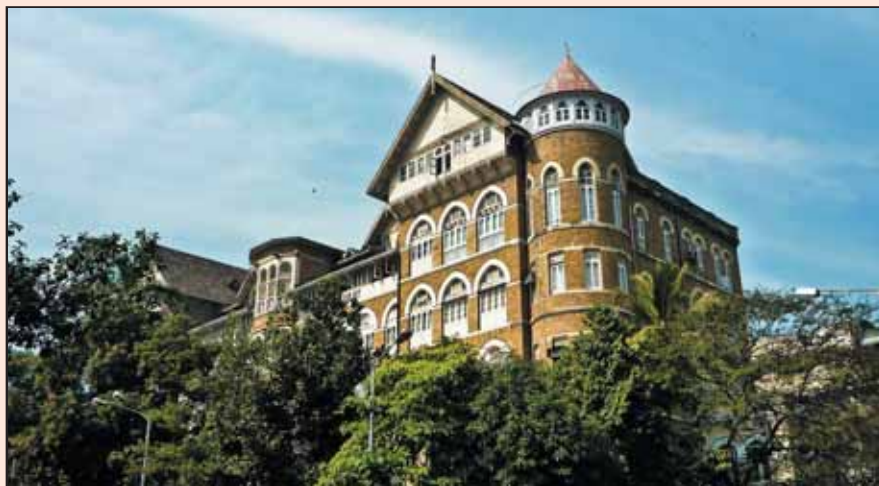
తెలుగు పద్యం

వనజభవుండు కోపమున వాహనమైన మరాళబర్తకుని
వనజవనీ విహార కలనంబు దొలంగగ జేయుగాని గుం
భనమున దుర్గ జీవన విభాగ విధాన నిరూఢ నైపుణీ
జనిత మహా యశో విభన సారము హంసకు మాన్వజాలుచే

బ్రహ్మదేవుని వాహనం హంస. మలి దాని మీద కోపము వస్తే, పద్మాలతో నిండిన సరోవరములలో విహరింపకుండా చేయగలడేమీ గాని, పాలు, నీరు వేరు చేయగల నేర్పును హరింపగలడా! అనగా మనలో ఉన్న సహజ గుణసంపదని ఎవరూ దోచుకోలేరని అర్థం.



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The Bombay Yacht Club was founded in 1846 and only 30 years later on the recommendation of Sir Philip Wodehouse, Queen Victoria graced the Club with the title of Royal, the first to be bestowed such a prefix in Asia.

The seafront clubhouse was built in 1881. Another clubhouse was built in 1896, a blending of Venetian Gothic with Indian Saracenic, to provide residential chambers to members and visiting associates. Yachting received a major stimulus in 1911 when King George V and Queen Mary landed in Bombay from the Royal P&O liner, s.s. Medina, where amongst others the President of the Royal Bombay Yacht Club, Hon. Mr Justice F.C.D. Beaman, IC.S. was there to welcome them. On their Majesties visit to the Royal Bombay Yacht Club, they encouraged sailing between states and thus started inter-club regattas.

In 1958 the Bombay Club closed as a consequence of prohibition and failing membership resulting from the fact the Club did not open its membership to Indians. The Royal Bombay Yacht Club granted honorary memberships to all Bombay Club members and found a new home for their furniture and other effects.

The 1960s saw a new race introduced after H.R.H. Prince Philip visited the Club and presented the Challenge Cup for a Combined Class race not less than 21 miles. The Club was selected to host the 6th National Regatta for the Yachting Association of India.

In 1984 one of the members, Mr Philip Bragg, who built Suhaili, the first yacht to sail solo non-stop around the world, passed away. The yachtsman, Sir Robin Knox-Johnson attended a reception in his own honour at the Club in 2004. In 1988, our current President, Mr Gulshan Rai, became the first Indian to solo circumnavigate, in a 32ft cutter of Vancouver Class, named Jaykus III, built by Northshore yard at Itchenor, England.

In 2006 the Royal Bombay Yacht Club was honoured to be visited by the First Sea Lord, Admiral Sir Jonathan Band, KCB, ADC, Chief of the Naval Staff (and President of the Royal Naval Club) and Lady Sarah Band, as well as other senior officers of the visiting Fleet. This was shortly followed by a visit from Sir John Stirrup, the Air Chief Marshal of the Royal Air Force and Chief of Defence Staff. In 2010, the club received General Sir Hugh Michael Rose KCB, CBE, DSO, QGM.

The club has residential chambers, party rooms, library, reading room, billiards room, dining rooms, Dolphin bar, hair dressing salon and a shop.

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