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WALTAIR TIMES

Vol. 21 | Issue 5 | Nov 16



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From The President's Desk

Dear Members,

Warm Wishes!

The month of October was a real action-packed month in Waltair Club with so many activities and events conducted by different committees. It started with a Quiz Competition for members' children on Gandhi Jayanthi which witnessed a very enthusiastic participation from the children. Super Bumper Tambola as usual saw the participation of good numbers. Senior Citizens' Day is being celebrated with great spirit and each time, the organisers are coming out with innovative ideas to entertain the senior members. Story telling sessions are also being conducted every Saturday for children. I request parents to encourage their children to attend these sessions.

To promote awareness among Indian women about fitness and wellness, Milind Soman started a mission by name 'Pinkathon' which is being conducted every year in many cities. This year, the event is going to happen in Vizag on November, 20. In this context an event was conducted by the Ladies Committee in the Club, along with pinkathon team, where the logo of 'Vizag going Pink' was inaugurated. This event was well attended by the club members and also students from many colleges.

Dasara is a very colourful festival and this year Dasara was celebrated in the Club with utmost spectacle and joy. The Club transformed into a hub of celebration and activities. Dandiya Workshop was conducted by the Entertainment Committee during Navarathri. Spectacular performances on Dasara Eve were thoroughly enjoyed by the members.

Deepavali has always been the favourite festival for club members. This year also, colourful fireworks lit up the night sky as the club members celebrated Diwali Eve with tremendous enthusiasm. The entire place was illuminated beautifully. Though there was a tension that the cyclone would play a spoil sport in Diwali celebration, members had a sigh of relief when cyclone weakened and moved away without any effect. Of course along with fireworks on display, members had another reason to feel jubilant. That was the handsdown victory of Dhoni team over New Zealand in the final and deciding one-dayer of the five-match series played in Vizag.

We are planning a Club picnic slated for December 11 at Sunray Village. So the members are requested to gear up to enjoy the picnic. We are also planning to have a health check-up conducted by Vijaya Medical Centre for the benefit of Club members on December 17 and 18.

The Spa and Salon in the club is all set to start functioning in a full fledged manner from November 5. The Ladies Committee is planning to celebrate Children's Day on November 14. Ladies Committee is also planning to organize a Coffee Morning for Ladies. Date will be announced shortly.

Enjoy this festival season and have fun!

With Warm Regards,

A. Satyanarayana

Managing Committee for the year 2016-2017

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General Services	Mr.K.Sri Krishna	9160121414
Ladies Committee Chairperson	Mrs.Meghna S Oza	9346106110
Ladies Committee Co-Chairperson	Dr.Hema Yadavalli	9949485555



Announcements

- Library Committee & Ladies Committee announce Painting Competition for Member's Children on the occasion of Children's Day.
"ART THROUGH YOUNG HANDS" Subject: **ENVIRONMENT**.
 Age Groups : 3-6yrs and 7-10yrs.
 Two Prizes in each Group - Rs.2,000/- and Rs.1,000/-.
 Few Consolation Prizes - Rs.250/- each.
 All Participants will get Participation Certificates.
 Club will provide Drawing Papers. Painting Materials should be brought by candidate.
 Prize Winning Paintings will be printed as "Greeting Cards" for New Year which will be on "sale" in the club.
 Place: Jubilee Deck from 3.30pm onwards on 14th November,2016.
 Interested Parents can register with the Library on or before 12.11.2016.
- Library Committee cordially invites an interaction on **"Smart Nutrition for Diabetes - Prevention & Management in the family"** by Anjali Dange, Nutritionist & Dietitian on 20th November, 2016 from 11.00 am to 1.00 pm at Pearl - I & II.
- All the Gym users are requested to follow instructions as below:
 - * It is mandatory to sign in the Register before entering the Gym.
 - * Kindly wipe your shoes before entering the Gym.
 - * Members Friends/ Servants / Drivers are not allowed inside the Gym.
- All India Open Bridge Championship, which has become more famous as Waltair Club All India Open Bridge Tournament will be held from 26th to 29th November, 2016 at Centenary Auditorium.
- With effective from 11th November, 2016 the movies will be screened on Fridays at 6.30 PM due to Winter Season.
- This is to inform that our Club Members who intend to use the facilities of our Affiliated Club, M/s.Calcutta Club are required to produce the following to the Calcutta Club authorities.
 - Residential Address Proof
 - Club Membership Card
 - Club Introduction Card
 Non-production of the above would prevent Calcutta Club from extending required services to our Members.
- Club Picnic will be organized on 11th December, 2016 at Sunray Resort.
- Executive Health Check-up will be conducted by M/s.Vijaya Medical Centre on 17th & 18th December, 2016 at Centenary Auditorium.
- Library Committee Cordially invites you for an innovative lecture on "Who is the enemy? Fat or Sugar" by Dr.P.V.Satyanarayana, Chief, Cardio-Thoracic Surgeon, Care Hospitals on 27.11.2016 from 11.30 am to 1.00 pm at Oyster. An inspiring lecture for changing to a healthy life, the members are requested to attend.

Programmes for November, 2016

04.11.2016	Friday	Movie	7.00 PM
06.11.2016	Sunday	Beer n Biryani Tambola	12 noon
11.11.2016	Friday	Movie	6.30 PM
14.11.2016	Monday	Children's Day Bash	3.30 PM
18.11.2016	Friday	Movie	6.30 PM
19.11.2016	Saturday	Tambola	7.30 PM
25.11.2016	Friday	Movie	6.30 PM
26.11.2016	Saturday	Bridge Tournament	
	to	to	
29.11.2016	Tuesday		

Member Honour



Our Member Right Worshipful Brother A.P.Chitra (M.No.C-46) regional Grand Master of Southern India has been awarded as OSM by Grand Lodge of India and also received the 25 yrs Jewel of Mark Mason, presented by the Grand Master of India, Right Worshipful Brother Harcharan Singh Ranauta, on 25th October, 2016 at Centenary Auditorium, Visakhapatnam.



Ladies Committee Presents



Children's Day Bash



- Painting Competition
- Musical Chairs
- Four Corners
- Dumb Charades
- Treasure Hunt
- Tambola
- and many more...

14th November
at Jubilee Deck
from 3:30 PM onwards

For more details contact Lakshmi - 8886644789
Shobha - 9440992436

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The journey to wellness on 07-10-2016



On the 7th of October to promote and take forward awareness of Breast cancer a talk on “wellness” by Milind Soman, model and Actor, was held in the Centenary hall. Quick and brisk he spoke about the importance of health and fitness, more so in the context of women’s focus on themselves and future generations. He included real life stories about himself and his journey as well. This was followed by Dr jyoti, oncologist who explained in medical terms about this dreaded disease. Dr Sajida took the gathering thru the diagnosis and evaluation part for awareness and understanding. The programme was attended by Students from many educational institutes and members of the club.



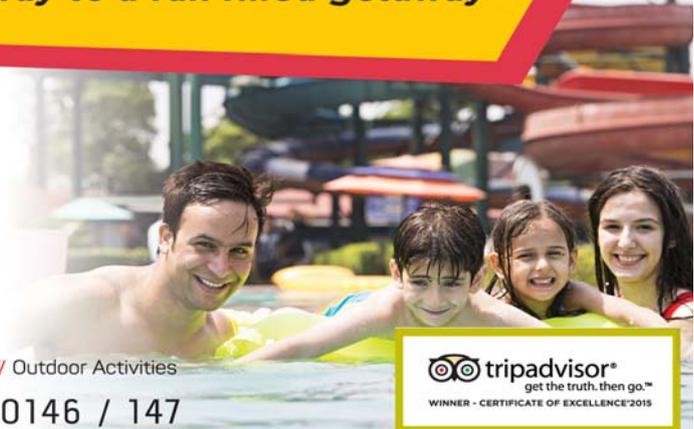
CLUB PICNIC

will be held on Dec 11, 2016 at Sunray Resort.

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Quiz competition conducted on 02-10-2016



Yet another attempt by the Waltair Club Library Committee to encourage and motivate young readers, the Quiz programme was held on Gandhi Jayanti. A good number of children and parents attended the same. Renowned Quiz Master On Kwong Jao kept the audience and participants enthralled, so much so that the kids refused even a tea break!.. The Quiz was conducted by Mr On in his usual stylish method with questions that were relevant to our times, revolving around Vizag as also the world. There were questions to entice cricket lovers, enthuse current affairs aces and history lovers. Attractive prizes were given away by the Club President Sri A.Satyanarayana. In fact there was something for everyone

and we feel that those who missed it have really missed a Quiz of international standards probably held for the first time in many years at Waltair Club. We invite more of you to participate in our next Quiz as otherwise, it will be like an opportunity that slipped through your fingers.

We congratulate the winners and thank all those who participated in the programme.

Kudos to the sub committee members Mr GLN Raju, Mr Umesh Gupta, Mr LK Jain, Mrs Nandini Sen Gupta and our heartfelt thanks to the Quiz Master for sparing his valuable time in order to help us motivate our children.

Story telling sessions at Library



1-10-2016



15-10-2016



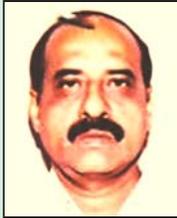
22-10-2016



Senior Citizen Meet on 16.10.2016



MR.N.THRIVIKRAMARAO
M.NO.T-16



MR.P PREMCHAND
M.NO.P-83



MR.ASHOK KUMAR GUPTA
M.NO.A-78



MR.N KUMAR HIRAWAT
M.NO.H-10

some interesting games for the couples. The games were real fun, romantic and interesting. Mr.Ramgopal, past secretary spoke on humor in life and cited incidents from real life. This was full of fun and laughter.

The final session was reserved for melodies in Telugu and Hindi by popular artist Mr.Murali. He took everyone down the memory lane with wonderful selections. Even some members were willing to dance. Mr.D.Murali Krishna (M-101) also rendered few songs to the delight of the members. Mrs.Valli Ramgopal said that those present at the meet had shed many years in age

Sponsors of the Event

Once again senior citizens of the club proved that age is just a number. WCSC group is full of life and fun. Capt.GM Peter, one of the long standing members of the club welcomed the gathering and explained the purpose of the quarterly meet. Mrs.Valli Ramgopal was the MC. The senior citizens paid homage to Mr.A.T. Rayudu (ATR) former President of the club who passed away recently. A noble soul is never forgotten. Mr.M.V.Narayana Rao requested the members to observe two minutes silence in memory of Mr AT Rayudu.

To celebrate 70 years of Independence, all those born in 1946 participated in the special cake cutting ceremony. Mrs.Kavita Satwani and Mr.Asha Jain conducted

and looked far younger. Ladies looked like teens. Mr.M.V.Narayana Rao thanked all those present and hoped that in the next meeting attendance would swell. He earnestly thanked all the sponsors and supporters. This encouraged others to sponsor future programs. He also emphasised that the committee had real good plans for the future. A good tasty lunch was served and enjoyed by the members.

PS: January being festival month, the next meeting is preponed to December 9th.



Super Bumper Tambola held on 22-10-2016



1st prize Winner : Mrs.Archana Gupta
W/o. Mr.Naresh Kumar Gupta (N-125).jpg



2nd prize Winner :
Mrs.K.Nandini W/o. Mr.K.Mahendra (M-128)

Dandiya Night 2016

Dusseera is celebrated to signify the victory of good over evil, Lord Ram over the evil Ravana where effigies of Ravana are burnt . The Waltair Club Celebrated Dussera on the eve of the festival on 10th October 2016. Members attended the event in good numbers and there was a lot of entertainment lined up for the fun evening ahead .

The event was organized by Razzmatazz and Waltair Club . The hall was nicely decorated in traditional decor . The main highlights of the evening were performances by a local, rising star singer Poojan Kohli who sang his heart out with a lot of energy which pepped up the crowd . There was a rocking performance by a popular local band named Kairoz . There was a dance performance of the Mahishasura Mardini which enthralled the audience. There were some games which were organized and attractive prizes were distributed . All in all, a fun evening to remember for those who attended and made the most of it .



Diwali Eve 2016

Diwali or the Festival of Lights, is the biggest and most celebrated festival of the year, signifying the perennial theme of the victory of good over evil, light over darkness and knowledge over ignorance.

This year's 'Diwali Parasa' on 29th November, at The Waltair Club was a grand success, with a colourful, rustic ambience, mouth-watering food and spectacular fireworks. There was an array of stalls displaying a variety of Pottery and hand-made decorative objects, irresistible fabrics and knick-knacks to tempt the ladies and lots of thrilling games to entertain the kids. The Tattoo and Mehandi stalls were a big hit with the

youngsters and so too the fun rides for children. The Tarot card reading stall caught the interest of young and old alike, and members were kept entertained throughout the evening by foot-tapping music and catchy folk dances. The highlight of the evening, as always, was the magnificent fireworks display that The Waltair Club is famed for. As the evening wore on, at 9pm, the fireworks began and the crowd was delighted with the fabulous display of pyrotechnics. The night sky was ablaze with a thousand brightly-coloured stars and brilliant flashes of light, making it an unforgettable sight.



THE SECRET POWER OF PLAY: A Fun Way to Raise Smart, Healthy, Caring Kids

Dr. Shalini Kocherla

The author is a Family and Educational Counselor and runs a clinic, CHETANA, Centre for Awareness, Psychological Assessment & Counselling at Visakhapatnam.

It has often been quoted that "play is the work of children". So why not take something that children love to do and use it to teach them a variety of skills... how to listen and pay attention... how to think, solve problems and find solutions for themselves... explore the world around them and make exciting discoveries... develop an understanding of who they are... and strengthen relationships.

Learning through play and games is a fun way to teach children a number of skills. So let us look at some of the things we can do to give our children a fun-filled start to acquiring the skills that will help them become smart, healthy and caring.

POWER OF PLAY TIP

When adults engage in the play and listen and respond to what children say, they're helping to teach through play-based learning.

Give your child a lifelong love of language through games, songs and other activities:

- **Sing, Recite Rhymes and Read Storybooks** to teach communication skills such as listening, talking and reading.
- **Arrange a Treasure Hunt!** Ask your child to look for specific items in the house or outside the house. Label the items to help them learn to recognise words.
- **Play make-believe!** Talk while you play and encourage your child to talk back. Let them use and learn new words every day.

Help your children learn to recognize and control emotions through their

relationships with adults and other children. Look at these tips for building emotional maturity:

- During **story time**, pause to ask questions: How would you feel if that happened to you? How do you think the character feels?
- Use **toys** to act out dramatic scenarios. Talk about feelings and ask the child how they would respond.
- **Play Cooperative Games.** Most children with self-control problems have difficulty playing competitive games. There are many games, however, that build trust and cooperation. Here's one for you to try out:
Look Ma, No Hands! Players (children and adults) stand in a circle, holding hands. Pass an object (Frisbee, stuffed animal, toy,) around the circle without using hands and without letting the object touch the floor.
- **Offer alternatives to inappropriate behaviour.** For instance, they can talk about it, try physical activity or express how they feel through art activities such as drawing, painting or modelling with play doh.
"In today's world the ability to get along with others is essential. Teach your children to recognise rules and limits and how to get along with their friends through games.
- **Play follow the leader!** Encourage children to stay in line and ensure that everyone gets a turn to be the leader.
- **Show pictures** of people who are happy, sad, angry, afraid, disgusted and surprised. Ask your child to guess what the person is feeling.
- **Play statues.** Everyone must freeze except one child who is "it." Their job is to make a "statue" laugh. The person who laughs becomes "it."
- **Make funny faces** and ask the child to copy them. This can help them to learn to read other people's facial expressions.

Let us help our children to become smart, happy and caring individuals through the combined pursuit of hobbies, games and free play.

What's Cooking ?

Andhra Cuisine is deeply inspired by the rich cultural heritage of the land, the sumptuous Nawabi recipes and the culinary traditions of the erstwhile royal families. This month we feature two signature dishes from the household of the royal family of bobbili exclusively shared by **Padmaja Chelikani**

Shredded Mutton Curry

Ingredients:

mutton ½ kg
khus khus 1 tbsp

For masala paste:

2 onions
small piece of ginger
few garlic pods
1 tsp jeera
1 tsp coriander seeds
1 tsp chilli powder



Boil mutton in not too much water (it should not be over cooked) it has to be then shredded. Fry masala paste in oil for 10 minutes and then add the shredded mutton and fry till brown. Before removing from fire sprinkle khus khus and coriander leaves.

Chicken Chops:

Ingredients:

clean chopped chicken ½ kg
diced onions ¼ kg
tomato pieces ¼ kg

For making paste:

5 green chillies
small piece ginger
7 garlic pods
1 tsp khus khus
1 tsp cumin seeds
coriander leaves
oil to fry



In a pan put oil and fry the onions till golden brown. Add the tomato pieces and fry well. Then add the masala paste and let it fry for a minute or two. Now add chopped chicken. Add required salt and turmeric powder. Add enough water and pressure cook for 10 minutes.



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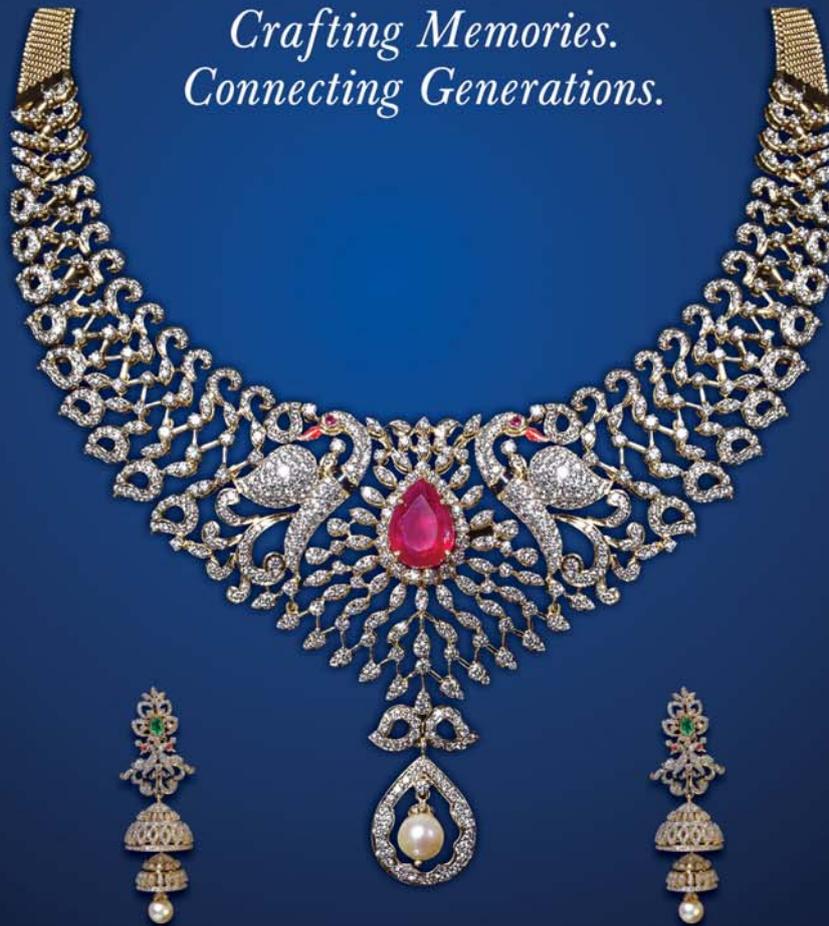


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