



WALTHAM TIMES

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HAPPY

NEW YEAR



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christmas

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From the President's Desk

As December ushers in the final month of the year, we find ourselves at a crossroads-where the past year's achievements and challenges come into focus, and the promise of a new year beckons with hope and possibility.

In this season of reflection, it is important to take a moment to appreciate the journey we've shared as a club. This year, we've come together through shared experiences, dedicated service, and mutual support. We've faced challenges, celebrated victories, and, most importantly, we've strengthened the bonds that unite us as a community. For all of this, I am deeply grateful.

Looking ahead, 2025 holds new opportunities for growth and service, and I'm excited to continue working with each of you to make our club even stronger. Let's carry the lessons of this year forward and approach the new year with renewed energy and commitment to the values that make our club special.

On behalf of the club leadership, I extend my warmest wishes to you and your loved ones for a peaceful, joyful, and prosperous holiday season. May the new year bring you happiness, health, and fulfilment in all that you do.

Thank you for being a part of this wonderful community.



Best Regards
K. Vamsi Kishore (V-168)
 98491 66669

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Vice-President's Message

WISHING YOU ALL A MERRY CHRISTMAS AND HAPPY NEW YEAR

As we come to the close of another remarkable year, it's a time to pause and reflect on all that we've accomplished together as a club. December has always been a special month-a time for celebration, a time to give thanks, and a time to set our intentions for the year ahead. It is also a time when we can appreciate the true meaning of community.

As we look toward 2025, there are new opportunities on the horizon-opportunities to continue making a positive impact on our community, to deepen the connections we've forged, and to set new goals for personal and collective growth. I am excited for what the new year holds, and I am grateful to be part of this journey with all of you.

Wishing you all a joyous and peaceful holiday season, filled with love, laughter, and good health. Let's make this December one to remember and enter the new year with renewed energy and purpose.

Mr.Sista Srinivasa Murthy (Vasu) (S-422)
9848191313

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Editors Message

Dear Members,

This month's journal reflects both the festive joy of the season and the ongoing commitment we have to each other as a club. As you flip through these pages, you'll find stories on health, festival, stamp collection, moment of enjoyment etc. These pages are a testament to the strength of our shared journey, and I am always inspired by the passion, dedication, and creativity each member brings to our club.

In the spirit of the season, I encourage each of us to embrace the joy in the little things-the conversations, the shared smiles, and the quiet acts of kindness that make our club not just a place of activities, but a true community. Let's remember that this time of year is about connection, not just within the club, but with the world around us.

As we look to the new year, I'm excited for the stories and experiences we'll continue to share together. There will be new challenges to face, new ideas to explore, and more moments to celebrate. I look forward to seeing how we will grow, both individually and as a collective, in 2025.

Wishing you all a peaceful and joyful holiday season. May this time bring you rest, reflection, and a sense of renewal as we step into the new year together.

Dr.M.Ramjee R-267
98480 40655



Hon. Secretary's Message

Dear Members,

WISHING YOU ALL A HAPPY AND PROSPEROUS NEW YEAR

As December unfolds and we approach the end of another wonderful year, I want to take a moment to express my sincere gratitude for each one of you. This year has been filled with growth, connection, and countless memories, and it is because of your dedication, energy, and enthusiasm that we continue to thrive as a club.

In the coming weeks, many of us will take time to rest and recharge, but let's also carry forward the spirit of collaboration and service that has defined our club this year. Whether through our upcoming holiday events or small acts of kindness, December is a wonderful opportunity to spread joy and give back.

Looking ahead to 2025, I am excited for all the new opportunities that await us. We'll continue to work together, creating even more lasting memories, forging new connections, and making a difference in the lives of those around us. I am honoured to serve as your Secretary, and I look forward to what the next year will bring.

Wishing you and your loved ones a warm, peaceful, and joyful holiday season. May the new year be filled with health, happiness, and new opportunities.

V.Seetharamaiah (S-225)

9849691188



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THE CHRISTMAS LANTERN



In a small village nestled at the foot of a snow-capped mountain, there stood a humble chapel that had witnessed countless Christmases. This year, however, it was different.

The villagers were preparing for their annual Christmas Eve service,

but this time, there was a sense of uncertainty. The previous autumn had been harsh, with a particularly fierce storm that had damaged the chapel's bell tower and stained-glass windows. With the repairs still ongoing, the church was not as grand as it once had been. Many people were disheartened, and some even thought it best to cancel the Christmas service.

But one elderly woman, Clara, had a different idea. Clara was known throughout the village for her quiet wisdom, her kind heart, and her cherished tradition of lighting a single lantern every Christmas Eve. Every year, she would walk to the edge of the village, light the lantern, and place it near the chapel, where its warm glow would shine out across the snow-covered fields, inviting all who saw it to join the service.

This year, Clara was determined to continue the tradition—no matter what.

On Christmas Eve, she wrapped herself in her warmest shawl and carefully made her way up the winding path to the chapel. The snow crunched beneath her boots, and the cold wind stung her cheeks, but her spirit was undeterred. As she reached the edge of the village, Clara stopped to light the lantern. Its soft, flickering flame was like a beacon of hope, cutting through the darkness of the cold night.

But just as she was about to place the lantern down, something unusual happened. A figure appeared from the shadows. It was a man, tall and cloaked, with a face hidden beneath a hood. Clara, though startled, did not retreat. She had seen many strangers pass through her village over the years, but something about this man felt different. His presence seemed to shimmer in the night air like a quiet blessing.

The man approached her, and his voice was soft but steady.

"You are lighting the lantern for the service, I see," he said.

Clara nodded, though she couldn't quite place where he was from. "Yes," she replied, "It's a tradition. A small light to remind us that even in the darkest of times, we are never truly alone."

The man looked at the lantern, his eyes shining with something Clara couldn't explain. "And who will see it?" he asked gently.

Clara paused, glancing back toward the village. The people were likely preparing their own celebrations, and she wasn't sure if anyone would come. "I don't know," she said honestly. "But the light is there. Even if no one sees it, it will still be there."

The man nodded slowly. "A light shines not for the crowd, but for the one who seeks it."

Clara felt an unexpected warmth spread through her heart as the man's words settled in. She turned back to place the lantern by the chapel, and when she looked up again, the figure was gone.

Puzzled, she stood for a moment, staring at the empty spot where he had stood. She hadn't heard him leave. But the feeling of peace he left behind stayed with her as she made her way into the chapel, her footsteps light and sure.

To her surprise, when the service began, more villagers than she expected had gathered. The chapel, though still under repair, was filled with warmth and joy, as if the very walls had absorbed the spirit of the season. There was singing, laughter, and a deep sense of community.

Afterward, as people spilled out into the crisp night air, they saw the lantern shining in the distance. It beckoned them, and many followed its soft glow to the edge of the village, where they gathered in a circle. For a moment, it felt as if the entire village had come together, bound by the light that had once seemed so small but now illuminated everything in its path.

Clara smiled as she watched the lantern burn brightly, its flame steady and unwavering. She didn't need to know who the mysterious man was or where he had gone. His words had reminded her of something simple and profound: that sometimes, all it takes is one small light to guide others back to where they belong—together.

And that Christmas, the village was a little brighter, not because of the grand decorations or the feasts, but because of the quiet, steadfast light that had burned through the night.



Celebrate the CHRISTMAS Season!

Christmas Day on December 25, is one of the most festive Christian holidays in many countries around the world. It celebrates Jesus' birth. Many homes have Christmas trees and other decorations in the weeks leading to Christmas Day. Christmas is a Family Event.

Festive Activities include exchanging presents, singing Christmas songs, going to parties. It's a special time when children get presents from family, friends and Santa Claus, or Father Christmas.

The word Christmas comes from old English "Christesmaesse" or the mass of Christ. It is likely that the Christmas date of December 25 was chosen to offset the Pagan celebrations of Saturnalia and Natalia Invicti. It is also possible that the celebration of the birth of the "true light of the world" was set at the time of the December solstice because this is when the days in the northern hemisphere begin to grow longer.

Images of Santa Claus, also known as Father Christmas, snowmen, reindeer, and candy canes are seen cards posters, signs and other printed or marketing material associated with the Christmas celebrations. Images of baby Jesus, the Christmas star, and other symbols associated with the religious meaning of Christmas are also seen during Christmas Eve and Christmas Day.

The Bible writes: For the grace of God has appeared that offers salvation to all people.

As we rejoice, let us recognize that we are not celebrating the birth of a baby but the Incarnation of God Himself. The Word became flesh and dwelt among us in all grace and truth.

Jesus was the God - man. He is 100% God and 100% Human and will be so for all eternity.

God Came Down From Heaven to dwell among us - They will call Him Immanuel, which means God with us.

God created man in His own Image and placed him in the Garden of Eden to look after His creations, to be fruitful and multiply, when man sinned by disobeying God's instructions. Man had to die. To reconcile God and Man God had to empty heaven to send His son to shed His blood for our sins forgiveness and be reconciled to God. Christmas is all about God Love for his Children and God so loved the world that He gave His only begotten son Jesus that whosoever believeth in Him never die let live with Him forever in Heaven.



Let us ask ourselves in this Christmas season, what have we done in the past year to bring Gods peace into the lives of people around us. The Word became flesh not to give us some sentimental recollection of long ago and far away picture of peace, but to give His divine peace amidst everyday challenges of life.

Prayer: Dear Lord, I thank you that you sent Your Son to this world. Let me have the confidence, comfort and peace that Immanuel, God is with me. He never leaves me, forsakes me, abandons me or deserts me, even when everything and everyone turns against me.

Lord, let me not have just a sentimental remembrance of your birth that happened 2000 years ago, but let me be your ambassador in this broken world, a peace maker in the place where you have placed me-in my family, community and church. May God fill our hearts with His peace and help us enjoy the Season.

Wishing you and your family a Christ centered and blessed Christmas filled with Hope, Peace, Joy, Love, and happy, healthy, safe, prosperous, 'New Year 2025.'

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CHILDHOOD BLINDNESS



Dr. A.V.N. CHETTY
Consultant
Ophthalmologist
Apoorva Hospital



Dr. C.V. GOPALA RAJU
Consultant
Ophthalmologist
Visakha Eye Hospital
& VEH Trust

MOHSIN SCHOOL HEALTH EYE CARE PROJECT

CHILDHOOD BLINDNESS:

1. Causes of blindness in children are different from adults.
2. Project and Prevention of adulthood blindness will not help relief of childhood blindness.
3. Small eyes, difficulties in examining eyes of children necessary for special equipment like Mobile, automated refractive meter, mobile fundus camera, mobile lighthouse etc. and in some cases necessity for general anesthesia for eye examining them.
4. Delay in recognition and treatment, may lead to amblyopia and disturbance of psychomotor development.
5. Child has longevity for life & has to live with disability for life long.
6. Emotional, Social & Economic factors come into play.
7. Morbidity and mortality.
8. Affects ultimately on education / occupation / social life development.
9. Over 90% of blind children receive no schooling, no education, no training, and no jobs when they grow up, they depend upon others lifelong.
10. Majority of visual impairment and blindness in children are preventable, treatable and some are curable.
11. There are difficulties in accurate assessment of visual function in children below 2 years. A variety of

methodologies are necessary for examining some children.

12. Significant number of children with visual impairment also have other systemic disabilities which complicate accurate assessment of visual function full rehabilitation, recovery some cases not possible.

- Definition of Childhood:

Age between 0-15 (both years inclusive) is childhood.

- **Screening:**

1. Simple non invasive, in expensive methods should be used.
2. Screening should be done under the following Age groups.
 - a) Examination of the newborn for eye and adnexal abnormalities and detection of pupillary reflexes, red reflexes, microphthalmos, cataract, buphthalmos and colobomas.
 - b) Screening of premature children with low birth weight and rule out retinopathy prematurity and initiate treatment as soon as possible.
 - c) Examination of higher age groups with hereditary and congenital disorders.
 - d) Preschool children should be examined for refractive errors squints, media, and optic nerve and retinal diseases.
 - e) School children should be examined by school teachers, volunteers and optometrists with proper training.

Common Causes Blindness in Children:

1. Refractive Errors
2. Vitamin A deficiency
3. Squint with Amblyopia
4. Squint without Amblyopia
5. Other causes of Amblyopia
6. Retinopathy of prematurity
7. Cornea Opacity
8. Cataract
9. Glaucoma
10. Nystagmus
11. Retinal Detachment
12. Optic Atrophy
13. Coloboma
14. Aphakia
15. Retinitis Pigmentosa
16. Congenital ocular anomalies.

17. Measles
18. Rubella
19. Toxoplasmosis
20. Cerebralmalaria / Meningitis
21. Ophthalmia neonatorum
22. Others

Why choosing GVMC & Government School Children:

1. Most of the GVMC & Government school children belong to lower income group and middle-income group, with low education and awareness for parents.
 - How we did it:
 1. Prior Permission obtained from GVMC Education Officer and GVMC authorities & District Educational Officer.
 2. Screening is July 1st to February 28th is considered as School academic year.
 3. Prior visit to school / Talking to authorities / Informing the Date and time of the Visakha Eye Hospital Trust team (Van with equipment / Driver / Optometrist / Volunteers).
 4. Optometrist: Each child is examined in detailed for Distance Vision / Near Vision / for any other abnormalities.
 5. Some children were referred to base hospital to visit following Saturday @8.00am for detailed examination by optometrist, ophthalmologist and specialist doctors are available.
 6. Educated the school children about nutrition, eye hygiene, tips for eye care and eye donation awareness and also their teachers.
 7. Free spectacles with prescribed power glasses, required medications and eye surgeries at base hospital (VISAKHAEYEHOSPITAL, Pedawaltair, Visakhapatnam) are provided FREE OF COST.
 - GOOD DIET & NUTRITION TIPS FOR EYES & WHOLE BODY:

VEGETABLES : Milk, Milk Products, Carrot, Papaya, Green Leafy Vegetables, Fruits, Nuts, Dry Fruits, Dals, Cereals, Millets, Cat eye Beans (Bobbarlu), Corn, Chickpeas.

NON-VEGETABLES : Fish, Mutton, Chicken, Eggs. Carbohydrates / Fats, Proteins, Vitamins, Minerals, Calcium etc.

STATISTICS OF MOHSIN SCHOOL HEALTH EYE CARE PROJECT

From July 2017 to December 2024

No. of Eye Screening Camps in schools	1,014
No. of Eye Screened Children	2,29,066
No. of Spectacles Distributed	5,320
No. of Surgeries	27
No. of referred to Visakha Eye Hospital for necessary examination	2,539

Are under VEBART Trust Activities:

STATISTICS OF MOHSIN EYE BANK

From 2001 to November 2024

No. of Cornea Collections	14,398
No. of Cornea Transplants helped	8,210

MOHSIN EYE BANK MOHSIN SCHOOL HEALTH EYE CARE PROJECT

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Take home message:

Q: How do you know your weight?

A: By weighing on a weighing machine.

Q: How do you know your temperature?

A: By Thermometer.

Q: How do you know your vision / health of eyes?

A: Examination by an Ophthalmologist.

Q: How do you know compare vision earlier/now/later?

A: By examining each time & keeping record.

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STAMP COLLECTING: THE HOBBY OF KINGS

-Dr K C Sekhar, V-142

Stamp collecting has today become one of the most popular hobbies in the world. Philately is 'The King of Hobbies and Hobby of Kings' as many Kings and Queens pursued this hobby with keen interest. Stamp collection gives not only enjoyment but also it increases our knowledge. It dispenses boredom and gives full-time engagement and enjoyment. These tiny bits of papers take you to distant countries and view beautiful landscapes, wildlife, flowers and architectural wonders. Each stamp, with its intricate designs and vivid colours, tells a story—a snapshot of a nation's identity, a commemoration of significant events, or a tribute to influential figures. Stamps are messengers of International good will, peace and a medium of communication of culture, literature, religion, science, commerce, history and industry. A stamp album is one of the few places where nations stick together peacefully. Philately demands treating stamps with respect, realising their value, studying their context, keeping them safe, and enjoying it.

The world's first adhesive postage stamp, the Penny Black, was issued in Great Britain on May 6, 1840. Rowland Hill is the father of the adhesive stamp. By 1860 almost every country adopted stamps as a method of paying postal charges.

In the present stressful world, stamps and its study or collection gives a soothing or relaxing experience. Philately is not only a subject of art but also a science in itself. This unique hobby develops the 'Five Hs' namely Head, Hands, Heart, Habit and Health. Post & Telegraph Department have contributed tremendously towards the growth of this hobby.

Stamps come in different designs, colors, shapes, themes, and sizes. It is not only just the stamp that is important even a cancellation or postmark on an ordinary stamp can often increase its value. Stamps are proved safe investment, easily transportable and a hedge against inflation. A specialist in stamp collecting with knowledge through vast reading and research can make considerable amount of money on stamps. The amount spent on stamps is worth better than some of our so-called amusements and gambling.

Some details about stamps

Mint stamps are those that do not have cancellation or postmark. Their value is their face price.

Used stamps have cancellations that deface the stamp and prevent its reuse. These have less value. Postmarks have date and location details.

A souvenir sheet or miniature sheet is a postage stamp or a small group of postage stamps still attached to the sheet on which they were printed.

First-day covers (FDCs) - envelopes with stamps attached on the first day that the stamp was issued. They bear designs called "cachets", related to the theme of the stamp issued.

A maximum card (also known as a maxi-card, or maxicard) is a postcard with a postage stamp placed on the picture side of the card where the stamp and card match or are in maximum concordance (similarity). The cancellation or postmark is usually related to the image on the front of the card and the stamp.

Commemorative stamp/card: Issued for a nationally important event

Revenue/Fiscal philately is the collection of stamps used to collect taxes or fees like legal documents, court fees,

Cinderella stamps - stamp-like labels that are not valid for postage

Types of collections

Thematic or Topical: Thematic collection deals with classifying and arranging the stamps on the basis of themes or topics like festivals, roses, big cats, ships, trains, famous leaders etc.

Temporal classification: As per period e.g. pre independence

Spatial classification: classifying the stamps according to the country which has issued the stamp

An album is a convenient way to store stamps; to avoid damage. Stamp tongs help to handle stamps safely, a magnifying glass helps in viewing fine details. Stamps should be stored away from light, heat, and moisture or they will be damaged.



How to start a collection?

With the exception of Great Britain all postage stamps must have the name of the country of issuance on them. (As the first country to issue postage stamps Great Britain may simply have a silhouette of the ruling monarch.) However, the country name will not necessarily appear in English or even resemble the English name

When you get a few stamps, you can classify them and store them in an album carefully without bending or folding the stamp or damaging its edges, called perforations. If stamp is stuck on a cover, place the envelope with stamp face down in the tray, completely submerged in water. Let it soak for 10-15 minutes then gently rub the paper around the stamp edges to loosen. Once stamp releases, use tweezers to transfer and position onto a paper towel to dry. Finally, mount stamp once completely dry.

When your collection grows, you can classify them time to time in this way. There are many ways to grow your collection. You can ask your friends and acquaintances to give you the stamps they get. If you have any friends

who get a lot of mail, especially in office, you can request them to collect the stamps and give them to you. If any of your friends have an active stamp collection, you can exchange stamps with them. If you have more than one copy of the same stamp, you can give it to your friend and request him/her to give another stamp in exchange. You can become member in stamp clubs where people interested in philately come together and exchange stamps. You can also become member of online communities. Finally, if you are considering philately as a serious hobby, you can buy stamps as well.

Philately is a window to the world. Each stamp carries with it a tale and is an ever-evolving educational journey. Discovering a rare stamp or completing a thematic collection can be a thrilling experience. The meticulous process of arranging and cataloging a collection offers a meditative escape. Stamp collecting is not just about accumulation; it's about appreciation, learning, and, most importantly, passion. Happy collecting!

(*The author is a club member and holder of 3 world records on the topic of cardiology stamps. Those interested can contact author for expert guidance.)

Cyber Crime Awareness Camp



The Dark Side of the Digital World: Understanding Cyber Crimes

K. Narayanarao,

B.Com: FCA; FAFD; FAFE; CFFE.

Chartered accountant; Fraud awareness trainer.

The rapid growth of the internet and technology has transformed the way we live, work, and interact. This digital revolution has also given rise to a new breed of crimes, cyber crimes.

These offenses exploit vulnerabilities in computer systems, networks, and online social platforms, posing significant threats to individuals, businesses, and governments.

Types of Cyber Crimes

1. Hacking: Unauthorized access to computer systems or networks to steal sensitive information or disrupt operations.

Example: The 2017 Equifax hack exposed personal data of 147 million people.

2. Phishing: Fraudulent emails or messages that trick victims into revealing confidential information.

Example: Scammers sent fake emails posing as PayPal, stealing login credentials and financial information.

3. Identity Theft: Stealing personal data to impersonate victims and commit financial fraud.

Example: The 2013 Target data breach compromised 40 million customers' credit card information. The Target data breach of 2013 is considered to be one of the largest data breaches in the history of the United States. In December of 2013, credit card numbers of almost 40 million customers were stolen from 2000 Target stores around the country by accessing data on point of sale (POS) systems.

4. Ransom ware: Malware that encrypts files, demanding payment for decryption.

Example: The 2017 WannaCry attack affected 200,000 computers in 150 countries.

5. Cyber Stalking: Online harassment or threats that intimidate or harm victims.

Example: The 2014 Gamergate controversy highlighted online harassment and threats against women.

6. Online Fraud: Scams that deceive victims into financial transactions or revealing sensitive information.

Example: Nigerian Prince scam, where victims receive fake emails promising inheritance. The Nigerian prince scam is a type of email scam that involves people posing as Nigerian royalty who ask for financial assistance and promise to repay the money

7. Denial of Service (DoS): Overwhelming websites with traffic to disrupt service.

Example: The 2016 Dyn DNS attack took down major websites like Twitter and Netflix. The attack targeted Dyn, a company that services a large share of the internet's domain name system (DNS) infrastructure, and lasted for most of the day.



8. Social media Cyber crimes: Facebook, Instagram - Fake profiles.

Last but not the least and one of the major play ground for fraudsters to cheat young and old on face book, Instagram with false identities, false advertisements and false promises and Many get tempted and fall victim to such crimes and frauds on social media.

Real-World Consequences- Cyber crimes have severe consequences, including:

1. Financial loss: Billions of dollars lost annually to cybercrime.
2. Reputation damage: Companies suffer irreparable harm from data breaches.
3. Emotional distress: Victims of cyber stalking or identity theft experience anxiety and trauma.
4. National security threats: Cyber attacks compromise sensitive government information.

Prevention and Protection to safeguard against cyber crimes:

1. Use strong, unique passwords.
2. Enable two-factor authentication.
3. Keep software and operating systems updated.
4. Be cautious with email attachments and links.
5. Use reputable antivirus software.
6. Monitor accounts and credit reports.
7. Educate yourself on online safety.
8. Do not befriend unknown persons on Face book etc - the profiles may be fake.

Law Enforcement and Cyber Security

Governments and organizations are combating cyber crimes through:

1. Strengthened laws and regulations.
2. Advanced threat detection and response.
3. International cooperation.
4. Public awareness campaigns.
5. Cyber security training and education.

Conclusion

Cyber crimes pose significant threats to our digital lives. Understanding their types, consequences, and prevention strategies is crucial. By staying vigilant and working together, we can mitigate these risks and ensure a safer online community. For workshop on Fraud awareness, Contact: +917674838202.

Sources: FBI-IC3, Cyber security and infrastructure security agency, Norton antivirus and Pew Research Center



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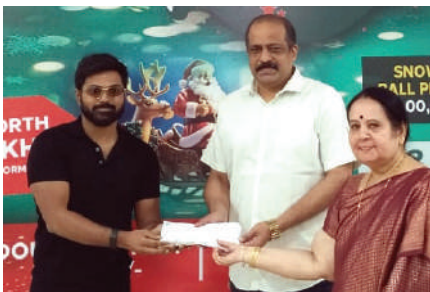


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CLUB CALENDAR

05.01.2025	Sunday	Sunday Special Tambola	01 noon
13.01.2025	Monday	Bhogi celebrations	
17.01.2025	Friday	Movie	6:30 pm
24.01.2025	Friday	Movie	6:30 pm
25.01.2025	Saturday	Tambola	7:30 pm
26.01.2025	Sunday	Republic Day Celebrations	9.00 am

Obituary

We regret to announce the sad demise of our members.



MR.G.VEERAMOHAN
M.NO.V-088 EXPIRED ON 18.12.2024



MRS.R.MANAGALA GOWRI
(R-080) EXPIRED ON 30.12.2024

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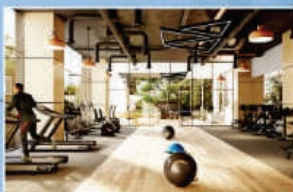
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