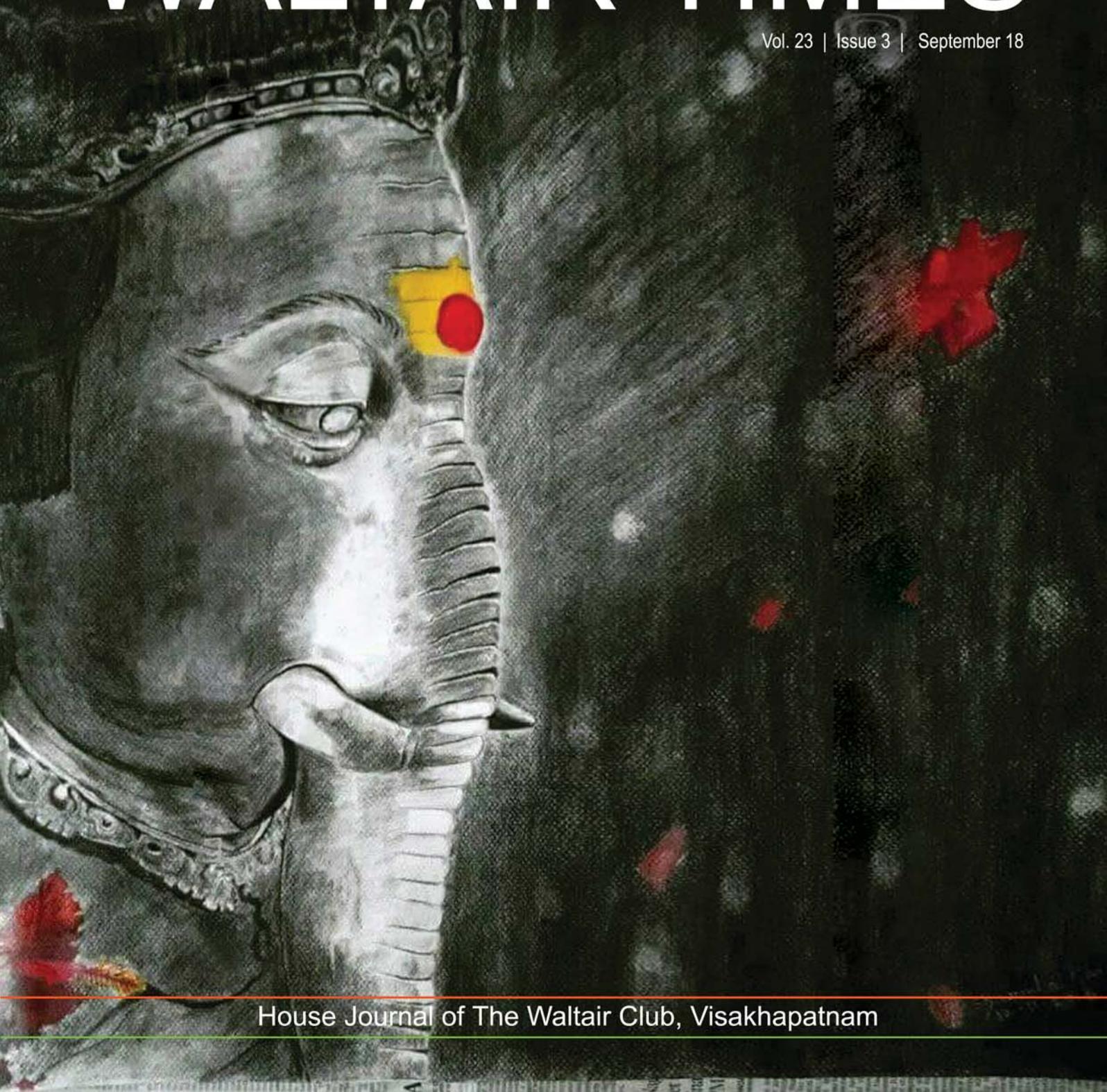




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WALTAIR TIMES

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House Journal of The Waltair Club, Visakhapatnam

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From The President's Desk

Dear Members,

Greetings and Good wishes to all the members !

I along with my Managing Committee have taken certain initiatives to improve the facilities in the club in terms of quality. In order to facilitate the members, menu card has been redesigned which is being well appreciated by all the members. We are planning to introduce weekly cards so that the members can know about the weekly menu well in advance. In order to maintain proper hygiene in our kitchen night cleaning facility has been introduced.

In spite of introducing various variety of food the prices have not been changed and the quantity and quality is always being maintained. Treated water is being utilized for cooking purpose in order to maintain proper hygiene. Quotations have been called for RO system. Water dispensers have been provided in order to facilitate the members with potable water.

Shuttle court repair work has commenced and all the leakages have been arrested and we are also in the process of replacing the flooring of shuttle and squash court as soon as funds permit.

We are happy to inform that the Chairman of the General Services along with his team members are taking lot of initiatives to maintain cleanliness in the club. All repair, maintenance works and facelifts are being attended time to time ultimately elevating the club's ambience.

We would like to share that the entire committee is working as team and all the works are being attended by the concerned committee with required approvals.

All offers like 2+1 or any other offer given by the liquor companies are directly given to the members. In addition to the offers given by the company, in order to liquidate the stock which is being dead stock for the last 9 months and to increase the fund flow, special offers are being given to members. We have been negotiating with the liquor companies to sponsor events and also to give good offers.

All rooms of old Chambers are being renovated and 7 rooms renovation will be completed with in a week time if funds permit.

We are planning to replace the existing TVs by 42" TVs and mini refrigerators will also be provided in all the rooms. The Centenary Hall stage and the changing rooms adjacent to the stage are being given a face lift and the works will be completed with 15 days.

We thank the members who have contributed books to the library. Members may give suggestion to procure books for the library which will be purchased after the approval of Chairman Library Committee. We congratulate the Chairperson Ladies of committee who is very creative in organising events which are being very much appreciated by the members. Mahanati Event organised by the ladies committee was well appreciated by all the ladies. The ladies committee is organising another event on 9th Sep in the name of Farmer Market which is being well appreciated by the members and the response to participate is very positive. Request all the members to participate and make the event a grand success.

Independence eve was planned in a grand scale in the open grounds but due to bad weather the venue has been shifted to Centenary hall but there was no compromise as far as the event is concerned. We had the opportunity to invite Miss World USA 2017 Ms. Clarissa Bowers as a show stopper for the event and the members were entertained by the popular cine music director Sri Charan with his live band and Gangoo, the IPL DJ who had entertained the members with good music. We regret to the inconvenience caused to the members during movies due to bad weather. The entertainment committee is fully geared up to organise good events which will be informed to the members shortly.

All the members are hereby requested to clear bills upto June 2018 which will help the club to clear the pending bills. I would also request all the members not to exceed the credit limit of Rs. 10,000/- in future as it is becoming a burden in functioning of the club.

Kindly clear the dues as informed and cooperate in order to avoid any embarrassment by way of dues being displaced in the notice board.

With regards,

K.S.Nagendra Prasad



Managing Committee for the year 2018-2019			Committee Members		
Hon. President	Mr.K.S.Nagendra Prasad	9949449999	General Services	Mr.G.Kattaiah Chowdary	9440156834
Hon. Vice-President	Mr.V.Seetharamaiah	9849691188	Sports	Mr.V.N.V.S.S.S.Murthy	9849001705
Hon. Secretary	Dr.S.P.Ravindra	9849711118	Library & Chambers	Mr.S.V.Narasimha Raju	9866565656
Hon. Treasurer	Mr.V.Ravikanth	9441400007	Catering	Mr.R.V.Prasad	8008767555
Editorial Board			Bar	Mr.P.J.V.Ratan	9849455501
Chairman	Members		Entertainment	Mr.A.Sekhar Babu	9849199906
Mr.V.Seetharamaiah	Mr.Vijay Atmakuri		Ladies Committee	Mrs. Jeeja Valsaraj	9849104656
Editor	Mrs. Shanti Chitra				
Dr. Hema Yadavalli					



Announcements

Vinayakachavithi Pooja will be performed on 13th September, 2018 at 9.00 am at the New Mandir opposite the Food Court. Prasadam & Breakfast would be followed. All Members are requested to attend the pooja.

Organic/fresh vegetables will be sold in the club every Sunday, starting from this Sunday 16th September at the Food Court Members Are Requested to avail this service in view of the demand seen in Farmer's Market and suggestions put forth by the club members. Timings 9 am to 12 noon Every Sunday

Programmes for September, 2018

02.09.2018	Sunday	Beer n Biryani with Tambola	12 Noon
07.09.2018	Friday	Movie	7:00 PM
13.09.2018	Thursday	Vinayakachavithi Pooja	9:00 AM
14.09.2018	Friday	Movie	7:00 PM
21.09.2018	Friday	Movie	7:00 PM
22.09.2018	Saturday	Tambola	7:30 PM
28.09.2018	Friday	Movie	7:00 PM
30.09.2018	Sunday	Sunday Bazaar	10:00AM

Tambola held on 25.08.2018



1st Prize Winner - Mrs.Kavita G Satwani
Wo.G.G.Satwani (M.No.S-007)



2nd Prize Winner - Mrs.Indubala Gupta
Wo.Mr.Ashok Kumar Gupta (M.No.A-78)



2nd Prize Co-winner - Mrs.B.Nalini
Wo.Mr.B.V.Nataraj (M.No.N-122)

SUPER GOLD TAMBOLA
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Obituary

We regret to announce the sad demise of our Senior Members. May their souls rest in peace.



MR.P.Rajesh
M.No.R337 expired on 08.08.2018



Mr.M.Lakshmiah
M.No.L-006 expired on 12.08.2018



Mr.K.Ram Mohan
M.No.K-101 expired on 17.08.2018



Mr.J.N.Chowdary
M.No.J-17 expired on 25.08.2018



Mr.I.S.N.Raju
M.No.S-195 expired on 30.08.2018



Managing Committee Presents
2018-2019

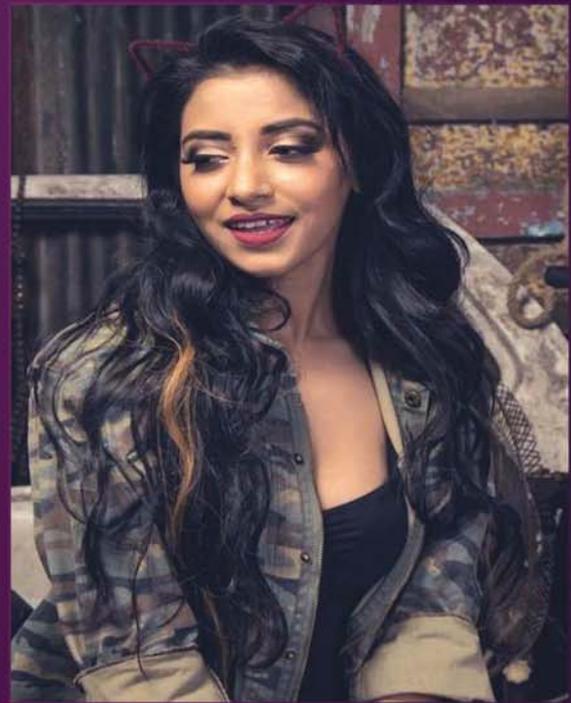


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Independence Eve Celebrations

Our country's 71st Independence day was ushered in at the club with the usual pomp and show, with Dr . Meenakshi Anantaram, at the helm, as the compere for the Independence day eve ,Freedom Ball.The dress code for the evening was ,Indian national costume and this infused a patriotic mood in one and all present. Yamini Ghantasala,the grand daughter of the yesteryear cine playback singer ,Ghantasala Venkateswara Rao, proved that she is a chip of the old block and enthralled the audience with her melodious voice. The in-house team, not to be left behind,came up with a fashion show - members and the children ,sashayed on the stage. The music handled by Sricharan Pakkala, a cine music director and Dj Gangu,brought the dance floor alive,with many foot tapping numbers. Prizes for the best dressed man and best dressed lady of the evening were awarded to Mr Narayana Rao and Ms Sheela Nelson respectively, while the prize for the first couple on the dance floor was bagged by Captain and Mrs Rani Patnaik. The special guest of the evening, Miss World America, 2017, Clarissa Bowers, expressed her happiness for having been invited to participate in the special occasion. And with the vote of thanks proposed by the Honorary Secretary of the club Dr S.P.Ravindra, the curtain came down on yet another memorable evening.

- Mrs. Shanti Chitra

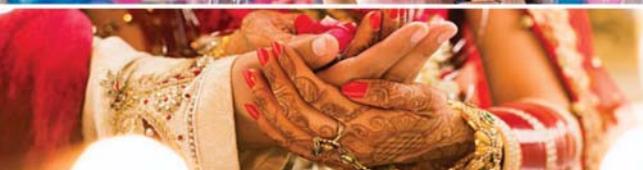




Independence Day Favour



The Waltair Club commemorated the 71st Independence Day with patriotic fervour. On August 15th, at 9am, the President of the club, Mr. Nagendra Prasad, hoisted the Indian tricolour and addressed the gathering that was well attended by the committee members and several other members of the club. The Honorary Secretary, Dr. S. P Ravindra also shared his views on this occasion. The flag hoisting ceremony was followed by a sumptuous breakfast.



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Meghna - 9346106110

Vani - 9959911211

Sapna - 9848193250

Micro Greens - The latest favourite of health freaks

These tiny greens have taken over the world by storm lately and become a staple garnish, thanks to their unique colour and flavour. However, microgreens have much more to offer than



simply adding colour to the plate. They contain more vitamins, minerals and anti oxidants than their full-sized counterparts. Moreover, growing microgreens is quick, easy and convenient.

Benefits of micro greens:

- ❖ **High in Nutrients:** Contain 4-40 times more nutrients by weight than their fully grown counterparts.
- ❖ **Contain Polyphenols:** Polyphenols are powerful anti oxidant elements that prevent the buildup of harmful free radicals. They are associated with a reduced risk of heart diseases, cancer and Alzheimer's disease.
- ❖ **Improve Heart Health:** Micro greens may help reduce heart disease risk factors, such as weight, bad LDL cholesterol and triglycerides.

- ❖ **Reduce Chronic Disease risk:** Micro green consumption is associated with lower risk of certain cancers, inflammation, heart disease, diabetes and obesity.
- ❖ **Easy and convenient:** Just need water, soil, seeds and a window with a little sunlight. Ready to harvest in 7-14 days.
- ❖ **Grown year-round:** Since micro greens can be grown indoors, they can be grown throughout the year

How to grow:

- ❖ Take any container like a plastic container, an old jewellery box or a biscuit tin. Punch small holes at the bottom and fill there quarters of it with pre moistened compost mix.
- ❖ Sow seeds of your choice like mustard, basil, coriander, sun flower, spinach, cabbage, carrot, chia etc.
- ❖ Cover with rest of the compost mix.
- ❖ Keep sprinkling water to maintain moisture in the compost mix.
- ❖ Wait for 7-14 days to reap the benefits of what you've sown
- ❖ Tip: If you want to speed up the entire process, soak the seeds in water overnight before sowing them in moist soil.
- ❖ Your micro greens are ready to be added to salads as garnishes, to main dishes and for a crunch in your soup.

Common Eye problems in children: Advice and management

Contributor: **Dr.I.Venkat Rao**, Consultant Ophthalmic Surgeon, Visakha Eye Hospital, Pedda waltair. Email: ivatury_vr@yahoo.com

Refractive errors:

These are very common and present with a variety of symptoms.

MYOPIA (Short Sight): children complain of difficulty in seeing far off objects, letters on black board and TV pictures appear hazy.

HYPEROPIA (Far Sight): Blurred vision and eye strain, headache are the usual symptoms

ASTIGMATISM: Children with this condition also complain of blurred vision. Other symptoms are headache, fatigue, redness and watering of the eyes, collectively called eye strain.

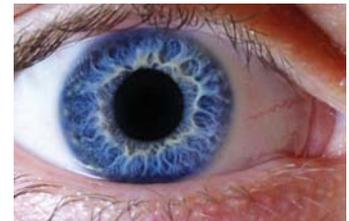
SQUINT: Some children' eyes look odd as they cannot look straight. It is important to recognize this and subject such children for a detailed eye examination and seek advice at the earliest.

A weak eye with poor vision is the reason for crossed eye or squint. The examining surgeon may recommend glasses; eye exercises and sometimes surgery might be required to straighten the eyes. Squint is a cosmetic blemish and early examination is a must. The aim of long term management is to restore useful vision in the squinting eye and cosmetic improvement in appearance. Compliance by the parent and child is essential for good results.

It is imperative that all the school going children must undergo an eye examination by a qualified eye surgeon as early as possible to recognize these defects. Good vision is an integral part of development of a child in all aspects which has an important psychological overlay.

COMPUTERS: In the modern age life is driven by high-tech gadgets like video games, cell phones and other home appliances. Very often children

indulge in excessive use of computers consequently loose valuable time and suffer fatigue and eye strain. While computers are a good source of knowledge, information and entertainment excessive usage must be avoided. Parents should encourage children to indulge in outdoor activities like games and sports, in addition to learning academic procedures. Computers should be located in a room that is not too brightly lit. The table and users' chair must be optimally adjusted.



FOOD HABITS AND NUTRITION: Parents must take interest and guide their children to cultivate clean and healthy eating habits from the very beginning as these last long and difficult to change. Junk food is tasty but has little nutritional value. Same thing applies to fast food and fried food. Dairy products like milk, eggs, cheese and butter (Not ice creams) are a good source of vitamins and proteins. Green leafy vegetables contain vitamin A and minerals. Starchy items like potatoes, burgers taste good but can lead to obesity in genetically prone individuals.

ADVISE: Parents should not relegate their responsibilities to teachers, doctors and other care takers. They must spend some time and interact with them as it provides confidence and a sense of togetherness which is essential for good family life and development of personality in children.

A proper eye examination is mandatory at preschool age and before going to college.

Dr I Venkat Rao

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