



# WALTHAIR TIMES

VOL.28 | ISSUE - 6

THE HOUSE JOURNAL OF WALTHAIR CLUB



VOL. 28 | ISSUE 6



## HR Farmer

The first President of  
Walthair Club

## Art Therapy

Exploring the world of  
Zentangle

## Christmas Joy

Celebrating the  
season of joy

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# From the President's Desk

Dear Waltair Club Members,

Warm greetings and best wishes for a Happy and Prosperous New Year, 2024. May the celebrations of Sankranti, Pongal, and Lohri fill your families with joy.

Our Managing Committee orchestrated the delightful Auraville New Year Show, which resonated well with all members.

In the extraordinary meeting held on 29th December 2023, the following measures were approved :

1. Renovation of twenty-three rooms in the old chambers.
2. Facelift of the Centenary Auditorium, emphasizing the replacement of air conditioning units, electrical works, and elevation, etc.

The Chambers renovation work is scheduled to commence on February 1, 2024. Simultaneously, the Centenary Auditorium renovation will start from April 25, 2024. Additionally, landscaping and beautification of driveways will be undertaken.

The Managing Committee is excited to announce the Annual Sports Day 2024 will be held in February. More details will be posted through the club's whatsapp broadcast.

I express gratitude for your wholehearted participation, serving as inspiration for the Committee to strive for excellence.

**K. Vamsi Kishore** (V-168)

98491 66669

## **PRESIDENT**

Mr. K. Vamsi Kishore (V-168)  
9849166669

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9246623943

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(M-194)  
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9570119999

### **SENIOR CITIZENS COMMITTEE CHAIRMAN**

Mr. R. Jagapathi Raju  
(J-032)  
9393103358



# Vice-President's Message

Dear Members,

I wish you all a Merry Christmas, Happy New Year and a Joyous Sankranti!

I am pleased to highlight the Health Camp initiative, "Project Smooth Walk," held on December 16th, 2023, with a focus on Bone and Joint Health. The evaluation encompassed conditions such as Arthritis, Osteoporosis, Knee joint pains, Spondylitis and Back Pain.

Events like these play a crucial role in enhancing the well-being of senior citizens and all club members. The consultations with doctors and nutritionists, empower members with valuable insights into their health. This knowledge enables them to make informed lifestyle choices, manage conditions effectively, and maintain an active and fulfilling life.

I extend my heartfelt appreciation to Mr. John Castellias for his exceptional contribution to Waltair Times. His article delving into the life and legacy of H. R. Farmer, the first President of Waltair Club, is a testament to his dedication and passion for preserving the rich history of our club.

Best regards,

**Dr. Murali Krishna Reddy (K-077)**  
92466 23943

## From the Editor's Desk

Dear Members,

In our December issue of Waltair Times, we have curated a collection of articles to enrich your festive season.

Delve into the transformative world of art therapy with Mrs. Jaya Narasimha Rao's insightful piece on Zentangle, exploring the profound connection between art and well-being.

Mr. Sanjeev Kocherla explores the cognitive benefits of playing bridge, highlighting its potential to stimulate the brain and possibly prevent degenerative diseases.

Make plans to hit the road with Mr. Rana Uppalapati's Travel Club article,

as we explore Cosmos, an exclusive, affiliate club in Washington D.C.

Experience the holiday spirit through the enchanting Christmas articles penned by past Waltair Times editor, Mrs. Sheila Jackson, and Mr. Kishore Pradhan. Their narratives capture the essence of the season, weaving together traditions, memories, and the joy of celebrations.

May this December issue bring warmth and inspiration as we step into a new year together.

As we bid farewell to 2023, the editorial board extends warm wishes for a Happy New Year to each of you.

**- Deepa Raju Kodali (D-098)**



### EDITORIAL BOARD

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Mrs. Sheila Jackson S-679

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# Hon. Secretary's Message

Dear Members,

Wishing you a joyful New Year!

December brought much merriment to the Club. The Ladies Committee, in their usual style, hosted a captivating Christmas Carnival featuring music by the Goan band, Savi & Rinaldo. The Nativity play and Christmas dances by our club children were delightful to watch, with the Santa surprise and Christmas-themed game stalls, including the popular hot chocolate counter, enjoyed by all age groups.

Our Sunday Special Menus and delicious Saturday Tiffins accompanied by live music on the Lawns have garnered appreciation from our members.

Events like "Beer and Biryani with Tambola" on the 3rd and a Bumper Tambola at Jubilee Deck on the 16th, along with the screening of movies "Maa Oori

Polimera" and "12th Fail" witnessed active participation.

Warm regards,

**B. Lakshman Patro** (L-025)  
98664 46747

## WALTAIR TIMES ADVERTISEMENT TARIFF

Location	Single Issue	3 Issues	6 Issues	12 Issues
	Rs.	Rs.	Rs.	Rs.
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**ANNOUNCEMENT**

**SENIOR CITIZEN CONVERSION**

This is to inform all the members that as per Article-V(b) Existing Regular Members of the age of above 65 years, who by the virtue of such Membership for more than 25 years, may opt to become Senior Citizen / Life Members on payment of additional Entrance Donation (other than that paid at the time of their admission) of Rs.5,000/- Plus GST 18% totaling to Rs.5,900/-, with this conversion monthly subscription charges will be exempted for such members. Eligible members are requested to submit following documents in the Club office to convert senior citizen membership: • Request letter • Date of Birth Proof • Cheque - Rs.5,900/-

**BUMPER TAMBOLA**



**BEER & BIRIYANI**

**CLUB CALENDAR**

05.01.2024	Friday	Movie	6:30 pm
07.01.2024	Sunday	Beer n Biryani with Tambola	12 noon
12.01.2024	Friday	Movie	6:30 pm
19.01.2024	Friday	Movie	6:30 pm
26.01.2024	Friday	Republic Day Flag Hoisting	9:00 am
27.01.2024	Saturday	Tambola	7:30 pm

**Obituary**

We regret to announce the sad demise of the following members.



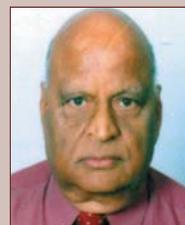
**MR.D.G.KRISHNAM RAJU**  
(M.NO.K-030)  
EXPIRED ON 13.12.2023



**MR.PRAJEETH SAKHAMURU**  
(M.NO.P-320)  
EXPIRED ON 15.12.2023



**MR.K.M.LAKSHMANA RAO**  
(M.NO.L-013) EXPIRED  
ON 20.12.2023



**MR.G.JAWAHARLAL NEHRU**  
(M.NO.J-055) EXPIRED  
ON 22.12.2023



**MRS.SOMA GEORGE PETER**  
(M.NO.P-009)  
EXPIRED ON 12.01.2024

# New Year Celebrations



# New Year Celebrations



# Muses on Christmas



As the winter chill sets in and the days grow shorter, there is a magical transformation that takes place around the world. Streets are adorned with twinkling lights, the scent of the evergreen fills the air, and a palpable sense of joy blankets communities far and wide. This enchanting phenomenon is none other than the arrival of the Christmas season—a time when cultures across the globe unite in the celebration of love, kindness, and the spirit of giving.

## **The Universal Language of Joy:**

Christmas, at its core, transcends borders and languages, uniting people from diverse backgrounds in a shared experience of joy. It serves as a universal language that speaks to the human spirit, fostering a sense of togetherness that knows no cultural boundaries. Whether it's the lively celebrations in bustling cities or the intimate gatherings in quaint villages, the essence of Christmas resonates with people from all walks of life.

## **Cultural Traditions:**

One of the most beautiful aspects of the Christmas season is the rich tapestry of cultural traditions that color the festivities. Each culture brings its unique flair to the celebration. In Sweden, the St. Lucia Day procession with candlelit crowns illuminates the darkness, while in Japan, Christmas is marked by the beauty of illuminated trees and the exchange of thoughtful gifts.

## **The Warmth of Community:**

At the heart of the Christmas celebration is the warmth of community. Families and friends come together, sharing laughter, stories, and delicious meals. Communities organize festive events, from tree lighting ceremonies to carol sing-alongs, creating spaces where everyone can bask in the glow of shared joy. The act of giving takes center stage, not only in the form of material presents but also through acts of kindness and compassion that define the season.

## **The Joy of Giving:**

Christmas is a season of giving, and the joy derived from selflessly sharing with others is unparalleled. Whether it's donating to a local charity, volunteering time at a community event, or simply spreading kindness to neighbors, the spirit of giving is a cornerstone of the Christmas experience. In this season, people are inspired to look beyond themselves and extend a helping hand to those in need, embodying the true meaning of the holiday.

## **Conclusion:**

As we immerse ourselves in the Christmas season, let us revel in the universal joy that binds us together. Embracing the cultural diversity that colors the celebrations, we find a shared humanity that transcends our differences. In the spirit of giving and community, let this Christmas be a reminder of the beauty that exists in our interconnectedness, making the world a brighter and more joyful place for all.

**Ms. Sheila Jackson (M.No.S-679)**

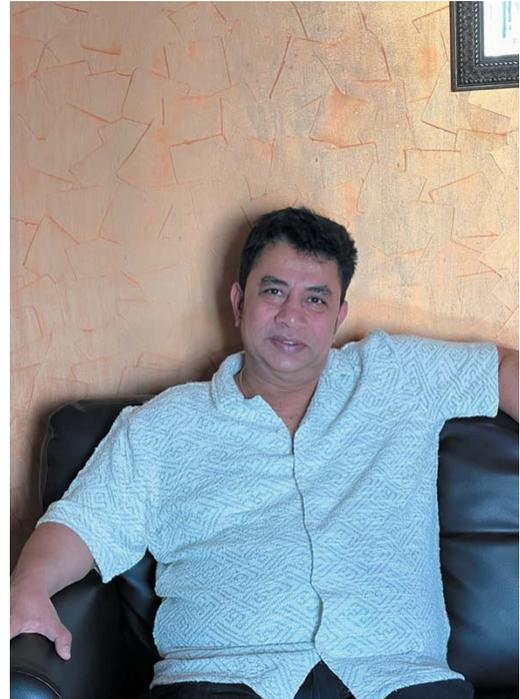
# WHAT IS CHRISTMAS TO YOU?

**Christmas to me is a festival of love.**

St. John 3:16-17 says, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him."

**The true meaning of Christmas is the celebration of this incredible act of love.**

The real Christmas story is the story of God's becoming a human being in the Person of Jesus Christ. Why did God do such a thing? Because He loves us! Why was Christmas necessary? Because we needed a Savior! Why does God love us so much? Because He is love itself (1 John 4:8). Why do we celebrate Christmas each year? Out of gratitude for what God did for us, we remember His birth by giving each other gifts, worshipping Him, and being especially conscious of the poor and less fortunate.



The true meaning of Christmas is love. God loved His own and provided a way-the only Way-for us to spend eternity with Him. He gave His only Son to take our punishment for our sins. He paid the price in full, and we are free from condemnation when we accept that free gift of love. "But God demonstrated His own love for us in this: while we were still sinners, Christ died for us" (Romans 5:8).

Let the Love of Christ transcend all our hindrances and celebrate the festival of Love, i.e., CHRISTMAS

**Kishore Pradhan (M. No. K-149)**

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## National Billiards and Snookers Championship



Our member, V Srijan Babu (S896), proudly represented the state of Andhra Pradesh in the National Billiards and Snookers Championship held in Chennai. Additionally, he participated in the Inter Club Championship, between Waltair Club, Steel Plant Club, Century Club, and Navy Club. Not only did he participate, but he also emerged victorious, triumphing in the tournament by showcasing exceptional skill and talent.

Winner - Srijan Babu (Waltair Club); Runner up -Teja Singu (Waltair Club)

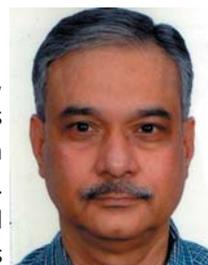
Semi finalists : Mr. Sanjeev Dhavan (Waltair Club) & Mr. Sreenivas ( Century Club)

Quarter finalists: Mr. PJ Adithya (Waltair Club), Mr. Vaidhyanadh (Waltair Club), Mr. Abhinav Jha (Waltair Club), Mr. Pathak( Steel Planet Club)

## Why play Bridge



At the recently concluded Asian Games in China, India participated in the Men's, Women's, and Mixed Bridge tournaments, winning a silver medal in the Men's tournament. Yes, Bridge! In case anyone is wondering, this card game is a recognised "sport" requiring mental skill, and yes, it is also played in our Club. Bridge is basically a trick-taking card game using a standard 52-card pack and played by four players in two competing partnerships, but the simplicity ends there. There is virtually no limit to the level one can reach in this sport. There



are more than 750 trillion possible hands!

Lakhs of people play Bridge round the world, whether at home, at clubs or online where one can partner with or play against other players from around the world 24 hours a day with tournaments that last just 30 minutes. While Bridge is more popular amongst seniors, there is no age when it cannot be played. At the recent HCL Nationals in Delhi there was a pair consisting of two brothers aged eight and eleven! Warren Buffet and Bill Gates are Bridge fanatics.

If you are interested in learning Bridge, come to the Bridge Room between 04:30pm and 7:00pm on most days where you will find players ready to help you learn the game and develop your skill.

Do note that while card games involving betting are not permitted in Andhra Pradesh, Bridge is a sport so there is no restriction! Once familiar with the game, there are many online applications where one can login and play for free from anywhere one has a smart phone and an internet connection.

Playing bridge is one of the few games that stimulates both the left and right sides of your brain and recent research has suggested that it may keep away degenerative diseases such as Alzheimer's. It is the best way to practice the "use it or lose it" advice for maintaining mental sharpness in older age. Bridge is also social where you interact with other players with a focus on teamwork and ethics. Bridge is great fun and Bridge is exciting! It offers the suspense of poker, the cerebral qualities of chess and the excitement of athletic sports, all in a sociable setting. It takes only basic knowledge to start playing Bridge but impossible to master and that is precisely why bridge is so popular, and why it's called "the game for a lifetime". Bridge can be exciting, challenging, frustrating and humbling, but it will never be boring. All you need is a pack of cards and three other people. To call Bridge just another card game is like calling Everest just another mountain! Wait no longer, start playing now.



By **Sanjeev Kocherla**.(S-111)

# The Search for HR Farmer

## - First President of Waltair Club

**CIVIL SERVICE OF INDIA.**  
The following are the names of the gentlemen selected in 1866, who have passed the "final examination," and for whom certificates of qualification have been issued by the Civil Service Commissioners:—

	Aggregate of Marks.
William Lamb, N W Provinces, &c	11,111
Robert Smeaton ditto	10,510
David Thomas Roberts, ditto	10,477
James Crawford, Bengal	10,120
James White, N W Provinces, &c	10,010
James Francis Bradbury, Bengal	9,985
James William Walker, Bombay	9,602
Charles Deslandes Church Winter, Bengal	9,462
Edward Rose, N W Provinces, &c	9,091
Edward Augustus Bradbury, Bengal	8,841
John Whitmore, ditto	8,521
Hubert Thomas Knox, Madras	8,223
Alfred Augustus Wason, Bengal	8,111
Thomas Benson, N W Provinces, &c	7,942
Wille Walter Loch, Bombay	7,807
Malcolm Beade, N W Provinces, &c	7,753
Edward Hoeking, Bombay	7,693
George John Laidman, N W Provinces, &c	7,650
Henry Richard Farmer, Madras	7,615
Lewis M'iver, ditto	7,425
Richard Dundas Alexander, N W Provinces, &c	7,402
James Acworth Davies, Madras	7,247
John Barlow, Bengal	7,210
Thomas John Chickale, ditto	7,129
Matthew Richard Ward, Madras	7,025
Henry Edward Winter, Bombay	6,927
Richard Stephen Whitway, N W Provinces, &c	6,921
Arthur William Crawley Dorey, Bombay	6,850
George Drutt, ditto	6,800
William Fiddian, Bengal	6,693
William Holman, N W Provinces, &c	6,508
Cecil Ansell Wilkins, Bengal	6,410
William Allen, Bombay	6,374
Robert Sewall, Madras	6,181
Alexander Macmillan, N W Provinces, &c	5,840
Stephen Hamman, Bombay	5,824
William Frederick Sinclair, ditto	5,784
Edward Charles Kayll, ditto	5,701
William Humphrey Page, Bengal	5,647

The following prizes were awarded at different 5-periodical examinations and at the "final examination":— Mr Lamb—Political Economy, 100; Sanskrit, 100; Mr Smeaton—Political Economy, 100; Hindi, 100; Hindustani, 100; Mr Roberts—English Law, 100; Indian Law, 100; Law, 100; Hindustani, 100; Persian, 100; History and Geography of India, 100; Mr White—Sanskrit, 100; Persian, 500; Mr J F Bradbury—Indian Law, 100; Hindi, 100; Hindustani, 100; Bengali, 100 and 500; Mr Walker—Gujarati, 100; Marathi, 100; Mr Rose—Jurisprudence, 100; Indian Law, 100; History and Geography of India, 100; Hindi, 100; Mr E A Bradbury—Bengali, 100; Mr Whitmore—Jurisprudence, 100; Political Economy, 500; Mr Knox—Tamil, 100; Telugu, 100; Mr Hoeking—Gujarati, 100 and 500; Marathi, 100 and 500; Mr Laidman—History and Geography of India, 100; Mr Farmer—Tamil, 500; Mr H E Winter—Marathi, 100; Mr Macgregor—Jurisprudence 100; English Law, 100; Mr Foreman—English Law, 100.

At the time of researching articles for the Waltair Club Coffee Table Book, the Editor Dr. Hema Yadavalli, decided to trace the history or background for a photograph of the first President of Waltair Club - HR Farmer, 1891.

The quest to find Henry Richard Farmer First President of Waltair Club starts with records that he was born on 29 Nov 1845; his father was a Church of Ireland clergyman who was Rector of Donaghmore, Queens County, Ireland. He was schooled at the prestigious Uppingham Grammar Boarding School in Rutland, England and the school magazine of 1863 records that HR Farmer would be attending Trinity College, Dublin.

He appeared for the Indian Civil Service (ICS) entrance exam in 1867 and was ranked in the middle of the group. The higher ranks and those who studied Urdu or Sanskrit were appointed to the North India Presidencies and Princely States. Mr Farmer had topped his class in Tamil and was appointed to the Madras Presidency.

On 4 December 1868, he arrives in Madras on P&O steamer Simila to start his appointment in the Indian Civil Service and is assigned Assistant to the Collector and Magistrate for Coimbatore, then 1871 Assistant District Judge in Chinglepet, in 1879 Tamil Translator to the Madras Government, 1883 Sub-Collector in Cuddapah, and then Trichinopoly, and as the District and Sessions Judge in Travencore in 1887. There were no photo albums or diaries of events in the many South India postings, where HR Farmer would have been present at the Governor's official visits to give us any images for our quest.

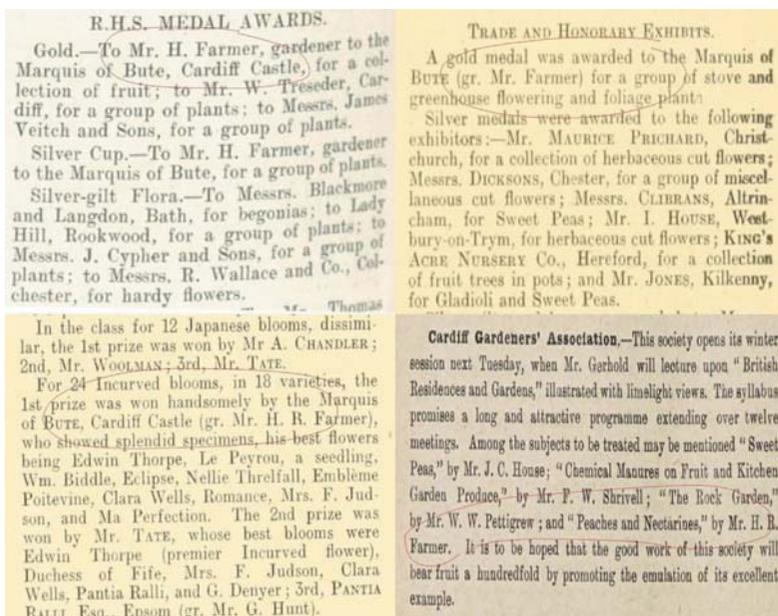
HR Farmer married Margaret MacDonald on 27 March 1879 in Birkenhead while he was on furlough in England, had children Edward James, Donald William and Margaret all born in Ooty. Family photo albums are generally a good source for pictures for our quest, so we tracked each of his

children and their families with no luck. His only daughter first married Lt Phillips of the Royal Welsh Fusiliers and she was widowed early after outbreak of World War 1. She applied herself to the welfare of servicemen with the YMCA on the battlefield in France and was awarded a Member of the British Empire (MBE). In 1919, she remarried in Cologne Germany to Col Vernon Munro Colquhoun, CMG, DSO. HR Farmer's sons migrated to Canada and there are no records of any grandchildren or family records.

Appointed to Collector and Magistrate in Vizagapatam in 1891, HR Farmer becomes Vizag's leading citizen and is duly appointed President of the fledgling Waltair Club. The Club is the centre of British social life in the garrison

### HENRY RICHARD FARMER.

Arrived 4th December 1868. Assistant to the Collector and Magistrate of Coimbatore, 15th December 1868. Assistant Collector, Bellary, from 3rd May 1870. In charge of Head Assistant's Office, Bellary, from 19th May to 18th June 1870. Assistant Collector and Magistrate of Chingleput, from 10th January 1871. Acting Head Assistant of North Arcot, from 10th May to 12th July 1872. In charge of Sub-Collector's Office, Chingleput, from 5th to 29th August 1872. Assistant but Acting Head Assistant, Kurnool, 10th April 1873. On furlough to Europe, from 18th June 1877 to 27th June 1878. Assistant Collector and Magistrate, and Acting Sub-Collector and Joint Magistrate, North Arcot, from 7th July 1879. Acting Sub-Collector and Joint Magistrate, Chingleput, from 4th August 1879. Assistant Collector and Magistrate, Chingleput—31st October 1879.— 9 years, 16 days.



town where the East Coast Battalion officers joined with their European friends at the newly created East Coast State Railway Company to enjoy their hours of leisure. There are no photographic records except records of HR Farmer's legal work and a paper he wrote in the Saturday Review 1894 'Report on the System of Trial by Jury' about communal dynamics dividing jury decisions regardless of the evidence and other judicial decisions.

HR Farmer retired on 22 June 1896 and settled in Gateacre Park, Bridgnorth, Shropshire, UK where he became a very proficient horticulturalist and active in the Shropshire Horticultural Society. Mr Farmer was a regular speaker to other horticulturalists on subjects ranging from chrysanthemums to 'Preserving Fresh Fruit & Vegetables by Bottling'. HR Farmer

is quoted in many magazines of the day namely The Garden, The Gardeners' Chronicle & New Horticulturalist, The Gardeners Magazine and the Horticultural Trade Journal. As most of these magazines are digitised, a systematic search for an image of HR Farmer followed. The archivists of the Shropshire, and the Royal Horticultural Society were engaged, without success, to get some background.

HR Farmers reputation grew in Shropshire, he became a Fellow of the Royal Horticultural Society (FRHS) and there are reports of Horticultural Society meetings he presided on, and competitions he judged and those at which his blooms won prizes.

He was given the honorary title of Head Gardner to the Marquis of Bute who owned Cardiff Castle and had the gardens redesigned into a tourist showpiece that it remains today.

Then followed a useful lead in our quest. In 1910, HR Farmer was Chairman of the Cardiff & County Horticultural Society, and a Garden Show was held in the grounds of Cardiff Castle. The archives of the Museum of Wales were consulted. In Cardiff, he held a prestigious position, in a prestigious organisation, for a prestigious event, with prestigious guests. Surely there were records of this to aid our quest for the elusive HR Farmer. And patience in fishing pays off as we land our big catch!

His obituary records that 'the death occurred on June 22, 1919, at Cliaford, Devon, of Henry Richard Farmer, Indian Civil Service (retired), of Gateacre Park, Bridgnorth, in his seventy-fourth year'. His name proudly leads the Honour Board of distinguished citizens of Waltair who have had the privilege to be President of the Waltair Club. Lest we Forget!

Written by John Castellanos whose family belonged to Vizag for 5 generations. Educated at St Aloysius, migrated to Melbourne, Australia in 1966, former General Manager Engineering at Boeing & Qantas Airways, in retirement Lecturer in Aviation Management at Swinburne University and is a Vizag aficionado. John authors heritage articles for the Waltair Times and has contributed to Coffee Table Books for the club and Andhra Medical College.



HR Farmer (right) with the Marquis of Bute - 1909.



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# ART THERAPY

Art has always been an important part of my life. A hobby turned passion. As time went by the urge to learn more set in and that's when I began to explore other channels to find what appealed to me.

Thanks to the Pandemic situation where the online courses opened a whole new world to me.

I first completed a course which made me a Certified Zentangle Teacher (CZT). Zentangle is an meditative form of Art created by Rick Roberts and Maria Thomas from The USA.

The repetitive simple strokes to create lines, curves, circles etc and in turn bringing it together making a piece of art on a paper tile is what Zentangle is.

Taking me further is when I came upon an Art Therapy course offered by Darwin Psychology Centre led by Dr. Anupama Bajaj. It was an intensive six months diploma which helped us understand various aspects of the human mind and emotions and how Art can be used as a therapeutic tool to understand it.



## What is Art Therapy?

Treatment for Anxiety and Depression in Adults art has been a part of our culture since the very beginning of time and has been used for many different purposes. The creation and viewing of art has the ability to transport us to another time or place, to calm us, to help us express our emotions and define our sense of self. It is only natural then to wonder how we can use these emotions towards art to learn more about a person and their situation as well as how to use art to help someone cope with any harmful emotions or difficulties they may be dealing with. The field of art therapy aims to do just this. Art therapy employs the use of many different mediums and techniques such as painting, modeling, and drawing as a unique way to diagnose a mental condition. It also uses these mediums as a method to help alleviate and manage harmful symptoms by helping patients to de-stress and express their emotions in a healthy manner, especially if they are unable (or unwilling) to verbalize their thoughts and feelings. For adults with anxiety and/or depression, art therapy has shown to be a wonderful coping mechanism, helping them to relax and develop a healthier self.

I need to say here that one doesn't need to be an artist to use this form of therapy. It's merely a tool in medium to reach out and understand the individual.

My experience with my tutor and the interactions with my other batchmates has been more learning than reading the journals and PowerPoint lessons given to us.

Learning is a never ending process and one never knows when the knowledge gained would come into use.

Lots to learn and experience.

To quote Robert Frost,

" I have promises to keep and miles to go before I sleep."

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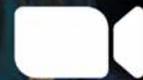
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