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VALTAIR TIMES

Happy New Year

House Journal of The Waltair Club, Visakhapatnam

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From The President's Desk

Dear Members,

Warm Wishes!

We Vizagites really look forward to winters as the weather becomes pleasant and enjoyable. Our Club members also look forward to winter because there are a lot of interesting events happening during the season. In November, members witnessed a month full of enthralling events organized by the Committees. Library Committee conducted back to back interactive sessions for the benefit of members. The first session was by Anjali Dange on smart nutrition for diabetics. The second session was also an equally important session in which Dr.P.V.Satyanarayana enlightened the audience about how to balance fat and sugar intake to lead a healthy life.

On the eve of International Men's Day, the Club organized an extravagant event in which our club members turned

into models and walked the ramp with style and poise. Ravi Godey bagged the 'Mr.Waltair Club' title. The award ceremony of Waltair Club Golf Cup was organized by the club in a grand manner. All India Open Bridge Tournament was also hosted by the Club. Children's Day eve was celebrated by Ladies Committee. Ladies went all out to ensure a happy evening filled with laughter and fun for the young ones. In the same event a painting competition was held for children on environment theme. The event witnessed a very enthusiastic participation from the children.

On December 7, Ladies Committee is planning to organize a Ladies Coffee Morning with baking theme that includes some competitions, fun-filled games and demos by experts. The Entertainment Committee is all set to organize a picnic at Sunray Village on December 11 which will be undoubtedly a fun filled family day out. The highlights of the picnic are games, car rally, water sports, lip-snacking food and many more. The club is also planning to organize a health checkup for its members by Vijaya Medical Centre on December 17& 18. Children always look forward to Christmas Party because they know that they will be pampered thoroughly with gifts, yummy food and lots of entertainment. So to keep up to their expectations Ladies Committee is getting ready to celebrate

Christmas party for the children with a theme of 'White Christmas'. Entertainment Committee is working in full swing to make the top-notch event of the year, the new year eve party the most memorable one. Members can look for a scintillating experience with star studded performances, choicest spirits and many more.

The recent demonetization has seen mixed reactions as people remained skeptical on the consequences that would follow. Though this is a bold initiative by the government to crackdown corruption, people's patience is being tested as new notifications are released every other day. Though the move is appreciated in general, but the manner in which it is carried out by causing hardships to common people is criticized. Eventually let us hope that everything will fall into right place and everyone would have a happy new year. In this context I would like to inform the members that the Club is gearing up to install ePOS machines for facilitating cash less transactions and request members to utilize online payment facility by NEFT/RTGS. Check your bills,pay online and inform UTR number.

Wishing all the members in advance a very happy and successful new year !

With Warm Regards, **A. Satyanarayana**

Managing Com	mittee for the	e year 2016-2017	Committee Members		
President	Mr.A.Satyanaraya	na 9866445565	Catering	Mr.D.Krishna Prasad	9676212333
Vice-President	Mr.N.K.Hirawat	9849121000	Entertainment	Mr.S.V.H.Rajendra	9848192607
Hony.Secretary	Mr.K.Vamsi Kisho	re 9849166669	Library, Chambers & Auditorium	Dr.G.Seshagiri Rao	9949414114
Hony.Treasurer	Mr.B.Lakshman Pa	atro 9866446747	Bar	Mr.D.Srinivas	9849114535
Editorial Boa	rd		Sports	Mr.S.Murali Krishna	9848323888
Chairman Mr. Nirmal Hirawat	Member Mr. A M		General Services	Mr.K.Sri Krishna	9160121414
	t Mr. A Vijay K Dr. Padma N	••	Ladies Committee Chairperson	Mrs.Meghna S Oza	9346106110
Dr. Hema Yadaval	li Mr. Sha	ashank Dutt Kancharla	Ladies Committee Co-Chairperson	Dr.Hema Yadavalli	9949485555

Announcements

- 1. Pub will be closed on Sunday afternoons during winter season and bar services will be available at Lawns w.e.f. 20th November, 2016 till further notice.
- Club picnic will be organized on 11th December, 2016 from 10 am to 5 pm at Sunray Resort.
- 3. Executive Health Check-up will be conducted by M/s.Vijaya Medical Centre on December 17 and 18, 2016 at Centenary Auditorium.
- 4. "STORY TELLING" sessions are conducted at "CHILDREN PLACE" in Library at 5:00 PM on every Saturday for children aged 5-7 years. Also introducing Story Telling by children from this month. Parents are requested to encourage the kids for the same. 3-4 years children should be accompanied by their parents. Interested parents can drop their children at Library, if possible, with their favourite books. Contact Librarian for details.
- This is to inform all the Members that in view of difficulties in cash payments, we are providing Club Bank details so as to facilitate payment of your bills through NEFT/RTGS as below.

	paymont or you					
	Beneficiary	:	Waltair Club			
	Bank Name	:	State Bank of India			
	Branch	:	Dutt Island, Siripuram,			
	City	:	Visakhapatnam-530 003.			
	Account No.	:	34918462054			
	IFS Code No.	:	SBIN0006846			
	PAN No.	:	AAACW1956C			
	Beneficiary	:	Waltair Club			
	Bank Name	:	State Bank of Bikaner & Jaipur,			
	Branch	:	Kannayyapeta Branch, Ramnagar			
	City	:	Visakhapatnam.			
	Account No.	:	61024475859			
	IFS Code No.	:	SBBJ0010716			
	PAN No.	:	AAACW1956C			
	Beneficiary	:	Waltair Club			
	Bank Name	:	Bank of Baroda			
	Branch	:	Asilmetta Branch			
	City	:	Visakhapatnam.			
	Account No.	:	12700200000590			
	IFS Code No.	:	BARBOASILME			
	PAN No.	:	AAACW1956C			
ea	equest the members to communicate the UTB No. Name of the B					

Request the members to communicate the UTR No. Name of the Bank & Membership No. through mail at info@waltairclub.com, after payment is made or otherwise it will be difficult to trace (Track the details of the member who has made the payment).

Member Honour

Dr Palli Madhuri (M-208), daughter of MajPRRao Rtd (R 208) has come 2nd in the FULL Marathon 21.1Kms PINKATHON & Half Marathon.



Executive Health Checkup in Waltair Club



Executive Health Checkup - Rs.2500/-

(Waltair Club Members and their family members)

Fasting Blood Sugar	Lipid Profile
Urea	Creatinine
Live function Test	Uric Acid
Serum Calcium	Complete Blood Counts
Complete Urine Analysis	ECG
Post Prandial blood	Xray chest PA view
Ultrasound total Abdomen	Echocardiogram

Programmes for December, 2016

02.12.2016	Friday	Movie	6.30 PM
04.12.2016	Sunday	Beer n Biryani with Tambola	12 noon
07.12.2016	Wednesday	Ladies Coffee Morning	10.00 AM
11.12.2016	Sunday	Club Picnic with Tambola	10.00 AM
16.12.2016	Friday	Movie	6.30 PM
17.12.2016	Saturday	Medical Camp	6.00 AM
18.12.2016	Sunday	Medical Camp	6.00 AM
23.12.2016	Friday	Movie	6.30 PM
24.12.2016	Saturday	Christmas Eve	3.30 PM
31.12.2016	Saturday	New Year Eve	8.00 PM

Obituary

We regret to announce the sad demise of our Regular member Mr. D.S.Raju (R-009) on 24th November, 2016. May his soul rest in peace. CELEBRATE THIS FEST WITH



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A Red Carpet welcome..



New Year Eve Extravaganza

8 PM ONWARDS, 31ST DECEMBER WALTAIR CLUB, VISAKHAPATNAM

Choicest Spirits | Yummy Food | Psychedelic Lighting | Pulse Pounding Music Surprise Gifts | Non Stop LIVE Action



Member Charges (Inclusive of dinner) Single – ₹ 1,250/- | Couple - ₹ 2,500/- | Child below 12 Yrs ₹ 700/-

Guest Charges (Inclusive of dinner) Single – ₹ 2,000/- | Couple - ₹ 4,000/- | Child below 12 Yrs ₹ 1,000/-

Dress Code - Lounge Suit/Mandarin Collar Suit

A star studded evening!





Registration: At Club reception from 15th Dec, 2016 onwards

Sale of Tickets closes by 29 Dec' 16.

In case of any excess tickets remaining after 29 Dec' 16, the same would be sold at an additional cost of ₹ 300/- for Members (all categories) and ₹ 500/- for Guests (all categories)



An interactive session on "Smart Nutrition for Diabetics" held on 20-11-2016



The interaction session on "Smart Nutrition for Diabetes-Prevention & Management in the family" by Anjali Dange, Nutritionist and Dietitian, is well received by the members of the Club. She explained about Diabetes and what types of foods that should be cooked at home for the management of the disease. She explained various recipes in which certain ingredients can be replaced for



leading a better life. There were many questions asked by our members and the interaction was great.

An interactive session on "Who is the enemy? Fat or sugar" held on 27-11-2016



Another innovative lecture "Who is the enemy? Fat or sugar" By Dr.P.V.Satyanarayana, wellknown cardio-thoracic surgeon, Care hospital was very well attended by large number of members. His lecture was started with the food habits from ancient times till today. He explained the role of various biochemical ingredients such as Carbohydrates, proteins and fat in our diet both in normal life and in diabetes, obesity etc. From his own experience he detailed the way in which one could be free from diabetes and obesity by altering the intake of food -lessening the carbohydrate and increasing protein and fat rich foods. But all these precautions should be taken under the supervision of the doctor. The members interacted with him





and clarified their doubts and the session was very useful and informative.

Waltair Club Golf Tournament 2016 Award Ceremony held on 20-11-2016



Bridge Championship 2016 held from 26-29 November 2016



Winner of Tambola held on 19-11-2016



MRS. ARUNA LANKA (M.No.A-278)



Men's Nite on 18-11-2016



On the eve of International Men's Day, the club organised an extravagant event in which club members witnessed entertaining programmes. Members enjoyed scintillating performances by professional dancers and ramp walk by beautiful models. Meanwhile our club members also turned into models and walked the ramp with style and poise. Mr. Ravi Godey bagged the "Mr. Waltair Club" Title. Altogether it was a fun event.



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Children's Day Celebrations and Painting Competition



Children's Day celebrates Children for who they are and also keeps us in touch with the child in every one of us.

The Waltair Club Ladies' Committee had a special program for children on Sunday, 13th November, the eve of Children's Day this year, with many fun filled activities and prizes. The event saw the enthusiastic participation of over 160 children between the ages of 2-12 years. The ladies went all out to ensure a happy evening, filled with laughter and fun for the young ones. Various games and competitions were organised for the kids like one minute games, painting competition, four corner musical chairs, Treasure hunt and Tambola.

In the painting competition, in 3 to 6 yrs age group Srikari(S-1066) won the first prize and Mahita (L-47) won the second prize. In 7 to 12 yrs age group Prakya(L-43) won the first prize and Akshara(R-304) won the second prize. In the 3-6 years age group, consolation prizes are won by Rishad(S-722), Lokesh(R-532), Nikitha Reddy(R-594) & Anksha(R-399). In the age group of 7-12 years, consolation prizes are won by Riya Bansali(J-010), Sai Deepesh(H-156), Sree Maansi(Y-12) and Pranavi(P-64). The prizes for the painting competition were sponsored by the Library committee. Sudeeksha's team won I prize In Treasure hunt. Manya killa - (N-86) won the full house In Ist Tambola and Shaylu won the full house in II Tambola. The club served a variety of lip-smacking snacks to the children, and overall it was a thoroughly enjoyable evening for both the children and the adults present.







WAILTAIR CLUB SUNRAY FAMILY DAY OUT Come Join Us For Fun & Celebrations CLUB PICNIC Sunday 11 December 2016 ,10 am to 5 pm At Sunray Resorts, Bhogapuram



LADIES COMMITTEE PRESENTS WHITE CHRISTMAS PARTY December 24th 3.30pm onwards at Tubilee Deck



Dress as your favourite fairy tale character (Fancy dress competition)

Make and present your own snowman (Group Game) Material will be provided

Instant photo with Santa

Many more exciting Games & Prizes

For more details contact: Aníla-8886977991, Nítya-9000772299

Parents are requested to send their children's gifts to the Club office by December 23, 2016



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