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WALT AIR TIMES

Vol. 26 | Issue 2 | January & February 2022



Happy New Year & Happy Sankranti

House Journal of The Waltair Club, Visakhapatnam



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From the President's Desk



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Dear members,

I greet with great pride and joy all the members of the Club 'a very happy Sankranthi' and also thank each and every member for participating in all the programmes which were held in December and mid January, 2022. The success of our programmes is due to collaborative work of our Executive and Committee members who constantly get the job done, support one and other, help each of us stretch our boundaries to try new things and make the job fun.

Let us continue to work together to improve the Club now and for the future.

I also thank our esteemed members for their support by attending and participating in large numbers in Tambola, Beer n Biryani, Movies, New Year's Eve and Bhogi Sambaralu and also enjoying the arrangements thoroughly.

The pandemic seems to be on the rise, so we request all the members to follow MHA guidelines wear a mask and keep sanitizing your hands at regular intervals.

BE SAFE

Dr.S.V.H.RAJENDRA

From the Editor's Desk



Wishing you all and your families a very happy New Year, 2022!!

May this year keep us in good health and brings us luck & cheer.

It is indeed a pleasure once again to pen down a few lines as Editor of the In - house Journal of our club.

A few apprehensions and many questions later, it is an interesting and a learning experience to bring forth a stimulating read. Of course, with such an excellent team, the enthusiasm permeates.

The beginning has been very remarkable and encouraging. I express my gratitude to the entire Team, once again.

- The Zen tangle art on the cover page, depicting the traditions of Sankranti, has been done by Mrs. Jaya Narasimha Rao, which is an art form anyone can embrace. A few words from her are also included.
- Mrs. Dolly Dhillon, and her artistic journey detailed in the magazine is a story of determined effort. The journey which led to her success is a motivating read.
- Little entrepreneurs (Pranav & Anaya) and a bestseller Poet (Dr. Meenakshi Anantram) are members of our club. Their achievements are so unique and make us all so proud.
- Our World Champion in Chess, Ms Alana Meenakshi was felicitated on Republic Day and she expresses her thoughts as well.
- Untold anecdotes of the club, especially about the staff who serve us, tales that warm the heart are going to hold your interest. Let's read the original version as narrated by Past President Mr. AVRK Kumar.
- Health watch, pertinent to the times, are guidelines given to us by Dr. A.V. Siva Prasad, which I'm sure we all need to adhere to.
- We celebrate and enjoy so many festivals throughout the year, which makes us so culturally rich and varied. A glimpse of the significance of Sankranti is featured in this issue.
- To intrigue you and keep you deliberating, with a story that continues, we have a serial story by Mrs Sandhya Godey. I am sure, most readers will await the subsequent editions to know how the story unfolds.

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This and a lot more, is a quick overview of this issue, apart from the regular updates on the events that have been conducted or events that are planned in the next month.

My team and I sincerely hope that the Magazine evinces interest, and we look forward to contribution from members.

Email:parveenhosain14@gmail.com

A few mistakes in the earlier magazine may be pardoned as teething troubles!!

Let's be Safe, Healthy, and Positive!!!

Parveen Z Hosain

M.No.P-156

Hon. Secretary's Message

Dear Members,

I To begin with, I would like to wish you all a Very Happy New Year, and bidfarewell to the formidable year of 2021, along with the hurdles and hardships we faced there. Though, it has been a rough ride for the past couple of years, I believe we overcame the challenges with our strong resilience. And on that note, I wish you all welcome the new year 2022in good faith and pray that it would be a prosperous&a cheerful one too.

I wouldalso like to wish you all a very Happy Pongal and inform you that, the Campfire organised on the day of Bhogi is a huge success, welcomed by all the members.

Overall, the New Year and Sankranti Celebrations were an overwhelming achievement suggesting optimism and jubilation in the new year.

I am also delighted to share that the Republic Day Celebrations of Jan 26thwere conducted in a grand& patriotic manner and tributes to the nation were paid by unfurling the flag.

I also am excited to announce that some attractive programs are being lined up in this new year, for members' amusement and delight.

Furthermore, we are also planning to arrange for the screening of latest movies for the movie nights, organizing of Tambola programs and conducting other regular events.

Another notable development is that a boom barrier gate has beeninstalled at the main entrance gate for added security and privacy of the members.

Amidst all the positive news, the only disheartening announcement to share is that the Annual Sports Meet scheduled to happen during January & February is postponed due to Omicron threat. Further developments and information about its rescheduling will be informed soon. We are also planning a Senior Citizens Meet on Feb20th along with lunch for the gathering.

Wishing not to dampen our spirits & hopes by the looming COVID threat in the form of new variant; Omicron, we are taking all the measures to conduct the events in a safe manner, and request everyone to cooperate by following the guidelines, being cautious & safe.

Therefore, for a successful execution of the current agendas and future objectives, I seek your valuable support, suggestions, and advice.

I once again wish you a Happy New Year, Very Happy Pongal and Happy Republic Day...!!

Best Regards,

V.K.Visweswara Rao
(VISU Valluri) ; V-101



Disciplinary Committee:

The following members are appointed as Disciplinary Committee for the year 2021-2022.

1. Mr.G.Madhu Kumar (M-087) - Chairman
2. Mr.A.Ravi Kumar (R-131) - Member
3. Mr.K.G.Bhushana Rao (B-47) - Member
4. Mr.A.Satyanarayana (S-200) - Member
5. Mr.I.B.Kumar (K-137) - Member

Member Honour

At the 66th National Convention of the Junior Chamber International, JCI PPP Rajita Poosarla got elected as National Vice President for the year 2022. She is the first lady from both the Telugu States. She is the wife of Mr.P.J.V.Ratan (M.No.R-304).



"Senior citizens committee" for the entertainment and activities of our senior members.



Wishing all the Senior Citizens of Waltair Club a very Happy New Year and a prosperous Sankranthi (2022).

D.Rajagopala Reddy,
Chairman,
Senior Citizen Committee



Sports Committee organized a Lightning Snooker Tournament on 25.12.21 and over 30 contestants participated. The Winner is Kalyan Chakravarthy.M (K262), Runner is P.Vinay Varma (V 191) and Semi Finalists V.Janaki Ramaraju (J101) and Chandrakant Nangelia (C73)

Programmes for December, 2021

04.02.2022	Friday	Movie	6.30 PM
06.02.2022	Sunday	Beer n Biriyani	12 Noon
11.02.2022	Friday	Movie	6.30 PM
18.02.2022	Friday	Movie	6.30 PM
19.02.2022	Saturday	Tambola	7.30 PM
25.02.2022	Friday	Movie	6.30 PM
27.02.2022	Sunday	Senior Citizens Meet	12 Noon



OBITUARY

We regret to announce the sad demise of the following member

MRS.V.ANUPAMA SHANKAR

(M.NO.A-144)

EXPIRED ON 19.12.2021

Sankranti - A glorious tradition of festivity - A time for a fresh start

Sankranti, the harvest festival, as you all know is one of the biggest celebrated festivals of India. Come January, Sankranti announces the arrival of spring marking the end of winter. This is a very auspicious period when people pray to the Sun God, giver of light, positivity and strength.

Makara Sankranti festival is celebrated in many Indian states and is called by different names across the country. It is known as Makara Sankranti in Andhra Pradesh, Thai Pongal in Tamil Nadu, Uttarayan in Gujarat, Khichari in Uttar Pradesh, Magha Saaji in Himachal Pradesh, Poush Parbon in West Bengal to name a few.

Legend has it that....

A demon called Sankarasur used to torture and kill people on Earth without rhyme or reason. Goddess Sankranti, on hearing this, came down to earth and killed the demon. The festival Sankranti is named after the Goddess and is celebrated for the victory of good and downfall of evil.

Beliefs & Mythology

A sacred mythological story associated with Makara Sankranti is that Lord Surya or Sun God enters Capricorn whose Lord is Shani Dev. Setting aside his displeasure the father who is the Sun God goes to meet the son, Lord Shani. This festival denotes the mutual bonding between father and son.

There are many beliefs that surround this auspicious festival. One is that anyone who passes away during Makara Sankranti will never be reborn. This was mentioned in religious texts like Mahabharata where Bhishma Pitamah, though wounded from war, had waited for the Sun to be in Uttarayan to embrace death.

It is also a common belief that all the gods and goddesses change their forms and visit Prayag, that is the confluence of Ganga, Yamuna and Saraswati to take a bath. Therefore, a sacred dip in Prayag is unquestionably the most holy one to purify oneself and acquire 'punya'.

It is said that according to Shiva Purana, Lord Shiva gave enlightenment to Lord Vishnu. It is also believed that on this day, Lord Rudra was pleased with the tenacity of Bhagiratha and Goddess Ganga followed Bhagiratha down to the earth to Kapila Muni's ashram. So, on this day many take a bath in the Ganges to be freed from their sins.

There is also another belief that on this day Lord Vishnu vanquished and beheaded the demons and buried them under Mandara Parvat signifying the triumph of justice. Another story is that Yashoda Ma fasted on this day to get Lord Vishnu as

her son and the Lord fulfilled her wish by taking the Sri Krishna Avatar.

As per the scriptures, it is said that any kind of charity done on this day is received back later multiplied manifold. So, making donations of food and clothing has a special significance on this day where it is believed that one will attain liberation after enjoying all the worldly pleasures.

Did you know these unique customs ?

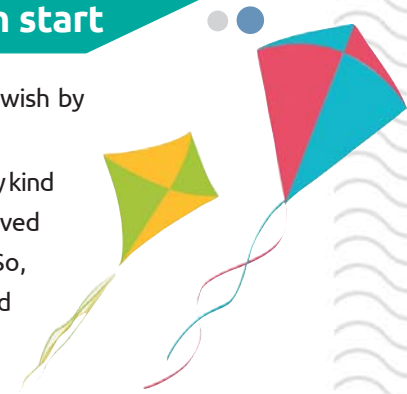
- In Rajasthan, for Sankranti, the women offer gifts that can be clothes, make-up or household items to 13 other married women.
- In Maharashtra, married women invite friends/family and celebrate Haldi-Kumkum. Women make it a point to wear black clothes, as black adds to the body warmth.
- In Assam, this festival is called Magh Bihu where young people erect makeshift huts with bamboo leaves and thatch under which they eat the food prepared for the feast and then burn them down the next morning.
- In Uttarakhand's Kumaon region, the day of Uttarayani is called Ghughuti or Kale Kauva. Children wear necklaces made of sweetmeats in the shapes of drums, knives and swords with an orange in the centre. They sing 'Kale Kauva' to attract the migratory birds and give them portions of the necklace as a token of welcome.
- In some parts of Karnataka, a newly married woman is required to give away bananas for five years to married women from the first year of her marriage and increase the number of bananas in multiples of five. Some households give away red berries with the above.

On a spiritual note

On the day of Makara Sankranti, from sunrise to sunset, the environment is said to be full of chaitanya or divine consciousness. So, a seeker doing sadhana or spiritual practice can derive the maximum benefit of the increased chaitanya and thus, this day is supposed to be very conducive for sadhana.

In Sadhguru's words, "Makara Sankranti is a festival to recognize the movement, movement being celebration, movement being life, movement being the process of life and the beginning and end of life. It is the time to remind yourself that celebrating movement is possible only when there is a state of stillness within you."

*Note that the article has been compiled from external sources of information.



Creative Corner

A Journey with Art

- Dawinder Kaur Dhillon (D-50)

Art has always been my passion since my childhood. I received my first certificate in drawing when I was in 3rd standard. It was in 1991 when I got married and settled in Vizag. Staying in a joint family and having greater responsibilities, I was always supported and encouraged by my family. My journey in art accelerated with Ms. Jumana Topiwala and I got to participate in a number of group shows held annually at hotel Grandbay. My quest to learn more never ended. I joined Fine Arts in Andhra University in the year 2011 and graduated in painting and then completed my masters in print making. I endeavoured to learn and experiment in all the visual art streams, be it painting, sculpting, metal casting, wood craft and print making. My works exude a sense of joy de vivre and great exuberance, expressing my happiness of a fully lived life.

The scenic coastline overlooking the Bay of Bengal with the hills gently sloping inspire me. Women and nature are the primary subjects portrayed in my works as they both fascinate me with their sensitivity and power to nurture. Nature in all its colour, forms and landscapes, is beautiful and complete in herself. She has a unique regenerative ability to come back to its beautiful self in every season. In every form, there exudes a joy of existence that spreads to other living beings as an inspiration to value their existence and seek fulfilment. Women, just like nature, is attributed with outer and inner beauty that is the core of humanity and its values.



I am privileged in exhibiting my works in important public places in the city and also having my works adorn the walls of many art lover's homes in the country as well as abroad. Recently my work was selected as a finalist in the International art competition held by Art Revolution Taipei 2021. In the year 2020, I secured a second position in Black and White national painting competition held by Fine Arts University of Rajasthan. At present, my work got selected for a national exhibition to be held in Jan 2022 at the State Gallery

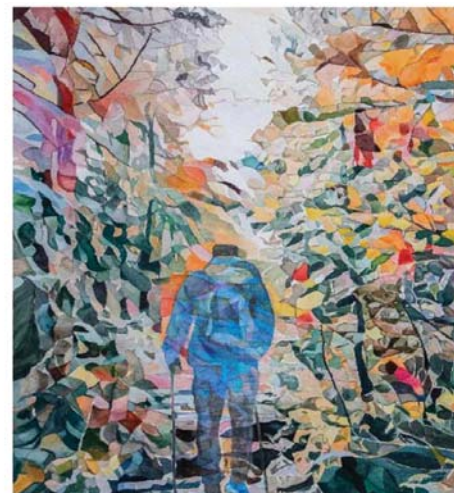
Hyderabad. I had my solo show in 2019 at Hawa Mahal, Visakhapatnam.

Now I am working on a series of watercolours relating to trees in a mosaic style

"Stay grounded like a tree, keep growing and know when to let go"

Inspired by the lessons, trees teach us and the need for which was deeply felt during the recent pandemic, I wanted to express my gratitude through my paintings.

These are done on acid-free handmade paper using water colours. Each of these paintings in this series is a life lesson for anyone who takes the time to study. These intricately and painstakingly defined patches of paint are artistic renditions of photographs of real locations. I have used lucid and translucent colours in these paintings with prismatic planes to depict the joys of nature in a mosaic style.



She woke up with a start. As she looked around her, nothing seemed familiar. With some effort she was able to lift her head a little and look around. An IV line was running into her right arm. A probe was clipped onto a finger. She could see a few red, green and yellow leads disappear somewhere under the sheets covering her. A monitor she could not see but could hear, was beeping to some rhythm she didn't understand. By now, she understood that she was in a hospital room. Or, in some room under medical supervision, care and observation. Her cheek stung when she tried to move her head to check out the situation on the other side of the room. As she lifted her left hand, she felt a shooting pain and aborted the effort. Testing herself further, she tried moving her legs but felt that at least one foot was tied to the bed. Exhausted by the effort, she decided to rest for a while. She was also feeling thirsty but the thought of doing anything at all towards quenching the thirst seemed to need energy she did not have right then.

Exhausted by the effort, she have dozed off again, because after a while she opened her eyes to someone gently tapping her shoulder. A nurse was asking her something she could not understand. Her foggy brain finally understood the gestures and allowed the nurse to help her into a more upright position from where she had a better view of things around her. She could see that she was in a green gown. She lifted her right arm to feel her face and winced as she moved the dressing covering some wound. Very gently she moved her fingers across her face she could feel bruises and gauze. She could see through only one eye, the other eye seemed swollen shut.

She was still trying to figure why she was in this room, apparently hurt and alone. While one half of her brain was active and comprehended everything in her surroundings, one half seemed drugged and didn't seem able to process even simple questions about who she was or why she was in a hospital bed. Realising she was now very thirsty, she raised a hand slightly and gestured to the nurse for some water. The nurse was in a long blue peron, loose baggy Tonbon and a white chadar covering her head and shoulders. For someone who couldn't even remember her own name, she seemed familiar with the dress the nurse was wearing - Peron (long shirt), Tonbon and Chadar. The woman in the hospital bed sipped on the water and asked the nurse " Why am I in hospital ? Whats my name ?". The nurse responded " You hurt. This Kabul hospital. We no find no papers. You no name. We call you Gumm...lost" The nurse left the patients' bedside and went away, presumably to look after other patients. The departing nurse closed the door behind her and Gumm heard the key turning in the lock.

A week passed by. Gumm could now manage to sit up in bed and walk to the washroom when needed. The plaster cast on her leg which had given her an impression of being tied to the bed had been removed a few days back. All meals were brought to her bedside. No one spoke to her and all she got in response to her questions were blank stares and nods or arms flailing upwards in gestures of not understanding her questions. Gumm, even now, had no clue of her own identity or how she was injured or how she came to be in this room. From time to time, she tried forcing her mind to recollect something from the past to solve the mystery of the present, but try as she did, all it resulted in was some frustration and headache.

In the two weeks after Gumm regained consciousness, she had regained some strength and could now use her hands to do basic chores and even tried doing a couple assisted squats by holding onto the bed rail. On the sixteenth day, Gumm heard the key turn in the lock and the nurse walked in.

To be continued in next issue

MY TRYST WITH MARIPŌSA - THE BUTTERFLY

- Anantram Ganapati (A-082)

It all started many decades ago, listening to rhymes with reason, and many times without any reason (or meaning), and also not associated with any season! So what was this assault on my mind - poems without a rhyme (blank verse??)- and an intrusion into my otherwise peaceful life? Meenakshi's poems!!

Blank verse had always left me with an even blanker mind and I used to wonder as to which was the better evil - interpreting it or handling a sledge hammer blow? And here I was being asked by my better half for my views on her poems. I had the Hobson's choice in the matter as most of you will agree. Hence I thought that having learnt so much in life; why not learn something about this abstract form of literary pursuits? Poems were for me a repertoire of sing-song forms of strings of words that rhyme. Meenakshi had to explain to me what poetry was all about, and how the interpretations of the poet's body, mind, heart and soul have to be understood and interpreted!

Twenty five years on into trying to learn and appreciate this form of art, I have started actually figuring out the nuances of poetry. Then someone came along and told me that a poem is like a painting; it's all about what you see and feel, and what stirs your soul. I was also told that a lot of it was like reading between the lines, peppered with lots of one's imagination and perspective! Poetry however made so much more sense to me rather than the random splash of colours on a canvas!

Mariposa - Meenakshi's first Anthology of Poems and Quotes, which is now an Amazon #1 Bestseller, has made me advance one more step in my literary pursuits. It has enhanced my understanding of the relationship and connect between text, verse and the soul. I have had the opportunity to read every

word in this book, as I have done most of the editing, and in the process gone through the various stages of life like the lifecycle of a butterfly, several times over. I have also become more knowledgeable and understand terms like poetic licence, grammatical freedom, etc. that poets enjoy!



Meenakshi's life experiences which intertwined with mine later on have been cathartic in many senses of the word. What is captured in the book is how she genuinely feels and is a reflection of the many things we have discussed, experienced and learnt from. The past few months, when the anthology was being curated, have been spent in many discussions and self reflection. For her, putting thoughts into verse is child's play, but what I think she experienced was a journey of introspection into the core meanings for the how, why and

what of the many things that have happened to her and us.

Through the years, I have seen Meenakshi's transition from an egg to the beautiful butterfly in various facets of her life and just when I think that she is done and dusted, and happy with spreading joy and happiness, I see a new egg being hatched. The voracious caterpillar that she then becomes, forages and devours everything of meaning in her path till she wraps herself into a cocoon of introspection, and follows it up by translating her thoughts into verse. And, one fine day, the butterfly of a different species in colours anew, emerges to impact the world.

The journey of over forty years with Meenakshi has been great, and believe me, it has just begun! New eggs are already being laid with more in the pipeline and you just wait and watch. If you see never-seen-before colours in the skies, you can be sure that Meenakshi is at work!



Over the years, Waltair Club has seen the transition from old timers to Millennial's to Gen X, Y then Generation Z. It's now the turn of Generation Alpha, who seem to believe that its never to early to begin anything.

I had the pleasure and the privilege of being in conversation with two delightful children of this generation Alpha.

Master Pranav Narla Kosaraju (7 years) and Miss Aanya Narla Kosaraju (5 years) , are children of Ms Anila Narla (Membership No A262). Pranav, is the CEO and Aanya the COO of The Soft Magic that manufactures and markets fun, colourful and aromatic soaps.

What started as an effort by Anila to interest them in writing and math is a full blown business for Pranav and Aanya. The range of soaps made by this enterprising duo range from unusual Red Wine, Goat Milk, Menthol, Pineapple and Calamine soaps to popular Neem, Shea Butter, Turmeric, Honey , Rose and Coconut Milk soaps.

Pranav and Aanya are clear that their motivation to start a business was to have their own money. Their original idea of starting a samosa or idli or dosa food cart was shot down by Anila since cooking for the food cart everyday didn't sound like fun to her (of course Anila would be the cook for the food cart !). Looking for alternatives that the kids could manage by themselves, Anila sourced basic soap, to which aromatic oils and skin safe colours could be added to customise each soap, poured into moulds and cut into soap bars. 3 layer soaps are a speciality and a favourite with those who have tried the soaps.

The Soft Magic have sold more than 170 soaps in less than a month since their launch in the first week of December 2021. Their soaps have made their way to as far as the USA thanks to people who were impressed by the entrepreneurial effort and the soaps themselves.

Even though they don't understand business terms like marketing and advertising, they know they are on Instagram and help with the content creation for the Instagram posts that their mother helps them put up. They may not understand what it means to make a Paraben and SLS free soap but trust their mother to say that they make safe soaps. Both Pranav and Aanya share the process of soap making, packaging and labelling. Keeping track of cost , profit and labelling does involve maths and writing and keeps mother and children happy.



Apart from informing their friends and family to spread the word about their soaps, their marketing strategy at the moment includes giving a free soap to any one who can sell at least 10 soaps or a commission of Rs 15 on each soap priced at Rs 100 or more. Last seen they were striking a deal at the Club Mart, where they placed their soaps for sale, with young club member Viraj (A Builder) to buy soaps for all the apartments

and villa's he is building. Viraj in turn agreed to place an order and donate the commission he earns to community service. These kids also have their PR pat down in place. They treated Waltair Times Editor Mrs Parveen Hosain for clicking the photos and this "Reporter" for the interview at the end of our conversation to a chocolate each.

A win-win for all parties.

Sandhya Godey



Club Life and its Nuances.

- Vijay Atmakuri

In conversation with AVRK Kumar, Past President of Waltair Club.



AVRK's childhood was tempered by the Club Life. The Club shaped his childhood and youth and thus his affection for the Club is immense.

Waltair Times (Vijay Atmakuri) met with this iconic Past President who headed the Club around 25 years ago. Here he shares his clear memory and fine details about the staff who worked for the Club and how that makes life at the Club a pleasure for the member.

W.T: What is this 'Club Life'?

AVRK: It could mean different things to different people. The common thread is this. Think of a member dining at a Five-star hotel. Liveried staff, polite talk, good service and special food are all obvious. Still one leaves a 5-star Hotel with an impersonal feeling about the venue.

Club is like a home. Very comfortable and predictable. The key to the member's comfort is the staff and their commitment to the Club.

W.T: What can you tell us more about the importance of the staff?

AVRK: The staff are the back bone of the club. The administrative, service, kitchen and general staff help create the ambience of the club.

Till the 1990's we have not seen major changes. The club had a Manager, Accountant and a Peon as office staff. The club enjoyed continuity of the staff members, until they left service due to age, illness or death. We do not find this happening in the Corporate sector.

Till 1963 the club had a "Paid Secretary". J.D. Shipton was the last member to hold this position and then Mr. P.M Subramanyam was appointed as the first Manager.

When a staff member left or passed away, the club had a practice to offer the job to a family member of the employee. This practice meant we could see 3 generations - Grandfather, Father and Son as part of the club. This helped Waltair Times

build a sense of bondage between the members and the staff.

W.T: This is fascinating and very rare occurrence in other commercial organizations. Any special individuals?

AVRK: One of the most iconic person was the office peon Sharif. In the early days, we saw Sharif don his Khaki shorts and shirt, pick up the Club circular, get on his bicycle and go visit every member's house. He would get the register signed that they read the circular. Eventually timesaw alternate means of communication and also took its toll on Sharif. He took on a less demanding job of manning the Register at the Club's movies (mostly English).

Sharif serviced the Club and was a constant link between the members and Club for an astounding period of 67 years.

W.T. That is an amazing service to the club. Any other special employees?

AVRK: Yes of course The Barman Ibrahim or Abraham as members addressed him. He manned the bar under the British and was well versed with their cocktails and additives like bitters which were imported. After the British left these ingredients were no longer available. Ibrahim got creative with local ingredients and kept the bar going well, to the delight of the members. This kind of commitment from staff is very special. His son Jehangir served the club well. The staff in general have always be humble and there was no history of labour unrest at the club. Jehangir's two sons Ismail and Abbas are active staff of the Club even now. Let us just pause and reflect about this family, whose three generations are associated with the Club.

In the early day's there was a Club Barber who went from house to house to fulfill hair cut requests from members. The "barber on a cycle" was service from the club.

John and W. Francis were also legends. They worked as bearers and billiard table markers. Many members learnt their game of billiards from W. Francis. He knew the history of the club and explained the significance of the cues belonging to A.V.Bhanoji Row, A.V.Jagga Row

and Appana Suryanarayana Rao to new members. He was a repository of club history. He actually wrote out what he knew in his own English, and Mr. Nakra corrected the script and took it into the Club records. For example: He could tell the members about the history of the clock with the round medallion.

Krishna the bearer, was another special staff member. He usually cleared everything during the morning at the card tables. His interest was English. He taught himself some spoken English and became a champion of sorts with Butler English (A mix of English and Telugu). He always made the effort to converse with members in English. He even ventured to correct member's English. Such was his plucky nature.

Food is so much a part of Club's Life. Yelliah the Chief Cook and his Assistant Appalaswamy were serving up great food for the members. Their Club Sandwich and Chilly Chicken were savored and appreciated by members. Travelling members, upon return from airport or station, would go to the club to pick up their Chilly Chicken in its dark soya sauce and then go home. Such was the unique taste of club's dishes.

W.T: Every employee seems to have a back story. Anything else you would want to share with the members?

AVRK: Every Individual who works for the club has helped in preserving the character of the club. Think about time with a manual phone exchange, telephone operators toiled to keep the communication going in a smooth manner. So everyone is crucial. We the members always need to support initiatives that care for the staff, along with good benefits, uniforms, shoes and help keep up the "originality" and "ambience" of the Club.

It is every member's responsibility to keep up the warmth and courtesy with the staff. We should understand that now, we have staff who have about 40 years of service in the club. We should respect it and preserve the camaraderie we enjoy with them.

Zentangle Art

Art came to me very easily. It is in my genes since I watched my mother draw beautifully, paintings with Indian ink and paper.

Dad was in the central govt. With frequent transfers, I had the opportunity to witness the diverse culture of India.

This has influenced my inclination towards art.



When I came to Visakhapatnam and settled down, I was fortunate to find Ms Jumana Topiwala who nurtured my interest. I participated in many art exhibitions, exhibiting paintings in several mediums.

During these lockdowns, staying at home proved beneficial for me. I discovered the Zentangle art form. It's very easy to learn, relaxing and a fun way of creating images and patterns. In zentangle, these patterns are called tangles. It's made of connecting dots, lines and simple curves. The difference between zentangle and doodling is that the latter is done out of boredom and doesn't have a plan as such. Zentangles are purposeful designs with plan in place. It is also a kind of a self-help art therapy by helping us relax and focus our energy in creating a pattern. Requirements are minimal - paper, pencil and black pen.

Friends who saw my creations showed interest and inclination to learn from me. Since it's a patented art form, I had to qualify as a certified zentangle teacher, which I did during the lockdown. Though the online classes were held during American working hours and a little inconvenient for us in India, I still managed to attend all the classes late night to early morning (IST).

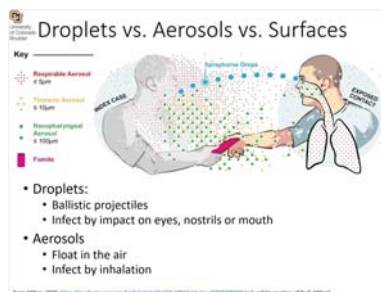
I am the first certified zentangle teacher in Andhra Pradesh. Now there are about 60 certified CZT's in India and I am proud to have joined that group.

With happy students, who enjoy this process of creativity, which is so easy to do, I'm so glad to have been able to bring this art form to Visakhapatnam.

- Jaya Narasimha Rao (J - 76)

Breaking down and understanding COVID Recommendations

- Dr A V Siva Prasad (S-174)
Consultant Gastroenterologist



The ongoing pandemic of COVID 19 has certainly created a serious information overload that the public, media and administration are expected to absorb and

process in an unfortunately short period of time. This is genuinely difficult and often leads to recommendations that are not completely understood and naturally, confusion.

The fundamental problem is that in biology as compared to the other physical sciences (math/physics/chemistry), there are usually no yes/no answers. Every statement would be preceded by a "It depends....." Every bit of information is on a scale of 1 - 100 of probability and can only be considered less or more likely. Not Yes/No. This is difficult to comprehend as our own thinking is by evolution tuned to accepting facts as Yes/No.

1. Social distancing: The basic premise of social distancing is that in a respiratory infection like Covid, the viral particles spread from the nose and mouth through fine droplets and the distance the droplets travel is approximately 1-2 meters. Obviously it depends on the activity - breathing, speaking, coughing etc., and the distance will also vary depending on the specific activity. These experiments are also done in test conditions in a lab and the distance would again vary if there was, say, a fan circulating air, or outdoors, with a breeze blowing which would dilute and disperse the droplets. So it really doesn't make sense to ask whether 1m or 2m is 'safe'. It would largely depend on the circumstances and one should exercise simple common sense. Most importantly, once both parties are properly masked, droplets are not much dispersed and the distance becomes less important.

2. Hand sanitization : The premise of hand sanitization is that subconsciously we touch our nose and mouth while infected, and infectious secretions may attach to the hand and then we shake our hand with others and they touch their nose or mouth and get infected. Covid does not transmit through the skin! The chances of this happening are usually quite low and again quite simply would be extremely unlikely if both parties are properly masked.

The problem with distancing and hand sanitation is that these have been long standing recommendations in a pre-Covid era for all respiratory infections when masks were only used in a hospital setting. So these were the first to be announced. If you recollect, even in March 2020, when the first precautions came out, it was only distancing and sanitization that came first. Masking came later in April - May. But the importance of the first two continued to be recited like a mantra.

There is naturally also no logic in wearing gloves unless your skin reacts badly to the sanitizer and you would prefer to sanitize your gloved hands.

3. Temperature screening: The idea of this recommendation is that patients who are having fever and not aware of it, can be screened at public places. The origin of this came in the earlier SARS pandemic when it was noted that only symptomatic patients with fever and cough could transmit the virus. So it did make public health sense to try and pick up febrile persons who were not aware they had fever. For Covid 19, the problem is that infected people can transmit the virus even in the stage before they develop symptoms or even in the presence of minor symptoms without fever. Naturally, it makes no sense to continue to implement temperature screening, but authorities do not have the courage to say so. I am not even addressing the issues of the accuracy of the instrument and whether it is correctly being used.

4. Ventilation / Air circulation: It is important to understand that even though droplets are transmitted through the air, it is medically not considered true airborne transmission. Air borne transmission or aerosol transmission is of particles in the 5-micron range which circulate. This is equivalent to the behavior of cigarette smoke in a room. It is not just the visible smoke; it is the invisible particles that permeate the room. This would be removed only by air circulation/change. For a long time after Covid was recognized there was a lot of debate about whether it was only droplet transmission or true airborne transmission also occurred. With increasing evidence of this, the importance of air circulation, fresh air and air filtration become important. For all air conditioning equipment, the installation of 5 micron filters helped to take care of this problem. This is the reason why there are hardly any reports of Covid being transmitted in commercial flights.

5. **Masking:** The importance of masking is well known. They are a fundamental two-way protection against both droplets and aerosols. The whole topic of masking probably requires an article to itself. However, the main problem is that most people are unaware of what kind to mask to use, how to keep it in place securely, and how to maintain or reuse it (or dispose it). It is also very important not to touch the surface of the mask and handle it only by the straps. For the foreseeable future, dependence on masks to reduce person to person transmission appears inevitable.

6. **Travel Restrictions:** This is an unfortunate area where unthinking knee jerk reactions are introduced by Governments to control travellers and are often meaningless and counterproductive. I still remember the absurd, chaotic scenes at the AP - Telangana border at the beginning of lockdown in 2020, where people from both sides were being prevented from crossing over. Even now after the Omicron surge, it makes no public health sense to label 11 countries as 'at-risk' and then subject travelers to different regulations. Omicron has spread to so many countries world-wide, including India it is just pointless to segregate people at the airport, subject them to repeat RTPCR, make them wait for 4-6 hours and then allow them to leave. All air travelers to India anyway have a negative RT PCR before boarding the flight. You are creating a scenario of actually increasing the chances of spread among the waiting people. A negative test at the airport does not also rule out someone being in the incubation period. But once announced, authorities find it difficult to revise these restrictions.

7. **Curfew & lockdowns:** There is a clear difference between lockdown and curfew. At times of a surge in infections, it makes public health sense to 'lockdown' non-essential establishments like movie theatres, bars, restaurants, retail stores etc. Imposing a curfew on movement of people on the street defies logic. For essential stores it is actually more reasonable to keep them open for longer hours to reduce crowding. Even now it is disappointing to see that night curfew is being reintroduced in many states as a measure of 'controlling' the Omicron surge. Administrations world-wide are going into a mode of the aesthetics - 'appearing' to be seen doing something rather than rationally weigh the pros and cons of any action.

8. **Vaccination:** This is another subject which requires an entire article to itself. I will just summarise some important points.

- *Vaccination does not 'break the chain' of infection.
- *Vaccination does not 'conquer the Virus'
- *Vaccination will not 'end the pandemic'
- *Vaccination does not prevent infection.
- *Vaccination does not prevent silent transmission from infected persons.
- *Vaccination only significantly reduces the chances of falling seriously ill and dying from Covid.
- *Vaccination is SAFE. Fear of adverse reactions is not a reason to avoid vaccination.
- *Vaccination will help convert the pandemic to an endemic illness.
- *Booster/third dose: This is one area where we have to weigh the pros and cons. From a public health viewpoint, it actually is more important to ensure everyone is fully vaccinated

rather than give a booster to those who have received two doses. This is of clearly greater benefit to the community at large. Especially as approx.40% of the eligible people have not yet received their second dose.

But we also know that antibody levels tend to decline significantly by six months. With uptake of second dose remaining low and plenty of vaccine stock available,

it should be acceptable for those who want a booster to take it after 6 months.

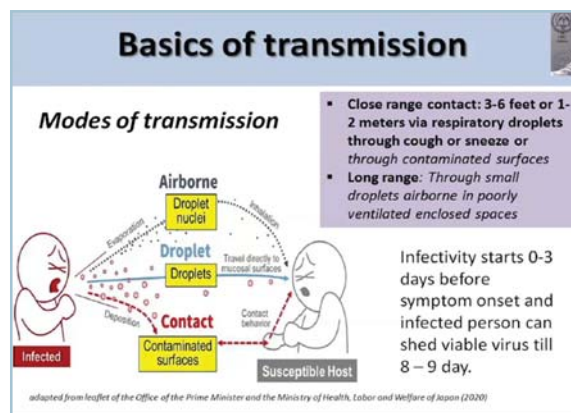
Finally this is more a policy question rather than a medical question.

The 'take - home' message is of course that is important to carefully understand the science and logic of each recommendation and apply it accordingly.

It is important to read the content of articles and their sources, rather than go by headlines.

We should be impressed and thankful that we have accumulated so much knowledge in such a short time.

It is important to understand that this is a dynamic, rapidly changing field. We should remember what Mahatma Gandhi said when he was asked why he was saying something yesterday and something different today - "I have learned something since then."



Wills Pub

Members were entertained on all Saturdays in December with various kinds of music, live band, Karoke. Special offers were given during some days. Wills Pub will continue to be open on all Saturdays for the exclusive entertainment of our members.



Winter Wonderland Christmas

The Ladies Committee organised a Winter Wonderland Christmas event for the members of Waltair Club on the 24th of December. This fun filled event had multiple food & game stalls, fancy dress competitions, Christmas cheer and Christmasy tambola. Saanvi and Rohan won first and second prize in the Christmasy tambola. The evening showcased a lovely performance on Christmas Carols by the children and Santa Claus distributed gifts to all the children. Kids received a lot of goodies and food boxes were sponsored by Mrs Lavanya (Sharada Bakery).

The kids fancy dress in 4 categories saw an enthusiastic effort by the kids and prizes were given away in each category for the first three winners.



Impromptu New Year Celebrations!!

- Dr. Meenakshi Anantram (A082)

Moulin Rouge Theme Night to ring in the New Year

Knowing the undeniable spirit of our members and tradition of welcoming the New Year amidst friends, family and members, the Management Committee went ahead with New Year's Eve celebrations in spite of getting permissions just an hour before noon. The Club Lawns ambience was transformed into a beautiful venue replete with round tables and subtle lighting with a huge LED screen. Members and guests went back to relive and enjoy the camaraderie with full capacity of 350. All were accommodated with social distancing norms intact on the beautiful lawns.

The stage came alive with the foot tapping music of a live band with playback singer of Indian Idol fame, Navya Jaiti belting out chartbusters in many languages. Supreme Sekhar made the guests sway to his Bollywood groove and the icing on the cake was DJ Azex (war of DJ East) whose good looks matched his excellent mixing skills and spinning. The younger guests felt at home with his mixes.

Many revellers were seen dancing into the night and catching up with dear friends. The food was excellent and planned well to suit the palate of one and all. The final countdown was a family affair and the President along with the Managing Committee were in full attendance.

It was a happy time of laughter, music, dancing and nostalgia. Minister of Tourism Minister Sri Muthamsetty Srinivas Rao garu and MP Sri MVV Satyanarayana Garu graced the occasion.

Razzmatazz pulled off the entire event seamlessly with just a few hours of advance notice. The Club Members and their guests went back with the nostalgia of the good old happy days.



Republic Day!

While India's Independence Day (15th August, 1947) celebrates the country's freedom from British Rule, Republic Day marks the adoption of the constitution of India and the transition of the country to a Republic on January 26, 1950.

January 26th, 1950 was the chosen date since it was on this day in 1929 that the Indian National Congress issued the Declaration of Indian Independence (Purna Swaraj), opposing the British Regime's Dominion status. Dr Rajendra Prasad began his first tenure as President of the Indian Union on that day.

India's constitution, which was formally adopted in 1950, replaced the British colonial Government of India Act (1935) as the country's governing text.

On January 26, 1950, the Preamble to the Constitution of India -- a statement presenting the key principles of the Constitution -- came into effect. This completed the country's transition to a sovereign republic. The Constitution establishes fundamental rights that should be enjoyed by all citizens of this country, regardless of their political beliefs. It also establishes some fundamental duties for all citizens of the country to abide by.

A patriotic day indeed for every proud Indian and the Waltair Club as well. The tricolour draped over the entrances, most members sporting the national flag-coloured attires, little flag

pins and the stage with tricoloured balloons, ensured that our Tricolour was well represented.

Flag Hoisting in the morning by the President, Revelations Band creating the spell with Patriotic songs, and a scrumptious breakfast, the morning was one great celebration.

The President Sri S V H Rajendra addressed the members of the Club. The importance of the day, the many activities and developments in the club and the achievements of Ms Alana Meenakshi K, are a few points from his message.

Ms Alana Meenakshi Kolagatla, world No 2 Chess Champion, in the U-10 category, was felicitated most aptly for her incredible achievement. She makes us at Waltair Club, our city, our state and the nation proud!! Ms Alana thanked the President and the Managing Committee in her address.





Alana Meenakshi Kolagatla A Champion amongst us.

Did you know that a world class champion is amongst our children within our Waltair Club family? Before your incredulity takes over, accept the reality.

Alana was making great chess moves and winning International Chess Tournaments from age 7. Her mother a chess champion herself, who believed that the game is the gymnasium of the mind and maybe Alana learnt the game from her mother's womb.

She has been doing her checks and mates all over Europe. Now she holds the number 2 title for girls under 10.

She has been winning medals for our nation all over Asia, in Commonwealth Nations and West Asia besides our own nation.

She does not just put a smile on her parents Madhu and Aparna Kolagatla and the Club families, but does our nation proud with a beaming smile. We wish her a great future for the game and the fame is just beginning for our Alana, since she has a great chess future ahead for her. She seems to give it all for the game and totally believes in herself.

Waltair Times wishes Alana the best for the future.



The young Achiever Speaks....

Good morning and Namaste! Today we have gathered here to celebrate the 73th Republic Day of India. On this auspicious day I convey my greetings to all our citizens and pray for the prosperity and overall development for our nation. It is a privilege that I got an opportunity to speak on this occasion. I would like to thank all the great leaders and soldiers who scarified their lives for our nation. Back in the day, in fact years back, when I won, my very first International Chess gold medal for our motherland, the tricolour flag on my shoulder, the national anthem in the background, the applauds from different nations, the pride in our Chess team and last but not the least spark in my parents eyes is the most cherished moment. I really, really didn't know then, what I achieved for our country. Today, our Waltair Club family, friends and guests made this felicitation amazing.

As citizens of India, we must always follow the dream of making our country into a special place. We must never forget that our country's progress depends on our progress. I once again thank the Waltair Club Committee and family for this honour. Jai Hind!



- Alana Meenakshi K

The Beginning of Sankranti ... **BHOGI !**



The festival of Sankranti always brings a lot of cheer. For one, the weather in Vizag is crisp and pleasant which makes celebrations so much more festive and grander.

This year, despite the gloom of the third wave and the uncertainty concerning the Omicron (which is really Oh! My God!), the club wore a traditional look with thatched decorative facades at prominent entrances.

The night before Bhogi, there was heavy rain, which dampened the wood, but not the spirits. Fresh arrangements were made for the traditional Bhogi Manta and the fire was lit at 6am.

The attendance of members was very good, in excess of 800 heads. It kept the Management committee on their heels to make food available to all. The sunshine was warm and the festive mood was infectious.

Mrs Usha Reddy announced the prizes for the winners of the best traditionally dressed.



They are:

1. Dr D Sita Rama Raju (R-315)
2. Mr PVNB Srinivas (S-999)
3. Mr BSB Prabhakar Rao (P- 89)

Live counters for dosas saw long queues and the delicious food made the wait worthwhile. The décor, colourful muggu s, the floral décor, bullock cart and of course the Bhogi fire, transformed the club grounds to a rustic village like atmosphere. The Photo booth kept up the tempo of activity.

The management committee interacted with the members. In the open-air setting, everyone was careful with masks and we surely kept omicron at bay while we enjoyed the festival in the traditional way!!

A great beginning to a great Year, must we say in all positivity, with hopes that the world and each of us is relieved of this daunting pandemic.



Announcements

Payment of member bills:

This is to inform and request all the members that payment of Members bills by way of Cash, Card Swiping, Cheques, Members to use the e-club app only.

The payments of Google pay, PhonePe and RTGS are hereby suspended as it is difficult to trace out the details of payments.

Boom Barrier Installation :

This is to inform, a boom barrier is installed at the main gate entrance of the Club (near ATM) and the entry of vehicles, would be only through RFID access cards. Request to follow the below guidelines.

- Members to fill in the application available at Reception for issue of RFID Access card, to note that only one card per car per member is issued free of cost.
- Members whose cars are registered with fastag can be integrated with the Club RFID Access, so a separate access card is not necessary.
- All the members to please collect the RFID Access Card or give details of their fastag along with their respective car number.
- Request the members to please co-operate with the initiative and inform the security personnel for entry of guests.
- Please note the Boom Barrier will be functioning from Monday the 24th January, 2022. In view of this, members

are requested to collect the Access Card, on their next visit to the Club.

Covid Restrictions and Rules :

General:

This is to inform that the Government of Andhra Pradesh announced curfew from 11:00 PM to 05:00 AM with effect from 18th January, 2022 onwards due to covid.

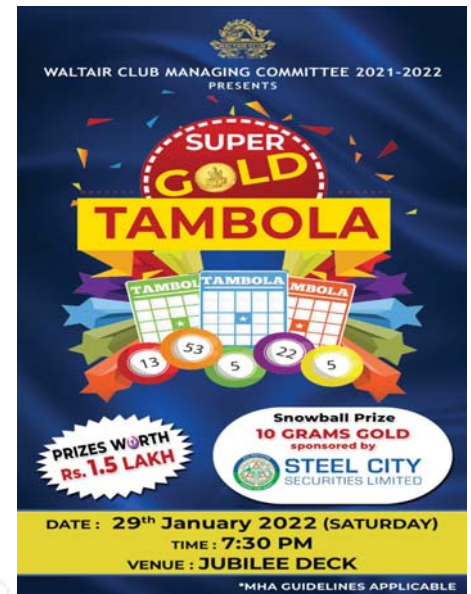
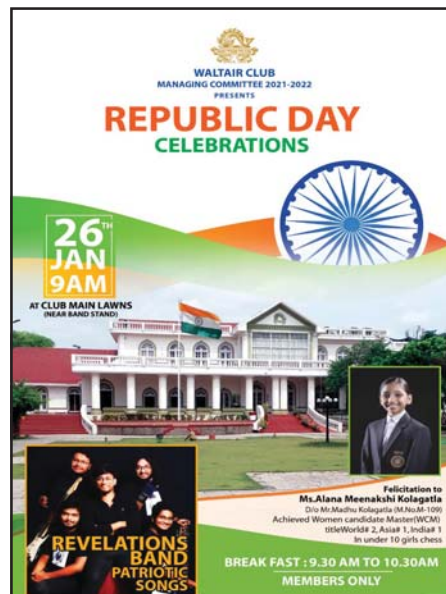
In view of the above the last order for F & B would be 10:00 P.M. only and the total club is closed by 10:30 P.M. and also request all the Members to strictly follow the MHA guidelines by wearing a mask and sanitizing your hands at regular intervals. Inconvenience is deeply regretted.

Chambers:

Due to the severe rise in Covid cases the members and guests are requested to follow the MHA guidelines and the following in the Chambers.

- Members and Guests would be allowed to check-in to the Chambers only on production of RTPCR negative reports taken before 24 hrs.
- Not more than 4 persons to be in a room at a time
- Members / Guests are requested are not to quarantine themselves in the Chambers if they are Covid positive.
- Please wear a mask at all times and keep washing/sanitizing your hands at regular intervals.
- Request members / Guests to kindly co-operate.

Waltair Events





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- Words in Focus for Vocabulary Building
- Enriching Reading program with book reviews
- Educative National & International tours
- Workshops with top International academicians
- Guidance for admission in International Universities
- Paper presentations in National and International seminars

Allround **Activities**

- Music, Art, Dance, Sculpture, Craft...
- Event Management, Media Club, Eco Club, Cookery Club, House System, Theatre Arts.
- NCC, Sports & Games, Swimming, Skating, Gymnastics, Rope Skipping, Basketball, Football, Lawn Tennis....
- Synergy Table Tennis Academy, ACA Cricket Academy.
- Affiliations with International Bodies in various fields.
- Interactions with International personalities from various walks of life.

Allround **Achievements**

- Seats in IITs and Medical Colleges every year.
- Selections to KVPY Merit Scholarships.
- Seats in reputed international Universities.
- State Champions in Cricket.
- National Champions in Kho Kho(CBSE).
- National Champions in Skating(CBSE).
- 63 National Selections in Games & Sports.
- Runner up in Hindu Young World Quiz.
- Selection to National Children Science Congress.
- International Science Fair selections.
- Book publications by students.
- National Medals in Maths & Science.
- Olympiads, Spell-Bee.

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