



PROBUS CLUB OF HYDERABAD

**President: K.V.Krishnamurthy; Vice President: P.V.Subba Rao; Secretary: M.Ramababu
Jt. Secretary: Vijaya Sudhakar; Treasurer: Dr. V.S.Subbarao
Members: Dr. S.S.R.L.Swamy; Ram Mukherjee; Aruna Kumar; T.Sudhakar; T.V.Balan;
Rukmini Subbarao; Imm. Past President: Dr. V.S.Subbarao; Imm. Past Secretary: T.Kumar
Editorial Team : Ram Mukherjee ; K . Rajalakshmi; Rukmini Subbarao.**

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Welcome to Goddess Laxmi!

“Akshaya Tritya”: was celebrated on 7th. & 8th. May-the auspicious time to bring in the Goddess of Wealth into the home. Akshaya Tritya is a day that is important to lord Vishnu and this is one day when importance is given to the Goddess Lakshmi, the harbinger of wealth. Traditionally, on this day, one also gave “dharma” or charity; as you gave it was believed that your ability to give would increase, since the Goddess Lakshmi would bless you with bounty.

Our tribute to “Mothers”:

We pay our tribute to the mothers.

Mother's Day is a day honoring mothers, celebrated on various days in many places around the world. India celebrated Mother's Day on 11th. May. “Mothers' Day” in the United Kingdom and Ireland falls on the fourth Sunday of Lent (exactly three weeks before Easter Sunday). It is believed to have originated from the 16th century Christian practice of visiting one's mother church annually, which meant that most mothers would be reunited with their children on this day. Most historians believe that young apprentices and young women in servitude were released by their masters that weekend in order to visit their families.



PRESIDENT'S COLUMN:

"In the Army, they say “First Blow is Half the Battle “. In Probud we say “First Month is Half the Year “. New Committee, New Venue and every thing are New. Fortunately, everything went off reasonably well. Thanks to all the Committee Members , who , in the true spirit of Comradeship , which is the motto of our Club , helped each other , without saying ' this is not my job ' or 'this not my portfolio' . And to Crown it all, the Members gave their full support, by attending the Fellowship Meeting and the Monthly Meeting in good numbers. Our Thanks to all the Members for their support; please continue to do so. We are happy that Pr. Ram Mukherjee exhibited his writing talents by bringing out an excellent News Letter, his first attempt. Congratulations Ram, well done. Keep it up. And now to remind ourselves of the theme of our Club, here is another quote on Friendship:

“Your friend is the man who knows all about you, and still likes you.” *Elbert Hubbard* ---KVK---

CLUB ACTIVITIES IN THE MONTH

Management Committee Meeting

The 2nd Managing Committee meeting was held on 9th. May at the residence of Prob. Sudhakar and among other things the following important matters were decided/approved after serious deliberation amidst jokes and humors:

After discussing the grim financial condition of the club it was decided to recommend to the general body for enhancement of the annual subscription from RS. 3000/- to RS. 4000/- effective 01-10 -08.

The resignation of Prob. Vasantha Krishna was accepted.

At the end of the meeting the sumptuous high tea was served proving the culinary expertise of the hostess prob. Vijaya and host Prob. Sudhakar served spirituous beverage to elevate the spirit of the Members.

Fellowship Get-together

The monthly get-together was hosted by Probian Ghansham and Sudha Giri at our most favorite venue Sailing club on the bank of Hussein Sagar fringed with glittering lights on 19th. May. During the ‘happy hour’ the Probians took the opportunity to discuss informally various club issues and the ways & means for improving the club functioning. The dinner was excellent with well-chosen menu. Everyone enjoyed the evening and thanked the Giri family with the presentation of a bouquet to Probian Sudha Giri.

Regular General Body Meeting

The meeting held on 25-05-08 at Katriya de Royal was chaired by the president KVK. Before the business of the club was taken up, Probian Nooshie and Ramesh narrated a few jokes to lighten the minds of the members so that not-so-pleasant decision of raising the annual club fee from RS. 3000/- to RS. 4000/- could be taken.

FELICITATIONS

Birthdays

Probian Aruna offered Birthday greetings to the following Probians:-

- 1) K.G. Venkatraman born on 13th. May. 2) Ramesh Sawhney born on 25th. May 3) Ms. Lakshmi Mulukutla born on 16th. May.

Wedding Anniversary

Probians felicitated on their Wedding Anniversary by Prob. Aruna were ---

- 1) Harish & Kanti Singhal on 13th. May 2) Kumar & Aruna on 16th. May 3) Sree Rama Rao & Shakuntala on 17th. May 4) Venkateswara Rao and Nirmala on 25th. May 5) Dr. A. Ramayya Mulukutla and Lakshmi on 7th. May. “Cake Cutting” followed as usual.

GUEST SPEAKER

The Guest Speaker Dr. Raghu Ram M.S, FRCS (Edin.), FRCS (Glasg) FRCS (Ireland), a reputed Breast Cancer Surgeon and CEO of Ushalakshmi Breast Cancer Foundation was introduced by Probian Kumar. Dr. Raghuram established Ushalakshmi Breast Cancer Foundation to honor his mother for her struggle and applaud her strength in the fight against her breast cancer. The foundation is a division of Krishna Institute of Medical Sciences.

The topic was “Empowering Women—Impacting Lives” and the Audio-Visual presentation was superb and very educative to the members. The proper method of screening and diagnosis of Breast Cancer was explained in simple language. Triple assessment for the breast cancer test was elaborated by the speaker. He highlighted some of the facts and clarified some of the myths relating to Breast Cancer. KIMS-Ushalakshmi Centre for Breast Diseases is a unique set up, first of its kind in the country, where Clinical Assessment, Breast imaging and Breast biopsy are all done under one roof in a specific purpose built Breast Centre.

Dr. Raghuram agreed to give concession to the members of our club for tests and treatment for Breast cancer. Prob. Ram Mukherjee proposed Vote Of Thanks.

KNOW YOUR PROBIAN:

Senior most Probian **V. TIRUPATH RAO** was born in a village of Guntur district in an agricultural family on 7th. August 1919. After completing his SSLC in the year in 1939-40 he joined Hindu college of Guntur but due to his involvement in QUIT INDA movement as secretary of Youth League Association he had to leave his native place to avoid arrest by the British Govt. He came to Secunderabad which was then under the rule of NIZAM and took up a job in military accounts department. After working for 4 years he joined Nizam’s State Railway in 1949 and retired from S.C. Railways in 1977. During his service period he was a member of St. John Ambulance association. As the secretary of “Seethaphalmandi Development Association” he was instrumental to get various civil amenities for the area. He was Secretary of “Sitarama Bhakta Samajam” and was responsible for construction of “Sri Rama Temple” and “Sri Shiva Temple” which are running very efficiently.

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Probian Tirupath Rao is a member of LION'S club and as a committed Lion he has taken part in many service works undertaken by Lion's club. He was also District Chairman of the district 324-C3 and C5 for ten years. He has been honored by A.P. State Govt. as a good worker of Senior Citizen's Welfare in the year 2004-05. He was also honored by South Central Railway in the year 2005-06.

He is involved in several Senior Citizen's associations and holding responsible assignments. Nearing 90 he is very active and is an enthusiastic Social Worker.

Special News:

Nature's fury and condemnable act of terrorists:

Devastating cyclonic storm in Myanmar—Disastrous earthquake in China—Terrorist's bombs in Jaipur have claimed thousands of lives and disrupted many families. We mourn for the dead and pray for the early relief from suffering of the survivors.

Achievement of NASA

NASA spacecraft PHOENIX landed near North Pole of MARS on 25th. Of May at 2353 GMT after 10 months of journey from Earth to study whether the permafrost could have supported primitive life.

CONGRATS NASA!

HEALTHCARE

Food at its best when served with WINE. With each passing day, more Indians are Discovering the pleasures of wine. It is the only beverage offering a complete range Of the four tastes to which the palate is sensitive---sweetness, acidity, saltiness and Bitterness—wine balances these same flavor elements in solid foods.



Medicinal value: Wine is considered specific for certain disorders because its alcohol is absorbed from the digestive tract into the blood stream slowly and because some of the ingredients may be metabolically helpful to the body. Red wine helps to control cholesterol and fat level in the blood due to the presence of compounds called Quercetin and Resveratrol. Wine is helpful in convalescence and geriatrics. Dry wine is considered as a nutritional supplement for diabetics. People who drink wine with meals may protect themselves from food poisoning. The acids present in white wine kill E. coli, Salmonella and staphylococcus bacteria which commonly cause food poisoning. The researchers found it was not the alcohol but the malic and tartaric acid that were lethal to the germs.

Which wine with which food: Red wines go best with red meats because their most robust flavors blend better with such hearty foods? White wines complement more subtle white meats such as chicken and fish. The characteristic acidity of white wines seems to break down the unpleasant oil substances which give some seafood's "fishy" flavors. Rose wines with their fruity flavor but light body can be enjoyed with any type of food.

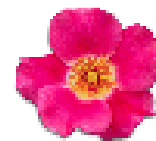
Serving temperature: Red wines can be served at about 16 deg. centigrade while white wines will be fine at about 12 deg. centigrade. Sparkling wines should be served at a temperature around 10 deg. Centigrade. CHEERS!

WORDS OF WISDOM & HUMOR

"The reasonable man adapts himself to the world whereas the unreasonable man tries to adapt the world to himself. Therefore all progress depends on the unreasonable man". *Bernard Shaw*

*Religion is a revolt against death, a revolt against biology,

A reaction against decay. *Nirod Choudhary*



An aim for the elderly The nun's prayer, written in the seventeenth century, is now well-known across the world. Shot through with humor and

compassion, it articulates the desire for the patience and restraint for which many people strive with advancing age:

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“Lord, thou knowest better than I know myself that I am growing older and some day be old. Keep me from getting talkative and particularly from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to try to straighten out everybody’s affairs. Keep my mind free from the recital of endless details—give me wings to get to the point. I ask for grace enough to listen to the tales of others. Help me to endure them with patience. “But seal my lips on my own aches and pains—they are increasing and my love for rehearsing them is becoming sweeter as the years go by. Teach me the glorious lesson that occasionally it is possible that I may be mistaken. Keep me reasonably sweet; I do not want to be a saint - --some of them are so hard to live with -but a sour old woman is one of the crowning works of the devil. Make me thoughtful, but not moody; helpful but not bossy. With my vast store of wisdom, it seems a pity, not to use it at all, but thou knowest, Lord, that I want a few friends at the end”.

*A husband and wife entered into argument which soon became very heated as both wanted to win. The husband proposed; “ Let us not lose our cool,---I suggest we be logical and put forth our views peacefully.” “Not at all,” retorted the wife, “Whenever I talk with you logically, you always manage to win.”

*The well-known tennis player Illie Nastase once lost his American Express credit card. But he was not very quick in reporting his loss to the authorities. His argument was that the finder of the card would not be able to match his wife in spending and so he had reason to be happy about the loss of the card.

Editor’s Column

It is heartening to note that the first edition of the newsletter has been appreciated by several Probiants (as conveyed to me) and I am happy that the managing committee made positive comment on the quality of the newsletter in the minutes of its meeting. I am thankful to all of you for your positive assessment. Being a novice in the field of editing I feel inspired by the encouragement provided to me. It will be my endeavor to make the newsletter interesting by introducing varieties in addition to the usual information. It will be helpful if I am provided with some interesting/unusual matters by the Probiants to include in the newsletter.

Ram Mukherjee

A SPECIAL BUNCH OF FLOWERS FOR YOU



WITH GOD'S CHOICEST BLESSINGS