



Newsletter

The Association of Senior Citizens of Hyderabad Lions Club of Twin Cities G.S. Binrajka Trust Day Care Centre for Elders

Lions Bhavan, 2nd floor, Paradise Circle [Behind HDFC Bank], Secunderabad Tel 27898885
Registration Number : 1435/2003

(Affiliated to APSCCON & AISCCON)

ISSUE for June 2011

* Awardee of All India Trophy for best Community Service for year 2003-04

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This Issue is Sponsored by Dr P Vyasamoorthy

NEWSLETTER – JUNE 2011

Reminiscence

The month of MAY – the hottest month of the year is over. Yet many seniors braved the heat and attended the meetings – showing their keenness to participate and exchange their camaraderie. The First Executive Committee Meeting (ECM) was held on 3rd May 2011 and number of points discussed, debated, new ideas entertained, and some decisions taken.

On 10th May 2011 the Birthday Greetings and Wedding Anniversary celebrations were conducted in a unique manner. The Birthday “Boys” & “Girls” and the Wedding Anniversary Couple were invited to seats arranged in front of the dais and facing the audience as an honor. They were asked to share their life’s best experiences in a brief talk. Smt Sobha conducted this event successfully making all participate in the event by posing interesting questions to the couple. We were happy that Sri BG Krishna Murthy (M No. 1) – aged 87 years – alongwith his wife were able to attend and partake in this event, as they were unable to attend the meetings for some time due to ill health. His wife spoke of her experiences – how her husband encouraged her to study and become a graduate after marriage. Both of them blessed all the members. We wish this happy and cheerful couple and all others many many years of happy life. Smt Sobha sponsored prizes which were awarded to the all the couple and birthday boys who were present. Later they were made to cut a cake. Cake, snacks and tea were served to all members.

On 15th May 11 Diagnostic Tests for Senior citizens, of Association of Senior Citizens, sponsored by Lions Club of Twin Cities, was conducted at Sweekaar Upkaar. 55 members took advantage of occasion. Some pictures taken on this occasion are available on Sri K Krishna Rao, Secretary’s, Picassa Web Album. Members may see them on this URL: <http://tinyurl.com/3oulvz>

Sri K Krishna Rao, Secretary stated that the free eye tests by Vasani Eye care could not be conducted on that day due some problems. However, he informed that Agarwal Eye Hospital situated on RP Road, Secunderabad have issued free coupons for those who wish to have their eyes checked free of cost. There are two types of coupons, one type entitles two people to get their eyes checked; and the other for a family of four members. Members may contact the Secretary for the coupons.

On 24th May 11, Dr Veera Reddy, who cultivates NONI fruit, gave his personal experience on the benefit of drinking NONI juice. Dr Jaya Rao spoke on wellness of human beings. He opined that drinking milk was not beneficial. He also brought out the similarity between some fruits / vegetables and the human organs. He recommended eating those fruits / nut / and vegetables would do good for that particular organs. He also suggested that fruits should be eaten at the beginning of a meal and not at the end. He described a simple walking exercise for the seniors. He said to place two chairs at a distance of 9 feet from each other. Walk in the form of a figure 8 (once clockwise around one chair and anti-clockwise around the other chair) for about 20 minutes continuously. This simple exercise will keep people hale and healthy.

Visit to Integrated Home

On 31st May 2011, Sri R N Mital, Prof V Visweswarai, Dr P Vysamoorthy accompanied by seven other members visited Integrated Welfare Society Old Age Home (also known as 'Venkat Reddy Old Age Home') in Quthbullapur. Sri Venkat Reddy having seen his sister's death due to a psychological illness was motivated to start this old age home for the mentally affected. Presently there are 105 inmates. No charge is made to any of them. They all stay free. Food and other expenses are met through donations. He does not accept money (cash) as donations. He will accept food items like rice, dhall, oil, sugar etc. Wearable – clean, washed, untorn sarees, other untorn items with all buttons, hooks etc in place are also accepted. Prof Visweswarai donated 25 kgs of mangoes, which was distributed by all members present to the inmates. More information from President and Secretary regarding philanthropic work will be announced.

OBITUARY

With deep regret we inform that our member, Y V RATNAM (M No. 302) passed away suddenly on 20th May 2011. Sri RN Mital, Prof V Visweswarai and Smt G Sobha called on the bereaved family on 20th May to convey heartfelt condolences on behalf of all members and also on their own behalf. On 24th May 2011, at the regular meeting, the members of the Association observed two minutes silences and prayed for the peace of the departed soul.

DONATIONS RECEIVED DURING MAY 2011

Birthday Donors		Newsletter Sponsors	
Ms. Sarala Mital	Rs.1100	Dr. P Vyasamoorthy	Rs. 500
Mr S L Sharma	Rs. 101	Mr. IVLN Chary	Rs. 500
Dr. V V Subbarao	Rs 500	Welfare Donations	
Mr. A Madhavan	Rs. 500	Mr. D Padma Rao	Rs.100
Smt . Sobha P	Rs. 500	Dr Veera Reddy	Rs 200
Marriage Day Donors		Sri M Hari Krishna	Rs 500 (non-member)
Mr G Sivaprasad	Rs. 104	Dr Jaya Rao	Rs 200
Mr. R V Balakrishna	Rs. 200	Library	
Mr. S Narsing Rao	Rs. 300	Dr P Vysamoorthy	Rs. 550/- Bhavan's JI
Mr. B G Krishna Murthy	Rs. 200	Prof V Visweswarai	Rs 449/- Readers Digest
Mr. G V Raghava Reddy	Rs. 100	Sunshine box	Rs 470.50
Mr. Ravishanker Shrivastava	Rs. 51	Community Service	
Mr. GVLN Prasad	Rs. 1116 (50 th)	Mr VS Gupta	Rs 4000

Brain Teaser June 2011

- (a) Three women each having two daughters, go into a restaurant for a meal. There are only seven vacant seats in the restaurant, but each has a seat to herself. How do they manage it?
- (b) A man stood in his garden with a bucket in each hand. The water in one bucket was at a temperature of 15 degrees Centigrade, and in the other at 15 degrees Fahrenheit. Along came his small son and dropped a coin into each bucket simultaneously. Which coin reached the bottom of the bucket first?

Welcome New members

Mr and Mrs. Surender A Sidhanti Mr and Mrs.G S Ashok Mr and Mrs. K Gangadhar Rao
Mr and Mrs. Ramesh Tate

PROGRAMME FOR JUNE 2011

- 07 Jun 2011 - Executive Committee Meeting
14 Jun 2011 - Birthday and wedding Anniversary celebration. & Short talk & case studies to apprise members about “World Elders Abuse Awareness Day”
21 Jun 2011 - “How to handle loneliness among senior citizens” – Discussion and suggestions / Advice by the members.
28 Jun 2011 - Talk by Dr Uday Kumar – “Interpretation of Diagnostic Test results.”

Answers to Brain Teaser May 2011

1. Wicked - ATROCITY	3. Spacious - CAPACITY	5. Savage – FEROCITY	7. Scanty - SCARCITY
2. Impudent - AUDACITY	4. Happy - FELICITY	6. Greedy – RAPACITY	8. Determined - TENACITY

2



Birthday Celebrations:

We wish the following members and spouses of members a Very Happy Birthday and may the year be full of joyful re-collections:-

SL NO.	M. NO.	NAME OF MEMBER	DOB	SL N O.	M. NO.	NAME OF MEMBER	DOB
1	306	KRISHNA MURTHY Y.	01 JUN 1924	13	282	GUPTA K S	15 JUN 1938
2	112	VENKATESHWARLU V Dr.	01 JUN 1927	14	289	KALYAN RAM K M.	16 JUN 1932
3	179	VISWESHWARIAH V Prof.	01 JUN 1930	15	308	NAVEEN SHAH	18 JUN 1940
4		VIJAYALAKSHMI W/O KRISHNA MURTHY R B	04 JUN 1944	16	209	VENKATESHWARA RAO B.	19 JUN 1931
5	206	Smt INDUMATHI W/O PATEL P H	04 JUN 1947	17	251	Smt . INDIRA W/O SUGUNAKAR REDDY D	21 JUN 1946
6	65	SHANKERIAH J.	07 JUN 1937	18	260	SASTRY K S.	21 JUN 1934
7	224	Smt . LAKSHMINARASAMMA W/O LAKSHMIAH P	09 JUN 1951	19	263	Smt . HALIMA W/O SHAMSHIR ALI	22 JUN 1943
8	197	Smt . SARALA W/O GOPAL GUPTA P	15 JUN 1936	20	252	Smt SARALA KAK W/O SURENDRANATH KAK	23 JUN 1946
9	238	HANUMANTHA RAO G W	10 JUN 1938	21	319	Smt . SWAROOP RANI W/O SURYAPRAKASH	24 JUN 1954
10	280	SUNDARA RAMAN N V.	10 JUN 1941	22	282	Smt . HEMALATHA W/O GUPTA K S	29 JUN 1946
11	361	GOPALA KRISHNA KOTHARU	12 JUN 1943				
12	314	SIVAPRASAD GADALA	12 JUN 1947				

Collection Box

In our Day Care Center we want to keep a Big Collection Box / Bin for used clothes, unexpired medicines, Items meant for donation such as Dal, Rice etc (imperishable!) so that we may arrange to send them over periodically to residents of Old Age Homes and other needy organisations. What are your views?

Wedding Anniversaries

We Wish the following members a very happy Wedding Anniversary:-

S. No.	M. No.	NAME OF MEMBER	NAME OF SPOUSE	MARRIAGE DAY
1	372	SATYANARAYANA V	Smt . JAYALAKSHMI V	01 JUN 1962
2	362	CHANDRA MOHAN GAMPA	Smt VIJAYA RANI LATE	05 JUN 1969
3	331	GOPALA KRISHNA C S.	Smt . ANANTHA LAKSHMI	07 JUN 19....
4	154	KABRA G K	Smt . ANNAPURNA KABRA	07 JUN 1954
5	370	NAIR. A R G K	Smt . VIJAYALAKSHMI	08 JUN 1972
6	289	KALYAN RAM K M.	Smt . KAMAL. K	10 JUN 1959
7	324	PRABHU T R.	Smt . SUHASINI	11 JUN 1974
8	247	SUBBA RAO V V. Dr.	Smt . PARVATHI	12 JUN 1967
9	378	GANGADHAR K	Smt ASHA RAJESWARI K	14 JUN 1967
10	307	NARASIMHA RAO S.	Smt . LALITHA BAI	18 JUN 1960
11	333	BALA MUKUND T. N.	Smt . VANAJA BALMUKUND	23 JUN 1978
12	353	VASANTHA KUMAR D.	Smt . VIJAYA	23 JUN 1965
13	270	KRISHNA MOHAN RAO B.	Smt . KRISHNA VENI	24 JUN 1959
14	282	GUPTA K S	Smt . HEMALATHA	29 JUN 1972

e-Newsletter

As a “GREEN” initiative – to save paper and thereby trees and environment; and in keeping up with the recent trends, your Association will shortly publish a e-Newsletter. The e-Newsletter is likely to contain pictures and more information. This will be sent to all members having an e-mail address. No hard copy (paper version) of the newsletter will be sent to them. Members valuable suggestions to improve the Newsletter are requested in writing and may be given to The Secretary or Sri G N Bhaskar. Those having an e-mail address but not receiving the e-Newsletter are requested send an e-mail to aoscnltr@gmail.com.

AoSC Library

This is to remind all members that we have a good library containing medical, spiritual, fiction and informative books. In addition there are miscellaneous magazines etc. A refundable deposit of Rs 100/- is required to be deposited to borrow **one** book. A list of books available is kept in the library, for you to browse and choose your book. Recently a few CDs on interesting topics have also been added which can be borrowed by the members. The Library is maintained by Dr V. Venkateswarulu and ably assisted by dynamic Sri Siva Prasad. Members valuable comments to improve the Library are welcome.

World Elder Abuse Awareness Day (WEAAD)

Silver Innings Foundation along with many other organisations like FESCOM, SSS, Harmony, INPEA, AISCCON etc are observing World Elder Abuse Awareness Day (WEAAD) in a big way. Talks, Essay Competitions, Online Opinion Survey, and meeting are being arranged. Those who have Internet connection can take part in online survey at:

<http://elderabusemagnituedeandinterventionsurvey2011.questionpro.com/>

Details of Essay Contest may be had from Dr P Vyasamoorthy or from: sailesh2000_2000@yahoo.co.uk

Our association also will be observing WEAAD by presenting Elder Abuse case studies during the meeting on 14th JUN 2011; Opportunities to take part in activities of other local SCAs will be announced later.

One liner promos

- Subscribe to Blazing Twilight – Apsccon news bulletin – Monthly Rs 500 per year only
- Avail free Eye Check up at “Sree Netralaya”, Dilsukhnagar Ph 9849131000 Dr Srinivasa Rao
- Learn Computers – Give your names for PC Classes to be organized – if enough people join!!
- What’s U3A? – Form a group, Choose a topic and a leader; Learn & teach among yourselves. TRY!

ఈ మాసపు వార్తలు!!!

ఫరీదాబాద్ కు చెందిన శ్యామలమ్మ అనే 88 ఏళ్ళ స్త్రీ ఏడుకొండలు నడిచి ఎక్కి శ్రీవెంకటేశ్వరుడి దర్శనం చేసుకొని క్షేమంగా తిరిగివచ్చి తన మనవలకి, మునిమనవలకి తన సామర్థ్యం గొప్పది అని వివరించడమే కాకుండా కాళ్ళ నొప్పులు, నడుమునొప్పి అనకుండా చకచకా తనలాగా కొండ ఎక్కి చూపించమని ఛాలెంజ్ చేశారు.

హైద్రాబాద్ లోని విద్యానగర్ కు చెందిన రామనాథం అనే వయోధికుడు స్నానం పూజా నిర్వహించుకుని తొంభై ఏళ్ళ వయసులో ప్రాణం విడిచారు. 60 సార్లు తిరుపతికి నడిచి ఎక్కి ఆషష్టిపూర్తి ఉత్సవానికి బంధుమిత్రులందరిని ఉచితంగా తీసుకు వెళ్ళిన ఆయన, దానం, ధర్మం, మంచి, మానవత్వం కలిగిన వ్యక్తి, ఆయన పోయినవార్త విన్న భార్య రాధమ్మ 'అబ్బేబ్బే ఆయన నాకంటే ముందే పోవడమేమిటి? అది జరగని పని' అంటూనే ప్రాణం విడిచారు. వారిద్దరి కర్మకాండ జరిపేటప్పుడు ముత్తైదువగా ఆవిడకి జరగాల్సిన విధులు జరిపి ఆమె చితిని ముట్టించాకే ఆయన కార్యక్రమం చేశారు వాళ్ళ అబ్బాయి. మే ఎనిమిదవ తేదీన జరిగిన 12వ రోజుకి ఎందరో వయోధికులు విచ్చేసి శ్రద్ధాంజలి ఘటించారు.

లోతుగుంటకు చెందిన సుబ్బారావు షష్టిపూర్తిని పిల్లలు ఘనంగా జరిపారు. 60 రోజులుగా రోజుకో విశేషంతో వివాహ తంతు చేశారు. పెళ్ళిలో ఇన్ని తంతులుంటాయా అని అందరూ ఆశ్చర్యపడే విధంగా వివాహం జరిగింది. 58 ఏళ్ళ పెళ్ళికూతుర్ని బుట్టలో మోసుకు వచ్చారు 70 దాటిన మేనమామలు. నూరేళ్ళ పురోహితుడికి, అతని భార్యకు పాద పూజతో పెళ్ళితంతు 60 రోజుల క్రితం ప్రారంభించిన దంపతులు 60వ రోజు హానీమూన్ కు వెళ్ళారు. ముందు డార్జిలింగ్ లో ప్రారంభించి, ఆపైన పుణ్యక్షేత్రాల టూర్ చేసి సరిగ్గా 60 రోజులకు తిరిగివస్తారు.

సీనియర్స్ కిచన్

సున్నుండలు

సున్నుండలగురించి మాకు తెలియదను కొంటున్నారా? అనేయకండి. ఈ సున్నుండలో కొన్ని మార్పులున్నాయి. మరింక ఆలశ్యం దేనికి! చూడండి, చెయ్యండి, బలాన్ని పుంజుకోండి.

మినప్పప్పు-----కటోరి చిన్నది

షుగర్ ఫ్రీ మాత్రలు-----6 నుండి 8 వరకు

ఆవునెయ్యి-----4 బేబుల్ స్పూన్లు

బాదంపప్పులు-----2 (నానబెట్టి చెక్కుతీసి పెట్టుకోవాలి)

జీడిపప్పు-----1

అక్రోట్-----1 (వెయ్యకపోయినా ఫరవాలేదు)

ఇతర డ్రైఫ్రూట్స్ ఏది వున్నా అది చేర్చవచ్చు.

విధానం:- మినప్పప్పు దోరగా వేయించాలి. చల్లారాక షుగర్ పిల్స్, డ్రైఫ్రూట్స్ కలిపి మిక్సీలో గ్రైండు చేయాలి.

తర్వాత ఇలాచిపాడి చేర్చి ఆవునెయ్యి కలిపి ఉండలు చేసుకోవాలి.

షుగర్ ఫ్రీ మాత్రలు వేయడం వలన షుగర్ వున్నవాళ్ళు కూడ తినవచ్చు. బాదంపప్పు ఎముకల పుష్టికి ఉపయోగ

పడుతుంది. కాస్తంత జీడిపప్పు బలాన్ని ఇస్తుంది. కొలస్ట్రాల్ పెంచదు. ఆవునెయ్యి ఆరోగ్యకరం. పైగా దానికి

కొలస్ట్రాల్ వచ్చే అవకాశాలు తక్కువ. అందువల్ల ఇవి సులువుగా చేసుకొని రోజుకి ఒకటి తింటే ఆయువు, ఆరోగ్యం కలుగుతుంది.

Smile a While:

“In youth we want to change the world; in old age we want to change the youth.” - *Bob Brown*

Funny Quotes by Robert Orben:

Middle Age is when your brain says “Go! Go! Go!” – while the rest of you is saying “No! No! No!”

Personally, I always tell my troubles to my enemies. They’re the only ones who really want to hear them.

There’s only one problem with going through a second childhood. This time you can’t blame your parents.

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Titbits

Harmony Magazine has completed seven years and is offering prizes for those who complete simple questionnaire.

Sri VK Narasimhan, 78, member of Senior Citizens Forum Secunderabad has brought an ebook called Pebbles on the Shore. It is a collection of eleven short stories written by him. What is interesting. He started writing after almost losing his vision due to glaucoma

The book release function and cultural program of our member Ms Sobha has been postponed. Await further announcements.

Do you want to read achievements of dozens of senior citizens in various fields at all odd ages and get inspired. You may find them in the discussion forum called sss-global. Many AOSC members are subscribers. You need to have email and Internet. What a pity!

APSCCON members have been busy bringing together all Senior Citizens Associations under Twin Cities SCAs Council which will replace the erstwhile Zone seven.

Rules framed under MWPSCA 2007 are ‘almost’ ready say AP Govt sources

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