

# 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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### GOD

So those who first looked up to heaven and saw the sun running its race from its rising To its setting, and the orderly dances of the stars, looked for the craftsman of this Lovely design, and surmised that it came about not by chance but by the agency of Some mighty and imperishable nature, which was God.” *Aristotle*



### Date-8-8-8.Time-8-8-8: Spectacular opening to BEIJING OLYMPICS:

Resurgent china opened 39<sup>th</sup>. Olympics with a burst of fire works at a spectacular ceremony that celebrated ancient Chinese history and aimed to draw a line under months of political controversy. The 16-day extravaganza ended in a blaze of glory for China on 24<sup>th</sup>. Aug. '08.

INDEPENDENCE DAY: The nation celebrated the 62<sup>nd</sup>. Independence Day on 15<sup>th</sup>. August with patriotic fervor. Happy Independence Day!

RAKSHA BANDHAN: The day was celebrated on 16<sup>th</sup>. August all over India with great enthusiasm. Let the tie between brothers and sisters grow stronger!

### PRESIDENT'S COLUMN:

Hello friends,

I came across a unique book recently, titled “Everyday Greatness”, which aims at providing Inspiration for a Meaningful Life. The Book is a collection of inspiring stories and quotations, published in Reader's Digest over the last 80 years, compiled by David Hatch with Introduction and Commentary by the famous author, Stephen R. Covey. Here is what he says about the Book (pardon me for the editing): “Occasionally, the world witnesses a heroic feat or discovers a person with rare talent, which draws headlines, very deservingly. But most people know, there is another type of greatness that tends to be quieter by nature, one that generally escapes the headlines. Yet, it is a greatness that in my opinion is deserving of higher honor, even more respect. I call it “Everyday Greatness” Everyday greatness is a way of living, not a one time event. It says more about who a person is than what a person has and is portrayed more by the goodness that radiates from a face than the title on a business card. It speaks more about peoples motives than about their talents; more about small and simple deeds than about grandiose accomplishments. It is humble “Best Regards, K.V.Krishnamurthy

### Club Activities of the Month:

Regular meeting of the club was held in Jubilee Hills International club on 31<sup>st</sup>. August. In combination with the party hosted by Probian V. Guruswamy. The president KVK chaired the meeting.

### JOURNEY TO HEAVENLY ABODE

One minute silence was observed in memory of the departed soul of our dear K. G. Venkatraman who passed away on 10<sup>th</sup> August in Bangalore due to Cardiac arrest. Rich tributes were paid by the Members of the club to this colorful personality who will be always remembered by us for his immense contribution to the society and the club.

“May the departed soul rest in peace in Heaven”

## **INDUCTION OF NEW MEMBERS:**

Mr. AS Rao and his spouse Mutyabai Rao were inducted in the club by the President with usual formalities and oath-taking. All the members welcomed them with cheers.

**FELICITATIONS:** Probian Aruna offered Birthday greetings to the following members whose Birthday fell this month.

- |   |   |                                      |
|---|---|--------------------------------------|
| 1) Ms. Nooshie Ahsan --1st. Aug             | 2) Ms. Sudha Giri—7 <sup>th</sup> Aug   | 3) Thirupath Rao-9 <sup>th</sup> Aug |
| 4) AS Rao—13 <sup>th</sup> Aug              | 5) R. Bhaskar Rao—15 <sup>th</sup> .Aug | 6) SSRL Swamy-20 <sup>th</sup> .Aug  |
| 7) Ms. Kamala Rajgopal—21 <sup>st</sup> Aug | 8) V .Guruswamy-31 <sup>st</sup> Aug    |                                      |

The following members were felicitated for their respective Wedding Anniversary

- 1) PV Subbarao and Kalpana –10<sup>th</sup>. August 2) VS Subbarao and Rukmini—30<sup>th</sup> August  
3) LM Rajgopal and Kamala - 30<sup>th</sup> August



Thereafter the cake-cutting ceremony was held with the participation of the Probians having birthdays and wedding anniversaries. The special ovation was accorded to the Birthday Boy of the day V. Guruswamy who celebrated the evening with friends, Probians and Rotarians by hosting cocktail and dinner party. It was an excellent evening and everyone enjoyed the get-together. The president and all the Probians thanked Probian Guruswamy and Sarojini for hosting the party.

## **PROBUS NEWS (Probus background)**

Probus began in England when two Rotarians, independently and without knowledge of each other's activities, persuaded their Rotary clubs to establish local groups or clubs which would provide fellowship and intellectual stimulation for retired business and professional men. The first, formed in 1965 by Fred Carnhill of Rotary club of Welwyn Gardens was called the Campus Club. The second, founded in 1966 by the Rotary club of Caterham Community service director Harold Blanchard, was named the Probus Club( for the 'pro' in profession and 'bus' in business which also made up the Latin word for honesty, integrity, virtue). Probus was introduced to New Zealand in 1974 and Australia in 1976. Promotion through Rotary clubs was very rapid.

**Structure:** Rotary International provides Rotary clubs and its other entities, apart from their constitutional obligations, with a level of autonomy which allows RDU Pty Ltd. to run the Probus program in both countries (New Zealand & Australia). RDU Pty Ltd—is the holding company of the official Rotary magazine "Rotary Down Under" and associated Rotary activities. The members of its board (also the management committee of the Rotary Down Under and Probus center selection committee) are appointed by the 29 district governors in Australia and New Zealand, thus providing direct access to Rotary clubs as promoters of Probus.

**Probus centre –South Pacific----** Is controlled by a Management Committee of nine with an executive secretary. Three are appointed each year, for three years, by the Probus Committee. Those selected must be Probians and/or Rotarians of wide experience. At least one member must be an experienced current or past R. I. Officer.

## **NEW HELP LINE FOR SENIOR CITIZENS:**

It is learnt from 'The Association of Senior citizens' Hyderabad that the Heritage Foundation has launched a new help line for senior citizens which covers a wide area of problems which affect them. The Help line will be open during 8.00am to 8.00 pm on all week days. Counseling over phone, handling elder abuse cases and offering health assistance & referral services are main activities. Elder abuse victims will be heard, visited and their victimizers counseled and advised. Police help and intervention are assured and given when warranted The Help line was launched in a meeting held on August 2 which was addressed by Mr. Prasad Rao, Commissioner Police, Mr. Vijaya Sen Reddy, Advocate and Probian Mr. R.N. Mital.

## **ENVIRONMENT:**

Striking new research in the southern California Mountains suggests recent warming is behind a massive die-off and rapid migration to higher ground by nine different plants—from desert shrubs to white firs. Within 30 years, most had moved to elevations 200 feet above their previous growth range. The findings provide a glimpse of what could happen to the world's vegetation as the Earth faces inevitable global warming.

## **HEALTH BULLETIN:**

Due to sudden Cardiac problem Probian Vasundhara Rao was hospitalized for a few days. She is now back home and on the way to complete recovery. We wish her quick recovery.

## **KNOW YOUR PROBIAN:**

**PROBIAN V. GURUSWAMY:** was born on 31<sup>st</sup> August 1923 in Coimbatore district and had his early education there. After obtaining his Masters degree from Annamalai University he joined KCP Sugar Mills at Vuyyuru and from a modest beginning in the organization he rose to the position of President-International operations after going through various stages of promotion. During this period of progress in his career he was selected for a senior fellowship under Colombo plan and visited Australia. After completing his assignment of Colombo plan he studied in the University of Queensland and got his post graduate diploma in sugar technology. During his study in the university he had opportunity to work in several sugar factories there. He was selected to put up a complete sugar plant in Tanzania and during his assignment there he got the offer from UNIDO (United Nations) as a sugar expert and visited Vienna and Somalia as adviser. During this period he visited many countries.

In 1984 KCP won an international tender to erect a complete sugar mill in Sri Lanka and the technical team led by Mr. Guruswamy completed the job in record time. Mr. Guruswamy as President International Operations of KCP succeeded to market sugar machineries and technology to many countries. As the leader of the technical team of KCP to rehabilitate the sugar industry in Vietnam he executed the project of sugar factory. Subsequently, he became the adviser to the chairman of KCP and retired in 1999.

Mr. Guruswamy was awarded “Fellow of Royal Society of Chemistry, London”; “Fellow of Royal Society of Health, London” and “Fellow of Sugar Technologists Association of India”.

Mr. Guruswamy shifted to Hyderabad in 1999. He is happily married to Sarojini who is a graduate in Botany and they have one daughter and two grand sons.

## **HEALTH AND PLEASURE:**

Did you know?

- Tea is the most widely consumed beverage in the world after water.
- Tea is as thirst quenching as water, yet tastier and more pleasurable.
- The aroma of tea can induce relaxation and a feeling of well-being.
- People who regularly drink plain black tea have a healthier heart than those who don't
- Tea, served without milk and sugar, contains virtually no calories. For those on a weight control, tea makes an ideal choice.
- Tea is an excellent source of Fluoride and can contribute to healthy teeth. Tea falconoid have been shown to increase acid resistance of enamel and act as an antibacterial agent.



## **Dairy foods – More than just milk**

Dairy products make up a significant part of the food and nutritional spectrum. However, to many people, the word dairy conjures up just one image-milk. While it is true that milk is one of the most important dairy foods, it is hardly the only one worth noting.

## **WHY DAIRY?**

Dairy foods are incredibly rich in important nutrients and vitamins, such as potassium, riboflavin, and protein as well as vitamins A, D, and vitamin B12. They are also the main source Calcium in our diets, supplying 75-80% of our calcium intake. What does this mean about their benefits? Studies have found a long list of benefits associated with the nutrients in things like cheese, yogurt, and milk including better bone density, improved dental health, lower blood pressure, more effective weight management, and even reduced risk breast and colon cancers.

People often underestimate the amount of dairy foods they ought to eat each day. Scientists estimate that the typical adult needs the equivalent of approximately 3 cups of dairy products every day just to get the recommended daily dose of calcium, not to mention other important nutrients. For comparison in terms of calcium three cups of milk is roughly the same as 3 cups of yogurt, 5 ounces of cheddar cheese, or 6 ounces of processed cheese.

**WORDS OF WISDOM:****• RISKS**

To laugh is to risk appearing fool. To weep is to risk appearing sentimental.

To reach out for another is to risk involvement. To expose feelings is to risk exposing your true self.

To place your ideas, your dreams before a crowd are to risk their loss.

To love is to risk not being loved in return. To live is to risk dying.

To hope is to risk despair. To try is to risk failure.

But risk must be taken, because the greatest hazard in life is to risk nothing. The person, who risks nothing, does nothing, has nothing and is nothing. They may avoid suffering and sorrow but they can not learn, feel, change, grow, love or live. Chained by their attitudes they are slaves, they have forfeited their freedom.

Only a person who risks is free. ----*Shiva Khera*

**ANECDOTES & HUMOR**

- I am not denying women are foolish: God Almighty made them to match the men. ---*George Eliot*
- If a man hasn't discovered something that he will die for, he isn't fit to live. ---*Marin Luther King*
- Romance is the passport to a mystery. ----*Deepak Chopra*
- Temper is what gets most of us in trouble. Pride is what keeps us there.
- I am a great believer of Luck, and I find the harder I work, the more I have of it — *S. Leacock*
- “And another thing,” shouts the doctor to his wife as they argue over breakfast, “you’re not even good in bed.” After storming out of the house to go to work, by mid-morning he’s feeling very guilty and phones his wife to make amends. After ringing for quite some time, she finally answers. “What took you so long to answer?” he asks. “I was in bed,” She says. “What were you doing in bed at this time of the day?” “Getting second opinion!” ----*Probus News*
- VK Krishna Menon was a bachelor and hated people with large broods of children. In his early career as a barrister in London, a neighboring couple with three girls in tow called on him and suggested that he accompany them to a theater as they had an extra ticket. The sixsome waited for a bus and the first bus had only room for four (mind you in London there is no overloading). The second came after five minutes and had only three vacancies. So, they decided to walk the distance instead of being late for the show.

Krishna Menon with his walking stick was tramping on the cobble stones on the pavement and making a rhythmic tuck-tuck-tucking noise. The father already irritated with not getting the bus, remarked, “Dammit, Krishna, can’t you put a piece of rubber at the end of your stick?” Pat came the reply: “If you had put one at the end of yours, we would have got into a bus.”---*Masonic Lodge*

**EDITOR’S COLUMN:**

After several exploratory meetings of the veteran senior citizens of the Rotary Club of Hyderabad-North “PROBUS CLUB OF HYDERABAD” was inaugurated on 4<sup>th</sup>.Sep.1998 with 19 founder members. In the exploratory meetings it was decided that the future membership will be on invitation and the members shall be retired / semi retired professional / business leaders enjoying impeccable reputation in their vocations and are willing to promote fellowship among the members. We adopted the constitution of Probus Center—South Pacific Inc. Australia and was accredited by the Probus Center on 27<sup>th</sup>. Oct.1998. In our club all our members have held very responsible executive positions in their respective fields during their careers. Generally, when in high position the executives delegate their work to assistants and are not used to work by themselves. Since we have to run our own club by ourselves it is necessary that all of us take the responsibility to run the club efficiently by accepting the assignments that may be offered by the club. I request the members to volunteer the acceptance of the assignments of the office bearers as required to keep the club running. ----RAM