



Dear Readers,

Season's Greetings!

Recently we have had a lot of rainfall, accompanied by strong lightning and frequent thundershowers in and around Melur Meadows Kumaran Kundru (MMKK). To say that we have summer in MMKK would be an overstatement! The heavy clouds and frequent thunder lead to bouts of rain every now and then.

Cottages in Phase 2 are now ready for possession barring few. Some of their owners have slowly begun to move into them. We are pleased to have them join our community here at MMKK.

Construction of cottages in Phase 3 is in full swing. Phase 3 is expected to be complete by early 2012. Additionally, the Central Plaza (with common dining facilities and a community centre) is expected to be operational in a couple of months.

MMKK is now able to accommodate a larger number of short-term visitors.

The Naturopathy Treatment Centre is up and running with more and more people walking in for consultation and treatment.

Our Chennai office has been shifted from Ashok Nagar to Kalaimagal Nagar. The contact details of our new premises are:

Melur Meadows Alternative Lifestyle Private Limited
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With regards,

Sundar - sundar@melurmeadows.com



Deluxe Cottages in Phase 2 already under occupation



Some of the Cottages in Phase 2 ready for occupation



Starting of construction of Cottages under Phase 3

Melur Foodie – James David – Owner Resident @MM

Taking delight in food is not privilege but a right of every individual irrespective of class or creed; it is an essential part of one's being. It is indeed a personal preference. A surfeit of gastronomic delight or a niggardly approach is fraught with health hazards. Most of us would have fallen to both the extremes at varying times. We tend to be either bashful defenders or passionate apologist of our epicurean exploits.

Being unhappy with food can be an unpleasant and a tetchy experience while living in a community. A well managed kitchen with its gracious and trained staff is a major ingredient to bond people having disparate taste buds and culinary tradition into a contented fraternity. It is a time consuming labour and the learning curve is beset with pitfalls.

Melur Meadows is a diverse community with varied and obvious fondness for food. It is going through a process of putting together a menu and training the staff to provide nutritious food with variety and class giving due consideration to the likes of the residents.



As of today, limitation of space is a major handicap. Operating from a 12/6 kitchen with an adjoining temporary annex and a dining area that can accommodate only 14 at any given time, one cannot bargain for a top class restaurant service. In addition to a dozen permanent residents, often there are visitors – potential residents, residents returning after a sojourn elsewhere, visitors, etc. Needless to say that such days demand the catering staff to draw on all their reserves to rise to the occasion. Yet, the kitchen staff present and serve “delicious” meals with a smile and poise. I understand

that they have a repertoire of 200 and odd recipes [!] to pick from.



Reminiscence or nostalgia is a sure sign of *old* age and most of us, here, are not immune to it. A longing for dishes of yester years emerges every now and then. Melur Meadows' dietetic regimen will never fulfill the yearning for our preferred food; it has to remain in a dream. A metamorphosis without a spasm comes to pass; our personal gastronomic relish slowly yields place to a 'communal' taste thanks to the versatility and imagination of the chef/s.

A common denominator of taste in a community kitchen versus individual palate is a never ending predicament. Perhaps by 'genteel' sharing of recipes and tips of cooking with the staff or a demonstration class by the connoisseur may be a short-cut to this problem. Besides, it will be an exciting experience for 'lesser mortals' to see "What is cooking". By and through this partnership or cooperation the food is bound to become more delightful and delectable.

The Plaza, under construction, with a spacious and well equipped kitchen and a large dining room will challenge the catering staff to tickle our appetite and entertain us with an array of exotic menus to bear out the axiom: the community that enjoys food stays happily together.

Quotes:

We make a living by what we get; we make a life by what we give - **Winston Churchill**

In between goals is a thing called life; that has to be lived and enjoyed - **Sid Caesar**

How To Live The Good Life - Marc

Source: www.marcandangel.com

Living the good life means different things to different people. There is, however, a slightly ambiguous, mutual understanding. "The good life" is the life that you would like to live broken down to its most basic form. It deals with the simple pleasures that make you happy, the compassionate deeds you perform, the personal goals you strive to achieve, the relationships you nurture and the legacy you leave behind. Sincere personal fulfillment is generally the collective end result.

"The good life" is also about appreciating all your time, not just your leisure time. Far too many people get caught up in the mad rush of a corporate lifestyle and grow completely numb to the little moments, the simple building blocks of time that make life magical. Time, after all, is the single greatest element of life.

- 1. Slow Down** – Urgency and haste instantly diminish accuracy, awareness and happiness. There is a big difference between getting things done and getting things done effectively.
- 2. Appreciate Life's Simple Pleasures** – The best things in life are free. From a quiet lakeside sunset to sleeping in on a rainy day, life's greatest simple pleasures can only be purchased with mindful awareness.
- 3. Foster and Nurture Relationships** – A happy, fulfilling life is a life shared with family and friends.
- 4. Be Self Sufficient** – Freedom is the greatest gift. Self sufficiency is the greatest freedom.
- 5. Learn About Different Things** – In life, a jack of all trades is far more equipped than a master of only one.
- 6. Concentrate on Your Passions** – True wealth comes naturally to those who are passionate about their endeavors.
- 7. Travel to Distant Places** – There are places in this world that will open your mind to realities you've never imagined in your wildest dreams. These realities will inject your conscience with healthy, new perspectives.
- 8. Talk to Strangers** – Quite simply, this is how you will meet great people.
- 9. Exercise Your 5 Senses** – Sight, hearing, smell, taste and touch. Each provides a gateway to rewarding personal experiences.
- 10. Use What You Have** – Success is not the byproduct of limitless resources. Success happens when you stretch the limits of the available resources.
- 11. Assist Others** – What goes around comes around.
- 12. Be Clear on Your Goals** – You will never get where you want to go if you don't know what you want.
- 13. Make a Decision** – Indecision is the leading cause of missed opportunity and wasted time.
- 14. Practice General Time Management** – Trying to achieve your goals without doing a little time planning is like sailing the open ocean without a compass and map.
- 15. Leave Time for Spontaneous Excursions** – Opportunity sometimes knocks at unexpected times. Make sure you have enough flexibility in your schedule to respond accordingly.
- 16. Educate Yourself on the Facts** – Ignorance is only bliss in a vacuum. In the real world you will eventually be confronted with the facts, and by then it may be too late. Be aware of reality, get your facts straight and make educated decisions.
- 17. Think More, Talk Less** – The more you think and the less you talk, the more you will learn and the less you will miss.
- 18. Own Up to Your Actions** – Either you own up to your actions or your actions will ultimately own you.
- 19. Keep Your Promises** – Not doing so guarantees loneliness and failure.
- 20. Always Find the Positive Lesson** – Every negative outcome holds a positive lesson. Finding it is the key to greatness.
- 21. Forget Perfection, Find Satisfaction** – Perfect is the enemy of good. The idea of perfection is based primarily on personal opinion, circumstance and flexibility. Instead of searching for perfection, find something that satisfies your needs.
- 22. Eat Clean** – Never doubt the old adage "you are what you eat".
- 23. Sleep Well** – A tired mind is inefficient and unhappy.
- 24. Laugh** – Some of the most memorable moments in your life will be moments spent in laughter.
- 25. Be Here Now** – Right now is the only moment guaranteed to you. Right now is life. Don't miss it.

Moral of the Story

One day a teacher asked her students if anyone had any stories that illustrated a lesson or a moral. Little Susie told a tale of how she and her grandfather were taking their eggs into town in a large box when they hit a bump in the road and half the eggs flew out and broke. The teacher asked what the moral of the story was and Susie said, "Don't put all your eggs in one basket."

Next, little Jane told of how she and her older brother tried to raise some chickens from eggs and how their planned income

was so much less when half the eggs didn't hatch. Then she said the moral of the story was, "Don't count your chickens before they hatch."

Then Little Johnnie told the story of his Uncle Ted. He said, "My Uncle Ted was in the Vietnam War and his plane got shot down over enemy lines and all he got out of the plane with was his parachute, his machine-gun, a knife, and a case of beer. As he floated down he quickly drank all of the case of beer to celebrate his life-saving good luck."

Johnnie continued, "Unfortunately, when he landed he was surrounded by 100 Vietcong. He killed 70 of them with the machine-gun, but then he ran out of bullets. Then, he killed 20 of the enemy with his knife until the blade broke off in one of them. Then, he killed the last ten with his bare hands and his teeth." The horrified teacher tried to recover from this terrible tale by asking what lesson could possibly be taken from his story. "The moral is," said Little Johnnie, "don't mess with Uncle Ted when has been drinking".

Seniors: Creating Worthwhile Conversations

Dr Jerry D Elrod

Source: www.senioreitizenjournal.com

Casual dinner conversations are created by the mix of the group, the likelihood of similar interests and tastes, a seating arrangement based on knowledge of who is who, an atmosphere that is low key and non-intimidating.

There are some simple rules of etiquette, which is a very old fashioned term and often not observed at all. But, volatile conversations are set off by persons who are either insensitive to or ignorant of subjects that would be best kept out of bounds. A sure fire way to guarantee a failed dinner party is to open all the doors and windows to any discussion on any topic. Eventually, the pyrotechnics will get out of hand.

Unless this is a group that has been together on numerous previous occasions, know each other extremely well, it isn't good counsel to open up conversation on subjects such as politics, religion, national economics, and other such topics that are, by definition, controversial. What does this leave? To be sure, this eliminates many topical subjects which likely should not be introduced. But, unless this group has been together so much in the past, it may be like throwing a stick of dynamite in the middle of the room.

Good behavior is expected when in the home of a friend or someone who has honored you with an invitation to their home. Subjects of business and personal affairs should be avoided.

Questions regarding family members, how they are doing and where they are now, are, of course, suitable. Sports activities in which there is common interest, hobbies or favorite past times are perfectly acceptable. Hosting an occasion does not give permission for the host or hostess to control or dominate or choose all or most subjects discussed.

A conversation that flows, allows others to be a part of it, encourages humor, in good taste, certain stories, not told before are quite appropriate. Discussing others, not present, is not in good taste, unless it is to express concern about their welfare, but not gossip.

Conversations that exclude persons around the table can be quite embarrassing to them and totally out of the rule of being sure everyone is appropriately a part of the evening. Discussing details of one's own relatives or children when a minority at the table knows them or anything about them is quite out of bounds.

Making light of others or telling tales that does so should be quickly nipped in the bud. Poor taste of this kind can leave others at the table offended.

Remembering that conversation is an art, not a hodge podge of "by the ways," will assist keeping the evening or occasion on track as a perfectly appropriate and memorable experience.

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