



# The MMKK Newsletter

June-August, 2011

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## From the Desk



Many people have told us that it's time our newsletter had a name. We would like to throw open the suggestion box to you, readers! Do get back to us with a name that would give our newsletter a personality! We will shortlist your suggestions. Gift vouchers are up for grabs for shortlisted suggestions.

Independence Day was celebrated with a bit of fanfare at MMKK. Tricolor was hoisted by Ms. Sridevi, a Senior Resident followed by a short speech by Mr. Ranganathan. Residents, Staff and Workers, all participated and enjoyed every bit of the program whether it was songs, folk and village dances, music, games, quiz and fun. Prizes were distributed for winners.

I would like to thank, once again, all those who put in their best to make the day wonderful.

Warm Birthday wishes to those at MMKK whose birthday falls in June, July and August!

We are trying to improve our punctuality in bringing out our newsletter on time. At least from now on we would definitely have an issue of our newsletter every quarter if not every month.

Happy Reading!

Regards,  
Sundar

## Happenings at MMKK

It's time to catch up on what's been going on for the last couple of months at MMKK!

Starting with the progress of the site, Phase 3 is now under construction, and should be complete by mid 2012. Our central plaza, with common dining and other facilities will also be ready by November 2011. A few months from now, all our recreation events will be held there- and we could be sitting down to dinner there in a spacious dining room very soon!

The highlight of the time has been the Independence Day celebration on August 15th. It was a lively occasion, with some wonderful performances from singers and dancers – both within our community and from outside. The fun continued with games and quizzes, in which everyone took part. The games of skill threw up winners of unexpected dexterity, and our kudos go out to ALL those who participated, not just the winners!

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After a brief hiatus, early morning Yoga is back with a bang at MMKK. The Lyaa Wellness Centre is fully operational now, with a variety of options in the rejuvenation and treatment packages. Make use of the opportunity to get back to health – naturally!

## Independence Day at MMKK

On 15th August, the nation celebrated its 64th birthday amidst the sombre atmosphere of corruption. This was a direct contrast to the mood at MMKK, where we marked the day with jubilant celebrations.

The event was kicked off by Mr. Bhaskar, the Chief Cook, who presided over it as Master of Ceremonies. Mrs. Sridevi Naidu hoisted the flag. Mr. T Ranganathan welcomed the gathering and shared his thoughts about Independence Day.



The programme continued with a number of cultural performances. Five of our residents sang a number of patriotic songs, including a few by the noted poet Barathiyar.

The ladies' performance was much appreciated. The singing was continued by Ms. Subhasini, one of our therapists. She favoured the gathering with a rendition of a Manipuri song. Of course, we didn't neglect the other component of any cultural performance – dance! A Gummidi village dance was performed by a number of women from nearby villages, who work at MMKK. Ms. Rabina performed a Manipuri dance with elan (Ms. Rabina is one of the therapists at Lyaa).

A special thanks to Mr. Eldin for providing music, and entertaining the gathering with his playing of the mouth organ. Incidentally, it was also Mr. Eldin's birthday on August 15th! Best wishes!



From performance to participation – the quiz event was one of the most popular. It was conducted by Mr. Shanmugam. Participants were grouped in teams of 4-5, and impressed everyone with their knowledge of sport, geography, history, science and general subjects.

We finished up with some entertaining games of passing the parcel (or in this case, passing the basketball!) and throwing the ring. Winners were abundant, and there were prizes for all!



Our programme came to close by lunch time, when it was time to adjourn to the dining tables and enjoy a sumptuous lunch provided by our team of cooks. All in all, a splendid time was had by all!

## Naturopathy Corner: Health Tips from Lyaa Wellness

One of the biggest factors which affect our daily lives today is stress. You might be surprised to know that one of the major ways to reduce stress is simply breathing right. Here are some quick, easy and natural ways to use the basic function of inhaling and exhaling to reduce stress:

- For about five minutes a day, sit or lie with your spine straight, close your eyes, and focus your attention on your breathing. You will find that your mind and body will relax.
- Slow, deep, quiet, regular breathing is more efficient, delivers more oxygen to your cells and balances the nervous system.
- Respiration is deepened by actively exhaling more air, not by inhaling more air. Pushing more air out of your lungs automatically triggers your lungs to take more in.



## Eat Well, Live Well: Recipe for Health

Source: [www.tarladalal.com](http://www.tarladalal.com)

Recipe of the month is **Bagara Baingan** - perhaps you can make it with the lovely Brinjals found in the gardens of MMKK!

Preparation Time: 20 minutes; Cooking Time: 25 minutes; Makes 4 servings

### Ingredients

250 gms small brinjal  
(baingan/eggplant)  
1 tsp tamarind (imli)  
1 tbsp roasted sesame seeds (til)  
1 tbsp roasted peanuts  
1 tbsp grated coconut  
4 tbsp oil  
1 tsp ginger-garlic (adrak-lehsun) paste  
1 cup chopped onions  
1/2 tsp turmeric powder (haldi)  
1/2 tsp coriander (dhania) powder  
1/2 tsp cumin seeds (jeera) powder  
1/2 tsp garam masala  
1/2 tsp chilli powder  
Salt to taste



### Method:

Slit brinjals from both the sides without cutting the vegetable completely.

Soak tamarind in 2 cups of water for half an hour.

For the masala, make a smooth paste of sesame seeds, roasted peanuts and grated coconut. Keep aside.

Heat 2 tbsp of oil in a pan and fry the brinjals till they become soft and keep aside.

Heat the remaining oil in the pan, add the ginger-garlic paste and onions and fry until the onions turn light brown.

Add the prepared masala paste and fry for 1 minute, while stirring continuously.

Add the turmeric powder, cumin seeds powder, coriander powder, garam masala and chilli powder and mix well.

Add the tamarind juice, and salt, mix well and simmer for 5 minutes.

Add the fried brinjals, cover and cook on a medium flame for 5 minutes or till the brinjals are completely cooked.

Add the coriander and serve hot.

## Games for Seniors: Croquet

Croquet has a reputation for being a genteel game for garden parties and picnics. Yet it can be a fiercely competitive game of skill and strategy for teams or individuals. Played on varying terrain and from two to six players it can provide fun and excitement at formal social occasions or to pleasantly while-away and afternoon.

The setup for croquet is fairly simple, it requires only an open field and a croquet set comprised of two stakes, nine wickets, along with a couple of mallets and balls.

The object of the game is to pass a ball through all the wickets.



The basic rules of croquet are simple, but there are certain exceptions and caveats that are not well understood.

A coin toss should determine who goes first. There is often a rush to get a certain color. Color determines order and should be allocated based on teams selected and the coin toss. It should be noted that there is not a particular advantage to being first. In fact, many players prefer to be late in the order.

The player to begin play places his ball about mid-way between the stake and the first wicket. He hits his ball with the mallet and attempts to pass through the wickets before him. If he passes through both wickets, he receives two bonus strokes.

Generally, bonus strokes do not accumulate - only the last bonus strokes earned are allowed (the exception being the two wickets at the starting or turning stakes). Bonus strokes are awarded for going through a wicket, for hitting a stake, or for hitting another ball.

Bonus strokes for passing through wickets or hitting a stake are played from where the ball lies after the point is made. When a player hits another player's ball, it is called roqueting.

For roqueting a player is awarded two bonus strokes.

If a player roquets he has four options.

- First, he may take two bonus strokes from wherever his ball lands.
- Second, he may place his own ball a single mallet head's length away from the ball hit - in any direction he chooses. Then he may take his two bonus strokes.
- Third, he may put his ball next to the ball hit. Then hit his own ball so that it moves both balls in a desired direction. He then has one bonus shot remaining.
- Finally, he may place his own ball side by side with the struck ball. Then placing his foot on his own ball strike, it so as to move the other ball, without moving his own. He then has one stroke to execute as he chooses.

Each ball may be roqueted only once per turn unless the player goes through a wicket or hits the turning stake. Even so, a player may roquet more than one ball per turn between wickets. If a ball is struck twice in the same turn without passing through a wicket, no penalty is awarded, no bonus is awarded.

If another player by any legal means moves another player's ball through a wicket or causes it to hit a stake, the wicket or stake is scored, but no bonus strokes are awarded.

Balls sent out of bounds should be placed one mallet length (about 36 inches) from the boundary back within the playing field at approximately the point it went out of bounds. In tournament play, balls that fall within a mallet of the boundary at the end of a turn are moved back from the boundary by the length of one mallet.

A few final notes: Balls may be struck only with the face of the mallet. A mallet cannot strike another ball. Balls played out of turn accrue no penalty - the balls are returned to status quo ante (the situation before the error occurred).

Now that you know the rules, why don't you play a few games of croquet in the lawn of MMKK?

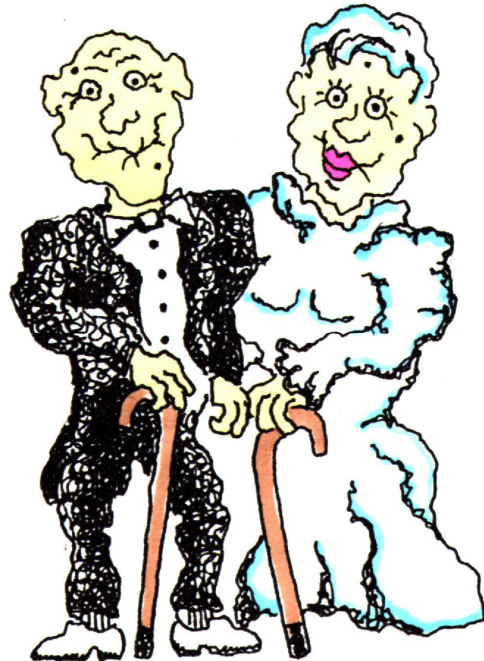
## Senior Humour

At an immigration counter in the airport of Normandy, France, an elderly British man was having some trouble gathering his visa documents and passport together. An impatient young immigration clerk said, "Come on, we haven't got all day. Get on with it." The elderly man said, "You'll have to excuse me son, the last time I came to France nobody asked me for a passport or a visa." The young clerk, assuming that the elderly man was senile, said, "How can that be? You must have forgotten." The elderly man replied, "No, I'm sure. You see, the last time I came to France was in 1944 during the Normandy landings, to liberate France from the Nazis. Trust me, no Frenchman asked me for a passport or visa then!"

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The local news station was interviewing an 80 year old lady, because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80 and then about her new husband's occupation!

"He's a funeral director," she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her early 20s, then a circus ringmaster when in her 40s, and a preacher when in her 60s, and now in her 80s, a funeral director. Astonished, the interviewer looked at her and asked, "Why did you marry four men with such diverse careers?" She smiled and explained, "I married one for the money, two for the show, three to get ready and four to go."



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