

## FROM THE PRESIDENT'S DESK



Dear Members,

Here is hoping that you have had a wonderful joyous festive season.

The month of December evokes feelings of joy and bonhomie and over the years your Gymkhana has done its best to live up to the traditions of Christmas. As usual, the Gymkhana got decked up for the festive season.

The Christmas season at the Catholic Gymkhana was celebrated with great zeal and enthusiasm with a host of activities and events. The Christmas Carol Nite was wonderfully organised and arranged by the Cultural Activities Committee led by the meticulously perfect, legendary one and only Natasha Collaco ably assisted by the enthusiastic team of Penelope Bocarro, Anne DeSouza and Marcelino D'Sa. The Managing Committee is thankful to His Eminence Oswald Cardinal Gracias for honouring us by his presence at the Christmas Carols. His Eminence was taken around the Gymkhana building before the start of the programme and he was highly appreciative of the various facilities available for the members. Cardinal Gracias addressed the members and guests present and wished all A Blessed Christmas.

The Christmas tree party was celebrated by children with great gusto. Santa Claus made a grand entry and added to the merriment while surprising all the children present with exciting Christmas goodies. Thank you team Entertainment, Dominic, Evette, Leslie, Everilda and Ralph for the joy and happiness you brought to the children of members, guests and staff. In keeping with the spirit of Christmas CG hosted 50 under privileged children for the Christmas tree party. The children enjoyed a delightful evening well spent.

The Entertainment committee also worked on creating a fun filled Christmas Dance and Exciting 2020 New Year's Eve Bash.

Christmas is the season to gorge away! Karl and our F&B sub-committee have very carefully curated a menu for the Christmas season to tickle every palate and enhance the festive cheer with lip smacking starters, finger foods, Goan, Indian, Continental and traditional Christmas delicacies.

Having said much about the activities that are visible it is also time to keep our members apprised of the efforts put in by people behind the scenes. Our Treasurer Sanju Fernandes presented the half yearly income and expenditure statements of various activities to the Managing Committee along with the six monthly performances of the various sub-committees. Discussions were initiated with the sub-committees and measures proposed to improve the internal and financial controls with the objective of cutting costs, improving profitability and raising standards of services thereby ensuring member satisfaction with prompt and efficient service. I wish to express my thanks to Advocate Bernado Reis for the legal support, Everilda and our Internal Complaints Committee team, Evette Malgi, Ian Pereira and members of the Communications and PR team who are committed to raise the level of communications with our members. I also wish to thank our HGS Norbert Pereira, the office staff and the Custodians for their efforts to improve and provide prompt and efficient service to our members.

I also wish to inform members that I am just an email or phone call away from you in my endeavour along with my colleagues in the MC to usher in changes in the operations of the gymkhana. Your suggestions are welcome. We in the Managing Committee are focusing on the introduction of more events and activities through out the year to cater to all age groups. The newly constituted sub-committees are busy planning and organising an action packed year with emphasis on cultural, sporting and entertainment events to provide members with good fellowship.

We approached the finale to the year 2019. A Lot of progress has been achieved where CG can breathe more comfortably with respect to compliances of regulatory requirements. A lot more needs to be done to make CG a truly happening place. Your support and good wishes will steer my colleagues in the Managing Committee and myself to deliver the desired results. Let us say cheers to 2019 and welcome 2020 with great aspirations.

On behalf of the Managing Committee I wish all our dear members and your families a Healthy, Happy and Prosperous 2020.

With all good wishes,

**VERNON MIRANDA**  
President

## Editorial team

**Evette Malgi** (Editor)

**Ian Pereira** (Sub-Editor)

**Randolph Rodricks**

**Sailesh Divecha**

**Sarika Fernandes**

**Sylvester Chaves**

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### Multi Sports:

We invite you to be a part of the extravaganza multi-sport activity at the Catholic Gymkhana. The passion for sports and inspiring stories reaffirms our belief that there is an athlete in all of us looking for an opportunity to come out and play. So engage yourself in Team Bonding. Come, be a part of this sporting revolution.

For details, please contact CG Office between 11.00 a.m. – 7.00 p.m.

## **DATES TO REMEMBER IN **JANUARY** 2020**

**05-01-2020** New Year Bumper Housie - 7.00 p.m. at the Lawns

**10-01-2020** Karaoke Night (KJ Peter Po)

**11-01-2020** Al Fresco Dance at the Grand Hall - 8.30 p.m. Band: Willy & Brynhild

**12-01-2020** Mini Bumper Housie

**18-01-2020** Members Nite/Bar Nite

**19-01-2020** Mini Bumper Housie

**24-01-2020** Karaoke Night (KJ Peter Po)

**25-01-2020** Eve of Republic Day Celebrations at the Grand Hall - 8.30 p.m.

**26-01-2020** Mini Bumper Housie

## **DATES TO REMEMBER IN **FEBRUARY** 2020**

**01-02-2020** Art & Elocution Contest (for details, contact CG Office)

**15-02-2020** Valentine Day Celebrations - 8.30 p.m. at the Grand Hall

**16-02-2020** Annual Athletic Invitation Meet

## KNOWLEDGE WORTH HAVING BY DR. KIRAN COELHO HELD ON 1<sup>ST</sup> DECEMBER, 2019

Continuing the “Knowledge Worth Having” series, the Managing Committee organised a talk by Dr. Kiran Coelho on the topic “Recent Advances in Women's Health Care” covering gynaecological issues faced by women of all ages. Dr. Coelho is highly respected and renowned in the field of Obstetrics & Gynaecology and it was indeed an honour to have her address our members and guests.



A vast number of topics were covered and her presentation answered questions without being voiced! These ranged from symptoms, diagnosis and treatment of Polycystic Ovarian Disorder, Infertility, Infections, Menopause and various cancers. As a Gynaecologist, Dr. Coelho laid out all options available. However, being a Catholic Gynaecologist on the Archdiocesan panel and lecturing to Seminarians, Dr. Coelho clearly presented the Church's stand on some

of the options and explained the Church's viewpoint on why and what is not permitted. Many of the Infertility treatment options fall in this category as they involve artificial fertilisation procedures. Additionally, this gives rise to ethical issues as extra-fertilised cells (after Conception) are destroyed. This is definitely information that we as Catholics need to have!!

Dr. Coelho also stated she had never conducted an abortion precisely for this reason. Dr. Coelho also advised that hysterectomies should be performed only if strictly required and that removal of ovaries should be avoided. Dr. Coelho's presentation ended with a question-answer session where doubts were clarified. It was heartening to see many male members attend and even ask questions – indicating their love and concern for their mothers, wives, sisters and daughters.



Ms. Claire Pereira  
Member

## BILLIARDS AND TIN-N-BOTTLE TOURNAMENT 2019

Our Annual Home Billiards Tournament was held in the Month of November 2019.

It was sponsored by Angel Foundation and named "The JOAQUIM DCUNHA TROPHY" in memory of the sponsors late father.

The Tournament started on the 9th of November and had 24 entries. The Finals were played on Friday the 29th of November between Mr. Mohan Shetty and Mr. Vinod Nair. It was a close and pulsating final and was eventually won by Mr. Vinod Nair by a margin of only 8 points the score being 150 - 142.



We also conducted a "Tin-n-Bottle" Tournament on Sunday the 1st of December which started at 11 a.m. and concluded at 7 p.m. where breakfast, lunch and evening tea was included in the entry fees.

This is a unique Doubles Tournament where a strong player is partnered with a weaker player which are selected by lots.

We had 26 entries and the Finals were played between the doubles team of Mr. John Baptista and Mr. Juzer Master v/s Mr. Joel Rodriques and Mr. Trimbak Deorukhkar.

The Star performer for the finals was Mr. John Baptista who along with his partner eventually won the honours.

We look forwards to more Members participation for our future Billiards & Snooker events held by the Billiards and Snooker.

Alex Dcruz                      Mohan Shetty  
Jt. Secretary                  Jt. Secretary  
Billiards and Snooker  
Sub-Committee.



## CHRISTMAS SEASON

Be merry all, be merry all,  
With holly dress the festive hall;  
Prepare the song, the feast, the ball,  
To welcome Merry Christmas.

~William Robert Spencer

## COMPLIMENTS OF THE SEASON

The Christmas Season at the Catholic Gymkhana, Marine Drive, was celebrated with traditional cheer!  
To all on earth and pronouncing the Birth of our Lord Jesus.

## CHRISTMAS CAROLS

On Saturday 14<sup>th</sup> December 2019, the Angelic Carol Singing songs of peace and joy and goodwill by the following groups:

**Da Capo - Conducted by Havilah D'Sa, Sahar Beacons - Conducted by Aloysius Machado,  
The Choir of the Church at Powai - Conducted by Rev. Dr. Cecil Clements,  
C Minors - Conducted by Sydney Pereira, The Ambassadors, Arish Bhiwandiwala**



## CHRISTMAS TREE

Sunday 15<sup>th</sup> December 2019, Children's Christmas Tree Celebrations waves a magic wand for children seen with their parents in tow, dancing and prancing around the lawns. Jumping on trampoline and ascending and descending on the Moon walkers.

Kids in colourful clothing with caps, masks and whistles were racing each other in their whistling sound. Few kids taking walks with their favourite Mascots Cartoon figures like Mickey and Mini Mouse, Chota Bheem and Doraemon.



Magic Show and dancing and singing with Santa was the icing on the cake.

All children were happy to meet their Santa and receive gifts from him as they chomped down on their goodie bags.



**We were the privileged Gymkhana to host this fun event for the underprivileged children too and by giving the Light of Love and ensuring all are on the same platform.**





## CHRISTMAS BAZAAR

Christmas Bazaar, a place buzzing with Stalls selling home-made Christmas Sweets, Fashion, Arts & Crafts and getting ahead of the Elves. An excellent means of promoting Christmas Wares.



## CHRISTMAS DANCE

Christmas the most beautiful time of the year celebrated in a grand way. The Band in attendance was none other than the Spectacular 2 Girlz & A Guitar who rocked the event and kept the audience enthralled. The sensational - Kimberley Van'Drine's - magical voice enchanted all as they took each step, a true experience in its dance, a barometer of the soul.

To host our event we had on stage the latest rage - Newman - the most energetic compere who danced and with his anecdotes kept all entertained.



## NEW YEAR'S EVE DANCE

The Gathering at Catholic Gymkhana bid adieu to 2019 in style and revelry marked the onset of New Year 2020 with Glitz and Glamour.

Holding Hands and singing the traditional Auld Lang Syne accentuated the Epic Grandeur. 'SUNBERN DUO' the band in attendance set the stage on fire.



Nightingale Bernice and baritone voice of Sensational Sunny singing soul searching songs were a Dancers Delight. DJ Val gave wings to the Mind as the compere for the evening Joe D'cruz set the motion through the transition.



The Décor was like fairyland, which was the handiwork of Maithilee Decorators. Our Caterer, Culinary Caterers served delectable food that tickled the palate. Laughter and Fun filled the air as one welcomed and embraced a New Beginning with Family and Friends.





# The Catholic Gymkhana Ltd.

presents



## GYM DINER

*Now  
Open!!*

*60 Pax Fine Dining  
Restaurant*

*on the  
2nd Floor*

*Friday to Sunday  
and All Public Holidays  
7:30 p.m. - 11:30 p.m.*



# The Catholic Gymkhana Ltd.

## GYM DINER MENU

### SOUP

Mushroom Almond Soup (Veg.) .....	120
Tomato & Basil Soup .....	95
Tom Yum Soup (Non-Veg.) .....	120

### VEG. STARTERS

Cottage Cheese and Leek Cigars .....	220
Peri Peri Potato Wedges with Garlic Aioli .....	180
Loaded Nachos .....	220
Paneer Salt 'N' Pepper .....	220
Onion Rings .....	180
Messy Fries .....	220
Wok Toast Baby Corn & Mushroom .....	220

### NON-VEG. STARTERS

BBQ Chicken Wings .....	260
Honey Pepper Chicken .....	260
Bacon Wrapped Prawns .....	360
Prawns Butter Garlic / Kung Pao / Chilly Garlic .....	320
Fish in Thai Basil .....	260

### MAIN COURSE

Burnt Chilly Veg. Rice .....	220
Green Thai Veg. Curry with Rice .....	260
Red Thai Chicken Curry with Rice .....	320
Chicken Bacon Bake .....	280
Mediterranean Chicken .....	280
Fish Meuniere .....	280

### PASTA

Penne Veg. / Non-Veg. ....	240 / 280
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### PIZZA 10"

Margherita Veg. / Chicken .....	240 / 280
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### DESSERT

Caramel Custard .....	90
Choice of Ice-Cream .....	90
Apple Pie Topped with Vanilla Ice-Cream .....	150

LAST ORDER 11:00 p.m.

TAXES AS APPLICABLE

**CATERED BY : CULINARY FOOD & BEVERAGES**

Come and enjoy the mouth-watering fine dining cuisine of Continental and Oriental delicacies put together by the F&B team lead by Karl Vaz in collaboration with our Caterer Mr. Nilesh Dighe of Culinary Foods. We are expecting a Liquor License soon. The Gym Diner awaits your arrival with family and friends for an enjoyable evening from Fridays to Sunday and on Public Holidays. Once business picks up in the Gym Diner we would be happy to extend the facility to other days as well. In the interim, if there is a large group of at least 20 people who wish to utilise the Gym Diner from Monday to Thursday, please call us 24 hrs. in advance and we would be delighted to keep the facility open for you at no extra charge.

Go ahead now and entertain your friends, business associates and guests for a relaxed evening. However, you will necessarily need to be with your guests while dining at the Diner.

# ANNUAL ATHLETIC INVITATION MEET - 2020

**Day/Date/Time: Sunday, 16<sup>th</sup> February 2020 from 8.00 a.m.**

**Venue: Mumbai University Pavilion, Marine Lines, Mumbai - 400 020.**

**Entry Forms:** Both for Members and Invitation Events are available at the Gymkhana office on weekdays, between 11.30 a.m. to 6.45 p.m., except between 1 p.m. to 2 p.m. from

**Saturday, 18<sup>th</sup> January 2020**

**Last date of entry: Saturday, 25<sup>th</sup> January 2020**

**Our Gymkhana Annual Athletic Meet is going to be exciting with plenty of prizes.**

## HIGHLIGHTS

- A cash prize of Rs. 2,000/- will be awarded to any member's child equaling the Maharashtra State Athletic Record in any event.
- Championship certificates and cups or gifts will be awarded to Individual Champions for Gymkhana and Invitation Events in the respective age groups, **where there are three or more events.**
- Certificates and medals will be awarded to the first three place winners of each event.
- Separate team championship for Boys and Girls will be awarded in the Invitation category.
- **Certificates will be issued as per the name mentioned in the entry form. No corrections in the name will be entertained on the day of the meet.**
- **Spot entries of children of members shall not be accepted without the Identity Card of the parent concerned, which will have to be shown to the technical committee.**

## RULES & REGULATIONS

**Member's Event:** There is NO ENTRY FEE for members, spouses and their non-earning children below 22 years of age.

**Invitation Event: Rs. 100/- per athlete per event**

**Rs. 200/- per team per group for relays**

**Chest Nos.: FREE**

The enclosed entry form must be filled **in duplicate** using carbon paper or photocopy, either typed or written in BLOCK LETTERS, leaving the column for CHEST NUMBERS blank, to be filled in by the organiser. Incomplete entries, incorrect entries and entries with corrections will not be accepted. All entries must be certified by the Head of the School / Institution in case of Invitation Events and bear the stamp of the School / Institute so that responsibility can be fixed in case of any dispute concerning a competitor's age or eligibility. A competitor is allowed to participate in only one age group, except in the case of relays, where a competitor in a younger age group may represent a higher age group. In such a case no adjustment in the timing of an event will be possible. **A School can send ONLY three entries for each event.** NO RESERVES TO BE INCLUDED.

**NOTE:** No entries will be accepted without the entry fee. An event will be cancelled **if less than four entries are received.** **If less than four competitors face the starter** or report for an event, the event stands cancelled. No athlete will be permitted to compete without the Chest Number. The chest number must be properly pinned, both on the chest as well as on the back. Chest Numbers will be available at the gymkhana premises on Monday, 10<sup>th</sup> February 2020 between 11.30 a.m. to 6.45 p.m., except between 1 p.m. to 2 p.m.

**IMPORTANT NOTE**

RUNNING SPIKES WILL NOT BE **MORE THAN 6 M.M.** IN LENGTH. TRACK SHOES WILL BE INSPECTED. IF THE LENGTH OF THE SPIKE IS **MORE THAN 6 M.M.** THE ATHLETE WILL NOT BE ALLOWED TO PARTICIPATE. HOWEVER, THE ATHLETE WILL BE ALLOWED TO RUN IN TENNIS SHOES.

The decision of the Jury of Appeal in all matters will be final and binding.

Yours for the cause of Sports,

Sd/-

**John P. Lewis**

**Hon. Secretary - Athletic Committee**



**ANNUAL ATHLETIC INVITATION MEET – 2020  
SUNDAY, FEBRUARY 16, 2020**

**LIST OF EVENTS**

<b>MEMBERS</b>				
<b>UNDER 6 YEARS (Born on or after 01-01-2014)</b>				
<b>SCRAMBLE</b>				
<b>Event No.</b>	<b>BOYS</b>		<b>Event No.</b>	<b>GIRLS</b>
<b>MIDGETS - UNDER 8 YEARS (Born on or after 01-01-2012)</b>				
01	50m Run		17	50m Run
02	80m Run		18	80m Run
<b>SUB-JUNIORS - UNDER 10 YEARS (Born on or after 01-01-2010)</b>				
03	80m Run		19	80m Run
04	100m Run		20	100m Run
<b>JUNIORS - UNDER 12 YEARS (Born on or after 01-01-2008)</b>				
05	100m Run		21	100m Run
06	200m Run		22	200m Run
07	Long Jump		23	Long Jump
<b>INTERMEDIATES - UNDER 14 YEARS (Born on or after 01-01-2006)</b>				
08	100m Run		24	100m Run
09	200m Run		25	200m Run
10	Long Jump		26	Long Jump
<b>SENIORS - UNDER 16 YEARS (Born on or after 01-01-2004)</b>				
11	100m Run		27	100m Run
12	200m Run		28	200m Run
13	Long Jump		29	Long Jump
<b>MEN / WOMEN 16 YEARS</b>				
14	Lemon & Spoon Race		30	Lemon & Spoon Race
<b>MEN / WOMEN 40 YEARS (Born on or after 01-01-1980)</b>				
15	100m Run		31	80m Run
16	Shot Put		32	100m Run
<b>MIXED EVENT (Over 45 years - 01-01-1975)</b>				
<b>JUDGE YOUR PACE</b>				





# The Catholic Gymkhana Ltd.

## ANNUAL ATHLETIC INVITATION MEET – 2020

### MEMBER'S ENTRY FORM

(for Members, Spouses and their non-earning children below 22 years of age)

**(PHOTOCOPY OF THIS FORM CAN BE SUBMITTED TO THE OFFICE, IN DUPLICATE)**

To,  
The Hon. Secretary  
Athletics Sub-Committee  
The Catholic Gymkhana Ltd.  
47-A, Netaji Subhas Road,  
Mumbai - 400 002.

Name \_\_\_\_\_  
Building \_\_\_\_\_  
Street \_\_\_\_\_  
Area \_\_\_\_\_  
City \_\_\_\_\_  
Pin Code \_\_\_\_\_  
Tel. No. \_\_\_\_\_  
Mobile No. \_\_\_\_\_  
E-mail \_\_\_\_\_

### PLEASE TYPE OR WRITE IN BLOCK LETTERS

Chest No. (to be filled by the Gym)	Name (Surname First)	Date of Birth							Deposit

I agree to abide by the rules and regulations of the Organising Committee and shall not hold the Organisers responsible for any loss or injury suffered by me on account of my participation in the said Athletic Meet.

Date: \_\_\_\_\_ Membership No. \_\_\_\_\_ Signature of Member: \_\_\_\_\_

### FOR OFFICE USE ONLY

Receipt No. \_\_\_\_\_ Date \_\_\_\_\_

Amount \_\_\_\_\_ Cashier \_\_\_\_\_

## DANCING CLASSES AT THE GYM

Let your Life lightly Dance  
on the Edges of Time  
like Dew on the Tip of A Leaf

~Rabindranath Tagore

Learn Dancing and explore cultural richness and unearth the hidden language of the soul. Cultivate an interest in this art that has embellished and shaped so many eras. Join the Dance Class at Catholic Gymkhana, which is totally structured for all.

Come, Learn and Experience  
the Joy of Dancing.....

# Dance Classes

Want to be part of the Enjoyment at Catholic Gymkhana?  
**HERE'S YOUR CHANCE!**

Brought to you by **dancing™**

**Start's**  
11th Jan 2020  
7.00pm-8.30pm

**LEARN**  
Rock 'n' Roll / Jive  
Cha-cha  
Waltz  
Foxtrot  
(Beginner's level)

**Every Saturdays**

with  
**Bosco-Cliff**



An  
ISTD (U.K)  
Structured  
Dance  
Class

A Dance Class  
Totally Structured for Everyone

VENUE : **The Catholic Gymkhana Ltd**  
Mini hall, Marine drive, Mumbai.

Forms available with the custodian

**Info & Registration**  
**9869902506 / 7021014488**



**The Catholic Gymkhana Ltd.**

presents

**Super**

**BUMPER HOUSIE**

**Sunday, 5<sup>th</sup> January, 2020**

**7:00 p.m. onwards**

**at the Lawns**

**for Members and Members' Guests**

**EXCITING  
PRIZES!!**

**JACKPOT!!**

**SURPRISES  
GALORE!!**

**Please carry your ID Cards with you**



# The Catholic Gymkhana Ltd.

presents



# WAZAAN NITE

Live Performance



K.J. Peter Po

8:00 p.m.  
onwards  
at THE PALMS

For Members  
and  
Members' Guests

10-1-2020  
&  
24-1-2020



The Catholic Gymkhana Ltd.

presents

BAR

Nite

with

Live Music

On All Saturdays

For Members and Members' Guests