

PRESIDENT'S MESSAGE



Dear Members,

The Christmas Season has come and gone by. The New Year - Festive Season attracted a large number of members and members guests at several events hosted at our Gymkhana.

The New Year has begun well with the Bumper Housie held on the 5th January, 2020 that witnessed a "FULL HOUSE" gathering on the Lawns. Good show Eddie Sequeira, Peter Fernandes and the Housie sub-committee members.

The Alfresco dance was the finale to the Christmas season and was well attended. The Republic Day Eve Dance saw a huge turnout that filled the Grand hall as well as the Courtyard.

It is heartening to hear comments from several members appreciating the food at CG. Keep scaling higher standards team F&B with innovative plans to tickle the palates of members and their guests.

February 2020, promises to keep up the tempo at CG with the Art and Elocution contest on the 1st, Valentine's Dance scheduled for 15th and Viva Carnival on 22nd. Enjoy reading about these activities in this Newsletter.

Happy to hear from members who are delighted about the interesting happenings at CG and keeping them updated through our Newsletters. Compliments to Evette Malgi, Ian Pereira and the Communications and PR sub-committee members.

The Gymkhana has started Ballroom Dance classes conducted for members and guests by professional dancer Bosco Fernandes. I wish to thank Evette Malgi, Rajesh D'Souza and Sanju Fernandes for their initiative to steer this project. Members are invited to take advantage of this opportunity to enhance their dancing skills.

Membership to the Gymkhana is open. Kindly encourage your family and friends to become members.

Wishing you all a fabulous month of February and look forward to seeing you for the Valentine's Dance and Carnival celebrations at CG.

Warm regards,

VERNON MIRANDA

President

Editorial team

Evette Malgi (Editor)

Ian Pereira (Sub-Editor)

Randolph Rodricks, Sailesh Divecha

Sarika Fernandes, Sylvester Chaves

Designed by:  aaKaar
G R A F I X

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DATES TO REMEMBER IN FEBRUARY 2020

01-02-2020 Art Contest & Elocution Contest - 7:00 p.m.

Members Nite - 8:30 pm onwards - Band: Night Shift (Kenneth)

02-02-2020 Mini Bumper Housie - 7:00 p.m. onwards

08-02-2020 Members Nite - 8:30 p.m. onwards - Band: Lunatunes

09-02-2020 Mini Bumper Housie - 7:00 p.m. onwards

14-02-2020 Karaoke Nights - 8:00 p.m. onwards Valentines Special with KJ Peter Po

15-02-2020 Milonga Tango with DJ Nayan - 6.30 p.m. - 8:30 p.m.

Argentine Tango Performance by Kruti and Ajinkya - 8:30 p.m. onwards

Valentine's Dance - 8:30 p.m. onwards - Band: ROXY Band

16-02-2020 Mini Bumper Housie - 7:00 p.m. onwards

22-02-2020 Viva Carnival - 5:00 p.m. onwards - Band: Willie & Big Town Band

Featuring Nightingale Bernice & DJ Vincy

23-02-2020 Mini Bumper Housie - 7:00 p.m. onwards

28-02-2020 Karaoke Nights - 8:00 p.m. onwards with KJ Peter Po

29-02-2020 Members Nite - Band: Denzil Oliver - 8:30 pm onwards

DATES TO REMEMBER IN MARCH 2020

2nd & 4th Fridays Karaoke Nights - 8:00 p.m. onwards

Every Saturday Members Nite - 8:30 p.m. onwards

Every Sunday Mini Bumper Housie - 7:00 p.m. onwards

TABLE TENNIS COACHING

Come and Play Table Tennis at your very own Gymkhana. Coaching for Beginners and Professionals is made available to members and their guests under Coach Omkar Bhalerao. Currently 10 children are being trained + to be competent for State Ranked Tournaments.

Make Ping Pong your hobby.



BUMPER HOUSIE

As usual the Bumper Housie is the much-awaited event at the Gymkhana. Stalwarts Edward Sequeira, Peter Fernandes and Members of the Sub-Committee conducted it in a professional manner.

The 800+ people who attended were entertained with interesting ways of calling out numbers in rhymes. The winners won amazing prizes and gifts. So Bingo till next time.



BADMINTON CHAMPS

A good start to the year 2020 for Catholic Gymkhana as its players finished on the Podium in various events.



50th Golden Jubilee of GMBA (Greater Mumbai Badminton Association) Tournament at The Bombay Gymkhana, our Member, Ashutosh Pednekar played with Nisha Springet and won the Gold in the Mixed Doubles and Rajesh Dsouza and Vilas Kuwale won Silver in the Men's Doubles 45+.

Meanwhile in the Old Monk State level Tournament in Pune our Fabian Dennis paired with Tushar Nagarkar and won Silver in the Men's doubles 45+.



THE AL FRESCO DANCE

The Catholic Gymkhana has been the favorite destination for all events.

The Band in attendance at AL FRESCO was Willy & Brynhild with DJ Vincy who rocked the show. With excellent showmanship they kept the crowd enthralled.

The festival featured Popular Delicacies and Signature Dishes of the Catholic Gymkhana. Team F&B – Karl, Norton, Aubrey, Olaf & Kenrick did a fantastic job with its Menu. One could see a beeline for lip smacking snacks and appetizers.



REPUBLIC DAY EVE DANCE



The Republic Day Eve was celebrated with pomp and grandeur. Members and Members' Guests flocked in huge numbers for this celebration with great enthusiasm and patriotic zeal.

Band in attendance: Nightingale - Bernice (ENIGMA). Bernice's performance produced a bonanza of moves and desi moves which brought in unity in diversity. DJ Delon added to the vibrant ambience.



At the stroke of Midnight, all stood and sang the National Anthem in solidarity along with the Managing Committee:

President - Vernon Miranda
and Committee Members:

Rajesh D'souza,
Sanju Fernandes,
Norbert Pereira,
Evette Malgi,
Domnic Godinho,
Peter Fernandes,
Ian Pereira



along with

Team Entertainment and Leslie D'souza.

Team F&B created a Special Menu in pragmatic and incremental ways. The second best thing to eating food is talking about it – Kudos to Culinary Foods, our In-house Caterer.



The Catholic Gymkhana Ltd.

presents

LIVE PERFORMANCE



ROY



NATASHA



ROCHELLE

Roxy BAND



DJ MALAIKA

MILONGA TANGO
with DJ Nayan
6:30 p.m. - 8:30 p.m.

VALENTINE'S

DANCE

SATURDAY, FEBRUARY 15, 2020

The Grand Hall | 8:30 p.m. Onwards

For Members & Members' Guests

We love to create this special event for you – 'Valentine Dance'.

CG brings everyone together. Be a part of it.

At 6.30 p.m., Milonga Tango to the tune of DJ Nayan – all styles all levels.

The Roxy Band will sway you all from 8.30 p.m. onwards and make this event memorable and special.

Dance to your heartbeat and enjoy these golden moments.

Kruti and Ajinkya the First Argentine Tango couple to have performed outside India, in Greece.

They will be showcasing some scintillating tango for us at 8:30 p.m. too.

PADMA SHRI DR. SANDRA DESA SOUZA

We at Catholic Gymkhana are proud that our member Dr. Sandra Desa Souza has been conferred the prestigious Padma Shri award on 26th January 2020, on the occasion of the 71st Republic Day of India. She has deservingly received this honour thanks to an illustrious career as one of India's leading ENT Surgeons. We congratulate her and wish her the best in future.



- (1) **MBBS Grant Medical 1965**
- (2) **MS ENT G. S. Medical 1969**
- (3) **DORL ENT FCPS**
- (4) **FAOOH Fellow of American Otological Head and Neck**
- (5) **FAOS Fellow of American Otological Society (First Indian)**
- (6) **FICS Fellow of International College of Surgeons - 44 years**

AREA OF EXPERTISE

Cochlear implants, Nasal endoscopic + MLS surgery, other ear surgery, Head and neck surgery, Cleft palate and Rhinoplasty.

Dr. Sandra Desa Souza, is a renowned ENT Head + Neck + Cochlear Implant Surgeon. She is the pioneer of Cochlear implants having performed, at Jaslok, the first Cochlear implant surgery in India and Asia. Was the first woman in the world to do this surgery. She is in practice for 45 years and is Director of ENT at Jaslok Hospital. Traveled to National and International conferences, Guest Orations, Guest lectures. Held several International workshops at Jaslok, on Sinuscopy, Cochlear implants and lasers.

She has performed over 2000 surgeries and still runs the Cochlear implant surgery programme supported by Dr. Dillon D'Souza, Cochlear Implant Surgeon at Jaslok Hospital. The programme is also funded from Maharashtra and all over India and cases are operated once a week and undergo rehabilitation, maintenance and long term follow up.

AWARDS / FELLOWSHIPS

She is on the editorial board of the International Tinnitus Journal and has published over 40 research papers and articles, and written 2 booklets 'Modern trends in Cochlear implants' and the 'Cochlear implant programme'. She is the co-author and publisher of a textbook titled 'Modern concept of Neurotology'.

- **Recipient of Vijayshree Award in the field of ENT** ● **Bharat Excellence Award**
- **The Best Citizens of India Award** ● **Millennium Achiever Award**
- **UWA Lifetime Achievement Award** ● **Limca Book of Records**
- **Women of the Year 2002 by the American Biographical Institute**
- **International Scientist of the year 2003** ● **Leading Intellectual of the World 2004**
- **Leading Scientist of the World 2005** ● **Women of the year representing in India 2011**



The Catholic Gymkhana Ltd.

presents

food court



Fancy Dress



MASCOTS



DJ Vincy



Willie



Featuring Nightingale
BERNICE



King Momo &
Queen Mimi

LIVE PERFORMANCE

**WILLIE & BIG
TOWN BAND**

Viva CARNIVAL

Saturday, February 22, 2020
5:00 p.m. onwards

for Members and Members' Guests

To book your stall, call Christopher/ Vanita at the Gymkhana Office
on +91 22 22814755 or E-mail on office@thecatholicgymkhana.com

Join the Carnival. Have a blast. Let your hair down before the start of the season of Lent.

VIVA CARNIVAL - Saturday, 22nd February 2020 - 5:00 p.m. onwards.

Dance to the music of Willie & Big Town Band featuring Nightingale Bernice.

Added Attraction - DJ Vincy

Don't miss the entry of King Momo & Queen Mimi parade at 7:30 p.m. sharp

A Special Goan Menu will be served in The Palms & Susegado - The Bar only

EDWARD (EDDIE) SEQUEIRA, ARJUNA AWARDEE

This article written by Nicolai Nayak, on 22nd January 2020, on our very own Edward (Eddie) Sequeira, Legendary sportsman and Managing Committee member of Catholic Gymkhana, is republished courtesy Scroll.in

Edward Sequeira was not a runner. At least, in his own mind, he wasn't. He had not run in school. He had not run in college. He had not run a race until he got his first job. Yet, Edward Sequeira went on to win 32 international athletic medals. He set national records that lasted decades. He established Asian records, won the Arjuna award and represented India at the 1972 Olympics. All this for a man who didn't know he could run.

So how did this “non-runner” from the Parel area in Mumbai become a record-breaking athlete who had no equal in Asia? In 1959, when he was 18, Sequeira joined Railways as a mechanical apprentice. He was the youngest of the four siblings and needed to support the family after ill health forced his father to retire early.

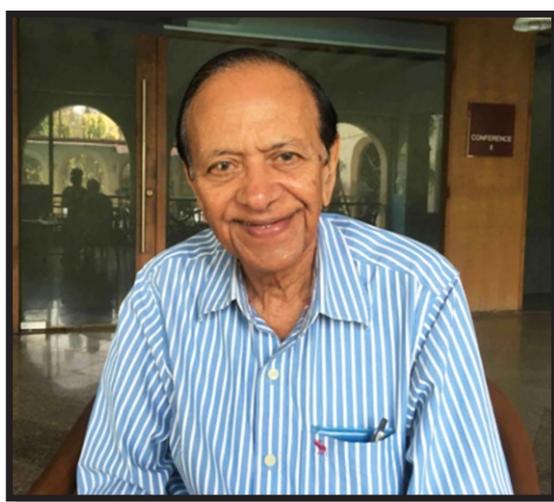
As a child, Sequeira had no interest in sports. But just few days into his new job, the Railways chief instructor made it compulsory for all employees to participate in the athletics meet on Republic Day. It was either that or lose a month's salary. “I ran the 100m race in long pants,” Sequeira said with a laugh as he sat down for an interview with Scroll.in in Mumbai's Santa Cruz neighbourhood where he now lives. He added: “I'll never forget that day. Everybody was frightened and took it up. Thanks to the instructor, he made everyone run but nobody knew I had the talent. Slowly, I came up after that.”

Discovering the talent

Olympian Baldev Singh, who was a decathlete, saw that race and was impressed by the young man's talent. He took Sequeira under his wing for over a year, got him to focus on the 800m as his main event and helped him become Maharashtra state champion in 1962. The same year, Sequeira finished third in the national games.

A year later, he broke into the Indian athletics team where coach JS Saini told him to train in 1500m. But it was only after Sequeira trained under the tutelage of Otto Peltzer that he became a world-class runner. Peltzer, who represented Germany in the 1928 and 1932 Olympics and was a world record holder himself, coached the Indian team and transformed Sequeira's technique. Sequeira's stiff legs and restricted hand movement meant he wasn't getting the best out of his stride. But Peltzer changed it by incorporating interval training in his schedule. Interval training involves a series of high intensity workouts interspersed with rest or relief periods.

“He wanted more power in my stride,” Sequeira recalled. “How to move your legs a little forward while running with better hand movement and relaxation of the shoulders. I used to run very hard, so my movement was slow. The moment you relax your shoulders, you will go far. Pelzer gave me a schedule of how to train.” The German served as a valuable mentor, giving him the belief that he could set his sights on bigger goals. The Goan native recalls how few words from Peltzer spurred him on before he set a new Railways and national record at the All-India Railway meet in 1966. He never looked back. “Peltzer inspired me to a great extent,” he said. “How you motivate athletes, that is very important. You need to sit with them and show them how to come up. Bring up that determination in them. Some athletes already have it in the mind that I will finish this place but there, you're losing the battle in the mind.”



Edward Sequeira (Photo: Nicolai Nayak)

Olympic dream

For Sequeira, the target was always the 1964 Tokyo Olympics. He came within 0.1 seconds of the 1964 Olympic qualification mark of 3:46.5 seconds and had to wait till the 1972 Munich Games to finally make his Olympic debut. But between the disappointments of missing out on two Olympics, Sequeira set a few records that were not broken for decades.

In 1966, Sequeira set a new Asian record in the 1500m event at the All India Athletics meet in New Delhi. The Asian mark stood for five years while his national record lasted for nearly 35 years before being broken by Bahadur Prasad. “I met Prasad, he touched my feet and apologised for breaking my record,” said Sequeira, who dominated the 800m and 1500m events in India for almost a decade. “In Railways, he also broke my record which stood for 27 years. But my state record in 1500m [3.39 seconds] still stands and it has been nearly 60 years. It's a tough record and I don't think anyone will break it.”

When India hosted Russia for a four test event during 1965, Peltzer shifted him to 5000m as the Russians were clinching more medals in that event. In that same event, he broke the national record in 5000m (14 minutes, 28 seconds), which endured for 17 years. The fear of running the longer distance always played on his mind although Peltzer told him to persist with it. He stuck with 1500m but one disappointment followed after another. Sequeira missed out on qualifying for the 1968 Mexico Olympics and with age catching up, the 28-year-old decided it was best for him to run 5000m. That got him instant success.

In 1969, he finished first in the 5000m international meet held in Ceylon (now Sri Lanka). The following year, bagged silver in the same event during the 1970 Asian Games where every Indian athlete in the 22-member contingent returned with a medal. Sticking to the 5000m event also helped him fulfill his Olympic dream as he qualified for the 1972 Munich Games. Sequeira wonders why he didn't compete regularly in the 5000m event – one decision that still haunts him. “As age goes up, the speed goes down,” said Sequeira. “So I had to make the shift. Then I broke the national record [1966]. But I wasn't a regular in the 5000m even though Peltzer told me to keep running in that. I had this in my mind, it is 12-and-a-half rounds. How will I do it? I regret that.”



Edward Sequeira (left) receives the Arjuna award (Photo: Edward Sequeira)

Joining Tatas

Sequeira received the Arjuna Award (1971), Shiv Chatrapati Award (1970) and the Asian Award (1996). But he faced his share of struggles too. The pressure of shuffling between work at the Railways and training made it difficult for him to maintain the constant routine of a professional athlete.

His decision to join Tata Steel in 1964 was as a “life-changing” moment that fully enabled him to concentrate on his athletics career, Sequeira said. He remembers handing his first salary of Rs. 80 towards his mother to pay off all the loans she had taken from her cousins. “I came from a very poor background,” he said. “My family grew up using a common toilet among 10 other families,” he said. “I would go for training in the morning at 4.30 am, carry buckets of water from the ground floor and climb up to three floors. Then I would head to work for Railways at 8.00 am.” The job at Tata’s provided Sequeira a handsome salary and better training facilities. “At Railways, I had no time to train except late in the evening,” he said.



JRD Tata shakes hands with Edward Sequeira (right) (Photo: Edward Sequeira)

Munich horror

Among his most vivid memories, Sequeira said, was the horror that unfolded at the 1972 Olympic games. Not only because it was his first games but also due to the close shave he had with death after the Munich Massacre where a Palestinian terrorist group killed 11 Israeli athletes. Sequeira was in the opposite building, watching the terror unfold.

Sequeira puffed his cheeks as he recalled the incident. “*Baap re*, that was too much,” he said. “I saw them with red tracksuits and black bags,” he said. “It happened right opposite our building since they had allotted us rooms in alphabetical order. I woke up [runner] Sriram Singh, who was on the ground floor, assuming that it was Pakistan terrorists. We looked at everybody jumping, shouting and locked everything up. We saw the terrorists taking them in the evening.”

Sequeira’s event was postponed a day later to mourn the slain Israel athletes and he couldn’t concentrate fully on his race, finishing 11th in the 5000m heats. He said that he didn’t feel safe until he returned home. “The fright was there,” he said. “I couldn’t concentrate as we all others were tensed.”

Sequeira recalled another incident that is hard to forget, one that still makes him angry. It was the 1966 Asian Games in Bangkok. He was leading the 1500m race but he got hit on the ribs by another competitor and fell down. The impact was so severe that Sequeira had to be rushed to the hospital. It took him about three weeks to recover. It wasn’t clear who had shoved him.

Japan’s Keisuke Sawaki, winner of the race, visited the hospital and offered his medal to Sequeira, who was adjudged the Unlucky Athlete of the Games award. “I was easily winning that race,” Sequeira said. “No one could catch me. We were about 12 guys who were running in the final and I had taken the lead in 30-40 metres and somebody hit me on my side. I got hit during the curve and lost gold. I couldn’t protest because there were no pictures. It was nice of Sawaki to come and see me in the hospital but I was thinking that nothing should happen to my knee. I don’t know who did it and why.”



Undated file photo of Edward Sequeira (Photo: Edward Sequeira)

Sequeira has lost count of the coats he has collected from international meets. Looking back on his journey, there is no sense of regret. Most of the races he won are vivid in his mind.

“I travelled all over the world and have represented India,” he said. “I feel whatever I have achieved is enough. I prayed a lot for this. I collected a lot of coats – red for the international meets, blue for the Asian games, Commonwealth and Olympic games. Maroon for the international meets. I will never forget those days. I used to fight for medals. I had it just in my mind to win them.”

DANCE CLASSES AT THE GYMKHANA

DEVELOP CREATIVE MOVEMENT
AND DANCE SKILLS



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)

with
Bosco-Cliff

Every Saturdays



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

With this we bring to you a perfect weekend plan.

Unwind, Re-energise and learn Dancing with Bosco-Cliff on Saturday Evenings, 7.00 p.m. onwards.

Put on your dancing shoes and hit the dance floor.

THE GYMNASIUM & HEALTH CLUB

Love it or hate it, physical activity and exercise are part of a healthy routine.

The Gymnasium is remarkable and well equipped with a Steam bath too. We have appointed a professional trainer whose skilled guidance keeps you involved in a variety of different fitness exercises.

We look forward to our Members / children above 16 years to working out in the new look Gymnasium. Stay Fit Stay Motivated.

TIMINGS OF GYMNASIUM

Daily 07:00 a.m. to 10:00 a.m.

(Morning - Unisex)

04:00 p.m. to 09:00 p.m.

(Evening - Unisex)

GYMNASIUM CHARGES

Member Only

Daily ₹ 50

Monthly ₹ 500

Quarterly ₹ 1375

Half Yearly ₹ 2250

Yearly ₹ 3500

Member & Spouse

Monthly ₹ 750

Yearly ₹ 5625

Member & Family

Monthly ₹ 875

Yearly ₹ 6875

Guest

₹ 80 per head per session





IMPORTANT NOTICE

At the Managing Committee meeting held on Thursday, 16th January, 2020, the following was unanimously agreed and passed:

With effect from 1st April 2020 Rules regarding SMOKING & CHEWING / SPITTING TOBACCO / PAAN PRODUCTS, will be strictly implemented as follows:

SMOKING

Smoking will not be permitted anywhere in the Gymkhana building premises. Those who wish to Smoke will need to do so only at the “SMOKING ZONE” which is outside the Reception area on the ground floor. This area will have standing ashtrays with sand.

CHEWING / SPITTING TOBACCO / PAAN PRODUCTS

Kindly note that Chewing / Spitting Tobacco / Paan products is strictly prohibited in the Gymkhana premises.

Any Member / Members' Guest found violating the above rules pertaining to Smoking and Chewing / Spitting Tobacco / Paan rules will be fined ₹ 500 for the first offence and ₹ 1000 for every subsequent offence.

We request all Members / Members' Guests to co-operate and observe the above rules in order to maintain a safe and clean Gymkhana.

The harmful effects of passive smoking and the danger of fire caused by smoking indoors are simply too great to ignore.

Sd/-

Norbert Pereira

Hon. Gen. Secretary



The Catholic Gymkhana Ltd.

presents



GYM
DINER

60 Pax Fine Dining
Now Open!! Restaurant

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

on the
2nd Floor

The F&B Team along with Nilesh Dighe of Ms. Culinary Foods, have planned a Special Menu for our Members and their Guests.

A special Valentine's Day celebration Menu on Friday 14th Feb (Palms, Susegado - the Bar) and on Saturday 15th Feb (in all above facilities and with a Live Band in the Grand Hall too).

An exclusive special Candle Light Dinner Menu for Friday 14th Feb and Saturday 15th Feb, in The Gym Diner where Members and their Guests can relish our special Oriental & Continental dishes at economical rates.

Set Menu (Plated) Per Person. Single: ₹ 650, Couple: ₹ 1100, Child Under 10 Years: ₹ 350. Timings at the Gym Diner will be extended till 12:30 a.m. (Last Order 11:30 p.m.) for everyone to enjoy the Valentine's Special Menu.



The Catholic Gymkhana Ltd.

presents



FRIDAY

KARAOKE

NIGHTS

with
PETER PO

2nd & 4th Fridays

8:00 p.m. Onwards

For Members and Members' Guests



The Catholic Gymkhana Ltd.

presents



Members

LIVE
PERFORMANCE

Nite

All Saturdays

8:30 p.m. onwards

For Members and Members' Guests