The Catholic Gymkhana Itd.

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Dear Members,

The summer of 2021 will be remembered by the citizens of the country as one of the bleakest and cruelest summers. The second wave of Covid -19 inflicted a heavy toll as days passed by. We are pained at the loss of some of our valued Members.



Gymkhana Day Mass:

Link to the Mass

CG is grateful to His Eminence Oswald Cardinal Gracias who offered the sacrifice of the Holy Eucharist for the well-being of CG Members on Sunday, 25th April 2021. Thank you Dear Members for your participation in large numbers. CG is indebted to His Eminence for his continuous support and encouragement to The Catholic Gymkhana Ltd. May God Bless and protect you always.

I wish to thank our MC Colleague Sunil Lobo for requesting His Eminence to celebrate the mass for CG Members.

Members Nite - Gymkhana Day Special:

Let us put our hands together for our Entertainment Team--Domnic, Evette, Leslie, Everilda, Ralph and our Technical Team--Sanju, Ian and Aubrey who organised an enjoyable Members Nite programme in celebration of Gymkhana Day. The harmonious voices of the group 'Music Oasis' who performed Live from Goa regaled Members and Guests. In the words of the popular song it was "Simply The Best" one could expect in these critical times.

Knowledge Worth Having Series:

1) Home Based Covid Care by Dr. Akshay Phalak:

Pre Covid the seminars on Medical, Legal and Financial topics arranged at CG by leading members of the profession touched the pinnacle of success. CG revived this Managing Committee initiative with a very informative, exhaustive and interactive discussion on Covid presented through a virtual mode by Dr. Akshay Phalak.

The topic chosen was timely with the second wave of Covid ravaging the city and country. Thank you Ian Pereira for arranging our knowledgeable speaker who enlightened us on dealing with Covid thereby allaying our fears and building our confidence to continue to live with Covid. Thanks to Sanju for hosting a lively discussion as well as to Sanju, Aubrey and Ian for the technical support extended by them to make the virtual programme a reality.

2) Life can be worth Living-even after 60 and above by Dr. Naganath Narasihman Prem:

During the pre Covid medical talks arranged at CG, Members had clamoured for and evinced keen interest in the field of Geriatrics and Elderly Care. Thanks to our Senior Member and good friend Roger Pereira who provided the connect to Dr. Naganath Narasimhan Prem, an experienced geriatrician who heads the Department of Geriatric Medicine at the Jaslok Hospital. In a short span of two hours Dr. Prem shared his expertise in geriatric medicine, pain and palliative care and multi morbidity management. Dr. Prem enlightened us on how geriatric medicine can help the elderly cope with distress of isolation, retirement blues, improve mental well-being and ways to stay engaged and connected. The Talk was well hosted by Sanju Fernandes. The two seminars were highly appreciated going by the comments posted by the participants as well as the messages received.

Ms. Claire Pereira provides details in her coverage of the two seminars in this issue. We have an eminent list of speakers who will take centre stage at CG for the next 3 months. Hope to see you in the House.

50th Members Nite:

The 50th Members Nite celebrating the 1st Anniversary of virtual shows featuring past performers brought back 'Golden Memories'. The Mega show was hosted by Sanju Fernandes at his Best giving it his heart and soul, enjoying his favourite hobby as a Professional Compere.

A Big Thank you to all our performers for the wonderful entertainment they have provided us through this journey of 50 Golden Weeks. Each of our groups and bands have brought in great cheer and happiness through music during the pandemic.

The Members Nite programmes during the pandemic have carved a niche for CG on the global map with relatives and friends tuning in from various corners of the globe. Behind this golden achievement and success lies the team work and enormous efforts put in by our Technical and Entertainment Teams. Thanks to Sanju, Ian and Aubrey. The eye catching posters by Ian and the appealing trailers by Aubrey need a special word of acknowledgement with Sanju blending the team work and coordinating with the bands.

The dependable CG Entertainment Team-Domnic, Evette, Leslie, Everilda and Ralph ensured a high level of entertainment standard arranging groups with the Technical team augmenting their efforts. Thanks to Vernon Noronha and Sarika Fernandes for their promotional efforts dedicating shows to parishes and international organisations. The musical extravaganza of four hours was a Nite to Remember.

Thank you Dear Members and Guests, you have been a wonderful audience through this journey with your support and words of encouragement.

BREAKING NEWS:

I am delighted to inform Members that the BMC has moved all patients from CG to an alternate CCC premises in our vicinity. The beds and medical equipment at our premises have not been vacated due to the possibility of a predicted third wave.

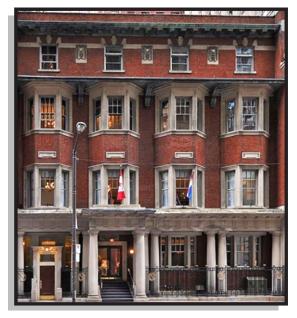
Meanwhile, the BMC has given us permission to resume our repairs and refurbishment work in the Bar, Office, Board Room and Ground Floor Lounge. I wish to thank Norbert Pereira and Christopher Joseph (staff) for their vigorous follow up with the concerned officials on the CG representation for release of the premises. The Project Team-Vernon Noronha and Clyde Crasto along with the Office Bearers are in full swing coordinating with all the contractors to complete the work expeditiously. All going well without any interruptions, we expect to start CG operations by early August. Fingers crossed.

CG gets its First International Affiliation:

Sunil Lobo was appointed to Head the Affiliations Committee as Chairman. I am overjoyed to inform you that Sunil has brought CG its first International Affiliation with **The National Club**, **Toronto, Canada**, with whom CG has entered into a Reciprocal Club Agreement. This affiliation is an important milestone in the history of The Catholic Gymkhana Ltd.

The National Club was founded in 1874 and is one of the leading Business and Social clubs in Toronto. The club has a state of the art business centre, modern and attractive residential accommodation. The Billiards room, a favourite of National Club members and their guests, houses an early 1900's billiards table in the business lounge. Access to the Wine Club, which features a 40,000 bottle wine cellar, hosts exclusive wine producer events.

Many CG members visit Toronto as they have family and friends settled in Canada. The reciprocal agreement we have concluded provides CG members visiting Toronto on business or tourism an opportunity to avail of the residential accommodation facilities, the club offers. I wish to congratulate Sunil and extend my personal thanks to him for connecting with the club in Canada and the great results achieved by him.



Great achievement Sunil. The newly constituted team of Charmaine Murzello and Darrace Cabral led by Sunil are connecting with various clubs in India and overseas. We at CG look forward to several more tie ups in the future for our members to cherish the memories of their holidays and business visits to cities within the country as well as globally.

With all good wishes,

VERNON MIRANDA President







Link to the National Club website

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AGM

A Virtual AGM of the Catholic Gymkhana will be held in September 2021. All Notices, Annual Report, etc. will be sent to members only in Digital form. You are therefore requested to update your email id with the Gymkhana office, before 31st July 2021, by sending an email to: office@thecatholicgymkhana.com

Compiled & Edited By:

Evette Malgi & Ian Pereira

Designed by:

REVIVAL OF LAPSED MEMBERSHIP

Option 1): Anyone who was an Ordinary Member in the past and whose Membership has lapsed due to non-payment of fees, may be re-admitted as a Member, subject to the approval of the Managing Committee, and on payment of all outstanding dues and late fees. The fee structure will conform with past schemes offered till date for conversion to Life membership.

Option 1a): Alternatively, you may opt to pay Rs. 200000 + 18% GST and become a Life Member instantly. There will be no interview.

Option 2): On revival of Ordinary Membership with Option 1, if you had initially joined more than 15 years previous to the day of revival and you are above the age of 58, you have the option of converting to Life Membership on payment of a sum of Rs. 7000.

Please Note: Renewal of lapsed membership is open only to ex-members whose membership was not discontinued / terminated by the Gymkhana and also based on a disciplinary action.

Bandra Gymkhana extends offer of use of their facilities by CG Members

In view of the difficulties faced to offer our Members the use of our Gymkhana, we were happy to inform our dear members that the Managing Committee of The Bandra Gymkhana (BG), Bandra, had opened their doors, on an ad hoc basis to Members of the Catholic Gymkhana (CG) until 31 March 2021. This offer has now been extended to 31st July 2021.

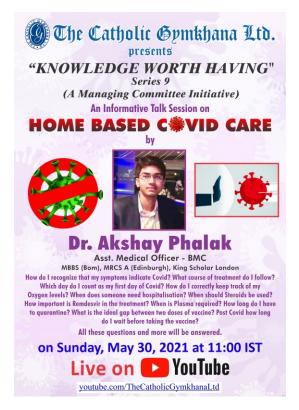
Dear Members must appreciate it that this gesture on the part of the Managing Committee of BG is a step taken with sisterly institutional regards extending a warm WELCOME to our Members to alleviate the present situation faced at CG.

The Managing Committee of CG is thankful to the President, Trustees and Members of the Managing Committee of BG for extending this facility to CG Members. The terms of this magnanimous offer from BG permits CG Members to enter the BG premises on presentation of their ID cards without payment of guest fees. CG Members cannot introduce guests. CG Members are permitted the use of the available sports facilities on payment of the Regular Member applicable User Fees. CG Members are also permitted the use of the BG Cafeteria, Restaurant and Bar facilities as available to BG Members.

All statutory Covid protocols, rules and regulations as applicable to BG members have to be strictly observed by CG Members. BG reserves the right to expel any CG Member disturbing the peace / discipline or flouting any rules / norms of this ad hoc arrangement.

We hope our Members will take advantage of this magnanimous offer of BG and act as Ambassadors of Goodwill promoting friendship and camaraderie amongst the Members of our two Institutions.

Report on Knowledge Worth Having Series (Virtual) Home Based Covid Care – Dr. Akshay Phalak – May 30th, 2021



Link to the Talk

Due to COVID-19 and the ensuing facility shutdowns and travel restrictions, the decision was made to migrate the Popular "Knowledge Worth Having" series with acclaimed speakers, to a 100% digital environment. The Catholic Gymkhana Ltd. (CG), hosted its First Interactive Talk on Sunday, 30th May 2021, 11.00 am on CG's YouTube Channel.

The President, Mr. Vernon Miranda welcomed the attendees and introduced the Keynote Speaker, Dr. Akshay Phalak, Asst. Medical Officer (BMC) who is Magna cum Laude in MBBS (BOM), MRCS (Edinburgh), King Scholar, London. and invited him to address and enlighten members and guests on the Topic "Home Based Covid Care".

An accomplished Physician, Dr. Phalak began his session by explaining important terminology used frequently in the diagnosis and treatment of Covid. He explained the identification of symptoms, different diagnostic tests and highlighted the importance of early diagnosis from Day One and to nip it in the bud and to respond to early abnormalities in these patients which enables Doctors to monitor and treat the patient accordingly. Time is of the essence and a game changer in Covid Treatment. Home monitoring of various parameters like temperature, pulse, oxygen levels and the 6 minute walk test is equally important along with regular consultation with the Doctor. In addition, an Oxygen Concentrator is a stop gap arrangement to an oxygen cylinder.

Dr. Phalak then proceeded to debunk myths associated with Covid, emphasizing that Covid is NOT a conspiracy and that it is very important to be vaccinated. There is no "best vaccine" and the

different dosage protocol is based on data driven research and guidelines are modified based on ongoing research results.

Home based treatment can begin for general symptoms e.g. oral administration of Paracetamol may be used for specific symptoms. Steroids and other medication to be taken, only if required, and strictly on the advice of the Treating Physician. A nutritious diet is surely beneficial.

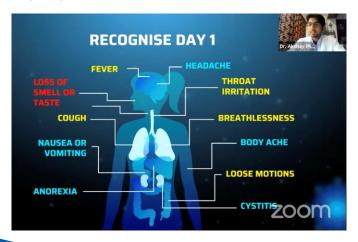
During the Question & Answer Session, Dr. Phalak answered queries posed by attendees. Queries were pertaining to the vaccine efficacy/booster dose/mixing vaccines/gap between doses, precautions and severity of Covid Post Vaccination. To the latter, Dr. Phalak explained that the severity is much lower.

Precautions include well ventilated rooms, avoiding indoor situations, masks, sanitisation of hands, cough/sneeze in bent arm or tissues which should be disposed, lung exercises (belly breathing), building immunity over time, use of vitamin C & D, Zinc etc., as prescribed by the physician.

The Topic "Home Based Covid Care", was the need of the hour educational session helping us to understand various aspects of Covid and home based treatment for it. Dr. Phalak, a qualified, knowledgeable speaker backed whatever he said with references from medical research data. His explanation and manner of speaking was simple and easy to comprehend. He charmingly said he would look up data and information on areas where he had to obtain details. We are grateful to the Managing Committee for arranging and coordinating this session.

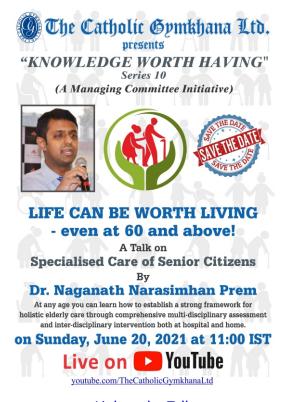
Our gratitude to Mr. Sanju Fernandes, Hon. Treasurer, for being an excellent Talk Show Host for the session. Mr. Fernandes' questions echoed our own and gave Dr. Phalak an opportunity to understand our concerns and address them accordingly. A big thank you to Mr. Ian Pereira and the Technical Team for their expertise and helping coordinate this First Virtual Talk on "KNOWLEDGE WORTH HAVING" series. Mr. Aubrey Chatellier, Mr. Ian Pereira, Mrs. Nirmala Fernandes and Ms. Crizelle Fernandes manned the various Control Rooms and collated the questions put forth by attendees. The fact that more than 3040 people have viewed the session on YouTube is testament to how good and necessary this session was. We look forward to participating in similar virtual sessions.

Ms. Claire Pereira Member



You almost certainly have Covid if you have the symptom shown in Red. Also, if you have a) 3 of the symptoms shown in Yellow b) 4 of the symptoms shown in Blue, or c) a combination of 4 of any of the symptoms shown in Yellow and Blue.

Report on Knowledge Worth Having Series (Virtual) Specialised Care of Senior Citizens – Dr. Naganath Narasimhan Prem – June 20, 2021



Link to the Talk

The second virtual Talk of the "Knowledge Worth Having" Series was conducted on CG YouTube Channel on Sunday, June 20, 2021, 11.00 am onwards. The esteemed Speaker was Dr. Naganath Narasimhan Prem. Mr. Sanju Fernandes, the host, began by encouraging viewers to share the link with family and friends. He also encouraged questions to be posed in the chat box which would be addressed by Dr. Prem post the talk.

Mr. Vernon Miranda, President of The Catholic Gymkhana Ltd., welcomed and introduced the speaker, Dr. Prem, who heads the Department of Geriatric Medicine in Jaslok Hospital. He is an MD in Geriatric Medicine. Mr. Miranda also thanked Mr. Roger Pereira for referring Dr. Prem as a speaker. This talk was to be held in March 2020 but the onset of Covid changed plans.

Dr. Prem began by stating that every senior has a different need and the overall care required for seniors would depend on the type of requirement i.e. physical, mental, social, psychosocial etc. The most important factor is HEALTH. Factors affecting health can be classified into internal which includes behaviour (type of foods, alcohol, smoking, etc.), age related illnesses, genetics (hereditary factors) and diseases. External factors include Housing (climbing steps), assistive technology (walking sticks, spectacles), transport (use of public transport and facilities) and Social (families, friends, clubs, etc.)

Attitude of the senior and the care givers are equally important. The natural instinct is to show concern for the senior and not allow them to do certain tasks. However, it is better to allow Seniors

to perform tasks that they enjoy doing, e.g. cooking. Seniors may be undergoing retirement blues, social or treatment issue, Geriatric syndrome (dementia, urinary incontinence etc) and all these factors need to be taken into consideration for administrating treatment.

On the question of geriatric medication, Dr. Prem mentioned that this depended on diagnosis, treatment and prevention specific to seniors. Preventive measures would include cutting down on smoking and getting vaccinated. He also mentioned there is a classification of seniors based on age: 60-69 years, 70-79 years and 80+. Geriatric Assistance can be cared under supervision of a qualified Geriatric specialist. The treatment protocol includes discussing with the patient and gauging their comfort level and preferences. Focus is on improving mental and physical health condition and achieving the quality of life that they deserve.

It is important to spend time with the senior to find out as much about their history, hobbies, etc. Assessment would comprise of a complete health study and also includes physical, medical, spiritual, environmental, cognitive, economies, social, personal support, visual & hearing assessment, memory, depression and other related issues.

Successful aging is avoiding disease/disability, actively engaging in life, maintaining a high level of physical and mental activity. They need to be influenced and guided to Think positively and to focus on their strength and abilities. A holistic protocol should be put in place. Artificial teeth, Spectacles, list of treating doctors, medical notes, prescriptions, family history should all be carried along for medical consultation.

A Caregiver needs to have good communication skills and compassion whilst interacting with the senior. While attending to seniors which is indeed a noble act, Caregivers cannot neglect themselves but take care of themselves as well as others. Caregivers needs to recuperate and deserve a break too!

Dr. Prem addressed viewers queries on the subject ranging from medication and diet to Alzheimer's and cognitive and psychological changes in seniors.

The seminar ended with a vote of thanks by Mr. Ian Pereira.

As earlier, Mr. Sanju Fernandes very ably guided the talk, keeping the audience connected with his queries echoing the queries on viewers' minds. Our gratitude to Mr. Ian Pereira, Mr. Aubrey Chatellier, Mr. Sanju Fernandes – from the technical team, for so wonderfully using technology to bring this virtual seminar to us. For those who have missed these Interactive talk sessions, please, log on to the Catholic Gymkhana YouTube channel and take advantage of viewing the virtual sessions. Don't forget to subscribe to the Catholic Gymkhana YouTube Channel.



Ms. Claire Pereira Member

Live streamed exclusively on the CG YouTube channel on Saturday



Celeste & Adrian

Celeste Sanchez & Adrian Sequeira - the energetic couple entertained with their unique, raw, unadulterated interpretation of music stirred up into music chemistry. Blissful Performance.



Tammy & Roy

TAMMY & ROY, Fantastic Singers, Captivating Musicians from GOA, makes your heart go BOOM BOOM and your feet go TAP TAP, as if there is no tomorrow. The euphonious voice and Incredible Groove made the evening Memorable. Bambino added that special touch with his Saxophone.



Marcia & Marc

MARCIA AND MARC – The Singing DUO (featuring UNITY – ISAIAH, SAMUEL & DANIEL), was a Treat to Watch. Their naturally beautiful sounding voices was a Celebration.

A versatile musical couple with Great Vocals, you name it, they perform. Great Passion and Talent throughout. SOULFUL Performance.



Valentinos

"VALENTINOS" is a Duo Band from Goa, with Elvis on Lead Guitar & Vocals and Edgar on Keyboard & Vocals are Music Makers who won hearts with their Captivating Power Packed Performance. It was Spellbinding and Memorable.



Nev & The Cornerstones

NEV and THE CORNERSTONES from Bangalore kept all enthralled with their unique performance and musical diversity. Great Vocals, Well Done with a varied choice of songs.



Keith Antao & Family

Keith Antao and Family - Keith (Vocals, Guitar & Trumpet), Denver (Bass), Salu (Cajon) from Goa, kept the audience mesmerised with their Fabulous Musical Performance. Committed Musicians with a good connect between performers.



Music Oasis

Music Oasis, a live band from Goa. An Outstanding Performance by Ashley (lead/rhythm guitar, vocals) Aelita-Lee (keyboards, vocals), Nica-Lou (guitar, vocals), Vernon (rhythm guitar, vocals) and Mauwin (Electric Violin.)

Music Oasis were a Super Hit with the Audience for their Music and Choice of Songs.



Xani & Croy

XANI & CROY, from Goa performed with immense passion. Croy, a Guitarist with a Great Style rocked the show. Xani and Croy together were in unison with bags of character in their tone. An excellent connect between the Performers.



Charles Vaz & His Stars (Part 3)

CHARLES VAZ & HIS STARS – A Spectacular Performance by Charles Vaz (Globe Studio) and his Sparkling Stars. Charles Vaz is passionate about his music and HIS GUITAR SINGS while HIS STARS are Amazing - Sarita Mesquita Vaz sung 'Bebdo' with gusto and power packed energy and Joan Crasto sang with expressions gave more dynamics to their performance.



The Gomes Trio

THE GOMES TRIO: Renowned Musicians from Ahmedabad – Robert Gomes (vocals & guitar), Raul Gomes (drummer) and Ryan Gomes (keyboard) were outstanding with their amazing vibe and a Once More Performance. Great Passion and Talent throughout.



Glen & Jessica

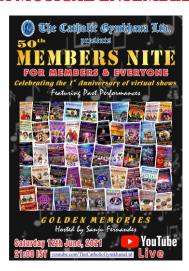
Glen & Jessica, accompanied by their daughter Esther were Pure Magic. Where words fail, their music speaks. The Talented Singers were committed to their performance.



A&J

Father Son DUO: Fantastic Delivery by Johnathan Crasto (keyboard and vocals) & Agnelo Crasto (guitar & vocals). Great Musicianship. Johnathan conveyed the emotion within the lyrics very well. All the way it was emotion and connection to the song – A Grand Mesmerizing Performance.

50th Members Nite – featuring Past Performers A MUSICAL ENSEMBLE



The Virtual Members Nite, an Initiative by the President, Mr. Vernon Miranda, under the banner of Team Entertainment (Domnic Godinho, Evette Malgi, Leslie D'souza, Everilda D'mello and Ralph Fernandes) has become a Household Name in India as well as Overseas. Bands from all over India, performed gratis, with Great Passion on CG's YouTube Channel, week after week.

No better way to celebrate the first anniversary of our virtual shows on CG's own YouTube Channel, than by "Celebrating BANDS". The Best of Best Performances by our Bands was relayed as "Anniversary Special" on CG's YouTube Channel - a truly Iconic Music Venue. Brilliantly Hosted by Sanju Fernandes.

To rise above the paradox and get bands to play live in a virtual show takes careful planning, coordinated efforts, hours of research and practice to get it right at the first take. We have to applaud and give a standing ovation to Team Technical - Sanju Fernandes, Ian Pereira and Aubrey Chatellier, for their Sincerity, Dedication, Passion, Meticulous Planning and Action Oriented Work done, week after week to ensure a Perfect Transmission.

To keep away the Blues of the Pandemic, a brain child of Sanju Fernandes to dedicate each Saturday Event to Parish Feasts / Good Cause, set the ball rolling. Vernon Noronha (MC) stepped in to reach out to All Parishes and Associations in India as well as Abroad. Everilda D'mello (MC) too helped in contacting various Parishes.

The Best Events can go un-noticed if not promoted well. CG needs to stay ahead. Word to go-around was made possible by Team Communications and PR led by Evette Malgi and Ian Pereira (Team PR – Evette Malgi, Ian Pereira, Randolph Rodricks, Sarika Fernandes, Sylvester Chaves, Sailesh Divecha) Before you can say Jack Robinson, Ian Pereira has taken action. He is well known as CG's FLYING IAN. Ian, conceptualizes Colorful and Attractive Posters which is broadcasted in Members WhatsApp Group and ensures transfer vide email to Members. Added to these are the efforts made by Vernon Noronha who always extends help and support for our events. Not forgetting, Sarika Fernandes who helps in promotion of events.

CG's YouTube Channel is CG's Pride and is enriched with 5350 subscribers and more. CG creates History with its Prime Time Show on Saturday's at 9.00 pm, and has created a Fan Following.



Retro Duo

Father's Day Special was made Special by the RETRO DUO Band – Celine Dias and Kenneth Cardosa. A Great Tribute to ALL DAD's with dedications, made the evening Fantabulous and Memorable.



R99

Festa de São João, celebrated with Pomp and Grandeur by CG.

Adorned with flower crowns, making music and merriment with R99 BAND, live from Goa, featuring Ximeno Baracho (Lead, Rhythm & Vocals) Milan Baracho (Keyboard & Vocals), Rushz Baracho (Drums), Santan Fernandes (Bass Guitar & Vocals).

Three Hours of Non-Stop Live Performance and Entertaining by the Illustrious Band R 99 saw that the night is young. The Blues of the Pandemic was swept away by the Exuberant Performance of R 99 Band. The choice of Songs, Excellent Vocals, Good Connect and Musicianship was a tribute to São João.

All our previous shows are archived on the Catholic Gymkhana's YouTube channel in case you have missed any of the shows or would like to watch them again

YouTube channel

Please Subscribe to our YouTube channel (it's free)



The Catholic Gymkhana Itd.

presents

"KNOWLEDGE WORTH HAVING" Series 11

(A Managing Committee Initiative)

An Informative Talk Session on

MISTAKES IN COMMUNICATIONS **Local and International**

by

Dress Eating Habits

Traditions Architecture

VISIBLE

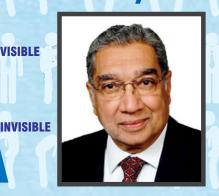
Language

Beliefs

Social Rules

Motives Values

Morals **Attitudes**





Walter Vieira FIMC

Past Chairman, International Council of Management Consulting Institutes (World Apex Body), Author of 16 books, International Speaker, Visiting Professor, Business Columnist.

One can never know enough to ensure 100% correct communication, 100% of the time. One needs to keep learning, to reduce the number of mistakes and some mistakes can be very expensive. As business and socialising grows more global, it's becoming more important than ever before for executives and employees to respect others' customs to avoid faux pas that could break a deal/relationship.

Mr. Vieira in his own inimitable style will give us anecdotes and personal experiences on how business and behavioural etiquettes, cultural and moral values vary around the country and the world.

Questions asked via the Live Chat on YouTube will be answered during the Q&A session.

on Sunday, July 18, 2021 at 11:00 IST



voutube.com/TheCatholicGymkhanaLtd