### The Catholic Gymkhana Itd.

47-A, Netaji Subhas Road, Mumbai - 400 002. © 22813260 / 22814755
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#### FROM THE PRESIDENT'S DESK

Dear Member,

I wish to thank all our dear members for reposing your confidence in me and my three Office Bearer colleagues, Rajesh D'souza, Norbert



Pereira and Sanju Fernandes who were elected unopposed. As I embark on my fourth year as President of the Gymkhana, it is my pleasure, privilege and honour to be of service to the members of our Gymkhana.

The 69th Annual General meeting was well attended. It was heartening to see all our Past Presidents Mr. Norman da Silva, Dr. Victor Rodrigues and Adv. David Gomes in the audience. Also present were legendary Communications Guru Roger Pereira and Management Consultant Walter Vieira, medical professionals Dr. Allwyn Mascarenhas, Dr. Vernon D'Sa, Mr. Yorrick Pinto and many other stalwarts of CG who encourage and reinforce us to give our best for the members. I am thankful for the messages of appreciation received from four of our long standing members which are a source of encouragement to the Managing Committee. I also appreciate the questions raised by some members which provided an opportunity to clear the mist in the minds of members who need clarification on issues of concern and spread of incorrect information.

As nine members filed nominations for eight Managing Committee positions the Gymkhana had to hold elections which cost the Gymkhana an avoidable expense in these critical days of financial crunch for our beloved Gymkhana. The team of scrutinisers and observers did a wonderful job at counting the ballots cast and declaring the results. The results of the contest were well received. I am thankful to our members for electing our team of eight members with a convincing margin thus ensuring a vote for continuity of progress. I congratulate the member who stood for elections with a healthy spirit of participation in the electoral process and I look forward to work together with all members for the progress of our Gymkhana in an atmosphere of cooperation.

As we rededicate, reorganise our priorities and reach out in our service to our dear members and our beloved institution I count on you for your understanding and co-operation in our mission to make CG the venue of your choice for "Good Times".

Various sub-committees have been formed to look after the interests of all groups and ages. I am hopeful that the Sub-Committees will be active and rise equal to the expectations of our members.

In keeping with my commitment to members we could obtain licences from the Health Department of the MCGM for service of eatables in our Grand Hall, Card Room and Billiards Room. Bon Appetite dear members as you enjoy your game and activity in these venues.

We are working on an arrangement to provide smoking cabins for our members who wish to smoke on the premises without 'smoke getting into the eyes' of the majority of non-smoker members and guests. As you are aware in the last term we secured approval for service of alcoholic beverages at the Gym Diner and Sports Diner on the second floor. This term we are vigorously working on securing approvals for other venues for members to enjoy a spiritful evening with family, friends and guests. Compliances are time consuming and I wish to assure you that we in the Managing Committee are alert to members expectations to fulfil unaccomplished tasks. With our initiatives and focus on Member centricity, we are committed to make that difference at CG one step at a time. Your understanding in achieving these objectives which are herculean tasks and time consuming is appreciated.

We wish to thank our Past President Dr. Victor F. Rodrigues for a very entertaining evening of music performed pro Bono by Victor and the Crowns. The Rock Show was amazing. Members and guests set the dance floor on fire and rocked the night away to the enthralling music with Victor at his best in his own inimitable style. A classy evening with several Page 3 personalities attending.

The initiatives of the Entertainment, F & B and Cultural Activities Sub-Committees with an objective to enhance member engagement to make the season of festivities a memorable one merits active participation and patronage of members to ensure that our Gymkhana scales greater heights.

The season of festivities commences with the celebration of Dassera and Diwali with much gaiety. We now move towards the joyous spirit of Christmas and New Year. I look forward to seeing our dear members in large numbers at the Gymkhana during the activities planned for the festive season.

I take this opportunity to wish each and every member of your family a Holy, Happy and Joyous Christmas and a Healthy, Peaceful and Prosperous New Year 2023.

With all Good Wishes,

Sd/-Vernon J. Miranda President



Communications & PR sub-committee

Evette Malgi - Chairperson Ian Pereira - Jt. Chairman Randolph Rodricks - Secretary

Members

Blessy Chettiar, Roydon Gonsalves, Sarika Fernandes Compiled & Edited By: Evette Malgi & Ian Pereira

Designed by:





of
The Catholic Gymkhana Ltd.
held on 29th Sept 2022

President

Vice-President

Hon. Treasurer

Addtl. Vice-President

Hon. Gen. Secretary

#### A Summary by Randolph Rodricks

#### The Managing Committee Members present were:

Mr. Vernon J. Miranda

Mr. Rajesh D'Souza

Mr. Clyde Crasto

Mr. Norbert Pereira

Mr. Sanju Fernandes

Mrs. Everilda D'Mello

Mrs. Evette Malgi

Mr. Sunil Lobo

Mr. Alex D'Cruz

Adv. Bernardo Reis

Mr. Dominic Godinho

Mr. Ian Pereira

Mr. Karl Vaz

Mr. Peter Fernandes &

Mr. Vernon Noronha

Mr. Steven Pinto was granted Leave of Absence

#### Representatives from:

M/s. Batliboi & Purohit, Statutory Auditors, were also present.

#### With the requisite Quorum, the Proceedings of the AGM got under way...

The President, Mr. Vernon Miranda welcomed and thanked all in attendance at this, the 69<sup>th</sup> AGM of the Catholic Gymkhana Ltd. He began by expressing his heartfelt condolences to the families of our Members, staff and employees, who had lost their loved ones in the course of the year, reminding us that "their suffering is our suffering." He then requested all present to stand and observe a minute's silence, as a mark of respect for the dear departed souls.

He expressed his joy in being able to experience the intimacy and warmth of a face-to-face interaction after a span of two long years, and was happy to see so many members present safe and in good health. He was delighted to see past Presidents, Mr. Norman da Silva, Dr. Victor Rodrigues and Adv. David Gomes, saying that he was fortunate and blessed to have had their strong support and good wishes.

He then requested the Hon. Gen. Secretary Mr. Norbert Pereira to provide general instructions to the Members participating in the Meeting.

Thanking all the Members who had attended the AGM, the Hon. Gen. Secretary reminded all, that as per the Articles of Association of the Gymkhana, only those categories of Members who had a right to vote, could attend and participate in this AGM of the Gymkhana. Anyone present in the Hall, not qualified to do so, were kindly requested to recuse themselves from the proceedings.

The four questions raised by Members at least six days before the date of the Meeting, were to be collectively addressed by the Chairman and/or the Office Bearers in the course of the Meeting. Maximum information to queries raised without advance notice within the specified time, will be provided at the Meeting, or subsequently, by e-mail.Regarding any unanswered questions or the need for further clarifications regarding the same, queries may be sent by e-mail to the Gymkhana's e-mail ID, for necessary response.

He then informed the Meeting that as per Section 145 of the Companies Act, 2013, since the Reports of the Statutory Auditors, included in the Annual Report were sent to Members in advance, the said Reports, devoid of any adverse remarks regarding the functioning of the Gymkhana, are not required to be read.

The flow of the AGM will begin with the Chairman's speech, move to the resolutions set out in the Notice of the AGM and putting the Resolutions to vote. The Question and Answer Session will then follow.

To present an account of the operations and developments at the Gymkhana, the Hon. Gen. Secretary, Mr. Norbert Pereira, then handed over the stewardship of the Meeting to the President, Mr. Vernon Miranda, who addressed the Members on the following lines:

"The last two years and more has been the most testing time that your Gymkhana and the world itself, has seen. Fear, uncertainty and the consequent slowdown had taken a hold over us. But until its final control and disappearance, we cannot let Covid dictate our lives.

I recollect the lines of the famous poet, Robert Frost, which has never felt truer and more real than today:

"The woods are lovely, dark and deep, And I have promises to keep. And miles to go before I sleep; And miles to go before I sleep."

Promises to Members
Promises to staff and employees
Promises to vendors and business associates
Promises to ourselves, and
Promises to our families and friends.



#### Observing a minute of silence as a mark of respect for the dear departed souls

The year 2021-22 has been full of global economic, medical and political challenges, having a negative impact on India's economy too. Rising fuel prices, higher inflation and the declining value of the Rupee, badly impacted the working and the results of all organizations. We have had to navigate through a period of volatility and unprecedented challenges.

Against this difficult backdrop, I wish to share with you the critical scenario in which the Gymkhana operated, a scenario not encountered in its 110-year history.

The financial year 2021 began with a major part of the Gymkhana being requisitioned by the MCGM as a Covid Centre, with the 120 beds fully occupied from the start. With great difficulty we could get our premises back more than six months later. After this long exposure as a Covid Centre, we had to spend a lot of time, effort and money sanitizing the premises and conducting various works of maintenance, repair and upgradation.

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In effect the Gymkhana operated for only four months in the Financial Year 2021-22 with low footfalls, zero income and fixed costs by way of salaries, utility bills and security services. The post-Tax deficit for the year under review was to the tune of Rs. 96.66 lakhs. Kudos to our Finance Committee for coming to our assistance and containing our deficits, by their deft handling of our investments.

The Financial Year 2022/23 continues to be a most challenging one. With the work on the coastal road blocking easy access to our premises, footfalls are still low and wedding receptions, a profitable source of revenue to the Gymkhana, have disappeared. All this will impact the bottom line of our next year's Financial results, as well. The Managing Committee is devising new avenues to augment our income and we look forward to their being a success. I am humbled, inspired and appreciative of the initiatives, the commitment and the hard hours put in by them and by all the other staff and employees as well.

Like every year, in this year too, more chapters of achievements were added:

**Successful conclusion of Negotiations** on the Charter of Demands, with the Bharitiya Kamgar Sena till the financial Year ending 2025 resulting in a harmonious and constructive working environment in our Gymkhana.

I wish to thank our employees who have served our Gymkhana with distinction and sincerity along with Shri Sachin Bhau Ahir and Shri Vijay Dhamane of BKS Union for their kind cooperation.

Special Thanks to the State Govt. and the MCGM for their unstinted support in our day-to-day working.

**Technology upgrades** that usher our Gymkhana into the new, fast-changing digital world. The new Karaoke equipment, a wide-angle Projector and high-fidelity speakers in the Bar & Restaurant, multi-channel TV displays, POS devices for F&B orders, a QR Code for the Menus, an Automated External De-fibrillator and extensive CCTV coverage are the new IT initiatives implemented.

**Renovation of the ground floor verandah**, presenting a fresh welcoming look to our Members and Guests.

Refurbishing of our popular Sossegado Bar & Restaurant.

Affiliations with Gymkhanas and Clubs, both within India and abroad, grew to 13.

The informative, interactive and greatly appreciated **Knowledge Worth Having Series** Seminars went from strength to strength.

After a lapse of two years, **Gymkhana Day** was celebrated with great gusto, a salubrious occasion on the 110<sup>th</sup> year of the Catholic Gymkhana.

The Gymkhana acquired approval from the Excise Dept. for the service of alcohol in the Gym Diner and the Sports Diner on the 2<sup>nd</sup> floor.

The Gymkhana has just secured a Ready-to-serve Eatables Licence for the Grand Hall, Billiards Room and Card Room.

The Gymkhana has received a a **Fire Safety Compliance Certificate** for the 1<sup>st</sup> floor kitchen from the MCGM Fire Brigade.

The Gymkhan's Badminton, Soccer and Cricket Teams continue to receive kudos for their performances.

The Billiards & Snooker tables have been upgraded to international standards, and the flooring got a new look.

Representations have been submitted to the Chief Minister, Dy. Chief Minister and Revenue Minister, Govt. of Maharashtra, and to Mr. Ashish Shelar, for the re-allotment of the Taraporewala land back to the Gymkhana.

Representations have been submitted to the Revenue Minister and the Revenue Dept., Govt. of Maharashtra, contesting the demand for Rs. 1.20 crores for alleged construction of the Gymkhana building, without permissions and approvals.

**Individual and collective credit** for these achievements have featured in the President's Message in the 2021/22 Annual Report.

A big Thank You to CG well-wishers and supporters Sr. Advocate Joachim Reis, Adv. Lancy D'Souza, Mr. Roger Pereira, Adv. Divya Malcolm, Consulting Structural Engineer, Mr. Satish Dhupelia and Mr. Philip Remedios for always sharing their expertise

I wish to thank in a special way, our **immediate Past Presidents**, Mr. Norman da Silva, Dr. Victor Rodrigues and Adv. David Gomes for their encouragement and support.

I would be failing in my duty if I did not mention the extensive follow-ups, initiative and perseverance displayed by our Spouse Member, Mrs. Goretti Chico and Office Staffer, Mr. Christopher Joseph. A very big Thank You to both of them.

I also commend Ms. Vanita Chandorkar, Ms. Venetia Crasta, Rotcer Santamaria, Boniface D'Souza and Mr. Arif Ahmed who supported our efforts to maintain our services to Members.

**Thanks go out to** our Multi-sport service provider, Veg. Caterer and Decorator, Mr. Ajay Salvi and Amey Mali of M/s. Maithilee Services and Mr. Nilesh Dighe of M/s. Culinary Foods, for their service and cooperation.

I would like to assure you that the Managing Committee is fully conscious of the **high expectations of our Members** and will always do their best in the face of the current financial and infrastructural constraints in place.

Finally, ladies and gentlemen, I wish to express my sincere thanks to all the Members of the Gymkhana for your continued support and cooperation.

Thank You all.

The Annual Report, the Audited Statements of Account and the Report of the Statutory Auditors were then tabled and adopted.

Auditors for the next financial year were fixed, along with their remuneration.

Queries from Members were invited and addressed. Further clarifications requested for, if any, would be sent via e-mail.

The Election of the Managing Committee for the year 2022/2023 was taken up and concluded and the results were declared by the President.

All the Statutory requirements and Voting procedures of the Annual General Meeting were duly complied with and the Meeting came to a successful close.





### The Catholic Gymkhana Itd.

### **MANAGING COMMITTEE: 2022 - 2023**



VERNON MIRANDA PRESIDENT



RAJESH D'SOUZA VICE-PRESIDENT



CLYDE CRASTO ADDL. VICE-PRESIDENT



NORBERT PEREIRA Hon. Gen. Secretary



SANJU FERNANDES HON. TREASURER



EVERILDA D'MELLO ASST. SECRETARY



**ALEX D'CRUZ** 



**ADV. BERNARDO REIS** 



**DOMNIC GODINHO** 



**EVETTE MALGI** 



**IAN PEREIRA** 



KARL VAZ



**PETER FERNANDES** 



**STEVEN PINTO** 



**SUNIL LOBO** 



VERNON NORONHA



#### **BALLOTING COMMITTEE MEMBERS 2022 – 2023**

- (1) Ashley Patrick
- (2) Christopher Pinto
- (3) Clement Gonsalves
- (4) Dilip Barreto
- (5) Dr. Allwyn Mascarenhas
- (6) Dr. Mario De Souza
- (7) Dr. Vernon De Sa
- (8) Edward Sequeira
- (9) Fidelis Mascarenhas
- (10) Joseph Menezes
- (11) Marianne Karmarkar
- (12) Norman J. Da Silva
- (13) Randolph Rodricks
- (14) Terence Craven
- (15) Vivian Chico

#### **SUB-COMMITTEE MEMBERS 2022 – 2023**

#### (1) ADVISORY

MEMBERS: Adv. Joaquim Reis, Adv. Lancy D'Souza, Roger Pereira, Satish Dhupelia, Walter Vieira

#### (2) AFFILIATION COMMITTEE

CHAIRMAN: Sunil Lobo

HON. SECRETARY: Charmaine Murzella

MEMBERS: Darrace Cabral, Steven Pinto and Vernon Miranda

#### (3) ATHLETICS

HON. SECRETARY: John Lewis

#### (4) **BADMINTON**

CHAIRMAN: Rajesh D'Souza

HON. SECRETARY: Fabian Dennis

#### (5) **BILLIARDS & SNOOKER**

CHAIRMAN: Karl Vaz

HON. SECRETARY: Alex D'Cruz

MEMBERS: Kendrick Rodrigues, Melwyn Mascarenhas, Mohan Shetty, Ralph Fernandes and

Trimbak Deorukhkar

#### (6) BUDGET APPROVAL COMMITTEE

CHAIRMAN: Sanju Fernandes

HON. SECRETARY: Vernon Noronha MEMBERS: Steven Pinto and Sunil Lobo

#### (7) CARD ROOM

CHAIRMAN: Edward D'Cunha HON. SECRETARY: Mangilal Jain

MEMBERS: Agnello Fernandes, Ashok Sawant, Charles Mascarenhas and Clifford Khan

#### (8) COMMUNICATIONS & PR

CHAIRPERSON: Evette Malgi JOINT-CHAIRMAN: Ian Pereira

HON. SECRETARY: Randolph Rodricks

MEMBERS: Blessy Chettiar, Roydon Gonsalves and Sarika Fernandes

#### (9) CRICKET

CHAIRMAN: Neil D'Souza

HON. SECRETARY: Albert Fernandes

MEMBERS: Anant Malvankar, Nitin Sharma, Sandeep Agarwal and Suhas Rao

#### (10) CULTURAL ACTIVITIES

CHAIRMAN: Sanju Fernandes HON. SECRETARY: Natasha Collaco

MEMBERS: Anne de Souza, Marcelino D'Sa, Penelope Bocarro and Rita D'Sa

#### (11) **DISCIPLINARY & ENQUIRY (DEC)**

CHAIRMAN: Sr. Adv. Joaquim Reis HON. SECRETARY: Adv. Bernardo Reis

MEMBERS: Divya Malcolm, Roger Pereira and Walter Vieira

#### (12) ENTERTAINMENT

CHAIRMAN: Domnic Godinho VICE-CHAIRPERSON: Evette Malgi HON. SECRETARY: Everilda D'Mello

MEMBERS: Clyde Affonso and Norbert Pereira

#### (13) FINANCE & INVESTMENT

CHAIRMAN: Sanju Fernandes HON. SECRETARY: Evette Malgi

MEMBERS: Kenneth Andrade, Steven Pinto and Sunil Lobo

#### (14) FOOD & BEVERAGES

JOINT-CHAIRMAN (BEVERAGES): Aubrey Chatellier

JOINT-CHAIRMAN (FOOD): Norton Stokes JOINT-CHAIRMAN (SERVICE): Ian Pereira

HON. SECRETARY: Olavo Lobo

MEMBERS: Huxley Pimenta, Keith Sequeira, Louis Rodrigues and Paul Pavri

#### (15) GYMNASIUM & STEAM BATH

CHAIRMAN: Alex D'Cruz

VICE-CHAIRMAN: Rajesh D'Souza

MEMBERS: Arnold Fernandes and Joseph Mathew

#### (16) **HOUSE & STAFF**

CHAIRMAN: Vernon Miranda

MEMBERS: Clement Gonsalves, Huxley Pimenta, Karl Vaz, Keith Sequeira and Norbert Pereira

#### (17) HOUSIE

CHAIRMAN: Peter Fernandes

VICE-CHAIRMAN: Edward Sequeira HON. SECRETARY: Nussarat Ibrahim

MEMBERS: Donald D'Souza, Louis Rodrigues, Olavo Lobo and Sebastian D'Souza

#### (18) INTERNAL COMPLAINTS (ICC)

CHAIRPERSON: Everilda D'Mello

MEMBERS: Adv. Bernardo Reis, Evette Malgi, Adv. Divya Malcolm and Rashmi Nagori

#### (19) LEGAL COMMITTEE

CHAIRMAN: Adv. Bernardo Reis

HON. SECRETARY: Adv. Divva Malcolm

#### (20) LIBRARY & INDOOR GAMES

CHAIRPERSON: Evette Malgi

#### (21) MULTI-SPORTS

CHAIRMAN: Vernon Miranda VICE-CHAIRMAN: Rajesh D'Souza

MEMBERS: Alex D'Cruz and Norbert Pereira

#### (22) OFFICE BEARERS COMMITTEE

MEMBERS: Norbert Pereira, Rajesh D'Souza, Sanju Fernandes and Vernon Miranda

#### (23) PROJECT & BUILDING IMPROVEMENTS

CHAIRMAN: Vernon Noronha ADVISOR: Philip Remedios

MEMBERS: Albert J. D'Souza, Clyde Crasto and Everilda D'Mello

#### (24) SPECIAL INITIATIVES PROJECTS

CHAIRMAN: Ian Pereira

MEMBERS: Ian Stanton, Margaret Da Costa and Roydon Gonsalves

#### (25) SPONSORSHIP & FUNDRAISING COMMITTEE

CHAIRMAN Steven Pinto

HON. SECRETARY: Vernon Noronha

MEMBER: Evette Malgi

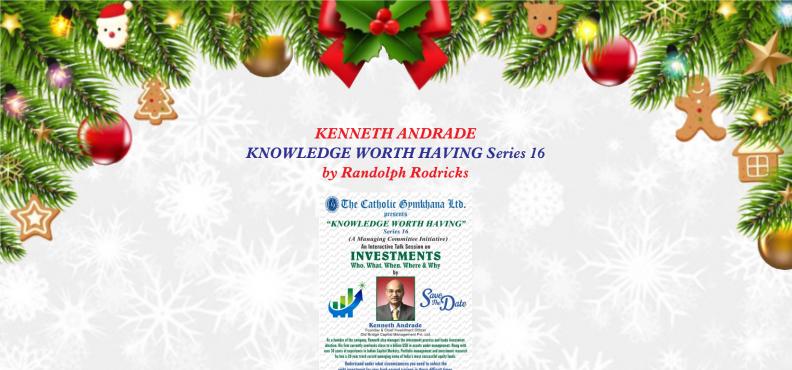
#### (26) SPORTING ACTIVITIES

CHAIRMAN: Harold Sylvester

HON. SECRETARY: Gordon D'Costa

MEMBERS: Donald D'Souza, Francis D'Souza, Loyola Lobo, Roy Fernandes, Sebastian D'Souza

and Trevor Rodrigues



unday, July 17, 2022 at 11:00am sharp in the CG Grand Hall

> The Musical Group, Abba's evergreen lyrics were the opening words of our President, Mr. Vernon Miranda when introducing today's Speaker on July 17th 2022:

> > Money, money, money, must be funny
> > In a rich man's world
> > Money, money, money, always sunny
> > In a rich man's world
> > Ahaa... All the things I could do
> > If I had a little money, it's a rich man's world

"...With rising prices and falling income, post Pandemic, these words ring, oh so true."

Founder & Chief Investment Officer at Old Bridge Capital, a 7-year old firm that manages an Equity Portfolio of Rs. 7,000 crores, Kenneth Andrade was earlier, Mg. Director & Chief Investment Officer at IDFC Asset Mgt Co., investing over Rs. 55,000 crores of as his two daughters put it - 'other people's money'.

Starting investing at the young age of 17, Kenneth has seen both the booms as well as the busts in his 30 years in the world of investments.

With a wide array of acknowledgements and awards, Kenneth was Business Standard's 'Fund Manager of the Year' 2009 and IDFC Premier Equity Fund, under his stewardship, had a 5-Star Rating by Morning Star, and won awards ever single year from 2007 to 2012. With the investments of the Catholic Gymkhana's funds under his seasoned eye, Kenneth Andrade is himself a valuable asset, to our Finance & Investment Committee.

Over to Sanju and then to Kenneth himself. We work hard for our money, said Mr. Kenneth Andrade. But do we work equally hard in looking after it? The answer, very often, is a resounding "No!"

Here, in point form, for easy assimilation, is a summation of all the advice that investments the 50-year, wise young man had to give us...

"I won't give you tips about which Company to invest in, But I shall give you important tips about the science of investing."

To grow your money, Equity is the best choice. The earlier you enter the market, the better. For medium and long-term Return on Investment (ROI), the pecking order, in increasing returns is: FD's / Bonds / Mutual Funds / Real Estate With Equity Investments topping the charts.

Have an S.I.P. - not of Whiskey – but a Systematic Investment Plan.

Distribute your portfolio and spread your risks.

Today with a sound Investment Plan, There is a 65% probability of a 20% ROI, year on year.

If you had invested Rs. 10/- in Kenneth's Company's Fund in 2005, it would be worth Rs. 73/- today. An Annual Return of 22%. Results speak louder than words!

Sound Equity investors never lose money.
Use professional investors if you wish.
Buy low. Sell high.
Start early. Monitor your Portfolio
and Validate it regularly vs Inflation.
Happy Investments to you!

The talk ended with a Vote of Thanks by Evette Malgi





"To climb the Ladder of Success, You must wear the garb of Success."
-Meher Castelino

Born in Mumbai, Meher Castelino's involvement with fashion and beauty goes back to 1964 when she won the Miss India crown, soon after graduating from Lawrence School, Lovedale. She was the first Miss India selected by Femina to represent the country at the Miss Universe and Miss United Nations Contests in Miami Beach, Florida and Majorca Spain, respectively.

A famous commercial and catwalk model, she has appeared in over 2000 live fashion shows, many of which were conceived and directed by her. She has also headed the designing departments of export as well as local fashion houses and was Fashion Editor of Gentlemen's Fashion Quarterly, Flair and Eve's.

Widely travelled, Meher has modelled for the Government of India in Australia, Hong Kong, Singapore, Japan, Indonesia, Sri Lanka, Thailand and Yugoslavia, in a career that spanned over 14 years.

Since her first article in Eve's Weekly in 1973, Castelino has been a full-time fashion journalist and syndicated columnist. A pioneer of fashion journalism in India, her articles have frequently appeared in nearly 130 national and international newspapers and magazines.

She is also the author of the only book on men's fashion, 'Manstyle' published in 1987. Her second book 'Fashion Kaleidoscope' was released in 1994 and traces the evolution of Indian high fashion from 1960-1990.

Meher Castelino has been the judge for many top fashion institutes in India as well as the CMAI/APEX Awards for over two decades. Her knowledge of textiles and fashion makes her a popular speaker at several seminars in the country.

On August 21st 2022, Meher Castelino enthralled us all present at the Catholic Gymkhana's "Knowledge Worth Having" Series with her session on Fashion:

The biggest misconception about the fashion industry is that it is filled with glamour, easy money and lots of fame. Actually, it's a lot of hard work, blood, sweat and many times, tears. In the early days, things were much simpler. I still remember, before leaving for the 'Miss United Nations' Contest, going to a tailor in one of the by-lanes of Flora Fountain and getting my wardrobe completed. Unthinkable nowadays.

Before deciding how to dress oneself, one must stand in front of the mirror and take a good, hard, honest look at oneself. One's face, one's physique, one's plus points, one's negatives, and be under no illusions whatsoever.

Dressing up is like making a cake.

There are quite a few ingredients that go into it, all blended in the right manner.

There are three main body types:

Ectomorph: Thin and tall

Endomorph: Stout

Mesomorph: A kind of middle-of-the-road combination of

the above

The ideal Body Ratio is when the length of the legs to that of the torso is 60:40

One's skin tone could be pinkish, yellowish, fair, medium or tan.

Wear your clothes according to your type.

Taking truthful, independent advice is the best approach.



Where men are concerned, they should look at the collar, the trouser width and the choice of colours. Though much more restricted as compared to what we ladies can choose, today, men are wearing more colourful clothes. In fact, jewellery and accessories that are now coming into fashion, are a throwback from history. But no tight clothes; they don't look good on a man.

Although Ties are not worn as much today, as they were a decade or so ago, the choice of ties reflects a man's personality. The point of a Tie must reach the level of the waistband and the shorter end of the Tie should not be seen at all. But even this rule is being flouted nowadays. So, trends are not all that important. They come and they go.

#### The bottom line is:

Dress for your personality and have a style all your own.

The new normal in fashion will affect the fashion business and bring it to a more realistic level. The hype will hopefully be replaced with sensible fashion that is value for money, respects the environment, is more timeless, less racy, more practical and without the unbelievable price tags.

And since we do not all have deep pockets, always look for a good degree of sustainability in whatever you buy to wear.

The talk ended with a Vote of Thanks by Claire Pereira.



The Catholic Gymkhana Ltd., Mumbai is proud to host its most popular and on demand Knowledge Worth Having - Series 18 - a Managing Committee Initiative.

The Topic being "Managing your Stress like a PRO" with Dr. Wilona Braganza, MD.

The Interactive Talk was hosted by Sanju Fernandes, Hon. Treasurer on Sunday,18thSeptember 2022 at CG's Sports Diner.

Sanju in his stimulating style ensured that the talk was made intriguing and interesting.

We are privileged to have hosted an Eminent Speaker – Dr. Wilona Annunciation, a practising Psychiatrist, working as a consultant at the Institute for Psychological Heath.

Dr. Wilona has conducted many workshops and training programmes for various organisations and very pleasantly obliged to conduct this session for CG Members and Members Guests.

Dr. Wilona took to the dais to share her insights and knowledge as she unravelled the mysteries of the mind and strife's and concepts for Managing Stress in our Daily Life:

Stress... all of us experience is but what does it actually do to our brain?

What can be the ways in which we manage stress and cope with it? What would it mean to be emotionally well?

In our digital world, focus and concentration is all over the place. What would be good ways to manage it?

Difference between recommended scientific treatment approaches like medications and therapy and healthy life strategies like yoga, meditation and exercise.

Positive and negative impact of relationships, strategies to improve, people around us.

Dr. Wilona's talk created an awareness and means to battle Mental Health issues to help one live productively and to their optimal capacity. She further simplified steps to counter the Emotional ups and downs of Life.

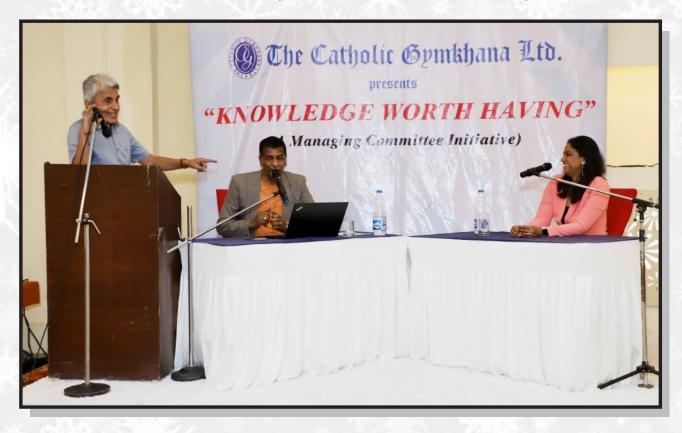
Her magnetic personality and her interacting skills with people added to her understanding complexities of human behaviour.

In brief: Few ways to cope with stress:

- 1. Healthy Eating Habits One should avoid Processed Food
- 2. Time for Leisure and Recreation do whatever catches your fancy to enhance well-being, social skills and humour which decreases stress and finally, improve mood.
- 3. Deep Breathing, mindfulness mediation, yoga are evidence based ways to handle stress.
- 4. Social Interaction, Social Work and extending help does provide a purpose and meaning to Positive Psychological Effects

Preventive Psychiatry is her forte and Dr. Wilona ensured that the complexities were simplified.

The talk ended with a Vote of Thanks by Norbert Pereira, Hon. Gen. Secretary.





We at Catholic Gymkhana (CG) aspire to bring Members and Members Guests together.

#### A. CG Members Nite:

What better platform than what CG's Entertainment provides - Week after Week on Saturday Nights.

A lot of thought, planning and soul searching brings to life "Members Nite".

Tapping of Toes, Dancing and Prancing at the Musical Performances by various Mind-Blowing Bands.

So, Bop yourself to a Boogie at CG's "GRAND HALL" and have the Time of your Life.

CG assures you a Home away from Home - Excellent Ambience, Good Music, Good Dancing and Good Food.

All Roads head to CG – a Gateway from Day to Day Activities





#### B. CG Karaoke Nites:

We at CG have curated a Karaoke Calendar, every 2nd and 4th Friday of the Month.

"CG Karaoke Nites" are a Craze

Here, the Song chooses you as you find yourself belting out fine tunes at the cozy luminescent "SPORTS DINER".

CG Karaoke is Exhilarating and Fun, as one sings like no one is watching.

De-stress yourself with the Mic and let Energies Soar as you Wine and Dine.

Head here to your Favourite Spot, "CG" -







#### **BILLIARDS & SNOOKER ROOM Upgraded**

Members are hereby informed that our Billiards and Snooker room has been recently upgraded with 2 new tables having steel cushions namely a Sharma S-1 Professional Snooker Table and a Wiraka M-1 Snooker Table.

Members can now enjoy playing on these tables, which are now at par with National Level Standards.

The flooring in the billiards room which had old Mosaic tiles, some which had loosened and uneven were also repaired and leveling done. These tiles were old and had developed cracks in many places giving it a shabby appearance. A 4.5mm vinyl carpeting was installed giving the room the much needed makeover.

Home Snooker and Billiards Tournament are conducted regularly for the benefit of members.



We had conducted a Tin-n-Bottle Tournament in July 2022 which had a record 36 entries. The winners were Gary Tantony and Joseph Fernandes.

This is basically a Doubles Snooker Tournament in which the format is such that it is played and completed in 1 day. It also allows the participants to interact and helps in building camaraderie with each other.

We have also conducted a Snooker Home tournament for the K.K. NAIR TROPHY in the month of September 2022, the finals of which was played by Mr. Clyde Affonso and Mr. Joel Rodriques. The tournament was eventually won by Mr. Clyde Affonso in a nail-biter last ball game.

There is now an ongoing 6 Red Snooker Tournament for the EXALTATION D'SA TROPHY which will culminate in the finals slated for 2<sup>nd</sup> December 2022.



Hon. Secretary Billiards & Snooker Sub-Committee







Members will be delighted to learn that we have upgraded the lighting and installed new wiring in the Badminton Court.

The old lighting was insufficient as the total lux in the centre of the court was 98, where the minimum requirement for club level tournaments is 350.





With the latest anti-glare fittings from Havells, we now have between 400 and 450 lux in the centre, which is on par with the best available lighting, that too with no glare which makes sighting easy on the eyes.

Rajesh D'Souza Chairman Badminton Sub-Committee





The gymkhana cricket team is gearing up for the new season which would be getting underway shortly. We hope to build on our last season's excellent performance.





During the Dr. H. D. Kanga knockout tournament held during April-May 2022, the team had a superb run of wins before narrowly losing out in the semi-finals. The team has now got a good blend of youngsters and experience. There are a few spots still open and we hope to fill up these positions when the team selection is conducted in early 2023.

Given that local cricket is getting highly commercialised, we are also looking out for sponsors who can support us in incentivising our players and also help in retention of key talent within the team.

Neil D'souza Chairman Cricket Sub-Committee



#### Felicitation of CG staff

The maintenance of the Gymkhana and its facilities is of utmost importance. CG has been blessed with good staff over the years. Many of them with long years of service. The Managing Committee felicitated them with a token of appreciation for the services rendered.



**Digambhar Jadhav** General Staff - 30 years



**Sudhir Rukhe** General Staff - 42 years



Raghunath Pornak Badminton Marker - 31 years



Robert Gomes
Electrician - 25 years



**Vinod Rukhe** General Staff - 30 years



Santosh Niwate General Staff - 30 years



**Sudhir Pawar** Billiards Marker - 30 years



Sadanand Vedarkar Badminton Marker - 30 years



Manesh Gaikwad Billiards Marker - 28 years



Ramesh Dhuri Card Room Marker - 33 years



**Dineshlal Valmiki** General Staff - 30 years



presents

# Christmas Carol Mite

Saturday, December 10, 2022 at 7pm



Presented by
THE CULTURAL ACTIVITIES
SUB-COMMITTEE

**CONCHORDS** 

conducted by Rohan Rodrigues

THE CATHEDRAL CHOIR

conducted by Mario Nazareth

YAC (St. Michael's Church, Mahim)

conducted by Adrian Pereira

KELLY DLIMA

THE VICTORY CHORUS LINE

conducted by Karen Vaswani

THE CAMPION CHORUS LINE

conducted by Sunny Rodrigues

Traditional and Modern Festive Music performed by some of the City's finest talent will set your heart aglow with the Spirit of Christmas!

MEMBERS - FREE Please present your Gymkhana ID card at the entrance.

CUEST - 7 100 (Children under 12 years - FREE)

VALET PARKING AVAILABLE FROM 6.00PM ONWARDS ON A FIRST COME, FIRST SERVE BASIS, AT A COST OF  $\stackrel{>}{\sim}$  100



# Children's Christmas Tree Party



Sunday, 11<sup>th</sup> December, 2022 from 4.00pm to 9.00pm

Member's Child: ₹ 350/- per Child (upto 12 years)

**Guest's Child**: ₹ **550**/- **per Child** (upto 12 years)

Registration of children's name for the Tree Party and acceptance of toys will commence from THURSDAY, 1<sup>ST</sup> DECEMBER TO SATURDAY, 10<sup>TH</sup> DECEMBER, 2022, daily from 11.30am to 8.30pm

All accompanying guests will have to pay Rs.100/- per head.

For more details, contact Vanita on 9867462697 / 8655020081 / 8976020082



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# CHRISTMAS

# BAZAAR

Sunday, 11<sup>th</sup> December, 2022 from 4.00pm to 10.30pm

Member's Stall: ₹800/-

**Guest's Stall**: ₹ 1,200/-

For booking stalls, contact Vanita on 9867462697 / 8655020081 / 8976020082



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## CHRISTIAS DANCE

Sunday, 25th December, 2022, 7.00pm onwards

"2 GIRLZ & A GUITAR"
Featuring Kimberly Van'Drine



MEMBER COUPLE 8 \$ 1,200/- per couple CUEST COUPLE 8 \$ 2,400/- per couple SINCLE MEMBER 8 \$ 600/- CUEST LADY SINCLE 8 \$ 1,200/- CUEST CENT SINCLE 8 \$ 2,400/-

**DRESS CODE: FORMAL** 

Tickets will be sold to Members and their Guests at the Gymkhana office from 11.30am to 8.30pm from Saturday, 3rd December onwards (including all Sundays)

For more details, contact Vanita on

9867462697 / 8655020081 / 8976020082



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## NEW YEAR'S EVE

### DANCE

Saturday, 31<sup>st</sup> December, 2022, 7.00pm onwards

### THE SUNBERN DUO

(SUNNY & BERNICE)

COMPERE JOE D'CRUZ

DJ VAL

MEMBER ©©UPLE : ₹ 1,000/- per couple

GUEST © UPLE: ₹ 2,000/- per couple

SINGLE MEMBER: ₹ 500/-

GUEST LADY SINGLE: ₹ 1,000/-

GUEST GENT SINGLE: ₹ 2,000/-

DRESS CODE 8 FORMAL

Tickets will be sold to Members and their Guests at the Gymkhana office from 11.30am to 8.30pm from Saturday, 3rd December onwards (including all Sundays)

For more details, contact Vanita on 9867462697 / 8655020081 / 8976020082



#### **CALENDAR OF EVENTS - CULTURAL COMMITTEE 2023**

Saturday, 10th JUNE, 2023: ART & ELOCUTION CONTESTS

Saturday, 17th JUNE, 2023: WESTERN MUSIC TALENT CONTEST

Saturday, 9th DECEMBER, 2023: CHRISTMAS CAROL NITE

