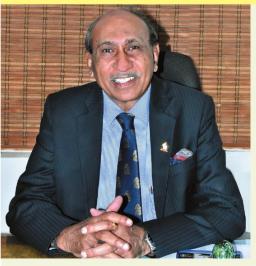


# THE CENTURION

# COMMUNIQUE Issue No.3 | September | 2019

#### President's Message



Dear Centurions.

The month of August saw a number of events. On Saturday, the 3rd there was a Flute recital by Dattatreya Desai & Shrivatsa Kauogi. On Saturday, the 10th, a unique "Teacher's Table" Event was held for the first time in the Club, wherein on a purchase of a Teacher's bottle at an offer price, the members were given a complimentary dinner worth Rs.1,500. The event met with an excellent response by the members, prompting us to repeat it on the 20th of September. On Sunday, the 11th August 2019 we had a Biryani & Wine Mela with Sri Sridhar Sagar (disciple of Padmashree Kadri Gopalnath) enthralling the motley crowd with a classical performance on his Saxophone.

Independence Day started off on a great note with nearly 200 members taking part in the Walkathon which was preceded by a group warm up. It was followed by Flag Hoisting by yours truly. Our Past President, Dr. H. Paramesh gave a small talk on Sir M. Visvesvaraya and Century Club. A sumptuous breakfast awaited all the walkathon members. And the morning finally wound up with an introductory talk on the importance of Yoga and the opening of a Physiotherapy Centre next to the Cards Room. In the evening, on the same day, to mark the 20th Anniversary of the Kargil War and also the 73rd Independence Day, we thought it befitting to honour a few War Veterans, a first for our Club. Sri Daulat B. Chhabria was magnanimous in coming forward to give cheques of Rs.50,000 each to the 12 War Veterans who had graced the occasion. The evening had started off with patriotic songs by Shruthilaya.

On 17th August the Ladies Cultural Wing had organised special cake baking classes for our lady members in the morning, after a long gap of over 3

years. The evening saw a performance of Ghazal and popular Hindi Hits by Kishen Dalmia and his troupe.

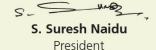
Sunday, 18th August, Independence Day Mini Rummy tournament and an Independence Day Bumper Tombola were held, followed by High Tea in both the sections. On Sunday, 25th August a Beer and Biryani Programme with old Bollywood classics by Moonlight troupe was held.

I take this opportunity to invite Senior Citizens above 65 years of age, well in advance, to the Elders' Day lunch on Tuesday, the 1st of October. Invitations would be dispatched shortly.

I thank all the Office Bearers and Executive Committee members for magnanimously approving the Employees Union Agreement.

As your President, I am aware that there is always scope for improvement in all aspects of running the Club, and therefore, it shall be my earnest endeavour to keep pursuing the same.

Yours truly,



We cordially invite our "Esteemed Senior Members" with their Spouse to celebrate

#### **Elders' Day**

to honour our elderly members on Tuesday, October 01, 2019 at Wadiyar Hall

Program: 11.00 a.m.

Soft Carnatic Classical Instrumental Music

followed by Special Plantain Leaf Lunch at 1.00 p.m.

#### Secretary's Report



Dear Centurions,

Two Months! It's scary that two months have flown by and there is still a considerable amount of work to be realized. I have never seen so much of the Club... literally every nook and corner... in the past three decades as I have in the past two months. Every aspect of the Club requires attention, and not just surface level, but a deep tissue treatment.

As I go around, I see how beautifully each past President and his team have contributed in some way or the other... brick by brick... to make our Club what it is today. It could be the

rules, it could be purchase procedures, a fish tank, a pergola, a Sampige Village, or practically anything and everything. And then I realize, how much more my President and I, along with the whole Executive Committee, ought to add to these milestones to make our Club a much more pleasant experience.

Moving to our backbone... the staff. We all get upset when there is a deficiency of service, but only a few go out of their way to praise our staff when they do a good job. A little compliment can go a long way in motivating this marginalized lot. Probably even knowing their name would help. I guess that is what they look forward to, more than a tip... recognition! A step up in their direction is the Staff Union Agreement, the renewal of which was pending for a long time, is on the verge of being concluded in a manner which will be a win-win situation for both the staff and the Club! Also, a briefing session was held with both the Bar and Canteen staff to realize the deficiencies on both sides, as employers and as service providers, and to understand each other much better.

A small aside regarding our Hon. Treasurer, Mr. C. N. Guruprasanna. He is putting his all into bringing a lot of additional accounting procedures and methods of presentation so that all those scary looking numbers and statistics are more easily understood.

I would not want to pen down the tasks before me as it might sound alarming, but actually if you share the passion I have, to overcome challenges, they become infinitesimal. All I pray is that you, the members, just bear with me so that I can tie up as much as possible before I lay down



In lieu of "ECS", "NACH" option is now active for process of monthly payments of members. Members who wish to opt for NACH, may kindly contact the Club Office. THE HOPE BANK **UMRN** HDFC0000060 **Utility Code** Sponsor Bank Code Tick (✓) CREATE SB/CA/CC/SB-NRE / SB-NRO /Other to debit (tick/) I/We hereby authorize MODIFY Bank a/c number CANCEL or MICR with Bank IFSC ₹ an amount of Rupees FREQUENCY ☐ Mthly ☐ Qtly ☐ H-Yrly ☐ Yrly ☐ As & when presented **DEBIT TYPE** ☐ Fixed Amount □ Maximum Amount Reference 1 Phone No. Reference 2 **Email ID** I agree for the debit of Mandate processing charges by the Bank whom I am authorizing to debit my account as per latest Schedule of charges of the Bank. PERIOD . From To Or ☐ Until Cancelled

2.

#### **SUGGESTIONS & GRIEVANCES**

Registers have been kept at the Reception and every section of the Club.

If any member has any suggestion or grievance, however big or small, please pen it down in the register so that we can try and resolve it ASAP.

Our endeavour is to resolve all your problems. But please bear with us if there is a delay in some cases, as there would be a genuine reason for the same.

Also, a GRIEVANCE CELL has been started near the Cash Counter at the Main Office between 10.30 am & 5.30 pm and will be handled by our staff member, Ms. A. Mamatha.

#### **Health Corner**

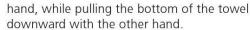
Prof. Dr. H. Paramesh

#### **Frozen Shoulder: Health Tips**

- Earliest medical description was in the year 1872; called as periarthrstis of the shoulder, frozen shoulder in 1934, adhesive capsulitis in 1945.
- Frozen shoulder involves fibroris and or contracture of the tendons of shoulder joint capsule.
- Nearly 12% of diabetics have this complaint and 30% frozen shoulder people have diabetes, more in
  - females. It can also come from immobilisation of shoulder for a long time for various causes and tobacco smoking.
- Suspect-when you cannot reach the straight up and behind the back, pain at night time when lying on the affected side not able to abduct your elbow joint and a sensitive coracoids process of the shoulder blade, difficult to reach hip pocket, and not able to unhook the bra in ladies.
- There is no standard test to prove the diagnosis.

#### **Towel Stretch**

- Use a towel of about 3-feet long.
- Stand straight and hold one end of the towel with your hand.
- Slowly, bring the towel behind your back and grab the opposite end with your other hand.
- To stretch your shoulder, pull one end of the towel upward with one



• Do this 10 to 20 times daily.



#### Do's

- Always do the exercise advised by your doctor at least twice a day
- Take pain killers only if pain is unbearable and hinders the exercise
- Have good control of diabetes
- Stop smoking
- Regular with diabetic diet and follow-up with Doctor
- Do tests if needed by your ortho specialist to rule out other causes

- Don'ts
- Avoid unnecessary tests and shopping around for cure
- Stop smoking
- Don't miss exercises of your shoulder as advised by you Physiotherapist under the guidance of orthopedicians
- Don't take too many pain killers
- · Don't be a google doctor

## **Centurions in the News**

Congratulations



Congratulations to our member,
Mr. T. V. Sreedhar (PS 310)
for having been elected
unanimously as the Hon. Secretary of
Cosmopolitan Club, Bangalore for the
years 2019-20 and 2020-21.



Congratulations to our member, Mr. Nagaraja Rao H. A. (PN-148) has been unanimously elected as the President, Bangalore Apartment Federation, as Apex body covering all the Apartments in Bangalore.

#### **IMPORTANT INFO**

#### **CAR STICKERS**

New CAR STICKERS are available at the Club Office. Members are requested to collect the same by producing copy of RC Book or Car Insurance. Old Car Stickers will not be valid after 30.9.2019. Each member is eligible for a maximum of two Car Stickers.



#### EVERY SUNDAY COMBO BREAKFAST 8.00 a.m. to 10.30 a.m.

(No Guest fee during these hours)

#### **BAR - HAPPY HOURS**

Saturday, 14th & 28th, Sept. 2019 Main Bar at 6.30 p.m. – 9.30 p.m. *Members Only* 

#### **UP COMING EVENTS**

#### **Table Tennis Section**



# Open Doubles Table Tennis Tournament

13th & 14th September, 2019

PAIRING BY DRAW OF LOTS

For details contact Table Tennis Section

#### Ladies Cultural Activities Wing under Cultural Committee

Presents

Talk on
"Towards Zero Waste"
&
"Green the Red"
by



#### Dr. Meenakshi Bharath

on Saturday, Sept. 21, 2019 11.00 a.m. onwards

All are Welcome

# Tombola Sub-Committee Presents

#### **Mini Bumper**



on Sunday, Sept. 22, 2019

Prize Money **Rs.25,000/-**

Game Starts @ 6.00 p.m.

Hi-Tea will be served

All are Welcome



# Cultural Committee Presents



#### RAJASTHANI FOLK MUSIC



on Tuesday, October 1, 2019 7.00 p.m. onwards

All are Welcome

# Cultural Committee Presents



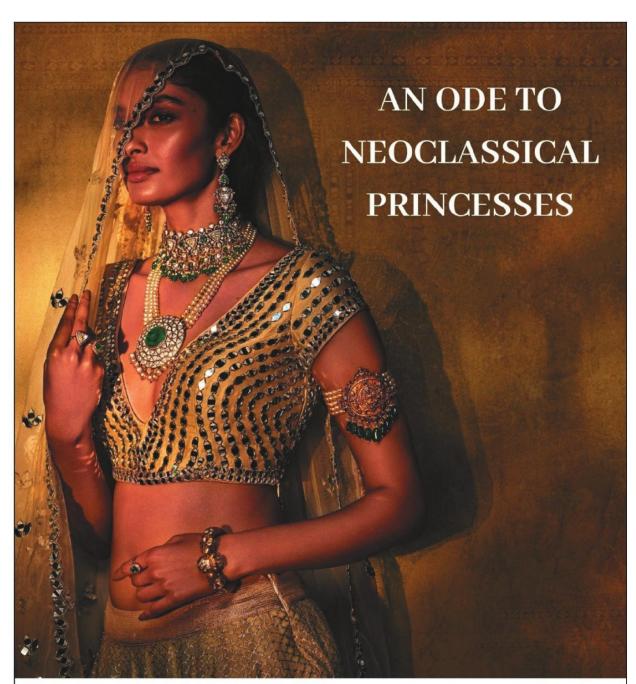
#### DASARA DANDIYA



on Sunday, October 12, 2019 7.00 p.m. onwards

Members who wish to participate in Dandiya Dance are requested to register their names at the Club's Reception on or before 15th Sept. 2019.

All are Welcome





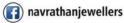
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### Everything you treasure

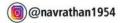
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Diamond

Platinum

Gold

Antique

Silver

