



# THE CENTURION

COMMUNIQUE

Issue No.4 | October | 2019

## President's Message



*Dear Centurions,*

### Festival Greetings.

It gives me immense pleasure in reporting to you, that the long pending revision of all Staff wages was successfully concluded to the satisfaction of both Management and the Union. With this new agreement, I am sure, that the Staff would be motivated to provide even greater services to the Members.

I am also happy with Venkat Raju, Caterer who is doing an excellent job, which is reflected in more than doubling of our sales, not to mention the common sight of packed Verandah for both lunch and dinner. Since, I am personally involved with this section, a lot of efforts has been put in to provide varieties of items never before available in our Club. The recent introduction of North Indian and Chinese Thali in addition to our regular South Indian Thali has become a roaring success. Thanks to all my Sub-Committee Members of Catering Section especially Mr. K. C. Jain for his inputs.

All sections are settling into a fine rhythm with events being conducted regularly. A new lift is being provided for the Cards Section with another one for Gym & Table Tennis Sections along with other repairs and maintenance work being taken up wherever needed on an urgent basis.

The expanded Teachers Table event was held on 20.09.2019 on the lawns with candle lights to the delight of our Members. This event has met with an overwhelming response, and the Bar Chairman has promised to come out with even a bigger event next time.

I extend my hearty congratulations to our fellow Centurion **Mr. G. Nagaraju (PN132)** for having been elected as the Chairman, RMV Club and **Mr. K. J. Paritosh (SP176)** for being elected as Vice Chairman, RMV Club.

Finally Dear Centurions, when I took the Office of the President, an year looked like a long time, but with the passing of the last three months in almost a flash, I have realised that the need to work even faster to achieve the goals that have set for myself, will be fulfilled.

Yours truly,

**S. Suresh Naidu**  
President

## attention



It is proposed to conduct competitions for Members in the following categories:

Indian Classical Vocal  
Indian & Western  
Classical Instrumental  
Light Music  
Film Hits (All Languages)

**AGE LIMIT 14 YEARS  
and above**

**PLEASE REGISTER BY 15<sup>TH</sup> OCT. 2019 AT THE CLUB RECEPTION**





## Health Corner



Prof Dr H Paramesh



### Restless Leg Syndrome (Willis Ekbom disease)

- Is one of the common sleep related movement disorder. 5-10% in adults have this problem, more in women. Exact data is not available in children and often mistaken for growing pain.
- Risk factors are: Iron deficiency anaemia Diabetes Rheumatoid Arthritis Kidney failure Parkinson's disease Antidepressant medicines First generation antihistamines Alcoholics Smokers.
- Features: feeling tighten sensations in legs, crawling sensation, aching and disturbs sleep leading to irritability, depressed mood and day time sleepiness. These symptoms intensify during relaxation, reading studying, trying to sleep, quite wakefulness. It is similar to yawn
- Mechanism: partly known as possible Dopamine in brain and iron system anomalies, runs in some families.
- Diagnosis: By clinical only. No specific tests to prove the disease

### Do's

- Stretch the leg muscles and move
- Can use vibratory stimulation device, helps some to improve the sleep
- See your family physician to rule out other causes, if needed
- Encourage yoga exercises
- Take dopamine agonist medicine only with the advice of your doctor

### Don'ts

- Don't sit idle
- Don't do unnecessary tests by self
- Don't take sleeping pills without your physicians advice
- Reduce alcohol consumptions
- Stop tobacco smoking
- Avoid too many pain killers
- Sometimes endurance better than therapy



**C**hildren's Activities conducted SCRABBLE Tournament on 7th Sept. 2019 under the aegis of Scrabble Association. Thanks to Ms. Saraswathi & Mr. Shankar. The event was well participated and had about 50 people, both Children & adults enjoying in the true spirits of Learned Leisure. Gifts were given to every child who participated to encourage intellectual board games. With this overwhelming response, we now have a Board Game Corner where members can connect with each other over a board game at any time they are in the Club. You can get added to this WhatsApp group by informing at the Reception.

Fun filled Activity for Children Teachers Table Event 10<sup>th</sup> Aug & 20<sup>th</sup> Sept  
@ Swimming Pool On 10<sup>th</sup> Aug



Magical Melodies on Saxophone by Sridhar Sagar – Saturday, 11<sup>th</sup> Aug



**LADIES CULTURAL ACTIVITIES WING**  
**UNDER**  
**CULTURAL COMMITTEE**  
**PRESENTS**

**TALK ON**  
**"WOMEN'S SELF DEFENCE &  
RECENT TRAFFIC RULES  
IMPOSED BY GOVT. OF INDIA"**

By  
**POLICE OFFICER**  
On Saturday, October 19<sup>th</sup>, 2019  
11 a.m. onwards

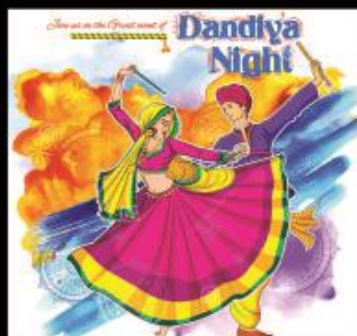


Upcoming  
**EVENTS**

CENTURY CLUB

**DASARA DANDIYA NITE**

On Saturday, October 12<sup>th</sup>  
7 p.m. Onwards



CENTURY CLUB  
Bangalore  
Tombola Sub-Committee  
Presents

**DASARA & DIWALI**

**Bumper Tombola**  
on Sunday, 20<sup>th</sup> October 2019

**PRIZE MONEY**  
Rs.1,00,000/- + gifts

Sponsored by  
**Sri. DAULAT B. CHHABRIA**  
(From Centurion Billiards Family)  
Game starts @ 6 p.m.  
High Tea will be served



**BAR**  
HAPPY HOURS

Saturday,  
12<sup>th</sup> & 26<sup>th</sup> October 2019  
@ Main Bar  
6.30 p.m. – 9.30 p.m.  
Members Only

**BAR**  
COMMITTEE PRESENTS  
*Oktober fest*  
**SUNDAY 20<sup>TH</sup>**  
11.30 A.M. ONWARDS  
**Beer @ 50% Discount**

Music By Bangalore's Leading Band

Independence Day Walkathon, Flag Hoisted &  
Inauguration of Physiotherapy Clinic – 15<sup>th</sup> Aug



**SPECIAL**  
**DASARA OFFER**  
**ON**  
**BLACK & WHITE**  
BUY TWO & GET ONE FREE  
From 1st October- 2019 Till Stock Lasts

**CULTURAL COMMITTEE PRESENTS**  
Screening Of International  
Award Movie  
On Friday, 11<sup>th</sup>  
October,  
at 6 pm.

**Erin Brockovich**

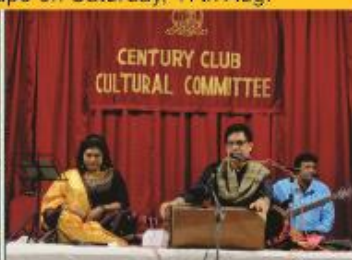
@ **SIR M. V. AUDITORIUM**



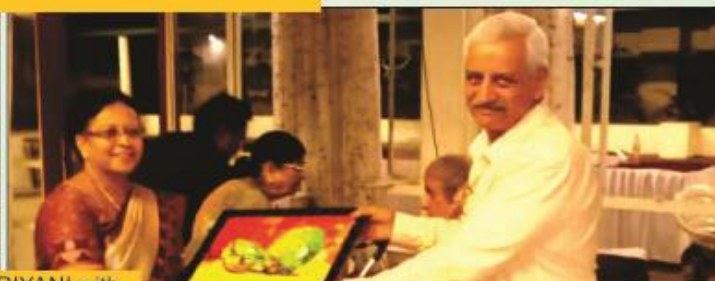


Ladies Cultural Activity Wing presents demonstration of CAKE BAKING & DECORATION on Saturday, 17th Aug.

Ghazals & Popular Hindi Film Hits by KISHEN DALMIA & troupe on Saturday, 17th Aug.



Independence Day Bumper Tombola on Sun. 18th Aug. 2019



BEER & BIRIYANI with MONSOON MUSIC by Moonlight troupe on Sun. 25th Aug.



Talk by Dr. Meekanshi Bharath on Saturday, 21st Sept. 2019





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