

THE CENTURION

COMMUNIQUE

Issue No.7 | JANUARY | 2020

President's Message



Dear Centurions,

Wish you and your families a very prosperous and Happy New Year.

December a month to **remember**..... Perhaps that would be an apt way to describe the feelings of many members, their families and guests who attended the Twenty **20** New Year Eve Celebrations. The Club witnessed the largest ever gathering to welcome the advent of the New Year. An elaborate spread of food, snacks and drinks was arranged. Additionally for the first time, table services was provided for a New Year Eve programme which was much appreciated. Meticulous planning ensured that the event occurred without any glitches.

I take this opportunity to thank all my EC colleagues and the staff for the whole hearted support in conducting the Event successfully.

The month's programmes began with the **Teachers Table** Event by the Bar Section wherein a member on a purchase of Teachers Golden Thistle 12 year old Scotch Whisky at a discounted price, he would be entitled for a dinner worth Rs.1500/-. This Event has become a much looked forward to programme for many members.

The Annual CCBL Tournament was held during the month, and met with an excellent response, and the Tournament is only growing in size each year. A grand finals with prize distribution was held on Dec 14th, 2019. I congratulate the Badminton Chairman Mr. Santosh for his complete involvement in conducting the Tournament.


On Dec 15, Sunday, the Ladies Wing of the Cultural Section held a Ladies Fashion Show called **Face of Celebrity**. Several well-known personalities from the fashion world took part in the event. Many of our own lady members/spouse of members and dependents participated enthusiastically in large

numbers, which was much appreciated by the ladies and families who had attended the Event that evening in large numbers. Past President Mrs Shobha Neelakantappa was the soul behind the whole event and I congratulate her for doing the great job.

The Christmas Eve Programme on 24.12.19 was another huge successful programme of this committee. A unique Candle Light entry by members followed by a number of games for the children filled the lawns with laughter and joy. Santa Claus gave away prizes & gifts for children's along with plum cakes for everyone present that evening, with live carol music playing in the back ground. It was truly a fun filled evening with an extremely large attendance of families and children never before witnessed at our Club.

It would be unfair on my part, not to complement our Bar Chairman Mr. Vijay Chander for giving the finest imported wine as a complimentary drink for all the members who came for Christmas Eve programme. I also thank him for getting substantial sponsorships for the New Year Programme.

In conclusion, I feel a sense of satisfaction on completion of 6 months of my tenure, while at the same time, I am filled with a sense of urgency and responsibility, thus promising to work with full sincerity.


S. Suresh Naidu
President



CENTURY CLUB

For the first time in Bangalore!!!

We will walk you back through the lanes of old Bangalore to experience the landmark heritage eateries that are 50 years plus and once relished by our parents and grandparents

Sunday, 26th January 2020 4:00 pm to 10:00 pm | Dress Code (preferably) : Outfits from the 60s, 70s and 80s

Participants

Vidyarthi Bhavan | Brahmins Coffee Bar Ranganna Military Hotel | Taj Hotel | Asha Sweets | CTR (Central Tiffin Room)
New Krishna Bhavan | Fathima Bakery Crowns Canopy | Airlines Hotel Lake View Milk Bar Koshys Parade Café
| NMH (New Modern Hotel) Gundappa | VB Bakery | Bhagathram Sweets Thoms Café

S. SURESH NADIDU
President

B. R. PRIYADARSHI
Vice President

E. G. JAIDEEP
Hon. Secretary

C. N. GURUPRASANNA
Hon. Treasurer

M. S. GIRIDHAR
Immd. Past President

**CHITHKALA MALLIKARJUN | Y. K. MUDDU KRISHNA | SANTOSH R. | A. M. RAGHAVENDRAN | M. KRISHNA MURTHY | V. VIJAY CHANDER
| SANDEEP GANGADHAR | B. T. CHAMARAJAN | Dr. O. S. SIDDAPPA**



Century Club Heritage Food Mela



Prof Dr H Paramesh

Current Concepts on Nutrition for Good Health

❖ Indian Adages on Nutritional Health are:

One who knows what to eat and how to eat don't get diseases.
Whoever is the father, under and malnutrition is the mother of the disease

❖ EAT – Lancet commission Diet –2019 observation – recommended by WHO are–

By using the local, less expensive food items while meeting the minimum required for all nutrients adequately with slight increased intake in low income countries from animal source, **fruits and vegetables will cost about \$2.84 (Rs-200)/person/day. Nearly 38.4% of South Asian countries cannot afford it.**

❖ Food safety standards authority of India as of Nov 2019 recommend.

To avoid high fat, salt, sugar in food

Convert school campus into EAT RIGHT SCHOOLS

EAT ADEQUATELY: Wholesome food 70-80% food of the menu

EAT MODERATELY :Packed foods in small proportion

EAT SPARINGLY: High fat, salt and sugar foods

❖ Our traditional home made food where we mix foods, sprouts, marinate in curds, tempering in oil and garnishing the food has proved its values gives all the nutrients needed.

No doubt Mediterranean diet is better than western diet, Indian diet is better than Mediterranean diet

To keep fit apart from regular exercise daily please eat 10% less than what you need, avoid high fat, salt and sugary foods.

❖ If you are still concerned please see your family doctor who can recommend good nutritionist.



*Every Sunday Combo Breakfast & Veg Buffet
8 a.m. to 10.30 a.m*

No Guest fee
during these hours

COMPLIMENTS



Our Past President
Dr. H. Paramesh (PP 69),
was invited to give the Keynote
address on Impact of Air Pollution and
Nutrition on Airway Diseases and to
chair session in 8th International
Conference on Nutrition, Food Science
& Technology, 9th – 10th December
2019 Dubai, UAE.



Dr. Madhav Honnatti (PM 213),
Eye Surgeon,
has been Conferred
**Dr. K Subramanian Life Time
Achievement Award 2019** by The
Karnataka Ophthalmic Society.



Mrs. Meera Srinivas (WM 30),
Donates Rs.300 Crore "Lakshmi Hotel" near
Majestic to Shankara Cancer Hospital to use it as a
free accommodation for the patients and their
families outside Bengaluru. A noble gesture indeed.



We are happy that our member **Mr. Sachin Kamath (PS 543) & his wife Dr. Annapurna S. Kamath** have adopted and nurtured Jakkur Lake under the name **JALAPHOSHAN TRUST** and have won 2nd Place in National Water Mission Award for "**Promotion of Citizen & State Action for Water Conserva-tion**" organised by Ministry of Jal Shakti, National Water Mission, Dept. of Water Resources, River Development & Ganga Rejuvenation.

CALENDAR OF EVENTS - JANUARY 2020

Date	Day	Programme
10/01/2020	Friday	Screening of English Movie THE ARTIST @ 7 pm.
11/01/2020	Saturday	Bar Happy Hours, 6.30 p.m. to 9.30 pm. Members only @ Main Bar
12/01/2020	Sunday	Sankranti Bumper Tombola, Cash Prize Worth Rs.50,000/- + gifts
17/01/2020	Friday	Screening of Kannada Movie SAMSKARA @ 7 p.m.
19/01/2020	Sunday	Treasure Hunt. Reporting Time @ 8 am, Flag Off @ 9 am. And Beer & Biryani
24/01/2020	Friday	Bar Happy Hours, 6.30 pm to 9.30 pm, Members only @ Main Bar
24/01/2020	Friday	Screening of English Movie SHUTTER ISLAND @ 7 pm
26/01/2020	Sunday	Republic Day Walkthon 7 am onwards
26/01/2020	Sunday	Golden Heritage Food Mela
31/01/2020	Friday	Screening of English Movie THE ENGLISH PATIENT @ 7 pm


Century Club
 Bangalore

Table Tennis Sub-Committee
 Presents






**2nd VIJAYARAGHAVAN INTRA CLUB
 TABLE TENNIS LEAGUE 2020**
 Friday, 31st January – Saturday 8th February 2020

Player Auction: Saturday, 11th January 2020
 11 am @ Wadiyar Hall

Last date for registration:
 8th January 2020

Registration Fee ₹200/-

Register your names & T-Shirt size @ TT Section
 Contact Marker – ARUMUGAM : 8867506779

Please note the Table Tennis Section will be closed
 for regular play during the tournament

S. SURESH NAIDU President
SANTOSH R. Chairman – Table Tennis
E. G. JAIDEEP Hon. Secretary


Century Club
 Bangalore

Sunday, 19th January 2020
 Reporting Time: 8 am
 Flag Off: 9 am



**TREASURE HUNT
 MUSIC and
 BEER & BIRYANI**

Max participants per car: 4 (at least 1 should be a member)
 Entrance Fee: Rs.500 per Car
 Documents to carry: DL, RC Book, Tax Paid Receipt & Insurance
 Awesome prizes to be won!!!

S. SURESH NAIDU President
B. R. PRIYADARSHI Vice President
E. G. JAIDEEP Hon. Secretary
C. N. GURUPRASANNA Hon. Treasurer
M. S. GIRIDHAR Inmd. Past President

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B. T. CHAMARAJAN
D. O. S. SIDDAPPA


Century Club
 Bangalore

CLUB DAY
 Celebration

Friday, 31st January, 2020
 7.30 pm onwards

Honouring members who have
 attained age of 90 years & above

Complimentary
 Welcome Drink & Dinner

All members are welcome

A special memento will be given to all
 members PRESENT on the Club day on
 production of their Membership ID Card

S. SURESH NAIDU President
B. R. PRIYADARSHI Vice President
E. G. JAIDEEP Hon. Secretary
C. N. GURUPRASANNA Hon. Treasurer
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CULTURAL COMMITTEE – LADIES WING

An Account of International Women's Day, it is planned to
 conduct the following Cultural Events on Saturday, 7th
 March 2020 for all lady & spouse members of the Club :


1) Singing


2) Drama


3) Dance


4) Fashion Show

Interested lady & spouse members are requested
 to register their names at the Club reception.


CENTURY CLUB
 Bangalore

Bar Sub-Committee Presents

**BUMPER NEW YEAR OFFER ON 100 PIPERS SCOTCH WHISKY &
 ONE OF THE FINEST IMPORTED CAMPO WINE**

BUY TWO & GET ONE FREE
 (at Regular Price or Buy One @ special price)

Sl. No.	Item Name	Regular Price	Disc. Price	Special Price
1	100 PIPERS SCOTCH WHISKY (60ml)	Rs. 186	Rs. 62	Rs. 124
2	CAMPO VIEJO VIURA TEMPRANILLO BLANCO RED WINE 120 ML	Rs. 292	Rs. 97	Rs. 195

V. VIJAY CHANDER, Chairman - Bar
E. G. JAIDEEP, Hon. Secretary



Face of Celebrity



OUR HEARTFELT SYMPATHIES TO THE GRIEVING FAMILIES

OBITUARY



Mrs. K. Vasantha
A/c. No. WV38
Demise on 09.10.2019



Mr. Suresh Kumar P.
A/c. No. SSS84
Demise on 22.11.2019



Mrs. Madhawdas Janaki
A/c. No. WJ18
Demise on 24.11.2019



Mrs. Anita Niranjan Rao
A/c. No. SA52
Demise on 04.12.2019



Mr. B. R. Naidu
A/c. No. PN113
Demise on 04.12.2019



Mr. T. Ramakrishna
A/c. No. PR62
Demise on 05.12.2019



Mr. S. Palalochana
A/c. No. PP61
Demise on 23.12.2019



Mr. S. Chellappa
A/c. No. PC49
Demise on 26.12.2019



Mr. A. M. Chandregowda
A/c. No. PC64
Demise on 02.01.2020

Christmas Eve Celebration



TWENTY 20 New Year Eve Celebration



‘JEWELS OF DISTINCTION’



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ITALIAN RESTAURANT

Century Club, No.1, Sheshadri Road Bengaluru, 560 001