



# THE CENTURION

COMMUNIQUE

Issue No.5 | November | 2019

## President's Message



### Dear Centurions,


October, the month of Dussera, began by welcoming our Senior Members for our Annual Elder's Day Program on the 3rd of October. An excellent spread of food and cocktails were served on that day. For the first time, separate Veg and Non-Veg cuisines were provided, and the excellent arrangements were unanimously appreciated by our Honourable Seniors. The day turned out to be the most satisfying one of my tenure as President. I take this opportunity in thanking my entire Executive Committee for their presence and whole-hearted support lent for the event.

On 5th October, Ayudha Pooja was celebrated in the Club at the Wadiyar Hall in the afternoon, with a half a kg of sweet and half a kg of savoury being distributed to every single employee of the Club.

In the evening, on the same day, the Dandiya Night program was held and was a huge success with people dressed in traditional attire dancing to the rhythmic beats of Hitesh Mehta. The Oktoberfest which has now become a much anticipated event of our Club, had a large attendance, this time as well. One of Bangalore's leading English Bands, HARD ATTACK, performed with people grooving to their foot tapping music. The Sir MV Auditorium which has been closed for the last 3 years and used as a store room till now has been restored to its original state with plans to screen award winning films every Friday at 7 pm. The Auditorium was inaugurated by Sri. Nagatihalli Chandrashekar, an award winning film maker. I request our members to utilize this opportunity of watching great movies in the comfort of our Club.

On 16th November, Kavitha Murthy from Mumbai, a renowned singer par excellence will be performing in our Club. The event would be a grand musical extravaganza and I request our Centurions to make a note of the day and to come and enjoy in large numbers. Provision for guest tickets has been made for the benefit of our member's guests. And lastly, I would like to congratulate Prof.R. AnanthaRamu (PA119) on winning the 1st prize for "Green India – Clean India" at Mount Abu, Rajasthan. I once again remind members that I would be available at the Club every working day from 2 pm onwards to attend to all your issues.

Yours truly,

  
**S. Suresh Naidu**  
President

### ಸಿರಿಗನ್ನಡಂ ಗೆಲೆ

ದಿನಾಂಕ 30-11-2019 ರಂದು

ವೈವಿಧ್ಯಮಯ ಕಾರ್ಯಕ್ರಮಗಳ ಮೂಲಕ

ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ

ಅಚರಣೆಯನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ.

ಸದಸ್ಯ ಬಂಧುಗಳು ಮತ್ತು ಅವರ ಕುಟುಂಬದವರು

ಸಾಂಪ್ರದಾಯಿಕ ಉಡುಗೆ ತೊಡುಗೆಗಳಿಂದ

(Ethnic Dress) ಭಾಗವಹಿಸಿ

ಅಕರ್ಷಕ ಬಹುಮಾನವನ್ನು

ಪಡೆದುಕೊಳ್ಳಬಹುದು.



*Let's Celebrate*  
**diwali**  
*An evening of Breathtaking performance by an Artist par excellence.*  
**Kavita Murthy Live!**  
*Don't miss it!*  
*It's festival time, let's celebrate Diwali together and in Style!*  
*We would like to see you in your Traditional best!*  
Venue : Lawns  
Date : 16th November 2019  
Time : 7:30 pm onwards  
Power Packed Performer & Sensational Singer from **MUMBAI**

## Secretary's Message



**T**he 3rd of October... we were celebrating Elders Day at the Club... an occasion to host and honour members above the age of 65 years. As I was driving towards the Club, my mind was filled with myriad thoughts. There was a sense of joy that had enveloped me making me wonder where it had come from. Was it the fact that I was about to meet some of the most wonderful people who shaped the Club and its culture to what it is today? Or was it an opportunity to realize that unfulfilled yearning to have done that little extra for the elders of my own house? Little do we realize that life can be a celebration if lived with love... little do we realize the value of a person till they are no more there for us to express our unspoken words! As I reached the Club, I shook myself out of my emotional turbulence and went around with my President and other colleagues in the Executive Committee, playing host to those who hosted many in their lifetime. The joy that I received that day will probably last me forever.

Continuing on my favourite subject... people... for they are the ones who chart your life! How many of you'll know (I didn't till I became the Hon. Secretary) of a charismatic and ever smiling masseuse who has been working tirelessly in our Club for more than a decade? And did you'll know that she is the one who has been making those beautiful rangolis every year... in all the sections of our Club during Ayudha Pooja!? Well, she is Shanthamma, all of forty plus years but with the enthusiasm of a teenager.

And then we have Arul and Siddarangaiah. Designated as Helpers... a word that truly describes their nature... for they are ever helpful! And that too, for what? To clean our toilets, the drains, the chambers and anything that you ask of them.... they just never knew how to integrate the word "No" in their vocabulary.

I sometimes wonder what we would have done without them. In fact, may I make a small request to all of you? Every time you see or meet these beautiful people, just address them by their name and tell them that they are doing a great job... and trust me, you'll witness some of the most charming smiles ever!

I wish to thank M/s. Aura Illumination for sponsoring the LEDs that everyday light up the pergolas and the trees and greenery surrounding the lawn. And, I must impress upon all of you to become members of the Easyday Club (Foodworld) and avail of a massive 10% discount (terms & conditions apply) and augment the great efforts of our Department Stores Chairman, Mr. M. Krishna Murthy to boost the sales so as to benefit the Club. Advantage... all your monthly groceries, easy parking, hassle free shopping and personalised service.

**E. G. Jaideep**  
Hon. Secretary



**Shanthamma**



**Arul Siddarangaiah**

### Introducing

## *Special Menus*

**In addition to the regular menu,  
from 11-11-19,  
Special Menus for each day of the week  
from Monday to Sunday will be placed  
in every section of the Club.**

### *Rumours*

***are being spread regarding the  
Registrar's Order published in a  
certain newspaper.***

***A detailed letter would be sent  
in this regard.***

## CALENDAR OF EVENTS – NOVEMBER 2019

Date	Day	Programme
01/11/2019	Friday	Screening of Kannada Movie ONDU MOTTEYA KATHE @ 7 p.m.
08/11/2019	Friday	Screening of Hindi Movie DANGAL @ 7 p.m.
09/11/2019	Saturday	Bar Happy Hours, 6.30 p.m. to 9.30 p.m. Members only @ Main Bar
10/11/2019	Sunday	Flea Market   DJ Event by Goapu   Vintage Classic Cars on Display 9 a.m. onwards
		AUCTION, Century Club Badminton League (CBSL) 10/11/2019
11/11/2019	Monday	Century Club Billiards & Snooker League CBSL 5th EDITION
14/11/2019	Thursday	Free Health Check-up 9 a.m. onwards
15/11/2019	Friday	Screening of Kannada Movie GODHI BANNA SADHARANA MYKATTU @ 7 p.m.
16/11/2019	Saturday	KAVITHA MURTI LIVE 7.30 p.m. onwards
17/11/2019	Sunday	Rajyotsava Rolling Trophy Rummy Tournament @ 2 p.m.
22/11/2019	Friday	Screening of Hindi Movie SALAAM BOMBAY @ 7 p.m.
23/11/2019	Saturday	Bar Happy Hours, 6.30 p.m. to 9.30 p.m. Members only @ Main Bar
		Finals, Century Club Billiards & Snooker League CBSL 5th EDITION Followed by Prize Distribution, Entertainment, Cocktail & Dinner for Invitees only
24/11/2019	Sunday	Rajyotsava Bumper Tombola, Prize Money Rs.1,00,000/- + gifts, @ 6 p.m.
29/11/2019	Friday	Screening of Kannada Movie RANNA @ 7 p.m.
30/11/2019	Saturday	Kannada Rajyotsava Programme @ 7 p.m.



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

**No Guest fee**  
during these hours



### Health Corner

## Hair Loss – Awareness

- It is normal to loose hair up to 100-150/day
- Scalp hair live for 3 yrs then the hair root rests for 3 months with falling of hair then new hair starts coming.
- Hair loss is not unusual after the age of 50yrs, now a day's younger aged people experience the hair loss at 20-30yrs of age.

### CAUSES FOR HAIR LOSS:

- Genetic :
- Hormonal imbalance, (testosterone, Estrogen, thyroid)
- Nutritional:
- Iron deficiency anaemia
- After an illness,
- Medications
- Child birth
- Use of cosmetics (dyes hot curlers, use X's hair dryers
- Traction of hair with tight hair bands)
- Stress
- Air Pollution (sensitive scalp syndrome)
- Water pollution with heavy minerals bathing



Prof Dr H Paramesh



### Do's

- Accept the reality
- Have traditional foods with fruits and greens, nuts, dairy products
- Avoid unnecessary drugs
- Keep healthy physically mentally
- Keep hair dryer 6 feet away
- Use wide tooth comb
- Use soft pillow
- Check with your physician and dermatologist to R/o any infections or for any medications
- Check the water content of your area and content
- Minimise indoor and outdoor pollution

### Don'ts

- Don't worry unnecessarily
- Don't do unnecessary tests or procedures without your doctor's advice
- Don't be irregular in your foods exercise and relaxing, stress busting environment with friends
- Don't use too much of hair dryer, near to the scalp
- Don't use short tooth comb
- Don't use rough pillow to avoid friction
- Don't use tight hair bands



## Events Held In October 2019



**CENTURY CLUB**  
Franchise  
Tamil Nadu Sub-Committee  
President

**RAJYOTSAVA  
BUMPER TOMBOLA**  
on Sunday, 24<sup>th</sup> November 2019  
**PRIZE MONEY**  
**₹ 1,00,000/- + gifts**  
Followed by: HIGH TEA  
Game starts @ 6 p.m.

ಸಿರಿಗನ್ನಡಂ ಗೆಲ್ಲಿ...

**ಸಂಜ್ಯುಲಿ ಕ್ಲಬ್**  
ಸಾಂಸ್ಕೃತಿಕ ಘಟಕ, ಸಂಯುಕ್ತ ಕ್ರೀಡಾ, ಬೆಂಗಳೂರು.  
ಸರ್ವರಿಗೂ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು  
ಕನ್ನಡ ಹಬ್ಬದ ಪ್ರಯುಕ್ತ ಈ ಬಾರಿ ನಮ್ಮ 'ಸಂಜ್ಯುಲಿ ಕ್ಲಬ್'ನಲ್ಲಿ

**ಸಂಜ್ಯುಲಿ ಕನ್ನಡ ಸಂಭ್ರಮ**  
ದಿನಾಂಕ: 30.11.2019, ಶನಿವಾರ ಸಂಜೆ 7 ಘಂಟೆಗೆ  
ಸ್ಥಳ: ಸಂಜ್ಯುಲಿ ಕ್ಲಬ್ ಆವರಣ..  
ಜಾನಪದ ಕಲಾ ತಂಡದ ಪ್ರದರ್ಶನದೊಂದಿಗೆ ಸ್ವಾಗತ...

ಸಿರಿಗನ್ನಡಂ ಬಾಳ್ವೆ...

ಜಾನಪದ ನೃತ್ಯ ಕಂಡಗಳು  
ಡೊಳ್ಳು ಕುಣಿತ, ನಾಗಾರಿ, ಕಮಟೆ, ವಿರಗಾಸೆ, ಚಿಟ್ ಮೇಲೆ.  
ಜಾನಪದ ಗಾಯಕರು  
ನರಸಿಂಹಮೂರ್ತಿ, ಸವಿತಾ ಗಣೇಶ್ ಪ್ರಸಾದ್, ಜಿಯಂತಿ, ರಾಜೀವ್.  
ಜಾನಪದ ನೃತ್ಯ  
ಸ್ನೇಹಾ ಶ್ರೀನಿವಾಸ್ ಮತ್ತು ಕಂಡ  
ಬಾಧ್ಯ ಸಂಗೀತಗಾರರು (4 ಜನ)  
ಸುಗಮ ಸಂಗೀತ  
ಪಂಜಮ ಹರ್ಷವಂದಿ, ಸೀಮಾ ರಾಯ್ ಮತ್ತು ಕಂಡ

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Greetings,

Begin this year's festivities by booking  
**India's first Alexa enabled home** at **Embassy Edge.**

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will surely bring prosperity to you and your family.

Terms & Conditions:

- Offer valid up to 31<sup>st</sup> December 2019
- This scheme cannot be clubbed with any other offer



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