



SEPTEMBER 2022

CATCH-UP!

The Catholic Club Newsletter

simplicity
smile
self-love
sympathy
serenity
start-fresh

Come September





from the PRESIDENT'S DESK

Dear Fellow Member,

The month of August has come and gone and a number of events have been held at the Club even though the rain has been playing spoil sport. The Serra Club inter school quiz a Bible Quiz Competition which was held successfully in the club had a record number of entries and was graced by Our Grace Rev. Dr. Peter Machado and his Emeritus of the Archdiocese Bernard Moraes.

We are glad to see an increase in the participation for the Faith Programmes. This month too it was well attended with Fr. Charles from the Redemptorists giving a very inspirational message and Sharon Changs choir being exceptional.

Family Day held on 15th August which was our Country's 75th Independence Day and also the Feast of the Assumption of Our Lady saw a good gathering of Members and their families at the Club enjoying the day with the Goan band "Screaming Lollipops" and DJ Neil Hoskins in attendance.

Msgr. Jayanathan celebrated a special mass for the intentions of Catholic Club at St. Patrick's Church which was well attended and thereafter along with Mrs. Margaret Alva hoisted the

Indian Flag at the Club to mark the 75th anniversary of our Independence.

There was plenty of fun with game stalls and also games held for members across all age groups. It was an honor to have Msgr. Jayanathan and Mrs. Margaret Alva with us on that day to celebrate with all the Members and I thank everyone for coming and participating in this event.

There have been a lot of activities in the various Sporting departments with very good participation from all the members. It is really heartening to see so many members getting involved in organizing and also participating in these events.

The Tin and Bottle Squash Tournament and the Monthly Badminton Tournament were conducted with very high participation.

The in house Color Ball Snooker Tournament was played with a lot of enthusiasm and finished with the players enjoying their beer and biryani. Congratulations to all the participants. The Prestigious Inter Club XXXVII Capt. George Mathias Snooker Tournament was held in the club with a record participation of 38 teams and 152 players. Congratulations to the Winners, Runners Up and all the participants. A big thank you to Peter Mathias and family for their kind generosity in sponsoring this tournament year after year.

The Fri Yaw Bar Nites, Saturday Night DJ Vibes and the Sunday Brunches continue to rock the club on the weekends. We are glad to see more members visiting the club to attend these events. Entertainment ended with a bang with the event "Mood Mangalorean" in Association with the KCA. Though the rain tried to play spoilsport the members of the Catholic Club and KCA got on to the dance floor and rocked the night away to the music of Goa's famous band Tidal Wave. Thanks to Hilma and team for a superb cultural programme.

The AGM approved projects have been taken up and work is in progress. The Chambers Design Consultants are 'Expressions' and the contract work has been awarded to Kreative Index Interior Design Pvt.Ltd. The PPC has given an estimated time of 60 days to complete this project.

The Ballroom Toilets are also in progress with drawings and design etc. Will update in the next newsletter. We request members to kindly co-operate with the management and staff during this period of renovation. Inconvenience caused is deeply regretted.

Our staff continue to be a great asset to the club. Their hard work and sincerity has helped in bringing our club to be one of the most prestigious clubs in Bangalore. In appreciation of this the Managing Committee decided to give them a fair increase in their salaries to bring it to standards of other prestigious clubs.

Come September, we have some great events planned and the newsletter will give you all the details. Logon to the CC App on your smart phone or the website to view the newsletter and other details. We look forward to welcoming all Members with their family and friends.

Warm Regards

Ricky Patel
President



NOTICE

It has been brought to the notice of the Club Management that members/guests are settling their inter-personal indifferences /private altercations within club premises.

Please refrain from doing so, failing which, the Managing Committee will be compelled to take action against the warring members without any bias/predjudice.

Thank you for understanding & request you all to maintain the social sanctity of the Catholic Club!

SMART CARDS

It also has been brought to the notice of the Managing Committee that many Members are misusing their **Smart Cards** by signing in guests and giving the Smart Card to their guests to utilise in their absence. Members are requested to refrain from doing so, as it is against the rule of the Club under Bye Laws 6.5 and 22.4.

Strict action will be taken against Members violating these rules.



SEP Calendar 2022

DAY	DATE	EVENT	TIME
02-09-2022	FRI	Table Tennis Tournament	6.00 pm
		iBrowse - The Bangalore Detectives By Author Harini Nagendra	6.30 pm
03-09-2022	SAT	Bar Nite with 420	8.00 pm
		ikidz - Shogun Slogan - 10 Catchy Slogans	11.00 am
		Saturday DJ Nite	8.00 pm
04-09-2022	SUN	Sunday Brunch with Ian Stephenson	12.30 noon
05-09-2022	MON	Whist Drive	6.00 pm
06-09-2022	TUE	Bridge	6.00 pm
		Super Seniors - Wild West Night with Sabrina Price & Zervan	6.30 pm
09-09-2022	FRI	Bar Nite	8.00 pm
10-09-2022	SAT	ikidz - Sketchy Saturday - Drawing & Competition	11.00 am
		21 Cards - Independence & Diwali Rummy Knockout Tournament	4.00 pm
		Saturday DJ Nite	8.00 pm
11-09-2022	SUN	Onam Sadhya with Four Play	12.30 noon
12-09-2022	MON	Whist Drive	6.00 pm
13-09-2022	TUE	Bridge	6.00 pm
16-09-2022	FRI	MOST WANTED COUNTRY FRIYAY with Mike Kerr	8.00 pm
17-09-2022	SAT	Faith Programme - Led by Fr. Juventius Andrade, CSSR	7.00 pm
		ikidz -Sultans of Swing - Dancing King & Queen	11.00 am
		Saturday Vibes with DJ Sherwyn	8.00 pm
18-09-2022	SUN	Romp Run	6.00 am
		5 A Side Cricket Tournament	5.00 pm
		Ladies Coffee Morning	11.00 am
		13 Cards - Independence & Diwali Rummy Knockout Tournament	11.00 am
		Sunday Brunch	12.30 noon
19-09-2022	MON	Whist Drive	6.00 pm
20-09-2022	TUE	Bridge	6.00 pm
23-09-2022	FRI	Bar Nite	8.00 pm
		What's the Good Word	7.00 pm
24-09-2022	SAT	ikidz - Saturday Cipher - quiz on Catholic Club	11.00 am
		Youthian Knight	7.00 pm
		Saturday DJ Nite	8.00 pm
25-09-2022	SUN	Think Goa Live Goa with 'SILVER LINING' Retro Vibes	12.30 noon
30-09-2022	FRI	Bar Nite	8.00 pm
		Tin & Bottle Tournament	5.30 pm



Catholic Club presents

TABLE TENNIS REVIVAL

PING PONG at its best!!!



**ENTRY
FREE**

**Friday
2nd Sept
2022
at 6 pm**

for Registration

Contact Shiva on 9060458583



SEPTEMBER'S WITH IKIDZ

SUPER SATURDAYS

AT 11 AM



3rd September **Shogun Slogan**

10 catchy slogans (T.V, newspapers, ads)



10th September **Sketchy Saturday**

Drawing and Colouring Competition

members 100 and non members 150

17th September **Sultans of Swing**

Dancing King and Queen

ideas

24th September **Saturday cipher**

Quiz on Catholic Club





SOLVING CRIMES ISN'T EASY!

Harini Nagendra's debut novel
"The Bangalore Detectives Club"
will be launched on 2nd
September, at 6:00 pm over Wine
and Cheese in the Ball Room.

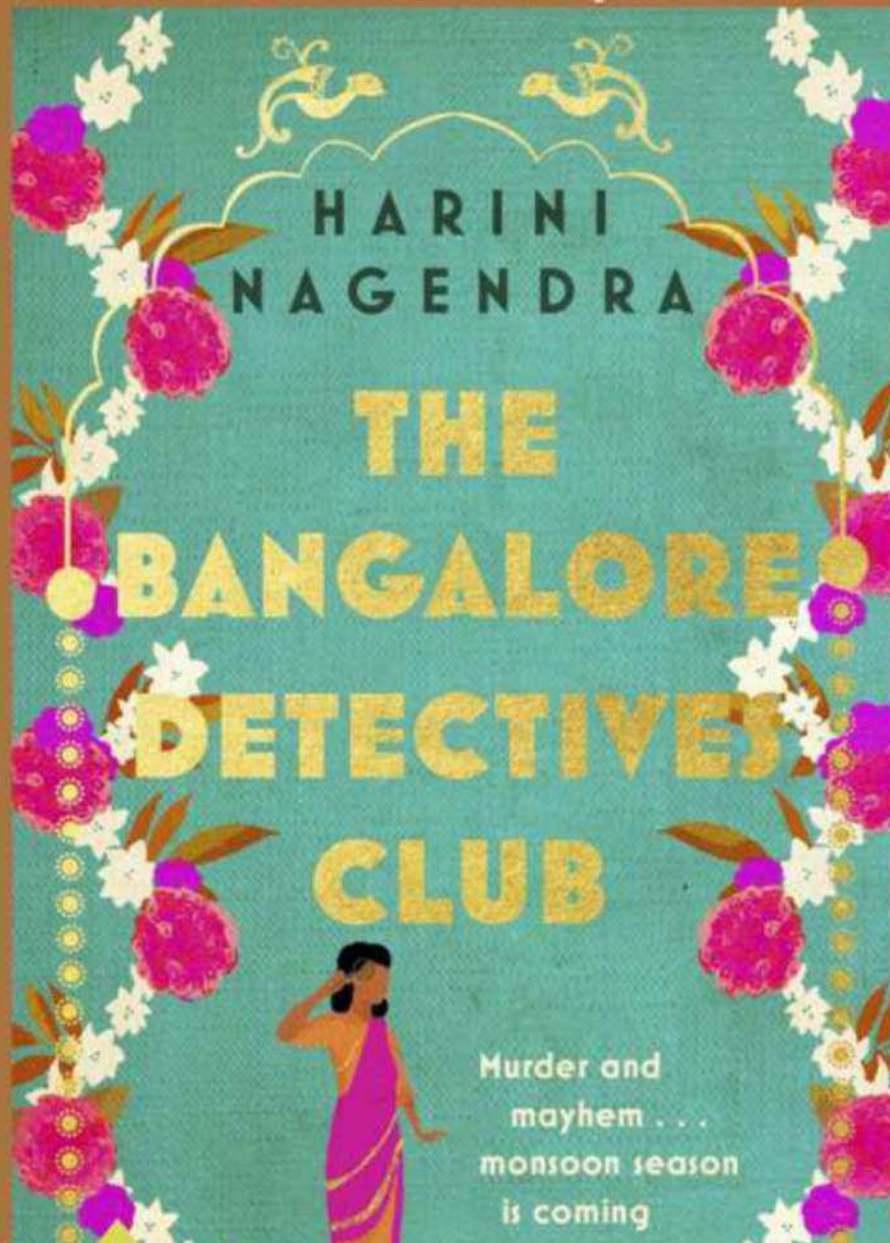
Hope to see all of you along with your
family and friends at the event. Looking
forward to a fun, exciting, activity filled
September!
Take care and God Bless!

Caroline Lobo
MIC - iBrowse





CATHOLIC CLUB
iBrowse Books Club presents



& tête-à-tête
over
**Wine &
Cheese**

author
Harini Nagendra
in conversation with
Aiona Misquita

2nd Sept

6:30 PM-8:00 PM

Catholic Club Ballroom

**BRING YOUR MAGNIFYING
GLASS AND THINKING HAT
THIS IS GOING TO BE A
GRILLING SESSION**

ALL ARE WELCOME!!!
NO GUEST FEE FOR THE EVENT**

****Guests must be signed in, if availing the
Catholic Club facilities post the event.**



Saints and Sinners' was the themed event held for the Elders on the 20th of July at Catholic Club. It was received with much enthusiasm with elders dressing up in black and white with horns or halos to go with their outfits. The area was abuzz with creatively attired elders having their snacks and drinks while playing a round or two of Housie by our emcee Gavin.



There was a quiz on the theme and a presentation by one of the sponsors 'Ikigai' for the elders. The dance floor was flooded with 'Saints and Sinners' grooving to Singer Zervan's melodious tunes and prizes were won for best dancers and costumes. The ambience was one of fun, laughter and gifts were given to each of the elders as they left with fond memories.



The next upcoming event is one which is much awaited...straight from the 'Wild Wild West' and hoping to see the elders have a great time again!

John Fernandes
MIC





Catholic Club
Presents



WILD WEST NIGHT



*Calling all our Super Seniors
on*

Tuesday 6th September 2022, 6.30pm

LIVE SINGING
PERFORMANCE
BY
SABRINA PRICE
&
ZERVAN

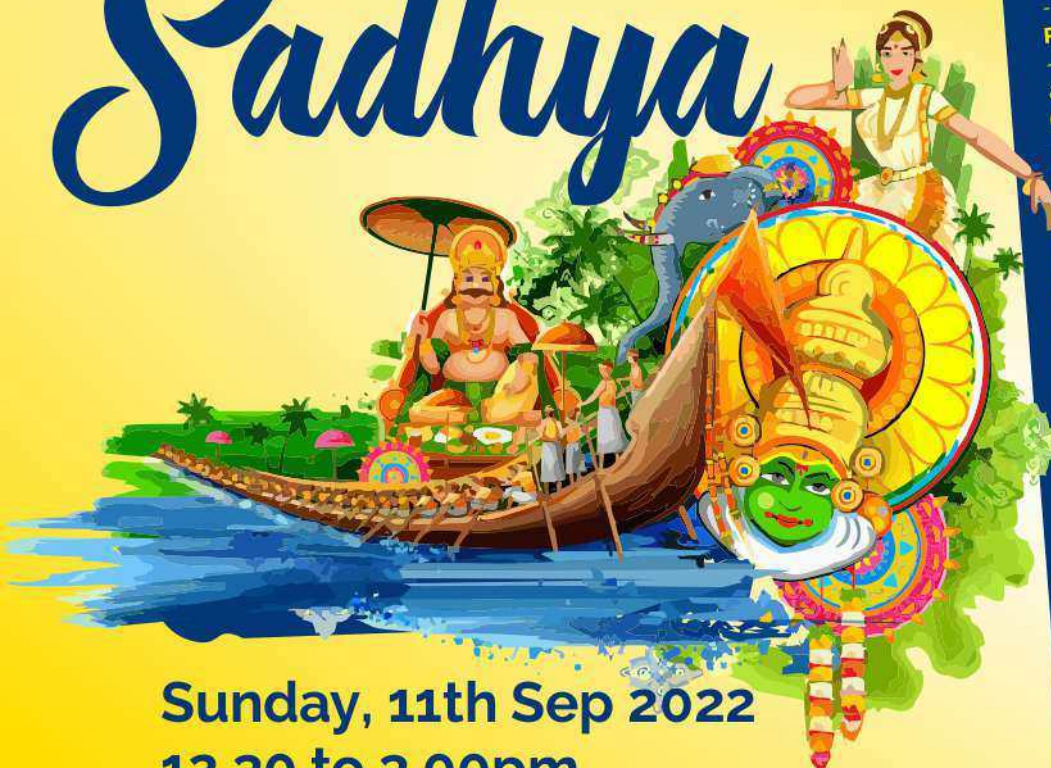


A theme-based party is planned for our Golden Girls and Guys. Pull out your wild west costume and be there to rock the night to the tunes of the Wild West. Do pick up your tickets in advance.



DELICIOUS
SUMPTUOUS
LAVISH

Onam Sadhya



Sunday, 11th Sep 2022
12.30 to 3.00pm

Book your spot NOW!

SADHYA VEG – Rs. 450/-

SADHYA NON VEG – Rs. 600



MENU

Tender Coconut Water

Shakaravaratti

- Jaggery Coated Banana Chips

Injipuli

- Sweet-sour & spicy chutney

Thairu Mulaku

- spicy, crunchy, tangy curd chilly

Thoran

- vegetable with coconut & spices

Payar Mezhukkupuratti

- stir fry long beans with mustard seeds & curry leaves

Olan

- Ash gourds & cowpeas with coconut milk

Kalan

- yoghurt base with coconut & raw fruit

Kootu Curry

- thick curry made with a few veggies & legumes

Aviyal

- mixed vegetables, fresh coconut, curry leaves & curd

Pineapple Pachadi

- sweet & sour dish made with pineapple & mustard seeds

Parippu

- Kerala style yellow dal

Erissery

- Traditional sadhya dish made with pumpkin, cowpeas & coconut

Rice (Steam Rice & Red Rice)

Sambar

Pappadam

Rasam

Ghee

NONVEG

Kerala Pepper Chicken

(Chicken in spicy keral pepper)

Beef Ularthiyathu

(Beef dry roast with coconut pieces)

Pork & Koorka

(a traditional Pork roast with Chinese potato)

Kudampuli Fish Curry

(Kerala style red fish curry made with malabar Tamarind)

DESSERT

Parippu Payasam

- dessert made with moong dal, coconut milk & jaggery

Ada Pradhaman

- sweet dish with rice ada, milk & jaggery

Banana

SUNDAY
Guest Entry:
Rs150/-

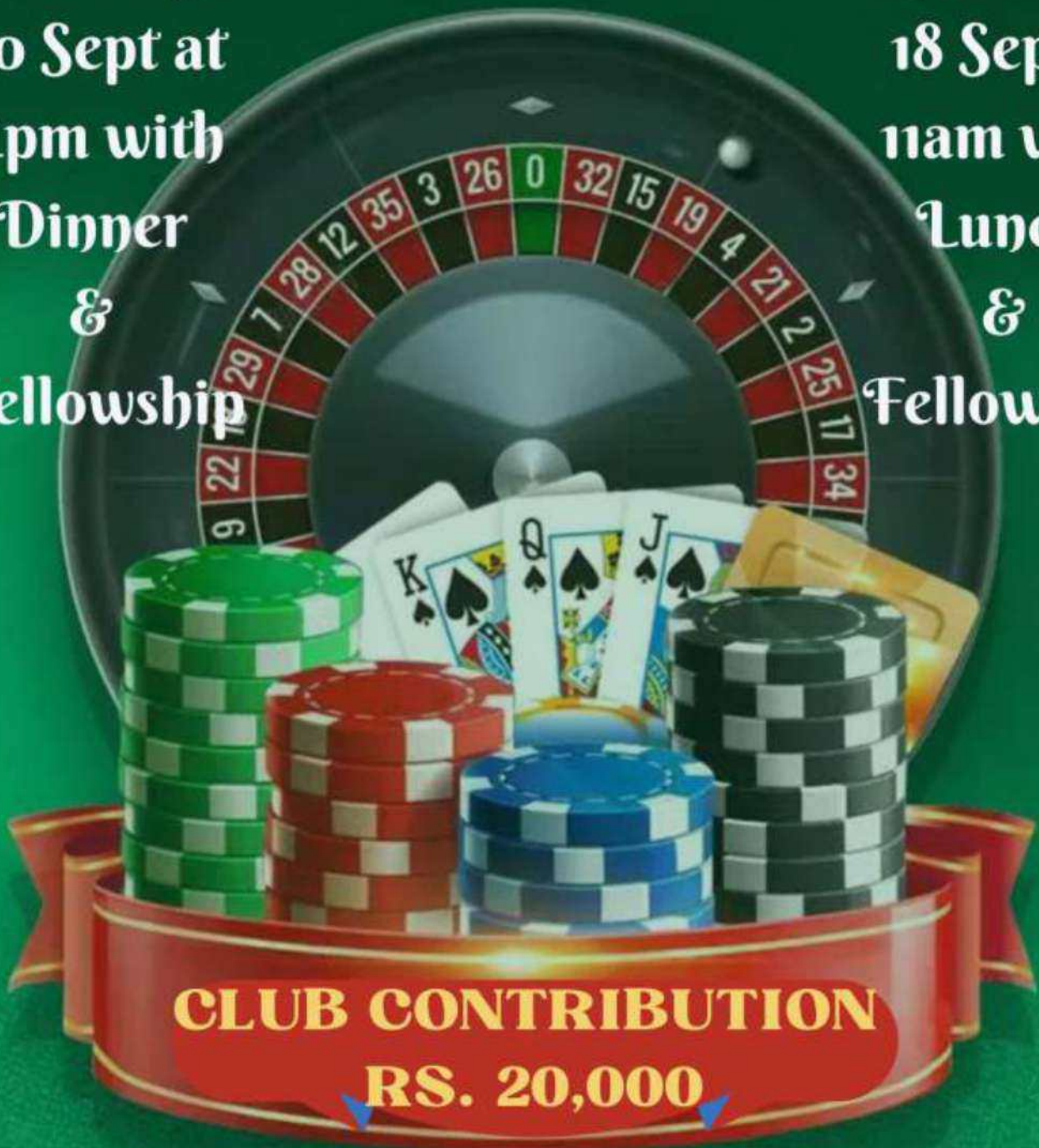


Catholic Club presents

**Independence Day & Diwali
Special Bumper Rummy Knockout
Tournaments**

**21 Cards
Saturday
10 Sept at
4pm with
Dinner
&
Fellowship**

**13 Cards
Sunday
18 Sept at
11am with
Lunch
&
Fellowship**





the **MOST WANTED**



country

FRIDAY
BARNITES

16th SEP' 2022

8pm at the Ballantine's Lounge Bar

**MIKE KERR will croon for you the best country hits!
and WE WILL SHOW YOU HOW THE WEST WAS WON!**

FUN GAMES+PRIZES | SIZZLING COCKTAILS | YUMM FINGER FOOD

Dress Up in Your Chequered Shirts, Jeans & Cowboy Hats!



The Faith event was conducted on Saturday, August 20th. The theme being the Spirit of Freedom and the Queenship of Mother Mary. The altar, with beautiful white bouquets, and the hall festooned with balloons, set a joyful mood for the Faithful who had gathered.

As usual, it was an evening meticulously planned by the Faith committee. The event was ably compered by Tessa Rampuram. Father Charles Vijay led the congregation in prayer. The melodious choir headed by Sharon Chang and her young team was much appreciated and got the people actively listening and joining in. Shanti Peres did the Prayers of the Faithful. A small token was given to all present. The wonderful evening ended in fellowship, with people mingling and partaking of the delicious soup and snacks.

A big thank you to our energetic Faith Sub-committee - Vinita Thambuchetty, Tessa Rampuram, Naomi Rasquinha, Louella D'souza, Fiona D'souza, Anita Fernandes, Rohini D'silva and Shanti Peres.

Lunita Pais D'Sa
MIC



Catholic Club

Faith Committee celebrates

The Nativity of Mother Mary & The Harvest Festival



17th September 2022 , at 7:00 pm
Led by Fr Juventius Andrade CSSR

Choir : Edgar Britto & Team



It was a happy, buzzing morning on August 21st, as 50 ladies all decked out in their ethnic best, got together to enjoy themselves.

The ballroom festooned with saffron, green and white balloons, looked beautiful. The flowers in complementary colours, tastefully displayed in green glass bottles echoed the theme.

Our MC of the day, the one and only Naomi Rasquinha, warmly welcomed the ladies to the coffee morning. It started off with the much loved rounds of Housie but this time there was a slight twist, which got the ladies thinking, appreciating and winning. There were a number of spot prizes to be given away.

Neil Hoskins with his foot-tapping music got the ladies off their chairs and onto the floor, displaying their funky moves.

The quiz themed around India's Independence was well-received. A bracelet making demo was held by Vinita and each lady was given a kit to make their very own colourful bracelet. With all that activity, the ladies soon got hungry and the delicious spread did not disappoint.

If that was not enough, each lady received a takeaway before leaving. Yes, it was definitely a morning of smiles.

All thanks to the efforts put in by the dynamic LCM sub-committee comprised of Vinita Thambuchetty, Naomi Rasquinha, Rohini D'silva, Louella D'souza, Tessa Rampuram and Shanti Peres.

Lunita Pais D'Sa
MIC - Ladies





LADIES COFFEE MORNING

VIENI E GODERE!

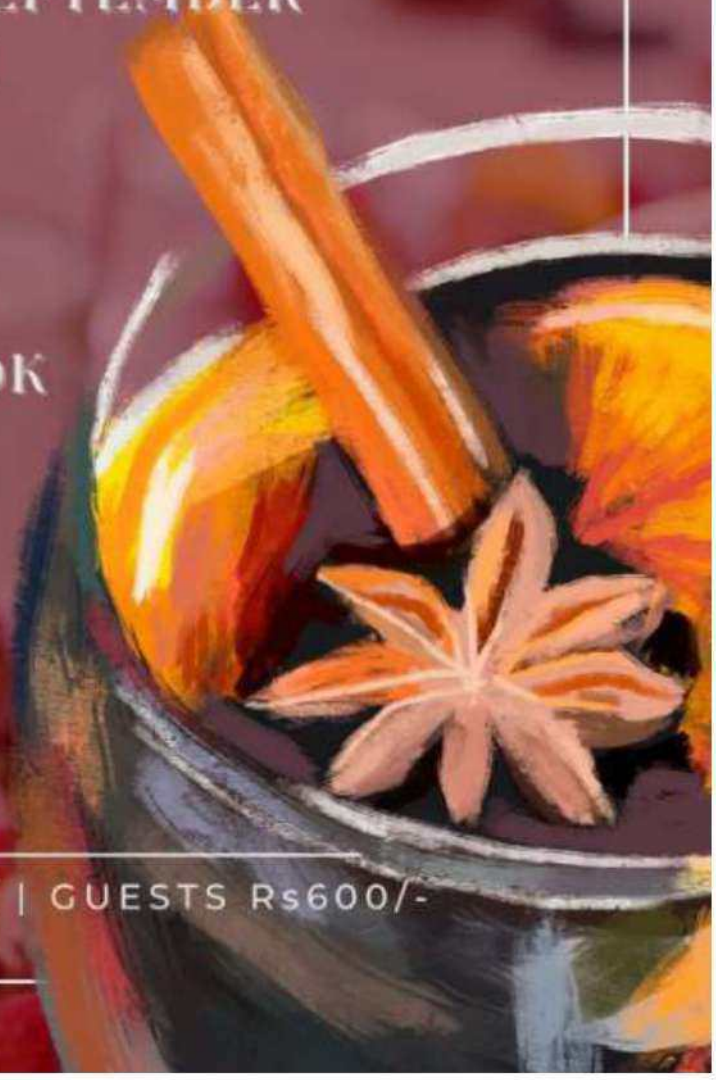
WHY BE CHEESY
WHEN
IT'S A WINE DAY!!!

TAMBOLA, GAMES, COMPETITIONS AND
OH! FUN, FUN, FUN!!!

SUNDAY 18TH SEPTEMBER
11 AM

ENTREPRENEURS: BOOK
YOUR STALLS NOW!

TICKETS: MEMBERS Rs400/ | GUESTS Rs600/-





Catholic Club
Presents

**SPONSORED BY
JULIAN & DIANA**

5 A SIDE CRICKET TOURNAMENT

Sunday, 18th Sept. 2022, 5.00 PM



**Entry
Rs.500 Per
Team**

Max 2 Guests/team

Winners & Runners up gets



**For Registration Contact Ammar Fareed
on 9844012677**



Catholic Club

in association with

The Karnataka Goan Association

presents

THINK LIVE GOA

a fun filled afternoon
GOANeshtyle

12noon, Sunday 25th SEP'22
onwards
at the Catholic Club

LIVE



Ticket Rates

Member : Rs. 200

Member Child (below 18yrs) : Rs. 100

Guest : Rs. 499

Guest Child (below 12yrs) : Rs. 200



SPORTICO
INDOOR/OUTDOOR

THE HEALTH CLUB

Training one's body is as important as training one's mind. Physical fitness has become paramount in today's setting. With the dynamic changes in eating and lifestyle habits and more invasion of technology to make us all comfortable, is actually making us lazy and that has caused a paradigm shift in health dynamics. Walking, Running, cycling and hitting the gym must become part of our daily routine. Weight training is necessary as it strengthens the bones and muscular framework. The loss of muscle tissue due to aging can be problematic for older adults. After middle age, people lose between 3% and 5% of their muscle mass per decade, which affects their ability to perform many routine activities and lead an independent lifestyle. So it is imperative to maintain muscle mass throughout life. Just doing aerobic exercises such as walking or running is not enough to preserve muscle tone. You can prevent or even reverse muscle loss with regular weight training.

Strength Training can help:

- * Maintain muscle tissue and strength
- * Contribute to better balance and coordination, & reduce the risk of falls
- * Preserve bone density and reduce the risk of osteoporosis
- * Improve sleep and reduce depression.

If you have ignored it for a long time, it's still not late. Get yourself to do some weight training at your very own friendly neighbourhood Catholic Club Gym. The Gym is equipped with state-of-the-art equipment and qualified trainers.

The ROMPRUN

The Aug ROMP was held on 21st Aug. We had good participation with 2 routes, one for 7 kms and another one for 10 kms. Post the run, Dr. Amruth Lal Mascarenhas, Spine Surgeon at Manipal hospital gave a presentation on how to avoid common injuries among runners.

The next ROMP will be held on 18th of Sep 2022, 6am. We have invited Dr. Rohini Raman, Director and Chief Nutrition Consultant to give us a learning session!

Dr. Amruth Lal Mascarenhas in session...
How to avoid injury!



CATHOLIC CLUB
ROMP
RUN FIT • RUN FASTER

**Call Velu 99724 27263 or
Kenuite 98806 52153
to join us on our ROMPs!**



We had the Aug Badminton tournament during first week. We divided the team into A-B and C-D category. We had close to 40 players participating in the tournament. The format was league, semi's and final.
A-B Category: Winners: Jude/Paul and Runner-up: Abrar/Nikhil
C-D Category: Winner: Ammar/Ajith and Runner-up: Lynette/Patrick.

Our Badminton players take part in various inter-club tournaments and hence we need to seed players. We will have the Men's and Ladies' Singles' Tournament from 5th of Sep. Please register your names with Sportico Markers.

SEPTEMBER CALENDAR!

The Tin & Bottle Tournament - Fri, 30th of Sep.
A single day tournament.
Please register your name with Sportico markers.

COACHING CLASSES: Please encourage your kids to enroll for our badminton and squash coaching. We have tied up with experts in the field and they are here during the week days and weekends. The courts will be reserved for Kids and coaching students during the below times. Please allow our budding talents to play during the below hours.

BADMINTON:

Prakash Padukone Badminton Academy will conduct coaching for beginners and advance players on Saturday and Sunday between 10 am to 12 noon.

- **Vijay Lancy's Badminton Academy** will conduct their coaching on Weekdays Mon - Wed - Fri between 4 - 6 pm

- **Coach Suresh** will be conducting his Squash training for beginners and advanced players on weekdays: Mon - Wed - Fri between 4-6 pm and on Weekends 11-1 pm

- **Coach Navin Shenoy** will be conducting his coaching for beginner and advanced players who would like to take up squash at professional level on Saturday 11 am to 12 noon and on Sunday 4-5 pm.

**Kenuite Martis
MIC - SPROTICO**

WHAT'S HOT WORD GAMES



Friday 19th August 2022 drew an unprecedented 10 teams with more than 35 participants! The players cracked all rounds, either on a direct or on a passed on, and not once did the clue reach the audience! The chocolates therefore were unclaimed. So we gave some out to the noisiest team, the best drawing etc., of course, all the Kids present got one too!



All present will agree that it was a fun evening!

Congratulations to the Winners.

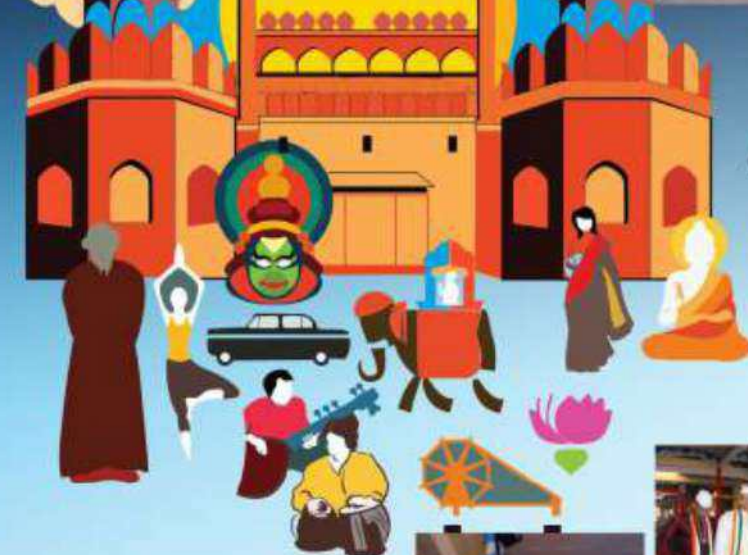
Thank you, Gavin, for organising it and Marcus and Jonathan for helping.



See you on the **Friday 23rd Sep** for the next edition!

Cedric Vaz - MIC





The Catholic Club Family Day



This year Family Day had all the usual ingredients, and then some. We began with Holy Mass celebrated by our Msgr. S. Jayanathan Ecclesiastical Advisor.

The National Flag was hoisted by Mrs. Margaret Alva and all joined in singing the National Anthem. The President welcomed the gathering after which Mrs. Alva gave a very inspiring speech.

This was followed by a quiz on the Club with all the twists you would expect from Gavin.

Many children took part in the fancy dress competition and their confidence was amazing!

DJ Neil Hoskins and the Goan Band Screaming Lollipops continued till late evening.

In between, a fantastic spread was spread for lunch.

There were game stalls as well.

Steve Fernandes - MIC



The pool activities are on with its usual gusto.

For the convenience of the members, swimming camps duration will be a maximum of 3 hours a day Mon-Thursday. The timings would be 3.30 pm – 5.30 pm and 8.30-9.30 pm. During this time 2 lanes would be kept open for members to swim.

On the weekends of Saturday, Sunday the camps would be from 9-11 am, with 2 lanes kept open for any member who is in a hurry and wants to use the pool. *There will not be any private one on one swimming classes being conducted under any circumstances.*

This keeps the pool open for members for most of the day and is a win-win situation for both. Kindly look up the board or contact the office if you are interested in joining any of the camps. The office will give you the rates and the timings for the various camps.

There is a poll being conducted on whether towels should continue to be given to the members. To date most members are in favour of continuing to give towels free of charge to the members.

We look forward to conducting our Dolphin's Day swimming program in the month of October. Members will be informed well in advance to prepare for this competition.

We have fantastic heated pool with great facilities and swimming is the best exercise to look trim and be healthy!!
Cheers!!

John Fernandes
- MIC



The past two months have seen a flurry of activity in the CCOT. A series of events have been held at the various Homes we work with.

1. **Medical camps held at RTC [90] and Asha Deep [45]**
2. **15 Ration Kits donated to Asha Deep and Blessing Home each**
3. **Eye check for children at RTC [6] and Ashadeep [8]**
4. **Dental procedure for children at RTC [70] and Asha Deep [30]**
5. **Also donated to Blessing Home**
– pressure cooker, mixer/grinder and school bags

Now the CCOT is busy preparing and making arrangements for the 13th edition of the Annual Golf Tournament. We are looking for sponsors and players. Please spread the word around.

The CCOT has been helping underprivileged children since 1970. The number of children in each Home has gone up and it is becoming increasingly difficult to give them all that they need. The Golf Tournament each year is conducted for the prime purpose of raising funds for the various orphanages we are associated with.

This 13th Edition of the GOLF Tournament needs your support. Please contribute in any way you can. Reach out to folks you know who can donate. Also let your golfer friends know there is a tournament for a cause that they can participate in. **This year the tournament will be held on the 14th of October at the Bangalore Golf Club.** Connect with Vincent Pinto or Gilroy for further details.

Vincent Pinto
Chairman - CCOT

**THE
CAFETERIA**



The
**George
Mathias
Tournament**

The Serra Club Inter School QUIZ Competition





Mood
Mangalorean



*Have a Cuppa
while you browse!*



New Books purchased this month!

1. In the blood - Jack Carr.
2. November 9 - Colleen Hoover.
3. Ugly love - Colleen Hoover.
4. It ends with us - Colleen Hoover.
5. Reminders of him - Colleen Hoover.
6. A Children's history of India - Subhadra Sen Gupta.
7. Little Indian - Pika Nani.
8. Silent Parade - Keigo Higa Shino.
9. My Brilliant friend - Elena Ferrante.
10. Special Topics in Calamity Physics - Marisha Pessl.
11. Atomic Habits - James Clear

Authors who gifted their books:

1. Talespin
- J. T. Nayaham
2. The Bangalore Detectives Club
- Harini Nagendra

Donated books:

1. Mrs Luciana- 50 books.

Caroline Lobo
MIC - Library

**NOW! lot more
books and newly
introduced
non-alcoholic
beverages
permitted in the
library!**

We are hoping more of you
visit the library and enjoy
reading time over hot
brewing coffee and (quiet)
chit-chat with your friends!

kiddies' korner

Blue and pink Gems children Party held on Saturday 13th August 2022, with attendance of 63 nos, was a great success. The kids were so happy and excited all kids enjoyed the fun filled evening with laughter, dancing, games and won lots of prizes.

Thanks to our Sponsors!
Mrs. Theja, Bhandari's Kitchen & Rachels Hospitality.



A big Thank you to
our Sub Committee.
Jeffrey Crasta - MIC



iKidZone



August witnessed 2 grand events. The first event on 6th August was blessed by His Grace, Peter Machado who blessed the iKidZone. Around 30 kids participating in the painting and quiz competition.



For September, we have events and activities planned for **all four Saturdays.** Since it is a month of exams, we want the kids to unwind and relax, so keeping it light and easy.

New Books!

1. Little Indians
- Pika Nani
2. A Children's History of India
- Subhadra Sen Gupta
3. The World's Worst Pets
- David Williams
4. Gangsta Granny
- David Williams

Caroline Lobo
MIC - iKidZone



Our next iKIDZ event was **part of the Family Day, 15th August.**

A Fancy Dress Competition was held, many kids participated.

We had 3 winners, while we would say **all were winners!!!**



Feedback from the kiddos!

My name is Adam. I am from St Joseph's Boys High School. I love iKidz Library and wait to come here every weekend. It's my favourite place where all my friends come to play. Yesterday they had drawing, colouring and quiz competitions and I was very excited about it. They asked us to draw about Independence Day and the quiz was about Independence Day too. I was so so excited and happy that I won the 1st prize in the Quiz competition and got a very cool prize. Please conduct many more competitions like this iKidz.
Adam Joseph Kattukaran - 8 yrs

My name is Emanuel Antony. I study in St Joseph's Boys High School and the drawing competition held at CC iKIDZ was a success, as it had a good number of children and parents present and participated in the events in which everyone respects and learns about the independence of our nation in a fun and competitive manner. I thank the organisers for arranging this beautiful event!
Emanuel Antony - 13yrs

THE GYM



SURESH



RAJU

WAYNE

Hi Everyone,

Happy to introduce myself to you all.

I am **Wayne**, senior trainer at Catholic Club Gym. I have a total experience of 26 years in weight training, weight loss, weight gain and functional training. My previous stint was with CHISEL, Bangalore, from 2000-2010. These 26 years have given me the opportunity to meet and train several people of different age groups with different goals in mind. I am passionate about training and willing to always help people meet their fitness goals.

We have two other professional trainers Suresh and Raju who both have more than 25 years of experience respectively.

Suresh is a certified trainer and also is a squash coach. He specializes in sports training and cardio exercises. He is very approachable and always willing to help you achieve your goals.

Raju is also an experienced trainer with experience of training at Bowering Institute and is currently with us for 6 years now. He specializes in weight training and body building. A very kind but focused trainer.

At our gym at Catholic Club, we are proud to showcase a state-of-the-art gym, that is well equipped. Our new additions are a monkey bar, squat bar stand, monkey bar rig and a T-Bar collar lock.

We are a total of 3 qualified and well-trained trainers with a combined training experience of more than 75 years.

At Catholic club gym you can choose from the following regimens:

A. training for Weight loss, B. weight gain, C. Cardio fitness D. Muscle building and E. functional training. All our equipment's are of international standards and certified.

To name a few machines we have:

World class Commercial Cardio Equipment and Strength Single Station Commercial machines both by 'Startrack', Dumbbells starting from 1kg to 36kgs by 'Life Fitness'. We also have accessories like Pushing sled, Battle rope, Kettle bell, Jump box etc.

Welcome to the gym. Come check us out, we are always happy to serve you.



PRESENTS
**Charity Golf
Tournament**
— 13TH EDITION —



CATHOLIC CLUB



FRIDAY, 14 OCT, 2022

**Reporting Time 6:00 am
Shotgun Tee off at 6:30 am**

VENUE

Bangalore Golf Club
Sankey Road

Entry Forms available at Catholic Club and at Starter Desks
of BGC, KGA, ASC, AIRFORCE Command Gold Course 10 N Hills

SCAN TO REGISTER



SCAN TO PAY



CC Orphan's Trust is a fifty year old registered body and all donations / contributions are exempt from Income Tax U/s 80G

CCOT GOLF COMMITTEE

Austin Roach (Chairman) - +91 99455 39866
Peter Prem (GC) - +91 89511 11598
Vinod John (GC) - +91 98453 22676

CC ORPHANS' TRUST

Vincent Pinto (Chairman) - +91 96321 26667
Anthony D'Souza (Secretary) - +91 90719 23333
Manju (Head Accounts) - +91 90368 07467

PARTICIPANTS AND SPOUSES ARE INVITED TO THE PRIZE DISTRIBUTION AND LUNCH AFTER THE TOURNAMENT



CATHOLIC CLUB

PRESENTS

SATURDAY VIBES

SATURDAY, 17th SEPTEMBER 2022 08:00 P.M. ONWARDS

ENTRY:

Members Free

Guest - Rs. 300/-

Dress code: Smart Casuals

RIGHTS OF ADMISSION RESERVED



DJ SHERVYN