

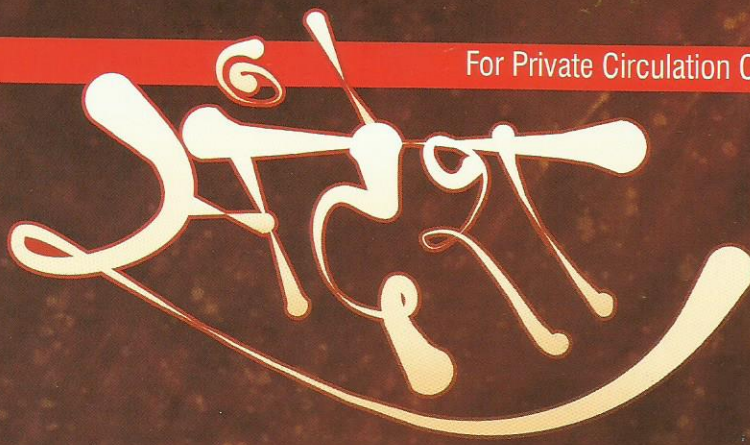


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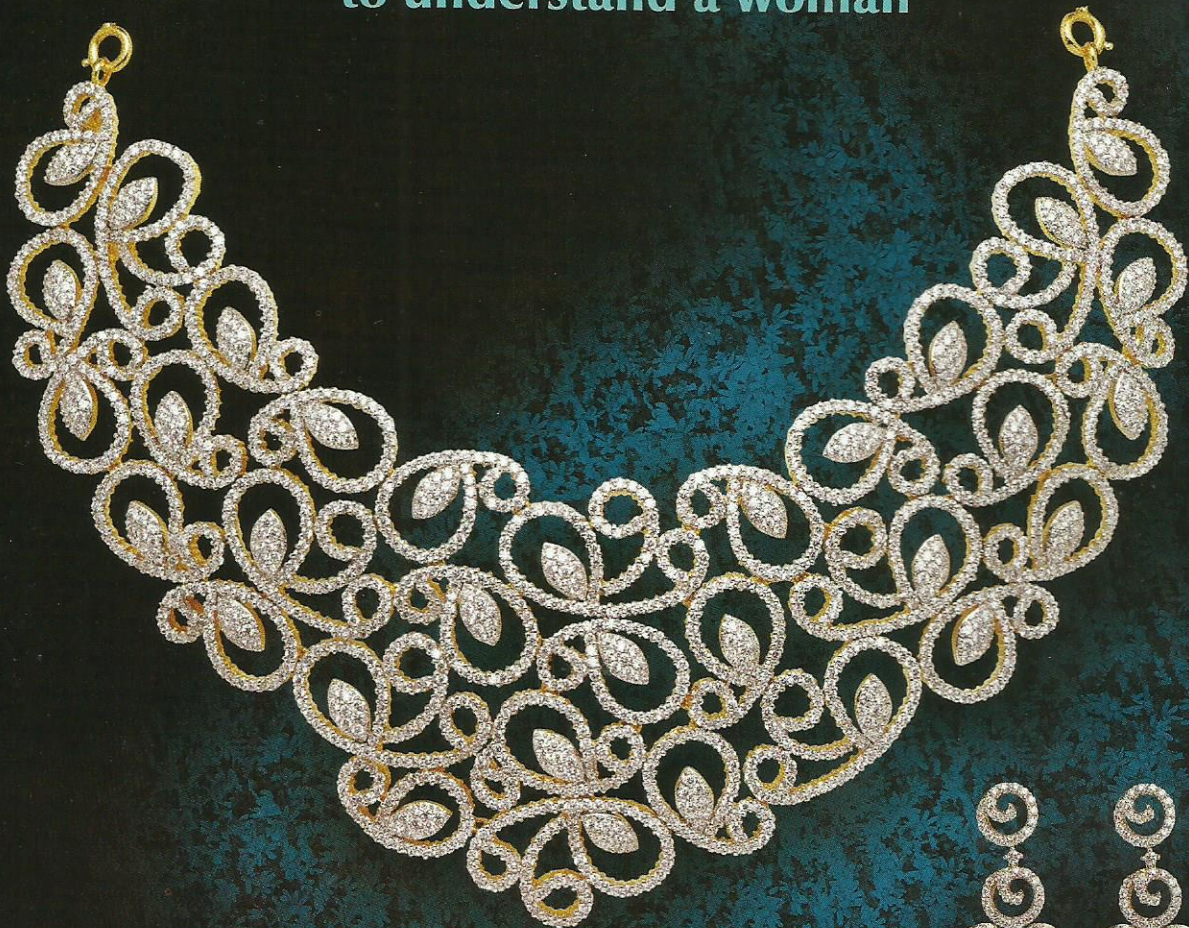
SANDESH News Letter
of JVPJ Club



HEMA MALINI – FROM REEL TO REAL
e SPINNING STUDIO AT HEALTH CLUB
₹ 12 LACS ALL INDIA RANKING TENNIS TOURNAMENT
COCONUT GROVE - THE SECRET TO A SUCCESSFUL PARTY
X'MAS

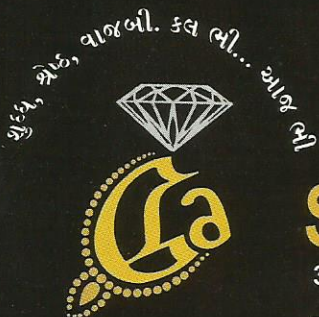


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HEMA MALINI – FROM REEL TO REAL



Meet the real Hema Malini as she opens up to our correspondent Preeti Koppikar in an exclusive interview.

But both my daughters have grown up using the club. I would love to come to the Club and make use of the facilities. Yoga is something I would like to look at. In fact that is going to be my message that members must make use of the Club.

We sat in the large Hall, which also served as a practice hall for dance, awaiting our interview with the "Dream Girl", (and I was her avid fan) with goose bumps in my stomach.

Soon, at the dot of our appointed hour, I saw a majestic "Regal" figure almost glide down from the staircase above that led to the hall where we had scheduled the interview. I stood up almost in awe and the first thought that came to my mind "Here was the Queen of the celluloid world" and the Queen was in front of me having granted an audience.

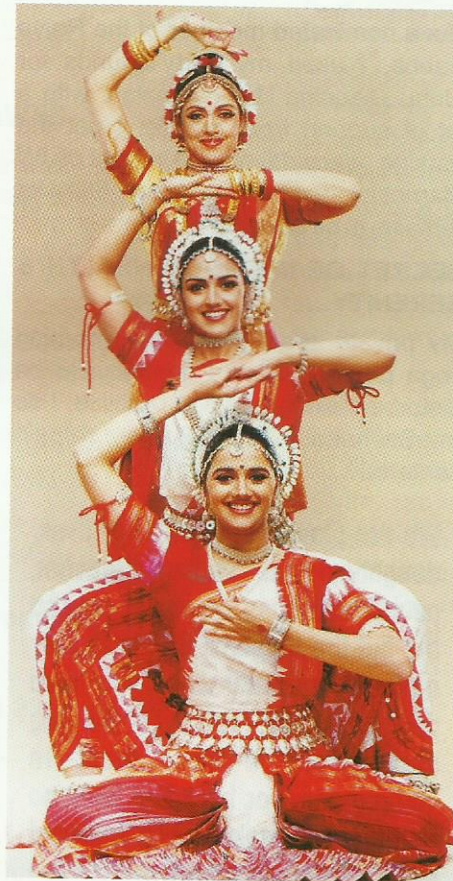
I saw a majestic "Regal" figure almost glide down from the staircase above.. "Here was the Queen of the celluloid world"

Within moments she took her seat, she had put us at ease with her disarming demeanor and the No Frills, No Air approach. I had come ready to meet the star who had ruled the Box office in heydays and still does at all forums she interacts with.

But I was pleasantly surprised to see another facet emerging. Hema Malini "The Mother".

Hemaji, having played many roles, as an actor, film maker, mother, classical dancer of eminence, politician, editor of woman's magazine, could you share with us the role that you have loved playing the most?

Pat came the reply, "Playing Mother to my two daughters..." she said without battling an eyelid. The experience is both tough and emotional, especially when you have a daughter...bahut khayal rakhna padta hai..." she added. After all we are playing roles in our lives, daughter, wife, student, teacher, peer, friend, boss, employee and so on; but



the toughest one is to play mother especially when you have daughters. The roles on the big screen are a cake walk in comparison. For here you have no rehearsals, no takes just a final shot every time you play your part.

It is spiritual, for me dancing is all about expression, your movements, your feelings, expressing through your body towards the Lord or the audience. While dancing I become the dance. There is no difference between the dancer and the dance. It is simply divine.

She enjoyed and cherished being with them at every turn, watching their moods display in full spectrum, responding to their changing needs and watch them grow. Hemaji added "Even before motherhood I would feel the compassion for others, but once I became a mother it added another dimension. I started feeling more deeply, I started understanding the various hues of life more clearly - Motherhood certainly brought out an entirely new "Me". I nodded in agreement.

HEMA MALINI ON HER ACTING CAREER

Referring to her passion for acting Hemaji said "The second best thing in life apart from being a mother has been being an "Actor". I have loved being an actor. For me it has been a great experience. I was treated like a Queen, pampered and looked after."

Within moments she took her seat, she had put us at ease.... I had come ready to meet the star who had ruled the Box office.

"When you are in front of the camera (and she being the great actor), you have no worries - everything else is taken care of by others...she added."

"These days it is commercially the best time for movies. According to me, from the 70s to the mid-80s was the best time for cinema. The golden period for cinema if I may say so. The heroes were tall, handsome, and the heroines were good looking. While there were many heroines, there were also many women oriented roles. It was at this time that I did 7 to 8 movies where I had to play double role. Playing double role is very challenging. You are as good as any hero. I really enjoyed that period..."

Apart from acting, Hemaji felt that directing a movie was also a pleasant task. And I quote "As long as the project is your baby from the beginning, direction is satisfying, else it is not. But being a producer is very taxing. I pity all the producers...sab jagah se maar padti hai, directly or indirectly..."

One of my unfulfilled dreams is to build a beautiful Dance Academy. I have been allotted a prescribed area here in Juhu for the Academy.

HER VIEWS ON DANCE, DIVINITY AND THE SPIRITUAL SELF

"My style of dancing is very different. It is spiritual, for me dancing is all about expression, your movements, your feelings, expressing through your body towards the Lord or the audience. While dancing I become the dance. There is no difference between the dancer and the dance. It is simply divine. My entertainment is spiritual which elevates the audience to a different level. This happens only with the blessings of the divine..."



"But today's dancing is all about Bollywood. Even for people from abroad "for them dancing means Bollywood". Nobody knows or wants to know about classical

dancing anymore. If this trends continues, then classical dancing will die..." she adds sadly. "One of my

unfulfilled dreams is to build a beautiful Dance Academy. I have been allotted a prescribed area here in Juhu for the Academy, but there is a delay because of red tape..."

ON HER DREAM HOUSE...

"I would love to build a farm house like the way I want, a retreat away from the hustle and bustle of Mumbai..."

ON BEING A POLITICIAN...

"As a nominated member of the Rajya Sabha, I used my party's funds for "Juhu Cleaning Up" campaign, with a lot of support from people. I got the parking space developed in front of JW Marriot allotted from my funds. Still a lot remains to be done..."

SECRET OF MY GOOD HEALTH & SERENITY...

My private space is a daily morning yoga practice when I don't like to be disturbed. After my yoga practice, I do my Sadhana... This helps me remain centered....

We are playing roles all our lives, daughter, wife, student, teacher, peer, friend, boss, employee, and so on; but the toughest one is to play mother especially when you have daughters. The roles on the big screen are a cake walk in comparison. For here you have no rehearsals, no takes just a final shot every time you play your part.

ON JUHU VILE PARLE GYMKHANA CLUB...

My visits to the club are few and far between. But both my daughters have



"I have loved being an actor. For me it has been a great experience. I was treated like a Queen, pampered and looked after".

grown up using the club and its various facilities. Now they have grown up and are busy with their professional lives. With the club having added a lot of facilities especially in the Health club, Ahana is planning to start using it regularly; after all the club is in our backyard.

Actually we are restricted because of space, else we would have been able to do a lot more. I would love to come to the Club and make use of the facilities. Yoga is something I would like to look at. In fact that is going to be my message that members must make use of the Club and the facilities it offers...it is our Club, we need to enjoy it and lead a healthy life.

*Our thanks to Mahesh Mehta
Jai Hind Society for arranging
the interview*



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FORTHCOMING EVENTS

16 Dec 2012 FOUNDATION DAY



Foundation Day will be celebrated on 16th December 2012 with Satyanarayan Pooja at 4.30 pm. All are invited.

21 Dec 2012 SR. CITIZEN FORUM PRESENTS RETRO BAR NITE- PART II

Senior Citizen Forum presents Retro Bar Nite part II at Activity Hall from 8pm onwards.

24 Dec 2012 X'MAS CARNIVAL
4.30 pm onwards **AT JVPG CLUB LAWNS**



X'mas Carnival Exciting theme games, Air walkers, Air plane ride, Rock climbing + Great food-music+dance+Santa Claus.

31 Dec 2012 NEW YEAR EVE
9 pm onwards



Welcome 2013 with Music, fun, food & cocktails @ club with exciting games, dance & entertainment and prizes galore.

28 Jan-3 Feb ALL INDIA OPEN MEN'S & WOMEN'S TENNIS TOURNAMENT 2013

All India Open Men & Women Tennis Tournament 2013 will be held from 28th January to 3rd February 2013.

31 Jan-2 Feb Table Tennis Jr. Promotional Tournament 2013



Table Tennis Jr. Promotional Tournament 2013 will be held from 31st January to 2nd February 2013.

"Auld Lang Syne" The song we sing at the break of a new year. What does it mean or stand for?

Did you ever wonder what that phrase is in the chorus? Is it; For old ang zine, Far hold ang zyne or old aunt Gzyne. **Actually, it's not any of these.** On New Year's Eve, the most common song, is "Auld Lang Syne." Isn't it funny how it's possible to sing and hear a song so many times and have no idea what it means? And wouldn't it be funny if it meant "Big Pink Elephants"?

A good sub-question is, what language is it?

It turns out that "Auld Lang Syne" is an extremely old **Scottish** song from the 1700 by **Robert Burns**.

"Auld Lang Syne" is old scottish, meaning old times gone by, the song is sang at new years to remember the year past good & bad while looking ahead to the new year. Many people find it emotional to sing even when they don't know what it means. Happy New Year.



Editorial



Anil Sampat
Hon. Secretary & Editor

SeaSon of X'mas is the season for gifting. Giving is such great joy, the more you give the better and richer you feel. So this season do not forget the less fortunate, even as you splurge.

December 16th is our foundation day and as per practice we will be celebrating the day with a customary Satyanarayan Pooja in the club; all members are welcome to partake Gods Blessings.

Dec 21st is a day you would not want to miss. Under our very able convenor Satish Shah our Senior Citizens are having a Retro Bar Nite. Surely Life begins at 60 and if ever there is any proof needed just come, see and cheer our very own on this night, as they groove to the beats of the 70's.

Santa's coming for sure on December 24th evening so please bring along your stockings and watch Rudolph pull him on the sleigh singing "Jingle Bell". Games, Goodies, fun and frolic Unlimited.

Your date with us on Dec 31 to ring in 2013 singing "Auld Lang Syne" and bring in the New Year even as we remember the year gone by. Music, games, entertainment, food and cocktails are arranged for by Dipen Jhaveri and his team.

The e-spinners & Recumbent bikes are operational and the health club members are really happy using these new machines.

The squash courts after the abnormal delay will finally be ready in December to the relief of our squash patrons. Apologies for the delay, but this happened despite our best efforts. Members who have paid the fees for the closed period will be credited with the amount in their bills next month.

With Melting Pot open we have seen a surge in footfalls, 5000 members & guests eat there every month. Sales in the first 3 months alone have exceeded Rs. 1 crore with the club getting a share of about 25 lacs. This means the expenditure made on the outlets renovation will be recovered in about 1 ½ to 2 years. We are now proposing to the managing committee to go in for a similar renovation to Float bar to meet the aspirations of our members.

The elections to the club's managing committee for 3 seats and one for clubs trustee are scheduled for Jan 20th and the AGM is scheduled for Jan 27th. All members are invited to participate and attend the AGM.

Have a wonderful 2013 and beyond.

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COCONUT GROVE

The Secret To A Successful Party

They serve most of the menu with a Jain option too. Their Gassi (coconut based gravy) is to die for and their Chinese Veg. is a super hit with all members.

Living up to expectations, Coconut Grove, the multi cuisine restaurant has certainly proved its worth with its varied offerings that has left club members raving for more. Mr Ramesh Shah, a club member had arranged a get together at the Activity Hall with 375 of his near and dear ones. The menu included a wide variety of food that took to everyone's fancy with dishes along the lines of Indian cuisine along with Coconut Grove's specialty, Mangalorean and South Indian fare such as Gassi, and Appams. "Mr. Kamal Shetty, the manager has been very cooperative and the event was a huge success" shares Mr. Shah. "The organization and execution of the entire event was done wonderfully and my guests were very impressed; everyone had a great time!" They also provided welcome drinks that were not just regular soft drinks, but fresh fruit mocktails like the Blue Lagoon and Litchi Delight.



With 4 banquet halls and 3 terraces on the club property, Coconut Grove has catered to a diverse range of parties and events, including kitty parties, birthday celebrations and other social events. A unique menu of Continental cuisine was on offer at Mr. Manit Patel's event with dishes like Taco's, Nacho's, Enchiladas, Lasagna, Shanghai Paneer and the much loved Cheese Fondue. The highlight of the service is the fact that Coconut Grove has incorporated an assortment

This is in addition to a host of other desert options like Hot Jalebis, Gulab Jamun, Halwa of the day, Ice Creams etc.

of cuisines and dishes on their menu, giving the members anything and everything one could ask for; be it Burmese Khao Suey or Pasta in different sauces. The Club banquets saw 9 consecutive events hosted by member Mr. A. Kumar and his family and catered by Coconut Grove; each day with a different menu, a challenge met by Coconut Groove admirably.

While Coconut Grove dishes out multi cuisine food, it is the Malvani Food which is their strength and speciality, they also serve most of the menu with a Jain option. Their Gassi (coconut based gravy) is to die for and their Chinese Veg is a super hit with all members. But the bakery is the icing on the cake. Their Blueberry cheese cakes, the chocolate mousse and pastries all in eggless versions now find a pride of place on the menu in many parties. This is in addition to a host of other dessert options like Hot Jalebis, Gulab Jamun, Halwa of the day, Ice Creams etc.

Their Blueberry cheese cakes, the chocolate mousse, and pastries all in eggless versions now find a pride of place on the menu in many parties.

You can get all this and much more at a surprisingly affordable price. Coconut Grove offers menus which are great value for money. The packages include their special welcome drinks along with food and desserts. Starting at Rs. 200/- and 350/- for a vegetarian menu; going up to Rs. 350/- to 450/- for a non vegetarian menu, the prices are a steal when compared with rates prevailing for similar products and service elsewhere, but with no compromise on taste or service. Here's looking forward to other events catered by Coconut Grove.

An option of assorted Rotis, Salads, choice of Starters, Dals, Rice etc. complete the menu.

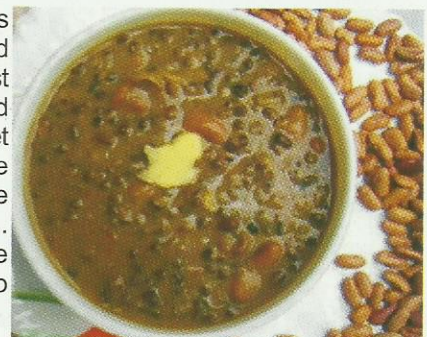
Restaurant: Chef Manoj Parihar has dished out authentic Mughlai recipes for members at Coconut Grove. Here are a few recipes for you to try out at home:

DAL MAKHANI

Rich, creamy lentils cooked with assorted spices makes it a must have on all Punjabi and now other tables. A secret to best Dal Makhani is the number of hours one cooks the lentils. Soaking the lentils a little longer than norm also does the same.



Chef Manoj Parihar



For low calories use milk in lieu of cream. A slow cooking will ensure a creamier texture for your dal.

- 1 cup black udad dal.
- 2 table spoons kidney beans
- 3 tbs butter
- 1 cup tomato puree
- 1 inch ginger
- 1 tsp cardamom powder
- 1 tsp cumin-coriander powder
- 1-2 tsp green chillies, sliced thinly
- 1 tsp cumin seeds
- 1 onion
- Garam masala
- 1 cup cream
- 5-6 cloves garlic
- salt to taste
- 1 tbs kasuri methi

Soak Udad dal & kidney beans overnight. Rinse them well in cold water. Add 2 cups of water and cook them in a pressure cooker for 4-5 whistles. Even if cooked longer, it will not spoil the dish. Filter the excess water and save it for further use.

Cook until well cooked, almost mushy. Take a masher/ladle and mash the lentils well.

Meanwhile, in a saucepan, add butter (or 1 tsp oil) along with Garam Masala, Cumin Seeds, Cumin-coriander powder, Bay Leaf, Ginger, Garlic, Chillies and Onions. Saute until aromatic and onions gets soft.

Add the Tomato puree/ or tomatoes, close the lid and cook for 5 min until the tomatoes are well mashed and cooked.

Now add the lentil mixture, reduce the heat to simmer, add salt close the lid and **slow cook** for a min of 30-40 min.

Stir occasionally to avoid the lentils from sticking to the bottom. Use this water saved earlier to keep adding as you slowly cook the dal, as it gets thicker.

Add the fenugreek leaves along with cardamom powder, stir and then add the cream (for low calorie use 2% milk/fat free milk). Serve with a dab of butter.

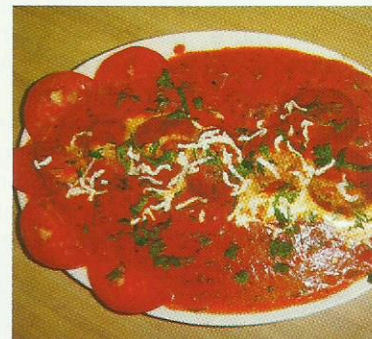
Tips: Kasuri Methi must be rubbed between the palms just before adding to increase flavour. Replace Tomato puree with fresh tomatoes and cook well with onion.

Traditionally the Dals are simmered overnight in Tandoor to improve the taste. We can get similar effect by simmering the dal slowly over the fire for 1-2 hour to get the creamy texture. Slower the better.

RATAN MANJUSHA:

Ingredients:

- Paneer 300 gms
- Mawa 100 gms
- Dry fruits 50 gms
- Sugar 1 tsp
- Salt 1tsp
- Spinach 100 gms
- Green Chillies 50 gms
- Tomato gravy
- Cashew nut gravy
- Salt as per taste



Method: Mash the paneer followed by the mawa, spinach and dry fruits together. Stuff mashed spinach, dry fruits and mawa inside the mashed paneer to form tiny balls and keep aside. Cook the tomato and white gravy with some water. Add the balls to the gravy after half an hour. Garnish with coriander leaves & kalonji and serve.



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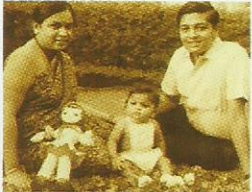
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CLUB CORNER

HANSABEN & SHAILESHBHAI COMPLETE 50 YEARS OF A JOURNEY TOGETHER

Shaileshbhai holds the distinction of being the only member of the managing committee who has been serving uninterrupted since 27 years & is still going strong.

Even as the Juhu Vile Parle Gymkhana clubs plinth was being dug, a young Shailesh was a member of the development committee since 1982 alongwith the other clubs stalwarts Ratibhai Patel, B K Patel, V. L. Khetan and Pravin Gandhi.



Shaileshbhai - Hansaben with Kekin

Since 1985 when the clubs first managing committee was formed he has been representing his Ashok Nagar Society" as a member on the Managing committee. In fact Shaileshbhai holds the distinction of being the only member of the managing committee who has been serving uninterrupted since 27 years and is still going strong.

During his stint in the M/Com., he has served almost every other sub committee and served the club

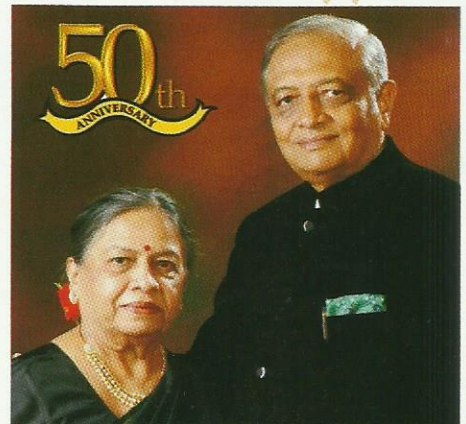


Shaileshbhai with family nearly a decade and Library Chairman on several occasions and also held the post of Vice President under President V. L. Khetan.

He has campaigned relentlessly for the addition of the 3rd badminton court which saw the light of the day in 2005. His current zeal is to increase the membership base and add to our corpus and use the funds to add a parking lot and other facilities.

On 29 Nov 2012 Hansaben and Shaileshbhai had the distinction of completing a 50 year journey together –

admirably. Being an active badminton player, he was chairman of the badminton committee for over 5 years, chairman of scrutiny for



a journey we solemnise as marriage – a journey which began on a trip to the heaven on earth – Kashmir – where in 1962 during a 3 week tryst, Shailesh bowled over a young Hansa in an association which still runs strong. His saga with Hansaben continues as they march into a golden period of their lives. Here is wishing the two a Golden Period ahead.

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President, Chinmaya Mission, Mumbai
Director, All India Chinmaya Yuva Kendra

Date	Topic	Technique
4th Feb. (MONDAY)	Peace Invocations	Positive Affirmations
5th Feb. (TUESDAY)	Peace of Mind	Concentration Aids
6th Feb. (WEDNESDAY)	Peace through Clarity	Introspection
7th Feb. (THURSDAY)	Peace of Self	Guided Meditation

4th - 7th Feb 2013

(Monday - Thursday)

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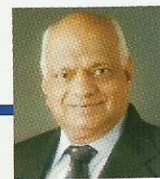
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SENIOR CITIZEN FORUM

KALA VAIVIDHYA PART II



Satish C. Shah
Convenor

The Silver Jubilee event of the Sr Citizen Fellowship group was the multi-cultural show Kala Vaividhya performed by the members for the members.

Shri Satish Shah gave the welcome address as well as the vote of thanks. In a scintillating 2.5 hr rhapsody that belied their age, the senior citizens zipped across the stage in a choreography that would be any professionals pride. What was most heartening to note was that this entire effort came from talent within our own members. With 250 of them cheering the performers it was a delight to watch them.

17 items, over 44 performers from solo performers to various sized groups the event that flagged off at 6.45 went on Non stop for 2 ½ hrs. The daily practice which went on for nearly 8 weeks showed as the team performed like a well oiled

machine working in full symphony.

The families, young and old of the seniors had turned out in full strength to cheer them and their patience was amply rewarded by the quality and professionalism of the artist. Whether it was the practice, costumes, sound or lighting, everything had a professional touch to it.

The event ended with the national anthem which was done in a very different and unique style.

IndusInd Bank, Juhu Branch were kind enough to sponsor the event and Shri Kantibhai Haria sponsored the trophies. Shri Satish Shah, Convenor was all smiles as he saw months of effort bearing fruit. The event was followed by dinner.

Truly a worthy effort from our Seniors. Applause...Applause.



Welcome Dance

Dandiya Raas



Ratanpal Dharmi



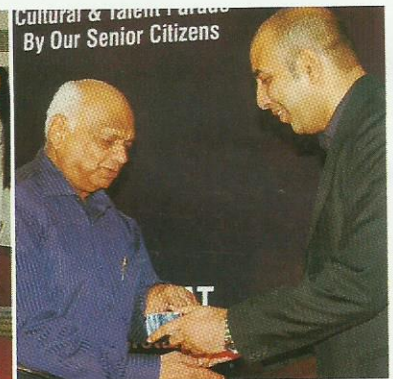
Pramodini Nanavati



Ashmita Shah



Salsa



Manu Bhaskar, IndusInd Bank presenting memento to Satish C. Shah

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JVPG CLUB CONDUCT HIGHEST PRIZE MONEY RANKING TOURNAMENT IN INDIA ALL INDIA OPEN MEN'S AND WOMEN'S TENNIS TOURNAMENT 2013

January 28th – Feb 3rd will see a buzz of activity on our Tennis Courts as we enter the third consecutive edition of the prestigious JVPG Club All India Open Tennis Ranking Tournament 2013.

This National Hardcourt Tennis tournament is approved by All India Tennis Association (AITA) and Maharashtra State Lawn Tennis Association (MSLTA).

The tournament will provide a launching pad for promising youngsters all over the country, with a special opportunity to nurture emerging talent in and around Mumbai, by having emerging talent test their skills by entering the qualifying draws that lead to the main draw.

Seasoned as well as upcoming stars on the horizon will vie for honours at the highest prize money, All India Ranking and provide them with a platform to help propel them to global standards.

Soon we hope to see some of this talent

on the global canvas at the Grand Slams. The hospitality and arrangements for the players, on and off the field are legendary and the toast of the Tennis circuit.

We have seen that many Indian players have won several mixed double titles, including at the Grand Slam in recent memory, so JVPG Club has an added USP "The Mixed doubles", an event not commonly found at the national level.

Sponsors:



Chairman Sunil Shah, Tournament Director Uday Vora, members of the sub-committee have done an admirable job in getting the event to current standard. They owe this success to their corporate sponsors and the office bearers and managing committee of the JVPG Club who have

stood by them and supported the event. This is the highest prize money national ranking tournament in India and you will see some heady tennis so come with family, friends and tennis lovers to watch Indian tennis talent unfold.

FACT SHEET

1. National Level Tennis Tournament 2013 approved by AITA & MSLTA

2. Prize Money over Rs.12 lacs

3. Sponsors:
a. JVPG Club
b. Omkar Realtors & Developers
c. Associate Sponsor Kamla Landmark Infrastructure

4. Events
a. Men's Singles & Doubles
b. Ladies Singles & Doubles
c. Mixed Doubles

5. Schedule
a. Qualifying Rounds: 26th & 27th Jan. 2013
b. Qualifying Sign in: Friday, 25.01.2013 from 12noon to 2 pm
c. Main Draw sign in: Sunday, 27.01.2013 from 12noon to 2pm
d. Entry Deadline: Wednesday 07th January 2013, 6pm
e. Withdrawal: Mon. 21st Jan. 2013, 6pm
f. Tournament dates: 28th January to 03rd February 2013
g. Players Carnival: 29th January

6. Court Details
a. Court Surfaces: Hard Court, Deco turf
b. No. of Courts: Two (JVPG Club)+ Eight (Prac Tennis)
7. Main Draw size a.Singles-32 b.Doubles-16

8. Contact details for Entry
a. Entries to be sent to Sec., MSLTA, Mumbai
b. Fax MSLTA : 022 2287 3902
c. E-mail ID: mslta@mslta.org
d. Entry Fee: Singles Rs.750/- & Doubles Rs.500/-

9. Host contacts (JVPGC)
a. Tournament Director: Dr. Uday K. Vora (98200 61238)
b. Tournament Co-Ordinator: A. Damodaran (98339 57881)



Dr. Ojas Dave
Tournament Secretary



Sunil Shah
Tournament Chairman



Dr. Uday Vora
Tournament Director

Winner of Videocon All India Open Men's and Women's Tennis Tournament 2011



(LtoR)
Arjun Kadhe,
Sharon Paul,
Isha Lakhani,
Shivika Burman,
Sheetal Gautham,
A.S Suresh Krishna

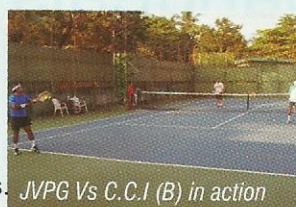
PROF. N.J BELANI INTER CLUB LEAGUE TENNIS TOURNAMENT 2012

24th November to 23rd December 2012

JVPG team participated in the above tennis tournament and won 5 consecutive matches and reached semi-final. The semi-finals will be played on 22nd December 2012. Our team comprising Nikhil, Abhijeet, Keyur, Rushabh, Dr. Himanshu, Sagar, Nirmal, Manan, Sanjeev, Sahil and Kashyap defeated the following teams.

1. P.J Hindu Gymkhana on 24.11.12 Score 56/24
2. C.C.I (B) Team on 25.11.12 Score 58/22
3. Matunga Gymkhana on 1.12.12 Score 65/15
4. Goregaon Sports Club on 2.12.12 Score 52/28
5. N.S.C.I (B) on 8.12.12 Score 68/12

We wish them success in semi-finals & final matches.



JVPG Vs C.C.I (B) in action



eSPINNING STUDIO

"India's first unique and customised Spinning Studio at Juhu experience personalised training from Josh Taylor - world's be"



November 25th saw the state of the art e-spinners inducted into the cardio section of our health club. Yet another feather in our cap. Juhu Vile Parle Gymkhana Club is the ONLY Club in India to have these e-spinners. When most of the pricey gyms in India do not boast of an e-spinner, we have not one but 4 of them inducted into our cardio section. "It is the far sighted and progressive managing committee now under the able leadership of Rajesh Shah, a sportsman to the core, which has seen our health club grow from strength to strength. I think its time for them to take a bow ! Well done". said Mohan Savalkar, Chairman Health Club.

The 4 e-spinners which are essentially spinning cycles with a state of the art software and ready inbuilt

exercise modules (designed to suit all ages) and believe me there is always more than one which is just exactly what your need of the hour may be. Inaugurated just a few days ago, the e-spinners have caught the fancy of all and you can always see members waiting their turn.



Health Club Sub. Comm. (LtoR) **Standing:** Vikram Manco, Malloy Bhatt. **Sitting:** Geeta Agrawal, Samir Choksi, Mohan Savalkar - Chairman, Omprakash Bharati and Inderraj Gulati

Exactly what is an e-spinner ?

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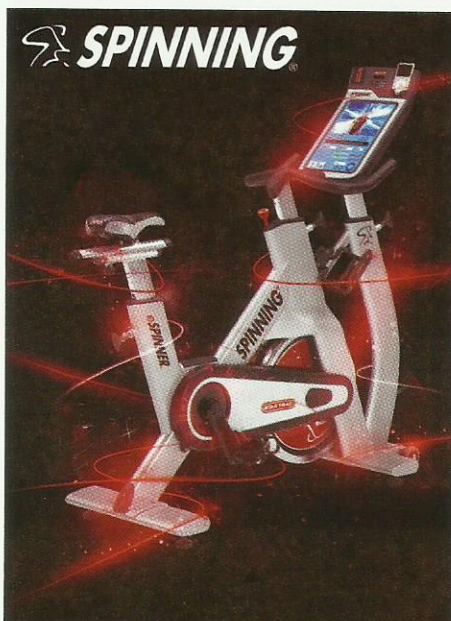
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AT HEALTH CLUB

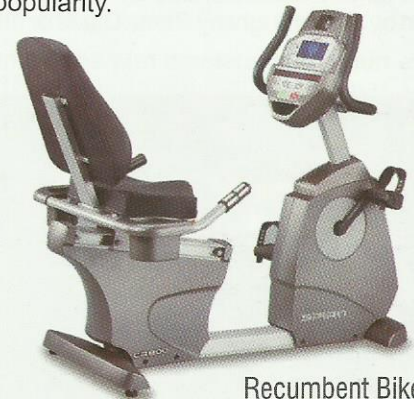
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"Best master Spinning Instructor from Europe." - **STAR TRAC**



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- Full rider data dashboard featuring cadence, heart rate, riding position, hand position, time, distance, calories
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- Made for iPod docking station with touch screen navigation of entertainment. USB docking station for media, music and charging of USB based devices

In addition to the e-spinners, two high end recumbent bikes were added to the cardio section. These two cycles have gained favor due to their smoothness of operation and easy to use; comfortable seating ergonomics has also added to their popularity.



Recumbent Bike

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X'MAS CELEBRATION

Festivity and lights, gifts and celebration, love and friendship and most importantly, the spirit of sharing and caring. Christmas is a time for celebration, which includes spending time with family, decorating the entire house, inside and out, shopping and buying presents for our loved ones.

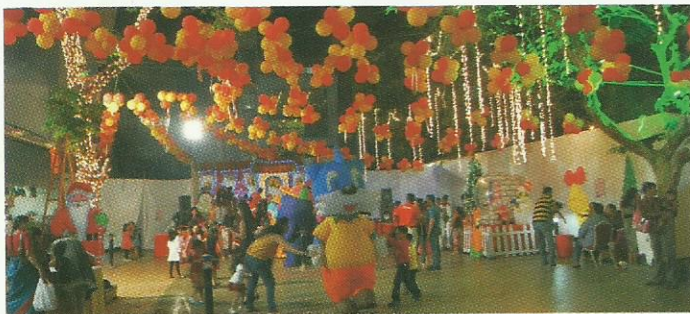


It's that time of the year again! Festivity and lights, gifts and celebration, love and friendship and most importantly, the spirit of sharing and caring. Christmas is a time for celebration, which includes spending time with family, decorating the entire house, inside and out, shopping and buying presents for our loved ones. Days are spent baking cookies, making fudge and preparing a big Christmas dinner, with all the trimmings. With little children ecstatic to see their cousins over the holidays, they love to see each other and spend the day playing games and sharing their new gifts and toys that Santa Claus brought for each of them. That is the festive and happy spirit of Christmas.

Christmas is a time for celebration, which includes spending time with family, decorating the entire house, inside & out, shopping, buying presents for our loved ones.

Christmas is a sacred festival of the Christians observed on 25th December to celebrate the birth of Jesus Christ. It is celebrated with great enthusiasm and gaiety all over the world. It is largely characterized by exchanging gifts within families and by gifts brought by Santa Claus or other mythical figures.

The numerous customs related to Christmas and period of



celebration vary from country to country. Most of the familiar traditional practices and symbols of Christmas are the Christmas Tree, the Christmas Ham. In the United Kingdom, the Christmas season traditionally runs for twelve days following the Christmas Day. These twelve days of Christmas are a period of feasting and merrymaking which ends on Twelfth Night the feast of the Epiphany. Christmas period has grown much longer in some countries including the United States. During Christmas people enjoy shopping and meet one another. The celebration continues up to the New Year's Day. The Yule Log holly, mistletoe and giving of presents, were adapted or appropriated by Christian missionaries from the earlier Asatru pagan midwinter holiday of Yule.

The Christmas tree is believed to have first been used in Germany. Gift giving is a near-universal part of Christmas celebrations. The concept of a mythical figure that brings gifts to children derives from Saint Nicholas, a good-hearted bishop of Asia Minor. Besides this, in the UK and many Western African countries, 'Father Christmas' is more common. In Anglo-American tradition, he is believed to arrive on Christmas Eve.

In many countries, offices, schools and social communities organise Christmas parties and dances during the several



weeks before Christmas Day. Christmas pageants, which include the retelling of the story of the birth of Christ, are common in Latin America. People sing Carol and visit neighbourhood homes and exchange gifts. Traditional feasting with special meal of Christmas dishes is also a part of Christmas. And what about carols? Christmas without carolers would be like—well, like holly without ivy. The word is said to derive from the Latincantare, to sing, and rola, an expression of joy, and its earliest surviving text dates from the thirteenth century.

Keeping the Christmas spirit in mind, the Juhu Vile Parle Gymkhanna club's Entertainment Sub Committee is presenting their Annual Christmas Carnival for you, the members! Get your passes as soon as you can so you don't miss out on a fun filled evening of games fun and frolic. With a separate area for the kids, the special appearance by Santa Claus is surely going to make your evening exciting and entertaining. Be there on December 24th, 4.30pm onwards at the Open lawn in the club.

To keep the spirit going why not try making these traditional recipes for your family and share the love and joy of the season. Merry Christmas and a Happy New Year!

CREAM SANDWICH BISCUITS

Ingredients:

Serves: 30

225g butter

5 tablespoons heavy cream

250g plain flour

5 tablespoons coloured sugar for decoration

Filling :

50g butter, softened

100g sifted icing sugar

1 egg yolk

1 teaspoon vanilla essence

Preparation method

Prep: 30 mins | **Cook:** 9 mins | **Extra time:** 11 mins, setting

1. Mix flour and 225g of butter thoroughly. Stir in cream and mix well. Chill 1 hour.
2. Preheat oven to 190 C.
3. Roll dough .25cm thick on lightly floured board. Cut into 1.5cm rounds using a biscuit cutter or a knife. Transfer to greaseproof paper heavily sprinkled with sugar, turning to coat both sides. Place on ungreased baking tray. Prick in 4 places with fork. Bake 7 to 9 minutes or until slightly puffed. Put two cooled biscuits together with filling.
4. To make filling: Blend 50g soft butter, 100g icing sugar, 1 egg yolk and 1 tsp. vanilla. If desired, tint with food colouring.



Prep: 5 mins | **Cook:** 15 mins | **Extra time:** 2 hours, chilling

1. Pour the coconut milk and water into a saucepan and heat gently but do not boil, add the gelatine and stir until dissolved.
2. Add the sifted icing sugar and cocoa powder and stir vigorously until dissolved and no lumps. Add the caster sugar and vanilla essence and desiccated coconut and stir. Divide between 6 pudding cups/kulfi glasses and chill in the fridge for at least 2 hours

GINGERBREAD MEN

Ingredients

Serves: 30

350g treacle (or honey)

225g dark brown soft sug

150ml cold water

50g butter

900g plain flour

2 tsp bicarbonate of soda

1 teaspoon salt

1 teaspoon ground allspice

2 tsp ground ginger

1 teaspoon ground cloves

1 teaspoon ground cinnamon

Preparation method

Prep: 45 mins | **Cook:** 10 mins

1. Preheat the oven to 180 C. Lightly grease baking tray.
2. Mix together the treacle or honey, brown sugar, water and butter.
3. Sift together the flour, bicarbonate of soda, salt and spices. Add to sugar mixture and mix well. Cover and refrigerate for 2 hours.
4. Roll dough .5cm (1/4 in) thick on a floured surface. Cut with floured gingerbread man pastry cutter. Place about 5cm (2 in) apart on baking tray. Bake for 10 to 12 minutes. Cool and decorate with icing of your choice.

Tip: After icing the men, you and the children can decorate them using candy for eyes and for the hair.



DARK CHOCOLATE COCONUT PUDDING

Ingredients

Serves: 6

200 ml coconut milk

100 ml water

1/2 packet of powdered gelatine

60 g of cocoa powder

80 g of desiccated coconut

2 tsp vanilla essence

2 tbsp of icing sugar

2 tbsp of caster sugar

Preparation method



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CLUB CORNER

ACHIEVERS

Inter Departmental TT Tournament 2012

The TT sub. comm.'s Inter Departmental TT Tournament drew 12 teams. In the semi finals Health Club beat Library 2-0 and Billiards beat Card room 2-1 before emerging winners in the final beating Billiards 2-1.

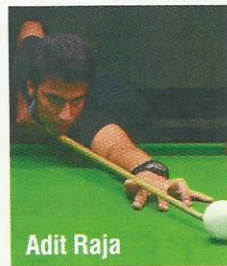


Winner Health Club Team (L to R) Snehal Patel, Dipen Jhaveri, Sanjay Kanakia and Suketu Mehta

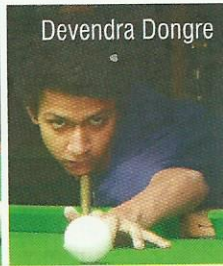
STATE NO. 2 AND 3

Billiards & Snooker:

Our members Adit Raja and Devendra Dongre became No. 2 & 3 rank respectively in Maharashtra Sub Junior Snooker category, in the tournament held at The Malabar Hill Club Maharashtra State Selection Tournament 2012.



Adit Raja

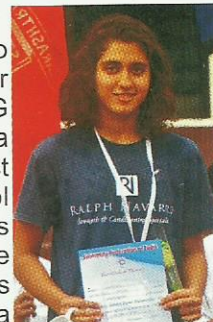


Devendra Dongre

GAURI SHINES AT SCHOOL NATIONALS

Swimming Pool:

Gauri Desai who trains with her sister Kanchi at JVPG earned a gold and a bronze at the just concluded School Nationals conducted by the School Games Federation of India at Pune. Gauri began her age group career at age 9, when she won her first gold at the sub junior nationals in 2004. She has since stood on the national championship podium every year these past 9 years and was happy to sign off her junior career with another gold medal winning swim at this meet in the 200 IM. Kanchi missed these nationals due to an unfortunate bout of Dengue!



Gauri Desai

Diwali Fireworks 2012

JVPG Club organised the traditional Diwali Fireworks at the M.M. Grounds on 11th Nov. A large gathering of members and residents turned up to watch the fireworks. President Rajesh Shah and Hon. Jt. Secretary Ojas Dave ignited the Jumbo flower pots.



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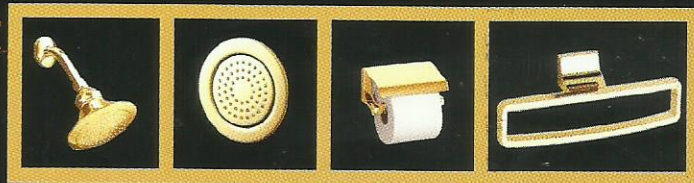
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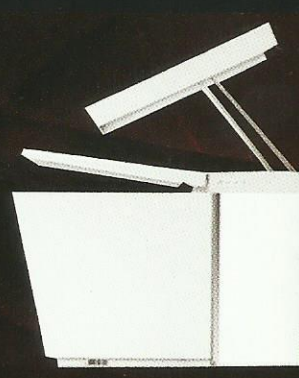
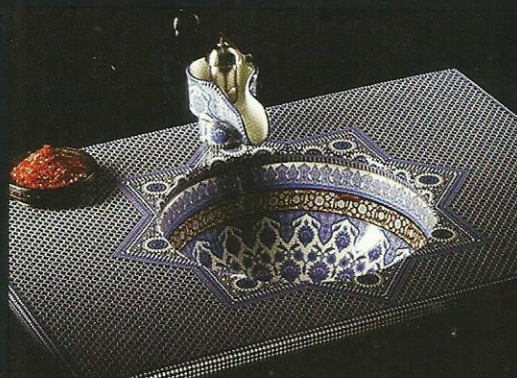
- Physical Vapor deposition (PVD) is fundamentally a vaporization coating technique, involving transfer of material at an atomic level.
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