

FRESH FROM THE OVEN

Ever felt like just waking up to freshly baked breads & hot buns with a dollop of butter & jam by the side with freshly brewed coffee waiting for you to wash down your morning meal... *by Mahek Shringhey*



An English style continental fare including breads, sandwiches, confectionary and dessert is not found very often in your daily diet and are only restricted to business meetings and formal gatherings. But the goodness of baked goodies shouldn't be a narrowed option cordoned to rare occasions. For that reason, here is a list of the best bakeries and confectionary places in Juhu for you to go select your fare from.

Bombay Baking Co.

Address: Ground Floor, JW Marriott Hotel, Juhu, Mumbai

Contact: 66933399, 66933000

A relatively steeply priced joint, Bombay Baking Co. or 'BBC' lives up to the expectation of offering a 5 star experience in a 5 star hotel. Ensconced on the ground level of the JW Marriot hotel, BBC has a friendly staff and great food to offer. Known for it's Bagels, Doughnuts and sandwiches, they also stock imported energy drinks, sping water and areated drinks all of which are reasonably priced. However, the milkshakes are definitely worth a try and patrons swear by the chocolate milkshake. And to top it all off, not only is there wi-fi service and a small book store but its also open 24 hours a day to serve your cravings at any given time.



Sweet Tooth Bakery & Confectionary

Address: 27/3, Rupal Town Houses, N.S. Road No.9, Juhu, Mumbai

Contact: 9619720222

This company provides home delivery service for confectionary made to order as per your requirements. Well known for their delectable cakes, desserts, health cookies (original oat, 7grain, ginger nachhni, wheat) and chocolates



(mint, butterscotch, almonds, fruit n nut, orange, dark chocolate, rice krispys), the sweet tooth bakery and confectionary is open 24 hours and even has eggless and sugar free options.

In case you want to experiment and try your hand at baking your own confectionaries, here's a few things you can start off with on your own.

SIMPLE WHOLE WHEAT BREAD

Ingredients:

710 ml warm water (110 degrees F/45 degrees C)

14 g active dry yeast

80 ml honey

685 g bread flour

45 g butter, melted

80 ml honey

20 g salt

420 g whole wheat flour

30 g butter, melted



Directions: In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until 'big and bubbly' in appearance. Mix in 3 tablespoons melted butter, 1/3 cup honey, and salt. Stir in 2 cups whole wheat flour. Flour a flat surface and knead with whole wheat flour until not real sticky - just pulling away from the counter, but still sticky to touch. This may take an additional 2 to 4 cups of whole wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled. Punch down, and divide into 3 loaves. Place in greased 9 x 5 inch loaf pans, and allow to rise until dough has topped the pans by one inch. Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes; do not over bake. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard. Cool completely

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QUICK AND EASY CROISSANTS

Ingredients:

½ cup water
1/3 cup evaporated milk
1 egg, room temperature
1-1/2 teaspoons salt
3 Tablespoons sugar
3 cups bread flour
2-1/4 teaspoons Active Dry Yeast
3 Tablespoons butter, room temperature

Directions: these are the various ways of making croissants given the variety of appliances people have at home.

Bread Machine Method

Have liquid ingredients at 80 degrees F and all others at room temperature. Place ingredients in pan in the order specified in your owner's manual. Select dough/manual cycle. Do not use the delay timer. At the end of the last kneading cycle, press STOP/CLEAR, remove dough and proceed with rising, shaping, and baking instructions. Check dough consistency after 5 minutes of kneading, making adjustments if necessary.

Mixer Methods

Combine yeast, 1 cup flour and other dry ingredients. Combine water and milk; heat to 120 to 130 degrees F.

Hand-Held Mixer Method

Combine dry mixture, liquid ingredients, and butter in mixing bowl on low speed. Beat 2 to 3 minutes on medium speed. Add egg; beat 1 minute. By hand, stir in enough



remaining flour to make a firm dough. Knead on floured surface 5 to 7 minutes or until smooth and elastic. Use additional flour if necessary.

Stand Mixer Method

Combine dry mixture, liquid ingredients, and butter in mixing bowl with paddle or beaters for 4 minutes on medium speed. Add egg; beat 1 minute. Gradually add remaining flour and knead with dough hook(s) 5 to 7 minutes until smooth and elastic.

Food Processor Method

Put dry mixture in processing bowl with steel blade. While motor is running, add egg, butter, and liquid ingredients. Process until mixed. Continue processing, adding remaining flour until dough forms a ball.



Rising, Shaping, and Baking

Place dough in lightly oiled bowl and turn to grease top. Cover and refrigerate for 2 hours. Place dough on floured surface and knead about 6 times to release air bubbles. Divide into 3 parts. Roll each part into a 14-inch circle. With a sharp knife, cut into 8 pie-shaped wedges. Starting with wide edge, roll each wedge toward the point. Place on ungreased cookie sheets, point side down, and curve into crescent shape. Cover; let rise until indentation remains after touching. Combine 1 slightly beaten egg and 1 tablespoon water; brush croissants with egg mixture. Bake in preheated 350 degrees F oven 15 to 18 minutes or until golden brown. Remove from cookie sheets and cool.

BUTTERY SOFT PRETZELS

Ingredients:

1 teaspoon white sugar
5 cups all-purpose flour
½ cup white sugar
1 ½ teaspoons salt
½ cup baking soda
4 cups hot water
1 tablespoon vegetable oil
4 teaspoons active dry yeast
1/4 cup kosher salt, for topping
1 1/4 cups warm water (110 degrees F/45 degrees C)

Directions: In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand until creamy, about 10 minutes. In a large bowl, mix together flour, ½



cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix and form into a dough. If the mixture is dry, add one or two tablespoons of water. Knead the dough until smooth, about 7 to 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1 hour. Preheat oven to 450 degrees F (230 degrees C). In a large bowl, dissolve baking soda in hot water. When risen, turn dough out onto a lightly floured surface and divide into 12 equal pieces. Roll each piece into a rope and twist into a pretzel shape. Once all of the dough is all shaped, dip each pretzel into the baking soda solution and place on a greased baking sheet. Sprinkle with kosher salt. Bake in preheated oven for 8 minutes, until browned.

CINNAMON ROLLS (recipe without yeast)

Ingredients:

Rolls:

½ teaspoon salt
1 1/4 cups buttermilk
½ teaspoon baking soda
1 1/4 teaspoons baking powder
2 Tablespoons white granulated sugar
6 Tablespoons unsalted butter, melted
2 ½ cups all purpose flour, plus extra for the counter



Cinnamon Filling:

3/4 cup packed dark brown sugar
1/4 cup white granulated sugar
3 teaspoons cinnamon
1/8 teaspoon salt
1 Tablespoon unsalted butter, melted

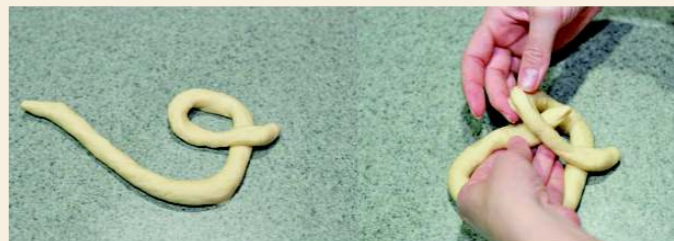
Cream Cheese Frosting:

8 oz cream cheese
½ cup butter
1 teaspoon vanilla
3 cups confectioner's sugar
1 Tablespoon milk

****To make frosting, mix all ingredients until smooth.**



Directions: Preheat the oven to 425 degrees F. Generously coat a 9 inch round cake pan and a wire cooling rack with vegetable oil spray. Make the filling: combine together the brown sugar, 1/4 cup granulated white sugar, cinnamon, salt, and the 1 Tablespoon melted butter until the mixture resembles wet sand. Make the dough: In a large bowl, whisk together the flour; 2 Tablespoons white granulated sugar, baking powder, baking soda, and salt. In a separate bowl, whisk the buttermilk and 2 Tablespoons of the melted butter together. Stir the buttermilk mixture into the flour mixture with a wooden spoon until absorbed, about 30 seconds. The dough will look shaggy. Turn the dough out onto a generously floured counter and



knead until smooth, about 1 minute. Press the dough out into a 9 by 12 inch rectangle using your hands. Brush the dough with 2 Tablespoons melted butter. Sprinkle the dough evenly with the filling, leaving a 1/2-inch border. Press the filling firmly into the dough. Loosen the dough from the counter using a bench scraper or a metal spatula. Starting at a long side, roll the dough, pressing lightly, to form a tight log. Pinch the seam to seal. Slice the dough into 8 even pieces. Place the slices in the greased pan. Brush with the remaining 2 Tablespoons melted butter. Bake until the edges are golden brown, 20-25 minutes. Use a knife to loosen the buns from the pan. Flip the buns out onto the prepared wire rack, then turn buns upright and let cool for 10 minutes before frosting with cream cheese icing. Prepare the icing while rolls are cooling.

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છૂટાછેડા: સહેલા હોવા જોઈએ કે અધરા ?

- દીપક સોલિયા



પાક્કા ઘડા આપસમાં ટકરાઈ-ફૂટીને છેવટે વેરવિબેર ઠીકરાં થઈ જાય એના કરતાં બેયને છૂટા પડવાની છૂટ આપવામાં ખોટું શું છે ? જેમ વેદના અંતે વેદાંત હોય એમ ઝઘડાને અંતે ઝઘડાંત (છૂટાછેડા) હોય એમાં વાંધો શું છે ?



એક ચેતવણી: આ લેખ છૂટાછેડાની હાલતી તરફેણથી ગંભીર વિરોધ તરફ આગળ વધશે. પછી કહેતાં નહીં કે કહ્યું નહોતું. સરવાળે કોઈ પણ લગ્ન સાવ સહેલું નથી હોતું. છૂટાછેડાનો વિચાર ક્યારેક તો સૌને આવે.

ચડાવવા મથે... આવમાં, પાક્કા (બાય ઓલ મીન્સ પાક્કા) ઘડા આપવામાં ટકરાઈ-ફૂટીને છેવટે વેરવિબેર ઠીકરાં થઈ જાય એના કરતાં બેયને છૂટા પડવાની છૂટ આપવામાં ખોટું શું છે ? જેમ વેદના અંતે વેદાંત હોય એમ ઝઘડાને અંતે ઝઘડાંત (છૂટાછેડા) હોય એમાં વાંધો શું છે ? કદાચ આપું બધું વિચારીને કેન્દ્રના મંત્રીમંડળે છૂટાછેડા વધુ સહેલા બનાવતા સુધારાઓને હાલમાં લીલી ઝંડી આપી. એમાંના મોટા ભાગના સુધારા તો તરત સહમત થઈ શકાય તેવા છે



(જેમ કે, ન જ બનતું હોય તો છૂટા પડી શકાય, લગ્ન પછી પતિએ કમાયેલી સંપત્તિમાં પત્નીનો પણ હક ગણાય, દત્તક સંતાનોને સગાં સંતાન ગણવા વગેરે). પણ એક સુધારો એવો સુચવાયો છે કે કોર્ટમાં છૂટાછેડાનો કેસ દાખલ થયા બાદ પરાણે, પરજિયાત છ મહિનાથી માંડીને બે વર્ષ સુધીનો ફેરવિચારણાનો (વેઈટિંગ પીરિયડનો) સમયગાળો માથે મારવો જરૂરી નથી. જજસાહેબને જો યોગ્ય લાગે તો એ પતિ-પત્નીને વધારાની રાહ જોવડાવ્યા વિના ફટાફટ છૂટાછેડા આપી શકે એવો સુધારો મંત્રીમંડળે સૂચવ્યો છે. પહેલી નજરે આ સુધારો આવકારદાયક લાગી શકે, કારણ કે બે દુખિયારા ખાસ્તું બાખડ્યા પછી, સ્વર્ગમાં નક્કી થયેલું લગ્ન ધરતી પર નર્કનો અનુભવ કરાવનારું લાગ્યા પછી ત્રાસીને માંડ કોર્ટના દાદરા ચઢે ત્યાં વળી નર્કમાં રહેવાનો સમય કોર્ટ નવેસરથી વધારી આપે એ કેવું ? માટે, સુધારો આમ તો સારો છે, પણ એનું ટાઈમિંગ ખોટું છે. વાત જાણે એમ છે કે હવે ઓછી ધીરજનો જમાનો જોર પકડી રહ્યો છે. બિચારી નવી પેઢી નવો સેલફોન પણ છ મહિનાથી વધુ પેઢી નથી શકતી. હવે જેમ જેમ જમાનો આગળ વધશે તેમ સાવ નાની વાતે, ઝાઝી ધીરજ દાખવ્યા વિના, લગ્નના થોડા મહિનાથી



બુદ્ધ પેલી સ્ત્રીને એવા માણસનું પહેરણ લાવવા કહેલું જેણે દુઃખ કે મોત ન જોયું હોયુ. એને બદલે જો એમ કહ્યું હોત કે જા, એવા પુરુષનું શર્ટ કે એવી સ્ત્રીનું બ્લાઉઝ લઈ લઈ આવ, જેને દસ-વીસ-ત્રીસ વર્ષના લગ્નાબ્રુવનમાં એક પણ વાર છૂટાછેડાનો વિચાર ન આવ્યો હોય... તો લખી રાખો, પેલી બાઈ ખાલી હાથે પાછી આવી હોત. છૂટાછેડાનો વિચાર મોટા ભાગના કિસ્સામાં તો એક રાતની ઊંઘ બાદ ઠરી જતો હોય છે. મુદ્દે, સ્ત્રી અને પુરુષ વચ્ચે રસના વિષયોથી માંડીને જીવન પ્રત્યેના અભિગમમાં જિનેટિકલ ફરક હોવાને લીધે નર-નારી વચ્ચે કેટલીક નોર્મલ (અને કંઈક અંશે રસિક) ટકાટકી તો થતી જ રહેવાની. વણી, મા-બાપ-ભાઈ-બહેન... આ ચાર કેટેગરીના લોકો સાથે પહેલેથી



પનારો પડતો હોવા છતાં, એકમેકના સ્વભાવની વિપરિતતાઓને ખમી લેવાની-બહેન સાથેના સંબંધ વણસવાના બનાવો બનતાં હોય તો પછી, જેની સાથે નાનપણથી પનારો નથી પડ્યો એવા, સોળે સાન અને વીસે વાન આવી ગયા પછી જીવનમાં પ્રવેશનારા 'જીવનાસાથી' સાથે આજીવન ટકવાનાં કોઈને મુશ્કેલી પડે તો અમાં ચોંકવા જેવું શું છે ?

હવે તો લગ્નની વય પણ વધુ ને વધુ મોડી થતી જાય છે. ઘડા ખાસ્સા પાક્કા થતા પછી પરણે છે... પછી બેય ઘડા એકમેકને નવાં કાંઠા

માંડીને એક-બે વરસમાં જ છૂટાછેડા માગનારાઓનું પ્રમાણ સતત વધવાનું. કશુંક ન ફાવે કે તરત એને ફગાવી દેવાની વૃત્તિ (ચટ ઝઘડા, પટ છૂટાછેડાની નીતિ) હવે જ્યારે વકરી રહી છે ત્યારે, છૂટાં પડતાં પહેલાં થોડો સમય જરા શાંતિથી વિચારો... લગ્ન ટકાવવા જરા ટ્રાય તો કરો... એવું કહેવાની જરૂર હવે વધુ પડવાની. આવમાં, ધીરજ માટેની જોગવાઈ કાયદામાં ન હોય તો સામે ચાલીને ઉમેરવાનો સમય પાકી રહ્યો છે. એને બદલે અહીં તો લાગુ થયેલી જોગવાઈ નાખૂદ કરવામાં આવી રહી છે. રોંગ ટાઈમિંગ...



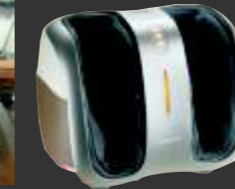
છૂટાછેડા સરવાળે અત્યંત પીડાદાયક બાબત હોય છે. પતિ-પત્નીને ઊંડા જતમ પહોંચાડતી આઘટના બાળકોને સો સાવ જ વાંક વિના પીંખે છે. માટે, છૂટાછેડાની બચવા માટેના એક અમોઘ શસ્ત્ર વિશેની થોડી વાત જરૂરી બની રહે છે. બહુ જાણીતું, પણ ઓછું વપરાતું એ શસ્ત્ર છે આત્મખોજનું. છૂટાછેડા લેતાં પહેલાં નિષ્કાપૂર્વક જાતની ભૂલો જોઈ જવા જેવી ખરી. સામેની પાર્ટી ખરાબ છે એવું કહેવું આસાન છે, પણ પોતાનું શું ? મોટા ભાગના કિસ્સાઓમાં બેય પક્ષો આત્મપરીક્ષણ

કરતાં દોષારોપણ કરવામાં વધુ રસ ધરાવતા હોવાને લીધે મામલો છૂટાછેડા સુધી પહોંચે છે. સામાન્ય રીતે છૂટાછેડા લેનારાઓને સામેના પાત્રમાં એટલી બધી ખરાબી દેખાતી હોય છે કે એ ખરાબીઓ વિશે તો ઓ પીએચ.ડી.ની થીસિસ જેટલું લાંબુ અને વિશદ બોલી-લખી શકે. બન્ને પક્ષ સામેની વ્યક્તિના ઍંગલથી સમસ્યાને જોવાનું ટાળે છે. ધૂમકેતુએ સદાબહાર વાર્તા 'પોસ્ટઓફિસ'માં અમસ્તું નહોતું કહ્યું કે 'મનુષ્ય પોતાની દ્રષ્ટિ છોડી બીજાની દ્રષ્ટિથી જુએ તો અરધું જતત શાંત થઈ જાય.' માટે, જે લોકો ગંભીરપણે છૂટાછેડાનું વિચારતા હોય તેમણે કમસે કમ બળકો ખાતર... આખી વાતમાં નવાણિયાં સંતાનો ન ફૂટાઈ જાય એટલા માટે, આત્મપરીક્ષણ અધરું છતાં અકસીર શસ્ત્ર અજમાવી જોવા જેવું ખરું. સામેની પાર્ટીમા વાંક શોધવામાં શક્તિ ખર્ચવાને બદલે પતિ કે પત્ની કે બન્ને પોતપોતાના વાંક વીણી વીણીને જાનતે સુધારવાની મહેનત કરે તો જગતનો પેલો નિયમ એમને મદદ કરી શકે. એ નિયમ છે: આપ ભલા તો જત ભલા. સાચું આત્મપરીક્ષણ બધા નહીં તો પણ છૂટાછેડાના અડધા ટકા કિસ્સા તો અટકાવી જ શકે... ન અટકાવી શકે ? શું કહો છો ?



HEALTH CLUB

RECENTLY ADDED



uSqueez Fit from
M/s. OSIM (Feet Massage m/c)



Olympic Bar from M/s. Cardio Fitness

STEX 525T TREADMILL FOR DEMONSTRATION



STEX 525T TREADMILL was kept for demonstration at the Health Club Cardio section from 13th April to 2nd May 2012. All the members who practiced on this machine were satisfied and have good opinion regarding the performance of machine.

COMING SOON

OLYMPIC DECLINE BENCH



COMBO INCLINE



FORTHCOMING EVENTS

11th
May 2012

TABLE TENNIS INTER CLUB TOURNAMENT

Table Tennis Inter Club Tournament is starting from 11th May 2012 for the II, III & IV Division on Home and Away basis. First Division & Women Leagues will be held at JVPG Club from 19th to 22nd May. The finals of III & IV Division will held at our club on 22nd May followed by prize distribution ceremony.

12th
May 2012

SENIOR CITIZEN - BAR NITE

Sr. Citizen Forum presents Retro Bar Nite on 12th May 2012 at Activity Hall 8 pm onwards. Contact Member Service Desk for details.

13
May 2012

"KNOW YOUR KIDNEYS" LECTURE BY DR. ARUN SHAH

Lecture by Dr. Arun Shah on 13 May 2012 at Orchid Hall Dr. Arun Shah is a consultant nephrologist at Lilavati Hospital & Bharatiya Arogyanidhi Hospitals and will give a lecture on "Know Your Kidneys" at 10.30 a.m. at Orchid Hall.

13th
May 2012

LAWN TENNIS TIN & BOTTLE TOURNAMENT

Lawn Tennis Tin & Bottle Tournament on 13th May 2012. Start from 8.00 am onwards.

May 2012

LAWN TENNIS COACHING MORNING SESSION FROM 2ND WEEK OF MAY

Tennis Coaching batch in the morning session is to be started from May 2nd week from 10.30am onwards. Registration forms are available in the Tennis department and Member Service Desk.

15th
May 2012

TABLE TENNIS REGULAR COACHING CAMP

Start from 15th May 2012. Coach: Subodh Goregoanker For regi. Contact TT Dept. or Member Service Desk.

10
June 2012

SWIMMING HOME GALA WITH ADDED ATTRACTION OF WATER TELEGAMES

The Swimming Home Gala will be held on 10th June 2012 with competitions in 34 events and added attraction of Water Telegames for children.

20th
June 2012

LADIES BAR NITE

Bar & Catering Sub. Comm. presents Ladies Bar Nite at Activity Hall 9 pm onwards. Contact Member Service Desk for details.

22
June 2012

Sr. Citizen Forum Presents LECTURE BY PADMASHREE ANANDJIBHAI

Lecture by Padmashree Ananajibhai famous musician duo Kalyanji Anandji at Jasmine Hall 6.30 pm onwards Contact Member Service Desk for details.

10 to 17
June 2012

BILLIARDS & SNOOKER HOME TOURNAMENT

Billiards & Snooker Home Tournament will be held from 10th to 17th June. There will be 4 categories:

1. Billiards Open Category
2. Billiards Handicap Category
3. Snooker Open Category
4. Snooker handicap category

Entry forms will be available at the department and Member Service Desk after 15th May 2012.

SUMMER COACHING CAMP

AT JVPG CLUB

Cricket Summer Coaching Camp started from 18th April and will end on 31st May. Closing ceremony on 1st June 2012.

Swimming Summer Coaching Camp started from 16th April & will end on 15th June having 4 session of 15 days each.

Table Tennis Summer Coaching Camp started from 18th April and ended on 3rd May 2012.

Lawn Tennis Regular Coaching started from 1st April 2012. This session will end on 30th Sept. 2012.

ACHIEVEMENT

CRICKET: In the month of April JVPG Cricket Team won 2 friendly matches.

1. On 8th April 2012 JVPG Club defeated Khar Gymkhana by 2 wickets.
Score: Khar Gymkhana 165/7 in 25 over. JVPG Club 169/7 in 21.1 over.
2. On 29th April 2012 JVPG Club triumphed over Chembur Gymkhana by 125 runs.
Score: JVPG Club 319/8 in 35 over. Chembur Gymkhana 195 allout in 24 over.



TABLE TENNIS

LAWN TENNIS
(Regular Coaching)

SWIMMING POOL



PROMOTIONS MAY 2012



J. W. BLACK LABEL

Buy 2 large peg, take home 1 Black Label miniature free

KETEL 1 VODKA

Buy 1 large peg, take home 1 Smirnoff miniature free

ROWSONS RESERVE

Buy 2 large peg, take home 1 Rowsons miniature free

BLACK & WHITE

Buy 2 large peg, take home 1 Smirnoff miniature free

TEACHER'S HIGH LAND CREAM OR TEACHER'S ORIGIN

Buy 2 large peg, take home 1 Teacher's Origin miniature free

Till Stocks Last

uDivine Massage fit for a King

The world's 1st Human-3D Massage Chair

Enjoy the best of OSIM uDivine's Lifestyle Massage Programmes designed by Chiropractic Massage Expert, Sato Tsuyoshi.



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it's products at
Inorbit Malad from
5th to 18th
June, 2012

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Protect your family from
Air Pollution,
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drum-
massage
for your
neck &
shoulders



uSqueez Fit

calves • ankles • feet



Triple treat of kneading, vibration
and rolling reflexology massage



Personalised massage
for weary calves, ankles and feet

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Transform your ordinary chair, sofa or car seat
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*Terms & Conditions apply

Live demo @ Linking Road showroom santacruz (w) Mumbai.

Showroom:- No- 3, Plot no - 65D, Amrit Bhavan, Linking Road Santacruz (W) Mumbai Ph : 022-26049086, Mob: 09930682333, 9619857875, email: santacruz@osimindia.com.

Showroom:- G-17, G. Flr, R - City Mall, Ghatkopar Mumbai, Ph : 022-25175150 Mob:- 9167301113 09833200533, email: rcity@osimindia.com

Showroom :- 305 3rd Flr, Atria Mall, Dr Annie Basant Rd, Worli, Mumbai, Ph - 022-67363324, Mob- 9167301112/9920089444, email: atria@osimindia.com

Home Stop :- InOrbit Mall, 2nd Floor Malad Mumbai, Mob : 09619857872/73

Home Stop :- InOrbit Mall, 2nd Floor Vashi Mumbai, Mob : 09833200533.

Kiosk : Phoenix Market City Mall, Kurla, Mumbai. Mob: 9619857872 / 9833200533

Selected Croma Stores, Servicing: 9619857872/75/77, Dealers inquiry : 9619857872/75

Head Office / Corporate Showroom: OSIM India - A Division of Paramount Surgimed Ltd., 1, L.S.C., Okhla Indl Area, Phase-II, New Delhi - 110020
Tel: 011-46436631/32, Fax: 011-41616555, email: sales@osimindia.com, www.OSIM.com



ARE YOU READY FOR SUMMER?

Before you hit the pool or down that bottle of chilled water, read this check list of things to make sure you and your body are ready for summer...

Mumbai's unbearable heat has got us all in a whiny and crabby mood but summer is also the perfect excuse to spend all day by the pool or treat yourself to a day of pampering at the spa. It's that time of the year when we happily ditch our woollens and full sleeves to bring out the tank tops and swim wear. But before you hop skip and jump to the pool or beach just yet, make sure your body is summer ready. We compile a quick check list for you to ensure your body is prepared for some serious summer fun.

HAIR

Manage frizz: Each of us face dry, drab, split, brittle, frizzy and ragged hair ends in the summer months. This is not only because of the sun and hot temperatures but also because our hair follicles are thirsty and lacking moisture. Do manage frizz, limit your use of hair chemicals such as bleach, hair colour, relaxers and chemical straighteners. Applying jojoba oil to the ends of your strands will help soften them. Another thing you can do to control frizzy hair is to have your ends trimmed every 4-6 weeks during the summer months.

No hot stuff: The sun is enough to cause damage to our hair, why put them through more torture by exposing them to hot items such as blow dryers and curling irons. Limit your use of these hot items during summer as much as possible.

Shampoo less: You may think that during summer, you need to shampoo all the more because of the sweat and dirt. You couldn't be more wrong. Washing your hair robs it of its natural oils leaving it dry. Don't shampoo every day rather make it a alternate day routine and never forget the leave-in conditioner in these hot months!



FACE

Perfect glow: It can get difficult to have your face glow in summer with all the heat, dirt and pollution but it's not impossible. To get your skin to have a constant natural glow, up your intake of vitamins A and C that are found in all kinds of fruit. These vitamins help your body manufacture collagen, the substance that keeps skin supple. And as the rule of thumb goes, continue to drink tons of water.

Massage: There's never a better time than summer to visit the spa and pamper yourself to a relaxing facial massage. It can work wonders in relaxing and nourishing the tissue beneath the skin, thus creating a healthy and natural glow.

Sun times: Know which times of the day are best for you to venture out. The morning and evening sun is the kindest but at other times, stay in the shade or wear a wide-brimmed hat. Remember that the rays of the sun are the most harmful between 10am and 4pm.

ARMS

Discoloured areas: Dark elbows and arm pits can be quite an embarrassment especially when you're going to be spending most of your day in the pool. To get rid of dark elbows, rub lime juice over them. Use a loofah but be gentle and use circular motions rather than scrubbing up and down. Excess sweat darkens our arm pits as it contains uric acid which causes discolouration. To avoid this, start keeping your armpit hair trimmed at all times and make it a rule to apply talcum powder. The powder will work at absorbing the extra sweat and make you less susceptible to getting dark skin.



Arm pimples: If you thought pimples were only limited to the face, think again. Many people are troubled by arm pimples or small bumps on the back of their arms. We generally forget to give enough attention to our upper arms and the primary cause for these bumps is dry skin. Skin on the upper arms is prone to collect dead cells, which in turn clog the follicles, thus leading to these little bumps. The first thing you should try is scrubbing with a loofah, either before or during your shower, followed by liberal moisturising. Since the pimples are usually brought on by a build-up of dead skin, simply exfoliating is all that's needed.

STOMACH

Tone up: Beach is the best place to show off your abs and toned stomach. But, how many people really have that perfect body? Losing weight can be a slow process and it takes around three months to lose fat. But don't worry, even if you didn't start working out during the winters, you still have hope. You can start by doing abs and crunches every day. This may not give you the desired six packs but will somewhat tone your abs muscles. A lot of bloating is also caused by water retention. Watch what you are eating and try to stay away from alcohol, aerated drinks and salt. **Hair removal:** Women can either wax, shave or use an epilator to get rid of hair around the navel. Waxing is the best option but if you prefer shaving then do it a night before hitting the beach as the salty water can cause skin irritation. Whatever, happens stay away from bleaching, as the golden hair will really stand out on your tanned body. Men don't have to shy away from removing hair from their body. A hairless, dark tan skin can really up your sex appeal. Also your muscles will look more defined without the hair.

Skin appearance: Invest in a self-tanning lotion or spray as tanned body shows off more muscle definition and gives you the appearance of looking leaner. Also a tanned skin looks great against your bathing suit.



BACK

Exfoliate: Before getting into your bathing suit, don't forget to exfoliate your back. This will help you get rid of the dead cells and make your back look smooth and sexy. You rub a tinted lotion on your back to give it a glow.

Hair removal: Guys, a little hair on the chest is acceptable but if you have hair growing on your back and shoulder, you have to get rid of it! It looks plain gross!




LEGS

Cellulite: Most women complain about the cellulite found on the lower body just below the buttocks. Cellulite is ripples of fat cells subcutaneous connective tissue under the skin which can make you look and feel very bad. There's no quick way to get rid of this, but things can get better if you avoid intake of caffeine, alcohol, highly saturated fats and instead drink a lot of water and eat fruits.

Hair Removal: Hair from your legs and bikini area have to be gone before you get into your bikini. You can wax, shave or use an epilator. Waxing would be a good option as it will last you for a good 15 days. A rain forest growing is a big no!

Skin appearance: Exfoliate your legs with sugar or salt scrub to remove dead cells. Apply moisturising lotions twice a day to keep your skin looking hydrated and smooth. You can also rub some tanning lotion on your legs. Paint your toenails bright and summer cool. Also ditch your heels for flip flops!





It is the mind that makes the body healthy. Mind is taught to drain any unrequited thoughts, and it is trained for positive thinking and constructive visualization.

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Workshop is based on the work of bestselling author Louise L. Hay, experiential inputs by Asma D'souza. For workshop details log in to www.personally.co.in. For Life Coaching and registrations call 9833 958 471

Life Coaching is more personal and intense sessions

Heal Your Life
WORKSHOPS & LIFE COACHING

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- * Are you contemplating major changes and do not know where to begin?
- * Do you want to use the principles of positive thinking to attract success?

This is where I come in. As a Certified Life Coach, I help people reduce stress and navigate change to achieve extraordinary results. Coaching sessions are typically 1-hour long, 3-weeks per month for a 3-month minimum commitment and can be conducted by phone or in person

Some use it religiously while some have no clue why it's important. Here is all you need to know about sunscreens...

Summer is here and the supermarkets are flooded with hundreds of sunscreens, all promising and claiming better results than the other — leaving us utterly confused. Besides, sunscreen is something we cannot afford to compromise on as it protects the largest organ of our body — our skin! We answer a few basic questions about sunscreen and clear all your queries...



Out of the many sunscreens available in the market, how does one pick the most suitable?

Be careful not to give much attention to the attractive labels



that promise complete protection from the sun. Some makeup products like face powders, foundations, lipsticks, lip gloss and the like include sun protection with SPF. Picking among these products can be tricky. Pay attention to the active ingredients listed on the product package information. Sunscreens ideally should contain zinc and/or titanium as their active ingredient, less oxybenzone, benzophenones, PABA and other similar potentially harmful ingredients.

What is SPF and what do the different values indicate?

SPF rating indicates the amount of skin protection the particular sunscreen can give for a certain amount of time. Thus, higher the SPF, the greater the protection. SPF 15 offers solid coverage but needs to be reapplied every 2 to 3 hours whereas SPF 80 stays strong all day long. Ideally, it's best not to pick any SPF number less than 15 as they don't block 100% of the sun's rays.



Do different skin types need different sunscreens?

For oily skin, oil-free (water-based or powdered) sunscreens are convenient. For dry skin, a sunscreen with a moisturiser or oily sunscreen may be appropriate. Alcohol-based sunscreens should be avoided. For sensitive skin, alcohol free, fragrance free and purely physical sunscreens (containing only zinc oxide or titanium oxide as an active ingredient) are appropriate.

How do sunscreens help?

Sunscreens work by absorbing, scattering or reflecting sunlight off your skin. Organic chemicals found in sunscreen such as para aminobenzoic acid (PABA) and oxybenzone, absorb the sun's ultraviolet rays before they have a chance to penetrate deeply into the skin. Other chemicals, namely zinc oxide or titanium oxide, are reflective particles that reflect incoming ultraviolet radiation away from the skin.

What are the effects of not using sunscreen?

Besides emitting visible sunlight, the sun also emits non-visible ultraviolet (UV) rays. Exposure to UV-B rays may cause sunburns and skin cancer through a damage of DNA in the skin cells. Whereas exposure to UV-A rays may result in photo-aging such as skin wrinkling, age spots (hyper-pigmentation), freckling, visible capillaries and loss of skin elasticity through the breakdown of connective tissue in the skin. Ingredients in sunscreen either absorb or reflect UV rays thus preventing them from reaching the skin.



From what age does one need to start applying sunscreen?

Anyone after the age of one who is exposed to intense sunlight even if only for 10 minutes needs to use a sunscreen. Anyone who is repeatedly exposed to the 'normal' sun for long periods of time should also use sunscreen.

Do men need sunscreen as well?

Men often don't think about using sunscreen as they've always been portrayed as tanned and dark but the sun is a very harsh and damaging agent to your skin and prolonged exposure to the dangerous UVA and UVB rays can actually cause skin cancer in the long run. It is also a premature aging factor and the common cause of facial wrinkles. It is necessary for men to apply sunscreen too.

Is sunscreen applied only on one's face?

Sunscreen must be applied generously on all exposed skin & should be re-applied often, ideally after every two hours.



MARRIED DAUGHTER'S MEMBERSHIP

LAST DATE EXTENDED TO 30TH JUNE 2012

Members Daughters (Married) membership has received an enthusiastic response. Already over 85 member have availed of this scheme.

Those daughters who failed to apply for membership before their marriage are eligible to apply for membership under this category.

There is no time limit for application under this category. Irrespective of the years of marriage the member can apply for his/her daughters membership. provided the membership of the main member is valid and in good standing. Further more the children, grandchildren of such

married daughters will also be eligible to apply for membership subsequently (under prevailing rates and rules of the club).

There is however a late fee for this category which is based on the number of years since marriage took place.

Please contact the Member Service Desk for details.



3 YEAR TERM MEMBERSHIP NOW OPEN 1 YEAR TERM MEMBERSHIP ALSO CONTINUES

This year the AGM has approved membership for the period of 3 years under a special membership category of Term Membership. This membership is in addition to the 1 year membership now being offered.

The rates are as follows

- a) **1 Year Term membership:** Rs 1.25 lacs plus taxes.
- b) **3 Year Term membership:** Rs. 3.00 lacs plus taxes.

The membership allows the member, spouse and 2 children under 18 to utilise the clubs facilities for 1 & 3 years respectively. If the children are above 18 but below 25, (then within the overall limit of 2 children) they are permitted to use the club on

payment of an additional annual fee of Rs. 25,000/- per such child.

Annual membership and departmental fees are payable as applicable to all members.

The membership carries no voting rights, is not transferable & cannot be renewed. However the person may reapply for fresh membership at terms & conditions prevailing at that the time of application.

Other terms and conditions apply.

Contact Members Service Desk for details.



ACHIEVEMENT - GAURANG BHATIA



Gaurang and Ramesh Krishnan

Any regular visitor to the tennis court of JVPG club would never miss seeing the genial Gaurang Bhatia out on the courts early morning. Playing for Elite at the TCS corporate tennis tournaments at Bombay Gymkhana recently, he helped the team to top the group and then beat Air India before finishing runners up just behind Bombay Gymkhana. Congratulations Gaurang

NEW ARRIVAL OF BOOK FOR KIDS

More than 200 titles with colourful pictures and exciting stories of mythology, saints, Indian freedom fighters and historical great leaders of India, etc which will definitely improve knowledge of kids with fun from Amar Chitra Katha is now available at our library.



CLUB CORNER



AAO SAATH SAATH GAYEIN - NOSTALGIC JOURNEY OF OLD FILM SONGS

The 17th Sr Citizen fellowship group get together was a wonderful Musical evening by the members for the members. There was a gathering of around 74 sr. citizen members. Our members Smt Pramodini Nanavati, Shri Ramesh Kanakia & Shri Rantapal Dhami

gave a wonderful start to the evening by singing beautiful melodies and were soon joined in chorus by the other members. At the end of the musical programme the members enjoyed a sumptuous dinner of seasonal menu consisting of Aam ras puri and other items.

LADIES HAD A GALA NITE HELD ON 18TH APRIL 2012 AT ACTIVITY HALL



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CLUB CORNER

2012-2013 ANNUAL & SPORTS FEES REMAINS UNCHANGED

In times where inflation is rising high and there is increase in cost. The Managing Committee has a pleasant surprise for members of the club by not increasing the Annual Fees and departmental fees across all departments. This is despite increase in cost of

labour / power all this is possible because of prudent financial management. The Club Management is committed to give the club member the highest level of product, ambience and service at an optimum cost.



JUHU VILE PARLE GYMKHANA CLUB MANAGING COMMITTEE WELCOMES



SHREE VINODKUMAR PODDAR

Nominated as Managing Committee Member as Nominee of the Jaihind Co-op Hsg. Society Vice President Rajesh Shah giving bouquet to Vinodkumar Poddar

SHREE GAUTAM BHUKHANWALA

Renominated as Managing Committee Member as Nominee of the Navyug Co-op Hsg. Society Hon. Secretary Anil Sampat giving bouquet to Gautam Bhukhanwala



FIRE FIGHTING TRAINING AT JVPD CLUB

A fire fighting training was conducted on 28th April 2012 at our club near front entry gate. Fire Fighting Training was given by Mr. Premanand Sawant of CISS. He explained in detail about various aspects of fire

and how to douse it. He also demonstrated practical use of fire extinguishers, smoke detection and fire hydrants in the event of fire. About 50 staff from Security, office and other dept. were present during this training.



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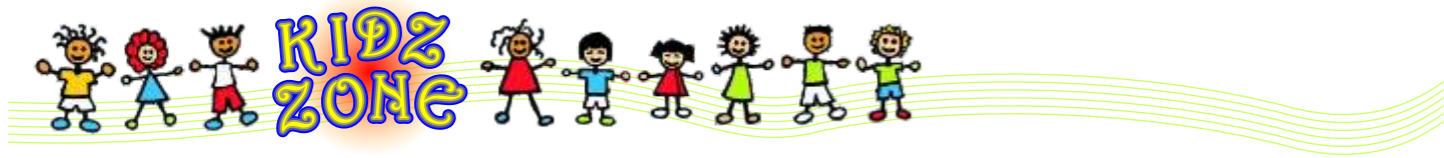
108, balaji darshan, station road, above shabari rest., santacruz (w), mumbai - 400 054.



Working Capital



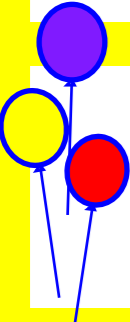
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SPECTACULAR WORD SEARCH

Find the hidden words in the search below -- you can go up, down, backwards, and diagonal. Have fun!

B	A	M	R	T	S	M	S	I	Y	N	P	Y	G	B
E	G	L	A	P	C	R	E	T	I	J	A	K	I	X
V	A	H	N	E	A	E	A	R	S	L	B	G	O	P
P	M	O	A	R	R	S	R	E	G	I	T	R	G	N
D	E	T	R	O	Y	C	T	X	N	O	A	L	U	B
R	S	P	U	B	R	F	E	L	P	I	C	E	O	W
H	A	I	C	G	I	K	V	C	R	U	N	E	S	Y
E	K	V	K	I	D	R	D	A	I	O	M	H	A	D
S	L	I	N	F	E	O	G	R	L	E	T	W	O	N
T	O	E	S	T	S	N	I	O	C	R	Y	S	H	A
Q	G	U	P	S	J	L	A	U	A	K	M	I	N	C
U	I	N	V	H	F	I	H	S	B	W	A	R	B	X
F	L	O	B	O	A	K	O	E	O	G	D	R	I	L
D	M	A	H	P	C	N	U	L	N	I	T	E	J	K
P	O	P	C	O	R	N	T	E	D	L	B	F	O	Y



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|--------------|-------------|
| FERRIS WHEEL | ICE CREAM |
| BIG TOP | OCEAN |
| CAROUSEL | GIFT SHOP |
| CANDY | SCARY RIDES |



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| TIGERS |
| ELEPHANTS |
| GAMES |