

WIC Newsletter: January 2021

President's Report



Dear Members

A new year, and a new decade, is about to dawn bringing hope for a new time of health and peace for all humanity. Armed with determination and fortitude, takeaways from the tumult of the past year, we are preparing to face fresh challenges, believing in ourselves and the world community working together in quiet resolve. We pray this will be a year of solutions - scientific, philosophical, and moral - that will cleanse our world and steer us in the right direction.

After successfully reinventing and coping with a 'new normal' in 2020, we look forward to a return to the 'old normal' in 2021. A return to meeting each other in our homes and having tea together, exchanging pleasantries, and most importantly hugging each other.

Our club year is progressing well, much better than we ever imagined. Our members have now become tech savvy and are very comfortable in the virtual world. We had been very apprehensive about it, but our fears were soon allayed.

The cookbook is progressing well, and it should go into print by the end of the month. Prama Bhandari is writing the history section, and with your help it should be done soon. It was Prama who wrote the history 25 years ago, together with Thelma Brown, it is only fitting that she should write it for our 50th year. Meanwhile, the coins are not forgotten, and the new year should see us closer to a solution.

This month we shall be visiting Gujarat with Smita Divan who has gotten together a venerable group of speakers to take us to that colourful part of India. Lakshmi Chandra has invited a scholar to take us to the temples of Chidambaram. The Cultural Kaleidoscope circle is taking us to Japanese gardens, Art & Beyond to the culture of Kashmir, and Culinary Trails to the food of France. Even though we cannot travel and take WIC trips, we are trying to fulfil our travel desires with virtual trips.

I want to share a saying by C.S. Lewis: "You are never too old to set another goal or to dream a new dream". With this I send you all good wishes for the New Year.

Anita Meattle
President

Executive Committee 2020-21

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Meet the Health & Wellbeing Circle Organisers ...



Dr Shakuntala Dawesar



Ashima Singh



Dr Ruchika Rajan

GENERAL MEETING: 3pm, 20 January

"Khusboo Gujarat ki or Vibrant Gujarat"



The January General Meeting is all about breathing in the fresh air of Gujarat. It is "*Khusboo Gujarat ki or Vibrant Gujarat*". Smita Diwan has brought for us some

never had before experiences of this beautiful state.

We will showcase the textiles of Gujarat.

Ms Mala Sinha is the co-owner of Bodhi, an environmentally friendly clothing warehouse and atelier in Baroda. She is a graduate of the National Institute of Design (NID) and is acclaimed as an accomplished designer with her own design studio and printing workshop. Mala has been awarded the seal of excellence for design innovation and craftsmanship for the last several years.



Sh Ravindra J Vasavda is an architect involved with heritage conservation, architectural practices, research, and documentation. He has been an advisor with the National Monuments Authority, Ministry of Culture, and World Resource Institute, Washington. His work preparing the nomination for Ahmedabad saw the city placed on the UNESCO World Heritage list. He will present on the stepwells of Gujarat.

Rahul Gajjar is a photographer and graphic design graduate from University of Baroda. Apprenticed in France and California in photography and digital technology, he has had exhibitions in the UK, UAE, and in Europe.



He shall be showcasing the Port of Champaner, the photography of which has been his study for the last 30 years.



Parthiv Shah is a photographer, filmmaker, and graphic designer. He has made several documentaries, curated exhibitions, and written many books. He is an

alumnus of the NID and Founder-Director of the Centre for Media and Alternative Communication (CMAC). He will discuss the intersection of art, photography, and design.

Dr Parul Shah is one of the rare combinations of performing artist, cross-cultural choreography, Bharatnatyam Guru, dance educator, researcher, and arts administrator. She has been the head of the Department of Dance, and Dean of the Faculty of Performing Arts at the University of Baroda.



She is a recipient of many prestigious awards. She will tell us much that we never knew about the art and folk performances of Gujarat.

Last Chance: Annual Membership Subscription for 2020-21 Now Overdue!!

Due to the pandemic, fees have been reduced to **Rs 2500/** for this year. Payment may be made **online or by cheque**.

ONLINE PAYMENT: WOMEN'S INTERNATIONAL CLUB, Account No: 50100075742084, RTGS/NEFT/IFSC CODE: HDFC0000003, HDFC Bank 209-214 Kailash Building 26 Kasturba Gandhi Marg New Delhi 110001.

CHEQUE PAYMENT: Cheques may be dropped off at the location below. Kindly place cheque inside envelope and label as Treasurer WIC 2020-21. This can be handed to the Security Guard. Receipts will follow by email.

Drop-off location: c/o Anita Meattle, 26-A Prithviraj Road, New Delhi -110011

You can also collect a paper copy of the **Members' Directory** from the same location.

CIRCLE MEETINGS

Art & Beyond: 11:30am, 7 January "Art of Kashmir: Weaving Pashmina Carpets"

Art and Beyond invites you to start this new year of circle meetings with art and style along with Deepak Badhwar. Deepak has revived a century old tradition which originated in Kashmir - the art of weaving Pashmina carpets.



Artist weavers painstakingly hand knot on their looms using Pashmina yarns and silk threads which have been naturally dyed. The meticulous weaving can last up to four years but in the end, they produce masterpieces. It is a unique production of Kashmir and the carpet designs depict its flora, fauna, and natural beauty.

Deepak Badhwar has been pursuing this traditional heritage. He will explain the process of these 'haute couture' carpets, how they have been innovating producing real works of art, full of life and vivid colours. Deepak loves to say: "Creating these carpets, is like artists painting on a canvas".



Circle Facilitators

ART & BEYOND

Dominique Chorosz
Smita Mankad
Midori Suzuki

CULTURAL KALEIDOSCOPE

Yuka Ando
Sunaina Suneja
Noor Anand Chawla

HEALTH & WELLNESS

Ruchika Rajan
Shakuntala Dawesar
Ashima Singh Ghatate

PERFORMING ARTS

Devika Anand
Rene Singh

BOOK CLUB

Looking for members

CULINARY TRAILS

Looking for members

Member's Choice: 3pm, 11 January "The Temple of Chidambaram"



This month's session is a Member's Choice courtesy of Lakshmi Chandra.

Madhusudhanan Kalaichelvan, an architecture graduate and a gold medallist in his Post-Graduation, specializes in conservation and architectural research. He has been an academic for around a decade, mentoring students in popular schools of architecture. He is an active heritage enthusiast; his contributions have earned him the coveted Vedavalli memorial award for outstanding service by a young achiever in

the field of south Indian heritage. He is well versed in fields of art, architecture, heritage, cultural studies, and vernacular practices.

He is also a popular speaker on a wide range of topics associated with heritage, religion, and literature. He curates and conducts tours to places of architectural & cultural interest. His website www.madhukalai.com will give you more information about his lectures and tours.

Prof Madhu will speak to us about the ancient temple of Chidambaram where Shiva is worshipped as the cosmic dancer. The temple of Chidambaram is situated some 250 km south of Chennai, about 10 km from the Bay of Bengal. We will get a fascinating glimpse into the history, architecture, and the divine spirit that makes this temple extraordinary.



Cultural Kaleidoscope: 11am, 19 January "Japanese Gardens and Mindfulness"



The Japanese Garden (Nihon Teien) is a manifestation of the Japanese people's love for nature exalted to the height of art and philosophy. For centuries, they have found a peace of mind spending time in and admiring Japanese gardens.

Among many across Japan, temples in Kyoto are known for having quintessentially exquisite Japanese gardens. Taizō-in temple, part of Kyoto's Myōshinji temple complex associated with the Rinzai school of Zen

Buddhism, is one of the renowned temples in Kyoto with such a Japanese garden.

Reverend Daiko Matsuyama, who is deputy head priest of Taizō-in temple, will guide us into the beauty of the Japanese garden for WIC members. Rev. Matsuyama is considered to be a future leader of the Buddhist

community in Japan and has earned praise as a cultural ambassador for Japan through his frequent lectures at embassies, TED talks, and other activities. His international outreach efforts have included participating in the "Inter-Faith: Run for a United World" marathon held under the patronage of the Dalai Lama, and attending the World Economic Forum in Davos.

For those who are interested in joining the program, please check out the website of Taizō-in temple beforehand (www.taizoin.com/en/).



Culinary Trails: 3pm, 27 January "Crêpes: Food of France by Pragati Mitta of L'Opéra"

Pragati Mitta is a lawyer-turned-chef. After doing her undergraduate studies in history at St. Stephen's College, she got a law degree from Faculty of Law, Delhi University. She then went on to practice law in various fields before realising that her passion lay in the culinary field. She moved to New York City to study Pastry & Baking Arts at the Institute of Culinary Education and then completed an internship at Chanson, a French Patisserie/Dessert Bar in Manhattan.

After returning to India, she worked for the Olive Group of Restaurants before joining L'Opéra as a chef and the quality manager. At L'Opéra she works on various projects including R&D for new menus, training chefs, conducting audits, and assisting with marketing.

Pragati will conduct a session on the quintessentially French preparation: crêpes. She will demonstrate various types of fillings including sweet and savoury, using recipes and techniques that we can easily replicate at home.



Three things you should do ...

1. RSVP for January meetings using this Doodle link: <https://doodle.com/poll/3xq976nyu2rem9zf>
2. For any Hospitality issues (eg Doodle) contact Grace Kawakami (contact details on page 1).
3. On the date & time of the meeting click on the appropriate Zoom link below to join:

Weaving Pashmina Carpets – 11:30am Jan 7th
<https://us02web.zoom.us/j/89417868492>

Chidambaram Temple – 3pm Jan 11th
<https://us02web.zoom.us/j/81211412707>

Japanese Gardens – 11am Jan 19th
<https://us02web.zoom.us/j/83096989798>

GM - Gujarat – 3pm Jan 20th
<https://us02web.zoom.us/j/85601004210>

Making Crêpes 3pm Jan 27th
<https://us02web.zoom.us/j/83795416526>

Remember: meetings open 15 minutes early for socialising and if you cannot find the Zoom link, it is always re-posted on the WhatsApp group (WIC Announcements) on the day of the meeting.

Notices to Members

We were very sorry to hear of the passing of dear **Hemant Pasrich**'s husband, Sardar Sukhcharan Singh Pasrich, who was also **Shivani**'s father-in-law. He passed away on the morning of 20th December. Our thoughts and prayers are with the family of the departed soul. May his soul rest in peace.



Our dear member **Vinu Baig** suffered a stroke in December. We all send her our love, best wishes, and prayers for a speedy recovery.



Prama Bhandari is writing a piece on **WIC's 50-year history** to go in the soon to be released Cookbook and she needs your help. We would appreciate **contributions** from all of you that could interest our members. These could be memories, thoughts, photographs, interesting anecdotes, anything pertaining to WIC from the last 50 years.

Thanks to everyone who has already contributed. If you have ideas, but haven't sent them through yet, the **deadline of 7th January** is fast approaching - so send them soon. Please **send your contributions to wic.exe@gmail.com** and we will pass them on to Prama.

Finally, the moment you have all been waiting for ... who won the **Jingle Bell's Quiz** at the Christmas General Meeting. Well ... nobody got all of the answers correct but we are giving honourable mentions to:

- Devika Anand
- Smita Divan
- Atsuko Watanabe

Thanks everyone for your participation and see you in 2021!!!!

Calendar for January

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Happy New Year!!!	2
3	4	5	6	7 Art & Beyond: Pashmina Carpets @11:30am	8	9
10	11 Member's Choice: Temple of Chidambaram @3pm	12	13	14	15	16
17	18	19 Cultural Kaleidoscope: Japanese Garden 11am	20 General Meeting: Travel to Gujarat @ 3pm	21	22	23
24	25	26	27 Culinary Trails: Food of France, Crêpes @ 3pm	28	29	30
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WIC Newsletter: February 2021

President's Report

Dear Ladies

February is my favourite month of the year. Flowers are in full bloom in the circular roundabouts and along the roads of Delhi. The gardens are redolent with colour and bees buzzing around. Spring is the time of rebirth, of new beginnings and of inspiration. It adds new life and new beauty to all that is. The human soul is apt to revive as well. After the long months of isolation, it will be a relief to start meeting friends and family once everyone gets vaccinated.



February is also synonymous with Valentine's day and love. The supreme happiness of life consists in the conviction that one is loved. It is said that one should dream without fear and love without limits.

Last month we travelled through Gujarat with Smita Divan and visited Chidambaram with Lakshmi. The gardens of Japan were brought directly to us by Yuka. These virtual visits have left lasting memories with us.

This month Suneeta has arranged to take us to Jammu, Kashmir and Ladakh. We really do seem to be doing a lot of virtual travelling and seeing India through the eyes of experts. Leena's circle leaders have also been busy bringing us a host of varied programs. I look forward to meeting our good friend Ariane Gray Hubert straight from France.

Dr Shakuntala will be enlightening us on the COVID vaccines and the program on yoga will be navigating the four stages of a woman's life. Kashmiri shawls are dear to us and it will be good to get to know more about them.

Enjoy the good weather and the colours around you. Get rejuvenated, but most importantly, stay safe and healthy, my friends.

Anita Meattle
President

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Meet the Performing Arts Circle Organisers ...



Devika Anand



Rene Singh

GENERAL MEETING: 3pm, 17 February

"Jammu, Kashmir, and Ladakh: a paradise of unknown and unexplored treasures"



We all know about the couplet written by Firdaus about "Baroee Zamin", the paradise on earth and the wonders of nature in the region of Jammu, Kashmir, and Ladakh.

"Gar firdaus baroee zamin ast,

hami asto, hamin asto, hamin ast." "If there is a heaven on earth, it's here, it's here, it's here." Mughal Emperor Jehangir said it all when he visited Kashmir in the 17th century.

The region is a treasure trove of much more than most of us have seen in our visits to that part of India.



As February is the time of beautiful colours, soft, mellow emotions, and a whole range of sensations, we take you to the valleys, mountains and plateaus of these places that tell us interesting stories, rarely heard before.

To narrate the stories of this mystic region through her short films, we have for our General Meeting, **Aradhana Kohli Kapur**,

who has had over two decades of experience in social communication, making myriad programmes for organisations such as Doordarshan, UNICEF, British High Commission, and the Ministry of External Affairs, GOI.



With a postgraduate degree in International Relations from Jawaharlal Nehru University and qualifications in film-making and mass communication from Jamia Millia Islamia, Aradhana has produced and directed film festivals, documentaries, television series, and films.



Women, children, contemporary history, culture, and the environment are recurring themes in her work. She is a member of the International Association of Women in Radio and TV, an NGO working with the UN Economic and Social Council.

Her films have been screened at Toronto, UK, and USA film festivals. Her film, *The Patent Stone*, won the Audience Award at the Himalayan Film Festival, Amsterdam.



Aradhana is the Executive Director of *Enable India* and *Ravison Films*.



Nominations for 2021-22 WIC Executive Committee

As the President, Anita Meattle, announce at the last General Meeting a Nominations Committee has now been appointed to prepare a ticket for the new Executive Committee. The committee members are:

Chairperson: Hemant Pasrich (Canada)

- Aruna Mehta (India)
- Bindu Talwar (India)
- Parbeen Kaur (India)
- Christine Samandari (France)
- Dominique Chorosz (France)
- Marcia Magiri Hermann (Brazil)

As per Article VI of the WIC Constitution the Chair is now calling for nominations for all positions on the Executive Committee. Members may nominate themselves or another member with that member's express permission.

All nominations should be sent by email to the Chairperson at: thestudy1972@yahoo.co.in

CIRCLE MEETINGS

Cultural Kaleidoscope: 11:00am, 4 February "Yoga in action: Navigating the 4 stages of a woman's life"



Geeta Iyengar, daughter of the redoubtable Yogacharya BKS Iyengar, was herself known as one of the foremost women practitioners and instructors of Yoga in India and internationally. In her Yoga, she maintained a pronounced focus on women's requirements based on the different stages of their lives. Geeta Iyengar's book, *A Gem for Women*, is considered a classic, with special instructions on Yoga Asanas to fit those different stages as well as being a handbook for Beginners.



Amina Sarkar Bharatram will guide us through Geeta Iyengar's mastery of Yoga in conversation and demonstration. A slipped disc in 2004 introduced Amina to the practice of Iyengar Yoga. It resonated with her because of its scientific approach, attention to alignment and methods of improvisation. In 2011 Amina received her teaching certificate from BKS Iyengar himself.

With Geetaji's blessings she opened Iyengar Yogamandala in 2016. Amina's passion and dedication to yoga comes through in the classes she teaches. Each class is unique and a fresh experience for her students. She aims to boost their confidence, take them out of their comfort zone and introduce them to advanced asanas.

Her classes are not just about the physical movements but also enriched with titbits of information on anatomy, benefits of various poses and guidance to students to encourage them to explore each pose for themselves based on their body.

As she says, "Yoga is not my life, my life is Yoga".



Circle Facilitators

ART & BEYOND

- Dominique Chorosz
- Smita Mankad
- Midori Suzuki

CULTURAL KALEIDOSCOPE

- Yuka Ando
- Sunaina Suneja
- Noor Anand Chawla

HEALTH & WELLNESS

- Ruchika Rajan
- Shakuntala Dawesar
- Ashima Singh Ghatate

PERFORMING ARTS

- Devika Anand
- Rene Singh

BOOK CLUB

- Looking for members

CULINARY TRAILS

- Looking for members

Member's Choice: 3pm, 9 February "The Monsoon Blues - Ariane Gray Hubert"

This month's Member's Choice is courtesy of Anita Dua.

We will take you on a magical musical journey with French American, musician, composer and singer Ariane Gray Hubert. She is a dear friend to most of us. WIC was privileged to have Ariane as a member, while she was in Delhi. Now back in Paris, she has just launched her latest Album in December 2020 "*The Monsoon Blues*". It is a collection of nine new songs for voice and piano, presenting her lyrics in rare language including her imaginary alphabet.



Ariane will provide a symphony of energy, rhythm, and power as she shares extracts from her album. Particularly interesting is the number "*Valley of Kashmir*" as she pays touching tribute to the people of Kashmir, who mesmerised her.

A singer with a rich mezzo alto voice, a concert pianist, and a multi-faceted composer, Ariane Gray Hubert is a much-acclaimed artist. She has delighted audiences and critics world-wide with her performances, from vocal and piano solos to orchestras blending rare traditions of the world – that's her music.

As a soloist and with her artistic ensembles blending eastern and western traditions such as "*Ivre D'Amour*", "*Piano Rag(a) Time*" and "*Women achieving peace*", Ariane has received several international awards for her art.



Health & Wellbeing: 11:30am, 12 February

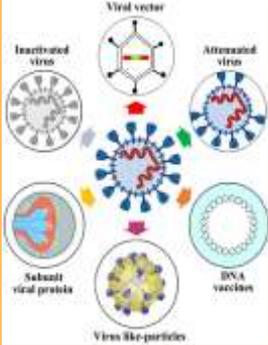
"Covid-19 Vaccines - What you need to know"



There is light at the end of the Covid-19 tunnel. After hibernating for the better part of 2020, meticulous handwashing, masks of all colours, social distancing, and WIC Zoom meetings the Covid-19 vaccine has finally arrived in 2021.

With the multiple vaccines in play, many questions arise, such as:

- How do they work?
- Which is the best?
- Should I get vaccinated?
- When will it be available?
- What are the side-effects?
- and many more ...



To shed light on the subject and answer all our queries we have **Dr Shakuntala Dawesar** one of our own WIC members giving a talk today. She has been closely following the scientific data and the updates via many CMEs regarding this topic.

Dr Dawesar graduated from AFMC [Armed Forces Medical College] Pune and trained in Safdarjung Hospital in Family Medicine. She counsels and has held many workshops on several topics. She has been recognised for her work for the Pulse Polio Immunisation Program and it is our privilege to have her give this talk.

Art & Beyond: 11:30am, 24 February

"The Journey of the Kashmir Shawl"



Aditi Desai's great knowledge and passion for the Kashmir shawl will inspire our members and continues nicely from our recent talk on the weaving of Pashmina carpets.

She has spent five decades studying, collecting, and documenting Kashmiri shawls and European cashmeres. An acknowledged authority on the subject, her efforts have focused on raising awareness of this incomparable textile art and craft and on the restoration of heirloom shawls.

Aditi has travelled extensively across the globe to major shawl centres in India, Iran, Syria, Egypt, Pakistan, Turkey, Russia, England, France, Spain, Netherlands, Portugal, Belgium and America, researching and building a collection of rare Indian and European cashmere shawls from collectors, auctions and flea markets. She has exhibited this collection and lectured publicly at various places including the Museum of Asian Art in San Francisco, The Cosmopolitan Club in New York, Indian National Trust for Art, Culture and Heritage (INTACH), India International Centre in New Delhi and the CSMVS (Prince of Wales Museum) in Mumbai, as well as at several private exhibitions for art galleries, embassies and cultural centres.



She has also created a platform for small-scale shawl craftsmen from Kashmir and Najibabad, curating exceptional shawl collections in different genres, and marketing these on her own or in partnership with retailers like Fabindia and Jaypore. Her endeavour is to create a one-stop space for shawlwalas, rafugars and shawl collectors to connect, and to share the beauty and magic of the Kashmir shawl with those who are interested in learning more about and supporting this most exquisite art and craft.

Three things you should do ...

1. RSVP for February meetings using this Doodle link: <https://doodle.com/poll/n5ziypewtz58br5p>
2. For any Hospitality issues (eg Doodle) contact Grace Kawakami (contact details on page 1).
3. On the date & time of the meeting click on the appropriate Zoom link below to join:

Yoga in Action – 11:00am Feb 4th

<https://us02web.zoom.us/j/88011867820>

Ariane Gray Hubert – 3pm Feb 9th

<https://us02web.zoom.us/j/82848499373>

Covid-19 Vaccines – 11:30am Feb 12th

<https://us02web.zoom.us/j/82663438862>

GM – Jammu, Kashmir & Ladakh – 3pm Feb 17th

<https://us02web.zoom.us/j/82876935829>

Kashmiri Shawls 11:30am Feb 24th

<https://us02web.zoom.us/j/83783942884>

Remember: meetings open 15 minutes early for socialising and if you cannot find the Zoom link, it is always re-posted on the WhatsApp group (WIC Announcements) on the day of the meeting.

Notices to Members

We were very sorry to hear of the passing of dear **Sheila Ghatate's** husband, lovingly called Appa, who was also **Ashima Singh's** father-in-law. He passed away on the morning of 24th January. Our thoughts and prayers are with the family of the departed. May his soul rest in peace.



Membership News

It gives us great pleasure to welcome 2 new members to our WIC family.

1. **Patricia Vrij** hails from Chile. She is widely travelled, having been posted to Belgium and France. Patricia is keenly interested in international relations, and passionate about reading, and literature. Its lovely to see her joining us regularly for our Circle and General meetings. Email: vpavrij@gmail.com Phone: +91 73032 85222
2. **Ekaterina Semenushkova** is from Russia. She is extremely interested in arranging cultural evenings, & discussions on famous Russian writers and the showcasing of Russian art and national costumes. We look forward to a glimpse of Russia from her at our club. Email: katemord@mail.ru Phone: +7 927 972-07-09

Serita Kakar
Membership

Things we can see on Zoom ...

For the General Meeting on Gujarat, it was nice to see the decor on Smita Divan's screen showing her home with beautiful Gujarati fabrics and artefacts. Also, it was refreshing to see Shanno ji in her beautiful ethnic shawls. Nayana too was in her perfect Gujarati bandhani look.

Calendar for February

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4 Cultural Kaleidoscope: Yoga in Action @11:00am	5	6
7	8	9 Member's Choice: Ariane Gray Hubert @3pm	10	11	12 Health & Wellness: Covid-19 Vaccines @ 11:30am	13
14	15	16	17 General Meeting: Jammu, Kashmir & Ladakh @ 3pm	18	19	20
21	22	23	24 Art & Beyond: Journey of the Kashmir Shawl @11:30am	25	26	27
28						

WIC Newsletter: March 2021

President's Report



Dear Members

The weather has really been kind so far. March is a glorious month, and this is when we welcome the festival of Holi. Holi celebrates the arrival of spring, the end of winter, the blossoming of love. For many it is a festive day to meet others, play and laugh, forget and forgive, and repair broken relationships. The festival also celebrates the beginning of a good spring harvest season.

This March also completes a whole year of the Pandemic. It has been a long year of isolation, of waiting and watching, of losing loved ones and being wary of life. Let us hope and pray, that life returns to normal soon, and that we can meet and laugh together, again. In March, we also celebrate International Women's Day. This year, the theme is "Choose to Challenge". A challenged world is an alert world, and from challenge comes change. So, let us all choose to challenge. In February, we had some amazing programs. We saw the valleys and mountains of Kashmir, Jammu, and Ladakh through different eyes, not just those of a mere tourist. Leena's circle leaders brought us a musical afternoon with Arianne, direct from France. Our own Shakuntala Dawesar enlightened us about the COVID-19 vaccines and answered all our questions. We navigated the four stages of a woman's life with yoga and the presentation of the Kashmiri shawl was fascinating. This month at the General Meeting, we celebrate International Women's Day, with women achievers to inspiring us. The Circle Programs are varied and coming from very different spheres. We all really enjoyed an afternoon of music with Justin McCarthy, earlier this club year. He returns with a wonderful program on Bharatnatyam. On a serious note, we shall learn more about autism with Gopika Kapoor from Mumbai, and again we travel to other countries, learning about Japanese cooking and African art.

The positive of virtual programs is the wonder of having speakers and programs live, from different parts of the world. It does make the world smaller.

Looking forward to a wonderful month ahead. Stay safe and take care.

Anita Meattle
President

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GENERAL MEETING: 3pm, 17 March

"Women Achievers in India's Challenging Professions"

March is the month when we celebrate International Women's Day. It is a proud month and day. It reminds us women that there is little on this planet a woman cannot achieve if she follows her dream. In order to sustain our faith in the capability of the female gender to break through any glass ceiling in the world, we at the Women's International Club come together on Wednesday, 17th March, to meet and compliment three women achievers who have taken up careers which are challenging by the minute and they have been most successful at them.



First, we have Dr Namrita Kalsi who is presently the Additional General Manager at the Delhi Metro Rail Corporation Ltd. She has a Bachelor of Architecture from Chandigarh University and a PhD in Regional Master Planning from Thapar University, Patiala. She has worked as Chief Architect NDMC, handling building plans, misuse of premises,

health licence cases for restaurants, petrol pumps, parks, roundabouts, Smart City and Swachh Bharat projects. At the Delhi Metro, Dr Kalsi is working on retrofitting, Metrolite and Metro Neo projects.

Next, we shall be in conversation with Captain Nivedita Bhasin, the B787 Dreamliner commander as well as Executive Director and Chief of Flight Safety at Air India. At 26, Nivedita became the world's youngest woman jet commander. In 1985 she was co-pilot of the first ever flight in the world with an all women crew. She has flown all types of planes including Fokker Friendships, Boeings, and Airbus, and she has clocked more than 22,000 flight hours.

Capt. Nivedita is the Governor of the India section of the Ninety-Nines and an active member of many other women pilot organisations around the world. She has won many national and international awards including the Rajiv Gandhi Rashtriya Ekta Award. Most interestingly, hers is probably the only family in the world where every member is a captain for a commercial airline. The challenges are sky high but so is her spirit, because she says, 'Never say Never'.



Finally, we celebrate another woman achiever, Deputy Inspector General, CRPF, Nitu, who is among the first few women to have joined the Central Police Organisations. She has worked on extremely critical assignments in the Ultra, Ulfa, Maoist and terrorist affected regions of the North-East, Assam, Chhattisgarh, as well as Jammu and Kashmir.



She is a recipient of police medals for Meritorious Service and other medals such as the Antrik Suraksha Padak and Kathin Seva Padak. She has written about her experiences in real conflict situations and about women centric themes in her short stories and poems which have been released at many international and national forums.

Please join us to celebrate International Women's Day and acknowledge the achievements of these amazing women.

Nominations for 2021-22 WIC Executive Committee

As the President, Anita Meattle, announced at the January General Meeting, a Nominations Committee was appointed to prepare a ticket for the next Executive Committee, and nominations were invited.

Nominations have now closed, and the Nominations Committee has completed their deliberations. Congratulations to everyone on the ticket.

As per Article VI, Section 4 of the WIC Constitution, the ticket will be put to the members at the AGM in May. If there are no objections, it can be adopted by a simple majority of those members present and voting on the day.

Thank you to the members of the Nominations Committee for all of your hard work.

CIRCLE MEETINGS

Cultural Kaleidoscope: 3pm, 3 March

“Justin McCarthy: Bharatnatyam”



After a spectacular Piano Recital of Beethoven’s works in December, **Justin McCarthy** is back by popular demand - this time for Bharatnatyam.

In this program, Justin will share a beautiful film choreographing Kalidasa’s iconic piece on rain. Singing in the Karnatik style is Venkateshwaran Kuppuswamy, and on the Mridangam is Manohar Balatchirandane. Priya Srinivasan, Veena Kumar and Abhinaya Penneswaran, dance in the Bharatanatyam style. The film has been edited by National Award-winning Director Sandhya Kumar.



Kalidasa likened monsoon clouds to great elephants and bright lightning to royal banners. Though particularly concerned with heartsick lovers, the poet did not leave out frogs, snakes, or peacocks - all finding their place in the wet splendour of the rainy season.



Justin is both a musician and a dancer, who trained from childhood as a classical pianist and later a harpsichordist. He began studying Bharatanatyam in 1978. Justin has lived in New Delhi since 1980, where he teaches piano privately, and dance at the Shriram Bharatiya Kala Kendra since 1990. He has been with the Ashoka University, where he heads the performing arts department, since 2014.



Member’s Choice: 11am, 9 March

“Kummy Sugihara: Japanese Cooking”



This month’s Culinary Trails session is a Member’s Choice courtesy of Atsuko Watanabe.

Every year on March 3rd in Japan, they celebrate Hinamatsuri to wish and pray for the health and future happiness of all the young girls. One of the common foods for Hinamatsuri is chirashizushi.

Kummy Suguhara will be introducing chirashizushi, known as scattered sushi, which is often made at for celebrating special occasions, such as

festivals and birthdays. This beautifully arranged sushi is the easiest of all the sushi dishes. She will also make two side-dishes that go perfectly with chirashizushi – Agedashi tofu and Miso soup. Agedashi tofu is deep-fried crispy outside and soft on the inside, served with a flavoured sauce. And of course, miso soup that is easy and quick to make.



Kummy is a food & flower designer, born in Japan and raised in the UK, China, and Taiwan. With an international upbringing and a cooking teacher as a mother, she experienced the joy of recipes from different countries right from when she was very small. That was the inspiration for her cooking class concept: "I take you on an around-the-world trip with amazing foods from all over the world".

She is on a mission to spread the wonderful food and culture of her home country, Japan. Not only offering traditional homemade Japanese cooking classes, but also unique classes with intriguing twists of modern, anti-aging, or vegan dishes, such as vegetarian sushi for special occasions. Her online clients are from Paris to Seoul, San Francisco to Delhi.

Instagram: www.instagram.com/kummy_nagish/

Facebook: www.facebook.com/KummyNagish

Book Club: 3pm, 15 March "Beyond the Blue: Love, Life and Autism"

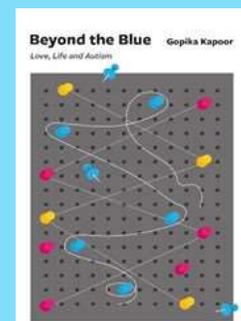


Gopika Kapoor is a writer and autism consultant. She has a master's in journalism from Northeastern University, Boston and a BA (English Hons.) from St. Xavier's College, Mumbai. She is the author of bestselling books *Spiritual Parenting*, *Spiritual Pregnancy*, *Spiritual Relationships* and *Spiritual Success* published by Hay House India. Gopika has written for a number of leading publications and has been consulted on various communications initiatives with national and international NGOs. She has been awarded the Young FICCI Ladies Organization (YFLO) Women Achievers Award for exemplary writing.

When her son Vir, then aged three, was diagnosed with autism, Gopika decided that she would do whatever it took to help him, and other children with autism, learn and reach their potential. She

worked in the autism intervention team at Ummeed Child Development Center, starting as a junior therapist, and moving on to Lead Therapist and Master Trainer. For ten years, she provided therapy to over 400 families. She was part of the team that created the Autism Intervention Training Program (AITP), India's first training program to train professionals in different aspects of autism intervention.

Beyond the Blue: Love, Life and Autism is a realistic, positive book for parents of children with autism. Starting from the diagnosis of autism, moving through the five stages of grief to reach a state of acceptance, it includes Gopika Kapoor's personal experiences of dealing with the condition, emotionally, mentally and within the family and society. It also discusses varied ways in which to include the participation of the child with autism within society, and to care for one's own mental health. *Beyond the Blue* is an indispensable guide for parents of children with autism, whether they are starting out on this journey or have been traveling this path for several years.



Art & Beyond: 3pm, 23 March "The Art of Ndebele Women"



In the March program, we want to honour women's art. To do this we will travel virtually to South Africa to meet the Ndebele tribe and discover their unique art. For generations, Ndebele women have been adorning their houses with colourful geometrical patterns painted in a free hand style. For decades, women have been passing this traditional knowledge from one generation to another, from grand-mothers and mothers to daughters.

This is how famous artist, Esther Mahlangu, started to learn her art at the young age of 10. She is now a world-famous artist and she had her breakthrough when her work was first exhibited in Paris at the Pompidou Centre in 1989. Then, she was off to becoming a tireless cultural ambassador of the Ndebele traditions and she is now a well-known global contemporary South African artist.

While living in Johannesburg, Dominique Chorosz visited her village several times and she had the privilege to meet Esther Mahlangu and commissioned some special works from her. Dominique will share her with us her memories of this extraordinary moment with this fabulous Ndebele artist.

And we are hoping to have a special guest online on the day ... so fingers crossed.



Three things you should do ...

1. RSVP for March meetings using this Doodle link: <https://doodle.com/poll/qxqhi5pks49z7az5>
2. For any Hospitality issues (eg Doodle) contact Grace Kawakami (contact details on page 1).
3. On the date & time of the meeting click on the appropriate Zoom link below to join:

Justin McCarthy – 3pm Mar 3rd

<https://us02web.zoom.us/j/85366170841>

Japanese Cooking – 11am Mar 9th

<https://us02web.zoom.us/j/83955888229>

Book Club: Gopika Kapoor – 3pm Mar 15th

<https://us02web.zoom.us/j/82218787076>

GM – Women Achievers – 3pm Mar 17th

<https://us02web.zoom.us/j/81219181816>

Ndebele Women Artists - 3pm Mar 23rd

<https://us02web.zoom.us/j/89117428163>

Do you need lessons in how to use Zoom? Message Stevie on stevieclayton174@gmail.com or 99990 52593 to make a time for some one-on-one support. As long as you have a computer, iPad or smart phone, I can get you going.

Our Longest Serving Members

In this, WIC's 51st year, we wanted to take the time to acknowledge and thank our longest serving members – those who have been with WIC since the 1970s and are still with WIC today.

Prama Bhandari 1971

Deepak Chopra 1977

Veena Dass 1979

Sheila Ghatate 1973

Dr Nina Dey Gupta 1974

Nina Gupta 1979

Prem Gupta 1979

Chandra Khurana 1973

Dr Shanno Khurana 1970

Sunita Kohli 1978

Renu Mehra 1975

Sohinder Nabha 1972

Hemant Pasrich 1974

Titli Sahni 1971

Monika Sharma 1972

Sarabjit Anup (Gugu) Singh 1970

Peggy Sood 1978

Sheila Thadani 1976

Calendar for March 2021

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3 Cultural Kaleidoscope: Justin McCarthy @3pm	4	5	6
7	8	9 Culinary Trails: Japanese food @11am	10	11	12	13
14	15 Book Club: Gopika Kapoor @3pm	16	17 General Meeting: Women Achievers @3pm	18	19	20
21	22	23 Art & Beyond: Art of Ndebele Women @3pm	24	25	26	27
28	29	30	31			

WIC Newsletter: April 2021

President's Report



Dear Members

We have crossed a year living with the Covid pandemic. A year which has sometimes seemed to drag and has felt so long, and yet at times, has rushed by. Just when we were getting vaccinated and thought we could start meeting friends and family once again, there has been a new surge and once again, we must isolate. We console ourselves with the thought from the Geeta: "This too shall pass". So, let us make the best of it.

I was listening to Kiran Bedi's valedictory address at a prestigious school, where she spoke about us being the privileged ones in this world. She spoke about "The 3 Gs", which really appealed to me and I would like to share them with you.

- ❖ The first "G" is to "**Give**": Give of yourself to others, share your bounty with those who are needy, give to society.
- ❖ The second "G" is to "**Grow**": During this last year, I hope you have learnt something new and grown emotionally and intellectually.
- ❖ The third "G" is "**Gratitude**": Be grateful for everything that God has given you, most of all, good health.

"The 3 Gs" have left an indelible impression on me and I have tried to follow them, but the one I want to share with you is the "Grow". This last year Lakshmi and I wanted to improve our game of bridge and joined some online classes. It has been a wonderful experience; our game has improved, and we have made some wonderful new friends. We have invited our teachers to join us from Bangalore this month and introduce the game to WIC members.

Suneeta is taking us to **Mexico** this month and Leena's circle leaders have organised fascinating programs from around the world. The wonders of online meetings. Do join us for them.

Now for some good news. At last, we can close the saga of the **cookbook**. The publishers have agreed to return our money and that issue can now be closed. I hope our members will be happy with this outcome.

Please take care and stay safe.

Anita Meattle, President

Executive Committee 2020-21

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anita@meattle.com
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Hospitality - Grace Kawakami

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Newsletter - Stevie Clayton

wic.delhi.newsletter@gmail.com
Ph: 99990 52593

Some of the amazing diversity in India this April...



Baisakhi, Punjab



Easter



Mahavir Jayanti



Pooram, Kerala

GENERAL MEETING: 3pm, 21 April

"Mexico: live it to believe it"

The theme for our April General Meeting is "**Mexico: live it to believe it**".



*Ambassador of Mexico
HE Federico Salas*

This month we shall have the honour of hosting several guests from the Mexican Embassy in Delhi. His Excellency, **Federico Salas**, Ambassador of Mexico to India, will be

joined by Minister, **Judith Arrieta** and **Santiago Ruy Sánchez** - the Cultural and Tourism attaché, to take us around the beautiful country of Mexico.

Importantly, their presentation will also include the ways in which the two countries, Mexico and India, converge in their culture, arts and literature.



*Judith Arrieta
Minister*

From **archaeological sites** and **colonial towns** to **cosmopolitan cities**, Mexico's **history** and **geography** offer a wealth of possibilities that are hard to find elsewhere. Walk along the Ambassador of Mexico and get to know its **cultural diversity**, traditions,

prepare yourself to indulge in its **cuisine** and enjoy a place similar enough to feel at home, and different enough to become a great adventure.

Please join us for this exciting trip to Mexico at 3 pm on Wednesday, 21st April on our Zoom link.



*Santiago Ruy Sánchez
Cultural and Tourism attaché*



New WIC Executive Committee for 2021-22

At the GM on 17th March Bindu Talwar, on behalf of the Nominations Committee, announced the new Executive Committee for 2021-22 which is to be ratified by the Members at the AGM in May. Thanks again to the Nominations Committee and congratulations to the new EC.

President – **Yuka Ando**

2nd Vice-President – **Madhavi Goradia Divan**

Treasurer – **Smita Mankad**

Hospitality - **Midori Suzuki**

1st Vice-President – **Rosie Sahni**

Secretary – **Surrinder Sarna**

Membership - **Nandani Pattani**

Newsletter/Comms – **Noor Anand Chawla**

CIRCLE MEETINGS

Member's Choice: 11:30am, 5 April

"Introduction to Bridge - The Mind Cricket"



Learn to take singles and twos, hit boundaries and sixers by flexing your mental muscles in this fun workshop – mark your calendars and reserve your seats for this Member's Choice session sponsored by Anita Meattle.

Bridge is a **mind sport** which has made a new entry into the Asian Games, where our players won a gold medal for India in 2018. It is the game which Bill Gates and Warren Buffett play as partners to keep their business acumen in mint running condition. Even the Father of our Nation, Gandhiji played Bridge!

Bridge has been described as **mind gym** which teaches logical reasoning and lateral thinking. Many schools and colleges use it as a fun and challenging maths tool to help students maximise their academic skills, while it's also a growing hobby for corporates and professionals who want to sharpen their strategy and planning skills while generating team spirit.



It is an **engaging pastime** for homemakers and an important **mental exercise** for senior citizens - keeping loneliness and Alzheimer's at bay. Bridge is more than a card game – it is a game played with cards that can be enjoyed by any age group 10 to 100. And you can pit your wits against anyone in the world online 24/7!

This bridge demonstration will be conducted by **Priya Ranjan Sinha** and **Bindiya Naidoo**. They are bridge partners who represented India at the last World Bridge Championships in

China in 2019. They also head the teaching faculty with Anglian Medal Hunt and have coached hundreds of bridge students since 2013 across beginner, intermediate and advanced levels.



Bindiya Naidoo

Priya Ranjan Sinha

Health & Wellness: 3pm, 15 April

"Prevention of Depression and Dementia"

As Covid resurges and we complete one year of being cooped in our houses, with the normalcy we knew thrown out of the window and a new normal emerging, **mental health and wellbeing** is more important now than ever.



Dr Amit Dias

We are in the process of getting vaccinated and hoping to go back to meeting our friends and relatives but some days it does take a toll on all of us.

We have **Dr Amit Dias** MD, DTM&H, DGM, MSc Clinical Trials, talking to us on prevention of depression and dementia. He is an epidemiologist with a keen interest in geriatric medicine and infectious diseases. Dr Dias is currently Asst Professor (DACP) in the department of Preventive and Social Medicine at Goa Medical College (GMC) where he has been teaching medical students for the last 20 years.

He completed his MD at Goa Medical College and pursued his DTM&H and MSc in Clinical Trials from the London School of Tropical Medicine and Hygiene in the UK.

He is the recipient of several fellowships and awards He has been awarded a fellowship in Public Health Leadership at the Emory University, USA. He was the honorary chairman of Sangath, an NGO dedicated to mental health. He was felicitated by the government of Goa for his contribution to Alzheimer's disease in December 2018 and won the late Manohar Parrikar Memorial Award for his contribution to dementia in 2020.

Dr Amit has been actively involved in encouraging vaccination against Covid and recently received the COVID warrior award from the Panchayat of Mandur where he was in charge of the Rural Health and Training Center.

Art & Beyond: 3pm, 26 April "Indigo - a fascinating journey over 5000 years"



Mira Gupta

This month's topic for Art & Beyond is "Indigo - a fascinating journey over 5000 years" and our guest speaker is Mira Gupta.

Mira Gupta is a well-known curator and designer in craft-based luxury. She has had working stints with Fabindia, Good Earth, and Ogaan to promote the cause of craft. She is deeply interested in art, travel, architecture, and culture.

Mira will be speaking on **indigo and its use worldwide** both as a dye as well as how it has affected history, culture, and sociology. This bluest of colours has been the most valued pigment for over five millennia and is at the centre of slavery, famine and turbulence. It is a fascinating tale that needs to be told.



Cultural Kaleidoscope: 3pm, 30 April "Bunraku: Japanese traditional puppet theatre"



"**Bunraku**", the Japanese traditional puppet theatre, is considered one of Japan's three great theatrical traditions, together with Kabuki and Noh---all three recognized as **UNESCO Intangible Cultural Heritage**. It is a theatrical performing art composed of chanting (narratives and voices of puppets), shamisen music, and puppets. Each performer is strictly a professional occupation of its own and Bunraku can be played only when these three distinctive aesthetic professions are combined.

It has its origin as a popular entertainment for commoners in Osaka and is said to have established its current form in the late 17th century. Bunraku and Kabuki often depict stories based on adaptation of popular themes of the Edo period (17 to 19th century).



Bunraku puppets are about one-half life-size, and the main figures of a play are operated by **three puppeteers**: a principal operator and two assistants. Only a principal operator is in full view of the audience and he is dressed in black to symbolize that he is to be taken as "invisible". To become a principal puppeteer, about 25 years of apprenticeship is required as assistants. A principal puppeteer and two assistants are to synchronize their movements of a puppet: a principal operator is responsible for the head and the right hand of a puppet (and ultimately leading the whole movement), while a senior assistant is responsible for the left hand and a junior responsible for the legs. **Kanya Yoshida**, a veteran and respected

principal puppeteer, who is also a regular in world tours of a Bunraku Theatre, and who has given numerous lectures on Bunraku in Japan and abroad will especially present an introductory program on Bunraku to the members of WIC.

Three things you should do ...

1. RSVP for April meetings using this Doodle link: <https://doodle.com/poll/9k32ux68qqnx22sy>
2. For any Hospitality issues (eg Doodle) contact Grace Kawakami (contact details on page 1).
3. On the date & time of the meeting click on the appropriate Zoom link below to join:

Learning Bridge – 11:30am Apr 5th

<https://us02web.zoom.us/j/89710940834>

Mental Health – 3pm Apr 15th

<https://us02web.zoom.us/j/88436058329>

GM – Mexico – 3pm Apr 21st

<https://us02web.zoom.us/j/87245228317>

History of Indigo – 3pm Apr 26th

<https://us02web.zoom.us/j/88660849004>

Bunraku Theatre - 3pm Apr 30th

<https://us02web.zoom.us/j/87080006395>

Do you need lessons in how to use Zoom? Message Stevie on stevieclayton174@gmail.com or 99990 52593 to make a time for some one-on-one support. As long as you have a computer, iPad or smart phone, I can get you going.

Membership News

It gives us great pleasure to introduce a new member, **Fatimata Kane Haidara**, to our WIC family.

Fatimata is a lawyer in civil practice and is from Senegal. Perhaps this is the first time we have a member from that country, and of course she will be a fabulous cultural ambassador for Senegal. Fatimata is widely travelled, having been posted to several countries, and is the wife of His Excellency, the Ambassador of Senegal to India.

A very warm welcome to her.

Serita Kakar
Membership

Forward notice of AGM

Formal notice of the AGM will come next month. This is just a reminder to put the date in your diaries.

WIC AGM 2021

Will be held on Wednesday 19th May

At 3pm via Zoom

The EC debated long and hard having the AGM face-to-face this year, as we have all been physically separated for so long, but in the end, we had to conclude that it is still unsafe in the face of a second wave of cases, and our members' health must be the paramount concern.

Remembering Martin Howard

The WIC community deeply mourns the sad loss of Martin Howard, husband to our long-time member Annie Howard. We salute an exceptional man who gave of himself to his adopted country in many ways. Below is an edited version of an article written by Martin in September 2017, in which he talks a little about his life and the school that was so important to him and the local community. I thought WIC members might enjoy reading it. Lakshmi Chandra

A school by the community, for the community and transforming the community. By [Martin Howard, 8 Sept 2017](#)

I was born in Lincolnshire on the east coast of the UK and educated at the local grammar school. Born of farming stock I assumed I would become a farmer, but at 16 I joined the Royal Navy as an engineering cadet. In the Navy I went on to become an aeronautical engineer, a fighter pilot, and eventually a test pilot.

In 1984, after being promoted to Captain, I came to India for an anticipated three years as the Naval Attaché at the British High Commission. With the Berlin Wall falling, I retired from the Navy prematurely, to have more time for other things. That led to me joining Rolls-Royce, running their regional aerospace office in Delhi. After that, Annie and I decided to linger in India, and when a friend bought the land where we now live, I built the house on that spot next to the Aravalli Hills.

From my first arrival in India in 1984, I had wondered what anyone could ever do about India's population explosion. After three years of building, when the house was completed, it suddenly dawned on me that there was no sign of education in the village – no little wanderings one way in the morning and back again in the afternoon, even though there were lots of children in evidence. Then it struck me – the only voluntary and globally effective contraceptive is affluence.

So, I approached the Sarpanch and offered to build a new primary school in the middle village of the three making up his charge – Gairatpur Baas. He offered to provide the land, and we discussed it with the education department in Gurgaon who also agreed. I started to build and guests staying with us watched, and often volunteered to help with funding. I decided we had to make ours an independent school, even if that meant having to fund the teachers – no small task.

After seven years we had six classrooms, a teacher's three-bedroom residence and a children's lavatory and we started teaching in 2007. Today we have 15 classrooms, two teacher's residences, separate lavatories for boys and girls, admin offices, library, science lab, and a school hall with an adjoining medical centre.

We teach in a liberal interactive manner, and we play sport and do athletics, all of which develops character, curiosity, and self-esteem. There is a Montessori nursery where the children play in English for three years before starting primary education, by which time they are comfortably bi-lingual, which in due course will make them more employable. Our education style is all about life and jobs, rather than certificates, though our students rate highly in state exams.

A team of voluntary Trustees was introduced in 2008 to regularise fund-raising, and we are now attracting better quality teachers, simply because they like our system and are happy in their work. The foundation purpose of the Trust is to offer a good, bi-lingual education, to every child in the village who chooses to take it up. Fees are very modest and pay the salaries of only two of our twenty-two teachers.

The school has finally shown its capability, and the village are very happy with what we are doing. Lately, some more senior children have even been taken away from local expensive schools and enrolled with us, in our Gairatpur Baas Panchayat school.



Calendar for March 2021

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2	3
4	5 Member's Choice: Learning Bridge @11:30am	6	7	8	9	10
11	12	13	14	15 Health & Wellbeing: Mental Health @3pm	16	17
18	19	20	21 General Meeting: Mexico @3pm	22	23	24
25	26 Art & Beyond: History of Indigo @3pm	27	28	29	30 Cultural Kaleidoscope: Bunraku Theatre @3pm	31

CIRCLE MEETINGS in May 2021

Cultural Kaleidoscope: 3pm, 6 May

"Anisha Dutt – Healing the body and soul"



Anisha Dutt is a certified healing practitioner, who works with different healing modalities including tarot, spiritual response therapy, reiki, angel therapy and vastu clearings. She is also a writer and human rights advocate and has previously worked in the Indian and American non-profit world on issues of gender, violence, and sexuality. Her formal education is in international studies from the Rochester Institute of Technology, New York.

In this session, Anisha will present information on the most popular healing modalities that have worked for people - starting with chakra healing. She will explain how energy bodies work, what dowsing means, and how a clearing i.e. spiritual response therapy works. There will be specific focus on vastu space clearings, clearings specific to Indian deities and beneficial clearings for specific days of the week. She will also touch on angel therapy and the power of angels to heal and protect, the powers of lunar magick, knot magick and lastly on tarot.

Member's Choice: 3pm, 12 May

"Dinner at Stevie's Place"

Tonight is Italian night at Stevie's place and you are all invited.

The first culinary trails session of the year was Sunaina Aggarwal cooking with produce from her beautiful garden. Now we will end the year with another member sharing her home cooking.

In this session we learn to make rosemary, thyme, and garlic focaccia with an anchovy dip.

Follow this with a simple but tasty capellini pasta with garlic, chilli, tomato and rocket. Then finish with the best and simplest tiramisu you will ever find. And of course, if you know Stevie, then you know there will be the odd cocktail here and there.

So, whether or not you think it is crazy to have an Australian cooking Italian in India, come along and have some fun ... there is always a seat at the table and a spare glass.



Art & Beyond: 3pm, 18 May

"Versailles under Lockdown"

A talk by Bénédicte Wiart, Director of Société des Amis de Versailles. Friends of the Palace of Versailles is a non-profit organisation dating back to 1907. Today, it proudly counts 5000 members scattered around the world. Bénédicte Wiart will explain her work at the head of the Society and the various projects she is working on with her team.

They have many generous donators around the world who help to fund the programs of renovation within the Palace as well as outside to maintain the fabulous 'Gardens à la Française'. Funds are also invested into new acquisitions to enlighten the collections. Before the pandemic, the gardens were also the site of special fundraising events.

Bénédicte Wiart will guide us on a special visit tailor-made for our WIC members.



NEWSLETTER JULY 2021

PRESIDENT'S ADDRESS

DEAR MEMBERS,

THE LAST FEW MONTHS HAVE BEEN A TRULY CHALLENGING TIME FOR THIS CLUB AND INDIA, FACING THE DEVASTATING SURGE OF THE SECOND WAVE OF THE PANDEMIC. MY HEART GOES OUT TO THOSE WHO LOST THEIR LOVED ONES, TO SURVIVORS WHO SUFFERED AND STILL ARE SUFFERING FROM THIS LIFE-THREATENING VIRUS, AND TO FRONTLINE AND ESSENTIAL WORKERS WHO MADE OUR LIVES SAFE. I AM SO GLAD THAT THE SITUATION HAS BECOME MUCH BETTER NOW BUT FEEL WE NEED TO BE AS VIGILANT AS EVER.

TO KEEP OUR SPIRIT HIGH, I AM THANKFUL TO ROSIE, OUR FIRST VICE PRESIDENT, AND TO CIRCLE LEADERS WHO HAVE KINDLY COME FORWARD AND TAKEN UP THE POSTS, FOR MAKING A LOT OF EFFORTS IN ARRANGING INFORMATIVE, ENTERTAINING, AND STIMULATING VIRTUAL PROGRAMS IN THE MONTH OF JULY! THERE IS NO BETTER WAY TO START OUR FIRST PROGRAM THAN ONE ON FIREWORKS IN JAPAN. CONSIDERED TO BE STATE-OF-THE-ART PROJECTS, FIREWORKS IN JAPAN ARE SET OFF USUALLY TO SIGNAL A CELEBRATION. THE PROGRAM IS FOLLOWED BY THE SUBJECT OF MANGOES, THE FRUITS I'VE Fallen IN LOVE WITH IN INDIA; ON TIGER, THE BEAUTIFUL ANIMAL I LONG TO SEE EVER SINCE I WENT ON SAFARI IN KARNATAKA 13 YEARS AGO; AND A HOW-TO LESSON ON VIRTUAL-MEETINGS, THE SKILL I DESPERATELY NEED TO ACQUIRE TO STAY CONNECTED WITH THE OUTSIDE WORLD. I REALLY CANNOT WAIT TO ATTEND THESE EXCITING PROGRAMS! ALSO, PLEASE NOTE THAT AS IN THE LAST YEAR, WE WILL BE HOSTING "MEMBER'S CHOICE" PROGRAMS AND WE WELCOME YOUR IDEAS AND ENGAGEMENTS IN ORGANIZING SPLENDID PROGRAMS.

AS WE HAVE ALREADY INFORMED YOU, OUR EC MEMBERS WERE DELIGHTED TO BEAR TWO HAPPY TIDINGS IN RECENT WEEKS --- THE RETURN OF BOTH THE 50TH ANNIVERSARY MEDALLIONS AND THE COOKBOOK ADVANCE FEE. REGARDING THE FORMER, THE EC HAS CONSIDERED AN APPROPRIATE WAY TO DISTRIBUTE THEM AND HAS CONCLUDED, THAT THE ONLY PRACTICAL WAY WOULD BE TO HAND THEM OUT WHEN WE MEET PHYSICALLY. SO, WE WOULD LIKE TO DISTRIBUTE THEM AT THE FIRST PHYSICAL GENERAL MEETING AND HOPEFULLY THAT WILL TAKE PLACE SOON.



EXECUTIVE COMMITTEE 2021-22

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WIC EXECUTIVE COMMITTEE

NEWSLETTER JULY 2021

SINCE THE START OF THE CLUB YEAR, THE EC HAS EMBARKED ON COLLECTING THE RECORDS AND PICTURES OF PAST WOMEN'S INTERNATIONAL CLUB ACTIVITIES. THEY ARE WONDERFUL REMINDERS OF HOW THIS CLUB HAS ENCOURAGED UNDERSTANDING OF DIVERSE CULTURES BOTH WITHIN AND OUTSIDE OF INDIA AND HAS FOSTERED FRIENDSHIPS AMONG WOMEN OF DIFFERENT NATIONALITIES. I AM TRULY IMPRESSED WITH THIS RICH AND COLOURFUL HISTORY OF WIC. HENCE IT IS WONDERFUL THAT NOOR, OUR NEWSLETTER EDITOR, HAS LAUNCHED AN INITIATIVE BY ASKING MEMBERS, FIRSTLY WHO JOINED IN THE 1970S, TO SHARE THEIR MEMORIES OF THE CLUB FOR THE UPCOMING NEWSLETTERS. IT IS MY SINCERE HOPE THAT THIS CLUB WOULD FLOURISH EVEN FURTHER BY BUILDING UPON THE LEGACY AND EMBRACING THE FUTURE.



YUKA ANDO



President's Medallion and Necklace

WIC Golden Jubilee Coins Front & Back



CIRCLE LEADERS

FOLK & CULTURE: SHALINI KANWAR,
DOMINIQUE CHORSZ

TEXTILES GLORY: SUNAINA SUNEJA,
SEITA VAIDIALINGAM

INHERIT-AGE: SEEMA BHALLA,
SUNEETA TRIVEDI, ASHWANI PAI
BAHADUR, ANUSHREE MAHAJAN

BOOKSHELF: LAKSHMI CHANDRA,
STEVIE CLAYTON

DRAMEBAAZ: SINIA DUGGAL, PARBEEN
KAUR

GREEN THUMB: ATSUKO WATANABE,
FATIMATA KANE HAIDARA

COOKS & CHEFS: BINDU TALWAR,
DEVIKA ANAND PURI

MEMBERS CHOICE: ALL MEMBERS ARE
WELCOME TO SUGGEST A PROGRAM
OR A SPEAKER OF THEIR CHOICE.

**FOR WEBSITE SUGGESTIONS,
ARTICLES OR PHOTOS PLEASE
CONTACT NOOR ANAND CHAWLA OR
ROSIE RAMEET SAHNI**

CIRCLE MEETINGS

FIREWORKS IN SHIZUOKA, JAPAN - AERIAL SHELLS AND TEDSUTSU FIREWORKS

JULY 13TH, 11:00 AM

Originally used to ward off evil, fireworks have a long history and are an integral part of Japanese summers. Every year from July to August one can see and hear fireworks all around Japan. Firework festivals go back to the 18th century. However, the production and storage of gunpowder was strictly restricted and controlled by the government.

In olden times, the brightness and variation of colours was given less consideration. After modernisation, Japanese characteristic aerial spherical fireworks were developed and began to be produced by pyrotechnicians throughout the country. Japan makes an art out of creating multi-coloured fireworks in all sorts of shapes. Some shapes are unique to Japan.

Display of fireworks has been deeply connected to religious rites. In some permitted areas, people in Edo Era began displaying fireworks in front of local shrines. It was an offering to their local gods, as a prayer for safety while traveling or an exceptionally good harvest. Display of handheld fireworks "tedsutsu hanabi" in Shizuoka and Aichi prefectures is one such cultural heritage which began in the 16th century. The culture of tedsutsu fireworks in midland area has been conserved by the local communities. In this lecture, the characteristic of Japanese aerial spherical fireworks is introduced along with tedsutsu fireworks by a pyrotechnician Hiroshi Oguchi of San-en Fireworks Co., Ltd. in Kosai, Shizuoka.

ORGANISED BY OUR GRACIOUS MEMBER MIDORI

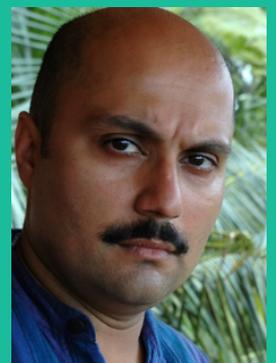


KING OF FRUITS - MANGO WITH VIVEK MENEZES

JULY 20TH, 4:00 PM

Indians are fortunate to enjoy abundance of mangoes namely Alphonso, Dushari, Langra, Chaunsa, Safeda and many more varieties. They are full of potassium, Vitamin A, C & B6. Eaten as a pickle, consumed as mango shake, served as dessert - there is no doubt that it is the king of fruits!

Vivek Menezes is a widely published writer and photographer, the co-founder and co-curator of the acclaimed Goa Arts + Literature Festival, founding editor of The Peacock daily newspaper at the International Film Festival of India, columnist for Scroll.in and the Dhaka Tribune, and frequent contributor to leading periodicals in India and abroad. He was born in Bombay, attended high school in New York, and holds degrees from Wesleyan University and the London School of Economics. He was curator of 'Konkani Surrealism', the large-scale group exhibition at Serendipity Arts Festival 2017, the even larger 'Panjim 175' at Serendipity Arts Festival 2018, and was also responsible for the multi-exhibition and interdisciplinary 'Mundo Goa' at Serendipity Arts Festival 2019. He lives in Panjim with his wife and three sons, very close to where the Mandovi river merges with the Arabian Sea at Miramar beach.



OUR OWN TIGER PRINCESS: DR. LATIKA NATH

JULY 27TH, 4:00 PM

Dr. Latika Nath is a Conservation Ecologist and Photographer. With a masters on Elephant-Human Conflict resolution, and a Doctorate on Tiger Conservation and Management from the University of Oxford, she is one of the first Indian scientists to work on Tigers, and the first Indian with a doctorate on tiger conservation. She has lived and worked in Central India for about three decades. An author, photographer, diver, and hotelier, she is an intrepid traveller with a passion for the outdoors and has always lived a life intimately connected with animals. She now focuses on using photography and writing as tools to raise conservation awareness alongside continuing efforts for wildlife conservation at the grass roots level in India. Her life and work has been featured on National Geographic television in a documentary called 'The Tiger Princess' and on the Discovery Channel in the program 'Wild Things'. She has contributed to films like 'Sita's Story' and a 'Tale of Two Tigers' on the BBC, as well as the National Geographic Magazine cover story on tigers for the 'Year of the Tiger' special in 2000. She has authored two coffee table books - Hidden India and Omo. Her work has been featured in several other books. She has exhibited at the largest exhibition on Tigers "The Eye of the Tiger", with 37 of the world's top Wildlife Photographers at the Royal Albert Hall, London. She is a member of Wildlife Photographers United and has contributed to the Series on Remembering Wildlife and her photograph was a part of the Event on the Great Apes at the Royal Geographical Society, London. She has held two solo exhibitions on primarily portrait photography from Ethiopia in 2018. She was awarded the Photographer for a cause for the year 2019 by T+L India and South-East Asia. She has been awarded by ATOI, is a UN Karamveer Maharatna awardee and is a Chevening Scholar.



RUCHIKA & STEVIE'S BIG ZOOM ADVENTURE

JULY 29TH, 11:00 AM

Join Ruchika Rajan and Stevie Clayton to learn the basics of Zoom.

You may have been using Zoom for a year now, but have you set up a free Zoom account for yourself to meet with your friends? Have you downloaded the Zoom App onto your phone/tablet/laptop? Do you know how to connect your audio or mute and unmute yourself?

In this session we will take you through the basics of Zoom, answer all of your questions and help you to practice some of the commands for yourself.

Whatever sort of device you use we can help you to use Zoom more effectively. And hopefully we can make it fun!



WIC RECOLLECTIONS: VEENA DAS MEMBER SINCE 1979

MY JOURNEY WITH WIC

When WIC was being formed, I was asked to join but, unfortunately, I had to politely decline as my children were too young and the meetings were to be held in the afternoons, which was the time my children needed me to help with homework. It was only a few years later that I joined the Club.

I have made so many friends here - invaluable ones. One got to interact with and respect other people's views, and get an insight into various cultures. The Club to us was more like family.

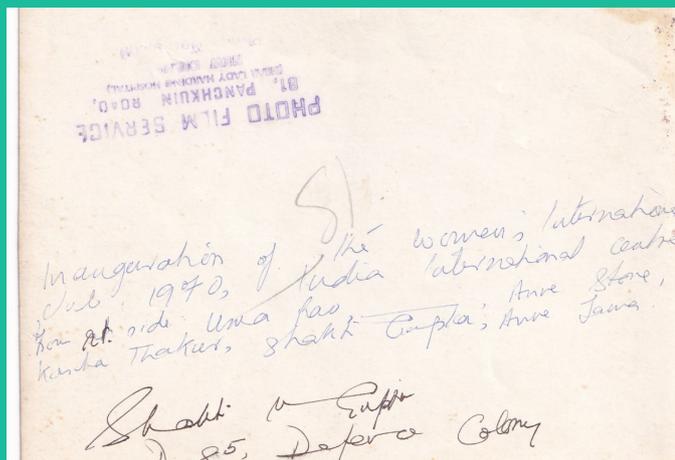
I remember when I was President, we did not have enough finances for the Gala Night - having catering done was out of the question!! So we decided that each one of us would bring a dish for the Gala - a dish which was the specialty of the member's country or of her home! So we had a chicken counter, a lamb counter, one counter serving fish, rice and various vegetables. The desert counter was unending! Of course, if you wanted a second helping of a particular dish, there was none!! But we got to savour cuisines from various countries and the different states of India! It was a totally different experience a very unique evening. The conversation was not only about cultures and the latest happenings in society, but also about recipes, recipes and more recipes ... altogether a very memorable evening and one that remains indelibly imprinted on my memory!



WIC'S INAUGURAL SESSION

GUESS THE MISSING MEMBER TO WIN A PRIZE!

We are really delighted to share this historical memory with WIC members. We sincerely thank Mrs Frenny Billimoria who has helped us retrieve this precious photograph from our founding member Shakti Gupta's daughter Mrs Neera Burra.



WIC ANNOUNCEMENTS

- Due to the current situation the Executive Committee has decided not to print new directories this year. If you would like an updated PDF, please contact Noor Anand Chawla or Nandini Pattani.
- We are doing away with Doodle as we continue to stay virtual, so attendance will be marked through your presence in Zoom meetings. Please write your name in the chat box when you log in to every Zoom meeting to mark your attendance.
- Members who joined WIC in the 1970s, please do send in a short write-up about your recollections - 300-500 words at nooranand@gmail.com
- The Executive Committee would like to wish the June and July-born members a happy birthday!



IMPORTANT LINKS:

1. if you would like to RSVP for July meetings you may email Midori at green0820dreameyahoo.co.jp

2. On the date & time of the meeting, click on the appropriate Zoom link below to join:

JAPANESE FIREWORKS - 11 am July 13th

<https://us02web.zoom.us/j/89969137938>

KING OF FRUITS - MANGO - 4 Pm July 20TH

<https://us02web.zoom.us/j/88633141474>

OUR OWN TIGER PRINCESS- 4 pm Jul 27th

<https://us02web.zoom.us/j/87625980698>

ZOOM LESSON WITH STEVIE AND RUCHIKA - 11 Am July 29th

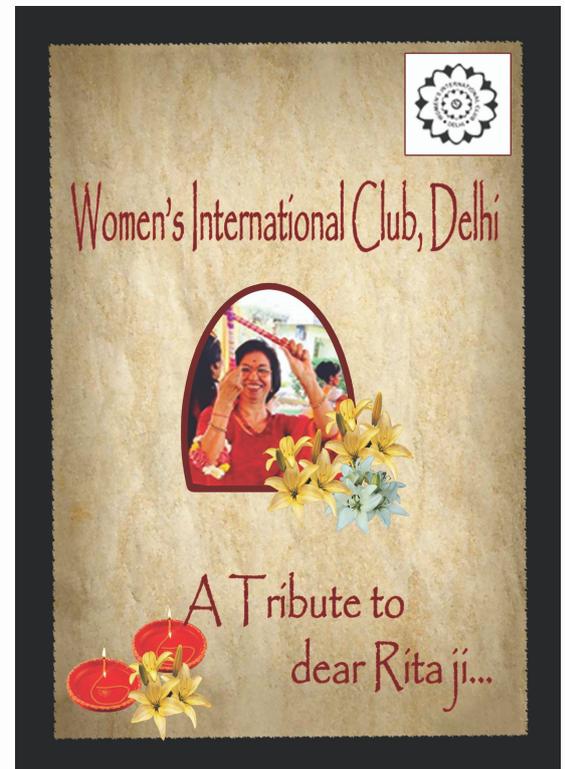
<https://us02web.zoom.us/j/86101936108>

FONDLY REMEMBERING....

WIC grieves the loss of one of our dearest members Rita Gharekhan, who succumbed to Covid-19 last month. She will always be remembered for her grace, poise, artistic bent of mind and warm personality.

A collective message of grief was shared by the Executive Committee with her husband.

May she rest in peace and remain ever-smiling in our hearts and memories....



SENDING HEARTFELT CONDOLENCES....

- *Deepak Chopra lost her husband, he was Brother of Gugu Singh, Uncle of Sinia Duggal and Parbeen Kaur*
- *Sunaina Suneja lost her mother*
- *Chhaya Shriram lost her father*
- *Jyoti Wazir lost her husband who was also Father of Sunandani and Shivani Pasrich*

CALENDAR FOR JULY 2021

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 JAPANESE FIREWORKS 11 AM	14	15	16	17
18	19	20 MANGO – KING OF FRUITS 4 PM	21	22	23	24
25	26	27 OUR OWN TIGER PRINCESS 4 PM	28	29 ZOOM LESSON 11 AM	30	31

