

WIC NEWSLETTER



APRIL, 1997

Dear Member,

Winter is on it's way out - but fortunately it keeps taking a few steps backwards - off and on!

Basant, which heralds the spring season in North India, was celebrated on the 11th of February. One saw paper kites of all colours in the sky amidst much revelry amongst both the children and adults. We now look forward to more colour during Holi later this month. The talk on India 1947 - 1997 by Sir David Gore-Booth was both informative and thought provoking. His cherubic exuberance and spontaneity captured the attention of the audience. And the sumptuous tea and snack thereafter bore the unmistakable stamp of our gracious and meticulous hostess Mary Gore-Booth. Our sincere thanks to them both for a lovely afternoon.

We do hope you are enjoying all the programmes and activities that our committee members are busy organising - a few more months left and then adieu from us!!

With best wishes,

Sarabjit Anup Singh

THE APRIL GENERAL SOCIAL MEETING

The April General Social Meeting will be held on Wednesday, 16th April at 3pm at the Park Hotel, Parliament Street. Sunita Kohli, interior designer and conservationist, will give an illustrated talk on "Sir Edwin Lutyens and the Building of New Delhi."

**WIC EXECUTIVE COMMITTEE
1996-1997**

Sarabijit (Gugu) Anup Singh	President	5563788, 6149445, 6149669, 8340365
Anthea Marsden	1st Vice President	4675074
Sunita Kohli	2nd Vice President	4611568
Anita Batra	Treasurer	4602791
Angeliki (Kiki) Theophilou	Secretary	6144892
Zakia Zaheer	Hospitality	3327382, 3329472
Maggie Knight	Membership	6883447
Renate (Ronnie) Coleshill	Newsletter	6872045(H), 3316841(Ofc) 332-7328(Fax)

**CIRCLE LEADERS
1996-1997**

BOOKS	Nina Dey Gupta Titia Knoops	6434836 6887274
EXCURSIONS	Helga Sarna Sheila Ghatate	6103319, 6166095 3329823, 3329346
FOCUS	Noni Singh Jyotsna Govil	6848817 6514787, 6855174
GOURMET & GARDEN	Maki Mehta Yuni Mochany	8350314, 8350311 6461458
INDIAN & INTERNATIONAL CULTURE	Jyoti Wazir Laxmi Chandra	4698143, 4631983 6885545
RECREATIONAL ACTIVITIES	Christine Wisner Vinu Baig	6113033, ext 2226 6838946, 6835801
VISUAL & PERFORMING ARTS	Surla Daga Amrita Mankad Alexandra Tomasikova Agnel Berry	6143467 6888761 601015, 6885340 4618870
YOGA	Indu Sahni Rupa Sahni	6841840, 6822960 4611877, 4619553

SPECIAL PROGRAMME

Follow up to our visit to the Padshahnama Exhibition. Date: Monday 21st April at 10.30am at the home of Anthea Marsden, A-21 West End. Tel: 4675074.

Our guide, Reena Nanda, following numerous requests, has kindly agreed to follow up our visit by a more detailed talk on each picture which we were unable to do at the Exhibition because of the crowds. This will be done using the plates in the Exhibition Catalogue. Would all those who bought catalogues please bring them along to the meeting so Reena can share the detail on each picture with us LIMITED TO 30 LADIES



BOOKS

As promised we are trying to secure the visit of Mr TN Seshan, former Chief Election Commissioner, for this month's programme. As he is unable to commit himself too far in advance, details will be announced.

CULTURE

Date: Thursday, 3rd April at 15.00

Despite two programmes in March we are fortunate indeed to have yet another wonderful opportunity in April. His Excellency Mr Constantine Ailianos, the Ambassador of Greece, will make a presentation on aspects of Greek culture as well as some common element of Greek and Indian culture. This will be followed by a short video/slide show on tourism in Greece. This will be held at the home of Carol Parker, 16A Amrita Shergill Marg. Tel: 4622643



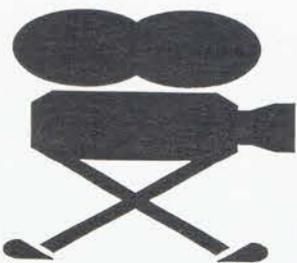
EXCURSIONS

Date: Thursday, 17th April at 15.00

April's excursion is an armchair trip. Join us trekking and white river rafting through the Himalayas. The bulk of the Himalayas lies in India, stretching over 2,000 kms, from Jamu and

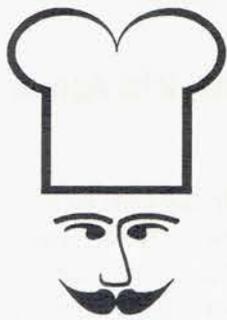
Kashmir in the North to Arunachal Pradesh in the East, it is an adventure enthusiast's paradise. Since it is too hot to go on an excursion in April we will take you through some of the Himalayan trekking and rafting areas while you sit in cool comfort, through an illustrated talk and slides by Ganeve Malkotia from Himalayan River Runners. Some areas being shown are: Zanskar, Ladakh, Kali River, Tons, Har-Ki-Dun and the Ganges. Armchairs provided courtesy of our hostess: Alison Draper, at her home: 1/31 Shanti Niketan, Tel: 6110484.

FOCUS



Tuesday, 15th April at 15.00 at the home of Kanawarani Sohinder Nabha, 10A Kasturba Gandhi Marg. Tel: 3714824 or 3324725.

We are fortunate to have Kalindi Deshpande, President of AIDWA, who will speak to us in place of Brinda Karat who could not make it 2 months ago. She will talk on The Inequality of Women - a topic close to the hearts of women the world over.



GOURMET

Good news for all the ladies who were disappointed about the cancellation of the Thai food demonstration. The Hotel Oberoi has very kindly agreed to organise a Thai cooking demonstration by their famous Ban Thai Restaurant chefs.

Since the Oberoi has already given us a complimentary demonstration in January 1997, next month's Gourmet Programme will be given to us at a very nominal sum of Rs.50/- per head. All those members who are still interested can give their names to Zakia. Last date for names and payment will be April 5th.

Venue: The Banqueting Hall, Oberoi Hotel, Dr Zakir Hussein Marg.

Date: Monday, 14th April. Time: 10.15am. Please be on time.

RESTRICTED TO 60 LADIES!



RECREATION

Your regular chance to meet and take part in the fun of bridge, scrabble or other board and card games, not to speak of good conversation! To be held on Friday, 4th April at 10.30 am at the house of Kim Bassin, the Embassy of Finland, E-3 Nyaya Marg, Chanakypuri. Tel: 6115258.

VISUAL ARTS

Tuesday, 29th April at 15.00

We are privileged to be able to experience a fascinating Japanese Cultural programme, in the Residence of the Embassy of Japan, 50-G Shanti Path, Chanakyapuri, courtesy of our hostess: Mrs Keiko Tanino, Tel: 6876564. Limited to 75 Ladies only.



YOGA

Date: Monday, 7th April at 15.00 pm at the home of Amarjit Singh, 179 Golf Links. Tel: 4618769.



"Yogic Stress Management Technique" Our own Kavitra Ratra, who is a trained yogic psychotherapist, will help us to reduce and eliminate the stress and strain of daily living and rejuvenate us into calm and happy people through yogic therapy.

**SPECIAL ANNOUNCEMENT OF THE
INTERNATIONAL EXCURSION 1997!
TURKEY & DAMASCUS -
Dates 19th - 30th May, 1997.**

We have planned a very interesting and exciting trip to the enchanting land of the Topkapi Palace, Blue Mosque and Turkish Delight, preceded by a trip to Damascus. We shall travel with royal Jordanian Airlines via Amman, and after Damascus we shall visit Istanbul allowing plenty of time for all the sights, a trip on the Bosphorus and shopping, travel by air and coach to Bursa, Izmir, Ephesus, Pammukale, Kusadasi, Ankara and Cappodocia.



Cost is \$1,600.00 which includes transport, accommodation on bed and breakfast basis, all transfers and sightseeing charges. This amount does not include lunches and dinners or personal/shopping costs. It will be possible for those who want to proceed to other European destinations for the summer to go on directly from Istanbul without returning to New Delhi.

Those interested in further details should contact Executive Committee members or Helga Sarba or Sheila Ghatate. Initial registration up to 16 March can be secured on payment of Rs 5,000/- deposit, or up to 30th March at Rs 10,000/- (to be deducted from the \$1,600.00).

LAST DATE FOR REGISTRATIONS IS 30TH MARCH. DEPOSITS SHOULD BE PAID TO HELGA SARNA, SHEILA GHATATE OR GUGU ANUP SINGH.

GALA NIGHT

Ladies, do remember the Gala Night on Friday 11th April. The residence of the Ambassador of Belgium, Nyaya Marg, Chanakyapuri, will transport you to quite a different ambience - a North Indian village. The theme of the evening is to celebrate "Baisakhi" - the villagers have harvested the wheat crop and their happiness is celebrated with a lot of fervour. The dress for the evening is "dhotis", salwar kameez, churidar/pyjama kurta. Make sure your escorts also dress accordingly. The invitations are already available at Rs500/- per head and are available from all the Committee members. Please contact them soon - remember the cut off date is 24th March.

As usual, we are asking foreign members to kindly donate beer, wine or whisky to help the evening swing. These contributions can be delivered either direct to the Belgian Embassy or to Anthea Thomas, A-21 West End, Tel 4675074 by 9th April.

FROM YOUR HOSPITALITY CHAIRMAN - When sending your reply card to Zakia Zaheer, please do not forget to add a Rs 1/- stamp. Thank you.

CONDOLENCES

It is with deep regret we announce that some of our members have had a bereavement in their family. Our heartfelt condolences go to:

Shankuntala Sachthey who has lost her husband
Frenny Billimoria who has lost her mother
Ronnie Coleshill who has lost her mother

MEMBERSHIP

In February we welcomed the following ladies as new members:

Kim BASSIN
(Amb. Benjamin)
Finland

Embassy of Finland
E-3 Nyaya Marg
New Delhi 110021. Tel:6115258.

Hershi FOKKER
(H.C. Ramesh)
Mauritius

Mauritius High Commission
5 Kautilya Marg
New Delhi 110021. Tel:6893551

Patricia HOLMES
(ALAN)
U.K.

Bungalow 5
British High Commission
Shanti Path
New Delhi 110021. Tel:6872161

Monica Modak
(Sanjay)
Colombia

c/o Telstra Int. Ltd.,
501 - 507 Tolstoy House
Tolstoy Marg
New Delhi. Tel:6132836

Gnana Moonesinghe
(H.C. Mangala)
Sri Lanka

Sri Lankan High Commission
27 Kautilya Marg
New Delhi 110021 Tel: 3011698

Deniz ONARAN
(Amb. Sami)
Turkey

TURKISH Embassy
N.50 Nyaya Marg
New Delhi 110021 Tels: 3013612 & 3016520

Jennifer TENG
(Pei - Yin)
Taiwan

A - 22 West End
New Delhi 110021
Tel: 6113576

The following members have left New Delhi or are leaving shortly. We are sad to say goodbye, but wish them all well for the future:

Toyin Adefemiwa
Gisela Elias
Mohini Gidwani
Shahnaz Khokharu

Newlly Mirkasymova
Elita Sagala
Kaoru Zuzuki
Begona Zaballa.

More directory changes:

Georgia Ioannou
Titia Knoops
Maggie Knight

6142723
6147274
11A Amrita Shergill Marg
Tel: 4697250
Fax: 4697190

Titli Sahni 7311062
Carol Measham 6146510
Josefina Young 6141683
Barbara Holm 6142804
Harash Kapur 4615048, 4601012
and 460406

YOGIC DIET

Kavita Ratra

Yoga texts have classified foods into 3 main categories which are held to influence human personality. Here we shall deal with and refer mainly to SATTVIC or pure food; which is considered light food and has the properties of air and heat. SATTVIC food sharpens the intellect, calms the mind and helps eliminate fatigue. A healthful diet includes, raw (salads etc.) or lightly-steamed vegetables, grains, pulses, milk, clarified butter (ghee) and nuts.

Good health depends on a slightly alkaline pH for the blood. Harmful bacteria find this an unfavourable medium to grow in. Most SATTVIC food are alkaline forming. However, a moderate quantity of acid-forming food should be eaten, such as, sugar starches and cheese. Acid forming or RAJASIC food are meat, poultry, fish, eggs, pork etc. These foods cause ACIDOSIS, the symptoms of which are dullness, headaches, nausea, loss of appetite and the cause of major illnesses.

Cooking and the preparation of food should be an act of 'mindfulness' - total attention or an act of love. Chew food well and eat in moderation leaving the table with the feeling that you could have eaten a little more.

YOGIC BREAKFAST

Buy, if possible, organically grown wheat grains and have them freshly ground. Mix the required amount with milk or water and leave covered overnight. In the morning, add raisins, chopped dates, soaked figs or apricots. Add some lemon juice and honey or brown sugar (gur) or maple syrup. If desired, some chopped fruits: apples, bananas, guavas etc. may be added. This breakfast supplies energy for several hours and satisfies hunger.

Uncooked wheat is far superior to cooked wheat for supplying enzymes and Vit. B, the "happiness" vitamin, which benefits the nerves and the digestive system. It is also a rich source of Vit.E which has associations with sexual health and for cosmetic purposes.

Alternatively, the freshly-ground wheat can be cooked like porridge. You could use sprouted wheat dalia instead, with the addition of oat bran. Add raw peanuts, chopped almonds and other dried fruit to be cooked with the porridge. You may like to sprinkle corn flakes on your porridge, just before you eat, to give it a crunchy flavour.

Eating wholewheat bread or uncooked wholewheat each day provides roughage which encourages the movement in the intestines and colon. It also provides potassium, magnesium, phosphorous, calcium and iron - beside the B-complex vitamins.

<u>Recipe A</u>	1lb wholemeal flour	About one half pint water (blood heat)
	1 teaspoonful salt	1 teaspoonful sugar (or crude black molasses)
	one half oz. fresh yeast	

For a variation add 2 ozs of sunflower seeds or sesame (til) seeds or 3 ozs of dates or raisins to the flour

Warm the flour mix in the salt. Mix yeast and sugar with half pint hand-hot water, leave ten minutes to froth-up. Stir yeast mixture and add remainder of the water to the flour and knead dough for ten minutes. Place dough in a buttered or floured tin. Cover with cloth and leave in a warm place for 30 minutes until dough doubles to just below the top of the tin. Bake 35 - 40 minutes in moderate oven.

<u>Recipe B</u>	1lb wholemeal flour	3/4 pint buttermilk
	1 tsp bicarbonate of soda	1 tsp cream of tartar

Mix a little of the buttermilk with the bicarbonate of soda and the cream of tartar to form smooth paste. Mix all ingredients together to form a moist dough. Line the tin with a sprinkling of flour and coat the dough with flour to prevent burning and sicking. Bake one hour in moderate oven.

1997

April

1997

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 CULTURE Visit Greece @ Carol Parker's, 16A Amrita Shergil, 3 pm ✓	4 RECREATION Kim Bassin, Finnish Emb, E-3 Nayaya Marg, 10:30 am	5
6	7 YOGA Yogic Stress Management @ Amarji Ssingh, 179 Golf Links, 3 p.m. ✓	8	9	10	11 GALA NIGHT "Baisakhi" Residence of Belgian Amb ✓	12
13	14 GOURMET Thai Cooking @ Oberoi Hotel, Banquet Hall 10:15 am ✓	15 FOCUS Inequality of Women @ Kanawarani Sohinder Nabha's 10A Kasburba Gandhi Marg, 3 pm ✓	16 GENERAL MEETING Sonita Kohili discusses Lytyens, Park Hotel, 3 p.m. ✓	17 EXCURSIONS Armchair Trekking @ Alison Draper's, 1/31 Shanti Niketan 3 pm ✓	18	19
20	21 FOLLOW UP to Padshahnama Exhibition, A-21 West End, 10:30 am	22 JAPANESE ↑	23	24	25	26
27	28	29 VISUAL ARTS Japanese Cultural Program @ Residence of Japan Emb, 50G Shanti Path, 3 pm ✓	30			

INTERNATIONAL EXCURSION - TURKEY AND DAMASCUS

MAY 19-30

SIGN UP BY MARCH 30