

# WIC NEWSLETTER



## DECEMBER, 1996

Dear Member:

At last we are beginning to feel a bit of nip in the air -- with promise of fine weather ahead, after a long grueling summer.

I hope you all have enjoyed the Club programmes and activities so far. We are grateful to the American Ambassador - Mr. Frank Wisner - for sparing time to share his thoughts with us -- put through in such an interesting and informative manner.

Of late I have noticed a rather disturbing trend -- Members signing up for activities and then not being present. This is not only inconsiderate to the hostess, but also deprives other Members to attend who could not be accommodated due to number constraints. I would request that Members sign up for activities ONLY if they are keen and reasonably sure of participating. Some Members tend to study the Newsletter during the course of the General Meetings and perhaps hurriedly tick off the reply card without reference to their own engagement diaries. In future, we do not propose to accept the reply cards back at the General Meeting itself.

We look forward eagerly to a full house at the Christmas get together in December, and in the meantime, I wish you all a Merry Christmas and Seasons Greetings.

Sarabjit Anup Singh, President

### THE DECEMBER GENERAL SOCIAL MEETING

We will celebrate "The Festival of Christmas" with The Capital City Minstrels. They are a mixed choir of people from all walks of life with one thing in common -- their love of making music in harmony. The choir is directed by Zohra Shaw and is accompanied by Usha Kelkar Srivastava.

Wednesday, December 11, 3 p.m. Hostess: Alexandra Tomasikova. Slovak Embassy Residence, 50 Niti Marg, Tel: 601015

**NOTE:** Please note that there will be a change of date for the January General Meeting. It is scheduled for **Wednesday, January 22** at 3 p.m. Watch this space for the specifics of this programme.

**WIC EXECUTIVE COMMITTEE  
1996-1997**

Sarabijit (Gugu) Anup Singh	President	5563788, 6119449, 8340365
Anthea Marsden	1st Vice President	4675074
Sunita Kohli	2nd Vice President	4611568
Anita Batra	Treasurer	4602791
Angeliki (Kiki) Theophilou	Secretary	6874892
Zakia Zaheer	Hospitality	3327382, 3329472
Maggie Knight	Membership	6883447
Renate (Ronnie) Coleshill	Newsletter	6872045(H) , 3316841(Ofc)

**CIRCLE LEADERS  
1996-1997**

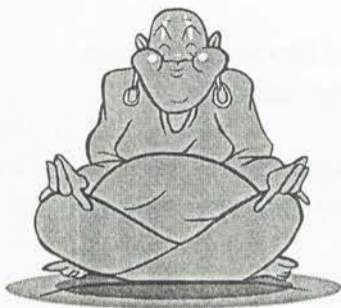
<b>BOOKS</b>	Titia Knoops Nina Dey Gupta	6887274 6434836
<b>EXCURSIONS</b>	Helga Sarna Sheila Ghatate	6103319, 6166095 3329823, 3329346
<b>FOCUS</b>	Noni Singh Jyotsna Govil	6848817 6514787, 6855174
<b>GOURMET &amp; GARDEN</b>	Maki Mehta Yuni Mochany	8350314, 8350311 6461458
<b>INDIAN &amp; INTERNATIONAL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



## BOOKS

Author off the Month: William Dalrymple, journalist and travel writer. Program Description: After authoring two successful publications, "In Xanadu--A Quest" is one, he will talk to Circle members on his past experiences and future plans.

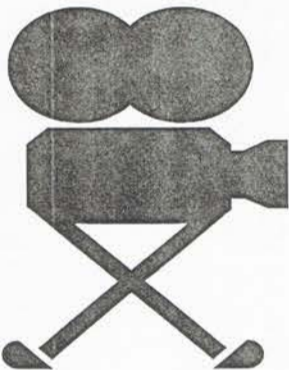
Thursday, December 12, 3 p.m. at the home of Kanta Stanchina, 2 Kautilya Marg, tel: 3793643



## YOGA

The practice of pranic healing is spreading like wild-fire. Professor Krishnan Veerappan, a renowned promulgator of the science of pranic healing or self-healing through the energies drawn from the Air, Earth and Sun, will discuss the benefits of preventive and complementary of this ancient healing process. Let us not miss this opportunity.

Wednesday, December 4, 10:30 a.m. at the home of Indu Sahni, C/744 New Friends Colony, Tel: 6841840



## FOCUS 96

The speaker for this month will be Brinda Karat, General Secretary of the All-India Democratic Women's Association. She will speak on the subject of women in India, their problems, rights, and the lack of them. She is a riveting speaker and promises a most lively discussion afterwards.

Tuesday, December 3, 3 p.m. at the home of Sushma Manda, E-122 Malcha Marg, Chanakyapuri, Tel 3013091, 3792921

## GOURMET & GARDEN



It's time for sugar and spice and everything nice, so ladies, what can be a better month than Christmas to indulge in some "sinful" eating?! This month's Gourmet Chef from Le Meridien Bakery will be showing us cookies and goodies which you can serve to your guests. Even dieters can also indulge for a change. So hurry up, Ladies, and give your names to Zakia. Participation is restricted to 40 ladies.

Monday, December 16, 10:15 a.m. - Raisina Hall, Le Meridien Hotel, Windsor Place



## INDIAN & INTERNATIONAL CULTURE

A slide presentation showing the "Highlights of Sri Lanka" narrated by an eminent Sri Lankan.

Monday, December 9, 3:00 p.m. at the home of Dorothea Metten, Belgian Embassy Residence, Nyaya Marg, Tel: 609224, 6875728



## RECREATIONAL ACTIVITIES

Friday, December 6, 7:00 p.m. at the Residence of Dorothea Metten, Belgian Embassy, Nyaya Marg, Chanakyapuri, tel: 609224

It is a "bridge" evening, so do sign up with your partner -- another Club Member or your husband if you dare and care to play with him!!

**NOTE:** It has become apparent that the 15 paisa stamp on the Reply Card is insufficient to get it through the postal system. Please put a 1 rupee stamp on it. We will try to remedy the problem with our future supply of Reply Cards. Your cooperation is greatly appreciated.

## FROM YOUR HOSPITALITY CHAIRMAN:

Many thanks to the Members who have provided food for the General Meeting and Circle meetings in October:

Mona Aggarwal  
Ronnie Coleshill  
Shakkti Gupta  
Reem Khairat  
Dhun Mehta  
Anup Singh  
Jyoti Wazir

Mohini Bazaz  
Sarla Daga  
Krishna Jhalani  
Sunita Kohli  
Yuni Mochney  
Kamla Sondhi  
Zakia Zaheer

The list of 40 ladies for the Garden & Gourmet will be kept at the General Meeting in November. This is for the Chinese cooking Demonstration at the Taj Mansingh on the 29th of November at 10:15 a.m. Kindly reconfirm that you will attend, as there is a waiting list. If you do not confirm, someone else will be happy to have your place. Only ladies on the list should attend. Thank you.

The **Focus** meeting on the **19th of November** will be at **Pushpa Vadara's, 20-E Prithviraj Road, 1st floor**, at 3 p.m. Please note the change of venue.

# Membership

We welcome the following new members this month -

Barbara Holm	South Africa
Sara Hostalley	U.S.A.
Zubaidar Kamalan	Malaysia
Monique Marrow	France
Carol Parker	U.S.A.
S. Suvardi	Indonesia
Antoinette Verspoor	Holland

Their addresses and telephone numbers will be listed in next month's Newsletter.

Please note the following change in your Directory:

Sheila Thadani-Chauhan                      6518137                      Please delete 668137

**Please note** - If you cannot attend the General Meeting of the month you should send your regrets in writing (see Constitution Pages 15-6a) to: Maggie Knight, 1/29 Shanti Niketan, New Delhi 110021. Thank you.

## CONDOLENCES

It is with deep regret that two of our very active members have had a bereavement in the family. Our condolences go to --

Indra Rani Jerath - who lost her Husband

Bina Deogun - who lost her Mother

## SPICE UP YOUR LIFE

Herbs and spices give you a real lift. Use them in your cooking as well as for herbal teas. Parsley, thyme, rosemary, mint, sage, ginger, dill, cinnamon are among the best.

From November to March most markets now sell fresh herbs or you can grow your own-- but dried herbs are almost as good.

Here's a great cure for winter coughs and colds: In two cups of water, add 1 tsp of crushed fresh ginger, 3 or 4 basil leaves, 3 or 4 mint leaves, 2 or 3 crushed peppercorns. Boil for 7 to 8 minutes on slow fire. Strain. Add a few drops of fresh lime and a tsp of honey. Taken twice or thrice a day, it really works like magic.

# December

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 FOCUS  All-India Democratic Women's Association @ E-122 Malcha Marg, 3 p.m.	4 YOGA  Pranic Healing @ C/744 New Friends Colony 10:30 a.m.	5	6 RECREATION  An Evening of Bridge @ Dorothea Metten's, Belgium Emb Nyaya Marg, 7 p.m.	7
8	9 CULTURE  Slide Presentation on Sri Lanka @ Belgium Embassy, Nyaya Marg, 3 p.m.	10	11 GENERAL SOCIAL MEETING  Annual Christmas Party @ Slovak Embassy, 50 Niti Marg, 3 p.m.	12 BOOKS  William Dalrymple @ 2 Kautilya Marg, 3 p.m.	13	14
15	16 GOURMET & GARDEN  Raisina Hall, LeMeridien Hotel, 10:15 a.m.	17	18	19	20	21
22	23	24	25 CHRISTMAS DAY	26	27	28
29	30	31				

MERRY CHRISTMAS