



wic

JANUARY 2012

news

GENERAL MEETING

Laugh and Learn with Anand Chulani

Date: Wednesday, 18th January **Time: 3:00 p.m.**
Residence of: Mrs. Brenda Beck
Tel: 41782576 - Gita **Address: 4, Aurangzeb Road**

Tea will be served

*In a world that is constantly changing, the only thing we can be certain of is change.
The fact is change is automatic, progress is not.
It is how we respond to uncertainty that determines how much we progress*



In this customized workshop, WIC members will learn how not only to handle uncertainty, but how to leverage it in a way that yields results. Participants will learn how to influence and motivate participants and their teams, triggering the strongest, most productive, receptive selves in any given situation. Taught in a fun, supportive and stimulating environment, the workshop will use a combination of fun activities and exercises. Members will walk away with measurable tools that they can use immediately!

Leadership & Laughter Coach, Anand Chulani, has worked with Fortune 500 executives, conducting workshops for companies such as Google, Disney, Lloyds Bank, Turner Broadcasting and Credit Suisse using his renowned LOL Method. He has worked with organizations such as the the International Association of Hostage Negotiators. Chulani has travelled the world with peak performance coach, Anthony Robbins and is a certified Robbins coach in strategic intervention in association with Stanford University and the International Council for the Prevention of Cruelty to Children. He has also written for hit sitcoms on FOX and the BBC such as *The Simpsons* and *Goodness Gracious Me*. Created shows for the Disney Channel, toured with comedians Russell Peters and Martin Lawrence, and acted in hit TV shows like ER.

Chulani is spreading his LOL Method, a system of education that empowers the leaders of today (Fortune 500 companies) and the leaders of tomorrow (kids and teens) to use the power of play to boost self-confidence, resolve conflict, develop emotional intelligence and become confident and compassionate leaders in their families and communities. Anand's method has yielded proven results with over 40,000 teens and children from over 30 countries -- from Palestinian and Israeli Youth Leaders to children of Hollywood and Bollywood celebrities to kids in gangs in NY and LA.

Important note: It is essential that members RSVP by January 5, 2012 to Veena Hora for this General Meeting. Due to security reasons, if your name is not on the list of attendees, you will not be permitted access. Additionally, please carry photo ID.

PRESIDENT'S MESSAGE

Wishing our WIC ladies a wonderful new year; and that 2012 be a happy year fulfilling the promises and joys of our resolutions for the future. 2012 is filled with hope as we remember the fun and challenges of the past year.

Reflecting on the past year after the holidays brings memories of laughter, smiles and, yes, even some frustrations. As always, memories of the joy and fun help us move ahead, knowing we have a fresh start with every coming year.

I want to take this opportunity, at the halfway point of my presidency, to give a special thank you to those members who have helped the Club in so many quiet and unnoticed ways. I also want to thank those who have shared their wisdom, advice, support and laughter!

May you all have a happy new year, filled with good health, joy and peace.

Let's steam ahead into 2012, and make it great!

Fondly,

Kelly



Special Programme

Date: Monday, 16th January Time: 11:00 a.m.
Residence of: Brigitte Wuethrich
Address: A-24, Ansal Villas, Satbari, Chattarpur
Mobile: 98110 58672 Limited to: No Limit

Gem Stones and their effect on our Health

Dr. M. S. Chauhan from Jaipur is a gemstone therapist and consultant at the Taj Jiva Spa in the famous Rambagh Hotel in Jaipur. He will create awareness about the gemstones, which we wear and are fascinated about and will talk about their healing properties or their harmful effects. Dr. Chauhan scientifically explains the power of gemstones on a person's life. The inherited memory of a stone and how it will bring good or bad into the life of the wearer will be another topic to remember. We all love the sparkling effects of precious stones on us but are mostly ignorant about their long-term effects on our health. Dr. Chauhan with his unique technique has specialized in identifying the right stones for a person.

Please do not forget to bring your stones for a "check-up".

Directions to Brigitte Wuethrich's home :

Go to the Chattarpur Temples and follow the road for approx. 4 kms. You will reach Satbari Village and after the village is a big blue board indicating "CSKM Public School and Ansal Villas". Turn left into the colony and follow the road for another 1 km. On the crossing turn left (the board says DD-Road A/1 to A/5). The first gate on the right side is A-24 Twinkash Farm.

Those who wish to join the car pool, please come to the Qutab Minar Parking lot at 10.20a.m. prompt.

GOURMESSA

Date: Thursday, 19th January Time: 12:00 p.m.

Residence of: Azzah Al-Maani

**Address: Ep-10 & 11, Chandragupta Marg,
Tel: 26885630 Limited to: 30 participants**

Middle East Cuisine

Try the deliciously different taste of Arabic food. At this Circle session, there will be food to sample from four different Arab countries - Egypt, Bahrain, Jordan, Algeria, Kuwait, Tunisia and the Sultanate of Oman. Essential to cooking in any Arab country, is the idea of hospitality and generosity. There are many regional differences in the food, but all reflect the influence of many different cultures.

Many thanks to our hostess Azzah Al-Maani.

WIC Executive Committee 2011-12

President

Kelly Jarvis Tel: 9958870714
kellyjarvis@me.com

First Vice President

Sheila Ghatate Tel: 9868125252
sghatate@gmail.com

Second Vice President

Patty Dhar Tel: 9818992747
pattydhar@yahoo.com

Secretary

Rosie Sahni Tel: 9899117527
roseleenvsnl@gmail.com

Treasurer

Veena Dass Tel: 9811292020
veenadass1@gmail.com

Hospitality

Veena Hora Tel: 9811035648
veenahora1979@yahoo.com

Membership

Shawn Runacres Tel: 9811300610
srunacres@hotmail.com

Newsletter

Kiran Jhangiani Tel: 9717700133
jhangianikiran@yahoo.com

LET'S LEARN

Date: Friday, 27th January Time: 11:00 a.m.

Residence of: Patty Dhar Address: 16 Golf Links

Mobile: 9818992747 Limited to: 40 participants

Lets make Kimchi

Kimchi is a Korean dish made of vegetables, such as cabbage or radishes, that are salted, seasoned, and stored in sealed containers to undergo lactic acid fermentation. Kimchi is loaded with vitamins A, B, and C, but its biggest benefit may be in its "healthy bacteria" called lactobacilli, found in fermented foods like kimchi and yogurt. This good bacteria helps with digestion, plus it seems to help stop and even prevent yeast infections, according to a recent study. Koreans serve kimchi at almost every meal and kimchi has recently gained popularity around the world. Historians believe that Asian people were consuming kimchi as long as 3,000 years ago.

Our member, Kyu Na will demonstrate how to make kimchi.

Date: Monday, 30th January Time: 11:00 a.m.
Residence of: Sandra Tomasikova
Address: Slovak Embassy, 50 M, Niti Marg
Tel: 24101015 Limited to: 30 participants

Multicultural Entertainment Etiquette

Getting together for a lovely meal at a friend's home is an experience that WIC members really enjoy.

Join us as fellow WIC members explain their country's table etiquette and social graces for entertaining at home. Our panel of international 'experts' will explain the typical steps for a successful meal, from making an invitation, offering a hostess gift, table manners, and making a graceful exit. We welcome your attendance as we share our understanding

Date: Tuesday, 31st January Time: 3:00 p.m.
Residence of: Deepak Chopra Address: E 2, Defence Colony
Mobile: 9810074136 Limited to: 25 participants

"Save a Heart Break, Go Red for prevention of heart disease in Women"
A talk by Dr. Divya Malhotra

Hearth Disease is an epidemic and growing rampantly. In India, with increasing economic prosperity and the urge to ape the Western society, we are now seeing the perils of urbanization. In recent years Heart disease has emerged to be the number one killer in women, over taking Cancer. Women usually do not put their health as top priority and also take symptoms of heart disease lightly, thereby increasing their risk of fatal heart attack.

Dr. Divya Malhotra trained at New York University Medical Center and specialized in non-invasive imaging of the heart. She is board certified in Internal Medicine and Cardiovascular diseases. She is a Fellow of the American College of Cardiology and a Fellow American Society of Echocardiography. After living and working in the US she has moved back to India. She will talk to you about Heart disease, and provide insights into how you can help pave the path for a healthy new lifestyle. She is passionate about bringing awareness that heart disease affects women and strongly believes that "Prevention is better than cure". You will have ample opportunities to discuss your queries regarding heart disease. So, women lets start with prevention and "GO RED" to save lives.

Happy Birthday to the following members in January :

1st Yuzana Velic
 1st Anne Wright
 2nd Beatrice Weigel
 6th Nimmi Khanna
 6th Mary Florence
 8th Gopika Nath
 8th Atsuko Watanabe-Jakhar
 10th Darshan Inderjit
 12nd Kavita Ratra
 19th Fawzeya Ayoob Ahmed
 21st Veena Hora
 20th Yasmine Pawar
 28th Diana Zaheer

- We apologize to anyone whose birthday we have missed. Please help the Club by ensuring that we have your latest details, including the date of your special day. Attn: Shawn Runacres, Chairperson of Membership.
- Our member Deepak Chopra would like to inform all of you that her new email address is dchopra136@gmail.com
- We wish all our members going to the Jaipur Literary Festival, 20-23 January, a wonderful time.
- Details are being worked out for a trip to Bangladesh in the 2nd half of February. Those interested please give your names to .naghmaka@gmail.com

Dear Ladies,

The Membership Sub-Committee has been busy already this year and we welcome the following new members to our Club:

Jinyoung Kim
 Birgit Denecke
 Shugin Luo
 Yuzana Velic
 Mari Jenefsky-Titus
 Janine Vaesen Doeniaux
 Michele Albaret Maatsch
 Naomi Hattaway
 Ann Marie Ferrer

We encourage you to please continue to invite and introduce potential new Club members at our monthly General Meetings. We ask that you help them get to know as many people as possible before they apply for membership. By taking extra care when filling in these applications and being very clear and specific about the value each individual brings on the proposing form you make our job of vetting and agreeing new members much easier.

Wishing you all the best for 2012!

WIC Circle Leaders 2011-12

The Arts

Devika Anand Puri 9810010547
 Frenny Billimoria 9811286353

Book Circle

Gita Abhyankar 9958629912
 Nandita Lahiri 9811988366
 Marina Marangos 9717620707

Cultural Kaleidoscope

Shakuntala Daweswar 9811440101
 Theresa Herzog 9717388220
 Manya Kostova 9910999573
 Louanne McCurdy 8800324448

Gourmessa

Mona Aggarwal 9810238810
 Azzah Almaani 9873889700
 Niti Judge 9810564346
 Bindu Talwar 9818077882

Hindi Bolo

Bina Deogun 9810136589

Let's Learn

Salonika Aggarwal 9811064701
 Tracy Flannery 8800523131
 Kyu Na Kim 8860372549
 Hong Li 9811097350
 Atsuko Watanabe 9871780190

Tours – Explore India and the World

Leena Singh 9810032426
 Bubbles Suneja 9810003354
 Zakia Zaheer 9810067090

Yoga and Health

Anita Dua 9810989433
 Dr. Divya Malhotra 9871727402

*Trip to Myanmar October 29 -
November 7th, 2011*

by: Hemant Pasrich

Our trip was not an Orwellian Odyssey -- it was a WIconian adventure that was brilliantly planned by Zakia (who unfortunately was unable to come with us). And it was conducted by a born leader, who bubbled with self confidence all the way through, and quietly supported by Leena Singh, who also looked after her 'mum' in the same gentle low-key manner.



When Sheila asked me to write about the trip, I decided to focus on the images and impressions of the many wonderful places.

Yangon - the old Rangoon, where we started off, is a haze of many golden Pagodas and Buddhas and walking barefoot through gorgeous monasteries.

Bagan - a landscape dotted with small brick temples /pagodas was reminiscent of the caves in Cappadocia. Although manmade, they have blended into the topography and taken on the feeling of having been there always. The sunset view of the temples with the river in the distance will never be forgotten.

Mandalay - The visit to the monastery with its 800 monks in red, walking in a disciplined line for their mid-day meal is an image not to forget. Other memorable experiences were walking in and out of the world's biggest book; the lunch boat cruise entertained by Urdu poetry and jokes; and seeing the world's largest bell. And who could forget the the horsecart rides over craters while being chased by young girls on bicycles urging us to buy jewellery. What a unique experience to bargain from a moving tonga! This was vendor hassle at a new level!

Mt. Poppa - 777 steps up and 777 steps down barefoot was accomplished by many of us. I'm sure the prayers and entreaties made from there will be answered.

Heho - the merry oh! Inlay Lake was the Burmese Venice. We all enjoyed boat rides on calm waters surrounded by incredible blue skies and fleecy clouds hanging in the blue like soap suds, And then there were the spectacular sunset colours and a clear, welcoming rainbow!

Our group spanned 40 + years. Senior members kept up with every activity, and were even more punctual than the younger contingent! This was my first time travelling with an all-women group, and so I must comment on the shoppers who occasionally were inclined to forget importance of time!

Our guide, Em Em, the only man in the group, gave up his pillar of masculine authority very early in the game and complied with the all manner of requests and changes. This magic man maintained his Buddhist calm throughout female shenanigans. I especially loved his stoic expression and cool half-smiles when asked questions like, "Em Em is this silver? All want to know if this is real silver?" (I wonder what he thought of us?) He even helped me to buy and carry back a clay Hibachi!

Our accomodation was fantastic -- five-star comfort all the way. Heho, what's this, honeymoon cottages surrounded by moats so spacious one didn't remember where one had put ones suitcase. A huge wooden bath tub with a style dating back to Tudor days. A tub for honeymooners or for an Agatha Christie murder! Sorry - not much water for either.

WIC travel leaders must be congratulated on a very well planned and successful trip to Myanmar. I had always wanted to visit Burma(Myanmar) but not until Aung San Suu Kyi was freed. I'm glad I was able to make this memorable trip.

Chitter-Chat

MEMBER'S
CONTRIBUTION

Women love to gossip
we all enjoy a chat
you name it - we discuss it -
because we are like that !

We talk about husbands
(not our own of course)
whisper about "you-know-who"
with a twinge of remorse...

We groan at soaring prices
how can they be so high?
even the humble potato-
oh sigh, oh sigh ...

we discourse on films and fashions
and hot trends on the scene
while mourning the old tailor
who switched loyalties, unseen...

We brag about our children
and our grandchildren sublime
swap recipes, tell jokes-
but forget the punch line!

We are women are substance
or creatures of whim
we come in various sizes
obese to slim...

You can love us-
or leave us-
but you'll surely agree
WE add the sizzle
to life's jamboree!

by our member: Nima Malhotra, September 28, 2010

JANUARY 2012

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