

# WIC NEWSLETTER



## MARCH, 1997

Dear Member,

Ordinarily our monthly meetings are slated for the second Wednesday of the month. The January meeting was, however, shifted to the fourth Wednesday to coincide with the Republic Day celebrations. The guest speaker, General Narinder Singh, captivated the ladies in the audience with his lucid and informative presentation of the amount of thought and preparation which goes into producing the pageantry and spectacle of the Parade we see every year. A pity that some members had reservations and missed a glorious opportunity. The humour and informality of the suave and handsome speaker caused many a heart to flutter!!

In March the monthly meeting has been put forward to the first Wednesday, the 5th, to accommodate the schedule of the internationally-renowned sarod maestro, Ustad Amjad Ali Khan.

The arrangements for the Gala Night have been finalized. The date is Friday, 11th April and it will be held at the Residence of the Belgian Ambassador, Nyaya Marg, Chankyapuri. Cards will be available with the Committee Members from Monday, 17th February. Of course, we would very much like all the members to participate so do hurry up and contact us latest by Monday, 24th March. In case any cards are left unsold, then we could invite some special guests.

With best wishes,

Sarabjit Anup Singh

### THE MARCH GENERAL SOCIAL MEETING

To use an analogy from Western music, the sarod is a viola in the hierarchy of Indian stringed instruments. The history of sarod--a Persian word meaning simply 'music' or 'melody'--goes back to the *Rabab* which was brought to India from Afghanistan by Amjad Ali Khan's *Pathan* horse-trading ancestors who adapted and transformed it into the complex and sophisticated instrument suited to the Indian classical tradition of that time. Amjad Ali Khan is the foremost senior musician in the world of Indian classical music. He will present a lecture demonstration on Wednesday, March 5 at 3 p.m. and the American Ambassador's Residence, Roosevelt House, Chankyapuri.

**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**

<b>BOOKS</b>	Nina Dey Gupta Titia Knoops	6434836 6887274
<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>	Surla Daga Amrita Mankad Alexandra Tomasikova Agnel Berry	6143467 6888761 601015, 6885340 4618870
<b>YOGA</b>	Indu Sahni Rupa Sahni	6841840, 6822960 4611877, 4619553

## GARDENING NOTES FOR MARCH

by Kevita Ratra

As the weather warms up, beds must be prepared for transplation of vegetable seedlings, and new creepers, hedges and trees planted before the sun gets too hot.

Lawns: If you plan to re-turf, start preparing the soil now.

Bulbs: Plant caladiums, gloriosas and tuberoses this month. Once winter-flowering bulbs have died down completely, dust the bulbs with Bavistan and store in a cool, dry, dark and airy room.

Winter Annuals: Select the best specimens for seed collection, label carefully and store for next season.

Summer Annuals: Prepare seed beds and sow early in the month.

## HANDY HINTS FOR HERBAL COOKING

from Kavita Ratra

When baking bread or biscuits at home, knead in about 1 teaspoon of fresh minced herbs per loaf or dozen busuits. Use parsley, dill, oregano or reosemary fresh from your garden. For an added treat, top off with garlic-flavored butter before serving.

Rub fresh herbs like marjaoram or lemon basil into fish before grilling.

Add 1 teaspoon fresh basil or dill into 1 cup (8 fl oz/250 ml) of mayonnaise for a special spread.

Sprinkle omelets with fresh minced herbs before folding. Try cheese-and-herb combinations like feta and marjoran or Parmesan and basil.

Mix together  $\frac{1}{2}$  c (4 oz/125 g) of butter or margarine, 1 teaspoon each of fresh oregano and parsley, and  $\frac{1}{2}$  teaspoon each of fresh basil, onion powder and garlic powder Toss with hot popcorn.

If you're trying to cut down on salt, use your dried herbs and spices to make salt substitutes. Grind the dry ingredients together and fill the salt shaker. Experiment with combinatons of dried herb leaves and seeds, orange peel, and spices like ground cloves or ginger. Add ground pepper if you like.

### Herb Seasoning

1/4 c (1/4 oz/20 g) *each* of dried parsley, savory and thyme  
2 tablespoons dried marjoram

Grind ingredients together.

### Spicy Herb Seasoning

3 tablespoons *each* dried basil, marjoram, parsley and thyme  
4-1/2 teaspoons dried chives  
2-1/2 teaspoons *each* paprika, rosemary and onion powder

Grind ingredients together

## EXTRA! EXTRA! - SPECIAL PROGRAMME - MISS THIS AT YOUR PERIL!

We have arranged a visit to the National Museum to see the major exhibition on Shahjahan, the highlight of which is in the display of the *Padshahnama*, an account of the first ten years of the Mughal emperor's reign as recorded by one of his biographers, Abdul Hamid Lahori. This only illustrated edition was passed to King George II and is now in the personal collection of H.M. Queen Elizabeth II at Windsor Castle. It is brought to India for the first time after Independence as part of Great Britain's celebrations for the 50th Independence Anniversary. Please meet on the Museum entrance steps (outside).

Wednesday, February 26 at 10:30 a.m. The visit will be guided by Ms. Reena Nanda.

If you cannot make this visit, please note that the exhibition is open for the whole of February, ending on February 28 (the Museum is closed on Mondays.) If possible, bring your own magnifying glass.

## CANCELLATION

We regret that due to changed travel plans, T. N. Seshan will be unable to come to the February Book Circle meeting, which therefore is cancelled. We extend our apologies to those who were looking forward to hearing him. We hope he will be able to come later on in the year.

## BOOKS

Two authors of children's and young people's books are visiting the American Embassy School from the USA. Elizabeth Levy, who writes for younger readers, and Paul Zindl, who writes for older readers, will discuss their books and work with the children.



Thursday, March 13, 4 p.m. (Please note this programme begins one hour later than usual.) Hostess: Titia Knoops, 61 Vasant Marg, Vasant Vihar, Tel: 6887274.

## CULTURE



There will be two special programmes for this Circle in March as neither of the presenters was available in April and we did not wish to miss out on these special opportunities.

**Lecture/Music:** Mr. Baldeep Singh, scholar and musician, will talk about Guru Nanak, the great Sikh said and pilgrimages of special significance. The lecture will conclude with some Sikh devotional music.

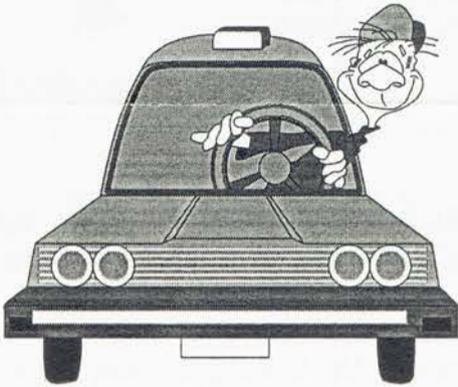
Tuesday, March 25 at 3 p.m. Hostess: Titli Sahni, 67 Friends Colony, Tel:6911962

**Film:** Aruna Harprasad, a film maker of documentaries, will show her fascinating film "The Tribes of the Andaman Island," followed by a short question and answer session.

Wednesday, March 26 at 3 p.m. Alliance Francaise, South Extension, Part II

## EXCURSIONS

The Yanni Trip on March 20th is the Excursion for March. All members planning to go should have paid their Rs 4,000/- to Helga Sarna or Sheila Ghatate by now. This trip is closed -- 73 people have signed up!



Because of the heat, April's excursion will take place in March. This will be a walking/driving tour of Lutyens' Delhi, in preparation for our planned talk by Sunita Kohli on this topic at our April General Social Meeting. The tour will be led by Ms. Reena Nanda, an experienced guide who has led a number of walks for The Conservation Society of Delhi. The walk needs to begin early to avoid the midday heat, so please be prompt.

Friday, March 7 at **8:30 a.m.** Meet at the gate of the Rashtrapati Bhawan.

## FOCUS

Our focus this month is on adult literacy. Our speaker, Mrs. Sudhamahi Regunathan, is a volunteer worker with the Literacy Mission. Members will have ready many interesting accounts of her experiences in features she writes for national newspapers. Sudhamahi is a Bharatnatyam dancer, a research scholar in addition to her work with the mission.



Tuesday, March 18 at 3 p.m. Hostess: Hemant Pasrich, 139 Golf Links, Tel: 4621699



## GOURMET

A family holiday to the South of Spain was our most enjoyable one. The scenic beauty of the Costa del Sol leaves one breathless. People are very friendly and good looking and the food is just delicious. Then, I can't take you to Spain, but this month I am lucky to arrange our Gourmet programme at The Park. The chef of the new and very popular Spanish restaurant called "Las Meninas" will share his culinary expertise with us.

Wednesday, March 19 at 10:15 a.m. (Please be on time.) , At the Banquet Hall in The Park Hotel, 15 Parliament Street - **Restricted to 35 ladies only.**



## RECREATION

Join us for cards, scrabble, chit-chat, knitting, whatever strikes your fancy.

Friday, March 14 at 10:30 a.m. Hostess: Vinu Baig, G-7 Maharani Bagh, Tel: 6838946, 6835801

## VISUAL ARTS

Fashion Sense - Tarun Tahiliani has been on the national scene for almost a decade as a leading fashion designer. He specializes in evening wear and bridal outfits. He will deliver a talk on his work, accompanied by a slide-show which will be followed by models displaying his outfits.

Monday, March 17 at 3 p.m. Hostess: Helga Peterlik, Austrian Residence, EP-13 Chandragupta Marg, Chanakyapuri, Tel: 6886834



## YOGA



This month by popular request from WIC members, we have requested Dr. Krishnan Veerappou to give us a talk about Pranic healing.

Christ said, "Physician, heal thyself." Dr. Veerappou will show us how we can heal ourselves and others effectively through our own "Prana."

Thursday, March 27 at 10:30 a.m. Hostess: Zofia Krawczyk, 50-M Shantipath, Polish Embassy, Tel: 6889197

## ***FROM YOUR HOSPITALITY CHAIRMAN***

Many thanks to the members who provided snacks for the General Meeting at Rupa Sahni's on January 22nd. Special thanks to Rupa for her home and hospitality and Gugu for the hot pizzas on a cold morning.

Members are kindly requested to be on time at General Meetings and Circle Meetings as it disturbs the speaker when people arrive late. Zakia Zaheer

## ***MEMBERSHIP NOTES***

The Vasant Vihar area telephone exchange has changed. I understand that if you dial 1952 and wait for the beep, you will be asked what old number you are trying to reach. They will then give you the new number. However, if you are affected, please let Maggie Knight or Ronnie Coleshill know your new number. Corrections will be listed in the following month's Newsletter and incorporated into next year's WIC Directory.

The following members have new phone numbers. Please note the corrections in your Directory:

Sarabjit Anup Singh	614-9445, 614-9669, delete 611-9449 and 611-9455
Angeliki Theophilou	614-4892

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 GENERAL MEETING Amjad Ali Khan @ American Emb Res, 3pm	6	7 EXCURSION Lutyen's Delhi Rashtrapati Bhawan @ 8:30 am	8
9	10	11	12	13 BOOKS Am Writers Titia Knoops 61 Vasant Vihar - 4 pm	14 RECREATION Vinu Baig G-7 Maharani Bagh @ 10:30 am	15
16	17 ARTS Fashion Sense Helga Peterlik EP-13 Chandragupta 3 pm	18 FOCUS Adult Literacy Hemant Pasrich, 139 Golf Links @ 3 pm	19 GOURMET Spanish Cuisine @ the Park Hotel 10:15 am	20 EXCURSION to Yanni Concert	21	22
23	24 HOLI	25 CULTURE Lecture/Music @ Titli Sahni 67 Friends Colony @ 3pm	26 CULTURE "The Tribes of the Andaman Islands" 3pm @ Alliance Francaise	27 YOGA 10:30 am	28 GOOD FRIDAY	29
30	31					

Remember the Extra Program which will take place Wednesday, February 26.  
See the Padshahnama Exhibit at the National Museum.  
Meet at the Museum entrance steps (outside) at 10:30 am