

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

Executive Committee 2020-21

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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"

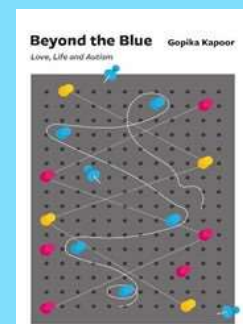


Gopika Kapoor is a writer and autism consultant. She has a master's in journalism from Northeastern University, Boston and a BA (English Hons.) from St. Xavier's College, Mumbai. She is the author of bestselling books *Spiritual Parenting*, *Spiritual Pregnancy*, *Spiritual Relationships* and *Spiritual 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			