



NOVEMBER 2009

# WIC NEWS



*Harmony*

## GENERAL MEETING

**Wednesday, 11th November 2009, 11.00 pm**

At the 23, Canning Lane

(Pt. Ravi Shankar Shukla Marg.) Off K.G. Marg

### *EID Celebration*

In keeping with our motto of this year "Let's grow in Friendship" we will celebrate Eid together. Joy, bonhomie and festivity. Our chief guest will be **Begum Salma Ansari**, wife of the Vice President of India. **Syeda Imam**, a writer and eloquent speaker will talk about the significance of the two Eids, followed by a Kathak dance recital specially choreographed for Eid by our renowned member **Shovana Narayan** and performed by her students. Typical Eid delicacies will be served, courtesy our **First Vice President Zakia**. Her sister **Dr. Syeda Hameed**, Member, Planning Commission has generously offered her residence and will be our honoured guest, Join us in your Ghararas, Shararas, Lehngas and finery to give this meeting the real ambiance of Eid.

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# PRESIDENT'S LETTER

Dear Friends,

**Rain is one of the best expressions of nature, particularly after a spell of burning heat. Be it human beings, flowers, trees, bees or animals ..... rain rejuvenates all.**

Change of the weather brings with it the festival season. This is my favourite times of the year, sharing the pleasures of giving and receiving and celebrating with friends and family. It is the time for cultural interaction, be it Diwali, Eid or Christmas. I hope all of you who will attend Diwali meeting in Mona Agarwal's lovely garden will enjoy the afternoon not only with the delicious chaat, but also the Odissi dance recital by our most accomplished member Shivani Pasrich. A big thank you to both Mona and Shivani to share their home and talent with.

May I also say that the Circle Leaders are doing an excellent job with their various be it Performing Arts, Cuisine, Movies or Yoga. A big thank's to all of and also to Taru Kanwar, who had to suddenly leave due to family reasons, but she still organized for the showing of a hilarious theater performance and a fabulous feast at the home of her son. The show must go on! I would also like to thank Gazala Malik for opening her home to us for what promises to be a very interesting programme. Thank you Gazala.

A very big Thank you to Barbara Bilman and the Sevgi Boz the cultural caunsillor . Thank you Sheila Ghatate and Niti Judge our very capable tour organizers. Look forward to more such programs in the future.

Ladies, it would make life a little easier if all of you who have signed up for the various meetings turn up or do send a reply card so we know how many will attend. At our first General Meeting seventy ladies had signed up and one hundred and seventeen showed up. We all have unexpected moments but in any case please do not hesitate to get in touch with one of the committee members or call our Hospitality Chairperson Tatiana Rabin or just let the hostess know if you are coming or not.

Please come and enjoy with us the Eid festival at the residence Dr. Syeda Hameed, Member of the Planning Commission, who is a well known speaker to WIC. Our member ,Shovana Narayan has specially prepared a kathak item by her students on this occasion. Thank you Shovana. Our guest of honour is Begum Salama Ansari, wife of the Vice President of India

Wishing everyone Eid Mubarak!

Vaneeta Podewils  
President

## CIRCLE LEADERS

### The Written Word

Geeta Devi Kapurthala 9810149150  
Erica Chammas 9958436655  
Reva Singh 9810135716

### Gourmet Delights

Sylvia Kaelin 9811376569  
Rosy Sahni 9899117527

### Pack a Bag: Voyages Limite

Barbara Bilman 9711371006  
Sheila Ghatare 9868125252  
Niti Judge 9810564346

### Know Your City

Nandita Lahiri 9811988366  
Emma Horne 9810579143

### International Interaction

Gugu Anup Singh 9811007710  
Fanciskano Toscano 9958555179

### Art Appreciation and

#### Museum Tours

Bina Deogun 9810136589  
Marie Eve Celio 9711201457

### Burning Issues

Nina Malhotra 9811031436  
Rita Garekhan 24339740

### Performing Arts

Nandini Pattini 9350818773  
Radhika Birla 9811222402  
Ala Madhu 9999986573  
Ariane Grey 41756516

### Relaxed Moments

Niru Kapur 9810076063  
Leena Singh 9810032426

### Secret of Good Health: Yoga

Anita Dua

### Fun and More

Nima Malhotra 9810128029  
Meera Juneja 9810347333  
Kelly Jarvis 9958870714

### Tete a Tete over a meal

Bindu Talwar 9818077882  
Vibhuti Sharma 9811061461

### Shake a Leg

Vibhuti Sharma

### Speak in Delhi like a Delhiite

Bina Deogun 9810136589

# WRITTEN WORD



## "The Lallgarh Palace"

### Rajyashree Kumari Bikaner

'An enchanting tale of a family, as they lived and played over five generations in the backdrop of the imposing beauty of Lallgarh Palace.' 'Secrets and mysteries long since buried in the shifting sand dunes, are brought to life by Rajyashree Kumari, who has actually lived them.' The author will gladly autograph your copies if you bring them along to the programme.

Date : Wednesday, 4th November, 2009

Time : 3:00 pm

Venue : Residence of Lakshmi Chandra  
A-32, West End, New Delhi-21

Limit: 25

## BURNING ISSUES



Heart Disease is an epidemic and growing rampantly. In recent years Heart disease has emerged to be the number one killer in women, over taking Cancer. **Dr. Divya Malhotra** trained at New York University Medical Center and specialized in non invasive imaging of the heart. She will talk to you about the symptoms of Heart disease, the new imaging tools we have to diagnose Heart disease and the use of screening blood tests. **Anita Dua** will give us an insight as to how we can incorporate **yoga** for a healthier life.

Date : Friday, November 6, 2009

Time : 3:00 pm

Venue: E-51, Greater Kailash, Part II

Limit : 25

## TÊTE A TÊTE OVER A MEAL

This newest cafe cum restaurant is the latest addition to eating out in Delhi. Opened by Ritu Dalmia [of the Diva fame ] it serves some innovative Italian / Mediterranean dishes. Do come and savour the delicacies on offer as well as meeting up with friends in the club.

Date : Thursday, 12th November, 2009

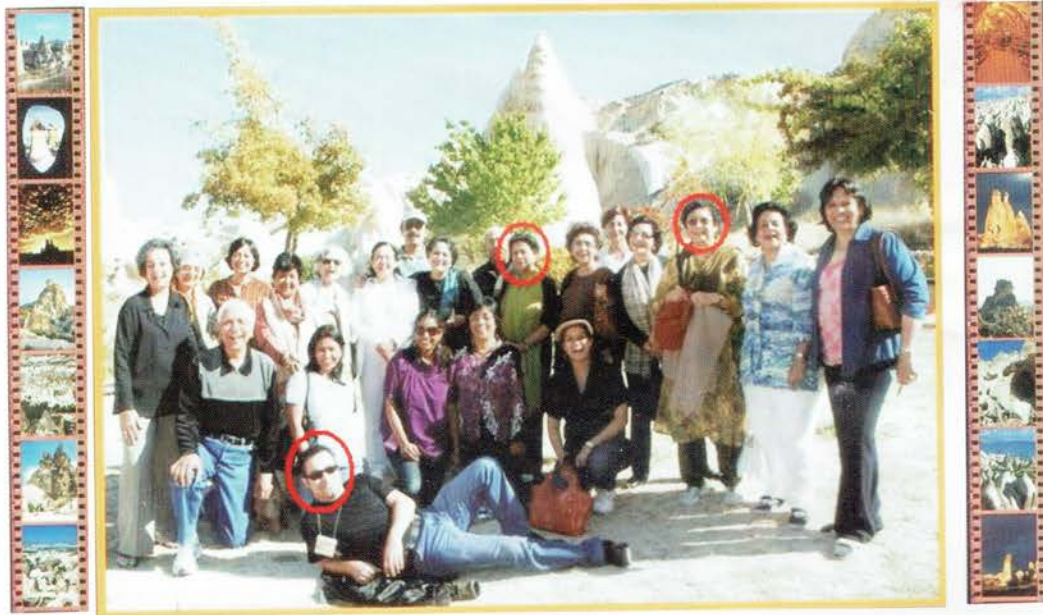
Time : 1.00 p m

Venue : Lattitude 28 Degrees, 9 Khan Market, 2<sup>nd</sup> Floor

Cost : Approx Rs.700 per person

# Turkish Delight

September 25<sup>th</sup> – October 6<sup>th</sup> 2009  
Istanbul Izmir Cappadocia



Oh! Captains our captains - **Shiela Ghatate** and **Niti Judge** (circled). Bravo – what fantastic planning and execution, many thanks for the best group tour that we have experienced. We had a wonderful crew. 70% pushing away 70 and 30% there to push the 70's uphill and down dale.

A hand picked guide, **Metè** (circled), who started every morning with “cant, can't or cannot” and the crew surprised him every day with “we can, we will and we have”. With thickening middles and thinning hair but inflated enthusiasm we did it all. The spectacular cruise on the Bosphorus (singing Constantinople Istanbul), the stunning sea facing hotel rooms in Izmir to the quaint cave hotel in Cappadocia, what more could one ask?

We ballooned up to 2000 meter heights to drift over topography one cannot describe and then descended into the bowels of the earth (200 ft below) to crouch and crawl through narrow tunnels of the underground city, minding ones head and shoulders (which no shampoo could have cured) every ones' claustrophobia forgotten or left outside.

Every meal was a healthy repast and enjoyed by non vegetarians and vegetarians alike, the latter number varied everyday. No curry – no worry plenty of hurry.

Punctuality, the politeness of Kings was our crew motto which helped in accomplishing everything planned by our two leaders (**Shiela and Niti**) and our guide Pasha Metè who never forgot to clean his hand and give us valuable tips on staying young –

Rub honey on your cheeks everyday an hour before you shower, and be assured - all wrinkles will go away.

Yes he was a 'hazar jawab'.

**Shopping:** How can one resist, refrain and refuse to shop? No blinkers worked. Everyone enjoyed picking up just about everything – leather goods, ceramics, jewellery, handicraft with much help in bargaining from **Vivek** our 'son of our soil' and **Anushree** who urged him to help this aunty and then that aunty - to pick up and carry as well.

We started with a crew of 23. 21 made it through - 3 couples, 2 mother / daughter, 1 m-i-l / d-i-l and 9 youthful women.

Our finale was watching the “**Whirling Dervishes Ceremony**”. We were mesmerized and came away in a trance like mood having meditated over the events of 10 days of 'Turkish Delight'.

**Once again thank you Niti and Shiela and thank you all for being such wonderful travellers.** Turkey will never be the same after our visit.

By **Hemant Pasrich**

# DELHI DISCOVERERS

## Visit to Sanskriti Kendra

This morning we will visit the remarkable Sanskriti Museum. Although we realize the Club has visited Sanskriti on previous occasions, this morning's visit will concentrate on the newly opened Textile Museum. The Sanskriti Textile collection encompasses Indian textiles from the 19<sup>th</sup> century onwards, and they are housed in a state of the art building which shows them off to their best advantage. The delightful gardens within which the Museums are located is always worth a visit, and makes a welcome break from the city!

We meet in the car park of Nehru Park (behind Australian & Pakistan High Commissions) and proceed in our own cars. We will car pool where possible.

Date : Friday, 13<sup>th</sup> November, 2009  
Time : 10:00 am  
Venue : Sanskriti Kendra  
Mehrauli- Gurgaon Road

## RELAXED MOMENTS

### Vanity Fair

Reese Witherspoon gives a vibrant, captivating performance as one of the greatest characters of all time, Becky Sharp, in the new sumptuous and sexy epic from the acclaimed director Mira Nair (Monsoon Wedding). It's a dazzling ascent up the social ladder as vivacious Becky schemes and seduces her way to the top - until love and romance threaten to get into the way! Join her daring adventures that prove all is fair in love and war.

Date : Monday, 16th November, 2009  
Time : 2.30 pm  
Venue : N-58 Panshsheel Park.  
(Niru Kapur 9810076063, Leena Singh 9810032426)  
**Limit : 30**

## GOURMET DELIGHTS



We have always made Russian Salad and Broche, but there is much more to Russian cuisine than that. This is your opportunity to learn much more about Russian cuisine, from a great chef Alex. He has an award winning Russian restaurant in Delhi.

He is going to teach us bline-Russian pancakes, soups, salad and much more.

Date : Wednesday, 18th November, 2009  
Time : 11.30 a.m.  
Venue: Residence of Ala Madhu  
P-6 Hauz Khas Enclave  
M-9999986573

**Limit: 30**

# FUN AND MORE

We invite you to a display of various art and craft skills from amongst our own members. Do join in to applaud this talent in a lovely garden ambiance.

Date : Monday, November 23, 2009

Time : 2:30 pm

Venue : Residence of Dr. Vimla Rajan

L-21, Green Park (Main)

New Delhi

**Limit : 50**

## THE PERFORMING ARTS

**“Shakti - The Infinite Face Of Energy,  
Form and Empowerment”**



A talk, with musical excerpts, by Lady Shruti Rana – a musician and a researcher in the Vedic science of sound ('Nada'). She has excelled in the field of 'Mantra' research. For over a decade, she has been exploring the growth of consciousness through 'Nada' and its application in the field of health.

The word 'Shakti' pervades multiple levels of experience in world energies, human psychology and their expression in the world. The idea of 'Shakti' conjures up images of power, force, action, energy and strength in daily life. It is also an integral part of art and aesthetics, governance and warfare as well as global dynamics. Beyond these world forces, and in relation to them, 'Shakti' is experienced as the Divine Feminine and the creative universal consciousness. We will explore how the forms of 'Shakti' affect us, and how their understanding can help transform our being and our daily lives.

Date : Tuesday, November 24th, 2009

Time : 3.00 p.m.

Venue : Residence of Mrs. Nandini Pattani

50, Anand Lok

New Delhi – 110049

Tel : 26254780, 41640620

Mob: 9350818773



# MEMBER'S PAGE

## Eid-ul-Adha

Once again the Islamic calendar is getting to an end and Muslims the world over are celebrating Eid-ul-Adha, the feast of sacrifice.

Each Eid festival is a wholesome celebration of a remarkable achievement of the individual in the service of Allah. Eid-ul-Fitr, comes after one month of absolute fasting in the month of Ramadan, in which strict discipline, piety, charity and abstinence from any worldly desire is observed.

Eid-ul-Adha marks the completion of the pilgrimage to the holy city of Mecca (Hajj), a course in which Muslims handsomely demonstrate their renouncement of mundane concerns and hearkens to the eternal voice of Allah. It also has the characteristics of the annual reunions of Muslims from all over the world in the holy cities of Mecca and Medina. where over two million Muslims gather to perform the prescribed religious rites ordained by Allah.

Eid-ul-Adha is celebrated on the 10th day of Zil-hijah, the last month of the Muslim year, following completion of the course of Haji (Pilgrimage to Mecca) in five days. The celebration of Eid-ul-Adha is in commemoration of the command given by Allah to Prophet Abraham to sacrifice his first son, Ishmael to Him. The fulfilment of this noble command of Allah by Abraham signifies the faith Abraham had in Allah. This display of faith yet unmatched in the annals of history, Abraham covered his eyes with a black cloth so that he should not weaken in his resolve seeing the face of his son. When God found him true to his promise and absolute faith, at the last minute He substituted a sheep in place of his son, so Ishmael was saved and Abraham passed the test of true faith. Eid-ul-Adha is therefore a unique occasion in every way. Besides its highly spiritual and moral characteristics and lessons, it has matchless qualities of purification of self and sacrifice.

Eid-ul-Adha is a day of remembrance. Even in the most joyful times, Muslims make a fresh start of the day by a session of congregational prayers to Allah in an open space. The needy and vulnerable in society are also remembered by showing them sympathy and compassion and giving them a part of your earnings as specified. It marks a day of victory. The individual who shows compassion and charity and observe true brotherhood and amity to others and who has faithfully followed the true spirit of Islam is a triumphant human being.

He proves that he holds a strong command over his desires, exercises a sound self-control and lives a disciplinary life. And once a person acquires these qualities he has achieved his greatest victory, because the person who knows how to control himself and disciplines his passion is free from all vice like sin wrong doing, fear and cowardice, indecency, jealousy, greed, humiliation and all other causes of enslavement.

Eid-ul-Adha is also a day when charity, brotherhood and helping others is rewarded. The day is also one of forgiveness. When Muslims assemble in the congregation of the day, they all whole-heartedly pray for forgiveness and strength of faith. In that pure assembly and highly spiritual congregation, any true Believer would feel ashamed to hold any enmity or ill feeling. Consequently, he would find himself moving along with others responding to the spirit of the day to purify his heart and soul. It is hoped that this year's Eid-ul-Adha will bring about peace to the whole world

In the end I can't resist quoting an interesting couplet for Eid

“Eid ka din hay galay aaj to mil lay zalim  
Rasm-e-duniya bhi hai, mauqa bhi hay, dastoor bhi hay!!”

“Today is Eid, my beloved, let us embrace each other  
It is the tradition, custom, opportunity and a good excuse!!! “

**Zakia Zaheer**  
(First Vice President)

### MEMBERSHIP SUBSCRIPTION

Please pay your membership subscription of Rs.2000/- . Cash preferred. Last date is the 15<sup>th</sup> of November.

# NOVEMBER 2009

Lunching Out  
1.00 pm

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4  Written Word 3:00 pm	5	6  Burning Issue 3:00 pm	7
8	9	10	11  General Meeting 11:00 am	12  Tête a Tête over a Meal 1.00 pm	13  Delhi Discover 10:00 am	14
15	16 Relaxed Moments 2:30 pm	17	18  Gourmet Delights 11:30 am	19	20	21
22	23 Fun & More 2:30 pm	24 The Performing Arts 3:00 pm	25	26	27	28
29	30	31				