



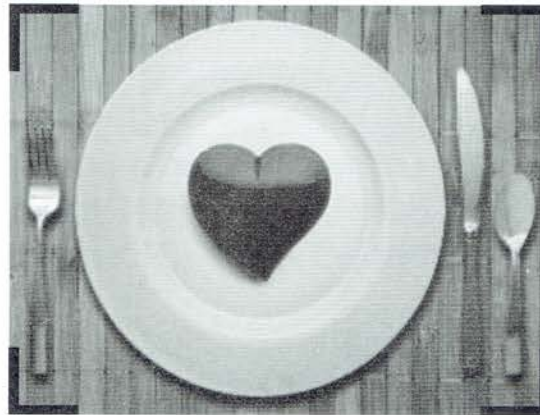
Volume III

Newsletter of the Women's International Club

GENERAL MEETING

MEN ARE FROM MARS, *Women Are From Venus*

HEART DISEASE IN WOMEN - IS IT DIFFERENT FROM MEN



It is a commonly held misconception that heart disease is dominantly a disease of men. The fact is that heart diseases are responsible for more deaths in women than all cancers put together. Also, more women than men die of heart diseases. The symptoms of heart disease in women are different than in men and are often missed.

ABOUT THE SPEAKER

Dr. Naresh Trehan, an Indian national, is a renowned cardiovascular and cardiothoracic surgeon, a graduate from King George Medical College. He subsequently trained and practiced at New York University Medical Center, Manhattan, USA from 1971 to 1988, where he obtained a Diploma from the American Board of Surgery and the American Board of Cardiothoracic Surgery.

He is the Chairman, Managing Director and Chief Cardiac Surgeon at Medanta™-The MediCity, a 1500 bedded multi super speciality institute, which offers cutting edge technology and state of the art treatment facilities at an affordable cost. The institute is governed under the guiding principles of providing medical services to patients with care, compassion and commitment.

Dr. Trehan founded the Escorts Heart Institute and Research Centre where he was the Executive Director. Escorts was conceptualised, created and managed by him from November 1987 to May 2007. Dr. Trehan has received many prestigious awards, including the Padma Shree and the Padma Bhushan Award, presented by the Government of India.

Date : Wednesday, 12th November

Time : 3.00 pm to 5.00 pm

Venue : 26 A, Prithviraj Road, New Delhi, 110001

Hostess : Anita Meattle, 9811199111

RSVP: Hospitality Chairperson, Iris Vogel, Irisd.vogel@gmail.com, 8826144001

WIC NEWS November 2014

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PRESIDENT'S MESSAGE

Dear Ladies,

Our energy packed October meetings had something for almost all of us. Yes, some overlapping, but as you know these are the hazards of giving the best and getting the best!

Over the past few months your executive has welcomed suggestions for activities you would like to see included in the existing circles. I have personally passed these to the concerned leaders, and they in turn will do their best to incorporate them through the year. Let's make this a truly interactive one year.

An appeal to any member, who can help in turning what's left in the "Tin Trunk" into a pen drive, this would help in keeping our long, long history in a small, small space.

Have a fun filled November with WIC...and enjoy this quote,

"Happiness blooms brilliantly from the seeds of sincerity."

Kiran Anand

CONDOLENCES

We offer our heartfelt condolences to Christine Samandari, and to her family on the passing away of Christine's mother, Germaine Hakim-Landoy on the 23'd September at the age of 101. We are very sorry for this sad loss.

ARTS AND MUSEUMS

East Meets West – European Influences On Indian Art

Talk by Ms. Seema Bhalla

“Art is not just what the eye sees, but what it invites an eye to see”..... The 19th century witnessed the romance between Hindu mythology and European sensibility that was translated on canvas by artists like Ravi Varma and others. These artists brought about a change in the presentation of Gods and Goddesses that were not only the revered deities but also the models for contemporary fashion as they were dressed in a style that often inspired many to imitate.

Raja Ravi Varma, having learnt the technique of oil painting from the European artists, became the pioneer in introducing oil paintings with Indian themes and European technique. The demand for his dramatic works could only be met by Lithographic prints, the technique of which came from Germany. As a matter of fact, when he started his own printing press in Mumbai, the technician at the press had to be a German. Other artists, who could not afford owning a press of their own, sent their paintings to Germany for making multiple prints to be sold in India. This interaction of Indian art being printed in Germany resulted in the intermingling of European and Indian art sensibilities.

The talk, given by Seema Bhalla (WIC member, an Art Historian awaiting her doctorate as also a writer who has written a number of articles on art, heritage and culture), will bring out facets of the work done by Ravi Varma and others with special emphasis on the woman or goddess portrayed in the paintings. It will bring to light the European influence in Indian mythological art.

Date : Thursday, November 27th, 2014

Time : 3.00 pm

Venue : 2 Church Road, Delhi Cantonment

Hostess : Mrs. Sunaina Aggarwal, 9810400482

Limit : 35

RSVP: Hospitality Chairperson, Iris Vogel, Irisd.vogel@gmail.com, 8826144001

Arts and Museums

Seema Bhalla 9316120551
Radhika Birla 9811222402
Sunaina Suneja 9811059724

Healing Touch

Shakuntala Dawesar
9811440101
Janie Haskell 9717422055
Surrinder Sarna 9811701071

High Tea, a Celebration

Shawn Runacres
9811300610
Gugu Singh 9811007710
Bindu Talwar 9818077882

Indian Heritage

Sunaina Aggarwal
9810400482
Josien Bansema - Cost
8586930950
Leena Singh 9810032426
Suneeta Trivedi 9910335938

International Cuisine, a Pot of Cultures

Zahra Echarif 9560694953
Trhas Gutsche 8800409933
Christine Samandari
9910400276
Joana Daniel Wrabetz
8588829652

The Library

Lakshmi Chandra
9910000254
Marjan Franzen 9650118773
Gita Devi Kapurthala
9810149150

Travel Desk

Emma Horne 9810579143
Parbeen Kaur 9810625869
Devika Anand Puri
9810010547

Wonderful World

Nayana Goradia
9873441744
Ala Madhu 9999986573
Elena Petrov 8375824750
Jeannie Tien 9810669647
Iris Vogel 8826144001
Josefina Young 9810009634

Women of Substance

Kusum Ansal 9810016006
Sunita Kohli 9811101080
Antje Lux 9717773100
Neena Malhotra 9811031436
Eliese Steiner 882688666
Sandra Walker 9560682956

THE LIBRARY

Samanth Subramaniam "This Divided Island: Stories from the Sri Lankan War"

Samanth Subramaniam is a wellknown journalist whose first book "Following Fish" won considerable critical acclaim. His long, narrative articles occupy the confluence of politics, culture and history. We will be focusing on his new book, "This Divided Island: Stories from the Sri Lankan War", that tells the history of Sri Lanka's last half century, and of its three decade civil war through the stories of regular people, the textures of their lives during the war and the shifting psychology of the country.

"There is only one word to describe this book: it's a masterpiece, a Book of the Year, even possibly the decade. The writing is exquisite. He has an observant eye and a sharp ear, one recalling minute detail, the other lending authenticity." Mani Shankar Aiyar, writing in India Today.

Come and meet this young, brilliant writer who will also sign books for us.

Date : Wednesday, November 5th, 2014

Time : 3.00 pm

Venue : Oxford Book Store, N 81, Connaught Place

RSVP: Hospitality Chairperson, Iris Vogel, Irisd.vogel@gmail.com, 8826144001

WOMEN OF SUBSTANCE

My Journey as a Writer, by Dr. Kusum Ansal

Shuffling between the busy world of business and the creative world of literature is not something many people can do. Dr. Kusum Ansal has been doing this for the last 30 years, and that too with such ease. A prolific writer, she has twentyfive books to her credit, including short stories, poetry collections, novels, travelogues and an autobiography. Her books have been translated into Punjabi English, Urdu, Bengali, Greek, Russian and French. Besides Hindi and English she also writes in Punjabi.



A series based on social, human and relationship issues called "Titliyan" and ten episodes of children's series called "Indradhanush" and "Isi Bahane" has been her contribution to television. "Ek Aur Panchvati", one of the most popular novels, was made into a film "Panchvati" by the celebrated director, late Mr. Basu Bhattacharya. Dr. Ansal wrote the screenplay and dialogues for the movie starring Deepti Naval, Suresh Oberoi and Akbar Khan in the main roles. The movie was selected for the panorama section of the Toronto and Tashkent film festivals in 1990.

Another famed work by Dr. Ansal is the novel titled "The Widow of Vrindavan". This novel is an intense portrayal of the plight of widows. The book has received several accolades for its heart wrenching narration. Dr. Ansal has done her post-graduate studies in Psychology from Aligarh Muslim University (1961). She was conferred a doctorate in Hindi Literature by Punjab University in 1987. She has been actively associated with various organisations working in the field of education and social services and also involved in the running of Chiranjiv Karam Bhomi, a home for senior citizens. Dr. Ansal was also president of FICCI Ladies Organization (2001) and Quota International (2003-04).

Date : Friday, November 21st, 2014

Time : 3.00 pm

Venue : Instituto Cervantes, Spanish Cultural Centre,
48 Hanuman Road, Connaught Place

Hostess : Nadia Jalfi de Aristegui, 8826611445

RSVP: Hospitality Chairperson, Iris Vogel, Irisd.vogel@gmail.com, 8826144001

WONDERFUL WORLD

The King of Instruments – An Insider's Guide to the Pipe Organ Talk and Performance by Mrs. Iris Vogel



It was Mozart who called the pipe organ "The King of Instruments" and it is not difficult to see why when you hear the organ's sound with its incredible richness. It is probably a combination of its qualities of size, appearance, sound and versatility that has caused the organ to be known as the "King of Instruments", also it is the oldest

keyboard instrument and has the honour of possibly being one of the most complex musical instruments ever to be constructed.

WIC member Iris Vogel, who has a Master's degree in western church music and organ performances, will introduce you to the magic of the western pipe organ. She will give an overview about the western organ heritage and explain how a pipe organ works. You will also be able to listen to some of the most famous works composers like Bach, Händel and Mozart wrote for the organ. Thanks to modern digital technology these wonderful works will be performed live by Iris with the amazing sound of real pipe organs from around the world.

Come and join us to discover an extraordinary music tradition!

Date : Tuesday, November 18, 2014
Time : 10:30 am
Venue : 2, Cedar Avenue, DLF Farms, Chhattarpur
Hostess : Iris Vogel, 8826144001
Limit : 30

RSVP: Hospitality Chairperson, Iris Vogel, Irisd.vogel@gmail.com, 8826144001

HEALING TOUCH

Metabolic Syndrome, by Dr. H. K. Chopra

Metabolic Syndrome is a disorder consisting of a combination of diseases such as Diabetes, Hypertension and Obesity with high levels of cholesterol in the blood. These are the risk factors in causing heart disease. Dr. H. K. Chopra, a renowned cardiologist of the city will tell us about this disorder and the precautions we can take to protect our hearts. Spouses are welcome to attend the meeting.

Date : Thursday, November 6th, 2014
Time : 3.00 pm
Venue : 40 Golf Links
Hostess : Komal Dhindsa, 9958549899 / 011 24619137
Limit : 25

RSVP: Hospitality Chairperson, Iris Vogel, Irisd.vogel@gmail.com, 8826144001

TRAVEL DESK

| Trip To Bulgaria |

May 30th – June 8th, 2015 (9 Nights / 10 Days)

Itinerary :

Sofia (3 nights) - Veliko Tarnovo (1 night) – Varna (2 nights) – Plovdiv (2 nights) - Sofia (1 night)

Euros 1,470 per person. Single supplement Euros 290.

Air ticket by Turkish Airlines Rs. 52,000.

Hotels :

Radisson Blu Grand Hotel in Sofia, 3+1 nights, Parliament view rooms,
www.radissonblu.com

Yantra Grand Hotel in Veliko Tarnovo, 1 night, Fortress view rooms
www.yantrabg.com

Grand Hotel London in Varna, 2 nights www.londonhotel.bg

Novotel Plovdiv in Plovdiv, 2 nights <http://icep.bg/>

Transportation :

35-seater for a group of 10+1 / 50-seater for a group of 20+1 and 30+1

Please reply by 15.10.2014 to:

Emma Horne, horneemma@yahoo.co.uk, 9810579143

Devika Anand Puri, devikaanand@hotmail.com, 9810010547 or

Parbeen Kaur, parbeen.kaur@gmail.com, 9810625869

CLUB MATTERS

- Please pay your membership due of Rs 2,500 to Veena Dass, our treasurer by the 15th November at any of the GMs. Cash or a cheque is to be enclosed in an envelope bearing your name, telephone number and email address. Those unable to meet Veena Dass at a GM may contact her individually for payment. Veenadass1@gmail.com, 9811292020.
- Ladies who would like to help out with snacks and / or hosting circle events please get in touch with Iris Vogel, Hospitality Chairperson, Irisd.vogel@gmail.com, 8826144001.

ANNOUNCEMENTS

Mrs. Veena Dass informs you that a delegation of Ikebana teachers is coming from Japan, exhibiting Ikebana of different schools at the Maurya Hotel, Sardar Patel Marg, on Wednesday, November 12th, from 9 am to 5 pm.

PHOTOS FROM THE SEPTEMBER GENERAL MEETING



NOVEMBER FESTIVALS

All Saints, November 1. All Saints' Day is a Christian festival, celebrated to pay tribute to all the saints. Offering flowers and lighting candles on the graves is a very common practice. Some European and Latin American countries make offerings. It is also a tradition in many countries to visit the graves of dead relatives and bring flowers on this day. Some Asian countries celebrate All Saints' Day. In the Philippines, for example, people make repairs to or clean the graves while visiting the graves of their deceased relatives.

Guru Nanak's Birthday, November 6. Guru Nanak was the founder of the religion of Sikhism and the first of the Sikh Gurus.

Thanksgiving, November 27. This day was historically a Christian religious observation to give thanks. It also celebrates the arrival of the first pilgrims to America. Thanksgiving Day is a time to feel gratitude for the good things in life. This is a day of festivity, family reunions and lavish feasts. In the USA this day is considered as one of the major family celebrations generally celebrated at home with family and friends. Traditional dishes like roast turkey, cranberry sauce, corns, potatoes and pumpkin pie are included in the Thanksgiving meal. Sometimes gifts such as flowers, jewellery, baked cookies, chocolates are given to near and dear ones.

1st Advent, November 30. Advent is a season observed in many Western Christian churches as a time of expectant waiting and preparation for the celebration of the Nativity of Jesus at Christmas. The term is an anglicised version of the Latin word "adventus", meaning "coming". In recent times the most common observance is to keep an advent calendar or advent candle, with one door being opened in the calendar, or one section of the candle being burned, on each day in December leading up to Christmas Eve. The keeping of an advent wreath with candles is also a common practice in homes or churches.



WIC PROGRAMMES NOVEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5 THE LIBRARY 3 PM	6 HEALING TOUCH 3 PM	7	8
9	10	11	12  GENERAL MEETING 3 - 5 PM	13	14 TRAVEL DESK, NAGAUR TRIP	15 TRAVEL DESK, NAGAUR TRIP
16 TRAVEL DESK, NAGAUR TRIP	17	18 WONDERFUL WORLD 10.30 AM	19	20	21 WOMEN OF SUBSTANCE 3 PM	22
23	24	25	26	27 ARTS & MUSEUMS 3 PM	28	29