

# WIC Newsletter: November 2020

## President's Report



Dear Members

This is a season of festivals in India. We have already celebrated Ganesha and Durga Puja, and now, we prepare for and look forward to Diwali. All these festivals have a recurring theme - a celebration of the triumph of good over evil, and a ritual cleansing of our world and of ourselves.

This Diwali, as we light our lamps - together in spirit - let us pray to be freed from this norm of staying apart, so that we may survive together. We have thought of ingenuous ways so far, of creating togetherness in our new reality, and as our planned activities for this month show, we are strong in our resolve to carry on.

Suneeta has been working hard planning a very diverse and interesting General Meeting. I am looking forward to it, and I am sure you will all enjoy it.

Leena and her Circle Leaders have gotten into the spirit of it and will be keeping you busy the whole month.

I have been working on taking the Cookbook forward. It has been slow work, but I hope to get it resolved soon.

After the last General Meeting, I got a call from the Kolkata Women's International Club. They were wanting to connect with us. Any ideas regarding this would be welcome.

Our meetings so far have been very well attended, which has been very encouraging and makes us eager to offer more.

We look forward to seeing you at all our meetings.

Take care and stay safe.

**Anita Meattle**

**President**

## Executive Committee 2020-21

**President - Anita Meattle**

anita@meattle.com

98111 99111

**1st VP - Leena Singh**

leena\_s455@hotmail.com

98100 32426

**2nd VP - Suneeta Trivedi**

suneetatriv@gmail.com

99103 35938

**Interim Secretary – Ruchika Rajan**

ruchikar@yahoo.com

88001 17259

**Membership - Serita Kakar**

ksarita@yahoo.com

98110 76767

**Treasurer - Ashwini Pai Bahadur**

Ashwini\_pai\_bahadur@yahoo.com

98101 29873

**Hospitality - Grace Kawakami**

gracekawakami@yahoo.com

98701 96404

**Newsletter - Stevie Clayton**

wic.delhi.newsletter@gmail.com

Ph: 99990 52593

WhatsApp: 88260 49651

## Meet the Art & Beyond Circle Organisers ...



**Smita Mankad**



**Dominique Chorosz**



**Midori Suzuki**

# **GENERAL MEETING: 3 pm, 11 November**

## **"Divine Incarnations: November is all about Lord Rama and Guru Nanak Dev"**

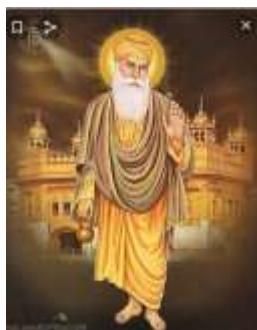
The month of November this year is one of festivity. After the mood of Garba, Dandiya, Durga Puja and Dusshera with its brilliant colours, loud music and flashy attires, November this year brings festivities that are pious and sacred. It is a month celebrating Diwali and Gurpurab. Both signifying belief in the ways of righteousness.



We at WIC, celebrate this month, by bringing together the divinity of the two souls through audio visual presentations of the story of Ram, its significance and the spread of the mythology through Ramlila and it's all pervading and enveloping infiniteness.

So also with Gurupurab,

the birth of Guru Nanak Dev. The celebration of His manifestation is being highlighted through his shabads and his kirtan and Ardas and purification of mind and soul through holy baths.



Participating in this multidimensional program, firstly is the famous kathak dancer, Rachna Yadav, the Art Director of her Institute, The Rachna Yadav Kathak Studio.

Secondly, Fauzia, a famous singer of Urdu poetry and scriptures.



**Rachna Yadav**



**Fauzia**

Finally, there is participation by our Club members: Gugu Singh, Rene Singh and Ashwini Bahadur.

The audio visuals are courtesy of Aradhna Kapur and Rani Sohinder Nabha.

## **Gentle Reminder: Annual Membership Subscription for 2020-21 are Now Due**

Due to the pandemic fees have been reduced to **Rs 2500/** for this year. Payment may be made **online or by cheque**. Payment must be made **by 15 Nov 2020**.

### **ONLINE PAYMENTS**

WOMENS INTERNATIONAL CLUB  
Account No: 50100075742084  
RTGS/NEFT/IFSC CODE: HDFC0000003  
HDFC Bank 209-214 Kailash Building 26  
Kasturba Gandhi Marg New Delhi 110001

### **CHEQUE PAYMENTS**

Please make all cheques in the name of ***Women's International Club*** and mention your name in capital letters and phone no at the back of the cheque.

### **PAYMENT RECORD**

Once payment is made kindly WhatsApp, SMS or email screenshot of payment confirmation / ref no / bank SMS of payment / cheque drop off location to 9810129873 or [treasurer2020.wic@gmail.com](mailto:treasurer2020.wic@gmail.com)

### **CHEQUE DROP-OFF POINTS**

For your convenience, cheques may be dropped off at the locations below. Kindly place cheque inside envelope and label as Treasurer WIC 2020-21. This can be handed to the Security Guards of the respective locations. Receipts will follow by email.

#### **Noida**

Leena Singh  
House No 455  
Sector 15A, Noida

#### **Delhi**

Anita Meattle  
26-A Prithviraj Road  
New Delhi -110011

#### **Delhi**

Anita Meattle  
Paharpur Business Centre  
21 Nehru Place  
Nehru Place Greens  
New Delhi 110019

#### **Gurgaon & South West Delhi**

Ashwini Pai Bahadur  
Pai Farms  
30 Rajokri Road  
Samalkha New Delhi -110037

# CIRCLE MEETINGS

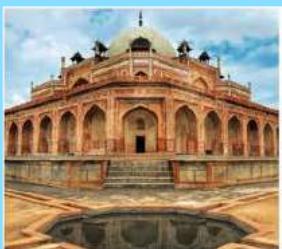
## Health & Wellness: 3pm, 3 November “A Virtual Tour of Delhi”

In these times of COVID-19, health and wellness has taken on a new meaning. It is not just about looking after ourselves physically but also very importantly our mental wellbeing. Finding hobbies and projects to keep ourselves occupied and adapting to this newly imposed environment has become the new norm.



Today, we have Surekha Narain who leads heritage walks in and around Delhi taking us on a virtual adventure. She has customised this virtual walk to make us aware of the forgotten sites of Delhi that may become a bygone era if we don't see and appreciate – all part of the umpteen layers of Delhi's history and heritage.

Surekha is a hard-core dilliwala, who has grown and evolved out of Delhi's unique heritage. As a conservationist, her objective is to bring about an awareness and concern for our built heritage by designing walks of well-known and lesser-known areas of Delhi and its surroundings. She is constantly exploring and coming up with new and imaginative walks.



With more than 20 years' experience of curating and leading heritage walks, Surekha has more than 30 routes in her Delhi portfolio and is continually adding more. She now provides virtual online tours which are an opportunity to visit the unexplored. Delhi itself has innumerable hidden gems that can be enjoyed from the comfort of your home until the time to explore by foot becomes safe again.



## Cultural Kaleidoscope: 3pm, 6 November “Five Rules for FINANCIAL FITNESS”

Monika Halan guides us through Five Rules, an introduction to taking charge of our financial fitness.

Most people don't plan to fail in their financial lives. They just fail to plan. Unless you are a speculator or a real estate expert, chances are that you go from tip to tip and almost always end up buying last year's winner.

You feel as if you are the only one not making smart financial moves and want to get in on the ground floor on the next big thing. But that strategy works for the seller and not for the investor - those selling the shovels made the most money in the gold rush!

So, what are we doing wrong? The mistake most of us make is to think of products and not the problems they solve. We don't look at our money life as something that will partner us till we die and then live on in our heirs.

5 Rules of Financial Fitness is a conversation through which Monika Halan will take us through some basic ground rules of getting our financial life in order.

We don't aim for overnight wealth - there is always the lottery or Las Vegas for that. This is about building a strong foundation for your money. A foundation given your unique situation, needs and goals.

Our speaker, Monika Halan, is Consulting Editor, Mint, HT Media and Author of Let's Talk Money.

## Circle Facilitators

### ART & BEYOND

Dominique Chorosz  
Smita Mankad  
Midori Suzuki

### CULTURAL KALEIDOSCOPE

Yuka Ando  
Sunaina Suneja  
Noor Anand Chawla

### HEALTH & WELLNESS

Ruchika Rajan  
Shakuntala Dawesar  
Ashima Singh Ghatate

### PERFORMING ART

Devika Anand  
Rene Singh

### BOOK CLUB

Looking for members

### CULINARY TRAILS

(The COVID version)  
Looking for members



## **Art & Beyond: 11:30am, 16 November “All About Kokeshi - Wooden Japanese Dolls”**



The first Kokeshi appeared at the beginning of the 19th century in the Northern part of Honshu, Japan main island. They were made in an area called Miyagi where you could find lots of hot springs, called ‘onsen’. This area is covered by forests and often craftsmen were making wooden toys with left over pieces of wood.

These dolls were first toys but later they became souvenir items. When people are taking baths at the various onsen, they purchase dolls as a souvenir of their visit.



Midori Suzuki will explain to us all the traditions behind the Kokeshi making.

Smita Mankad will tell us about her childhood memories of Japan and these dolls.

Dominique Chorosz will speak about how she started a wonderful collection of antique Kokeshi while she was living in Tokyo.



## **Culinary Trails: 3pm, 23 November “Winter Salads”**

While we can't go to restaurants together each month as we used to, we are presenting a special ‘pandemic’ version of Culinary Trails with members (and hopefully some special guests) sharing some of their favourite recipes.

In the first session our long-standing member Sunaina Agarwal will be showing and sharing some of her winter salad recipes.

Growing your own salad and micro greens is a real treat. Fresh picked home-grown greens have a higher nutritional value and better flavour. Once you taste greens, straight from your kitchen garden you will be spoilt for life.

The greens and fruits used in these dishes are all straight from her garden, where all of us have spent many WIC mornings or afternoons.

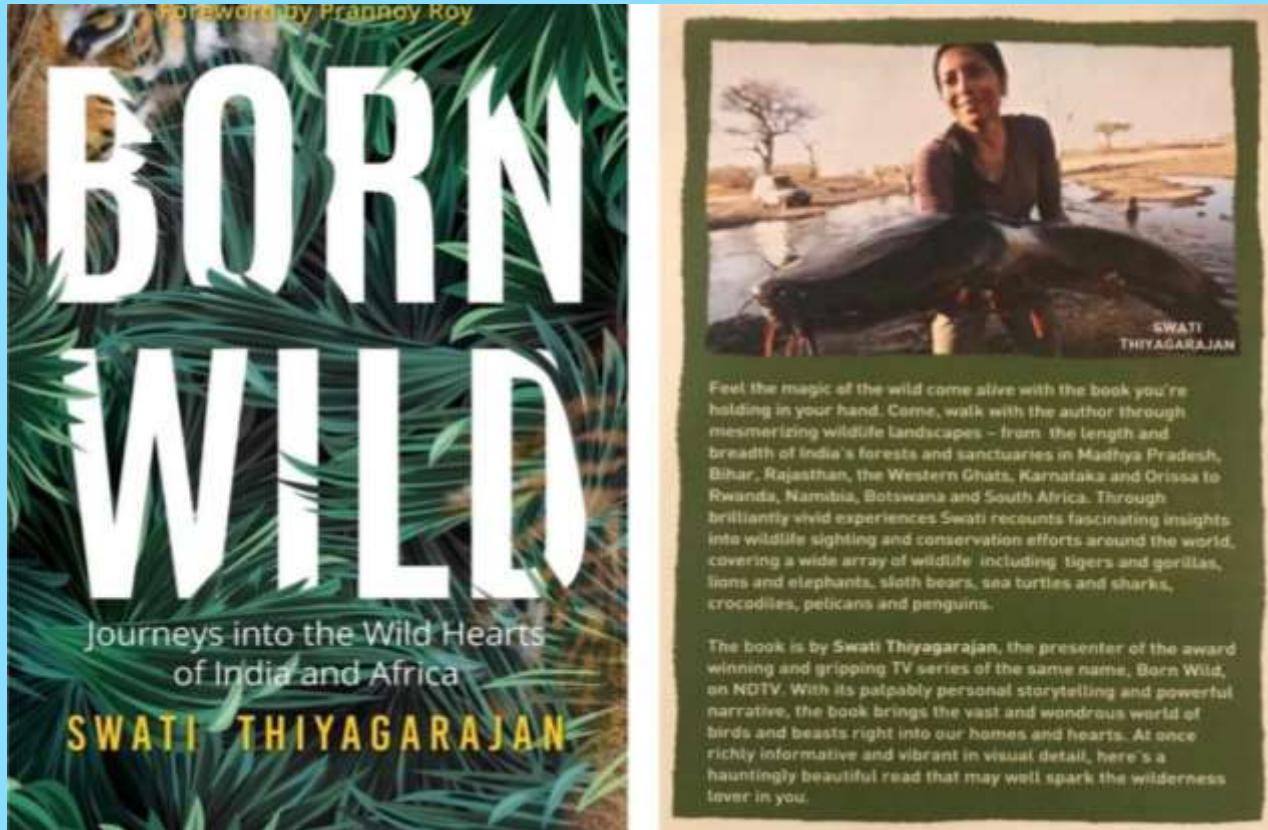


## **Book Club: 3pm, 27 November “Born Wild: Swati Thiyagarajan”**

Swati Thiyagarajan, NDTV's environment editor, is one of India's top conservation and environment journalists. ‘Born Wild’, the show she scripts, directs, and presents, is the only conservation show to have had a ten-year run on a news channel.

Swati has won the Ramnath Goenka Award for excellence in environment journalism twice. Born Wild was declared best series at the Indian Television Awards. She also won the Sanctuary Asia Award, Earth Hero Award, Wind Beneath my Wings Award, the Carl Zeiss Award for consistent reporting on tiger conservation and several others.

She now handles content for the NDTV-Aircel Save Our Tigers Campaign, which is in its fourth year, and editorial content for other environment campaigns on NDTV. At present, she lives between Cape Town and Delhi.



### **Three things you should do**

1. RSVP for November meetings using this Doodle link: <https://doodle.com/poll/tmwb2t9a5zykfaes>
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:

**A Virtual Tour of Delhi – 3pm Nov 3<sup>rd</sup>**  
<https://us02web.zoom.us/j/85929596502>

**GM - Divine Incarnations – 3pm Nov 11<sup>th</sup>**  
<https://us02web.zoom.us/j/86839372770>

**Winter Salads – 3pm Nov 23<sup>rd</sup>**  
<https://us02web.zoom.us/j/88694477376>

**Five Rules for Financial Fitness – 3pm Nov 6<sup>th</sup>**  
<https://us02web.zoom.us/j/84121052703>

**All About Kokeshi – 11:30am Nov 16<sup>th</sup>**  
<https://us02web.zoom.us/j/81986187031>

**Born Wild – 3pm Nov 27<sup>th</sup>**  
<https://us02web.zoom.us/j/89546625066>

**Remember: meetings open 15 minutes early for socialising and if you cannot find the Zoom link, it is always re-posted on the WhatsApp group (WIC Announcements) on the day of the meeting.**

# Calendar for November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Health & Wellness: A Virtual Tour of Delhi @ 3pm	4	5	6 Cultural Kaleidoscope: Five Rules for Financial Fitness @ 3pm	7
8	9	10	11 General Meeting: Divine Incarnations @ 3pm	12	13	14
15	16 Art & Beyond: All About Kokeshi @ 11:30am	17	18	19	20	21
22	23 Culinary Trails: Winter Salads @ 3pm	24	25	26	27 Book Club: Born Wild @ 3pm	28
29	30					