

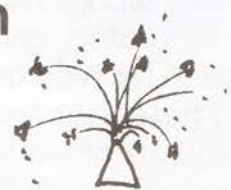


WIC *News*

October, 2002

General Meeting - Wednesday October 16th, 2002

**Diwali Celebration with the children
from the Spastic Society of
Northern India**



Nirmal Malhotra of the SSNI will introduce us to the challenges involved in creating a barrier free environment for persons with disability through a talk and an audio visual presentation. This will be followed by a small cultural program linked with the cheer of Diwali by the students of SSNI. We will also see a few tables to demonstrate the skills of various crafts making executed by the students

**Wednesday October 16th at
3 p.m. at the home of Kusum
Ansal at 26 Ferozshah Road,
New Delhi**

*In the spirit of Diwali would
members please bring a Diya candle*



The Presidents Letter, October 2002

Dear friends,

Finally, the rains have come and the summer heat has dissipated, though only hesitatingly.

Festival time has arrived. Onam, Coconut day, Raksha Bandhan, Teej, and Ganesh festivals have been celebrated with great enthusiasm in various parts of the country. One important festival, not so well known in the north, but celebrated with great enthusiasm in western India is 'Pola'. This is a gesture to thank the bullocks after the hard work they have put in preparing the fields for the sowing season. The bullocks are decorated, given special foods and taken out in a procession. There are quite a few such festivals as these that show our love and reverence for all living beings. Planting a tree has always been considered meritorious. All over India, the concept of the sacred grove was, and still is, one method of expressing gratitude to the trees. The sacred grove thus conserved some of the important ecological species. All the eastern literature is full of stories told under the sacred tree.

In Chinese mythology, the 'World Tree' supporting the universe is mentioned as a peach tree whose fruit is partaken of by gods and men. According to the Jewish tradition, 'The Tree of Life' was a date palm. Even in ancient Egyptian tablets, the date palm figures as a 'Tree of Life'. In Japanese stories, the 'Tree of Life' is mentioned as existing in the Horai mountains. The Prophet of Islam says that any Muslim who plants or cultivates vegetation and eats from it, or another person, animal or bird, eats from it will receive a reward for it from Allah. The Bible also mentions the 'Tree of Life' in a number of contexts.

Today, we treat trees as commodities for sale. It is forest destruction that has played a major role in the grave ecological crisis we are facing.

There is a Tamil saying 'every village should have a temple and every temple should have a tank'. This was a method of water harvesting, saving and sharing. In Rajasthan, the rainwater harvesting system, carefully constructed centuries ago, was ravaged by miners who were given licences for mining. Soon the area was hit by a severe drought. Had the structures been in place, the impact of the drought would have been considerably less.

The World leaders discussed these issues at Stockholm in 72 and at Rio in 92. This year they gathered at Johannesburg for the Earth Summit to tackle these problems. For our part, we simply need to remember some of the old values.

with best wishes.

Phil Shelton



Travel

'Slovakia - The small country with a big heart'

Presented by our member **Bozena Volkova**

God blesses Slovakia with all kind of beauties- except the sea. And there is something Slovakian people share with Indian people... that is great hospitality and good food. Besides there is excellent beer and wine. These and many other reasons make Slovakia a wonderful place to visit.

Thursday, 24th October, 2002, at 3 p.m.

at the **Slovak Embassy** at 5- M Niti Marg, Chanakyapuri, New Delhi

Contact Kusuma Rao 685 6503,656 3496, 685 2587

Only between 10 am - 5.30 p.m Monday - Friday

or email: sterling@net4india.com

NO LIMIT



Health and Fitness

Love - the vital need in us

Presented by **Shri Alok Chopra**

Shri Alok Chopra is the disciple of the eminent philosopher and vedantin Swami Parthasarathy. He manages the activities of the Vedantin Institute of Delhi and he regularly conducts classes on Vedanta and Bhagavad Gita in various venues around Delhi.

Shri Alok Chopra tells us that love is the most cherished commodity of our hearts. Each individual seeks love, attention and appreciation. It is therefore necessary to understand this need that is vital to our lives. The capacity in us to seek or give love therefore depends directly on our capacity to identify with others

Wednesday, October 30th, 2002, at 3 pm.

At the Slovak Embassy, 5-M Niti Marg, Chanakyapuri

Contact Kusuma Rao 685 6503,656 3496, 685 2587

Only between 10 am - 5.30 p.m Monday - Friday

or email: sterling@net4india.com

LIMIT 30

NAVRATRI CELEBRATION

To herald the festive season, we will begin by going eastward to Bengal with Nandita Lahiri explaining to us in a talk the profound significance of the Durga Pooja. From there we go across the country to Gujarat, where over nine nights men, women and children celebrate the Navratri by coming out on the streets in a joyful dance of invocation. We invite you to come dressed in your colourful best (those with lehanga cholis are asked to wear them) and participate in a spontaneous and impromptu 'Dandiya Raas'. Age is no bar, no previous practise necessary. There will be enough people in the audience to initiate the enthused.

Appropriate to the occasion, goodies will be both Bengali and Gujarati.

Wednesday October 9th, 2002, at 3 PM to 5 PM

at the residence of Kusuma Rao, 12 Padmini Enclave, New Delhi

Contact Kusuma Rao 685 6503,656 3496, 685 2587

Only between 10 am - 5.30 p.m Monday - Friday

or email: sterling@net4india.com

LIMIT: 60 PEOPLE

WIC noticeboard

PLEASE NOTE:

It has become necessary to increase the charge for guests to General Meetings to R150 which includes the afternoon tea.



Would members who are leaving please notify Harash Kapur (Membership). This will enable a new member to join.

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	History of Art & Crafts	Nathalie Trouveroy Fiorenza Richter Lakshmi Chandra	Belgium Italy/Germany U.S.A.
	Culture	Parbeen Kaur Veena Dass Marcelle Mahfoud Priya Khanna	India India Syria India
	Travel	Monika Sharma Sigrun Shrivastava	Germany Germany
	Focus	Nayana Goradia Sheila Thadani-Chauhan Alexandra Faesler	India India Mexico
	Cuisine	Bapsi Nariman Petro Potgieter	India South Africa
	Music and Dance	Nandita Lahiri Monia Kasri	India Tunisia
	Health and Fitness	Bozena Volkova Serita Kakar Dr Shankuntala Dawesar	Slovakia India India



Focus

Shahjahanabad - The Twilight Years (1850-1947)

Presented by Sanjoy Roy

This national and international award winning film looks at the city of Shahjahanabad, which was built by the visionary of the mighty Mughals - Shahjahan. It was an incomparable city, where music, dance, poetry, cuisine, the fine arts, textiles and architecture flourished and blossomed here.

Thursday, October 3rd, 2002 at 3 p.m.

At the residence of Beverly Hill, 9/31 Vasant Vihar, New Delhi

Contact Kusuma Rao 685 6503,656 3496, 685 2587

Only between 10 am - 5.30 p.m Monday - Friday
or email: sterling@net4india.com

LIMIT 35

Please note that only members whose names are mentioned on the list will be allowed to enter



History of Art & Crafts

Key Principles of European painting at the beginning of the Renaissance

Presented by our member **Fiorenza Richter**

This slide presentation would like to illustrate three key concepts which dominated European painting from the 15th century to the end of the 19th century. These three principles are: perspective, realism and emotional expression.

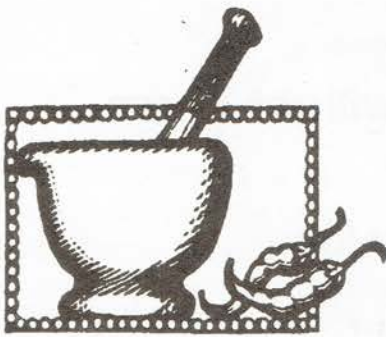
Monday October 14th, 2002 at 3 p.m.

At the Residence of the German Embassy, 50 G Shantipath,
Chanakyapuri, New Delhi

Contact Kusuma Rao 685 6503,656 3496, 685 2587

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NO LIMIT



Cuisine

A taste of African Cooking

**Presented by our members Lucy Musonda,
Petro Potgieter, Jane Priestman and
Helen Groves**

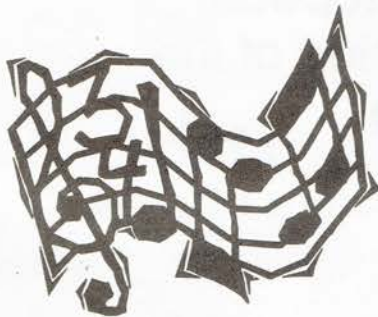
We, ladies of the WIC club, have the rare opportunity to sample the culinary delights of the South of Africa. Four wonderful women from Zambia, Zimbabwe and South Africa have agreed to put together their magical cooking powers for our lunch.

**Friday, October 18th, 2002 at 10.30 a.m.
(please note - it is a morning circle)**

At the residence of the Zambian High Commission, 7 Panchsheel
Marg, Chanakyapuri

Contact Kusuma Rao 685 6503,656 3496, 685 2587
Only between 10 am - 5.30 p.m Monday - Friday
or email: sterling@net4india.com

LIMIT 30



Music and Dance

Potpourri of Western music

**Presented by our member Sibylle von
Welck and Mr Goebel-Gross**

It has been one of the European traditions to perform music at home with family members and friends. Together with the German piano player Goebel-Gross, Sibylle will give us some examples by singing and playing the flute.

Wednesday, October 23rd , 2002 at 3 p.m.

At the hpome of Sibylle von Welck, 18 Green Avenue, Vasant Kunj

Limit 30



Membership dues must be paid by the November meeting.

In case you have forgotten they are R1,200. If you are paying by cheque you can put the cheque into an envelope with your name on the outside and hand it to Jane Priestman at the desk at the October meeting. Your receipt will be put in the envelope for you to collect at the November meeting. Please do not send money or dues by mail.

We would like to make the Newsletter a little more fun and plan to publish some extra items when there is space to do so. This month we have a recipe given to us by Jane Priestman (it is in keeping with the Cuisine Circle for October).

BOBOTIE

- | | |
|---|---------------------------------|
| 1kg. mince beef or lamb | 25mls lemon juice |
| 1 Slice white bread | 2 teaspoons curry powder |
| 1 cup milk | 1 teaspoon turmeric |
| 1 medium onion chopped | Salt |
| 5gms. seedless raisins | Cooking oil |
| 125gms. dried apricots soaked and drained | 3 eggs |
| 125gms. blanched almonds | 250mls milk |
| 1 desertspoon of apricot jam | Lemon or Bay leaves to decorate |
| 1 desertspoon of fruit chutney | |

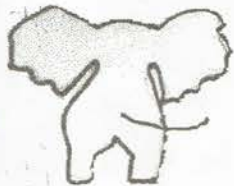
Soak the bread in a small quantity of milk. Squeeze to remove milk. Mix together all the ingredients exc ept oil. eggs, milk and lemon leaves. Heat oil in fryingpan and cook all the meat mixture, place in a shallow ovenproof dish. Beat eggs and milk together and pour over the meat. Garnish with leaves. Bake at 180C until the egg custard is set about 45 minutes. Serve with yellow rice and vegetables of your choice. You can vary the spices to suit your own taste.

Jane also gave us the somewhat dubious recipe below we were not sure if it was entirely suitable but decided someone may have a use for it one day.

ELEPHANT

SOUP

This is a great favourite if you have a large family or have to cater for democratic conventions.



- | | |
|-------------------------------------|--------------------------------------|
| 1 Medium Elephant (African is Best) | 3 Shovels Pepper |
| 500 Gallons Hot Water | 2 Cases Worcestershire Sauce |
| 1 ton Onions | 30 litres of Oil |
| 18 Sacks of Potatoes | 10 bottles of Rum for every 8 guests |
| 5 Shovels Salt | Coke to Taste |

Mix the Rum and Coke and drink most of it before you start. Wash and dry the elephant, do not use too much soap as this will spoil the flavour. Chop up the elephant into bite sized pieces. Heat up the water in the back of a 10 ton truck. Have another rum and coke. Add elephant, potatoes and other ingredients. Allow to simmer for 4 weeks. Stir mixture with a canoe paddle or a small outboard motor.

When guests arrive start them off with the remaining rum and then serve the soup.
ps - The oil does nothing for the taste of the soup - but all female elephants use it to make their skin soft.

Please note this change of telephone number for Maki Metha: 91 986 1155, 91 986 3399

Events Calendar October

- Thursday 3rd** - Focus, 3 p.m. at the residence of Beverly Hill, 9/31 Vasant Vihar
- Wednesday 9th** - Special Navratri program, 3 pm. at the residence of Kusuma Rao, 12 Padmini Enclave
- Monday 14th** - History of Art and Crafts, 3 p.m. at the Residence of the German Embassy, 50 G Shantipath
- Wednesday 16th** - **GENERAL MEETING**, 3 p.m. at the home of Kusum Ansal, 26 Ferozshah Road
- Friday 18th** - Cuisine, 10 a.m. at the Residence Zambian High Commission, 7 Pancheel Park, Chanakyapuri
- Wednesday 23rd** - Music & Dance, 3 p.m. the home of Sibylle von Welck at 18 Green Avenue, Vasant Kunj
- Thursday 24th** - Travel, 3 p.m. at the Slovak Embassy, 50 - M Niti Marg, Chankyapuri
- Wednesday October 30th** - Health and Fitness, 3 p.m. at the Slovak Embassy, 50 - M Niti Marg, Chanakyapuri

WIC Executive Committee 2002-3

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Harash Kapur, Membership

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Kusuma Rao, Hospitality

Phone: 696 1230 (h)

To reply for events: 685 6503, 656 3496, 685 2587 (only between 10 am - 5.30 p.m Monday - Friday) or email to: sterling@net4india.com

Carolyn Fitzpatrick, Newsletter

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