



wic

OCTOBER 2011

news

GENERAL MEETING

Diwali Celebration

Date: Wednesday, 12th October Time: 4 p.m.
Residence of: Dr. Kusum Ansal
Address: 26, Feroze Shah Road
Entertainment by Rajasthani Singing Group
Followed by chaat snacks



Algoza Performance by Rajasthani folk artists

To some, beautiful, enchanting and synonyms thereof are the words that come to mind while describing the Algoza Performance; while to others, soft rhythmic folk dance to a background of soft instrumental flute music better describe this art!

Algoza music has many variations of the flute and Algoza double flute made of bamboo is one of them. It works on the same principle as a bagpipe and is a tricky instrument to master. The traditional art of mastering the twin flutes being played together, is passed on from father to son. The Algoza, common in the Tonk-Ajmer areas of Rajasthan, is two such flutes played together

One of the two flutes usually plays a continuous drone while the other plays different notes. The master artisan has to master the art of breathing without letting the sound of the Algoza break, even for a teeny weeny bit. This is the beauty of the famous Rajasthani folk performance of India's lone desert state.

Dues are due!

Ladies, it's that time of year!

We would like to take this opportunity to remind you that this year's membership dues, of INR 2,500.00 per member, shall be collected at October's General Meeting. All dues must be given to the Treasurer by November 15, 2011.

Please put dues in a sealed envelope with your name, address, email and telephone number.

PRESIDENT'S MESSAGE

Dear Members,

A huge thank you to our September General Meeting speaker, Dr. Ishar Judge Ahluwalia. We are proud and honored to have such an esteemed female leader address us at our first General Meeting.

I hope you all enjoyed yourselves and had a chance to reconnect with old friends and begin making new ones. Remember to keep the connections going by attending the many varied programs being organized and offered by our fabulous Circle Leaders.



In October, as the calendar fills up with the many fantastic offerings of Delhi, I often find myself too busy to really appreciate this wonderful place that my family now calls home.

That's one of the reasons that I enjoy the celebration of Diwali - it is a time when my family and I can pause to appreciate the "festival of lights", a holiday that inspires us to find the "light" inside. To do good deeds and to rejoice in the triumph of good over evil. This is something that all of us, no matter our religious or ethnic background, can understand and celebrate. Our October General Meeting celebrates Diwali and allows us to come together as friends and sisters in WIC; to express joy in our friendships and the things that we do together, to make the world and our lives better.

Warmly,
Kelly

WIC Executive Committee 2011-12

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kellyjarvis@me.com

First Vice President

Sheila Ghatate Tel: 9868125252
sghatate@gmail.com

Second Vice President

Patty Dhar Tel: 9818992747
pattydhar@yahoo.com

Secretary

Rosie Sahni Tel: 9899117527
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Treasurer

Veena Dass Tel: 9811292020
veenadass1@gmail.com

Hospitality

Veena Hora Tel: 9811035648
veenahora1979@yahoo.com

Membership

Silvia Jakhar Tel: 9971090987
silviajakhar@hotmail.com

Newsletter

Kiran Jhangiani Tel: 9717700133
jhangianikiran@yahoo.com

Date: Monday, 3rd October Time: 3:00 p.m.
Residence of: Komal Dhindsa Address: 40, Golf Links
Mobile: 9958549899 Limited to: 20 participants

Mindful Eating

Speaker: Ishi Khosla

I shi Khosla is a practicing clinical nutritionist, consultant, writer, columnist, researcher, author and an entrepreneur.

She is actively involved in clinical practice at the CentreFor Dietary Counseling in Delhi, where she deals with a wide range of nutrition related health problems including cardiovascular disease, diabetes, hypertension, obesity, gastro-intestinal problems, allergies etc.

She works as a consultant to several organizations and is involved in the food industry including multinational companies, schools and education institutions. She lectures extensively and is invited frequently to radio and television programmes.

Recent recognitions include 'Distinguished Alumnus 2011' at Lady Irwin College, 'Women's Achiever's award in the Field of Nutrition by The Imperial & Cancer Patient Aids Association and 'Jijabai Women Achiever's award'. She has also been listed among the 25 most powerful women in the Country by the India Today Group.

**BOOK
CIRCLE**

Date: Friday, 7th October Time: 3:00 p.m.
Residence of: Maxine Williams
Address: 1/31, Shanti Niketan
Mobile: 9958245220 Limited to: 40 participants

Forts and Palaces of India

Speaker : Amita Baig

Conservationist Amita Baig and Photographer Joginder Singh have embarked on a journey across India to capture the wonderful Forts and Palaces of this country. There are some well known ones but also fascinating discoveries of Palaces and Forts perhaps off the beaten track which makes this coffee table book even more appealing to the reader. The book is beautifully documented and the pictures are a delight.

WIC Circle Leaders 2011-12

The Arts
 Devika Anand Puri 9810010547
 Frenny Billimoria 9811286353

Book Circle
 Gita Abhyankar 9958629912
 Nandita Lahiri 9811988366
 Marina Marangos 9717620707

Cultural Kaleidoscope
 Shakuntala Daweswar 9811440101
 Theresa Herzog 9717388220
 Many Kostova 9910999573
 Louanne McCurdy 8800324448

Gourmessa
 Mona Aggarwal 9810238810
 Azzah Almaani 9873889700
 Niti Judge 9810564346
 Bindu Talwar 9818077882

Hindi Bolo
 Bina Deogun 9810136589

Let's Learn
 Salonika Aggarwal 9811064701
 Tracy Flannery 8800523131
 Kyu Na Kim 8860372549
 Hong Li 9811097350
 Atsuko Watanabe 9871780190

Tours – Explore India and the World
 Leena Singh 9810032426
 Bubbles Suneja 9810003354
 Zakia Zaheer 9810067090

Yoga and Health
 Anita Dua 9810989433
 Dr. Divya Malhotra 9871727402

Date: Friday, 14th October Time: 11:30 a.m.
Residence of: Smita Diwan
Address: B-39, Gulmohar Park
Mobile: 9811770405 Limited to: 25 participants

Diwali Delicacies

Keeping the spirit of Diwali in mind we invite you to a Kaleidoscope array of delicacies from the different regions of India.

LET'S LEARN

Date: Wednesday, 19th October Time: 11:00 a.m.
Residence of: Anita Meattle Address: 26A, Prithviraj Road
Mobile: 9811199111 Limited to: 25 participants

A VISUAL TREAT

Rangoli is a traditional decorative art of India. These are decorations made on floors of living rooms and courtyards during the festive season.

Manda Verma and Nandita Swarup will be demonstrating the making of such ever welcoming Rangoli Patterns .

This will be done by the usage of colour dust and flower petals.
The duo also specialize in the craftsmanship of festive handicraft items.
Also shown will be the making of traditional 'Matki/Ghada' and 'Diyas'.

Try your skills at these decorative arts at the home of Anita Meattle.

HINDI **BOLO**

Circle Meeting

Date: Thursday, 20th October Time:10:30 a.m.
Residence of: Bina Deogun Address: 1-3, Maharani Bagh,
Mobile: 9810138589 Limited to: 10 participants

Enjoy coming to terms with the intricacies of India's national language !

Date: Friday, 21st October Time: 11:15 a.m.
Residence of: Kiran Anand Address: 100, Jorbagh
Mobile: 9810122700 Limited to: 30 participants

Indian festivals of October

A dance and theatre performance celebrating the Indian festivals of October.

Performed by students from socially and economically challenged backgrounds.

Conceptualized and choreographed by: Devika Anand Puri.

Explore India and the World

Trip to Myanmar (Availability open) October 29 - November 6, 2011

Circle Leaders: Bubbles Suneja, Mobile: 9810003354; Leena Singh, Mobile: 9810032426; Zakia Zaheer, Mobile: 9810067090.

Ladies, pack your bags and join us as we head for Myanmar (Burma). The latest, favourite destination is now open for tourists.

During this fabulous eight-day trip, we will visit the most fabulous pagoda city of Yangon, the World Heritage city of Bagan, the fascinating old capital of Mandalay, as well as enjoy a two-day stay at the beautiful Inle Lake where you can do all your sightseeing while reclining in a boat.

Five star all the way. Despite the fact that this falls during peak season, we have organized an excellent itinerary at the best hotels. Did we forget to mention the fantastic shopping like no where in the world?!!

Unfortunately, the trip is already waitlisted. (We started taking reservations in June. All of last year's members were notified by email and SMS.) If you are interested in joining, please contact one of the circle leaders.

Member Birthdays October

2nd Veena Dass
3rd Anita Dua
4th Kamla Sondhi
8th Bina Deogun
16th Dr. Shakuntla Dawesar
16th Bindu Talwar
16th Savitri Bawa
24th Shivani Wazir Pasrich
24th Nina Gupta
24th Poonam Tewari

We apologize to anyone whose birthday we have missed. Please help the Club by ensuring that we have your latest details, including the date of your special day. Attn: Silvia Jakhar, Chairperson of Membership.

Attendance :

Dear Ladies

We would be most appreciative if you could please send an email or the reply cards to the Chairperson of Hospitality, Veena Hora, as early as you can to confirm your participation in the General Meeting and Circle Meetings.

However in case of last minute regrets, please send by SMS on Veena Hora's mobile: 98011035648.

Your cooperation on this matter will enable us to plan and execute events without inconveniencing any members.

DEEPAWALI (DIWALI)

Deepawali or the festival of light is celebrated during the last of Ashvina (September - October) or at the beginning of Kritika (October - November) exactly twenty days after Dusshera (October - November).

This is a composite festival which includes smaller ones as well, one of the main features of the festival is the worship of Lakshmi, the goddess of fortune, beauty, prosperity and wealth. Deepawali is celebrated on Amavasya, the darkest night of the month. When houses, shops and other places of work are lit all through the night; lest Lakshmi turn her back on a house that is dark. Since she will not enter a dirty place, the residence or the place of work, is thoroughly washed and cleaned.

Lakshmi has an elder sister, called Jyestha Devi, who loves squalor, dark and dingy corners. The understanding, between the two sisters, is that, either will not enter a house, if the other is present. The custom of cleaning the house, may have started in ancient times, when it was realised that the hot summers followed by rains, made the houses musty and encouraged the prevalence of germs. By washing the houses with lime water, the germs were killed. It is, till today, a perfect method of disinfecting a house.

On Deepawali night, first Lakshmi is worshipped and silver coins offered to her. Clay images of Lakshmi, Vishnu and other Gods are also worshipped, invoking their blessings. Lighted earthenware lamps decorate the roof, the walls, the door-locks and in fact, the entire house. The rows of lights, apart from making this dark night bright and gay, are also meant to welcome the souls of the departed ancestors, who visit the family on Deepawali night.

The lighting of lamps on Deepawali night is so important, that even when family is in mourning and no festivities take place, the lamps are always lit at strategic places in the house. Fireworks and crackers are set off, not only for enjoyment, but also to scare away the evil spirits that wander at night.

Illuminations symbolise the removal of spiritual darkness from the country.

By: Shakti Gupta

Reprinted with permission by her daughter: Neena Burra.

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SUN	MON	TUE	WED	THU	FRI	SAT
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9	10	11	12 <i>General Meeting</i>	13	14 <i>Gourmessa</i>	15
16	17	18	19 <i>Let's Learn</i>	20 <i>Hindi Bolo</i>	21 <i>The Arts</i>	22
23	24	25	26	27	28 <i>Leaving for Myanmar</i>	29

• Returning from Myanmar November 7, 2011