



OVERSEAS  
WOMEN'S  
CLUB  
OF BANGALORE

A Division of the Overseas  
Women's Foundation  
Bangalore

# THE RANGOLL

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JANUARY 2017



15 | OWC Christmas  
Bazaar 2016

12 FOCUS ON  
CHARITY  
Navachetana



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## THE RANGOLI

(A publication of the  
Overseas Women's Club of Bangalore)

Editor: **TRACI LENNON**

Commissioning Editor: **MARY MCAULEY**

Layout: **PINK LEMONADE**



Distribution Team: **PETRA BEKKAR**

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(A division of the Overseas Women's  
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## ISSUE: JANUARY 2017

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# Contents



12



15



26

**04** Editor's Note

**06** President's Note

**08** What's on this Month

## **12 FOCUS ON CHARITY**

Navachetana

## **15 FEATURE**

OWC Christmas Bazaar

## **18 VOLUNTEER SPOTLIGHT**

Nanhi Singh

## **19 EVENTS**

November Lunch Bunch

Meeting an Author in Bangalore

## **22 HEALTH & LIFESTYLE**

A Hospital Experience in Bangalore

## **25 PASSION & PURPOSE**

My India

## **26 TRAVEL**

How to Enjoy Yourself - A Solo Trip to  
Rishikesh

## **30 COOKING**

Creamy Chicken and Mushroom Soup

Cover Photo Credit: Spot Billed Pelican Ranganathittu Bird Sanctuary by Tim Doup, 1<sup>st</sup> Place, Nature  
Please send your letters and suggestions to [editor@owcbangalore.org](mailto:editor@owcbangalore.org)  
Special thanks and appreciation to our members for their contribution of articles and photographs.

# Editor's Note



Traci Lennon  
Editor

Hello all!

Happy New Year!! As I am writing this, it isn't the New Year quite yet but the anticipation is building. Our cover photo this month is a perfect example of how I like to think of the New Year – a bird just taking off in flight. I always look forward to the upcoming year as a time to start fresh and act upon those long overdue resolutions that have been rattling around in my head. Eat more healthily (always #1 on the list!). Try a new type of workout. Take a class (any class!). Discover a new hobby. Read all of those novels sitting on the shelf. These are the more physical resolutions – the ones that are relatively easy if I put my mind to it. Then there are the more existential resolutions.... Be more patient. Be more kind. Nurture relationships with friends and family. Don't procrastinate. Forgive myself and others more easily. ('Let It Go' from Frozen is now stuck in my head.) These are the ones that are not so easy but the most important. I'm not sure if my 'bird' will take off into full flight, but come January 1 – I'll be giving it my all!

What are your New Year's resolutions? Do you make up an actual list or are they just rolling around in your head? How are you going to accomplish your personal goals for 2017? No, this is not a test. I'm just curious about your aspirations and I'm sure others are too - so write about it! We would love to hear about your resolution experiences – the good, the bad and the ugly!

This issue has an awesome mix of articles that are sure to make you laugh, cry and everything in between. The Focus on Charity tells the tale of Navachetana and the inspirational and important work they do for the mentally ill in Bangalore. Our Feature this month is the OWC Christmas Bazaar – it was a fantastic day filled with fun, food and of course – shopping! It was a huge success in its new venue this year and we are very proud that our 22 charities will profit from its success. The Volunteer Spotlight is on Nanhi Singh and Peggy Bhohi tells us all about her many years of living in India. We have a Health & Lifestyle section this month that will make you both cringe and laugh – probably at the same time – with an article from Steve Schley. And finally, we learn How to EnJOY Yourself in a travel article by Mary McAuley.

On a final note (literally), this issue of Rangoli is my last. I've left Bangalore for home - Houston, Texas - so the Editor's pen will now be passed on to Gail Butler, VP Publications until a replacement is found. Bangalore was a short-term assignment for my husband and me so I treasured every moment I spent working with the OWC and Rangoli. Before I go, I want to thank Sherry Walter and Susheela Thomas for embracing me whole-heartedly and making me feel like part of the team from the start; to Gail Butler for stepping up and taking my 'advice' with laughter and grace; to Mary McAuley and Eva Petersitzke for coming up with beautiful ideas and writing such fantastic articles; to the distribution team, Petra Bekkar and Heidi Hojnicky, for the not so easy task of making sure everyone gets a copy; to Praveen from Pink Lemonade whose creativity shines bright in every issue; and finally, to all of you who wrote for Rangoli about your experiences and passions – this is your magazine. I am proud to have been a small part in it.

*Wishing you all the best in the New Year,*

*Traci*

[editor@owcbangalore.org](mailto:editor@owcbangalore.org)



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# President's Note



**Sherry Walter**  
President  
Overseas Women's Club of Bangalore

## Happy New Year!

This is the time of year for reflection and contemplation. I'm the type of person that doesn't really make yearly resolutions. I generally like to celebrate my accomplishments and learn from my mistakes and imperfections. There are always things I could have done differently or better, but I try to find a way to laugh, give myself a pat on the back and yes, even sometimes cry. I remind myself every day that I cannot live in a "Would 'a, could 'a, should 'a" mind set, life is just too short. At the same time, I try to look forward to the things I want to do better. I'm always telling myself that I want to be a better mother, a better daughter, a better wife, a better friend and even a better president. But we should all give ourselves a break and just be who we are; be you. And "You" is who the people most important in your life already love and respect.

The OWC has had so many successes in 2016. I want all of us to take the time to celebrate the good we have done at the same time considering all of the things we know we can improve. I'm excited for the OWC 2017 membership year. It is my wish that we have fun, laugh, share, and learn from each other and most importantly be good friends; love each other.

So, the OWC in 2017; what would be your New Year's resolutions? Where would your focus lie? Could one of your resolutions be to plan and organize one special event for the OWC? Or, to be a Buddy to a New Member? Let me know, I'm listening.

Watch out for this year's Photo Competition, Book Sale, Pink Elephant Sale and a few new events coming your way including more children's events and adult only events.

Can't wait to share my year with you.

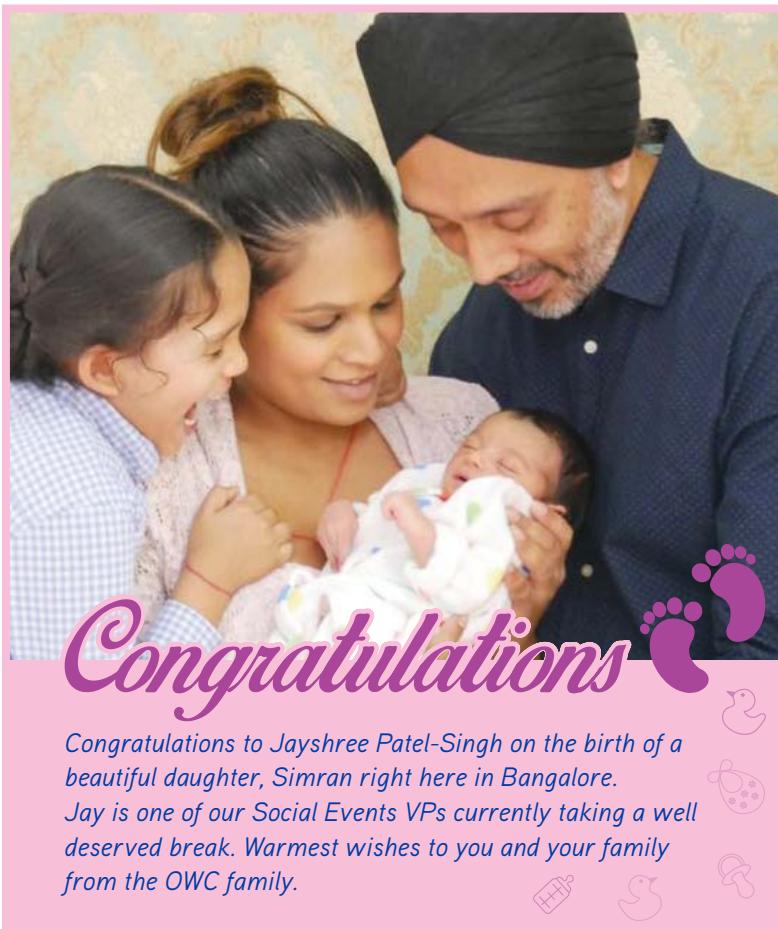
Learn. Love. Share. Care.

Success,

*Sherry*  
[president@owcbangalore.org](mailto:president@owcbangalore.org)

OWC website:  
[www.owcbangalore.org](http://www.owcbangalore.org)

OWC Facebook page:  
[www.facebook.com/  
overseaswomensclub](https://www.facebook.com/overseaswomensclub)



## Join the Team!

We are looking for enthusiastic volunteers for the following OWC positions:

- Rangoli Editor
- Rangoli Distribution Team
- VP Advertising and Communications

For more information Contact Sherry Walter.  
(president@owcbangalore.org)

## OWC January 2017 Speaker Meeting

Presenting...

Chandra Mouli, will speak to us on the;  
History and Architecture of Bangalore

Please come and join us in an interactive session to learn about Bangalore

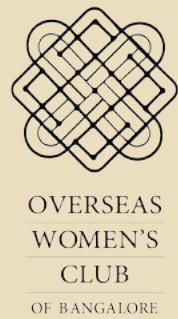
Where: Shangri-La Hotel, Caprese Restaurant, 18<sup>th</sup> Floor, Palace Road

When: Tuesday, 24<sup>th</sup> January 2017

Time: 10:00am to 12:00pm

Price: Free to OWC Members and Rs.300 to NonMembers

RSVP to speaker@owcbangalore.org or at any OWC Coffee Morning



A Division of the Overseas Women's Foundation

Bangalore

Chandra Mouli, born, bread and brewed in Bangalore, is in the business of Printing and Publishing. He also runs an outward-bound events and communication training outfit, Moulis Outward Bound.

He has technical training in printing and colour concepts from HMT Limited, Bangalore, The Hindu, Chennai and Kings Norton Press, England.

His interests are in Theater (English, Hindi and Kannada plays, Kannada tv serials, skits, standup routine), Public Speaking, Training Youngsters in smart skills, Quizzing, Bird Watching and Adventure Sports.

He has been associated with the Rotary movement for the past 30 years.

He is a graphologist and a Pranic Healer

He has traveled widely in India and abroad.

# Bangalore International Christian Fellowship



## What's On This Month

**Thursday, January 12, 2017 – Lunch Bunch - Byblos**

**Tuesday, January 17, 2017 – Charity Road Trip Jagruthi**

**Tuesday, January 24, 2017 – Speaker Meeting - History and Architecture of Bangalore**

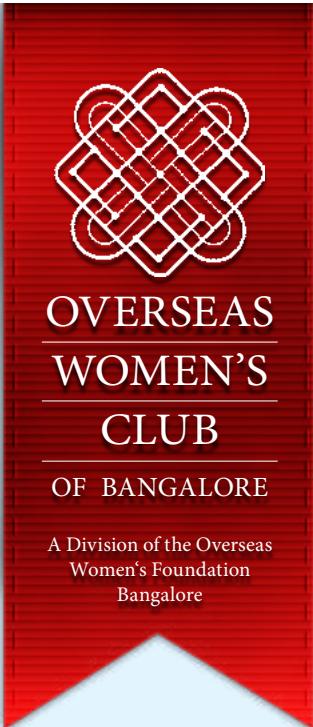
## Save the Date:

**Friday, February 17, 2017 - Adult Only Post Valentine Party**

**Saturday, February 25, 2017 - Book Sale**

**Wednesday, March 15, 2017 - Pink Elephant Sale**

For more information,  
please contact [activities@owcbangalore.org](mailto:activities@owcbangalore.org)



## The purpose of the Overseas Women's Club as outlined in the Constitution:

1. To promote social welfare by aiding needy public charitable projects without restriction to caste or creed, with both funds and personal involvement.
2. To welcome foreign newcomers in Bangalore and help them establish themselves in the community.
3. To promote sociability among the members and their families.
4. To help members and their families gain a better understanding of India through cultural and social activities and programs.

## The OWC of Bangalore supports the following charities:

1. Accept Society
2. ASHA Foundation
3. ASHA Niketan
4. Ashraya Children's Home
5. Bangalore Education Trust
6. Bangalore Hospice Trust
7. Belaku Trust
8. Deena Seva Charitable Trust
9. Divine Light Trust for the Blind
10. Dominican Sisters of the Presentation
11. Freedom Foundation
12. Helpline Charitable Trust—Project Vishwas
13. Jagruthi
14. Jeevodaya Childcare India
15. Navachetana
16. New Ark Mission
17. ProVision Asia
18. Sai Shankar Loving Lights Trust
19. Shelia Kothavalal Inst. for Deaf
20. Shristi Special Academy
21. Spastic Society of Karnataka
22. Vision India

## Get Involved

Women's Ministry  
Young Adults' Group  
Worship Ministry  
Sunday School  
Men's Breakfast Group  
Home Groups

## Join Us

Sunday Service at 10am  
Royal Orchid Hotel

**www.bicf.in**

Enquiries - [bicf@live.com](mailto:bicf@live.com)

Royal Orchid Hotel - Old Airport Rd (near KGA Golf)

# OWC MEMBER DISCOUNTS

A number of our local business friends offer generous discounts with a valid OWC Membership Card.

Some other establishments will also provide a discount but don't advertise, so show your card and ask! Conditions apply.

## Hotels, Restaurants and Bars

**Caperberry, UB City** **10% discount** on food and drinks. [www.caperberry.net](http://www.caperberry.net)  
Offer not applicable on Special Menus. These offers cannot be clubbed with any other offers

**FAVA, UB City** – **10% discount** on food and drinks. [www.fava.in](http://www.fava.in) Offer not applicable on Special Menus. These offers cannot be clubbed with any other offers

**HOLIDAY INN & SUITES Bangalore** – **20% discount** on Food & Beverages and Spa services to all Overseas Women's Club members. The discount is applicable except on discounted promotional offer.

**ITC GARDENIA - Cubbon Pavilion** - *The Cubbon Pavilion is the ideal place for a sophisticated meal in an elegant yet cosy ambience. It is named after Sir Mark Cubbon, a British Commissioner who gave Bengaluru its identity and presence in India. The vertical gardens in the restaurant add to the experience of dining in the serenity of nature. The Cubbon Pavilion is a 24 hour, four meal restaurant with a new concept of an interactive juice bar and an international buffet landscape.*

**20% discount.** Note: - Government taxes and service taxes applicable additionally. Up to date OWC membership card to be presented before billing. Discounts not applicable at Christmas, New Year, Valentine's Day. Not to be combined with any promotions at the hotel. VALID till 31st March 2017.

**ITC GARDENIA - Edo** - *Inspired by the ancient name of the city of Tokyo, EDO - the Japanese Resto-bar - is the latest addition to ITC-Welcomgroup's international culinary brand portfolio. At EDO, traditional Japanese flavours, are complemented by an array of sakes and warm and efficient service in a relaxed ambience... Perfecting the art of the 'Japanese after hours'*

**20% discount.** Note: - Government taxes and service taxes applicable additionally. Up to date OWC membership card to be presented before billing. Discounts not applicable at Christmas, New Year, Valentine's Day. Not to be combined with any promotions at the hotel. VALID till 31st March 2017.

**ITC GARDENIA - Highland Nectar** - *The ITC Gardenia has successfully conjured a new concept of a Whiskey bar in Bengaluru, by introducing Highland Nectar that focuses on serving a fine collection of whiskies. It has a library and artifacts articulating the history and eminence of whiskies. To ensure that the guest not only tastes the whiskey, but can also learn a few facts about what he is drinking.*

**20% discount.** Note: - Government taxes and service taxes applicable additionally. Up to date OWC membership card to be presented before billing. Discounts not applicable at Christmas, New Year, Valentine's Day. Not to be combined with any promotions at the hotel. VALID till 31st March 2017.

**ITC GARDENIA - K&K** - *Sophisticated and elegant, the interior glistens with rich details of dark wood blending in the theme of the Sun God through iconic architecture. Preparing the signature cuisine of ITC, Kebabs &Kurries is a mélange of gastronomic inspirations from the North and South of India.*

**20% discount.** Note: - Government taxes and service taxes applicable additionally. Up to date OWC membership card to be presented before billing. Discounts not applicable at Christmas, New Year, Valentine's Day. Not to be combined with any promotions at the hotel. VALID till 31st March 2017.

**ITC GARDENIA - Lotus Pavilion** - *Located at the heart of the hotel, Lotus Pavilion is a heaven of peace. The décor and architecture of the Lotus Pavilion echoes the spirit of Tipu Sultan's summer palace also known as Rash-e-jannat. It is a perfect setting to experience Bengaluru's great weather, while sipping on a hand crafted beer, from our finest collection. It is served with a selection of tapas or hors d'oeuvres.*

**20% discount.** Note: - Government taxes and service taxes applicable additionally. Up to date OWC membership card to be presented before billing. Discounts not applicable at Christmas, New Year, Valentine's Day. Not to be combined with any promotions at the hotel. VALID till 31st March 2017.

**ITC GARDENIA - Ottimo** - *With a well thought out section on authentic Italian cuisine, the culinary choices at Ottimo are a rare fusion of traditional Italian with an emphasis on nutrition and fresh ingredients for our guests' well-being.*

**20% discount.** Note: - Government taxes and service taxes applicable additionally. Up to date OWC membership card to be presented before billing. Discounts not applicable at Christmas, New Year, Valentine's Day. Not to be combined with any promotions at the hotel. VALID till 31st March 2017.

**ITC Windsor** – 20% discount on food and alcohol at Dublin, Dakshin, Dum Pukht Jolly, Nabobs, Royal Afghan, Raj Pavillion, The Grill and on OWC Sundowners (if) held by OWC on Fridays.

**Leela Palace** – 15% discount across all outlets and 20% discount on Thursdays at Citrus

**LEELA RESORTS - Leela Palace, Udaipur.** - *The Leela Palace Udaipur won the most "Favorite Indian Hotel Spa" in India and was awarded as the "Favourite Indian Leisure*

*Hotel" of the country. Set on the banks of the Lake Pichola, The Leela Palace Udaipur is the only modern palace hotel that offers luxury accommodations, banquet, fine dining and spa experience. The Leela Palace Udaipur offers a spectacular view of the tranquil waters of the Lake Pichola, the City Palace and the Aravalli mountains, evoking the grandeur and opulence of the land of the Mewars.*

**15% discount.** for The Leela Getaway Offers for The Leela Palace Udaipur. Reservation only through our hotel website [www.theleela.com](http://www.theleela.com) by using the promo code **LГОWC**

**Marriot, Whitefield** – **15% discount** on food and beverages but not applicable to WBC Retail outlet.

**Marzipan Cafe and Bakery**, Ulsoor Road & Raintree, Sankey Road - 10% discount on bill on production of up to date OWC membership card

**Mövenpick** – **15% discount** at My Place and Mezzsalune, 10% discount at Obsidian Bar

**Novotel, Bengaluru Techpark** – **10% discount** at The Square - brunch buffet, a la carte and soft drinks. Not valid on special promotional and holiday deals. Cannot be clubbed with other offers

**Portland Steakhouse & Café** – 10% discount on food

**Ritz Carlton** – 15% discount on food and beverages in all restaurants for party size of 8 or less. Discount not valid on special occasions or festivals

**SBARRO** – 10% discount for a group of 5 to 9 people, 15% for 10 or more people on regular menu items

**Shangri-La Hotel, Bangalore** – **15% discount** on food, beverages and spa service on production of up to date OWC membership card on all days

**TAJ Bangalore - in the International Airport: CAFÉ 77 EAST & Tamarind** - **15% discount** food and drinks except on Sunday brunch on presentation of OWC card before billing. Not valid on Christmas, New Year and Valentine's Day. The discount cannot be combined with other offers. Valid till 31st March 2017

**TAJ Bangalore - in the International Airport: CAFÉ 77 EAST & Tamarind** - Special Chef's three course lunch with welcome drink on weekdays for 10 and above for @Rs.1000 + taxes. Please mention OWC cards at time of reservation. Not valid on Christmas, New Year and Valentine's Day. The discount cannot be combined with other offers. Valid till 31st March 2017

**Taj West End Hotel - Blue Bar** – **15% discount on liquor** at Blue Bar on Thursdays and Fridays only

Note: - Govt. Taxes and service taxes applicable additionally - All members must provide identification during billing - Not applicable on special days like Christmas, New Year, Valentine's Day - The above offers cannot be combined with any promotions at the hotel. VALID till 31st March, 2017

**Taj West End Hotel - Mynt** – *The 24 hr all-day dining at The Taj West End offers refreshing ambiance with a firm emphasis on authentic dishes from Italian, Mediterranean, Lebanese and Indian cuisine*

**15% discount on food & soft beverages up to a table of 10**

Note: - Govt. Taxes and service taxes applicable additionally - All members must provide identification during billing - Not applicable on special days like Christmas, New Year, Valentine's Day - The above offers cannot be combined with any promotions at the hotel. VALID till 31st March, 2017

**Taj West End Hotel - Blue Ginger** – *Arguably Vietnam's first and finest culinary brand, Blue Ginger is today synonymous with authentic Vietnamese cuisine.* **15% discount on food & soft beverages up to a table of 10**

Note: - Govt. Taxes and service taxes applicable additionally - All members must provide identification during billing - Not applicable on special days like Christmas, New Year, Valentine's Day - The above offers cannot be combined with any promotions at the hotel. VALID till 31st March, 2017

**Taj West End Hotel - Masala Klub** – *Masala Klub holds the key to a repertoire of influences which are a melange of the best recipes from the north and south of India, adapted to a contemporary, light menu. A highlight of the dining experience at Masala Klub is the Tamarind Sorbet, a palate cleanser, made from the tamarind pulp of the very tree the restaurant sits under!*

**15% discount on food & soft beverages up to a table of 10**

Note: - Govt. Taxes and service taxes applicable additionally - All members must provide identification during billing - Not applicable on special days like Christmas, New Year, Valentine's Day - The above offers cannot be combined with any promotions at the hotel. VALID till 31st March, 2017

**The Oberoi Bengaluru - Rim Naam** – **15% discount** on food and soft drinks (does not include Sunday brunch. This discount will not be valid for special promotions like Christmas and New Year packages. Valid till 31st March, 2017

**The Oberoi Bengaluru - Le Jardin** – **15% discount** on food and soft drinks (does not include Sunday brunch). This discount will not be valid for special promotions like Christmas and New Year packages. Valid till 31st March, 2017

# OWC MEMBER DISCOUNTS

Continued...

## Hotels, Restaurants and Bars

**The Oberoi Bengaluru - Polo Club** – 15% discount on food and soft drinks. This discount will not be valid for special promotions like Christmas and New Year packages. VALID TILL 31st July, 2017

**The Oberoi Bengaluru - Szechwan Court** – 15% discount on food and soft drinks. This discount will not be valid for special promotions like Christmas and New Year packages. Valid till 31st March, 2017

**Toscano** – 10% discount

**Vivanta By Taj - M G Road, Bangalore: Café Mozaic** – 15% discount (Mon to Fri) and 10% discount (Sat and Sun) on food and soft beverages on production of up to date OWC membership card. Valid till 31st March, 2017

**Vivanta By Taj - M G Road, Bangalore: Graze** – 15% discount (Mon to Fri) and 10% discount (Sat and Sun) on food and soft beverages on production of up to date OWC membership card. Valid till 31st March, 2017

**Vivanta By Taj - M G Road, Bangalore: Memories of China** – 15% discount (Mon to Fri) and 10% discount (Sat and Sun) on food and soft beverages on production of up to date OWC membership card. Valid till 31st March, 2017

**Vivanta By Taj - Whitefield, Bangalore: Caramel** – 20% discount on production of up to date OWC Membership Card on all days. Valid till 31st December, 2016

**Vivanta By Taj - Whitefield, Bangalore: Latitude** – 20% discount on production of up to date OWC Membership Card on Sunday brunch. Valid till 31st December, 2016

**Vivanta By Taj - Whitefield, Bangalore: Rooms** – 20% discount on production of up to date OWC Membership Card on Friday, Saturday and Sunday. Valid till 31st December, 2016

**Vivanta By Taj - Whitefield, Bangalore: Tease Bar** – 20% discount on production of up to date OWC Membership Card on all days. Valid till 31st December, 2016

## Services & Shopping

**Clarins Skin Spa** – Complimentary treatment valued at Rs.1,700 on booking of any Clarins Tri Active Face or Body Treatment on first visit.

**Hamilton Realtors** – 10% discount

**INTEREM International Removal Division of Freight Systems India Pvt Ltd.** – 10% discount on presentation of up to date OWC Membership card presented before billing.

**Jean-Claude Biguine Salon** – 20% discount in all Bigune Salons in Bangalore till 31st March 2017

**MONTAGE - Vittal Mallya Road** – 15% discount on framing and all artwork on presentation of valid OWC card before billing.

**Mövenpick - Sohum Spa** – 10% discount

**Ritz Carlton Spa** – 15% discount

**S2 Spa by Emma** – 20% discount on massages and spa treatments

**TAJ Bangalore - Jiva Spa** – 15% discount on presentation of OWC card before billing. Valid till 31st march 2017

**TAJ WEST END HOTEL - Jiva Grande Spa and Salon** – 20% discount. Note: - Govt. Taxes and service taxes applicable additionally - All members must provide identification during billing - Not applicable on special days like Christmas, New Year, Valentine's Day - The above offers cannot be combined with any promotions at the hotel. VALID till 31st March, 2017.

**Vivanta By Taj - Whitefield, Bangalore: Jiva Spa** – 20% discount on production of up to date OWC Membership Card on all days. Valid till 31st December, 2016

**Vivanta By Taj - Yeshwantpur, Bangalore:** – 15% discount on production of up to date OWC Membership card at restaurants, Palette, Azure, Paranda and Jiva Spa

# NOTICE

Pro-rata Rates for New Members joining from January 2017 up to March 31, 2018 are as follows with the cash discounted prices in blue:

	Regular Price	Discounted Price
January 31 <sup>st</sup> to March 31, 2018	Rs. 5,356	Rs. 5,200
February 28 <sup>th</sup> to March 31, 2018	Rs. 4,944	Rs. 4,800
March 31 <sup>st</sup> to March 31, 2018	Rs. 4,532	Rs. 4,400
April 30 <sup>th</sup> to March 31, 2018	Rs. 4,120	Rs. 4,000

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Valid for bookings made only on [www.theleela.com](http://www.theleela.com)



Seen here, Sheesh Mahal overlooking Lake Pichola at The Leela Palace Udaipur.



**THE LEELA**  
PALACES HOTELS RESORTS

# Navachetana

By  
Susan DeRise

**A**s I begin writing this article on one very special charity that has touched my heart, I am brought back to the very first moment today that I entered the grounds of my charity. Today was my introductory visit to the charity by the name of Navachetana. After my first visit something told me that this was one of my purposes here in Bangalore.



As I entered the gate to the grounds, I was greeted by a lady that I somehow just knew was the woman whom I had spoken to over the phone the previous day. In person her serene and peaceful demeanor tugged at me, giving me the signal that this is the same individual who had left the same impression on me over the phone. As I entered the safe house that she had created on her very own, she gently shakes my hand and smiles at me with one of the warmest smiles that I have ever received.

Her name is Lissy and she is the founder of the charity Navachetana. Lissy moved to Bangalore from Kerala twenty-six years ago and began this charity solely on her own and with the idea that she wanted to make a difference in society and take a

stand for those who are unable to do so on their own. As she kindly brings me over to her desk that is humble and welcoming, she begins to reminisce and describe to me with great passion just what exactly made her start this charity. I can tell by looking at her that she is being brought back to the time when she decided to make all of this happen. She looked at me very calmly and stated that she is a person who never wanted anything for herself, she only wanted to help others.

So twenty-six years ago, Lissy arrived in Bangalore and decided to take people who were roaming the street and looked as if they were in need, and provided shelter to them. Lissy's charity that she started twenty-six years ago has grown

## FOCUS ON CHARITY



into a facility that can accommodate up to fifteen people. Currently, Lissy is taking care of eight women and one male. Each of these individuals are unable to care for themselves and the majority suffer from mental illnesses such as schizophrenia. Lissy provides transportation to and from the hospital and with the help of the Overseas Women's Club's donations, and through our charity she is able to pay for the medications that they are in dire need of. Lissy is also able to provide food and clothing to these individuals with the help of the OWC.

Along with the various basic things that the Navachetana charity provides, there are also mental and physical wellness programs that are offered at the center.

Each person in this charity is provided with the opportunity to participate in group therapy discussions, exercises, goal setting groups and lastly, one of the programs that really brings light to these folks lives are the drawing classes. In this class, each person is given a colored pencil and a piece of paper that they can utilize as an alternative outlet to communicate and express their inner feelings and emotions. For some of these patients the basic function of talking is almost impossible. When coupled with a mental illness, it can become extremely challenging and frustrating for these individuals to express themselves. This class can be a savior to these people that so desperately want to let their feelings out into the universe. Lissy described to me an incident that occurred when she

tried to take one of the individuals in her shelter to the hospital for treatment. While trying to board the rickshaw, the patient experienced trouble trying to express to the rickshaw driver where she wanted to go and at the same time was unable to process the surrounding noises. All of this, plus the reluctance of the rickshaw driver, disturbed her so badly that she went into sensory overload and panicked, ultimately throwing herself out of the rickshaw and becoming injured in the process. These simple things can become a daunting process when Lissy is helping these people in need, but Lissy never gives up. She stated to me that with the help of the charity, there are people who have arrived like lions and changed into lambs. Lissy goes on to describe one young woman who was in her 20's that arrived with mental illness and an inability to care for herself or her two children. After taking shelter at Navachetana and utilizing their care, she was able to become healthy enough to eventually leave the shelter and care for herself on her own. She is now healthy and living her life free with the ability to proudly stand on her own.

It has been a true honor to be able to have the opportunity to work with this charity through the OWC. There are still many hurdles that the charity faces. Recently, she has been told that they will soon have to vacate the premises because the landlord has decided to sell the building. Lissy with her determination and dedication to her cause stated that the charity will be fine and will find a new shelter. This charity is in great need still and it brings pride and a sense of relief that the OWC charity group is here to support the charity through any hardships they may face.



# OWC Members Charity Road Trip

17 January 2017, 10-1pm

JAGRUTHI  
*visit & art workshop*

## We need you!

Come and join us in sharing and celebrating the creative talents of these special children... and share your talents too!

A fun and creative workshop with the children of Jagruthi, approximate ages 10-16 years old. Includes a brief tour of the school and talk by Jagruthi founder Renu Appachu before the workshop.

MEG School, Doddigunta, Cox Town, Bangalore



## Sign up!

at the Leela coffee morning  
**OR**  
email at [fundraising@owcbangalore.org](mailto:fundraising@owcbangalore.org)  
**OR**  
call Shelley on 9902542350



# OWC Christmas Bazaar 2016



By  
Florentina Buchholz



This year's holiday season kicked off with the OWC's Christmas Bazaar - a much awaited event within the expat and local community of Bangalore. After so many years of wonderful bazaars at St. Mark's Cathedral, it was time for a change: a bustling, bigger location was found at the St. John's Church Community Centre in Frazer Town. This involved a lot of 'mores': more food stalls, more vendors, more volunteers, more technical challenges and of course more cash and change.





The lovely setup and venue included this year a Kids' Corner with face painting by Sai Shankar, make your cuddly, soap or lip gloss - activities by divas and dudes. Fancy pink cotton candy and popcorn for the little ones made this area undoubtedly one of the most fun corners on this day. Of course the arrival of Santa around noon as well as the BICF, Muse Choir and Trio performing carols and other songs gave everyone in doubt the ultimate Christmas feeling.

For the first time, several of the Charities supported by the OWC were present and gave those interested a glimpse of their work with many of them offering their merchandise for sale as well. After days and days of baking at home, lots of beautifully crafted cookies and scrummy yummy baked goods were donated by the members of the OWC and the sponsors for the Christmas Bake Sale. These and all other proceeds raised during the Bazaar go to the 22 Charities supported by the OWC. The venue was filled with vendors: handcrafted jewellery, beautiful home



products and décor for all year-round use, handwoven scarves and stoles, fancy Christmas decoration and gifts, amazing bags and clothes of all kinds. The delicacies sold at the chocolatiers' and pastry stalls tickled the taste buds of every connoisseur within a hundred feet. The mouthwatering foodstalls like Toscano, Habanero, Sbarro and Café Noir were crowd pleasers and helped any tired adult get the energy needed for some more shopping.



## FEATURE



The spirit of Christmas was everywhere: the corridors filled with eager shoppers looking for the ultimate gift with that special touch. And there they were - the unique pieces and heritage arts & crafts all made with special care and attention. By walking from stall to stall, one could not help but get the feeling that these items would otherwise not find their way under our Christmas trees. Each bought item supports not only the charities employing

the "forgotten" like the ANU Project but also the small entrepreneurs of the region who maybe would not have made their way past the large corporations dominating the Christmas sales. The gifting season is also a giving season: by buying at the bazaar, one gives a little something to a special project, a charity or secures local employment for someone with a family somewhere else.

All of this would not have been possible without the continued support of our sponsors such as Virtuous Retail (VR-Mall), Writer Relocation, Interem International and Spectra Construction. A big thank you goes out to all vendors for making this bazaar such a big attraction every year and last but not least to all the visible and invisible helping hands before, during and after the Bazaar.

Wishing everyone a wonderful holiday season, we look forward to seeing you all next year, same place.

# Nanhi Singh

By  
Susheela Mary Thomas



Nanhi Singh was born in Oxford, England but soon after moved to Toronto. She arrived in Bangalore in August 2012 from Kuala Lumpur, Malaysia after almost 6 years. Nanhi grew up visiting India - her parents were born here - but after living in Canada for 50 years so she didn't know what to expect...

Bangalore has been a pleasant surprise. My children were 3 and 9 when we moved here. I believe this is the perfect place for kids in terms of India's love for children, their kind and loving hearts, safety, and of course, the gorgeous weather. We have been able to be a part of the great international Bangalore community giving us the opportunity to meet people from all walks of life.

That is not to say that I don't get frustrated with the traffic or frustrated that people don't understand what I'm saying. But I remind myself that I am a guest in this country (they are nice enough to welcome us here) and I need to respect the Indian way - the good and the not so good. The same way I would expect they would do in Canada.

I joined the OWC in August 2012 while we were staying at the Leela before our house was ready. A friend of a friend had suggested that I join as soon as I arrive. Soon after I joined the Fundraising Committee. My time as part of the committee has been invaluable in so many ways. It has created friendships that will be life-long and has given me a purpose. Planning fundraising events is enlightening and has helped me better understand how things work in India and how the money raised from events like these helps the OWC charities along with providing fun and entertaining events for families living here.

I deeply feel that it is our duty as expats in India to help the local people and organizations in any way that we can. The OWC kick started my mission to that and now I continue to do my little part by holding small fundraising events for a local school close to where I live. But I have lots more to do...

# November Lunch Bunch

*The Oberoi, Le Jardin*



By  
Gail Butler

On hearing that the Lunch bunch was at the Oberoi, I was not going to miss a chance to visit this beautiful hotel for the first time. Why did I leave it so long?

As the Oberoi is situated on MG road it was a short car ride from the Leela coffee morning so nearly everyone arrived on time. We were greeted with a welcome drink of homemade ginger ale which was very refreshing and cooling just what was required as it was a rather hot day.

There were 19 ladies attending and the chatter on arrival was all about how we were going to pay as this was only 2 days after the currency changes and most of us had no legal tender. But with the help of the staff at the Oberoi and the lovely Susheela and Shelley we were quickly sorted and able to go ahead with the beautifully laid out buffet lunch.

We were first served with mainly Indian starters and a slice of pizza which was random but very enjoyable. The buffet as you can see from the pictures was very varied from salads to curries every box was ticked. The desserts were divine and to choose was very difficult, I normally only have 2 but I had to stretch it to 3, it would of been rude not to!

Beautiful venue and splendid company, thank you Events Committee and thank you to the Oberoi for a very enjoyable lunch and a free spa treatment gift. Happy days



# Meeting an Author in Bangalore

By  
Deborah Manzoori



The Overseas Women's Club ('OWC') of Bangalore organizes regular events for expat ladies living in Bangalore. This month was a "speaker meeting" with Achala Moulik, the author of Dangerous Dispatches. It's a very long time since I've been to a book launch or review so I decided to go along, after all it was something different to do in Bangalore. I had no idea what to expect.

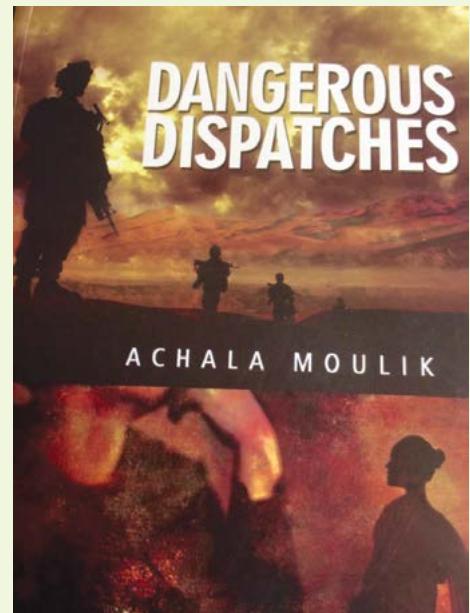
I met my friend in the reception of one of the large hotels in Bangalore called the Shangri-La. It's beautiful and the reception area always has a magnificent and huge flower display. This week it is star gazer lilies and the fragrance wafted through the air delighting the senses. We meandered up to the restaurant on the 18th floor where the meeting was to be held. We were immediately arrested by the magnificent view across Bangalore. The Palace grounds could clearly be seen in full as was the palace itself. We could see for miles. The eclectic mix of

houses juxtaposed with the trees and the birds (kites) soaring through the warm thermals really encapsulated Bangalore.

Achaea Moulik is a lady with a story to tell. She has lived through exciting times in the U.K., USA and Italy. She has visited many countries (as we discovered during our talk) and has been a tough negotiator to get what she wants; a characteristic you would not anticipate from the slight framed physical appearance.

After graduating, her career has been varied being the Education secretary to the Government of India, the Director General of the Archeological Survey of India, published 20 books on cultural history and archaeology, written a play called "Pushkin's Last Poem" and written about Russian history and literature, as well as 3 novels. She has received the Pushkin medal and the Sergei Yesenia prize from Russia. (I was left thinking about my own career and achievements and wondering whether I've been slacking for some of my time on this planet!)

A small group of ladies gathered around a table to meet Achala. The meeting organiser from the OWC introduced the author who then introduced herself, telling us all about where she had lived and what she had witnessed (e.g. being in America when JFK was demanding Cuba remove atomic bombs – also known as the Cuban Missile Crisis). Prompted by questions about her life and the book, 'Dangerous Dispatches', we discovered stories about crossing borders and exploring dangerous territories all in the aim of investigating the unknown which may be of some interest. "Just a



little further" was a phrased Achala used when crossing the border into Afghanistan to explore some architectural wonder, pushing the boundaries of her 'guards' and permissions! It was fascinating. The people she has met and the adventures she has experienced all helped to shape this book. I could have sat and chatted with her for hours.

The book is a story about a 'frontline' journalist (I think now we call them foreign correspondents) and his wife who is an archaeologist; their Russian friends (also a journalist and his wife), an Afghan prince and his wife and an English writer and his wife. It is set amongst some of the 20th century conflicts in Afghanistan, Iran, Bosnia and the Middle East and is about how their lives cross and how it shaped their destinies. It is clear that the characters and stories have formed from the authors own experiences and people she has met over the generations.

It sounds like a fascinating book (just like the author) and I can't wait to get started on it. (It is available for a very cheap price of INR410.).

Altogether a very different and enjoyable morning in Bangalore. Sometimes life provides inspiration and fascination in the most unexpected places – today was one of those days.

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Fisheye

# A Hospital Experience in Bangalore

By  
Steve Schley

I had a bit of a problem last May which necessitated having surgery here in Bangalore. It seems like there are many Expats who worry about the quality of medicine here, so I was asked to talk about my experience. A sad fact of life for males is that as we get older, the closer we have to get to the target when we need to relieve ourselves. When we are 17 years old, 10 feet is not a problem.

There is actually an urban legend of one attaining 20 feet, but it was said to be wind aided. After a point in life, men can no longer write their names in the snow, they can only dot an "I".

I found myself one fateful Saturday morning without even the ability to dot and in some discomfort, or as I call it PAIN. One thing about hospitals in India is that there is no long waits for appointments. Normally you can make an appointment the same day or the next day the latest. I called and had an appointment within 3 hours. The body did not cooperate and I decided the best course of action was the emergency room where the wait is very short. I was in extreme pain and must have looked like

hell, because they took my blood pressure as I entered, and it was very high. The Doctors looked very concerned and I was led quickly to a room where they closed the drapes. It would have been bad form to have some foreigner die in their emergency room for everyone to see.

I was told that I would have to have a catheter inserted. I knew what the word meant, and it struck no fear. It is not a harsh sounding word, no hard, intimidating sounds in it like "conjunctivitis". I knew where it was going to go and pretty much knew the limitations for it. I was not worried. As I awaited the procedure, a person I assumed was a gardener came in with something that looked like a garden hose.

Seemed like a strange place to bring in a hose. I soon discovered that the gardener was a doctor and this "hose" was meant for me. At this point I was in too much pain to argue. Despite my misgivings, the procedure went smoothly. I was soon out of pain and both thankful and impressed, but still did not want to see what was done.

A number of doctors and nurses came by, running tests, drawing blood and taking me for a variety of scans using some very expensive and new looking equipment. Eventually the urologist came by and told me that my prostate was gigantic and causing the issue. Of course it was gigantic, no wimpy prostates in my family.

Some of my test results would not be completed till Monday, so I was to meet the urologist Monday afternoon for the results and have the operation Tuesday. The surgery would be done by him along with the head of the hospital in Bangalore. I felt good about his competency and adding the other doctor removed any worry for me. All of this was done within 4 hours of arrival so I was amazed.

I met the doctor on Monday, no issues, and was told to register at the admissions office. Now that was a bit different. They do not handle insurance the way we do in the USA where we tell them our numbers and they handle it all. Admissions wanted to make sure that all deductibles are paid ahead of time along with receiving an authorization letter from my insurance company with guarantee of how much they would pay. We gave them the insurance companies contact information in India and they said they would handle it at the end I had a certain level of confidence they had it under control.

Next morning I arrived and went to the administration office to check in. I was told that they had not received the paperwork from the Insurance Company, and wanted me to pay for the entire procedure of \$4,000 dollars up front. I asked them how they had contacted the Insurance Company to which they replied, EMAIL. EMAIL!!!!!!!!!!!!????????? I was annoyed and expressed my displeasure. I 'informed' them that the proper way to have handled this was to 'CALL' the number, not send an email. Seems my words were persuasive, or at least their tone. They told me they would call and only charged me my deductible.

I was then taken to my room. After the issue with Admissions, my room expectations were very low. The door opened and I was amazed. The room was enormous, it had a main area with sofas, chairs, wet bar, tables and a big screen TV along with its own bathroom. I could have easily hosted a party for 60 people there. A door opened into another room that looked more hospital like. It contained a very large private hospital room and bathroom. Things were looking up.

Eventually two nurses came into the room to take my vitals. In the USA we would call them 'candy stripers' as their skill set is very limited. After them came in the anesthesiologist, followed by a man who came in with a shaver. Mmmmm... I sure hoped he was going to trim my beard, but I was wrong.

The surgery was uneventful and boring on my side since I was awake but numb. I guess no one thought of having a TV on for me. Eventually I was taken back to my hospital room. I have never stayed overnight in a hospital but I assume it was

would seem, there is something about tubes sticking in sensitive places that deaden it. During my time in recovery, I felt very well taken care of. Nurses were always attending to me and periodically doctors would check in to see how I was doing. All in all, the medical side seemed to have been done in a very skilled manner

After a few days of recuperating, I was told I could leave. They disconnected me from all my lines and I happily got ready, thrilled to be leaving and in good humor. I said goodbye to the nurse and headed



pretty much like those in the USA. Every few hours, 2 young nurses would come in, take vitals, and do some other work which exposed me to the elements. There were many sets of nurses that would come in for this over time, all young, not too experienced and delighted to be taking care of me. It seemed that they do not have many Caucasian men staying there so I felt like a celebrity. I had a feeling they were running tours. For 1,000 rupees you could see the naked white guy and get a cup of tea. As much fun as this

out. I approached a security gate but then was told I could not leave. Seems like Administration had not completed the exit paperwork and I needed to wait for about two hours since it was lunch time. In the movie 'The Hulk', there comes a time when David Banner gets so upset that he turns into the monster. I'm not sure about my skin turning green but I am sure I did have the same look on my face. They were going to tell me I could NOT leave????? I had to wait two hours for something that should have already been



done and should only take 5 minutes, and the staff was out to lunch????? I told them they had 30 minutes, after that I was leaving.

One thing I have noticed in India is that they have rules and regulations, but if a foreigner is upset enough, they are all bypassed. Amazingly they finished the paperwork in 26 minutes and I left. I spent the next 5 months recovering. My doctor visits were numerous and I had a complete confidence in them. All in all, the experience was not bad. The competency of the staff was good, the speed was excellent, but the Administrative portion was bad. Given all that, I would have no reservations in recommending receiving medical attention if forewarned about the red tape.



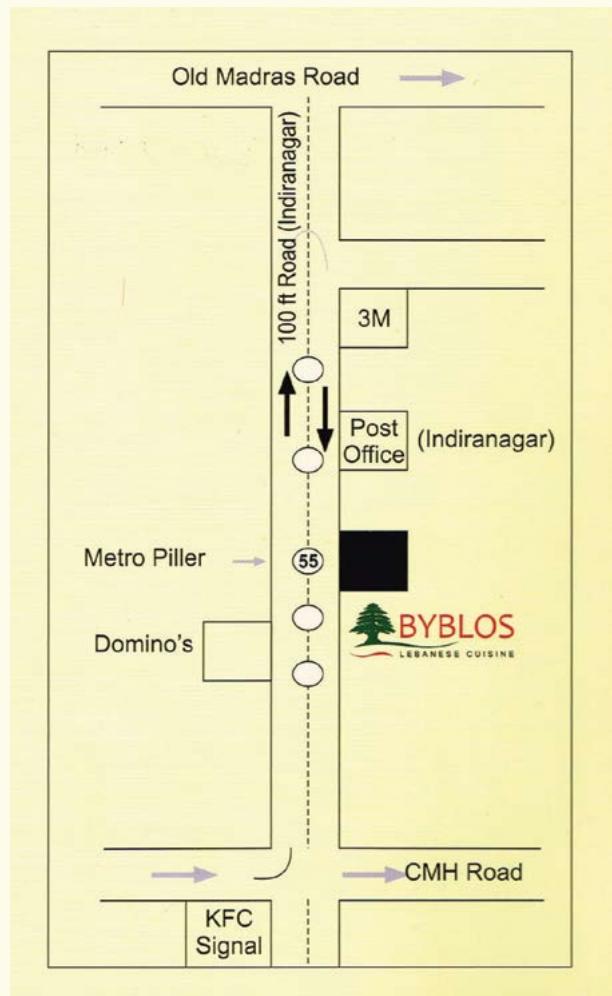
# Lunch Bunch

5 Course Meal Veg and Non-Veg  
January 12<sup>th</sup> After Leela Coffee

Rs: 1,000 Members

Rs: 1,200 Non-Members

To book your place email [lunchbunch@owcbangalore.org](mailto:lunchbunch@owcbangalore.org)  
or visit the Leela Coffee Mornings



# MY INDIA

By  
Peggy Bhohi

My husband had come from India to Germany for a business meeting with the company I was working for and that was the beginning of my journey! I arrived into India by end of October 1999.



At that time things were very different. I had to bring along a lot of items, which were common for my diet and comfort at that time. Now most of the things are easily available (sausages, cheese, whole wheat bread etc). We might have to pay a higher price due to import taxes, but at least we don't have to carry it anymore. Often my husband showed me places, which were a jungle in the mid 70's and today those places are high populated areas and business hubs. It is difficult to imagine Bangalore being a small city and the traffic being half as dense as it is now. I have seen the transformation myself in Gurgaon. There was hardly any population till 2004. When the malls came, the high rises started and the expats came. Today it is the center for all big MNCs and gated compounds with all comfort areas – tennis, swimming pool, fitness, small grocery shop and pharmacy

to accommodate the immediate needs, just like in Whitefield.

There are a lot of sayings "India grows onto you" or "you either hate India or you love it; there is nothing in between"!! Before I arrived here, I had never been in India before. But the minute I came out of the airport, I liked it. The smell of so many things, which is hard to describe, the colors, the diversity and soooooo many people...

My husband always told me "don't take things too literally" .... this is the biggest challenge for most of the Expats coming from abroad! You mean what you say, but not here! Most Indians unfortunately don't have a time commitment, or an invite is not necessarily an invitation...! This difference in mentalities makes it sometimes difficult, also at the workplace. People who have undergone a cultural program have a better insight in this matter. But haven't we all come to face a new challenge in life...

It is sometimes not easy to face the 'reality': the vendors who charge more from us foreigners, to the average Indian, who tends to stare unabashedly and rather embarrassingly at a different skin colour. There are so many hang ups, that a foreigner in India faces and it is this what the various expat groups are helping the members to understand better and deal with. Initially we all think, 'this only happens to me' and we get upset. Once

we talk to others we quickly realize that we are not alone, the same has happened to others as well. People can learn a lot about ayurvedic and homoepathic medicine or yoga, they can get involved in charity work – what is better than helping others...

Think of your stay in India as an opportunity to explore, learn new things and be open to accept another culture. A lot of the Indian Traditions are from the past and a lot of people hang on to them, not knowing the reason where it had been coming from. But things are changing and it is exciting to be in a country, which is living through changes, as we could see right now with the demonitization.

Being a part of the OWC means meeting the same kind of like-minded people for coffee mornings, who can help a lot to bridge the two worlds - make new friends, who have the same challenges every day. Don't plan to many things in a day, otherwise you'll become frustrated. Be happy once you have managed one task. Take the opportunity and travel. India is so big and controversial in itself. It has so many places to see – safaris, crocodile farm, hill stations, sea side resorts and back waters, not to forget all the historical temples and sightseeing points. It is hard to ever feel bored, as there is so much to do in this country.

Embrace India and the culture, step out of your comfort zone, meet local people and develop a new support system, which is well worth the effort!! We should appreciate the place that we inhabit instead of comparing it with our homes. The world we are living in is changing every day and so are we. If I am looking at my own home country, Germany, 17 years later, so many things have changed and I am sure that goes for all of us looking at their own home countries...

# How to enJOY yourself

*A solo trip to Rishikesh*

By  
Mary McAuley



After 5 years in Bangalore with her husband Ross and 2 young children, Australia beckoned and the Abernethy family responded. They left at the end of October for Brisbane.

In her time here Joy has not been idle. Indeed, she has been busy gaining qualifications to teach both Yoga and Pilates. She has written for the OWC on her experience of acquiring her qualifications and of participating in the winning women's team in the 100km Oxfam Trailwalker event last year.

**J**It's not surprising then that she would exit with a flourish. In the final couple of months before the inevitable chaos of a family's departure, many expats try to visit at least some of those 'must see' places that they never quite got to. Some indulge on a shopping spree and others try to offload stuff that isn't wanted on voyage. Joy decided on the first option. She chose to go to Rishikesh.

Given Joy's yoga journey this far in India it made sense to use her final travel opportunity to make what is a sort of pilgrimage to Rishikesh. Ever since the Beatles rocked up there at the ashram of the Maharishi Mahesh Yogi in the late '60s, Rishikesh has been a magnet for spiritual seekers. Today it styles itself as the 'Yoga Capital of the World', with masses of ashrams and all kinds of yoga and meditation classes.

Rishikesh is a city in the Dehradun district of Uttarakhand state in northern India. Its

location in the foothills of the Himalayas and on the banks of the holy mother Ganges not far from its source almost screams its spiritual credentials. It is too pure for alcohol and non-vegetarian food.

I met Joy just a week before she left and asked her first what made her do it. She said that it was a spur of the moment thing, a now or never trip to the 'Mecca of



yoga,' that she was able to fit into 'a quiet time before the move.' She acknowledged the support of her husband Ross in all this.

She did a lot of research about the ashrams in Rishikesh. An ashram is a centre for the teaching and practice of yoga and many offer accommodation and meals.

I'm glad she did the homework because when I did a quick Google of 'ashram Rishikesh' I was amazed at the huge and confusing assortment of sites for individual ashrams and the usual array of sites promoting what they claim as the top 11 ashrams or the 5 best or 29 yoga ashrams. Another gave a list of 203 yoga centres, schools and ashrams. Seems like there's something for everyone.

Joy picked the Parmarth Niketan Ashram which seems to feature in many of the collective listings and is popular with foreigners. It has a slick site that describes its 1,000 residential rooms as retaining 'the simplicity of ashram living and yet are equipped with the necessary modern amenities.' which translates as an ensuite with hot water on tap. The site continues that the ashram is not only a spiritual haven for those who visit, but it also



provides education, training, and health care to those in need.

The President and Spiritual Head of Parmarth Niketan Ashram, is H.H. Pujya Swami Chidanand Saraswatiji. He certainly seems to have a cult following and is held in reverence by the faithful. There are several specific courses on which a guest

can enrol. Joy said that a visitor can fully embrace the ashram experience by signing up for courses that vary in length. It isn't compulsory to join a yoga course to stay at the ashram although by doing so a guest becomes very involved with the routine of ashram life. A typical day starts early with singing and prayers. Classes for course members start after that around 7:30am. Meals are taken in silence. Guests can do as little or as much yoga as they want.

Joy was pleased with her choice. Speaking as someone with considerable experience she advised that it is important to find teachers who are able to focus on an individual's proper alignment and level. In her case, she followed a course on Astanga yoga which was fairly advanced and challenging. All the teachers there are registered with the Yoga Alliance.

Joy mentioned that there are any number of hotels where visitors can stay although the quality and amenity of both varied greatly. She had heard stories of bed bugs, unchanged sheets and dirty facilities.





During her two week stay she spent the first week staying at the ashram but due to her late booking she had to move to a hotel for the latter part of her stay. At the very end of her trip she treated herself to a night at the uber-smart Ananda resort. Apart from following classes or meditating at the ashram there is lots to explore the town of Rishikesh. Visitors can shop and

eat at the very many establishments that cater to the huge number of incomers.

Masses of flyers and notices are found all over town, promoting a vast range of courses and classes. It sounds as if it could be confusing unless a visitor had some advice or a plan. It is probable that the quality of the teaching is as variable as

the choice on offer. Caution is advised as commercialism is rampant but this doesn't stop the town having a sedate and chilled atmosphere. Visitors come from India and from every corner of the world.

At Parmarth Niketan, foreign guests comprised about 85% of those staying when Joy was there. She said that there was a huge variety of interesting people who had all sorts of reasons for being there.

She felt that, being alone, made it easier to meet people, many of whom were also solo travellers.

Personally, Joy enjoyed the opportunity to practice and expand her knowledge. She felt that it was a place that enabled visitors to learn about yoga and meditation as well as about themselves. She did admit to missing her favorite foods. That aside, she found the whole experience relaxing and would encourage anyone with an interest in yoga at all levels to make the journey. Her final advice was to book ahead rather than take a chance on arrival as the more respected and established ashrams are the most popular and are heavily booked. Above all, travel with an open mind.

# **OWC COFFEE MORNING**

## **Leela Palace**

Every Thursday, 10:00 am - 12:00 noon

Coffee Liaison: Sherry Walter, president@owcbangalore.org

### **Central: Ritz Carlton**

Wednesday, 18 January, 2017

10:30 am - 12:00 noon

Coffee Liaisons:

Susanne Peris, susanne\_b\_p@yahoo.dk or  
Susan David, davidsusan.43@gmail.com

### **South: Courtyard by Marriott**

Wednesday, 11 January, 2017

10:30 am to 12:00 noon

Outer Ring Road, Marathahalli Sarjapur Road,

Bellandur, Bengaluru

Child Friendly

Coffee Liaison: Lindie Bosman,  
clavatsia@hotmail.com

### **North: Movenpick Hotel**

Tuesday, 17 January, 2017

10:30 am - 01:00 pm

Child Friendly

Coffee Liaisons:

Amardeep Bhatia, jiyabhatia@gmail.com or  
Meredith Mehra, meredith\_mehra@mail.com

### **East: Marriott Whitefield**

Tuesday, 17 January, 2017

10:00 am to 12:00 noon

Coffee Liaison: Nan Singh,  
vnsingh@yahoo.com



*It's winter so bring on the cozy socks and warming soups!*

## Creamy Chicken and Mushroom Soup

**YIELD:** 6 SERVINGS

**PREP TIME:** 15 MINUTES

**COOK TIME:** 15 MINUTES

**TOTAL TIME:** 30 MINUTES



### Preparation Instructions:

1. Heat olive oil in a large stockpot or Dutch oven over medium heat. Season chicken thighs with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.
2. Melt butter in the stockpot or Dutch oven over medium heat. Add garlic, mushrooms, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.
3. Whisk in flour until lightly browned, about 1 minute. Whisk in chicken stock, bay leaf and chicken thighs, and cook, whisking constantly, until slightly thickened, about 4-5 minutes.
4. Stir in half and half until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.
5. Serve immediately, garnished with parsley and rosemary, if desired.

### Ingredients:

- 1 tablespoon olive oil
- 8 ounces boneless, skinless chicken thighs, cut into 1-inch chunks
- Salt and freshly ground black pepper
- 2 tablespoons unsalted butter
- 3 cloves garlic, minced
- 8 ounces white mushrooms, thinly sliced
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1/2 teaspoon dried thyme
- 1/4 cup all-purpose flour
- 4 cups chicken stock
- 1 bay leaf
- 1/2 cup half and half, or more, as needed\*
- 2 tablespoons chopped fresh parsley leaves
- 1 sprig rosemary

\*Half and half is equal parts of whole milk and cream. For 1 cup half and half, you can substitute 3/4 cup whole milk + 1/4 cup heavy cream or 2/3 cup skim or low-fat milk + 1/3 cup heavy cream.

# Enter the OWC Photo Competition

Dear Members (India lovers),  
**Our 2017 OWC Photo Competition is now open!**

Share your experiences of India through your photographs. Show us the amazing places you have visited, breathtaking landscapes, people you have met, festivals and foreign customs you have witnessed. Share with us the pictures of your very own India and maybe get the opportunity to see them printed in the OWC Calendar 2018, on the cover of The Rangoli magazine or on our greeting cards.

**Deadline is 31 March 2017**

You can send up to 8 pictures (2 per category)

Categories are **Nature, Culture, Places** and **Faces** and taken somewhere in India

Send to [photoeditor@owcbangalore.org](mailto:photoeditor@owcbangalore.org)

Simply name your photo in the following way:-

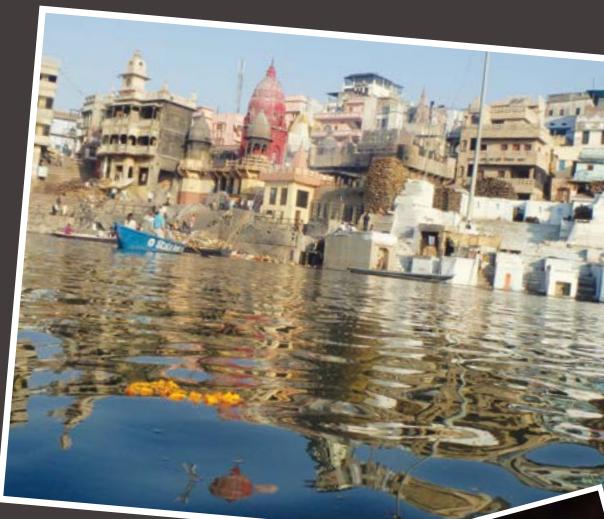
**YOUR NAME / CATEGORY / TITLE.JPG**

For example: JohnDoe / Faces / Villageboy.jpeg

And please remember to include your OWC Membership number in the Email  
Competition is open to all OWC Members and their family

With the submission of your photographs to the OWC Photo Competition you agree to allow the OWC to use your picture in any of its publications.

Judges will view all the entries and winners will be published in The Rangoli. We are excited and hope to get to see many beautiful photographs, time to get clicking...





*Prathibha*

