

SILVER EDGE

Vol. 5 • Issue 2 • March 2021

The
Support Elders
Newsletter

A bi-monthly round-up
of the events, stories,
learning & more
at Support Elders.

MD Speak

Dear Reader,

It gives me immense pleasure to write to you at a time when we can finally see a horizon to the disruptions that the pandemic had brought in our lives. It is a time for hope, new beginnings as well as to take a moment to internalize the learnings of the last year. For the Support Elders family, one of the most important learnings has been how easily we could adopt and adapt to changes to tide over the very difficult times. While the Support Elders team continued to stand by each member through every emergency, exigency and daily need, we came across wonderful stories of exciting and inspiring things that our members have done to deal with these times. We are extremely proud to share that 5 of our members were recognized for their outstanding works of art in The First International U3As Online Art Awards held by AIUTA and World Senior Tourism Congress.

With your blessings and good wishes, the Support Elders family is growing in leaps and bounds. In the last issue, we had announced the launch of our services in Durgapur; this time, we feel blessed to announce the launch of our services in Hyderabad. This would not have been possible without your unstinted support and the enduring trust we have received from you. We hope that you will continue to inspire and motivate us.

Happy Reading!

Apratim Chattopadhyay

SEPL Socials: A Hit With Our Members

Right from our inception and through the pandemic we have worked towards enhancing the quality of life of our members. Besides our care and health offerings, we have stood together through the different activities on our ECS platform. Our inspiration has been our members' spontaneous participation and enthusiasm for such activities. Even though we had to abandon physical meets, such as picnics and coffee mornings during the pandemic, we have been bonding virtually. From sharing recipes, singing together, enjoying absorbing lectures and screenings to participating in intellectual discussions and listening to and regaling others with our life experiences, it has been an enchanting time. For us,

We feel blessed and happy to announce that the Support Elders family will now include the **residents of Hyderabad**. We are enthused to serve the people of this historic and warm city with equal dedication and be a part of their lives and stories. Watch this space for more details!

the best take-away is the smiles that we see. They assure us that we are on the right track. We are happy that even members, who were initially hesitant to be a part of this digital world, have now accepted it and are looking forward to participating in our SEPL socials! SE

Friday EVENING Specials

'Life And Time With Netaji's INA'

January 22

Telling the story of her 'Life and time with Netaji's INA', nonagenarian **Lieutenant Asha Sahay** of the Rani Jhansi Regiment filled the evening with tales of derring-do on the eve of Netaji's birthday. Marching alongside Netaji in the jungles of Burma to the tune of

Qadam qadam barayay ja, avoiding strafing aircraft, meeting the *Kamikaze* pilots, losing friends to bombing, retreating in the face of the atom bomb, were amazing stories that held our members spellbound for the entire evening. Members paid homage to Netaji and the spirited Asha Sahay.

'The Spirit Of Innovation'

February 12

Corporate leader and much admired business/skilling mentor, our member, **Mr A. Mookherjea**, delivered the future to us, literally, in an absorbing lecture on innovation that will change

the world in ways unimaginable. Our members responded with questions and counter-questions that Mr Mukherjea answered sportingly and patiently. SE

Support
Elders
INTEGRATED CARE

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A Prince For Pujo; A Prince Of The Heart

Brought up in Madhupur, where her father was posted as a railways employee, our member, Ms R. Saha, had some unique experiences.

Madhupur, with its bracing climate was popular with tourists, especially with people who needed a change of scenery, for rest and recuperation, after an illness. The locals called them “changers”.

Madhupur had a sizable Bengali population. The *pujas* were a particularly exciting time. They also meant an influx of visitors and cultural programmes. Some programmes featured local talents. For others, artists were invited from Kolkata. On one such *puja* day, Ms Saha’s mother sent her to do some last-minute *puja* shopping. She was waiting in front of a shop when she saw a very fair and handsome man, who looked every inch a prince, strolling on the road. “It was love at first sight with that handsome guy. I started dreaming of him without even knowing who he was!”

After a couple of days, she was to perform at the cultural programme in the Bengali community *puja pandal*. She was dressed for her dance performance and was going to the *pandel* when she saw a balloon seller. Even though a teenager, our member was fond of balloons and stopped to buy one. “I was buying balloons, when I found two kids walking towards the balloon man. I instantly bought three balloons and handed over two to the kids.” Happy with the balloons, they ran back to their parents but quickly came back with the balloons and their parents.

“To my shock, it was my prince but he was married and had two kids! I was heartbroken but there he was, with his charming smile, insisting that he pay for the balloons. When I refused to take the money, he asked me if I was ready for my performance on stage”. He was also to recite a poem and we could “go on the stage together”, he said. Without a clue about who he was, Ms Saha followed him to the stage and was mesmerized by his elocution. That was the last she saw of her prince.

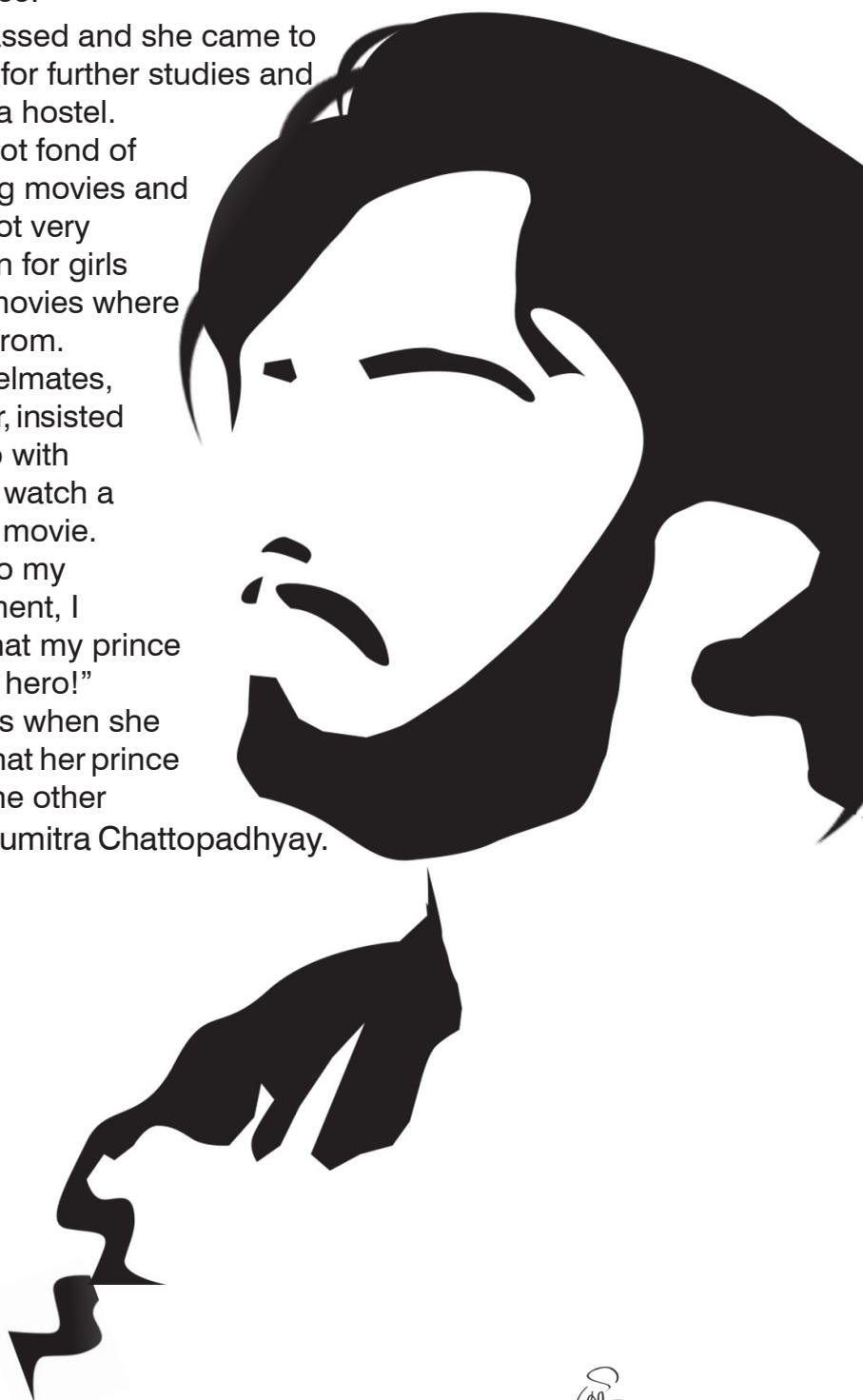
Time passed and she came to Kolkata for further studies and lived in a hostel.

“I was not fond of watching movies and it was not very common for girls to see movies where I came from. My hostelmates, however, insisted that I go with them to watch a Bengali movie. There, to my amazement, I found that my prince was the hero!” That was when she learnt that her prince was none other than Soumitra Chattopadhyay.

“When I told my friends this story about my first crush and of sharing the stage with him, they laughed at me in sheer disbelief.

“Years later, irrespective of who believed her, that incident remains amongst her most precious memories. “Some of my relatives insisted that I write this story after Soumitra Chattopadhyay’s passing”, she said. It was difficult for her to find the words at first but here she is with her tale. SE

(As narrated to Support Elders by our member)



SEPL Goes Collaborative With 'Turn Writing'

SEPL goes collaborative in a new initiative that gets members sharing a writing experience. The overall theme is selected; childhood, for instance, and members contribute different elements in this piece of writing. These are finally put together by another member or a group of members, who are called the scribes. The primary writers are the lead contributors, whose contributions are worked upon to make them gel into one cohesive story.

It does not matter what language one wishes to contribute in, as long as it helps in the story building.

One group could choose to work on a story; another could focus on a poem.

Participating members come together over a Zoom meet and decide what their theme will be after a small demonstration in 'turn writing', so called because collaborators write in turn. As the story takes shape, new ideas emerge and the lead writers add exciting elements that makes the piece come alive. What this exercise does is not only enthuse participants to put pen to paper but engage in interaction, discuss who will write what, argue a bit but end up contributing their shared expertise in a humour-dominated experience. Join us as we walk together to create literature in this wonderfully engaging experience. SE



Whether it is a sophisticated oil on canvas or a painted kettle, our member, **Ms S. Mitter's** creativity speaks for itself.

Member-Chef

Baba Ganoush (Eastern Mediterranean Dip)

Baba Ganoush is Levantine cuisine from the **Eastern Mediterranean**. It is more of a salad dip or appetizer, made of brinjal (aubergine) mashed and mixed with various seasonings. **Prof. R. Ghosh** has Indianised it a bit by adding coriander leaves and chillies.

Ingredients:

- ◆ Brinjal: 2 (medium size)
- ◆ Garlic pods: 7-8
- ◆ Yogurt: 2 tablespoons
- ◆ White *til*/ Sesame seeds: 2 teaspoons (ground)
- ◆ Olive oil: 2 tablespoons
- ◆ Lemon juice: 2 tablespoons
- ◆ Sugar/honey: to taste
- ◆ Salt: to taste
- ◆ Coriander leaves: ¾ stems
- ◆ Green chilly: 2 (chopped)

Method:

Roast the brinjal and scoop out the insides. Grind white *til* and mix it with the roasted brinjal. Put it all in a mixer-grinder and grind the brinjal, *til* paste, garlic pods, coriander leaves, yogurt, chopped green chili, salt and honey and make a smooth paste. Take it out in a bowl and mix olive oil with it. Baba Ganoush is ready to be served. You can have it with bread (spread over it), pita bread or snacks like *pakoda*. You can also have it with raw vegetables like carrot or raddish.

It tastes awesome. SE



Big Ticket

April 17, 2021

Beautiful Beginnings

“Yuga” means year. “Adi” means beginning. *Yugádi* is the New Year's Day in Telengana, just as *Nobo Borshow* is Bengal's day for welcoming *Poila Boishak*. As we ease out of the pandemic, Support Elders ushers in 'Beautiful Beginnings' with prayers for the health and happiness of our members. We do so with songs, dance, sweets and savouries in a celebration of creativity.

Club Couture

It is with great excitement that we share news on our 'club culture', which seems to have impacted member hearts and minds with such felicity.

Three of our clubs, SE-Gourmet (cooking), SE-Matinée (movies) and SE- Sing2Win (Antakshari) clubs have all presented special programmes for the SEPL universe.

There is, of course, the behind-the-scenes story that is even more fascinating because that is where members swap recipes and engage in competitive singing and talk movies.

Other clubs are in the offing, photography, gardening, literary... because we are ready to serve what you want. Just get together, find common interest groups and we will create the platforms for you come together and share your passions. SE

MARCH

05.03.2021

Image Courtesy: Pixabay



Talking Tabla

Surojato Roy takes us through the language of the tabla.

12.03.2021

Image Courtesy: Pixabay



When the Climate Changes

N. Sundararaman, Founder Secretary of the Intergovernmental Panel on Climate Change, talks about how the rising global temperature is impacting mankind.

19.03.2021



Floral Fantasies; Restful Minds

Take a peak into the gorgeous gardens tenderly grown by our own members.

26.03.2021



Holi Hai

As good triumphs over evil and mother earth is ready to yield a bumper harvest, Support Elders' members get set to celebrate *Holi* or *Dol Jatra*, the spring festival.

APRIL

02.04.2021

Image Courtesy: Pixabay



Members go a 'Cheffing'!

Watch our SE-Gourmet members cook for you and share their recipes as well.

09.04.2021



Captivating Crafts

Creative splendours from rural India: a tribute to the hand sector.

16.04.2021



Beautiful Beginnings

From *Yugádi* to *Nobo Borshow*. SEPL celebrates new year in style.

23.04.2021

Image Courtesy: Pixabay



Every Drop Counts

With Earth Day round the corner, we take a look at the state of the 'drop' and celebrate water conservation efforts by children and corporates.

30.04.2021



Trading Fair and Square

Prof Indro Dasgupta takes us through the world of Fair Trade.

*Programmes are subject to last minute changes due to unavoidable circumstances

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