

SILVER EDGE

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The
Support Elders
Newsletter

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

 MD Speak

Dear Reader,

Of the two biggest events in our calendar, we have just celebrated the first and are looking forward to the second. We celebrated our 7th Raising Day on 29th August with much enthusiasm and fervour, in spite of the fact that we could only meet virtually. From the award ceremony to the quiz, it was a most delightful evening. Also, the virtual tour of all our offices and seeing the different teams brought every one much closer. As the Support Elders family is growing rapidly, many staff members haven't even met each other physically—some due to the pandemic and some due to the geographical distance. So, putting a face to the names and getting to know how each team contributes, will go a long way in strengthening the bond that we share.

And now we look ahead to the Support Elders Annual Day that takes place every year on 1st October on the occasion of the International Day of Older Persons. This year we want to celebrate ageing. Ageing doesn't mean being at the periphery and watching life. It is about enjoying the benefits of all the wisdom and experiences that have been garnered over decades. Ageing gives one the supreme confidence to objectively watch life and savour each moment instead of impulsively reacting to every little thing that life throws at one.

With that I sign off and hope you enjoy this edition of Silver Edge as much as we enjoyed creating it.

Happy Reading!
Apratim Chattopadhyay



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We celebrated our big day with the usual pomp and gaiety. All of us came together with our families for a fantastic virtual event in the evening. The ECS team, who had been planning this event, over the last couple of months did a fantastic job! Though the star attraction of the evening was the Support Elders Annual Awards, where exceptional individual and team performances were rewarded, the evening was made special by the Family Talent Show, cultural performances by renowned singers Ms Sromona Guha Thakurta and Mr Rishi Basu, and the Bollywood Fundas Quiz. The Family Talent Show saw a smart selection of talented performances by family members, while the Bollywood Fundas Quiz was a thrilling event with enthusiastic staff participation. The Team Check-in section helped us to know about the different offices and teams and how they are contributing to the growth of Support Elders. The celebration was brought to a fitting end by the inspiring rendition of

7 RAISING th DAY



“We Shall Overcome” by our very own Mr Kallol Dasgupta and Mr Meghmedur Gayen. **SE**

Friday Evening Special

Wandering in the Wild

August 27

Mr Prasenjit Dasgupta, a writer with a passion for heritage, wildlife and the tribes of India, has wandered through the forests



of India for years. We feel fortunate that he took us as his co-wanderers through the majestic wildlife of this subcontinent. **SE**

SUNDAY Special

Jai Hind!

August 15

We relived history with our members, **Cmdr Nirmal Mukherjee**,



Cmdr Subrata Bose, Col. Dipesh Lahiri and Ms. Rita Banerji, who were young children or teenagers way back in 1947, as they shared their memories of the day India won her independence. **SE**

DOWN MEMORY LANE

When the Spooks Came Calling

Ms N. Chaudhuri's conservative grandfather had forbidden his children to go outside Kolkata. Read on to find out if her grandfather was right in his warning.

It was only after her marriage to her geologist husband in 1970 that our member, Ms N. Chaudhuri, stepped out of Kolkata. Her conservative grandfather had a stricture: none of his children were to go beyond the Howrah Bridge, which his children had never dared to disobey. Her father rejected promotions that required him to move out but his hands were tied when his daughter got married.

As life took her from mahanagar Kolkata to Mandawar Mahwa, Rajasthan, Ms Chaudhuri's world turned on its head. Being posted in the hilly tracts of Rajasthan, in the middle of the winter, nothing was familiar to her save for a Bata store. It used to fill her with a great sense of comfort, much to everyone's amusement. The official accommodation was at a dak bungalow—a single-storeyed, heritage building with huge halls, high ceilings, large antique furniture and the enormous pull *punkhas* (fans) of the yesteryears and a lovely garden outside. There was greenery all around and Ms Chaudhuri was excited about being in the new place. On the first day, while her husband had his post-lunch siesta, she chose to explore the building.

It was an L-shaped structure, with rooms along the vertical axis and the reception area in the horizontal axis. There was an intriguing flight of stairs in one corner of the house. It looked rather unused and a little uneven. She took the stairs and reached the open terrace. The greenery around was overwhelming with a muster of peacocks enjoying the serene surroundings. Engrossed in the scenic beauty, she suddenly sensed a presence and felt a warm breath on her shoulders. "How did you know that I was here?" she asked without turning around, thinking her husband must have followed her. There was no answer and she looked back. There was no one. Her hair stood on end as she screamed for help. She considered running down the steps but remembered her father's warning, "Ghosts never kill humans; fear kills and mortified humans kill themselves". She stood still and kept shouting for help—she does not remember for how long—till the dak bungalow people heard her. "*Memsaab, aap wahan kaise pahuch gaye?*" (How did you get there, *Memsaab*?) They escorted her downstairs and warned her not to venture there ever again.

Once she felt a little settled after their evening tea, her husband and she thought of taking their vehicle for a spin. They saw another group roaming around and she betted with her husband that they were

also Bengalis. She won the ₹ 10 wager and became friends with them. The gentleman was an Indian Railways official posted there and he invited the Chaudhuris for dinner. Delighted, they went back to the dak bungalow, freshened up and walked down for dinner.

The railway officer's bungalow was also quite large, with spacious rooms, typically high ceilings, large doors and windows, and a big garden. After exchanging pleasantries, Ms Chaudhuri narrated her afternoon experience and her audience said with a knowing nod that the dak bungalow was well known for its spooky encounters. Indeed, their hostess said that most houses of the area had a reputation of being haunted. She had regular encounters with a shadow on a particular day, every year. "I respectfully bow to the shadow and it goes off."

Easier said than accepted. Ms Chaudhuri tried to cover the shiver that ran down her spine. However, it was all forgotten over the elaborate dinner. When they were leaving, the hosts came to see them off near the gate. While bidding goodbye, they cautioned, "Do not turn and look back even if you hear someone calling you; even if it is a familiar voice."

Ms Chaudhuri literally closed her eyes, clutched her husband's hand and walked home as fast as her legs could carry her. **SE**

(As narrated to Support Elders by our member.)



TRAVEL DIARY

Enticing Tasmania

Our member, Mr H. P. Chatterjee, and his wife Ms I. Chatterjee visited Tasmania with their daughter, Ms S Chatterjee, who has shared with us their travel experience.

Tasmania, abbreviated as Tas, is an island state located to the south of mainland Australia and is separated from the mainland by the Bass Strait. Hobart, the state capital of Tasmania, has many interesting tourist attractions.

On the first day, we travelled through the seaside towns of Orford and Swansea to make our way to the Freycinet National Park, famous for its rich and stunning coastal landscapes. We walked to the Wineglass Bay Lookout for the wonderful top view of the Wineglass Bay and the Freycinet National Park. The walk to Wineglass Bay Lookout requires mobility and adequate fitness, as it is a moderately uphill climb. After spending a most enchanting time there, we began our trip back to Hobart. No trip there is complete without a stop at the delicious Kate's Berry Farm. So, we stopped there to enjoy Berry ice-cream, desserts and other sweet delights to end the day in a most delectable way.

The next day we went for a cruise across the D'Entrecasteaux Channel to Bruny island, known for its leatherwood honey industry, unique to Tasmania. The guide kept us enthralled with captivating stories of the region's maritime history. We also enjoyed the gorgeous 360-degree views from the isthmus of Bruny island. Two hundred and seventy-nine timber steps lead the way to the Neck Lookout. After enjoying the incredible views, we went to Oyster Bar where we were told about oyster farming, as we got the most enchanting views of the Great Bay.

The 3rd day started with a 20-minute road drive from Hobart to the summit of Mt Wellington. The road was winding with sharp hairpin bends, one after another, but it was well worth it as it offered the most breathtaking view of the Tasman Peninsula below.

The captivating beauty of the pristine waters, the diverse cultural experiences, the enviable offering of food and drink, the wine and oysters, the powder-white beaches and the serenity make the island a place worth visiting. **SE**

(As narrated to Support Elders by our member.)



Member-Chef

Paneer Masala with a twist (English cottage cheese curry)

Our member, Ms C. Das, cooked this dish for her foodie husband, who conceptualized the dish. He mixed the Indian paneer curry with English flavours. It was an instant hit with everyone.

Ingredients:

- ◆ Paneer cubes: 500 gm, cut into square shape pieces
- ◆ Bell peppers (1 red, 1 yellow, 1 green): small-sized, cut into rings
- ◆ Onion: 1 medium-sized made into paste
- ◆ Ginger: 1 inch made into paste
- ◆ Garlic: 4 pods made into paste
- ◆ Tomato: 2, diced
- ◆ Green peas: 100g, soaked in boiling hot water for ½ hour
- ◆ Potato: 1 small-sized, diced
- ◆ Nutmeg: a pinch of powder
- ◆ Mace: a pinch of powder
- ◆ Asafetida: a pinch
- ◆ Turmeric: 1 teaspoon
- ◆ Red Kashmiri chilli powder: ½ teaspoon
- ◆ White oil: as required
- ◆ Salt: to taste



Method:

Put *kadhai* on low flame, add white oil and shallow fry the paneer and keep aside. Add the onion, ginger and garlic paste to the already sizzling oil. Add a pinch of nutmeg, mace and asafetida and sauté the spices until oil comes out of it. Add turmeric and the Kashmiri red chilli powder and stir it. Add the green peas, diced potato and diced tomato. Stir it and add the rings of bell pepper, salt to taste and half a glass of hot water. Put the lightly fried paneer and cover it with a lid and cook in a low flame for 15 minutes for the potato and tomato to soften. Switch off the gas but keep it covered for another 15 minutes. The English style paneer is ready to be served. It goes best with pita bread or *tandoori roti*. **SE**

MARK YOUR CALENDAR

Big Ticket

October 1, 2021

Support Elders Annual Day

On the occasion of the International Day of Older Persons, this year we will be celebrating productive and happy ageing. We bring to you a most engaging discussion presented by a panel of senior citizens, each of them very well-known in their respective fields. Along with this, there will be a number of delightful cultural performances by our members.

Club Couture

SE-Poet

"The crown of literature is poetry"
- W. Somerset Maugham

Our poetry-loving members meet every week to enjoy the beauty of the verse. While some enjoy reciting poems by well-known poets, there are others who pen poems and are thrilled to dig out their long-lost poems—poems that they had thought had lost their value over the years. But we know that good poetry is perennial.

Come and join us to express your love for poetry every Thursday at 5 p.m. **SE**



SEPTEMBER

03.09.2021



To Teachers, With Love

Members pay tribute to their teachers by speaking about them and with songs, dances, and poetry.

10.09.2021



Telugu Theatre Part I

Get to know the rich history and evolution of Telugu theatre from **Mr. Udaybhanu**, director, actor and a much-respected Telugu theatre personality.

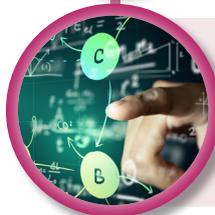
17.09.2021



Songs of celebration

Music Choir members will usher in the festive season with melodious numbers from yesteryears.

24.09.2021



Magic of Math Part III

The wonder that's Infinity. **Professor Irene Sarkar** will speak about infinity in the third part of the Magic of Mathematics series.

OCTOBER

01.10.2021



Support Elders Annual Day

Enjoy a most engaging discussion on productive and happy ageing, interspersed with delightful cultural performances by some of our members.

08.10.2021



Medley of Melodies

Experience a melodious evening of instrumental music with our members.

15.10.2021



Origin and Rituals of Durga Puja

Our member, **Professor Rita Chattopadhyay**, brings to you shlokas and a cultural programme visualised by her. The evening ends with a virtual tour of some of last year's pandals.

Image Courtesy: Unsplash

22.10.2021



Telugu Theatre Part II

Enjoy the second part of our tryst with Telugu theatre. **Mr. Udaybhanu**, director, actor and a much-respected Telugu theatre personality talks about its rich heritage and history.

29.10.2021



Raga Yaman

A quintessentially fun evening for music lovers, wherein the nuances of Raga *Yaman* will be explored with an introductory *bandish* and rendition of popular songs that are based on this raga.

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