

FROM THE MD'S DESK

Dear Readers,

Hope you are doing well. I have some great news for all of us. With your blessings and good wishes, the Support Elders family is growing in leaps and bounds. We are now serving elders living in Belur, Uttarpara, Konnagar and Sreerampore as well.

Also, since our inception and from the time that we became an integral part of ISU3A, we have always advocated the importance of lifelong learning. We now bring you The Silver Circle (TSC) in a different avatar—in keeping with our belief that you are what you choose to be, of which lifelong learning is an important part. We are partnering with different renowned institutions to impart lifelong learning based on what our members would like to learn. Our first partnership is with Chintan, the music organisation helmed by renowned singer, Sri Sounak Chattopadhyay. Watch this space as we have more coming your way.

We hope that you will continue to be with us with your blessings and feedback.

Happy Reading!

Apuratim Chattopadhyay



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NEWS & EVENTS

Support Elders spreads its wings!

It is with great joy and pride we announce that we are now taking our services to serve elders outside Kolkata, in response to repeated requests and after doing a detailed survey of the service-area concerned, we have now Support Elders launched its first branch outside Kolkata on 1st March 2020! The branch will extend our services to the vicinities of Belur, Uttarpara, Konnagar and Sreerampore. The service will start with MEAS and ECS tailor-made for those areas. **SE**

Discussion session with Smt. Jaya Mitra

It was indeed a great honour and pleasure to have Smt. Jaya Mitra, an eminent literary personality, with us for our discussion session on 20th February, 2020. She talked about literature and how it can enhance the quality of life. She analyzed the popular notion that quality of life is dependant on the availability of amenities in abundance and introduced the idea that quality of life is linked with cognitive values. She sited the example of Rani Laxmibai. Queen of Jhansi, Rani Laxmibai, died at the young age of 30 but in this short time she lived a life that has made her immortal. At the end, she appealed to the members to pen down the memories of their childhood and promised a longer and more detailed discussion on those. **SE**



Pithe Pooli Utsav

We celebrated the traditional Bengali Pithe Parbon on 16th January 2020. Members gathered at Golf Green Phase I Community Hall at 3:30 p.m. Many of the members prepared delicious pithe, payesh and puli. The event started with songs sung by Sri Pratul Mukhopadhyay, famous for his composition *Ami Banglay Gaan Gai*. After the musical session, members enjoyed the taste of pithe-puli, payesh and dimer devil. The atmosphere was filled with the joy of togetherness and the sweet aroma of pithe parbon. **SE**



MEMBER SPEAK

Artistes of Secret War

As told by Cmdre Arup Kumar Bandyopadhyay

An aspect of the war which the Navy has for obvious reasons kept silent was the clandestine operations mounted from Indian territory. Now that 45 years have passed, scraps of the story have emerged from various sources, making it clear that every service did its bit and the 1971 war was an orchestra of a million instruments. The Director of the Naval Intelligence was at that time a Captain who later became an Admiral in the Navy.

Here is the story of a real life James Bond. Lt. Bandopadhyay, a Serampore youth who at one time had been the captain of the Bankura district football team when he was serving there as the Fishery Extension officer. He joined the Navy on 10th March 1969; got his commission as Acting Sub-Lieutenant on June 17th the next year; and in August 1971, was taken off his ship, INS Beas and asked to go to Calcutta and join Captain M.K. Roy's troupe of secret war artistes.

In the words of this brave Naval officer: "We were helping the Bangladeshi students and the Mukti Bahini. We taught them, diving and the use of Limped Mines. Once I myself was on a fishing trawler dressed as a fisherman, slowly ascending Pasur river to Mongla port. There were 25 of us hidden in that boat. Our only arms were 46 to 60 Bofor machineguns, very effective against even

planes at a close enough range. We used to hide in the cover of the Sunderbans in the day, proceeding only at night. We watched a very accurate air strike on Mongla, which left 30 or so vessels damaged. Those ships which were not sufficiently damaged were then taken care of by us."

"We were the first Naval unit to enter Bangladesh. The local people greeted us warmly when they realised who we were. We proceeded to Chalna and carried on with our work. Then as we approached Khulna, Pakistan planes began strafing us. Our engine-room was hit. In the second attack our commanding officer, Lt. Mitra was wounded and I myself received a cut. The vessel was sinking. We jumped overboard. We were right alongside the local Razakar head quarters. They were shooting at us from the roof of that building. Those of our party who were trying to swim over the other side were



"We were the first naval unit to enter Bangladesh. The local people danced with joy and hugged each other when they realised who we were. Our Lt. Natu, who couldn't speak Bengali, kept shouting Joy Bangla, which caused great merriment. We proceeded to Chalna and carried on with our work. Then

Bond escaped! We were captured and taken to the Razakar office. From there, we were handed over to the regular Army. Of the 25, there were only five survivors."

It is not expensive hardware but men like this that finally win wars, and as long as India has men like these who



Lt.-Cdr. Arup Kumar Bandyopadhyay

as we approached Khulna, Pak planes began strafing us. Our engineroom was hit. In the second attack our commanding officer, Lt. Mitra, was wounded and I myself received a cut. The vessel was sinking. We jumped overboard. We were right alongside the local Razakar head-

quarters. They were shooting at us from the roof of that building. Those of our party who were trying to swim over the other side were killed one by one. I kept my commanding officer company and drifted with him to the near bank. When I tried to grab his arm a whole chunk of flesh was missing. He took off his life vest. Right on the spot where his lungs were supposed to be, there was a bullet hole. The bullet had been slowed down by the vest and had entered only an inch of his flesh and he had fished it out with his fingers while swimming. Of the 25 there were only five survivors. Just another day in the life of a Naval Officer! That is how brave our servicemen are. SE

SEPL EVENTS

A Day in Deulti

We started off early in the morning of 5th February 2020 for a day trip to Deulti. As we set off, we enjoyed a lovely breakfast in the bus. After reaching Nirala Resort, tea was served. Everyone was delighted to see the garden, which was full of winter flowers like dalia, chrysanthemum, pansy, petunia, etc. along with some bonsai vegetable plants.

We visited Sarat Kutir in nearby Samta village. This was the house of the famous Bengali novelist Sarat Chandra Chattopadhyay. The knowledgeable caretaker gave us a very informative guided tour

of this well-maintained house. After this, most of the members went for a stroll on the bank of the Rupnarayan river.

Coming back to the resort, we had an elaborate lunch. After a friendly chitchat post lunch, a few of them took rest in the rooms booked for them while the others ventured out into the garden and explored the entire resort. We left the wonderful resort after having tea. With some unforgettable memories the members were escorted back home. SE



North Kolkata Heritage Tour

26th February 2020. Once again we went down memory lane as we enjoyed 19th century Kolkata. This time we visited Marble Palace (Mullick Bari of Chorbagan), Jorasanko Thakurbari and Parswanath Temple of Belgachia. All three places are well-known landmarks of Bengal cultural heritage.

The Marble Palace was completed in 1835 by Raja Rajendra Mullick, one of the leading businessmen of that time. He was an art collector and a lover of birds. His remarkable art collection includes works of masters like Sir Peter Paul Rubens, the most influential artist of the Flemish Baroque tradition (15th century) and Sir Joshua Reynolds, the famous English artist of 18th century. The bird collection is impressive with macaws, white, blue and yellow parrots, and grey cockatoos.

Jorasanko Thakurbari is the symbol of Bengal renaissance. The founder, Prince Dwarakanath Thakur, was one of the first Indian entrepreneurs involved in tea, opium and water transport. His grandson Rabindranath Thakur needs no introduction to anyone. The paintings, clothes and other household materials used by his family are displayed here.

The Parswanath Temple was constructed in 1867 by Rai Badridas Bahadoor Mookim, a noted jeweller. It is named after the 23rd Tirthankar of the Jains, Parswanath. The interiors of the temple are lavishly decorated with high quality mirrors and glasses. The quintessential Jain temple chandeliers (Jhar Battis) adorn the ceilings. The floor is intricately paved with marble and embellished with exquisite floral designs that provide a classy look to this colossal architecture. Members thoroughly enjoyed the tour. They had lunch at a renowned restaurant in Hatibagan. SE





Mark Your Calendar

March 27 (Fri)

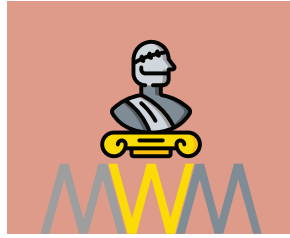
Half-day Trip to Mother's Wax Museum and Lunch at Biswa Bangla Gate

Visit India's first wax museum, Mother's Wax Museum, followed by lunch at the iconic Biswa Bangla Gate, while enjoying a view of the Kolkata skyline.

Transport: AC Bus

Venue: Govt. guesthouse

Details: Buffet lunch at Biswa Bangla Gate



April 3 (Fri)

Discussion Session

Topic: How to Save Yourself from Bank Fraud

Speaker: Mr Chanchal Dutta, retired Bank Manager

Venue: Mrs Magpie, Salt Lake

Time: 4 p.m. - 6 p.m.



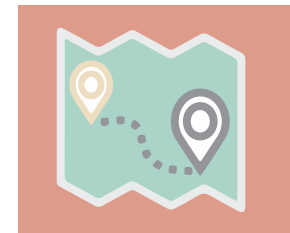
April 22 (Wed)

Day trip to Dakshineswar & Adyapith

Speaker: A whole day trip to Dakshineswar & Adyapith. We will visit the temple and have Bhog in Adyapith

Transport: AC Bus

Details: Breakfast, Lunch (Bhog).



May 6 (Wed)

Evening River cruise

An evening river cruise in a launch and seeing Sandhya Arati at Belur Mathh.

Details: Snacks and tea will be served onboard



May 23 (Sat)

Day Trip to Kolaghat

A whole day trip to a resort in Kolaghat, nestling on the bank of the Rupnarayan River.

Venue: Rupasi Rupnarayan Kuthi

Transport: AC Bus

Details: Breakfast, Lunch & Evening tea.



Announcement

April 17 (Fri)

Cultural Programme

An evening with well-known singer Sri Sounak Chattopadhyay and sitarist Smt Sahana Banerjee.

Venue: Bharatiya Bhasha Parishad

Time: 6 p.m. - 9 p.m.



**All programmes are subject to last-minute changes.*

RECIPE

Labongo Latika

By Ms Monika Talukdar, Support Elders member

Ingredients

Maida - 2 cups

Sooji (semolina) - ½ cup

Cardamom (black) - 10/15 seeds

Salt - 1 pinch

Sugar - 2 cups

Cloves - 4 pieces

Khoya kheer - 150 gm

Ghee/White oil - 4 tablespoons



Method

- Boil 2 cups of sugar in 1 cup water for 10 minutes in medium flame to make the sugar syrup.
- Take the maida, sooji, salt and black cardamom in a bowl and mix it properly.
- Add 1 tablespoon ghee to the mix and make a soft dough. Cover it and keep it aside for half an hour.
- Then, make small balls from the dough and flatten it with a rolling pin.
- Put 1 teaspoon khoya kheer in it, fold and seal it. Take 1 clove and pierce it from the middle.
- Put kadhai/pan in oven and pour the rest of ghee/white oil in it.
- Once the ghee/white oil is really hot, deep fry the dumplings one by one. When the colour changes to light brown, take it out from the pan and put it in the sugar syrup for 10 minutes.

Tasty Labongo Latika is ready to be served.