

FROM THE MD'S DESK

Dear Reader,

Wish you a very happy, healthy and prosperous 2018. We usher in the new year with a new look and feel of the newsletter. Do let us know what you think of it.

In this edition of the newsletter, Dr Irene Sarkar shares one of her most memorable experiences with us. Ms Nandita Mazumdar shares the recipe of a delectable Italian dessert, namely the tronco. Mr Debashis Sen, IAS, tells us about how New Town has been planned to cater to the needs of all its residents—especially the elderly. Each detail shows the kind of thought that has gone into it. The TSC activities mentioned in our News section indeed makes us smile. It is very encouraging and heartwarming to see how we have positively impacted the lives of so many elders and improved their quality of life. In fact the enthusiasm and energy is contagious. Three of our members actually participated in a workshop on 'Performing Arts as Therapy', which took place on 17th December 2017.

We look forward to yet another enriching year of being a part of your lives.

*Happy Reading!
Apratim Chattopadhyay*



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NEWS

Global Connect

Our Chairman and co-founder, Deepanwita Chattopadhyay, was part of a panel discussion at the prestigious Global Entrepreneurship Summit, which took place last month at the Hyderabad International Convention Centre. She was a panellist in a Master Class session on Innovation Hubs: Skilling the CEOs of the Future - Incubators. The other panellists included Joshua Mandell, Halcyon, Director of Policy & International Programs and Aliza Inbal, Pears Program for Global Innovation, Director. Chairman & CEO of IKP Knowledge Park, Ms Chattopadhyay is responsible for developing the first Life Science Research Park in India and establishing a sustainable innovation cluster around a science park. SE



Cruise for TSC Members

TSC members went on a cruise on River Hooghly on 25th November, 2017. It was a three-hour evening cruise with a stopover at Belur Math for the "Sandhya Arati". The members enjoyed watching the panoramic views, including the sunset on the Hooghly river, the thrill of going under the huge Howrah Bridge, as well as the historical and haunted buildings along the river. There were also delicious vegetarian and non-vegetarian snacks.

(You can check out the pictures on the last page.) SE

Picnic by TSC members

November 7th, 2017 saw the TSC members excitedly heading to CMIG for a picnic. The members were also joined by Dr Indrani Chakraborty, Mr Apratim Chattopadhyay and other SEPL officials. The day started with breakfast, followed by lunch prepared by the members. Everybody enjoyed the delicious fare. It was a memorable day for all of them. SE



MEMBER SPEAK

A Trip Down Memory Lane (Part 1)

Our member, Dr Irene Sarkar, shares one of her memorable experiences with us.

At times, I love reminiscing about those random memories that make me smile, no matter what's going on in my upturned life right now. They are unforgettable and remain ever-vivid and heartwarming. This write-up is about one such random memory—a personal experience in the wilderness of earthquake-hit Garhwal Himalaya, against the backdrop of a twilight-lit evening of April, 1999.

On March 29, 1999, a moderate magnitude earthquake, followed by numerous aftershocks, ravaged the Garhwal segment of the Himalaya tectonic zone. A team of geologists, geophysicists and earthquake engineers from the Indian Institute of Technology, Roorkee was deputed by the authorities to conduct an extensive, systematic ground and satellite survey of the earthquake-induced damage immediately after. I had the privilege of being included in that survey team. Two groups were made. Two of my departmental colleagues and I were in one group.

We arrived in a jeep at the earthquake epicentral zone, Gopeshwar, late into the evening. All along the drive from Roorkee there hung an eeriness with numerous empty village homes, lying dilapidated in a heap, and small active landslides. Uprooted trees and bushes, lying here and there, made the motorable hilly roads dangerously narrow. There was little sign of human existence on the way. We later found the earthquake-ravaged, frightened villagers in the District Headquarters premises in Gopeshwar—all huddled in a large common open ground, covered on top, arranged by the District administration.

“ All along the drive from Roorkee there hung an eeriness with numerous empty village homes, lying dilapidated in a heap, and small active landslides. ”

Our arrival, that too with a woman in the team, did not seem very promising to the authorities. But then they really could not be blamed. When an earthquake of this magnitude occurs in the Himalayas, the wild animals that live in the wilderness of the Higher Himalayas also come down; the small children sleeping in their tired mothers' arms at night are easy prey for these hungry animals. That makes the situation more frightening for all. We were put up in the guest rooms of some official building. Early next morning we woke up to see a huge landslide in activity.

For field geologists and geophysicists such phenomena are bright spots of research. After a hurried breakfast, we started on our ground survey mission. Huge boulders and large masses of brittle rocks were coming down in torrents from the major active landslide. After sometime, the activity appeared to have reduced. We decided to cross the landslide area quickly to see the other side. Our driver suggested that one of us get down from the jeep to make it easier for him to drive across the road that was strewn with broken rock masses. I offered to do so. The jeep, with my two colleagues, crossed over. I had hardly started walking behind them when a sudden spurt in the landslide hurled down a huge mass of rocks and boulders, missing me by a fraction of a second and blocking the path completely. I tried to climb over the rocks to reach my colleagues. The BSF personnel, who were overseeing the rescue operations, were furious. “Madam, you cannot cross over like this alone. You stay back on this side.” I was aghast at the suggestion and determined to cross over to the other side. “What am I going to do here without my team and field instruments?” I retorted.

Finally, deciding to get rid of this pain in their neck as soon as possible, the rescue team helped me climb over the rocks slowly and steadily to reach the jeep. What a wonderful sight greeted me! A huge gorge on one side and a huge landslide, in all its might, as its activity kept coming in spurts, on the other side—both equally beautiful and dangerous! SE

(To be continued in the next newsletter.)

MEMBER SPECIAL

Martyr Honoured

With Vijay Divas 2017 just behind us, **Mousumi Gupta** brings to us the experience of our member, **Ms Arundhuti Samanta**, wife of Sqr Ldr A B Samanta, who embraced martyrdom during the 1971 Bangladesh Liberation War, being felicitated by Bangladesh Prime Minister Sheikh Hasina.



Ms Samanta was deeply touched when she got to know that Bangladesh Prime Minister Sheikh Hasina would be felicitating seven Indian war martyrs for their invaluable contribution and supreme sacrifice in the Bangladesh Liberation War and her husband, Sqr Ldr A B Samanta, was one of them. The programme was held at the Manekshaw Centre in New Delhi on April 8th, 2017. She was accompanied by her younger sister and son. The dignitaries onstage included Bangladesh Prime Minister Sheikh Hasina, Indian Prime Minister Mr Narendra Modi, External affairs Minister Ms Sushma Swaraj and Finance Minister Mr Arun Jaitley. SE



(To read this story in detail, visit www.supportelders.com/blog/martyr-honoured)

RECIPE

Tronco—an Italian dessert

Ms Nandita Mazumdar, one of our very talented members, shares the recipe of a delicious Italian dessert.

Ingredients:

For base

Cocoa powder- 50gm

Egg - 4

Sugar - 5 tablespoons

Coffee powder for decoration

For sauce

Milk - 1 litre

Sugar - 12 tablespoons

Flour - 6 tablespoons

Egg Yolk - 6

Lemon zest - 2 (big in size)

Directions

Break the eggs and separate the egg white and the yolk. For the base, beat the egg white in a bowl. In another bowl, beat the egg yolk with sugar. Then mix the two. Preheat the oven for 10 minutes. Spread butter in a baking tray. Pour the mixture in the baking tray and bake for 20 minutes at 200° C. Let it cool for a few minutes.

For the sauce, beat sugar, flour, milk, egg yolk, lemon zest together. Put it in a container & stir it vigorously with a wooden spatula to avoid lumps. The consistency should be like custard. Set aside. Take out the fluffy base from the baking tray. Once taken out from the baking tray, roll it. Pour the sauce slowly over the roll. Allow it to cool for some time. Sprinkle coffee powder over the roll and refrigerate it for 1 hour.

Your tronco is ready to eat. SE



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PARTNER SPEAK

Senior Living in Rajarhat New Town

As told by **Mr Debashis Sen, IAS, Chairman, HIDCO**

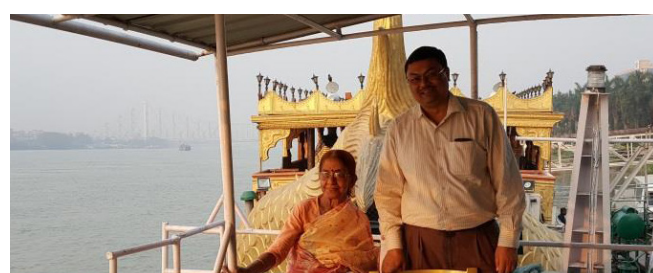
Rajarhat New Town is designed for all—young and old. You have Sonar Kella Park, Vivek Tirtha and Shishu Tirtha for the children and Swapna Bhor and Snehodiya for seniors, and all these co-exist with the New Town Business Club and swanky hotels. While Snehodiya is a new generation independent-living habitat, expected to be commissioned in 2018, Swapna Bhor has a long walking path around a large lush green lawn. There are handrails in the pathway and tactile projections on the path. Four golden Buddhas, two aviaries and a large central aquarium add a sense of tranquility and peaceful living to this place. Garden swings and bamboo-covered gazebos allow members to enjoy nature. The laughing arena, kitchen garden and pet shop allow members to get to know each other. An e-Health clinic with modern diagnostic devices offers health check-up

facilities within the campus. The architecture of the community building is reminiscent of British India's pavilions on the racecourse. Overlooking a large green playground, its wide balcony offers a ringside view of the greens below. The two air-conditioned community halls, adorned with original paintings and tasteful interiors, are great for hosting cultural events, educational talks and dance performances. The ground floor has a reading room and library with a coffee shop, where book launches are often organised. The adjoining games room has many indoor games and carrom competitions generate enthusiastic participation. Group tours and Sunday evening functions are very popular among the 500 members of Swapna Bhor, the only dedicated seniors' facility of its kind in India.

Opposite Swapna Bhor, across the road on the northern side, Snehodiya, a hundred-room independent-living habitat, is being built. Application forms are on sale. There are 100 plus AC rooms, each with an attached restroom, a sitting/living space and a bedroom, furnished in a senior-friendly manner. There are common facilities and lounge on each floor; an attendant in every two floors; and basic and add-on support services. Tastefully decorated in the rural Bangla theme, the cottages are stacked one above the other; two floors even have their own walking space balcony. Snehodiya and Swapna Bhor will complement each other in ways that have not happened anywhere in the country in terms of adding value to the second innings in one's life. SE

PHOTO SHARE

TSC Event – Cruise on River Hooghly



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Disclaimer: The views and opinions and expressed in this newsletter are those of the authors and do not necessarily reflect the views of the organisation.

Published by: **Support Elders Pvt. Ltd.**
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