



Corona Newsletter

Editor - Yasmina Farrell

**O
C
T
O
B
E
R

2
0
1
9**

Corona Monthly Social Gatherings



**Tuesday, 5th November 2019
at 9:30 am
@ the Doubletree by Hilton
on Slipway Road**

Join us for

- Coffee/tea and light bites
- Guest Speaker Dr Aleesha Adatia from Aga Khan hospital talking about breast cancer
- Knitted Knockers sharing about their charity work
- Socializing with members
- Second-hand Charity Booksale

**Corona
Tanzania**

**New Beginnings :
New Friendships**

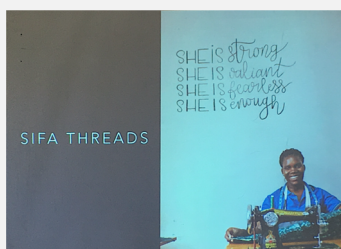
Email: coronatanzania@gmail.com Facebook: facebook.com/CoronaDaresSalaam

SEPTEMBER MONTHLY MEETING

The meeting this month had a good feel about it with Corona members and visitors perusing the SIFA threads wares, enjoying a coffee and a lovely home made snacks, chatting to friends new and old and stocking up with new books from our used book stall.

Our speakers were three members of SIFA threads and we learnt about the origin of the SIFA threads organisation, which originally aimed to help orphanages. However, they identified that to help the children, they must first help girls who are unable to remain in education and have little or no skills to negotiate themselves successfully into a productive and lucrative adulthood. SIFA threads then changed their focus and aimed to equip young women with artisanal skills and business training along side the gospel, to become successful business owners themselves.

Their year long course provides the women with a 'tool belt' by teaching hand sewing, batik, leather work, screen printing along side entrepreneurial skills. SIFA threads impress upon their students that women have a voice and value and that they can stand up on their own and be successful. Their motto is 'she is strong, she is valiant, she is fearless, she is enough'.



It was an inspirational story which is still morphing as SIFA threads are selling their products in America and are currently inviting people to open up their own training establishments in order to replicate their successes. We thank Shantelle, Steff and Beth for spending time out of their busy schedules to share with us their innovation and impressive story of success.

As always we would like to thank Ian McLachlan at the Double Tree by Hilton for his generous support of Corona Tanzania and for the help of his wonderful staff to ensure the monthly Corona meetings run smoothly. Additionally, I thank the Corona Committee for their support and help both throughout the month and on our meeting day.

I look forward to catching up with you all on the 5th November from 9.30am at the Double Tree.

- Chairperson Nicky Coope



MEET THE COMMITTEE MEMBERS

Hello readers..

It gives me great pleasure to introduce myself, Ritu Bhesania, your caterer at Corona..

I am a Dar es Salaamite through and through, born here, schooled here and living here after a stint of 11 years in Iringa, closest I have been to country life.

As for family, I have my 2 wonderful children, with a very caring and supportive daughter in law/son in law.

My 3 adorable grandchildren keep me young and at times make me think am I really that old :-)

I still remember climbing guava trees.

Maybe one day I will teach them how to..

Having been as far as Alaska I would call myself an inquisitive traveller, besides numerous visits to Canada, USA, Dubai and Switzerland, not forgetting land of my ancestors India.

My hobbies are reading, music, crocheting, playing canasta and mahjong.

What else can I say about myself after all I am not writing a book..

So cheers, leaving the rest to you guys discovering me..

Yours truly,

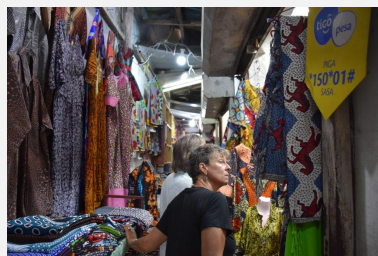
Ritu

Xxx



LOCAL EXCURSION

As mentioned in last month's newsletter and meeting, Corona organised a trip to Uhuru Street downtown in October, to visit the area's well-known fabric merchants and show newer members a part of the city they may not have been familiar with. The outing was highly successful despite the weather's best efforts, and most left with an armful of fabric.



The group then made its way to Chow Patty, a bustling Indian restaurant on Kisutu Street, specialising in vegetarian delicacies. The food was well-received by a group comprised mostly of meat-eaters, which is a testament to their skill.



Many thanks go to Chairperson Nicky and all those involved in planning the outing. Credit for all photos on this page goes to Joel Labadie.



TALES FROM TRAVEL

Tarangire National Park – Tanzania's Best kept Secret

In the middle of October me and my family visited Tarangire National Park, situated in Tanzania's Manyara Region. The name of the park originates from the Tarangire River that crosses the park which is also the source of water for the wildlife. The weather was pleasant and we could sight a lot of wild animals like tree climbing lionesses, elephants, various species of antelope and deer, buffalos, mongooses, giraffes, warthogs, zebras and a leopard which was one of our bucket list items. There were also various species of birds like eagles, vultures and other small birds. Tarangire National Park is indeed Tanzania's best kept secret and is known to be the paradise of elephants. I remember at one point of time there was this herd of over 30 elephants including 3 infants crossing a dry river bank which was a sight to see. The park has many Baobab trees of different shapes and sizes which reminds us how mesmerising is nature itself.



How to get there: Tarangire National Park is accessible through Arusha or Kilimanjaro airports. The shortest route is from Arusha however as the flights were expensive from Dar Es Salaam to Arusha we flew to Kilimanjaro from Dar Es Salaam and then drove from the airport to Tarangire National Park which took us approx. 4 hours which gets reduced by 1 hour if travelling from Arusha.

Where to stay: There are many lodges located within the park and outside the park. The lodges inside the park are expensive then the ones situated outside the park. We stayed outside the park in the Burunge Tented Camp located in a shady bush land grove, with spectacular views onto Lake Burunge. I would highly recommend the Burunge Tented Camp as we had a very good experience with them.

- Gayatri Borkar

RECIPE OF THE MONTH

At the last monthly meeting, Committee Member Gayatri kindly contributed snacks as well as a delicious chutney. She has now shared the chutney recipe so that it can be enjoyed by all.

Green Chili Chutney

Cooking time: 15 minutes

Serves 8

Ingredients:

- ❖ 2 cups grated coconut
- ❖ 2 green chillies
- ❖ ½ tsp sugar
- ❖ Salt to taste
- ❖ ½ cup coriander leaves
- ❖ ½ inch ginger
- ❖ ½ tsp. tamarind pulp

Method:

Grind all the ingredients along with a little water into a paste. Serve with *chapati* or bread

ACTIVITIES FOR CHILDREN

Newly opened in Upanga
is the Music and Art
Center

It's located at Plot 47,
House 1, Ali Hasan
Mwyni Road



DAR TIPS

Visit the World Press Photo Exhibition 2019 from now until Thursday, 14th November at Alliance Française - Dar Es Salaam. Entry is free of charge.

The exhibition is on a world-wide tour showcasing the stories that matter with photography from the 2019 World Press Photo Contest.

The winners were chosen by an independent jury that reviewed more than 78,801 photographs entered by 4,738 photographers from 129 countries.



UPCOMING CORONA EVENTS

Monthly Meetings @ Doubletree by Hilton

Tue, 5th November: 9:30am
Tue, 3rd December: International flavoured X-max

Sundowners @ Doubletree by Hilton

Wed, 13th November
Wed, 11th December

Wed, 8th January
Wed, 12th February

NOVEMBER OUTLOOK



Next month we have a very interesting speaker from the Aga Khan Hospital, Dr Aleesha Adatia MD, an oncologist with a wealth of experience, qualifications and awards to her name, including, a Fellowship in Pain Management-Acute and Chronic pain from Delhi Pain Management Centre in November 2018. She is also one of the first two Tanzanian oncologists to receive the IDEA Award (International Development Education Award) from the American Cancer Society in May 2019 and completed an Observer-ship at the University of Stanford, USA.

She is planning to speak about breast cancer, self examination methods and other pertinent knowledge regarding breast cancer and the treatment.



Additionally, we will have Tanzania's own version of the internationally renowned charity Knitted Knockers present to speak about their vital charity work which helps women recover mentally from mastectomies and their breast cancer treatment.

-Chairperson Nicky Coope

You could be in the next edition! If you have anything interesting you would like to share in the newsletter, such as a place you have visited, or recommendation, or even a recipe, please send it in to us. We always look for different items to include in our newsletter that is of interest to all members and that help each other!

Email: coronatanzania@gmail.com

Like us on Facebook to keep track of our events and interesting things happening in Dar!

<http://www.facebook.com/Corona Dar es Salaam>

Corona London Jubilee Branch

We are twinned with the Jubilee branch in London. If there are any members who are moving to London or UK or any other country, you can contact: **Pam Cowan, Overseas Branch Co-ordinator on: pam.cowan@btopenworld.com**



Corona Sundowners

Next Event:

Come and join us in the best way to spend the time
around sunset in Dar es Salaam:

With a cocktail or a refreshing drink and nice company.

Family and friends are welcome.

13th of

November

Every 2nd Wednesday of the month
from 6pm - 8pm
@ the Doubletree by Hilton
down by the Pool Bar*

**Corona
Tanzania**

**New Beginnings :
New Friendships**

*Food and drinks are at own expense.

Email: coronatanzania@gmail.com Facebook: facebook.com/CoronaTanzaniaSociety

Meet & Greet Coffee Mornings



New in Dar es Salaam? Join us at our weekly coffee morning. Connect with other newcomers and 'Dar oldies' and find out what activities you can join. Every Tuesday* from 10:00 am at Karambezi Café, Seacliff Hotel

*except for the 1st Tuesday of the month when our monthly meeting takes place.

THE CORONA COMMITTEE 2019 / 2020

| | |
|----------------------------|--------------------------------|
| Chairperson | Nicky Coope |
| Vice Chair | VACANT |
| Secretary | VACANT |
| Asst. Secretary | Gayatri Borkar |
| Treasurer | Fareha Kamran |
| Asst. Treasurer | VACANT |
| Meet & Greet Coordinator | Ute Werner & Michelle Hart |
| Meeting & Trip Coordinator | VACANT |
| Projects Coordinator | Nicky Coope & Jane MacLachlan |
| Marketing Coordinator | Inger Astrid Nagel-Alne |
| Marketing Assistant | Yasmina Farrell |
| Social Media Coordinator | Gayatri Borkar |
| Catering | Ritu Bhesania & Marta Rucinska |
| Volunteer-at-large | Christa Iteka |

If **YOU** would like to become involved in any way please do let one of us know.

It's easy to make wonderful friends here, and Corona is a great way to get to know interesting people from around the world. Extra hands and willing hearts are always needed.

We also appreciate any help and new ideas we receive! Remember, this is your society and we want you to have a say!



REGULAR SOCIAL ACTIVITIES



| ACTIVITY | DAY OF THE WEEK | LOCATION | CONTACT INFO | NOTES |
|---------------------------------------|--|--|--|---|
| Meet and Greet Coffee Mornings | Tuesdays @10am | Karambezi Cafe, Seacliff Hotel | coronatanzania@gmail.com | <i>Except on the 1st Tuesday of every month when it's the Corona Monthly meetings.</i> |
| Bridge | Held twice a week on Mondays 9.30 am Thursdays @ 9.30am | Mondays at Sea Cliff Court Wednesdays at Bella Napoli | Indira (director of Bridge) (0754 604 661) | A social card game |
| BOOK CLUB | Last Thursday of the Month | | Bulbul Chowdhury (0683119823) | Meets once a month Limited Space |
| CANASTA | Mondays 10am | Karambezi Cafe, Seacliff Hotel | Ritu Bhesania (0754 545 346) | A card game with a difference. |
| DAR CHORAL SOCIETY | Wednesdays @ 6.30-8pm | Lady Chesha School, Haile Selassie Rd, opp Protea Hotel | Raymond Hekima (0754 767 262) | Meets once a week sometimes twice as the Choir gets chances to perform at concerts |
| DAR HASH HOUSE HARRIERS | Mondays @ 5.30pm | From various locations | Facebook: Dar Es Salaam Hash House Harriers | A drinking club with a running problem |



REGULAR SOCIAL ACTIVITIES

| ACTIVITY | DAY OF THE WEEK | LOCATION | CONTACT INFO | NOTES |
|--------------------------|--|---|---|---|
| RUNNING CLUB | Various mornings. | From various locations | Janine Deetlefs: (0774 210 194 | Is a mixed group of men and women. |
| MAHJONG | Fridays @10am | Karambezi Cafe, Seacliff Hotel | Ritu Bhesania (0754 545 346 | Chinese table game. Very casual. Come as and when you like. |
| Mosaic | Wednesdays and Thursdays: 10.00 am — 1.00pm | Off Mwaya Road 1569 Msasani Peninsula. | Deqa Mohamed Rashid: No: 0774 780 018 | Mosaic is art/craft with little tiles - choose a project ie pot holder or tea box. All equipment, is provided |
| SCOTTISH DANCING | Wednesday evenings | The Little Theatre | Sakina and Dun can Clarson (0786 863 000 | Kick up your heels and have some fun! |
| STITCH AND BITCH | Wednesdays @10am-12pm | Alternate Homes | Bulbul Chowdhury (0683119823) | A Social sewing club. Take turns to meet at each other's houses. |
| WALKING GROUP (1) | Mon, Wed, Fri. @ 7am sharp | Oysterbay Shopping Centre. | TBA | It's a one hour walk |
| YOGA | Mon to Fri At various times | Indian Cultural Centre, Toure Dr, Oysterbay Also at Mukti Wellness Centre Haile Selassie Road | 266 4545/46/47 Muktiyogaforwellness@gmail.com 63 Haile Selassie Rd, Msasani Peninsula | Has various levels to suit all |