

# PATIENCE & PERSEVERANCE AUGUST 2022

### **OBJECTIVES OF INDUS**

To provide a cultural opportunity for English speaking Indian and Non-Indian women to meet together for joint participation in activities of mutual interest, to promote understanding between countries and to provide a forum for the development of fellowship.

Indus International M.O.A. 1967

#### Postal Address:

Indus International DBS Business Centre 213 Raheja Chambers, 2<sup>nd</sup> Floor, Free Press Journal Marg, Nariman Point, Mumbai - 400021.

**Website:** www.indusinternational.org **Email:** membershipindus@gmail.com **Instagram:** indusinternationalmumbai

# INDUS INTERNATIONAL

# NEWSLETTER AUGUST 2022 MONTH AT A GLANCE

Monday 1<sup>st</sup> Executive Meeting

Thursday 4<sup>th</sup> Art

Monday 8th Performing Arts ##

Tuesday 9<sup>th</sup> History Culture and Tours

Friday 12<sup>th</sup> Handicraft III ()

Tuesday 16<sup>th</sup> Philosophy and Religion

Thursday 18<sup>th</sup> Book Discussion

Friday 19<sup>th</sup> Health & Ecology

Tuesday 23<sup>rd</sup> Current Events

Thursday 25<sup>th</sup> Music

Friday 26<sup>th</sup> Cooking Swapshop

Change of date:

Change of time: ()

Guests allowed:

# FROM THE DESK OF THE PRESIDENTS

Our very first 'In person meeting' held by the Performing Arts Committee was a huge success with 32 members attending. We are delighted that all the other 'in person' and online meetings have also had a terrific response. The buzz and excitement of meeting Indus friends after two years with plenty of laughter and of course the handbags placed on chairs to reserve seats was a welcome familiar sight!

Our team appreciates the attendance and participation coming forth from Indus members (masked or otherwise) as total normalcy returns to the city with declining COVID cases

We hope to see you all more often at the meetings and look forward to your involvement and participation in the many different ways that Indus offers its members

Thank you for the overwhelming response to the Travel Committee's efforts, which seem to have fructified into yet another memorable trip to Kashmir.

There is much more in store in the coming months. Our enthusiastic team and Chairladies are working hard to give you interesting and fun meetings, many of which will be 'In person.'

A gentle reminder to members who have yet to send in their renewal form and fees, please do so by the end of July.

Please do <u>Read on, Save dates and Register</u> for the upcoming events and meetings of your choice.

Just a reminder that we are not printing copies of the newsletter so do refer to the WhatsApp Indus Notice Board / emails & the digital newsletter on your mobile phone.

We will continue to send reminders on WhatsApp as well!

Look forward to seeing you at a meeting soon.

Sheena Kataria

Nalini Shewakramani

# **NOTICE BOARD**

### TRAVEL

Our travel committee has come up with an exciting itinerary for Kashmir. (read on for the detailed itinerary with dates)

### QUIZ

Members wishing to participate in the upcoming October Holly – Bolly quiz please contact the Vice Presidents

### CONTRIBUTORY DIWALI LUNCH on 14th OCTOBER 2022

A fun filled afternoon with surprise entertainment and lucky draw To participate call:

 Tinu Sanghvi
 9821027654

 Swati Jajodia
 9821028587

 Anju Siraj
 9820230640

 Ameeta Shah
 9820072658

### **HOMES FOR IN PERSON MEETINGS**

Members willing to host in person meetings please contact the

Vice Presidents

Priya Mehta 9819131406 Marietta Barreto 9822004421

### **CONGRATULATIONS**

Our warmest Congratulations to our President Kaya Shewakramani on becoming a Grandmother.

### **ITINERARY PREPARED FOR INDUS LADIES 2022**

No. of clients: 10 – 30 pax
Destination: Best of Kashmir Trip
27th Sept – 03rd Oct 2022

### **Main Tour Vacation Overview**

City	JMBAI TO SRINAGAR BY SG 950 DEP 0705 HRS/ARR 1005 TO BEGIN YOUR VACATION.  Activity / Places Visited Name of Hotel No of nights				
Pahalgam	Early morning arrive Srinagar airport and drive to	Hotel Senator Pine	3		
27 & 28 Sep 22	Pahalgam approx 3 hrs drive. Enroute visit Awantipora Ruins.	N Peak			
	Stay 2 nights in Pahalgam to visit Aru Valley,				
	Chandanwari.				
	Optional trek to Baisaran (Mini Switzerland) and				
Gulmara	shopping in local markets.  We depart for Gulmara (approx. 4 hrs drive) for a 1	Hotel Highland	1		
29 Sep 22	night stay	Park	'		
2, 000 22	On the way we visit ancient Martand Sun Temple and	T GITE			
	ruins.				
	Check in at Highland Park and enjoy the meadows of this beautiful hill station.				
	Overnight stay.				
	Next day a Gondola ride to the upper region				
	followed by lunch at Khyber hotel.				
0.	Leave for Srinagar approx 3 hrs drive.				
Srinagar 30 Sep, 01 Oct,	3 nights in Srinagar to take in the sights.  Experience a Wazwan meal, Jhelum river cruise, the	Hotel Vivanta by Taj	3		
02 Oct 22	beautiful gardens, the famous mosque.	Taj			
	Enjoy the view from the Taj hotel. Excursion to				
	Dachigam National Park.				
	Optional trips can be arranged to Shankaracharya temple and Hari Parbat fort, enjoy the Nedu's				
	cookies, Walk around the Bund area shopping for				
	Kashmiri crafts. (Optional extension trip to Sonmarg				
	for 1 night stay possible).				
03 Oct 22	12.00 Nooncheck out Depart for Srinagar airport to catch your flight to	Tour Ends	Total 6 Nights		
	Mumbai by 6E 609 Dep 18.20 Hrs/Arrival 20.50Hrs.				
	1110111041 0, 0E 007 DOP 10.20 113/1111141 20.301113.				
03 Oct 22	Optional trip to Sonmarg for 1 night stay				
04 Oct 22	Morning check out				
	Depart for Srinagar airport to catch your flight to Mumbai by 6E 609 Dep 18.20Hrs / Arr 20.50Hrs				

#### QUOTATIONS: Per Person rates based on Twin share basis.

No. Of Pax	27 Sept to 03 Oct 2022			
15-19 Pax	INR 1,69,600/- Per Person			
20 to 24 Pax	INR 1,65,700/- Per Person			
Single Room	INR 75,000/-	Per	Single	room
Supplement				

#### INCLUSIONS:-

- 06 Nights accommodation on twin sharing basis in category of rooms & hotels mentioned above or similar
- Meal plan Full board basis i.e. Starting with Breakfast on Day 1 and ending with Breakfast on Day 7. - \*\*All Drinks during lunch and dinner will be on direct payment basis.
- All Entrance fees are included as per Itinerary.
- All sightseeing and transfer using AC Innova's 3 pax per vehicle
- 02 mineral water bottles per person per day on Complimentary basis in vehicle.
- Services accompanying English speaking guide to travel with the group throughout the tour.

#### **EXCLUSIONS:-**

- Items of a personal nature such as drinks, laundry, tips & gratuities, still/video camera fees at
  monuments or any items not specified above.
- Personal insurance against loss of valuables, theft, illness, hospitalization, medications and treatments and emergency helicopter, vehicle or plane charter evacuation charges.
- Items not mentioned in the above cost includes column.
- GST of 5% would be charged extra on the entire bill amount

#### **SPECIAL NOTES:-**

All extras are payable by the client directly.

Above rates are subjected to change with reduction of minimum paying pax travelling.

#### **PAYMENT TERMS & CONDITIONS**

- Please pay 50% deposit of Rs 90,000/- latest by 03rd August.
- Cheque in favor "Holidays@Leisure"
- The balance payment to be made by 16th August 2022 latest.
- After the payment is collected, incase any of the ladies (who are sharing rooms) have to
  cancel their trip, the other person sharing the room will have to look out for another room
  partner. If they are not able to get a room partner, then they will have to pay the single person
  supplement cost as well.
- Please give your preference for Vegetarian and Non vegetarian food.
- Book your own flights as mentioned under:
  - Mumbai to Srinagar by SG 950 Dep 0705 HRS/Arrival 1005Hrs  $\,$  Srinagar to Mumbai by 6E 609 Dep 1820 Hrs/Arrival 2050Hrs  $\,$
- Or you can speak with Rahul from Holdiays@Leisure and he will book the flight for you Rahul Sartape mobile +91 96190 47448

#### PACKAGE CANCELLATION POLICY:

- More than 45 days prior to arrival of clients / group: NIL
- Between 44 to 31 days: 50% Cancellation charges
- Between 30 to 15 days: 75% cancellation charges
- Less than 14 days: 100% cancellation charges

Please NOTE: Ladies please whatsapp your confirmation by August 2nd to

Annu Toshniwal: +91 98200 68100 Dina Desai: +91 98202 31010 Indira Kilachand: +91 98200 57219

#### **EXTENSION:-**

### Extension trip vacation Overview - 1 night / 2 days extension trip to Sonmarg - 03/04 Oct

City	Activity / Places Visited	Name of Hotel No of nights	
Sonmarg	Drive to Sonmarg – 2.5 hrs	Hotel Villa	1
03 Oct 22	Tour of Sonmarg.	Himalaya	
04 Oct 22	Depart for Srinagar airport to catch your	Tour Ends	Total 1 Night
	flight to Mumbai by 6E 609 Dep 1820		
	Hrs/Arrival 2050		

#### QUOTATION: Per Person rates based on Twin share basis.

No. Of Pax		03 to 04 Oct 2022
On Twin share	basis	INR 14,700/ Per Person
Single Supplement	room	INR 5800/- per single room

#### INCLUSIONS:-

- 01 Night accommodation on twin sharing basis in category of rooms & hotels mentioned above or similar
- Meal plan Bed and Breakfast only
- All Entrance fees are included as per Itinerary.
- All sightseeing and transfer using AC Innova's 3 pax per vehicle.
- 02 mineral water bottles per person per day on Complimentary basis in vehicle.
- 01 Half day Local English speaking guide in Sonmarg.

#### **EXCLUSIONS:-**

- Items of a personal nature such as drinks, laundry, tips & gratuities, still/video camera fees at monuments or any items not specified above.
- Personal insurance against loss of valuables, theft, illness, hospitalization, medications and treatments and emergency helicopter, vehicle or plane charter evacuation charges.
- Items not mentioned in the above cost includes column.
- GST of 5% would be charged extra on the entire bill amount

#### **PAYMENT TERMS & CONDITIONS**

- Please pay 50% deposit of Rs 90,000/- latest by 03<sup>rd</sup> August.
- Cheque in favor "Holidays@Leisure"
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  trip, the other person sharing the room will have to look out for another room partner. If they are not
  able to get a room partner, then they will have to pay the single person supplement cost as well.
- Please give your preference for Vegetarian and Non vegetarian food.
- Book your own flights as mentioned under:
  - Mumbai to Srinagar by SG 950 Dep 0705 HRS/Arrival 1005Hrs
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Dina Desai: +91 98202 31010
Indira Kilachand: +91 98200 57219

# **Birthdays for August**

Wishing all our members Best Wishes on their special day "Saeng -il chugha" (Korean)



### **Joy of Giving**

Birthdays are a special occasion, make a difference and spread the Joy of Giving

Celebrate by donating to Indus International and support the cause undertaken of your choice.

Contact: Sheena Kataria or Kaya Shewakramani



# **EXECUTIVE MEETING**

Monday 1<sup>st</sup> August 11:00am - 12:15pm

**ZOOM me**eting: Zoom ID will be posted

onWhatsApp and emailed one day

prior to the meeting.

Ladies, please email a copy of the blurb for your September meeting latest by 10<sup>th</sup> August 2022 to both:

Priya Mehta priya.n.mehta@gmail.com Marietta Barreto priya.n.mehta@gmail.com mariettabarreto@hotmail.com

We do not require a hard copy of the blurb.

Please email your attendance sheets from the previous month's meeting to the Membership Treasurers immediately after your meeting on the emails given below.

mayamerchant@hotmail.com ana.d.panandiker@gmail.com

Priya Mehta

**Marietta Barreto** 

# **ART**

Thursday 4<sup>th</sup> August 11:15am - 12:15pm

In Person Meeting:

Venue: CSMVS(Prince of Wales Museum)

159-161, M.G Road, Kala Ghoda, Fort, Mumbai 400 023.

Limit: 40 Members A Tale of Famed Miniatures and Himalayan Art

The CSMVS Museum houses a world renowned collection of Mughal, Rajasthani, Deccani and Pahari miniatures. The curator will help us to learn the comprehensive story of the development of this beautiful art form, court life at that time and the history of this unique miniature art.

CSMVS houses the finest Himalayan art that highlights India's cultural and spiritual bonds with our neighbours. We will take another journey with our curator to experience mystic and exquisite thankas, metal sculptures and mesmerizing objects that are gilded and studded with gems. The stories of Buddhism and the myriad lands it influenced deeply shall be brought to life.

Indian miniature and Himalayan art share a common history as they both have originated in the Indian subcontinent and our knowledgeable curators Dr Mrinalini Jamkhedkar and Ms. Nilanjana Som shall ably guide us on this journey.

Kanchan Khubchandani

Rashna Doongaji

Admission Fees: Rs.100/- to be paid at entry.

For registration please call Ayesha Mody 98202 23355 on Friday 29<sup>th</sup> July from 11am to 12 noon or 4 pm-5 pm. Monday 1<sup>st</sup> August from 11am to 12 noon or 4 pm-5 pm.

After 1<sup>st</sup> August please contact Chairladies directly for registration.

# PERFORMING ARTS

Monday 8th August (note change in date)

11:15am - 12:15pm

In-person meeting:

Venue: Residence of Nayantara Jain

Benzar Terraces 2nd Flr 95 Worli Seaface Mumbai 400018

Lift is available

There are 4 steps from the car level

leading to the lift.

Limit: 40 members

### **Show Director and Fashion Choreographer**

Vahbiz Mehta has played a significant role in the fashion industry Started young as a backstage dresser, then worked her way up to be a backstage manager and is today a show director.

She has her own brand of creativity and has created experiential and conceptual presentations which have transformed the conventional runway scene.

Today she directs shows for leading designers like Anita Dongre, Manish Malhotra, Satya Paul ... to name a few.; and top brands such as The Woolmark Company, Tommy Hillfiger, Adidas, Vero Moda, Westside.....the list is endless.

She is also an integral part of The Lakme fashion Week ,and many more such platforms such as Asian Designer Fashion Week, Dubai Fashion League etc , etc which are choreographed by her .

Gopi Vaid Neeru Mehra

For Registration please contact:

- 1) Rupande Parekh: Mobile No. 99305 25224 On Tuesday 2nd Aug from-11.00am-1.00 pm and 6.30-8.00pm
- 2) Mira Shah: Mobile No. 93232 72644 On Wednesday 3rd Aug from 10.00-11.30am and 3.30-5.30pm

After 3rd August please contact Chairladies directly for registration.

# HISTORY, CULTURE & TOURS

Tuesday 9<sup>th</sup> August 11:15am - 12:15pm

Please note change of date

In Person meeting:

Venue: Residence of Sheetal Patel

White House, 4<sup>th</sup> floor, 91 Walkeshwar Road, Mumbai 400006

Lift available

Limit: 30 Members

### **ACCUPUNCTURE**

Accupuncture, believed to have originated in China, is based on needling certain points on our body which make the central nervous system release chemicals into our muscles, spinal cord and brain in an attempt to further stimulte the body's natural healing abilities for well-being and pain relief.

Dr Santosh Pandey, founder of India's leading and cutting edge Accupuncture clinic, Rejua Energy, has treated thousands of patients using this technique in a safe and drugfree manner to release them from their pain and discomfort.

Come meet him and hear about his foray into this fascinating field and decide for yourself whether this form of treatment actually works or not as we promise you a poky good morning!

Varsha Sheth

**Sheetal Patel** 

For registrations, please contact Nayantara Jain on 9821015014 on August Thursday 4<sup>th</sup> between 10am and 1 pm and Friday 5th between 2 pm and 5 pm

After 5<sup>th</sup> August please contact Chairladies directly for registration.

# **HANDICRAFTS**

Friday 12th August

4:00pm - 5:00pm

(Please note change of date and time)

**In-person** meeting

Venue:

Residence of Anju Siraj 86B Gobind Mahal 3<sup>rd</sup> Floor, Flat No. 15 (lift available) NSC Bose Road Marine Drive, Mumbai 400002 (Landmark: 4<sup>th</sup> building from Flyover on main road)

Limit 40 members

Journey of the Kashmir Shawl by Aditi Desai: A Talk and Shawl Display

Aditi Desai is a sociologist, shawl lover and shawl scholar. Her passion for shawls developed at an early age and she has travelled extensively across the globe, researching and building a collection of rare Indian and European Cashmere shawls. She has exhibited and lectured internationally and in India. Aditi has assisted artisans to showcase and market their products, providing designing inputs, quality upgradation in material and all aspects, and getting proper restoration on vintage shawls by master refugars.

Aditi will talk about the history of the Kani shawl, illustrated with examples from her collection. She will share inside knowledge about the material, the pashmina and toosh used to the make the Kashmiri shawl. She will discuss the development of the motif from the natural flowering plants to the complex, stylized motif we know as Paisley. Aditi will also discuss the state of what is happening today in the shawl industry.

Shabana Abdulkarim

**Helen Craggs** 

For registrations, please call lla Kaji on 98210 36407 Monday 8<sup>th</sup> August 2.00pm – 4.00pm or Tuesday 9<sup>th</sup> August 2.00pm – 4.00pm.

After 9th August please contact Chairladies directly for registration.

# PHILOSOPHY AND RELIGION

Tuesday 16<sup>th</sup> 11:15am - 12:15pm

Zoom Meeting: Link will be posted on WhatsApp

and emailed one day prior to the

meeting.

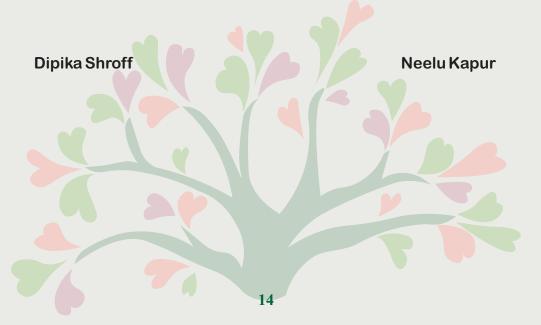
### **Guests welcome:**

### PERFECTION OF YOGA

Yoga is the buzz word these days all over the world. But is it simply about some asanas or breathing exercises or there is more to it? Krishna mentions various forms of Yoga in the Bhagavad Gita but concludes with the perfection of all!

**Nityanand Charan Das,** an author of the National Bestseller 'Icons Of Grace', and bestseller 'Bound By love' is a practicing monk at Sri Sri Radha Gopinath Temple, ISKCON Chowpatty, Mumbai He specialises in making the sacred teachings of our holy scriptures simple, so that they resonate with everyone.

Let's hear from him what the 'Perfection of Yoga' is



# **BOOK DISCUSSION**

Thursday 18<sup>th</sup> 11:15am - 12:15pm

Zoom Meeting: Link will be posted on WhatsApp and emailed one day prior to the

meeting.

**Guests welcome** 

### WHERE THE CRAWDADS SING BY DELIA OWENS

For years, rumours of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So, in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the Marsh Girl.

Where the Crawdads Sing is a juxtaposition of an exquisite ode to the natural world against a profound coming of age story of Kya. The debut novel of retired wildlife biologist Delia Owens doesn't quite fit into any genre – it is a coming of age narrative, a murder mystery and a stunning portrayal of nature, all wrapped in one. A story of resilience, hope, love, loss, prejudice and nature; it is a thought-provoking and deeply moving read.

**Lubaina Suares** 

Sharmeen Maskati

Book for September: Colaba The Diamond at the Tip of Mumbai by Shabnam Minwalla (author-led meeting)

# **HEALTH & ECOLOGY**

Friday 19<sup>th</sup> August 11:15 am - 12:15 pm

In-person meeting:

Venue: Residence of Gopi Vaid

13 Normandie

Carmichael Road (Top Floor)

Mumbai 400026

Take the lift to the 5<sup>th</sup> FI & walk up

one flight of 15 stairs

### **Temple Blessings**

Adiv Pure Nature is a natural dye studio, is based in Mumbai. It is dedicated to sustainability of nature through natural dyed textiles.

Today Roopa Trivedi would like to share with us poetry on cloth with Temple Blessings.

Nature offers such beautiful array of colours. she believes, in fact that the human perception of colours has come from the treasure troves of nature. The dyes extracted from flowers and herbs represent mother nature's splendour both robust and beautiful as much as serene and soothing in her irregularities. The gifts of nature are innumerable, and this constant mystery unravels through natural dying as each process of dying reveals new iterations and new facets of it.

Join us for an interesting in person meeting.

Namrata Singhania

**Neeta Merchant** 

To register, please call Madhvi Kilachand on 9820716961 on Tuesday 16<sup>th</sup> August or Thursday 18<sup>th</sup> August from 9:00am - 11:00am

After 18th August please contact Chairladies directly for registration.

# **CURRENT EVENTS**

Tuesday 23rd August

11:15 am - 12:15 pm

In-person meeting:

Venue:

Residence of Nafisa Khorakiwala Casa Khorakiwala, 32 E Vakil Lane, Off Peddar Road (Near Russian Cultural Centre) Mumbai 400026(Lift is available)

Limit 30 members

### SOCIO-LEGAL GENDER PERSPECTIVES

Justice Roshan Dalvi (Retd.) will show, through many stories and incidents, striking and astounding, gender perspectives in laws and in society, both positive and negative, by men as well as women, observed and found in the most unlikely places and persons which would impact our minds. She is also the author of the book WOMAN: Her Trials and Triumphs

"The aim is to inject innovative thinking by creating awareness of the situations that demand sensitivity on a wide spectrum of gender roles and realities by making all persons 'gender aware' that indeed those perspectives exist so that they observe and appreciate them in future. They may raise eyebrows, amaze, lit an idea, make one feel avenged, bring a smile to the face, or evoke total denial."

Roshan Dalvi is a former judge of the Bombay High Court in Maharashtra, India who adjudicated a number of widely reported and significant cases.

### **Anjali Mathur**

Selma Kriegner

For registrations please contact:

- 1. Sandhya Vora (9820108791) on Mon 15<sup>th</sup> Aug: 11:00am 1:00pm & 5 6:00pm.
- 2. Vasant Singh (9820498969) on Wed 17<sup>th</sup> Aug: 11.00am 1.00pm.

After 17th August please contact Chairladies directly for registration

# **MUSIC**

Thursday 25th August 11:15am - 12:15pm

In person meeting:

Venue: Residence of Lyla Mehta

Marble Arch,

1<sup>st</sup> floor, 52 Peddar Rd Mumbai 400 026

(Approx. 8 steps to climb, there is

also a ramp)

Limit: 45 members

Charge: Rs. 200/-

## Rock with "Baby Doll" Alisha Chainai

Alisha Chinai became a star overnight after her debut in the Broadway musical "Evita". The pop diva went on to create a revolution with "Made in India,, (for which she received the prestigious Billboard Asian Viewers Choice award). The Queen of Pop simultaneously achieved acclaim in Bollywood with hits like Kajra Re which won her the Filmare and IIFA awards. Alisha reinvented herself in a new avatar as a judge in the Reality TV show Indian Idol. With her latest, "Chamkega India" and "Heer", Alisha is back to win our hearts with her music

Ranjana Mahadevia

**Hemal Udani** 

For registrations please call:
Sapna Daryanani on mobile no. 98331 24844 on
Saturday 20<sup>th</sup> August morning from 10:00 am - 12 noon OR
Monday 22<sup>nd</sup> August evening from 4:00pm - 6:00 pm

After 22<sup>nd</sup> August please contact Chairladies directly for registration.

# **COOKING SWAPSHOP**

Friday 26th August 11:15am - 12:15pm

(Please note change of date)

Zoom Meeting

Zoom ID will be posted on Whatsapp and emailed one day

prior to the Meeting.

**Guests Welcome:** 

### DO IT YOURSELF PLATTER.

Meeta Ghuwalewala from Poona is the proud owner of a white label cosmetics Manufacturing Company.

She always had a natural flair in culinary matters. During the pandemic she honed her skill and started presenting gift platters filled with an assortment of flavoured cheeses and preserves to her near and dear ones. These were very well appreciated and her passion expanded into a full-fledged business. Subsequently, she started conducting Zoom Classes in sushi making and flavoured cheese platters to name a few.

This morning she will be demonstrating the art of presenting eye catching platters and an easy dessert.

ENJOY!!

Bina Kejriwal

Anju Siraj

### **Board Members 2022-2023**

#### **PRESIDENTS**

Sheena Kataria +91 9820284890 sheena\_kataria@yahoo.com Nalini (Kaya) Shewakramani +91 9821052927 shewakramani@gmail.com

### **VICE PRESIDENTS**

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### **SECRETARIES**

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#### **TREASURERS**

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#### **MEMBERSHIP TREASURERS**

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