



International
Women's
Association

APRIL 1989

APRIL

MONTH AT A GLANCE

Tuesday	4th	Current Events: NOWZHER NOWROJI will give us fascinating glimpses of the world of advertising.	10 a.m.
Wednesday	5th	Executive Committee Meeting	10 a.m.
Friday	7th	Cooking Swapshop: The CHOLA SHERATON chefs will demonstrate the versatility in vegetarian cuisine, both Indian and Chinese.	10 a.m.
Monday	10th	<u>Annual General Meeting</u>	10 a.m.
Tuesday	11th	Book Discussion and Health & Ecology: NANCY SINGH reviews Dr. B. Siegel's book "Love, Medicines & Miracles.	10 a.m.
Tuesday	11th	Health & Ecology: Swedish forestry expert TOR SKAARUD will speak on the Swedish support to Tamil Nadu social forestry project.	<u>6 p.m.</u>
Thursday	13th	History, Culture & Tours: MEERA ABRAHAM shares her thoughts on "A new look at medieval South India.	10 a.m.
Saturday	15th	Music & Performing Arts: Cartoon films to delight the young and old.	10.30 a.m.

From the desk of the Presidents

Our last newsletter of the year, so it's a good time to thank everyone in the IWA for their support and friendship throughout the year. Time also to thank everyone on the committee for all their hardwork, and to thank all those hostesses who have given us their time and their home. Another successful year and one in which the IWA has again excelled itself in the variety and depth of meetings and activities held throughout the year. As most of you already know the IWA will be taking a holiday in May but we will be back in June with another Newsletter packed with meetings.

However before we take a well earned rest we have the AGM on the 10th April. Please, Please try and join us. We shall be discussing this year, talking about our plans for next year and of course voting in next year's Committee. So please come and share your ideas with us, meet old friends and new faces.

Finally, let us take this opportunity to say how much we've enjoyed this year.

So have a good holiday!

Hope to see you all at the A G M.

VANITHA MUDALIAR

BARBARA CLARKSON

EXECUTIVE COMMITTEE MEETING

Wednesday 5th April, 10 a.m.

At: Aruna Vijaykumar
24, Sivaganga Road
Madras - 600 034.
Tel: 472732



We welcome the following New Members

- | | |
|---|---|
| (1) Rukmani Alagappan
"Shree Alagappan House"
937, Poonamallee High Road
Madras - 600 084
Tel: 666523 | (2) Paramita Dhar
16. New G.R. Road
T. Nagar
Madras - 600 017
Tel: 865195 |
| (3) Olga Dycheva - Russian
115, Theagaraya Road
Madras - 600 017
Tel: 443028 | (4) Promilla Kumar
55, Chamiers Road
Madras - 600 028
Tel: 453898/450507 |
| (5) Koshu Mahtaney - Singaporean
4 D, "Shanathi"
Heddows Road
Madras - 600 006
Tel: 867403 | (6) Joyce Gopalan
3 A "Lasya"
189 A, St. Mary's Road
Madras - 600 018
Tel: 459076 |
| (7) Regine Komar Maciejewski - German
1. Demaodarepura
Madras - 600 020
Tel: 418951 | |

Change of Telephone Number: Meera Abraham: 837356

May we request members to note down the names and addresses of the new members in their I.W.A. telephone directory of members as and when they appear in each month's newsletter. This applies to change of telephone numbers also.

From the desk of the Chairperson - Nominating Committee

Since the Nominating Committee has extended the last date for sending in nominations to March 17, 1989 - the new slate of office bearers could not be included in this month's newsletter. After the 18th March a special mailing will go out to all members giving them the slate of office bearers '89 - '90.

SUNITHA SHAHANEY

(Chairperson - Nominating Committee)

Current Events

Tuesday, 4th April at 10 a.m.

At: Poonam Lalchand
3. College Lane
Madras - 600 006



A scintillating speech by a witty and wise marketing man - NOWZHER NOWROJI who is currently marketing director of T.T.K. Co., Bangalore. He will tell us all about the "razma taz" business and what it is doing to the ever vulnerable consumer.

Be there to hear Mr. Nowroji who is coming all the way from Bangalore to speak to us.

All are welcome.

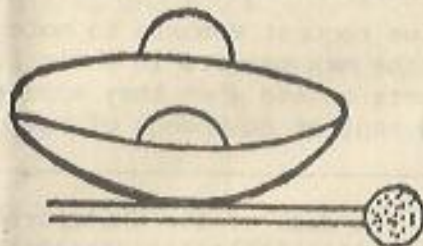
SUJAYA MENON

KATHLEEN MASON

COOKING SWAPSHOP

Friday, 7th April 10 a.m.

At: The Sagari Restaurant
Chola Sheraton
10. Cathedral Road
Madras - 600 086.



LILY MADHOK opens up new vistas in vegetarian cuisine this morning. The Chola Sheraton Chefs will present a wide variety in versatility of Indian and Chinese cuisine to delight both the eastern and western palates. With the world moving towards vegetarianism, it is a great privilege to learn the many delights of vegetarian cuisine. All are welcome, with a limit to 50 people to be able to see the demonstration in comfort.

Please call Lily Madhok between 10.30 a.m. to 12 p.m. at 452525 Ext. 879 if you plan to come. We do appreciate an R.S.V.P. to make adequate arrangements, so please do call Lily.

LEELAMANI JOHN

KAZUKO UCHIDA

COOKING SWAPSHOP

After a lovely demonstration of delicious dosas by Vijaya Balu (the recipes are given in this month's newsletter). We are introducing an interesting cooking book, "De- li - cious Vegetarian Recipes" published by Sadhu Vaswani Centre, Singapore.

This beautiful book of 304 pages is not just another ordinary cookbook but, introduces you to the concept of Vegetarianism which is becoming more and more popular throughout the world. It contains recipes from various countries and is sure of becoming an asset to your bookshelf.

The price is Rs 200, the proceeds of which will go for charitable purposes. Since the book order has to be sent to Singapore, we will close the order list at the end of the April. If you wish to see the book, it is available with Kazuko Uchida or at the Cooking Swapshop meeting on the 7th April and at the A.G.M.

Please call Poonam Lalchand (471624) or Kazuko Uchida (472826) for orders.

CONDOLENCES: Our heart felt sympathies to SANGEET CHOPRA who lost her father.

Under the circumstances - we regret the postponement of the Philosophy & Religion meeting scheduled for the 31st March. This meeting will now be held only in June '89.

Please note! There will be no Philosophy & Religion meeting on 31st March.

ANNUAL GENERAL MEETING

Monday 10th April 1989 at 10 a.m.

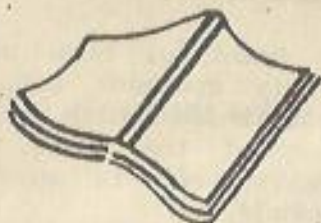
At: Kasturi Srinivas Hall
(the mini hall of the
Music Academy)
306. T. T. K. Road
Madras - 600 014

The agenda of the A.G.M. has already been given in March newsletter.

We appeal to all members to come. There will be a short entertainment programme following the A. G. M.

BOOK DISCUSSION & HEALTH AND ECOLOGY

Tuesday, 11th April, 10 a.m.
At: Nalini Ramakrishna
36. Harleys Road
Kilpauk, Madras - 600 010
Tel: 611864



At this combined meeting, Nancy Singh will review the book **LOVE, MEDICINE & MIRACLES: LESSONS LEARNED ABOUT SELF HEALING FROM A SURGEON'S EXPERIENCE WITH EXCEPTIONAL PATIENTS**, by Bernie S. Siegel, M.D. Dr. Siegel shows how faith, courage, and love on the part of both patient and doctor can cure - or prolong the life of - seriously ill persons. He tells us how, by drawing on our own untapped inner resources, we can change those aspects of our personality which block healing and learn how to "let go" and open the door to renewed health and happiness.

All are welcome. You are not expected to have read the book. But please do share with us any stories you have heard - or your own personal experiences - of "miracle" cures.

VIJAYA BALU

SARAH CHANDA

EIRA DOSHI

NANCY SINGH

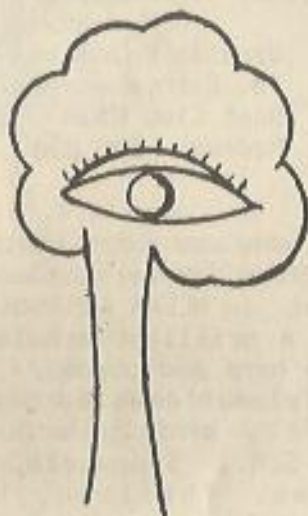
HEALTH & ECOLOGY

Tuesday 11th April, 6 p.m.

At: The C.P. Ramaswamy
Foundation Hall
1. Eldams Road
Madras - 600 018.

In association with WORLDWIDE FUND

FOR NATURE - INDIA (Tamil Nadu State Branch) W.W.F, we have great pleasure in presenting Swedish forestry expert TOR SKAARUD in a special lecture this evening. He will speak to us on the Swedish support to Tamil Nadu social forestry project. His talk will be followed by a screening of a 20 minutes film "How to plant trees?".



In planning this meeting we have to thank two of our active members; Stina Vasu for persuading Mr. Skaarud to speak and Nanditha Krishna for co-hosting this meeting at the Foundation Hall in her capacity as the Chairperson of W.W.F. in Madras.

All are welcome

VIJAYA BALU

EIRA DOSHI

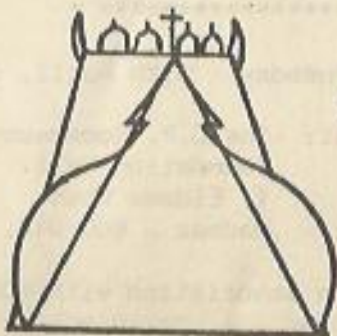
NEWS FROM ABROAD

Members will be interested to know that AUDREY SPRAGUE is now in Mongolia, where her husband DAVID SPRAGUE is posted as U. K.'s ambassador.

The History, Culture & Tours Chairpersons should perhaps plan a trip to Mongolia, where Audrey is sure to do us proud!

Thursday 13th April, 10 a.m.

At: Urmilla Krishnamurthi
18. Sathyanarayana Avenue
Boat Club Road
Madras - 600 028



Not many are aware that we have an erudite Scholar and writer in our midst in MEERA ABRAHAM. Meera has had a brilliant scholastic career both here and abroad. Marriage to a diplomat enabled her to travel widely and live in U.S.A., U.S.S.R., Singapore, Malaysia, Burma, Thailand, Sri Lanka, Switzerland and the Vatican.



Meera has published two papers in history and has contributed to "The Journal of Asian History" and to the "Encyclopedia of Asian History" published by Scribners in 1988. In the same year her book "Two Medieval Merchant Guilds of South India" was published in the South Asian studies series of Heidelberg University.

For her talk this morning Meera has chosen the interesting subject "A new look at medieval South India".

All are welcome.

JENNIFER RAMACHANDRAN

JANET DE PENNING

MUSIC AND PERFORMING ARTS

Saturday 15th April, 10.30 a.m.

At: Soviet Cultural Centre
Kasthuri Ranga Road
Madras - 600 018.



As we come to the close of yet another I.W.A. year, we are happy to present a programme of Cartoon films (Duration - 1 hour). These films are subtitled in English and will delight children of all ages and their parents.

In the foyer there will be a display of special books for children at nominal prices. This is a good opportunity for parents to avail themselves of this facility.

Our grateful appreciation to I.W.A member NATALIA CHEREPOVA for arranging this special event.

All are welcome.

SUREKHA KOTHARI

MARGARET SEKCHARAN

COOKING SWAPSHOP

RECIPES OF THE COOKING SWAPSHOP MEETING HELD IN FEBRUARY

DOSA

Shallow fried Pancake of Ground Rice and Split black beans.

Dosa is a South Indian Counter part of pancakes made from a batter; The basic ingredients of which are ground rice and Urad dhal.

MASALA DOSA:

Par boiled rice	-	1 Cup	
Raw Rice	-	2 Table spoon	
Urad dhal	-	100 gms (1/3 cup)	

Method: Soak Rice and Dhal separately (4-5 hrs) grind them into a fine batter in the grinding stone. Mix batters together with salt and leave overnight to ferment.

Prepare Dosas on the special greased and seasoned Tawas, stuff with potato filling and serve hot with chutney.

COCONUT CHUTNEY:

Coconut	-	1	
Green Chillies	-	4	
Chana dhal (roasted)	-	2	1/2 tsp.
Salt	-	1/2	1/2 tsp.

Method: Grate coconut and grind to a fine paste with chillies and salt to taste. Mix with water and season with mustard and urad dhal.

POTATO FILLING:

Potatoes	-	500 gms	Green chillies	-	5-6
Onion	-	250 gms	Mustard seeds	-	1 tsp
Urad dhal	-	1 tsp	Turmeric Powder	-	1/2 tsp
Oil	-	2 tsp			

Method:

1. Boil Potatoes till well cooked peel and keep aside
2. Chop onions, green chillies
3. Heat oil in a fry pan, add mustard and dhal, saute onions, green chillies add turmeric, add 1/2 cup water, salt + potatoes (broken into bite size pieces) and mix well. Cook till water is absorbed and filling is dry.

PASARAT DOSA: - A favourite of Andhra People -

Green Gram	-	2 cups
rice	-	$\frac{1}{2}$ cup
Green Chillies	-	7 - 8
Salt	-	1 tsp.
Ginger	-	$\frac{1}{2}$ piece

Method: Wash and clean rice and dhal and soak for 2 hours minimum. Grind to a coarse paste with green chillies ginger and salt and allow to ferment - make into thin Dosas and Shallow fry them on the 'Dosa pan' (Tawa).

These are usually served with sauted onions and green chillies.

RAWA DOSA:

Rawa (Cream of Wheat)	-	1 cup	Salt to taste
Maida	-	1 cup	Jeera - tsp.
Rice flour	-	1 cup	Chopped green
Sour curd	-	2 cups	Chillies - 2 tsp

Method: Mix all three dry ingredients together, add curds and make into a dough, leave aside for half an hour - add two cups of water and dissolve dough into a smooth batter, add jeera and chopped green chillies. Mix well, add salt. Heat the Tawa and pour the batter from the edges and let it flow inward, fill in vacant spots and pour oil around - cook till crisp.

P.S. - the batter for this has to be carefully made up as to allow quick flow before it sets on the Tawa.

DOTHAPPAM:

Slightly sour dosa or iddly batter - chopped onions, chopped green chillies and chopped coriander, oil for frying:

Method: Heat the Tawa greased with oil - pour the batter in a thick round 1 mm thick in the centre of the Tawa, pour oil around, sprinkle chopped onion etc. on top of the dosa. Turn over and cook both sides evenly. Serve hot.

WHEAT FLOUR SWEET DOSA:

Wheat flour - 2 cups
Rice flour - $\frac{1}{2}$ cup
Jaggery - $1\frac{1}{2}$ to 2 cups

Method: Crush the jaggery and dissolve in 1 cup water, add wheat and rice flour and mix well to make a smooth batter. - add little more water to make better of puring consistency. Heat the girdle to medium heat and carefully spread the batter - pour oil or ghee round and cook till golden brown and crisp.

KAL DOSA

This is a dish for dieters since very little or no oil is used for cooking it.

Boiled Rice - 1 cup
Urad dhal - $\frac{1}{2}$ cup - 1 tbsp.
Salt to taste

Method: Wash and soak rice + dhal together for 6 - 8 hours, grind together to a fine batter - add salt and allow to ferment overnight.

Preparation of Dosa:

Heat the Tawa, smear oil and water mixture dipped in a cloth spread the batter into a thin dosa. Cover with a "Iddly pan cover" for 1 to 2 mins. Remove the Dosa carefully loosening the sides. Repeat with fresh batter.

P.S. - this is soft white Dosa and tastes delicious even when cold.

ADAI:

Rice	-	1 cup	Red Chillies	-	4
Mixed dhals -channa, tuar and urad	-	1 cup	Curry leaves	-	few
Green Chillies	-	2	Asafoetida	-	pinch
			Grated coconut	-	4 tbsp.
			Salt.		

Method: Wash and soak the dhal for 2 hours. Coarsely grind with the green chillies, red chillies, asafoetida and salt. Make a thick batter. Make Tawa hot and spread adai batter - make holes in the centre, pout oil around and cook till golden and crisp. Turnover and cook till done. Serve with butter and jaggery. - usually dhals with outer husk are used - no fermentation required, hence can be prepared same day.

OFFICERS

PRESIDENTS	: Vanitha Mudaliar Barbara Clarkson	662626 456355
VICE PRESIDENTS	: Nirmal Seshadri Aruna Vijayakumar	413820 472732
SECRETARIES	: Nirmal Mirza Marianne Kelly	455834(Off) 415672(Res) 478749
TREASURERS	: Lakshmi Padmenabhan Anneliese Marwah	864334 478749

ACTIVITY CHAIRPERSONS

ART & HANDICRAFTS	: Nanditha Krishna Maureen Hemingway	451850 452273
BOOK DISCUSSION	: Sarah Chenda Nancy Singh	454265 666429
COOKING SWAPSHOP	: Leelamani John Kazuko Uchida	453169 472826
CURRENT EVENTS	: Sujaya Menon Kathleen Mason	417464 418902
HEALTH & ECOLOGY	: Vijaya Balu Eira Doshi	72589 419347
HISTORY, CULTURE & TOURS	: Jennifer Ramachandran Janet de Penning	615884 475980
MUSIC & PERFORMING ARTS	: Surekha Kothari Margaret Sekharan	472690 611095
PHILOSOPHY & RELIGION	: Leela Rathnam Christina Engvall	452123 454419
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