

International
Women's
Association

OCTOBER 1989

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MONTH AT A GLANCE

Tuesday	Oct 3rd	MUSIC & PERFORMING ARTS: A musical medley to celebrate International Music Day.	10 a.m
Wednesday	Oct 4th	EXECUTIVE COMMITTEE MEETING	10 a.m
Friday	Oct 6th	ART & HANDICRAFTS: LEELA RATNAM leads a group of artists in the art of decorating floors.	10 a.m
Thursday	Oct 12th	HISTORY, CULTURE & TOURS: Video film on Vienna and the Spanish Riding School.	10.30 a.m
Monday	Oct 16th	CURRENT EVENTS: Astrology and its impact - talk by K.P. BALASUBRAMANYAM.	10 a.m
Friday	Oct 20th	HEALTH & ECOLOGY: A panel debate on "Caesarian versus normal delivery"	10 a.m
Saturday	Oct 21st	PHILOSOPHY & RELIGION: Join us in celebrating Dussera/Navrathri/ Divali in an evening of fun, frolic and food.	<u>6 p.m</u>
Tuesday	Oct 24th	BOOK DISCUSSION: On Anita Brookner's "Hotel du Lac" by LISA SHORTLAND.	10 a.m

FROM THE DESK OF THE PRESIDENTS

We are happy to record that our meetings are well attended. Our Activity Chairpersons are to be congratulated for organising programmes which are lively and have evoked good response from members. With the commencement of the festival season, we look forward to a variety of programmes in October and November. Poonam Lalchand and Sangeeth Chopra have advised us that they will organise Dussera as is celebrated in different parts of India. We can surely look forward to an eventful evening. We are planning a Christmas Party in December 1989 which will be a get-together of members and their families at a Gala Evening in the city. We are also planning to have a Dinner-Dance evening in February 1990 as a Finale for this year's programme. We wish you all a very Happy Diwali.

YANITHA MUDALIAR
BARBARA CLARKSON

MUSIC & PERFORMING ARTS

Tuesday 3rd October 10 a.m.

At: Mani Rangaraj
76, Poes Garden
Madras - 600 086.
Tel: 454364/451755.



The International Music Day is always on 1st October. We would like to celebrate it today with a special morning of melody drawing on the talents within our membership. We invite members to participate by contributing their special talents in the following categories.

- a) Vocal music (Classical or light)
- b) Instrumental music (Classical or light)

Both solo or group items will be welcome in Carnatic Music, Hindusthani Music and Western Music. A tanpura, harmonium and tabla support will be provided.

Members may please note that this is not a competition but a change from the usual concert or lecture demonstration. Please join us. Those who wish to participate can give their names to Nirmal Seshadri. (Tel. 413820. Please call between 8 a.m. and 9 a.m. only.)

SUREKHA KOTHARI
DAGMAR THOMSEN

EXECUTIVE COMMITTEE MEETING

Wednesday 4th October, 10 a.m.

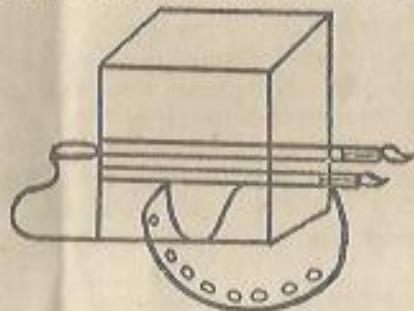
At: Surekha Kothari
28, Kothari Road
Madras - 600 034.
Tel: 472690/471262



ART & HANDICRAFTS

Friday 6th October, 10 a.m.

At: Leela Ratnam
Sri Raj
20, Cenotaph IInd lane
Madras - 600 018.
Tel: 452123/453798



Few countries in the world can boast of "floor decorations". India perhaps can take pride in the fact that our women excel in this traditional art of conjuring up, planning, devising and perfecting these decorative patterns on the floors of their homes. Using such a wide variety of materials like rice flour, rice paste, coloured powder, grains, cereals, flowers and even oilpaint. With imaginative and intricate designs, some of our artistic women can execute these patterns with superb artistry, called "Kolam" in Tamil Nadu, "Alpana" in Bengal, "Rangoli" in Western India and "Athappoo" in Kerala.

Since we are in the midst of Dussera and Navrathri pooja season, we thought it appropriate to present a demonstration in this traditional art.

LEELA RATNAM will explain the significance of this very Indian custom of decorating our homes. She will also lead three other artists in the demonstration of Kolam, Alpana, Rangoli and Athappoo. All are welcome.

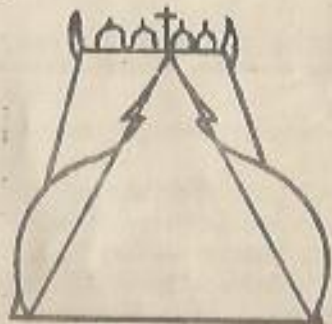
SHIRNA DANANI

SIGRUN NEUMANN

HISTORY, CULTURE AND TOURS

Thursday, 12th October, 10-30 a.m.

At: American Consulate General
Auditorium, Gemini Circle,
Madras - 600 006.



"Vienna" and "The Spanish Riding School"

IWA co-founder President, Nirmal Seshadri was recently in Europe. She has kindly agreed to lend us two videos presented to her.

The first is on the city of Vienna, a city rich in history and architecture.



The second is on "The Spanish Riding School", world famous for its Lippizaner horses, who dance to the music of Strauss.

The USIS has the facility to show these videos on a large screen and we must thank Mr. Michael Pelettier and Mr. George Delianus for kindly agreeing to allow us the use of the auditorium and its facilities. All are welcome.

**NANDITHA KRISHNA
JANET DEPENNING**

CONGRATULATIONS

To Michael Marwah, son of Anneliese and Dicky Marwah, who will wed this month.

Felicitations to Jennifer and Samantha twin daughters of Roma Alberts, Fiona and Tishani, Eira Doshi's daughters; who did outstandingly well in the Madras Gym's swimming Gala. Not only did they win prizes; they participated in a very well coordinated beautiful display of a water ballet. We are proud of these young mermaids! A special kudos to Lakshmi Padmanabhan who entered an all male parents' race. Despite swimming in "troubled waters" - Lakshmi eventually emerged out as the winner as her only male opponent conceded the race to her. A very laudable and creditable achievement for our Lakshmi!

CURRENT EVENTS

Monday 16th October, 10 a.m.

At: Kanika Parekh
26, Anderson Road
Madras - 600 034.
Tel: 479841



Dr. K.P. Balasubramanyam, the eminent astrologer will speak to us on "Astrology and its impact". A fascinating subject, astrology has always intrigued one and all. He will also be happy to answer your questions.

All are welcome.

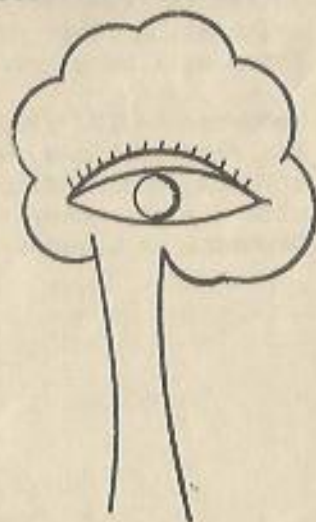
SUJAYA MENON

KATHLEEN MASON

HEALTH & ECOLOGY

Friday 20th October, 10 a.m.

At: Urmilla Reddy
11, 3rd Street
Subba Rao Avenue
Madras - 600 006.
Tel: 476421



A panel debate on "Caesarian versus normal delivery". This should be a lively debate. Our panel speakers will be our own IWA member Dr. Mrs. Shiela Rajaratnam, consulting Obstetrician and MD DGO and Dr. Mrs. Kodimani, Gynaecologist.

VIJAYA BALU

EIRA DOSHI

PHILOSOPHY & RELIGION

Saturday, 21st October, 6 p.m.

At: Neeraj Chadha
" Mill bank "
4, Boat Club Road
3rd Avenue
Madras - 600 028.
Tel : 450 655



Capturing the festive moods of Dussera/Navrathri and Diwali, we present a fun filled evening as never before seen in Madras. Truly an integrated effort in adhering to age old traditions consisting of the Kolu or dolls' display, Durga pooja songs and dances and fireworks culminating with the burning of the effigy of Ravana, symbolizing the triumph of good over evil.

It is a family evening. So we hope you will join us in celebrating the day with gay abandon. Guests are welcome. There will be a cover charge to meet our catering expenses.

Members: Rs.20/ ; Guests: Rs.30/ and Children under 12: Rs.10/. No cancellations will be accepted. Please fill in the tear off slip and hand it over to any of three names mentioned below with your money in cash. R.S.V.P to Poonam Lalchand, Nirmal Seshadri or Lakshmi Padmanabhan.

SANGEET CHOPRA

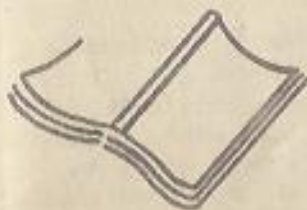
POONAM LALCHAND

* Please note that the tear off slip for R.S.V.P. is on page 15.

BOOK DISCUSSION

Tuesday, 24th October, 10 a.m.

At: Maheep Singh
9, Turnbulla Road
Madras - 600 035.
Tel: 45-3199



"HOTEL du LAC" by Anita Brookner will be reviewed by Lisa Shortland as her swansong with the IWA before leaving for Australia. We've seen the movie, now let's compare the adaption. The book was hailed as an intelligent romance and Miss Brookner won the 1984 Booker Prize for this witty, touching and formidably clever classic. We urge you to read the book if only for the sheer joy of savouring Miss Brookner's prose.

For November, our book discussion will be on "THAT LONG SILENCE" a powerful novel by Sashi Deshpande. We are delighted to advise that Mrs. Deshpande will join us on this occasion.

SARAH CHANDA

MAUREEN HUDSON-MURARI

CONDOLENCES

Our heartfelt sympathies to Judith Timberman in the recent death of her father-in-law.

Our deep sympathies to Algau Muthu who lost her father-in-law recently.

Our hearts go out to Renu Jalan in her bereavement. Her mother expired last month.

FROM THE DESK OF MEMBERSHIP TREASURER

An oft-heard complaint is, "Where is it written, we did not know?". There is no room for such doubts if you read your newsletters carefully, as all relevant information about how we function has been stated from time to time over the past years. Once more here goes: An active member is one who attends a minimum of ten meetings per year. This entitles her to a renewal form every year. She may also volunteer to host a meeting, or arrange a programme for us, or take part in any of our shows. However, these are only subsidiary ways of being active. A member can opt to be inactive, but only due to unavoidable circumstances such as prolonged illness or transfer out of town. To qualify for this she must have been active earlier as a member. Thus new people cannot straightaway join as inactive members.

The progress of I.W.A. depends mainly on member participation. The interaction among different nationalities is the foundation upon which our organisation rests. Some new members are not aware that we have a constitution which spells out our objectives very clearly. Those who want to read to may pick one from, Miss. VIJAYALAKSHMI, WOOLTOP WEAVES, 44, C.P. Ramasamy Road, Abhirampuram, MADRAS - 600 018.

We have finished four months of our current year with several interesting meetings which drew large audiences. Yet, a small number of members have not put in a single appearance. It is with this minority that I plead for a more positive response. The committee does not approve of dormant members. We would like to be informed of your difficulties, if any, in attending for a temporary period. Believe me, we are a sympathetic lot who understand your problems. Your continuing membership will be assured if we know the reasons why you cannot attend. Ten attendances work out to less than once a month as we work eleven months (May being a holiday month) and we have a wide variety of meetings each month.

Early enough, we emphasize that renewal will be automatic only for those who have shown keen interest in our activities through the year.

We do appreciate and thank our hostesses for their hospitality in giving their homes but we also wish to see more of them (this applies only to those who vanish after acting as hostess). The essence of I.W.A. is active participation and hosting or arranging programmes etc., are merely complementary. It is only with your co-operation we can be more dynamic than we already are.

Getting to know you remember to sign legibly or print your names as soon as you enter and lastly, do wear your name badges for easy identification.

LAKSHMI PADMANABHAN

ANOTHER TOUR OF KANCHIPURAM

Do I really want to go? I've been before! But this time it is supposed to be the tour to really tell us about the history and chronological development of the temples. So I went. Took Nalini along for moral support and together with Janet our Chairperson, two Liss's and their husbands and another Janet, we joined our tour guide Anandi at CP Arts Centre to be farewelled by Nanditha. It seemed a pretty poor showing of IWA members, but at least we had little difficulty in remembering each other's names.

Left promptly at 7.30 a.m. So this was a good start. Anandi unable to compete with the roar of the bus engine started her job in earnest with a detour on the outskirts of Kanchipuram to visit a typical village hut. It was indeed. But by now coffee and breakfast were more in need and only 15 minutes behind schedule we arrived at the ITDC for such a satisfying South Indian breakfast.

Refreshed, we proceeded to our first temple and by now our relatively small number of eight was beginning to feel like a happy group of friends who also didn't need to be herded by our guide. Anandi started with the Pallavan era 7th-9th century at Vishnu's VAIKUNTANATHA Temple. She gave us a lengthy expose here, but she new her history and I was captivated. Already I was learning to distinguish Vishnu among his other deities as

well as learning some Bharathnatyam movements so eloquently displayed by Anandi. But was this expose going to be the forerunner.... we still had another five temples to visit. Anandi preempted my thoughts and said for the rest of the tour she would keep to the basic information. But we became more intrigued with the distinguishing features of the centuries, the next temple being Shiva's KAILASANATHA, still in 8th century Pallavan era. Enshrined here was Shiva with his chauvinistic emirk and Parvati sulking after Shiva's dancing victory. Just one of the many of Anandi's fascinating treats. On to CHOKKESVARA, now 9th century Chola period. Sadly this decrepit little temple left to the mother of the priest to maintain was a poor tribute to its historical significance, but an interesting appraisal in the chronology stakes. Apart from Michael leaving his slippers at KAILASANATHA, fortunately easily identified and recouped by the driver, we were moving along comfortably. Next was EKAMBARESVARA Temple where, of course, I had been before together with all the other pilgrims. We now realised we had been privileged to visit the other temples as there were no tourists. EKAMBARESVARA presented the influence from the centuries in the mixture of architecture even to the Buddha heads in the wall as we went out. Not even my usual guide Nalini had noticed them before! Lunch (still on schedule) and a siesta preceded the very special temple of the day. Despite going back to the 7th century we were privvy to see the origins of Mahaveera's JAIN Temple in the South. Anandi said in the past one had to walk a mile to the temple as the bus could not negotiate the road. This is most definitely not on the tourist route. But the ceiling murals would have made the walk bearable.

A side tour now to visit the handlooms and the home of a very dedicated couple and their weavers who thankfully keep this industry alive. We also 'dropped' in on another family who welcomed us as if the invitation had been rsvp'd and saw the communal living in the typical Indian home where the families share the common courtyard.

Our final temple in the chronology chart was 16th century VARADARAJA Temple. Anandi still had our attention imagining we were at a wedding ceremony and pointing out the erotica depicted in the pillars animated us as to whether Anandi's explanation - or Lisa's historical rendering - accounted for their origins.

We did not give any business to a silk merchant, much to his displeasure, but he very kindly allowed us respite with a cup of coffee and a rummage through his wares before heading back to Madras, now a little after 6 p.m.

We had been sated with culture, but did not feel exhausted. Our bus bounced along but an usual cranking sound on the inevitable undulations of Tamil Nad's highway put the bus into third gear where it stayed - until it conveniently hit the Poonemalle Truckies' depot and had to change gear, but the clutch had left a vital screw on one of those undulations. It died and, of course, right in the middle of the road. Well, no better tasting tea than the Truckies' Kaadi while a mechanic held a candle under the engine, and we held our breaths between sips waiting for the explosion but miraculously within twenty minutes our trusty driver had us back on the road. And safely back in Madras, quite a bit late for Janet's farewell dinner to Mo but at least we were home safely. And you all missed a wonderful day - an excellent tour guide - a very well organised day thanks to Janet and Nanditha - and a very good bus driver despite his mantra to get us to Madras in third gear.

Maureen Hudson-Murari

Nanditha Krishna, Chandra Sankar and Shoba Hebbar have just returned from a fascinating tour of the U.S.S.R. Look out for Nanditha's report in our next News Letter.

RECIPES OF THE COOKING SWAPSHOP MEETING OF JULY

(Demonstration by the Executive Chef Mr. Uday Girme of
Welcomegroup Park Sheraton)

1. Name of Dish : MUTTON BIRYANI
Type of Cuisine: HYDERABADI
No. of portions: 4 portions

INGREDIENTS	QTY gm/ml
Mutton	1 Kg.
Rice Basmati	400 gms
Onions	200 gms
Ghee	100 gms
Cardamom	5 gms
Cinnamon	5 gms
Cloves	2 gms
Shahi Jeera	2 gms
Zavetri	1 gm
Red Chilli Powder	3 gms
Haldi Powder	1 gm
Saffron	1/2 gm
Salt	to taste
Dough	300 gms
Dahi	200 gms
Milk	100 gms
Lime	2 nos
Coriander leaves	100 gms
Mint	50 gms
Green Chillies	5 nos
Ginger	70 gms
Garlic	30 gms

METHOD

Pre-Preparation:

1. Make Ginger Garlic Paste.
2. Powder Cardamom & Zavetri.
3. Slice Onions, lightly brown in ghee & remove.
4. Cut Mutton to large pieces and wash well.
5. Wash and soak rice for one hour.

Cooking:

1. In a HUNDI, mix the jointed Mutton with Garam Masala, Red chilli Powder, Haldi, Dahi, Milk, Lime Juice, Coriander & Mint leaves, Ginger & Garlic paste & Green Chillies. Keep aside.
2. Boil water in a Hundi, add salt & cook rice for 10 mts. Then remove half the quantity of rice that is being cooked and spread over the mutton mixture. Continue cooking the remaining rice for 5 mts, strain & spread over the rice already put on the mutton.
3. Line the brim of the mutton, rice mixture hudi with Atta Dough & gently place a fitting lid on it.
4. Cook initially on a high flame for 10 mts over a Tawa. Then lower the flame & cook for further 20 mts.

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2. Name of Dish : SHANKORA PHIRNEE
Type of Cuisine: HYDERABADI
No. of portions: 4 portions
-

INGREDIENTS

QTY

Ghee (desi)	50 gms
Rice Flour	30 gms
Milk	200 gms
Khoya	200 gms
Elachi	3 nos
Badam	4 nos
Pista	4 nos
Sugar	100 gms

METHOD

1. Heat Ghee in a Hundi, add rice flour and cook well.
2. Add milk to rice flour. Once it starts boiling, add Khoya and allow to cook well.
3. Add the sugar, cook for 3 mts, remove from fire and add powdered elachi. Mix well.
4. Portion out into 4 cups, garnish with finely chopped almonds and pistachio.

Recipe of the Cooking Swapsshop meeting of August: Demonstration
by Janet de Penning

PAVLOVA

There are many different recipes for the dessert.
The following is a modern variation:-

- | | |
|----------------------|-------------------------|
| 4 egg whites | 1 teaspoon lemon juice |
| 1½ cups castor sugar | 2 teaspoons icing sugar |

Combine egg whites, castor sugar and lemon juice in a small bowl. Beat on high speed for 15 mins. Fold in sifted icing sugar. Spread the meringue on to aluminium foil in a circle shape approx 1½" thick.

Bake in a very slow oven (120° C) for 1 - 1½ hrs or until dry to touch. Cool in the oven with the door ajar.

Remove foil from the base of the meringue and place on a serving plate: cover the top with whipped cream and decorate with fruit. Ice cream can be served with it.

The meringue shell can be stored in an airtight tin or plastic bag in a cool place for up to 2 weeks. Decoration should be undertaken about 2 to 3 hours before serving.

Comments: To get the desired granule size, the sugar must be spun in a blender/mixie unit it is a very fine.

Lemon Juice = 1 part sweetlime juice : 1 part smell lime juice

All teaspoon measure are level. 1 tsp = 5 ml.

1 egg = 60 gm egg. Egg whites should be at room temperature also a few days old, this gives a firm jelly like consistency.

Should the meringue mixture not beat up to great volume do not abandon the mixture. Cook as directed: if it has risen a little but is stickly inside, put the cream on a few hours earlier - if it is a flat hard shell!! crumble it over ice cream surrounded by fresh fruit and serve it with aplomb!

R.S.V.P. for the Dussera / Diwali evening

Name :

Address &

Telephone :

•We will be coming to the Dussera/Diwali function.

No. of Adults :

No. of Guests :

No. of Children :

Total amount due : Rs.

Signature.