



International
Women's
Association

NOVEMBER 1989

IMA NEWS LETTERVol. IV No:6
Madras, India**NOVEMBER 1989****MONTH AT A GLANCE**

Wednesday	Nov 1st	EXECUTIVE COMMITTEE MEETING	10 a.m.
Thursday	Nov 2nd	COOKING SWAPSHOP: The Taj chefs will demonstrate the best in Parsi cuisine - "DHANSAK" (both veg and non veg).	10 a.m.
Thursday	Nov 9th	HEALTH & ECOLOGY: RABI RAJARATNAM gives us an insight into the gardens of tomorrow.	10 a.m.
Friday	Nov 10th	HISTORY, CULTURE & TOURS : Join us in the celebrated "Japanese Tea Ceremony".	10 a.m.
Monday	Nov 13th	ART & HANDCRAFTS : The art of Bonsai- a talk cum demonstration by SAMAN ZIA.	10 a.m.
Friday	Nov 17th	CURRENT EVENTS : "The crisis in China", as seen by N. RAM.	<u>5.30 p.m.</u>
Tuesday	Nov 28th	BOOK DISCUSSION : On "The long silence" by SHASHI DESHPANDE.	10 a.m.
Thursday	Nov 30th	MUSIC & PERFORMING ARTS : R.VISHWESHWARAN's recital on the "SANTUR"	10 a.m.

FROM THE DESK OF THE PRESIDENTS

We have had a very busy October with splendid meetings covering a wide variety of subjects. The music meeting to celebrate International Music Day was truly a delightful morning with several new faces and some rarely seen members coming forward to sing and they sang pretty well too! We are grateful to eminent artist Thota Tharani who consented to guide ten I.W.A children in their artistic efforts on the occasion of the opening of a new gallery "Vimnisha" of member Vimal Shivdasani. It was an unusual opening with the concept of the little children commencing their "Vidyarambham" (learning) on the auspicious day of Vijayadashami.

Maureen Hudson - Murari and her band of helpers are busy arranging the Christmas Party, details of which will be given in next month's news letter. We hope you enjoyed the Dussera/ Diwali evening as much as we enjoyed presenting it to you!

VANITHA MUDALIAR

BARBARA CLARKSON

Our grateful appreciation to JOY GRICE who served as Joint Secretary until September. We welcome SEEMA SAI who has kindly agreed to take over as the new Joint Secretary in the interim period for this year.

EXECUTIVE COMMITTEE MEETING

Wednesday, 1st November, 10 a.m.

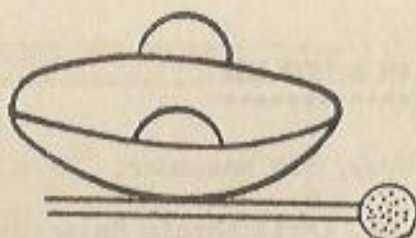
At : Sherna Danani
55, Bishops Garden
Madras - 600 028.
Tel: 837536



COOKING SWAPSHOP

Thursday 2nd November, 10 a.m.

At: Taj Coromandel Hotel
Nungambakkam High Road
Madras - 600 034.



Many of us have enjoyed the Parsi dish "DHANSAK" at some time or other. Today, the Taj Chefs will demonstrate the art of making the traditional Dhansak, both the vegetarian and non-vegetarian variety.

All are welcome

RUPA SOOD

ROMA ALBERTS

Change of Address :

1. NEENA SANGHAVI
9, Harleys Road
Kilpauk,
Madras - 600 010.
Tel: 616 833.

2. LALITHA ZA CHARIAH
Flat 2, "The Manor"
1, Cenotaph 2nd Lane
Madras - 600 018.
Tel: 450 675.

**X'MAS & NEW YEAR IS APPROACHING FAST;
ORDER NOW.**

"Rich Classic" Christmas Cakes Rs. 125 / Kilo

"Light Modern" Christmas Cakes Rs. 85 / Kilo
(Minimum order Half Kilo)

Other Cakes, Desserts & Puddings also available
Call LEELAMANI JOHN : 453169

HEALTH & ECOLOGY

Thursday, 9th November, 10 a.m.

At: Dr. (Mrs) Shiela Rajarathnam
150, Poonamallee High Road
(Opp. Dr. Ramu Rao Nursing Home)
Madras - 600 010. Tel: 663100

GARDENS OF TOMORROW

Mr. Rabi Rajaratnam will give us a talk on gardening but with an emphasis on portable gardens. We will be able to see his fascinating collection of full grown trees trained in pots!



VIJAYA BALU
EIRA DOSHI

HISTORY, CULTURE AND TOURS

Friday, 10th November, 10 a.m.

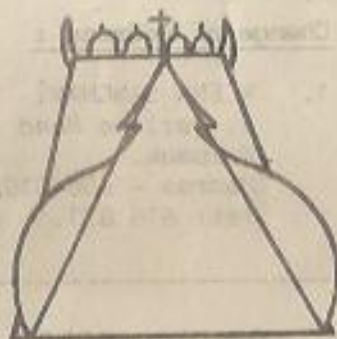
At: Fumi Tanaka, 5/B Chittaranjan Road
Teynampet, Madras - 600 018.

Cherry blossom, SONY and Chanoyu typify Japan.

The first two may be well known to many members. How many know the third?

Fumi Tanaka and her compatriot friends have promised to demonstrate to us the traditional tea ceremony of Japan, with all its simplicity and beauty. Will we see the Omotesenke School, the Urasenke School or the Mushakojisenke School?

Well, come and join us at the Teahouse of the August Moon. Except, of course, it's November!

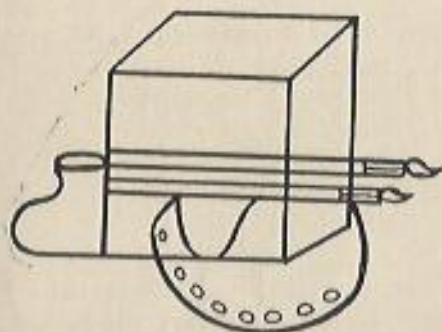


NANDITHA KRISHNA
JANET DEPENNING

ART & HANDICRAFTS

Monday 13th November, 10 a.m.

At: The Guild of Service Hall,
Opp. Don Bosco School
28, Casa Major Road
Egmore, Madras - 600 008.



SAMAN ZIA is a Bonsai enthusiast with 14 years of experience behind her. She will explain the basics of Bonsai which should be a boon to every beginner. This meeting is being hosted by I.W.A. member Sufia Hussain, who incidentally is Saman's aunt.

All are welcome.

(R.S.V.P : Please call Sufia - (611406) between 8.30 & 9.30 a.m. if you plan to come.)

SHERNA DANANI

SIGRUN NEUMANN

CONGRATULATIONS to GOWRI KRISHNAN TIRUMURTI who has just had a baby girl! Felicitations to proud grandmother LALITA KRISHNAN.

CURRENT EVENTS

Friday 17th November, 5.30 p.m.

At: Meenakshi Meyappan
"Sabrina"
106, Santhome High Road
Madras - 600 028
Tel: 72985



N. RAM, Scholar and Associate Editor of "The Hindu", Madras, will speak to us on "What happened in the Tiananmen square in China? What will be the repercussions worldwide and in what direction is the giant communist country heading?"

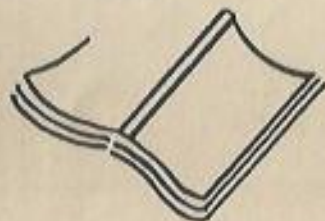
All are welcome. (Please be in your seats by 5.15 p.m.)

SUJAYA MENON
KATHLEEN MASON

BOOK DISCUSSION

Tuesday, 28th November, 10 a.m.

At: Kamala Muthiah
Bedford House
5, Raja Annamalai Road
Madras - 600 084.
Tel: 66 1141.



As mentioned our book for November is "THAT LONG SILENCE" by SHASHI DESPANDE. We are happy to confirm that Shashi will join us to discuss the background to this book and her other works. The book is available through either Sarah or Maureen. The Times Literary Supplement says 'The novel's strength lies in its compassion, its tolerance and understanding of human relationships.' It certainly touches a raw nerve but is a book for us all to read and contemplate.

SARAH CHANDA
MAUREEN HUDSON-MURARI

MUSIC & PERFORMING ARTS

Thursday 30th November, 10 a.m.

At: Sunita Shshaney
" Ashley House "
6, Boat Club Road, 2nd Avenue
Madras - 600,028.
Tel: 450 759



A little known stringed instrument in South India is the " SANTUR " and today we have the well known exponent R. VISHWESHWARAN to explain to us the salient features of the Santur. He will also give us a brief recital. Hailing from a family of musicians Vishwesh is a senior disciple of the renowned Santur maestro Pandit Shiv Kumar Sharma. Vishwesh's maternal uncle G.N. Balasubramanyam was a famous musician of his times. Vishwesh's wife Chitra is a dancer par excellence on the stage.

The Santur is special to Kashmir where it was used to accompany a type of classical music called Soofiana Kalam and was mostly used in folk music. It is to Pandit Shiv Kumar Sharma's credit that he raised its eminence as an instrument of classical music on the concert platform. In Vedic times it was referred to as the " shatha tantri veena ", perhaps because of the 100 strings present in it. In ancient Persia, where legend says it originated, the instrument derived its name SANTUR (San meaning hundred and tur denoting the strings).

All are welcome

SUREKHA KOTHARI

DAGMAR THOMSEN

FROM RUSSIA, WITH LOVE

It was a holiday which nearly never took off. There were so many hurdles, such as insufficient FTS passengers, difficulties in co-ordinating between Delhi, Bombay and Madras, non-appearing visas, etc. Even the number of IWA members which began with six plus spouses and friends, ended up with Chandra Sanker, Shobha Hebbar and yours truly, plus one spouse, besides three others from Madras.

Like all international flights we flew out of New Delhi at 6 a.m., reporting at the unearthly hour of 4.00 a.m. Here, we had our first acquaintance with the INDUS group from Bombay, a multinational group consisting of Australian, American, Panamanian, British, Swiss, and Indian members, including their President Jan Guthrie and the Chairman of History, Culture and Tours, Gerry Walker. There were a few others too.

Tashkent, our first stop, is a city re-constructed after the terrible earthquake which devastated it in 1966. Within a short span of time, they have managed to green the place so unbelievably, that it is hard to believe that it was once situated in the desert. From Tashkent we went to Samarkhand, a city of romance, where the softer side of the barbaric Timur who ravaged Northern India resulted in beautiful buildings and where his grandson, the gentle scientist Ulug Beg built one of the greatest observatories in the world. He was murdered in the desert and his observatory was destroyed by fanatics, but his work lived on in that of later astronomers. The drive from Samarkhand to Tashkent, on the famed silk route, was our major exposure to the countryside, where cotton and rice have replaced the desert sands. The people of Uzbekistan were warm, friendly and similar to Indians in their culture, wearing a version of the salwar kammeez, eating naan and drinking chay. Hindi films are very popular there and we probably heard more of 'Mera Joota Hai Japani...' in Uzbekistan than in India.

From Tashkent we flew to Tbilisi, the capital of Georgia. Nestling between hills and valleys, it has an ancient history of Christianity which dates back to the 6th century. Georgians are extremely involved with their religion. The churches dot the

city and are filled with metal-embossed icons. The churches are also grim reminders of a very troubled history, and ramparts of forts appear all over the city. The greatest ruler of Georgia was Queen Tamara, known as 'the king of kings'. Near Tbilisi is Metakhi, the ancient capital of Georgia, with an enormous wooden cross which was placed on a hill when the state first adopted Christianity. Here, again there are several churches, with the oldest Georgian Orthodox Church built over the ancient cross. Incidentally, Georgians are extremely good-looking!

Our next stop was Leningrad, probably the most beautiful city in the world, dotted with exotic palaces and gardens. The city of Peter the Great was constructed out of swamps, where the river Neva meets the Bay of Finland. 20,000 people died to build it and 6,50,000 people died to save it from the Nazis in the Second World War, according to the guide. It is a city of colourful palaces which reflect changing art styles, from the elegant simplicity of Peter the Great's time to baroque, gilded sculptures and decorations of the period of Catherine the Great. While the Peter and Paul Fortress situated in the Bay of Finland is a great monument to its builder, the Hermitage Museum houses one of the greatest collections of European art from the Middle Ages to even the impressionists, including Picasso. The summer Palace of Peter the Great is yet another magnificent building with painted ceilings, gilt stairways, Chinese gardens and trick fountains. After seeing the extravaganzas of the palaces, it is quite understandable why the Revolution was inevitable in Russia.

Till now the weather had been sunny, very hot at Uzbekistan and very pleasant at Leningrad. At Moscow we were exposed to the famous Moscow weather. It was still autumn and the temperatures was 8°, but it was raining, and most of us suffered from frozen hands and noses. The capital of Soviet Russia is dominated by the Kremlin, an enormous fortress. The ancient palaces of the Russian Czars now house the offices of the Soviet Government. We saw many churches with the famous 'onion'-shaped domes, gilded patterned or painted. Inside these churches are exquisite icons and mosaics with expressions of Russian Orthodox mythology. It was quite a thrill to walk through Red Square and Gail, our American co-traveller, was so excited that she went back for a second visit. We also visited the Convent of Nukus

Karakalpakskaja where Czars and nobleman would forcibly pack off unwanted wives so that they could marry again, without violating the church's rule of monogamy! In Moscow we stayed in a steamer on the river Moskva which was fun, but a little far from the main city.

Our last stop was Sochi, a beach resort on the Black Sea coast. Till now we were in the state of "If it is Tuesday it must be"! At Sochi there was not much to see, besides the sulphuric waters. The beach has a pebbled coast line, so different from our sandy Indian beaches. We were able to wash and iron our clothes, shop a little, and start packing for our return journey. From Sochi, we went back to Tashkent, enroute to New Delhi.

The trip to the U.S.S.R. was fascinating. The country was so different from what we had expected. It is one of the most aesthetically appealing places, where monuments and nature have been preserved with great love. The people have a long history of suffering which they have never forgotten and it was very touching to witness scenes such as those at the memorial to the Tashkent earthquake or at war memorials where, after the marriage caremony, young couples would come and leave boquets of flowers as an offering to those who had died for their people. Entertainments are aplenty-either the circus, ballet, folk dances, opera or theatre is always available in each city. Every city we visited had a well stocked museum. It was also lovely to be an Indian in the U.S.S.R., for the people are so friendly and affectionate towards Indians, going out of their way to gift us flowers and souvenirs. There was one incident with a taxi driver who refused to take money from Indians, quite a contrast to taxi drivers in other countries and even in India!. The trip was also an opportunity for IWA and INDUS members to get together and, we hope, forge future links besides that which the IWA founders brought with them.

NANDITHA KRISHNA

RECIPES OF THE COOKING SWAPSHOP MEETING OF SEPTEMBER

The Connemara Chefs demonstrated the following :

ROTIS

ATTA OR WHEAT FLOUR - 1 KG

SALT - 1/2 TSPNS. OIL - 1 TABLESPON

Sift the flour with the salt. Rub oil into the flour. Add water to make a smooth dough.

Make into small balls. Dust with flour and roll out evenly into rounds, taking care that the edges are thin. Roast on a Tava.

TANDOORI ROTI

ATTA - 3 PARTS MAIDA - 1 PART SALT - 1/2 TSPN.

METHOD : Same as above. Put into the tandoor and roast. Serve hot.

NAANS

Naan in Persian means "BREAD". Naans take their names after the principle ingredient used. Eg. - If almonds are used, it is called BADAMI NAAN etc.

RECIPE

FLOUR - 1 KG	CURD - 150 ML	SUGAR - 50 GM
SALT - 50 GM	EGGS - 2 NOS	OIL - 2 TEASP.
BAKING POWDER - 25 GM	MILK - 100 ML	WATER - AS REQD.

METHOD

SPRINKLE salt, soda, Baking Powder on flour. Sift the flour on to a tray.

Break the fibres of the eggs. Add to it, the curd, milk, sugar. Mix well until the sugar dissolves.

Add to the flour and mix well to a smooth dough with water.

The dough should not stick to the fingers nor should it be hard. Keep it for 10 minutes. Add oil and punch it again. Keep for 2 hours to 3 hours and then use.

Make small balls of the dough. Flatten it with little oil. Roll it out into a triangle. Put it into the tandoor for 2/3 minutes until done.

Brush the top with ghee and serve.

ROOMALI ROTIS

Takes its name after the way it is folded after cooking. ROOMAL means KERCHIEF.

MAIDA - 1 PART ATTA - 1 PART SALT - 1/2 TSP.

OIL - 1 TSPN.

Method to make same as rotis. Roll out the rotis into a circle taking care to see that the edges are thin and the centre thick. Fling the roti into the air once or twice, so that it enlarges. Put the rotis onto the inverted kadai and cook it. Once done, it is like a kerchief and serve.

.....

PARATHAS

MAIDA - 3 PARTS ATTA - 1 PART OIL - 2 TEASP.
WATER - TO MIX SALT - 1 TEASP.

METHOD

Sift maids and atta with salt. Add the oil. Mix well to a smooth dough.

Make into even sized ball and roll it out. Shallow fry it on 'Tava' on 'Girdle' until it is light brown. Serve hot with a raitha or a vegetable dish.

PUDINA PARATHA

Add 1 Tablespoon of finely chopped mint leaves to the Paratha.

ALU PARATHA

Roll out the dough. Stuff it with mashed potatoes and little chopped chillies.

Roll out the Paratha. Shallow fry the Paratha. Serve with curd and pickle.

LACCHEDAR PARATHA

Ingredients same as in Nean Dough.

Make the dough into a rope and then into a circular ball. Roll out. Shallow fry on a Tava with lots of ghee. Serve hot.

EXECUTIVE COMMITTEE

PRESIDENTS	:	Vanitha Mudaliar	662626
		Barbara Clarkson	666604
			456355
VICE PRESIDENTS	:	Nirmal Seshadri	413820
		Aruna Vijayakumar	472732
SECRETARIES	:	Nirmal Mirza	415672(Res)
			455834(Off)
		Seema Sait	612800
TREASURERS	:	Lakshmi Padmanabhan	864334
		Anneliese Marwah	417549

ACTIVITY CHAIRPERSONS

ART & HANDICRAFTS	:	Sherna Danani	837536
		Sigrun Neumann	413294
BOOK DISCUSSION	:	Sarah Chanda	454265
		Maureen Hudson Murari	662627
COOKING SWAPSHOP	:	Rupa Sood	450034
			451419
		Roma Alberts	453128
CURRENT EVENTS	:	Sujaya Menon	417464
			410717
		Kathleen Mason	418902
HEALTH & ECOLOGY	:	Vijaya Balu	72589
		Eira Doshi	419347
HISTORY, CULTURE & TOURS	:	Nanditha Krishna	451850
		Janet de Penning	475980
MUSIC & PERFORMING ARTS	:	Surekha Kothari	472690
		Dagmar Thomsen	452656
PHILOSOPHY & RELIGION	:	Sangeet Chopra	410759
		Poonam Lalchand	472947
			471624

A rain starved Madras - can only echo SAROJINI NAIDU's
famous poem -

"HYMN TO INDRA, LORD OF RAIN"

O THOU, who rousest the voice of the thunder,
And biddest the storms to awake from their sleep,
Who breakest the strength of the mountains asunder,
And cleavest the manifold pride of the deep!
Thou, who with bountiful torrent and river
Dost nourish the heart of the forest and plain,
Withhold not Thy gifts O Omnipotent Giver!
Hearken, O Lord of Rain!

O Thou, who wieldest Thy deathless dominion
O'er mutable legions of earth and the sky,
Who grantest the eagle the joy of her pinion,
And teachest the young of the koel to fly!
Thou who art mighty to succour and cherish,
Who savest from sorrow and shieldest from pain,
Withhold not Thy merciful love, or we perish,
Hearken, O Lord of Rain!

STOP PRESS NEWS

Due to unavoidable circumstances
the Health & Ecology meeting
on November 9th has been cancelled.

We regret the inconvenience.

This meeting will now be
rescheduled for January.

Thanking you!

VIJAYA BALU

EIRA DOSHI