



International  
Women's  
Association

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JUNE 1990

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## I W A NEWS LETTER

Vol V No:1  
Madras.

JUNE 1990

## MONTH AT A GLANCE

Monday	Jun 5th	CURRENT EVENTS: MIRA NAIR'S sensitive portrayal on the life of the Indian cabaret artiste.	<u>6.30 p.m</u>
Tuesday	Jun 7th	EXECUTIVE COMMITTEE MEETING	10.00 a.m
Wednesday	Jun 12th	COOKING SWAPSHOP: Easy to make scones and small cakes demonstrated by SHEILA PRIDE and ROMA ALBERTO.	10.00 a.m
Thursday	Jun 14th	PHILOSOPHY AND RELIGION: A visit to the SUFI-DHAR TEMPLE.	10.00 a.m
Friday	Jun 19th	BOOK DISCUSSION: Poetic moods of IWA members.	10.00 a.m
Saturday	Jun 21st	HISTORY, CULTURE AND TOURS: A film on the awesome beauty of the German Alpine region.	10.00 a.m
Sunday	Jun 26th	HEALTH AND ECOLOGY: Surprise! Surprise! What you did not know about your own city. Nature spots and trails within easy reach.	10.00 a.m
Monday	Jun 28th	MUSIC AND PERFORMING ARTS: A film presentation of PETER BROOK'S internationally acclaimed theatre masterpiece "THE MAHABHARATA".	<u>2.00 p.m</u>
Tuesday	Jun 29th		

FROM THE DESK OF THE PRESIDENTS

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Welcome to an exciting and active year with I.W.A. We hope that you have all had a good holiday and have returned refreshed to Madras. Our new Board is hard at work and our Activity Chairpeople are planning a dynamic year with lots of new ideas and events.

Already we have decided to introduce a new Activity Group, "CAREERS" - with more women able to pursue their vocation, we thought that this would be a popular subject, encompassing career guidance programmes as well - which will interest our members with school and college going children.

One of the highlights of the year is printing our very own IWA Cook Book with tried and tested recipes from within our membership and from outside. Our Cooking Swap Shop Activity Chairpeople, Sheila and Rani will mastermind this project - with the help from the Membership and the Board. Get your thinking caps on and your favourite recipes together - we would love to feature you in our Cook Book. Details on this will be passed on to you through Rani and Sheila at the appropriate time.

Reading through these pages, you will see new and welcome additions in this Newsletter along with interesting programmes that have been arranged for you this month. We look forward to seeing you at the meetings.

This is your organisation and your ideas are always most welcome. If you have a particular talent or specialist skill which you would like to share, please tell us, or let the Activity Chairpeople concerned, know. Also if you have any news of members which you feel should be included in the Newsletter please tell us.

We hope that we can all work together to make this a really happy and successful year.

SUNITA SHAHANEY

JANET PICKEN



FROM THE DESK OF THE VICE-PRESIDENTS

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The New IWA YEAR is here and we find ourselves looking like long lost journalists. However, we have enjoyed doing this newsletter.

"1990" - takes us nearer to the 21st century and the Moon - So we reasoned, it would be a good time to say something about forgotten "Arts, Crafts & Performing Arts" and go back a little into the past. In this Newsletter we feature The Aramula Mirror.

NIRMAL MIRZA

JANET DE PENNING

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April 16, 1990

Dear Members,

In accordance with clause 26 of the constitution, Seema Sait, has been appointed by the Board to the post of Treasurer for 1990/91. On behalf of all the members of I.W.A., we would like to welcome Seema Sait on the Board. She replaces Marianne Kelly who had to leave for personal reasons. We look forward to working with Seema as our Treasurer. As all of you know this is a vital position in any organisation.

We take this opportunity to welcome Mrs Vijaya Rangarajan as Arts & Handicrafts Activity Co-chairperson. She replaces Barbara Finn who will be leaving India shortly.

SUNITA SHAIANEY

JANET PICKEN

MEMBERSHIP COMMITTEE

The Board has appointed a Membership Committee for the year June 1990 - April 1991, comprising of Vijaya Balu (Chairperson), Barbara Clarkson, Vanitha Mudaliar, Anneliese Marwah & Surekha Kothari.

## CURRENT EVENTS

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Tuesday, June 5th 1990 - 6.30 p.m.

At: British Council Auditorium  
737, Anna Salai,  
MADRAS - 600 002.



MIRA NAIR of "Salaam Bombay" fame through her documentary "India Cabaret" highlights the life of the Indian Cabaret artiste, which sometimes forces her to choose the oldest profession. For more than one reason we have chosen the viewing time as 6.30 p.m. Husbands are most welcome.

SARAH CHANDA

LULU COHEN

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## EXECUTIVE COMMITTEE MEETING

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Thursday, June 7th 1990 - 10 a.m

At: Sigrun Neumann  
3, Beach Road  
Kalakshetra Colony  
Madras - 600 090.  
Tel: 413294



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## CONDOLENCES

Our hearts go out to Anneliese Marwah in her bereavement.

Anneliese wishes to convey her thanks to all the I.W.A friends who sent messages of sympathy and flowers for her late husband. She would like to say how much she appreciated the touching gestures of all the friends who came around personally and stood by her. Their compassionate support was a source of great strength to Anneliese.

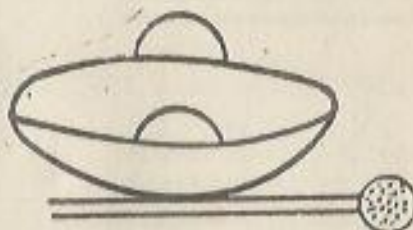
Our deep heartfelt condolences to Jaya Naidu who lost five members of her family within a week.

COOKING SWAPSHOP

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Tuesday, 12th June, 1990. 10 a.m

At: Sheila Pride  
33/1 Poes Garden  
Madras - 600 086.  
Tel No: 452273



ROMA ALBERTS AND SHEILA PRIDE combine their culinary talents to teach us easy-to-make Scones and Cakes and suggest various alternatives to the same recipe, Roma will demonstrate the legendary afternoon tea favourite in the U.K. - Scones - which together with jam and clotted cream are a gourmet's delight. The same recipe will go to make cheese scones and cobbler topping - an alternative to pastry for meat/chicken/vegetable pie.

Sheila will show us how to make rock buns with fruit. The same recipe with jam will give you raspberry buns and used as a topping will make yummy apple crumble.

Limit: 35 only

R.S.V.P. Please call Rani (434233) or Sheila (452273) before Friday 8th June '90 to assure yourself a place. In the event of your not being able to make it - do call Rani or Sheila, so that they may accommodate someone on the waiting list.

RANI CHADA

SHEILA PRIDE

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Apologies: Due to circumstances beyond our control, we apologise for the inconvenience caused to our members for the postponement of the 'Table Manners' meeting. It will be rescheduled later in the year.

NANDITHA KRISHNA

JANET DE PENNING

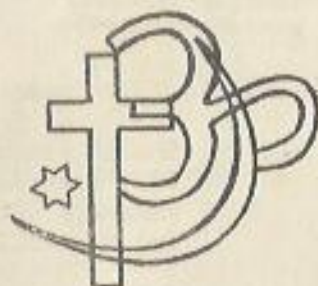


## PHILOSOPHY & RELIGION

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Thursday 14th June 1990 - 10.00 a.m.

At: Sufi - Dhar Temple  
Sufi - Dhar Street  
Dr. Radhakrishnan Road  
Mylapore, MADRAS 600 004.  
Tel : 844021



SHEN SHA BABA NEBHRAJ SAHIB who hailed from Sindh-Pakistan was popularly called SINDH VALLI, the protector of SINDH. He started his early career as a school teacher, but on having some spiritual experiences, renounced everything worldly and spent his life in the service of the DIVINE. He became a symbol of Faith and Devotion and had an equal following among Hindus and Muslims. His devotee, SRI-DADA-RATANCHANDJI has built this "SUFI - DHAR" Temple, where we will meet to learn more about the great saint and his devotees.

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As "Cooking" provides food for the stomach - so "Philosophy and Religion" provide food and comfort for the mind. A peep into the Newsletters of the yester years will bring happy memories of talks you've enjoyed - yet regret some you may have missed.

"Superstitions" - "A visit to the Sikh Gurdwara" - "A yoga demonstration" - "Visit to the Theosophical Society" - "A lecture and film on Shri Aurobindo" - is just a brief mention of topics discussed.

For suggestions or new ideas or repeat of popular subjects - please write to us - your comments will help us bring you - what will make your life more JOYFUL!!!

SANGEET CHOPRA

CLAIRE TALWAR

BOOK DISCUSSION

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Tuesday, 19th June, 1990, 10.00 a.m.

AT: Rani Das Gupta  
5, 1st Avenue  
Boat Club Road  
Madras 600-028  
Tel: 45-0605



We begin our book discussion calendar year with a session of poetry and quotations. We know many of you are poets and like poetry so please come and share your original verse or just your favourite poem, quotation or even proverb. This has been a successful theme in the past and we invite new and old members to join us.

We have a variety of books planned for the year ahead and start off in July with Vikram Seth's travels through Sinkiang and Tibet - "From Heaven's Lake." For August we are doing two books of short stories: "Emperor of the Air" by Eathan Canin and "A Careless Widow" by V.S. Pritchett.

These books are now being circulated. If you wish to be included on the circulation list please contact Anna or Maureen.

ANNA ABRAHAM

MAUREEN HUDSON - MURARI

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Congratulations!!!

to Kanika Parekh's son KONEL who got married recently.

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**HISTORY, CULTURE AND TOURS**  
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Thursday, 21st June 90, 10 am

At: Janet Picken  
38 Archbishop Mathias Avenue  
Madras - 600 028.  
Tel: 451505

European National Parks - Berchtesgaden  
43 min. English, Colour.

Berchtesgaden has always been something special. The well tended estates of the prince-bishops, the royal hunting grounds, the salt-mines and the woodcutters - Summer holidays and mass tourism between the Watzmann glacier and the Koenigssee, or the Lake of kings and the problems of maintenance. Over a century ago Heinrich Noe said: "Berchtesgaden is the Yellowstone of the German Alps. The great showpieces are now here nearly as close as, on your door step."

This programme is sponsored jointly by the IWA and the Consulate-General of the Federal Republic of Germany.

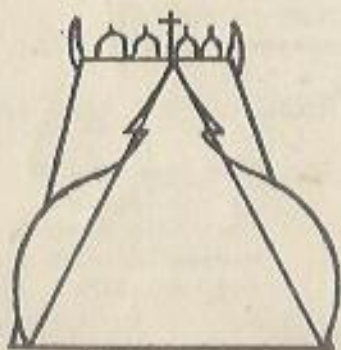
All are welcome.

**SUJAYA MENON**

**SIGRUN NEUMANN**

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**ARTS & HANDICRAFTS**  
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In the past, we have had lectures by experts on Indian Arts & Handicrafts, painting, textiles (weaving & dyeing), terracotta, metal work and jewellery. Demonstrations by our talented members on Ikebana, Bonsai and Quilting, followed by workshops proved to be the most popular of our meetings. Programmes planned for the future are : \* A talk on kitchen Implements and Beauty Aids used by Indian women of yester years \* A demonstration of stained

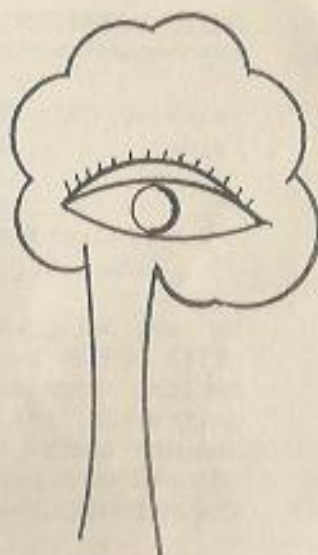


**HEALTH & ECOLOGY**

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Tuesday, 26th June, 10 a.m

At: Shrimathi Mahesh  
Flat No. 9 The Manor  
1 Cenotaph 2nd Lane  
Madras - 600 028.  
Tel: 456372



**NATURE SPOTS AROUND MADRAS**

Madras does not seem to be anybody's idea of an ideal environment, but do you know that it contains both a national park as well as a watering site for migratory birds? And, within a 200 km distance, it has lovely spots for a weekend nature trail or a morning with the birds. A.N. Jagannatha Rao, founder of the Range Rovers and trustee of the Madras Snake Park, is a wildlife photographer and film-maker who also speaks and writes on the subject. He will tell us, with slides and maps, all the places we could visit and what we are likely to see.

Please call Ms.Shantha at 451249 between 2 and 5 p.m. to warn in.

**NANDITHA KRISHNA**

**MAUREEN THADANI**

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glass and Christmas tree ornaments \* An audio visual presentation of traditional paintings of Tanjore \* The embroidery of the Toda tribal women from the Nilgiris. Any other suggestions? Please tell us - we hope there will be more talented members ready to show us their special skills. Call Malini at 865798 - weekdays between 9 - 10 a.m.

**MALINI VIJAYARAGHAVAN**

**VIJAYA RANGARAJAN**



**MUSIC & PERFORMING ARTS**  
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Thursday, 28th June 1990 &  
Friday, 29th June 1990 - 2 p.m.

At: The American Centre Auditorium  
American Centre,  
Gemini Circle, Madras - 600 006.



We are delighted to present the internationally acclaimed film PETER BROOK'S "THE MAHABHARATA" with an outstanding star cast hailing from multicultural backgrounds. The sensitivity of the portrayals, the basic tenets of truth interwoven in the epic are imaginatively treated by Peter Brook. India's Mallika Sarebhai has scored a personal triumph in her classic characterisation of the hapless Draupadi.

As the film is of 6 hours duration, we have planned the screening in two sessions. Please be in your seats by 2.00 p.m. The film will commence at 2.15 p.m sharp.

All are welcome. Children under 15 will not be permitted.

**KATHAKALI FESTIVAL IN TOWN**  
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Kathakali is one of the six main classical dance forms of India, and to see Kathakali in its true pristine purity is indeed a much looked for event.

In connection with the famous Ayyappan temple festivals of Ashoknagar and Mehalingapuram, Mr. K.K. Vijaykumar has arranged for the renowned Kathakali troupe, from Arya Vaidya Shala of Kottackel to perform on the 7th and 8th of June in the temple courtyard. The performance, commencing at 6.30 p.m. will go on till midnight. To see Kathakali in all its glory, one has to see it at night in such surroundings, with giant oil lamps blazing in the background.

For further information please call Aruna Vijaykumar (472732).

NIRMAL & CHRISTINA



Our Organisation is growing - We would like your help in keeping everything moving in an orderly, smooth fashion. These Do's and Don'ts are just pointers in that direction.

## DO

... .. Come on time - or before the programme begins. Attendance Sheets will be removed as soon as programmes start.

... .. Call Hostesses for RSVP well in time. Any call received after the cut off date (if any) will not be accepted.

... .. Remember to sign in at each meeting, or you will lose your attendance.

... .. Attend the stipulated minimum of 10 meetings a year - or write in your reason for inability to do so - to keep membership valid.

... .. Write in your suggestions /queries /problems- the Board will be happy to help in any way.

... .. Wear your badges for easy indentification.

## DON'T

... .. Come later than 10.30 a.m for any meeting. Its better to be absent than be late.

... .. Leave any meeting conspicuously while the speaker is speaking. It is very distracting besides being disrespectful to the speaker... ..

... .. Carry on 'quiet' conversations when a speaker is addressing you. Save it for later.

... .. Serve a feast when hostessing - it is embarrassing for others who cannot do so - and is not in keeping with our motto - "It's not the eating but the meeting that's important! ... ..

... .. Talk all at once - please raise your hand if you want to say something and talk in turn.

COOKING SWAPSHOP RECIPES OF APRIL  
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Dal, Bati, Churma, Gatta Ka Saag - a very rich Rajasthani meal demonstrated by NAINA SHAH & URMILLA AGARWAL.

BATI 4 cups of coarsely ground wheat flour  
4 table spoons of ghee  
1/2 tea spoon baking powder  
Salt to taste  
Luke warm water  
Ghee for soaking - 2 cups

- Method:
1. Mix flour, ghee, baking powder and salt.
  2. Add luke warm water and make a soft dough.
  3. Keep aside for 10 min.
  4. Divide the dough into 16 - 18 parts.
  5. Make nice round balls, see that there are no cracks.
  6. Place these either in the oven or tandoor for 10 - 15 mins.
  7. Take a piece of cloth and press the baties lightly, break them and dip them in the 2 cups of ghee. Serve hot with Dal Gutta Ka Saag and chutney. You can deep fry these if you do not want to bake them.

DAL	1 cup moong dal with husk	1 tbep. red chilli powder
	3 tbeps. tur dal	Salt to taste
	3 tbeps. gram (chana) dal	A pinch asafoetida
	2 tbeps. udad dal	1/2 tsp. garam masala (mixed spices)
	1 tbep. cummin seeds	Juice of one lemon
	1 tsp. turmeric	
	1/2 tsp. finely chopped ginger	

- Method: 1. Combine all dals, wash and boil in sufficient (3 cups water (Option: Pressure cook). When the dal turns soft and begins to simmer add all the masalas and simmer further for further 5 mins.
2. Heat ghee - add ginger, remove from fire and add red chilli powder. Pour this over the dal.
  3. Serve Batti with hot Dal and ghee. (For 10 Persons.



COOKING SWAPSHOP RECIPES OF APRIL Contd...

**CHURMA** 500 gms whole meal (wheat) flour  
250 gms powdered sugar  
100 gms ghee  
2 tbsp finely chopped blanched pistachio  
1 tsp powdered cardamom  
1/2 tsp saffron  
2 tbsp almonds finely chopped  
Hot water to make the dough  
Ghee for frying

**Method:** Take the flour, to it add 100gms ghee and hot water and make dough. Divide into 20 portions and make them into small balls and clench them in your hand to give it a shape and deep fry in ghee until golden brown. Now pound these and sieve it, to this add sieved powdered sugar, saffron, cardamom, pista and almonds. (The dough made for batti, also can be used for churma)

**GATTA KA SAAG**

200 gms Besan [chic pea] flour  
1 tsp cummin seeds  
2 tps salt  
1/2 tsp garam masala  
(mixed spices)  
4 tsp red chilli powder  
1/4 tsp asafoetida  
1 tbsp coriander seeds  
4 tbsp curds [Yogurt](sour)  
5 tbsp oil

**Method:** Take the besan flour. To it add 2 tsp red chilli powder, 1/4 tsp garam masala, 1/2 tsp cummin seeds, 1 tbs coriander seeds, 3 tbsp oil, 1 tsp salt, 1/4 tsp asafoetida. Add water to make a stiff dough. Divide into 20 portions and roll into 2" diameter rounds of 1/2" thickness. In a vessel boil 9 cups of water. When the water boils, put these rounds into it. Let the water boil for 10 to 15 min, until a white bubbly coating appears on the rounds. Once done, drain, and cut the rounds into small pieces. Do not throw away the drained water.

**For tempering:** Heat 2 tbsp oil. Add 1/2 tsp cummin seed, 1/4 tsp asafoetida and the gatta (small pieces). After 2 mins add 1 tsp salt, 2 tsp red chilli powder and the drained water. Add 4 tbs sour curds and garam masala. Mix well. Garnish with fresh coriander leaves.



## THE ARANMULA MIRROR

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Raja Ravi Varma portrayed perfectly the beauty of the Kerala women of his time. A feature of traditional Kerala life that cannot escape attention is the time and care that both men and women spent on personal grooming by way of elaborate oil baths and in the case of women, the drying of their long hair over camphor-scented smoke placed under a basket. Indeed a Karanavar or head of a family, once declared that when searching for a bride the chief attributes to look for in a girl were that she had long hair and good breasts.

The one guaranteed beauty, the other her fitness for motherhood.

In such a society the need for good mirrors may well be considered a prime necessity. Among the items that are collected for a Visukkani (certain auspicious items that must be viewed on New Year's day, Visu) is a mirror. In the days before mercury-coated mirrors, it was usual to polish metal until it attained a high lustre. There is an interesting legend connected with the craftsmen who created the most beautiful of these metal mirrors in Kerala, the Aranmula mirror. The Head priest of the Aranmula temple, it is said, had invited a small community of bronze casters or Khanans, to settle down near the temple and provide



the temple with bell-metal utensils. In return the Kannans would get free land and the permission to work it. For some reason however, the kannans could not succeed in casting their vessels properly. This attracted the anger of the Head priest who threatened to cast them out. In despair the Kannans made a vow that they would make a perfect crown for the deity of the temple, if only they could be given one more chance. At this moment of anxiety and expectation, all the women of this community threw in their ornaments, made of pure tin, into the molten furnace.

When it had cooled, the new alloy was found to have a sheen that not only resembled silver, but which had the capacity of taking on a high polish that reflected an image with perfect clarity. A crown was made for the deity and is now referred to as the Kannati Bimbam. But more important for our story, the kannans became the sole possessors of the technique of making the Aranmula mirror, the manufacture of which is, even today, the closely guarded secret of two brothers.

At the Sri Padmanabhaswami temple at Trivandrum, an 18th century panel depicts a celestial nymph admiring herself in an Aranmula mirror, indicating perhaps the popularity of this product even in other worlds.

In fact the Monograph on Selected Crafts of the 1961 Kerala Census explains the "secret" of the Aranmula mirror by giving details of the proportions of tin, that is much higher than is normally the case with bell-metal, to the copper. One would imagine however that the greater skill must lie in the meticulous preparation of the oval-shaped ring of wax that is eventually melted to make way for the molten metal that forms the mirror. The polishing of this metal also requires a special skill. After it is ready the 'mirror' is usually set in an elegantly decorated brass frame.

\* \* \* \* \*

Grateful acknowledgement to the author GEETA DOCTOR and the MADRAS CRAFT FOUNDATION). for this special article on the Aranmula Mirror.



## EXECUTIVE COMMITTEE

PRESIDENTS	: Sunita Shahaney	450759
	Janet Picken (British)	451505
VICE-PRESIDENTS	: Nirmal Mirza	415672/ 455834
	Janet De Penning (N.Z.)	456529
SECRETARIES	: Lakshmi Padmanabhan	864334
	Aruna Vijaykumar (Singaporean)	472732
TREASURERS	: Vijaya Balu	72589
	Seema Sait (American)	612800

## ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	: Malini Vijayaraghavan	865798
	Vijaya Rengarajan (Canadian)	444334
BOOK DISCUSSION	: Anna Abraham	416818
	Maureen Hudson Murari (Australian)	662627
COOKING SWAPSHOP	: Rani Chada	434233
	Sheila Pride (British)	452273
CURRENT EVENTS	: Sarah Chanda	454265
	Lulu Cohen (American)	471700
HEALTH & ECOLOGY	: Nanditha Krishna	451850
	Maureen Thadeni (British)	411694
HISTORY, CULTURE & TOURS	: Sujaya Menon	417464
	Sigrun Neumann (German)	413294
MUSIC & PERFORMING ARTS	: Nirmal Seshadri	413820
	Christina Engval (Swedish)	454419
PHILOSOPHY & RELIGION	: Sangeet Chopra	410759
	Claire Talwer (American)	868551