

Vol. VI No.: 11

Madras

APRIL 1992

MONTH AT A GLANCE

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# I W A NEWS LETTER

Vol. VI No. : 11  
Madras

**APRIL 1992**

## MONTH AT A GLANCE

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|----------------------|---|------------|
| Thursday, 2nd April  | <b>HEALTH AND ECOLOGY</b>   | 10-00 a.m. |
|                      | Dr. Swarnakumari talks on the modern approach to the pre-menopausal years.  |            |
| Thursday, 9th April  | <b>HISTORY, CULTURE AND TOURS</b>   | 10-00 a.m. |
|                      | Mr. Aram Arouthiunian traces the history of the Armenian Community in India |            |
| Thursday, 23rd April | <b>MUSIC AND PERFORMING ARTS</b>  | 10-00 a.m. |
|                      | The Russian Circus on film  |            |
| Tuesday, 28th April  | <b>BOOK DISCUSSION</b>  | 10-00 a.m. |
|                      | Shakespeare through Song and Verse  |            |

## FROM THE PRESIDENTS

Dear Members,

As we say good-bye to all of you, may we thank each and every one of our IWA members — our Board and Activity Chairpersons for providing an exceptional year in every way, our hostesses for their graciousness and hospitality, and all of you, dear members, for your valued support to IWA.

It has made our year in IWA rich and satisfying.

We wish the Incoming Board and Activity Chairpersons the very best for 1992 - 93.

STINA VASU  
NIRMAL MIRZA

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## EXECUTIVE COMMITTEE MEETING

Thursday, 31st March, 1992 — 10-30 a.m.

At: Surekha Kothari  
28, Kothari Road  
Madras-600 032  
Tel. : 471262



## HEALTH AND ECOLOGY

Thursday, 2nd April, 1992 — 10-00 a.m.

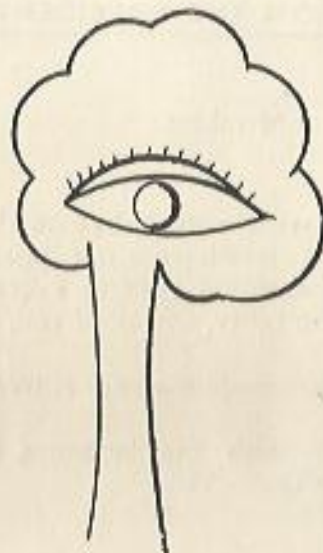
At : Sindoori Hotel  
Greens Lane  
Madras-600 006

**Dr. C. SWARNAKUMARI**

M.D., D.G.O., D.A., F.A.C.S., F.I.C.O.G.

Consultant :

OBSETRICS & GYNAECOLOGY



Attention Ladies, it is important to know the changes in our body after 40 years and above. You can improve the quality of life by knowing a lot about your health. Forty-five years of age will be the half way mark for women living in the developed countries in the 21st century. Appropriate counselling and preventive measures at midlife will go long way in keeping you fit. Old age does not begin before 65 years. As preventive measures take effect, the retirement legislation is revised, "OLD AGE" as defined in years will be nudged into the 8th decade. Dr. Swarnakumari will talk on the modern approach to the pre-menopausal years to help you prepare for these changes.

**POONAM LALCHAND  
LILY MADHOK**

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Change of Telephone No. :

Nirmal Mirza — 4926372 / 4925159

## The IWA Gudiyam Cave Trail

Thanks to our intrepid chairpersons, Surekha and Aruna, together with the help of Mr. Tulasi Raman and Mr. Muthu of the Archaeological Department, our visit to the Gudiyam pre-historic Caves on Monday, February 17th, was a very eventful experience.

Oh yes! Eventful it was! and how! First, Maureen Thadani and the bus driver missed each other at the first pick-up point. Then, amidst desperate phone calls between the "waiting-to-be picked up" members at Taj to those at Park Sheraton and vice-versa, we took off for Gudiyam Caves, just half-an-hour late, which by IST (and I don't mean International Standard Time!) is no delay, now, is it?

Anyhow, the spirit of camaraderie prevailed throughout the journey, and an hour and a half later the peace of Gudiyam Village was disturbed by the arrival of our bus — it may well have been a Space-ship from outer Space — what with much chatter among the villagers, the not-to-be left out dogs barking their disapproval at the invasion of their privacy, and wide saucer-like inquisitive eyes observing our jeans-clad members and asking — "Are you men looking like women" or "women looking like men" — or perhaps ?? . . . . no, no, not THAT!

Anyway, once curiosity took a back-seat, the villagers quickly warmed to us, thanks largely to our polyglot members who spoke to them in Telugu after which we were invited to share their lunch as well!

Our trek to the cave was rough but flat at first, but then it became rougher, the path narrower and often over-grown, barricaded with thorn bushes which cautioned our trespass, despite the endeavours of a local villager with an aruvaal attached to a long staff to help clear the bushes. He had also wisely carried his own pot of drinking water - which should have warned us that it was not just a leisurely stroll. The sun was hot and got hotter and it was a welcome relief after an hour and ten minutes walk to finally reach the Gudiyam Cave. It was really a large grotto, so cool and picturesque! It may have been the site of a stream with many inhabitants who were believed to have been of an itinerant tribe; the walls of the cave and the ceiling had pebbles of different sizes embedded therein. Indented into the cave wall were five steps with each step bearing small idols clothed in yellow cloth and adorned with kumkum and flowers. This, the villagers told

us was the shrine of "Mamanasa Amma", the deity venerated by the villagers for centuries. Some of us were severely reprimanded for not removing our chappals to visit the shrine with the added threat that we would be bitten by bees if we did not adhere to their request — and sure enough, we found that this was no idle threat for, hanging from the roof of the cave was a row of formidable looking bee-hives!

On the outer region of the cavernous opening of the cave were two sapling trees weighed down with small cloth cradles, made by childless women who came and prayed to the goddess for fertility. Other devotees made vows with terracotta horses and animals which were dedicated to the Goddess. The burnt remains of these offerings bore mute testimony to this practice.

Our respite was all too brief as we had the same two and half km. trek back to our bus, and to a most welcome surprise cold-drink "on the house", a packed lunch shared by all and a "charpai" siesta in a cattle shed!

At Poondy after lunch, we visited the newly set up museum exhibiting implements of the paleolithic, neolithic, megalithic and microlithic ages.

Our next stop was Attirambakkam, the site of the discovery of these paleolithic implements but when it was realised that another long walk was involved, the weary trekkers voted for a ride directly back to Madras. Our Convenors thought this was the right time to play Santa Claus, so out came packets of well-earned jam tarts and puffs for all. Meanwhile, Issy and Emma together with some fellow British Council visitors had returned to Madras and we cannot let the opportunity pass without thanking our Florence Nightingales for relieving the heat and fatigue of a few of us.

**KAUSALYA JAGANMOHAN  
SUREKHA KOTHARI**

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### **CONGRATULATIONS . . .**

To our Co-President, Nirmal Mirza on receiving the Certificate of Merit Award from the Handloom Export Promotion Council.

# Cooking Demonstration

## HIGH FIBRE FOODS

10 - 3 - 1992

### PLANTAIN STEM 'KOOTU'

Quantity	— 50 gm.
Protein	— 0.5 gm.
Fat	— 0.1 gm.
Carbohydrate	— 9.7 gm.
Calories	— 42 cal
Fibre	— 0.8 gm.

### AMARANTH STEM 'CURRY'

Quantity	— 65 gm.
Protein	— 0.9 gm.
Fat	— 0.1 gm.
Carbohydrate	— 3.5 gm.
Calories	— 150 cal
Fibre	— 1.2 gm.

### PLAIN RICE

Quantity	— 500 gm.
Protein	— 11.9 gm.
Fat	— 0.9 gm.
Carbohydrate	— 134.8 gm.
Calories	— 595 cal
Fibre	— 0.1 gm.

### DRUMSTICK LEAVES

#### 'SAMBAR'

Quantity	— 140 gm. (1 cup)
Protein	— 5.1 gm.
Fat	— 2.7 gm.
Carbohydrate	— 13 gm.
Calories	— 97 cal
Fibre	— 1 gm.

### GREEN

#### PLANTAIN SKIN

#### 'SUNDAL'

Quantity	— 50 gm.
Protein	— 1.5 gm.
Fat	— 0.5 gm.
Carbohydrate	— 14.7 gm.
Calories	— 70 cal
Fibre	— 0.9 gm.

## BANANA STEM SALAD

### Ingredients

Tender Fresh Banana Stem	—	4 cups
Green Gram Dhal	—	75 gms.
Turmeric Powder	—	$\frac{1}{2}$ tsp.
Salt	—	1 tsp.
Mustard	—	1 tsp.
Bl. Gram Dhal	—	$1\frac{1}{2}$ tsp.
Red Chillies	—	4
Oil	—	4 tsp.
Asafoetida	—	$\frac{1}{4}$ tsp.
Curry Leaves	—	few

### METHOD

- 1) Wash and soak green gram dhal for  $\frac{1}{2}$  hour.
- 2) Peel and string the banana stem and chop into small cubes.
- 3) Drain the soaked dhal, add turmeric powder and salt.
- 4) Mix the chopped banana stem with the dhal and keep aside for  $\frac{1}{2}$  hour.
- 5) Just before serving, heat 4 tsp. oil in a shallow frying pan, add mustard seeds, urad dhal, red chillies. When seasoning is ready add the vegetable mixture, asafoetida and curry leaves and saute for few minutes and remove.

## BANANA STEM CURRY

### Ingredients

Chopped Banana Stem	—	4 cups	Oil	—	4 tsp.
Salt	—	2 tsp.	Grated Coconut	—	$\frac{1}{2}$ cup
Diluted Buttermilk	—	$\frac{1}{2}$ cup	Asafoetida	—	$\frac{1}{2}$ tsp.
Mustard	—	1 tsp.	Curry Leaves	—	few
Red Chillies	—	4	( $\frac{1}{2}$ Kgs. Sugar — Optional)		

### METHOD

- 1) Boil  $\frac{1}{2}$  cup water in a saucepan, add banana stem, salt + turmeric powder and boil rapidly. Add buttermilk while boiling. Cook till done, drain and keep aside.
- 2) In a heavy skillet heat oil and season with mustard, urad dhal, red chillies. Add boiled stem and mix well. Garnish with cooked dhal, grated coconuts and sprinkle sugar. Mix lightly and serve as an accompaniment to rice and sambar.



## AGATHI KEERAI CURRY

### Ingredients

(No. of Servings : 4 )

Agathi Keerai	—	5 bundles
Salt	—	1 tsp.
Grated Coconut	—	$\frac{1}{2}$ cup
Cooked Dhal	—	$\frac{1}{4}$ cup

### METHOD

- 1) Remove the leaves from stem and chop them coarsely. Rinse well, drain.
- 2) Boil  $\frac{1}{2}$  cup water in saucepan, add chopped leaves and boil till done.
- 3) Drain and keep aside.
- 4) In a frying pan, season with mustard, urad dhal and red chillies, add cooled leaves.
- 5) Garnish with cooked dhal and grated coconut and serve as accompaniment to chappathies or boiled rice.

## STEMS OF GREEN AMARANTH

### Dahi Palak

Palak	—	2 bundles
Curds	—	2 cups
Salt to taste		
Mustard	—	$\frac{1}{2}$ tsp.
Oil	—	1 tsp.
Jeera	—	$\frac{1}{4}$ tsp.

### METHOD

- 1) Wash, cut and drain palak leaves.
- 2) Boil  $\frac{1}{2}$  cup water in a saucepan, add greens and cook for 10 minutes.
- 3) Beat curds, add salt and boiled palak — Mix well.
- 4) Season with mustard and jeera.

Serve chilled.

## BANANA SKIN CURRY

### Ingredients

Good Skin of 4 Bananas		
chopped small	—	2 cup
Salt	—	1 tsp.
Turmeric Powder	—	a pinch
Tamarind	—	goosebery size
Green Chillies	—	2
Grated Coconut	—	1 cup
Mustard Seeds	—	1 tsp.
Urad Dhal	—	1 tsp.
Curry Leaves		
Asafoetida		

### METHOD

Boil 1 cup water, add chopped skin and boil, add tamarind pulp to boiling vegetable, drain and keep aside. Coarsely grind green chillies and coconut, season and add coconut mixture. Mix well and serve.

## DRUMSTICK LEAVES ADA

### Ingredients

Par boiled Rice	—	2 cups
Drumstick Leaves	—	2 bundles
Til Oil	—	1½ cup
Salt	—	to taste

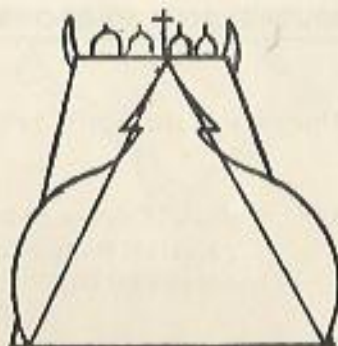
### METHOD

- 1) Clean and separate leaves from the stem and keep aside.
- 2) Soak rice for 2 hours.
- 3) Grind rice in a grinder to a smooth paste.
- 4) Mix the leaves with the paste. Mix salt and water to make a thick batter.
- 5) Heat tawa, pour batter and spread to a thick dosa — add oil and cook till done.

## HISTORY, CULTURE & TOURS

Thursday, 9th April, 1992 — 10-00 a.m.

At : Cultural Centre of Russia  
(Formerly the House of Soviet Culture)  
27, Kasturi Ranga Road  
Madras-600 018



**Our Guest Speaker:** Mr. Aram Arouthiunian, Vice-Consul of the Consulate General of the Russian Federation.

The evidence of Armenians having been in Madras is seen in many forms — a Church, a Street, a Tombstone of an Armenian found to be dated 1663.

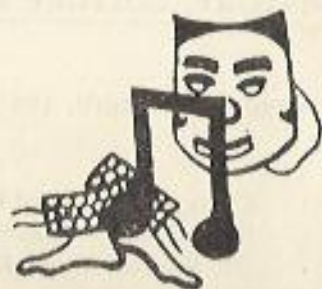
This meeting is all about going back in time to trace the history of the Armenian Community in India, the first Settlement dating back to the 1650's. It is about the Armenian tradesmen who were a part of the East India Company Council of Madras, the most eminent member, patriot and philanthropist in the earlier half of the 18th Century being Khojah Petrus who was buried in St. Mathias Churchyard at Vepery.

**ARUNA VIJAYAKUMAR  
SUREKHA KOTHARI**

## MUSIC AND PERFORMING ARTS.

Thursday, 23rd April, 1992 — 10-00 a.m.

At: Cultural Centre of Russia  
27, Kasturi Ranga Road  
Madras-600 018



### RUSSIAN CIRCUS FILM

The origins of the Russian Circus can be traced to the art of the SKOMOROKHI (itinerant performers). These comic actors concealed their intelligence and cleverness under the guise of simplicity and foolishness—clown masks would later serve the same purpose.

This art, in turn, influenced Russian clown performances, primarily those by A. L. Durov and V. L. Durov.

Professional circuses first performed in Russia in the 18th century. They consisted mainly of foreign artists, many of whom remained to work in the country. Gradually, circuses started using Russian performers and training the first generation of professional Russian circus artists.

Circus performers have demonstrated their talent in almost all countries outside Russia. Performers from all over the world, including USA, Chekoslovakia, Hungary, the Germany, Vietnam, India, Italy, China, Mexico, Poland and France have appeared in the Russian Circus.

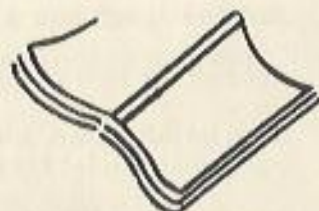
Circus performers are trained in Moscow at the State School of Circus and Estrada Art, which was founded in 1926.

**RANI ANANTH**  
**MARINA AROUTHIUNIAN**

## BOOK DISCUSSION

Tuesday, 28th April, 1992 — 10-00 a.m.

At: Shanti Vergese  
'Sydenham'  
8, 15th Avenue, Harrington Road  
Madras-600 031



Rita Saldanha presents 'Shakespeare through Song & Verse'.

RITA SALDANHA  
MARGARET SEKHRAN

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## Cooking Demonstration

4 - 2 - 1992

### PUFF PASTRY

Refined Flour — 450 gms.

Salt — 1 tsp.

Lemon juice — 2 tsp.

Margarine — 450 gms.

Ice cold water

Filling as desired

Egg for coating — 2

### METHOD

1. Sieve the flour with salt.
2. Add cold water and lemon juice to flour and knead to a smooth and soft dough.
3. Keep the dough covered under a wet cloth for 30-35 mins.
4. Cream fat with a tbsp. of flour and make into a square block. Cool in refrigerator wrapped in grease proof paper.

5. Roll the dough into a square and place the block of fat in the centre.
6. Fold all the four corners overlapping each other.
7. Turn upside down. Roll into rectangular shape and fold into three, being careful not to let fat escape.
8. Rest the pastry in the refrigerator for atleast 15 mins.
9. Repeat the same process four times more resting for 15 mins. after each rolling.
10. Rest for one hour after the final rolling.
11. Roll, cut and put on watered tray.
12. Brush with egg and bake at 230°F or 450°F for 15 mins and then bake at 140°C or 300°F for another 15-20 mins.

### SHORT CRUST PASTRY

Refined flour	—	500 gms.
Margarine	—	250 gms.
Salt	—	1 tsp.
Baking Powder	—	½ tsp.
Ice Cold Water	—	6 to 7 tbsp.

#### METHOD

Sieve flour, baking powder and salt, mix in the fat lightly with the tip of the fingers till it resembles breadcrumbs. Add cold water and mix to a dough, do not knead. Roll on a floured board and cut as required. Grease the tins and line with pastry. Use any desired filling. Bake in a hot oven 205°C or 400°F for 15 mins.

## IMPORTANT TIPS

1. All ingredients and utensils used should be as cool as possible. This keeps the fat hard.
2. Add minimum water or pastry becomes tough.

## CHOUX PASTRY (ECLAIRS 24)

Refined Flour — 115 gms.  
Butter — 55 gms.  
Eggs — 4  
Water — 300 ml.

### ICING

Icing sugar — 115 gms.  
Cocoa — 30 gms.  
Water — 1 tbsp.

FILLING Fresh Whipped Cream

## METHOD

1. Put butter and water into a thick pan and bring to boil.
2. Remove from fire and add sieved flour.
3. Return to fire and cook, beating all the time until mixture leaves the sides of the pan. Remove and cool slightly.
4. Beat eggs and add to mixture gradually beating all the time. The mixture should be of a smooth soft consistency, but firm enough to pipe, through a  $\frac{1}{4}$ " nozzle, into long strips.
5. Bake at 350°F or 180°C for 30-35 mins.
6. When baked do not remove from oven immediately but let it stand in the oven with the door open for 10 mins. This is to prevent shrinking that takes place if the pastry is removed from the heat suddenly.
7. Cool and slit it and fill it with confectioners custard or whipped cream and dip the tops in chocolate glaze icing.

## ICING

Sieve icing sugar. Mix together water and cocoa and cook. Add sugar to form a stiff glaze icing.

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Special Thanks to Lee, Menaka and Sunita, supported by Aruna and Surekha, for organising the excellent two day trip to Pondicherry and Auroville.

## EXECUTIVE COMMITTEE

### THE BOARD

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