



Team Driven, Service Oriented



### 2014 COI/Diwali

November 1, 2014  
2:30 pm—7:30 pm  
Faith West Community  
Center  
West Lafayette, IN

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#### Editor:

Meena Narsimhan

Send your articles to:  
mlnarsimhan@gmail.com

Next 2014 Submission  
Deadline:  
Dec 1.

## 2014 Second and Third Quarter Report

*A Message from the IWA 2014 Board*

Dear Friends,

We have had a very productive summer fulfilling the various goals of "Branding IWA" set out earlier this year. Here are some of the things we have worked on:

#### IWA MOTTO

Thank you all for submitting your thoughts on what IWA means to you. Almost all the ideas submitted had one similar theme: how our organization is instrumental in 'empowering' women with relevant actions. After much debate we tied the theme and came up with "Inspired Action" as our motto.

#### IWA BANNER

We now have a portable banner with our logo and motto inscribed on it. We will be unveiling it during our Celebration of India/Diwali 2014 event.

#### IWA eBOOK

We are published worldwide through Amazon.com thanks to Charu Balachander! So far we have sold 5 books (2 in Europe and 3 in the US) and 3 people have 'borrowed' from the library. Check out our eBook cookbook and help us promote the sale of the books through your social network.

#### IWA WEBSITE

We are excited and proud to announce the launch of our redesigned website! Our goal was to design a website that was aesthetically pleasing, user-friendly and easy to navigate. You will find user interface to be simple, minimally hierarchical, with rich content experience. The site is linked to Facebook and Twitter. The page shows up equally beautifully on desktops, laptops, iPads, and smart phones.

The redesign project was initiated by Gayathri Krishnan and later taken over by then future Microsoft employee Namita Balachander. The site itself speaks volumes about Namita's creativity and technical skills. Now in Seattle, we are sure she is making her presence felt at Microsoft.

Please visit the website ([www.mviwa.org](http://www.mviwa.org)) and we are sure you will have an enjoyable experience. Your comments and feedback will be greatly appreciated.

#### IWA PICNIC

We had a very enjoyable picnic attended by approximately 46 families. The weather was perfect and food par excellence. Thank you all for making it such a great success. We

will be posting the pictures on our Facebook page and website.

#### IWA YOGA FOR A CAUSE

Our fall yoga session is in full swing. Our yoga gurus, Veena Sagi and Malathi Balachander are doing a phenomenal job of helping us exercise our mind, body and spirit.

#### IWA RESEARCH SCHOLARSHIP FOR GRADUATE STUDENTS

We have initiated an IWA Research Scholarship Award at Purdue University. In the past, IWA has actively participated in raising funds to ameliorate conditions of people affected by various man-made or natural disasters. Since the last year we have decided to be more strategic in our advocacy mission. We have identified prevention of domestic violence and education of marginalized children, especially the girl child as the focus of our "activism". This year we are expanding and solidifying our humanitarian goals by adding scholarly research award to graduate students at Purdue University.

*(continued on pg. 2)*

## 2014 Second and Third Quarter Report

(continued from pg. 1)

This scholarship will support students doing research in our focus areas. The award will be competitive and open to all graduate students. The grant will be for \$1000 for one year at the end of which the recipient will present the findings at a national or an international conference with proper attribution to IWA. The wider exposure will not only support a student in research, it will provide a global platform for our advocacy.

The award will be overseen by Dr. Mangala Subramaniam, Professor of Sociology, Purdue University. Dr. Subramaniam has authored and co-authored articles in journals such as: *International Sociology*, *Feminist Criminology*, *Critical Sociology*, *Mobilization*, and *Gender & Society*. Her monograph, *The Power of Women's Organizing: Gender, Caste, and Class in India (2006)* focuses on the women's movement in India with specific attention to dalit women's organizing. Her co-edited volumes include: *Dowry: Bridging the Gap between Theory and Practice*, 2009 (with Tamsin Bradley and Emma Tomlin) and *The Power of Women's Informal Networks: Lessons in Social Change from South Asia and West Africa*, 2004.

We have set up a donation link for your convenience [https://www.paypal.com/cgi-bin/webscr?cmd=\\_xclick&hosted\\_button\\_id=7Q3PXGDL3CU6A](https://www.paypal.com/cgi-bin/webscr?cmd=_xclick&hosted_button_id=7Q3PXGDL3CU6A). Any help will be greatly appreciated.

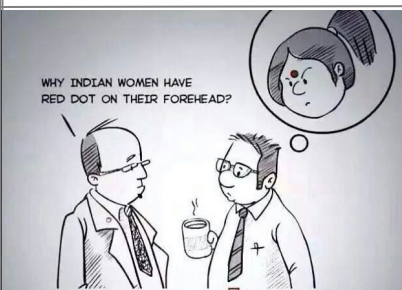
### CELEBRATION OF INDIA/DIWALI 2014

As fall has started, our preparation for Celebration of India/Diwali 2014 is in full swing. As you all may already know this is our premier annual event where the entire Indian community comes together to showcase our culture to the Greater Lafayette community. This year once again, we are counting on your help and support to make the event successful. We will be sending a sign-up sheet with various areas where we will need your help. In the spirit of Diwali please be generous with your time and sign up for any area you want to contribute in. Your suggestions are always welcome.

Thank you for your support and looking forward to a fantastic rest of the year!

Sincerely,

2014 IWA Board



BECAUSE THEY RECORD EVERYTHING...  
EVERY TIME YOU TALK TO YOUR WIFE, YOUR MIND SHOULD REMEMBER THAT "THIS CONVERSATION WILL BE RECORDED FOR INTERNAL TRAINING AND QUALITY PURPOSE AND WOULD BE USED AGAINST YOU EVEN AFTER 30 YEARS"...

Source unknown.

Contributed by Sujatha Ramani

www.edwardjones.com

## Feeling like you paid too much in taxes this year?

This year, evaluate whether you can benefit from:

1. Tax-advantaged investments. If appropriate, consider tax-free municipal bonds to provide federally tax-free income.\*
2. Tax-advantaged retirement accounts. Consider contributing to a traditional Individual Retirement Account (IRA) or 401(k) to help lower your taxable income.
3. Tax-advantaged college savings accounts. Contribute or gift to a college savings plan for your children or grandchildren.

\*May be subject to state and local taxes and the alternative minimum tax (AMT).

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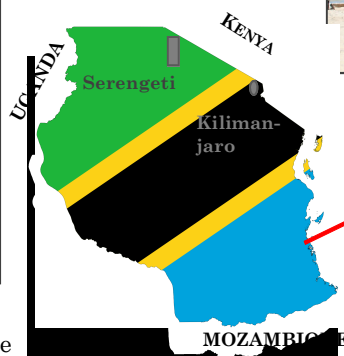
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# Tanzania .....An Earthly Paradise

*by Nikita and Hema Prabhakar*

Hema Prabhakar has deep roots in Tanzania. Her parents were born there and she spent her early childhood in Tanzania.

Nikita Prabhakar is Hema's daughter. She is a senior in West Lafayette High School.



**Dar-  
Es-  
Salaam**

vice connected with your hotel that will take you over to a small island nearby in a boat, and bring you back in the evening for a reasonable fare. Once you are there, you can explore the beach, go swimming, or try out

The bustling and growing city of Dar-Es-Salaam is the biggest city in Tanzania. Situated on the coast in East Africa, the city's emerging skyline is bordered by the beautiful blues and greens of the Indian Ocean. In the center of town, between modern office buildings and supermarkets, small roads are lined with vendors selling fresh vegetables and small trinkets. The excitement of the city slows down, however, when you venture towards the edges of the city. You don't have to travel far to find the plentiful beaches and restaurants that offer gorgeous views of the ocean. Though the language you will most often hear around you is Swahili, the culture and cuisine is a unique blend of African, Arabic, and Indian. The variety of food offered in restaurants ranges from traditional African recipes like Coconut Bean Soup to fancy Italian pasta dishes, depending on what suits your taste. As for entertainment, live bands are plentiful around the beach, and can be quite easy to find. If the outdoors do not excite you, Dar-Es-Salaam is home to many quality casinos.

local foods. It can be quite an exciting experience and provides a nice break from your hotel room.

If the tiny islands don't cut it for you, you can take a small plane or ferry over to the island of Zanzibar. The island is famous for its historic Stonetown, a UNESCO World Heritage Site. There you can explore the town's many alleys filled with beautiful traditional Zanzibar architecture including the intricately decorated doors. There are tours available that take you through spice farms and show you how various spices are grown. And of course, there are always the beautiful beaches, many of which are owned by hotels that rent out various kinds of equipment such as water skis, canoes, and kayaks.

If you seek more adventure than the streets of Dar-Es-Salaam, you can take a safari to one of many national parks like Serengeti or Ngorongoro Crater, or climb the majestic Mount Kilimanjaro. To delve into the details of our safari experience would take a whole article of its own, and is definitely worth experiencing for yourself.

A great idea for a mini excursion while you're in Dar is taking a trip to one of the many small islands. If you are staying at a hotel on the beach, there most likely is a ser-



TRADITIONAL ZANZIBAR DOOR

<http://www.tanzaniaparks.com/serengeti.html>

<http://www.tanzaniawildlifesafaris.com/ngorongoro-crater.php>

*Ngorongoro crater and surrounding conservation area has mountains, lakes forests and wide open plains. The floor of the crater has a small lake and the crater is home to 30 000 animals making it one of the best wildlife viewing areas in the world.*

<http://www.mountkilimanjaro.com/kilimanjaro-facts.html>





# My Experience As A Volunteer Agricultural Nomad

by Gipsy D'Urzo

Gipsy D'Urzo volunteered in Mozambique in 2009 and 2010. She is currently on an assignment in Afghanistan with the Women in Agriculture Program.

Few years ago I started volunteering with the Farmer-To-Farmer program. The program is funded by USAID\* grants awarded to implementers like CNFA, Winrock, ACDI-VOCA etc., or organizations operating in countries around the world, matching specific local needs with US technical expertise.

I was motivated by the desire to experience first-hand working in what is known as international agricultural development. I was open to traveling to far-away places which otherwise I would or could never consider as destinations, and getting to know their peoples and cultures held a strong attraction to me.

Let me state this immediately: it has been a rewarding and addictive experience.

The program addresses agricultural and farmer needs. Every assignment has its own peculiarities and challenges. Volunteers are expected to be flexible: "The volunteer should be prepared to live in a rural setting with limited or no access to amenities such as air conditioning, warm water or internet, as well as have the ability to walk up to 5-10 km for the purposes of data collection" is not an uncommon statement in the assignment description. In some instances electricity is limited and black-outs frequent. Scheduled activities are subject to change with little notice; local dignitaries you should meet will never show up, leaving you waiting for hours; political rallies and oncoming elections will hinder your work; roads might be closed, causing protracted delays; vehicles might broke

down, traffic might be a curse. No matter what, you will be taken care of. Generally accommodations are very comfortable and internet is accessible most of the times. Indeed, travel support and in-country logistics are at the core of the program success. Ticket and passport with the appropriate visa might arrive by urgent delivery the day of your departure, but once landed on foreign soil volunteers are received at the airport by an organization representative, provided transportation and, essential in many countries, an interpreter. The interpreter is not only the person that will facilitate language communication: s/he will open the country and its people to you. A good and knowledgeable interpreter makes all the difference and doubles as your diplomatic liaison with the local culture.

Typically, after a briefing session with the country team, the volunteer will reach the final destination, the location where the work will be done. Depending on the assignment, the first days or week are for assessment, data and information gathering, site(s) visits and contacts. The second part is the in-depth work with farmer(s), cooperative (s) and trainers. Often it includes a relevant hand-on or practical component. Depending on the setting and on the audience, training materials and delivery methods have to be specifically considered. In many occasions the counterpart is illiterate or very modestly able to handle written, detailed, highly technical material. In other instances the audience is a vocational school or university student crowd, or extension agents and NGOs personnel, so one can comfortably revert to the usual trappings of Power Point presentations and technical jargon.

I have been to many countries, several of them repeatedly, because I develop a connection with people and places. Firstly, some of the country teams I have worked with are particularly well composed and assorted and radiate positive synergy. Secondly, whenever I had the chance to go back to follow up on the progress with farmers and people I have interacted with on a previous assignment, it has been like visiting old friends.

I was shy at first, building up on experience little by little. Leaving for a few weeks was what I called my "Independent Research Project". I feel I learned and benefited greatly, both personally and professionally, while providing some expertise along the way. It has always been a great honor and pleasure to meet people around the world.

\*USAID stands for US Agency for International Development, responsible for administering civilian foreign aid. It is one of the very embodiments of US soft power abroad, another being the Peace Corps. Both were instituted in 1961 with presidential decrees by John F. Kennedy.



**Training under the mango tree. 2009 - Capo del Gado Province, Mozambique.**

No power point presentation! Thelmo (EDI extension agent) translates into Makua.

Composting training →



← Transplanting and mulching training

# A Day At Beit CURE Hospital, Lusaka, Zambia

Excerpt from Lata Krishnan's blog at <http://slhsinzambia.wordpress.com/>

## Foreword by Meena Narsimhan

Dr. Lata Krishnan is a recipient of Purdue University's 2014 Focus Award for disability advocacy. She is a Clinical Professor in the Department of Speech, Language, and Hearing Sciences, Purdue University. Along with Professor Jennifer Simpson, she has developed the first Study Abroad program in that department to provide students with clinical experience in a challenging environment. Zambia was selected because hearing screenings are rare there. Also, the only audiologist in Zambia – Alfred Mwamba – received his Master's degree in Audiology at Purdue in 2004 and has kept in touch with Lata who was one of his clinical instructors!

The 2013 and 2014 trips with about 12 students per year were very successful. Beit CURE is a non-profit pediatric teaching hospital specializing in the treatment and care of children living with physical disabilities. The undergraduates screened or evaluated people of all ages at this and other hospitals, homes or schools. The selected excerpt from Lata's blog provides a vivid snapshot of a typical day for the group.

Today was our first full day at Beit Cure Hospital, which is actually our primary community partner. We reached there promptly at 9am as requested, to find the Audiology/ENT waiting room already full of people! I took a few minutes to walk all the students over to their respective rotations: two to the kitchen, two to the laundry, two to Physiotherapy and three to the children's ward.

With me and Alfred (Mwamba) in Audiology were two students. The first person I saw when I walked in was one of the UNZA students in Special Education who we had met on the day we visited campus last week. He had lost his hearing in 1998 at the age of 19 after a bout of malaria which was treated with quinine – a medication that can be toxic to the ear. On that day I had asked him if he had been tested and he said not since 1998 when he had been told that there was nothing that could be done to help him. So I had told him we would be at the hospital and asked him to come for an assessment. I guess I was really hoping that he had some hearing and could be helped – but I was wrong. One of the audio technicians had already assessed him and when I looked at his audiogram it was clear that a hearing aid would not be useful. I felt awful that he had come here upon my recommendation but there was nothing I could do to help. We talked for a few minutes with me writing notes to him – my lack of knowledge of sign language is frustrating at moments like this – and he asked about a cochlear implant. I had to tell him that they were not available

in Zambia but that I knew a family that had taken their son to India to get an implant. He asked about anyone who could sponsor him for this as it would be very expensive and I had to tell him that I did not know but would try to find out. It was very sad and reminded me of the teacher I had met last year at the Deaf Bible Baptist School with an identical story. Two smart young men, who in the right circumstances would have had every opportunity to be able to hear and continue to use the spoken language they already had, but given their circumstances have no other option but to use sign language. Life is just so unfair, that some people have so much and others have so little available to them.

Between 10 – 1:45pm (my student) and I saw 11 patients with a wide variety of problems. A funny incident this morning: (my student) and I looked at the paperwork of a patient and saw the date of birth which read --/13. I said "This is an older gentleman" (thinking it was 1913) and somehow Jessica agreed and went out calling for "Mr. —" — "only to have a mother bring in her small child born in 2013 for the test!! It was funny moment in a busy morning!

(The students) did a fantastic job and were ready to try any testing (even on the youngest children) and also counseling of patients! (They) got better at using the equipment as the morning progressed .

2pm – the older lady from the N'Gombe compound who I had tested yesterday came for her hearing aid fitting! I was so happy that she returned! Her mold was ready and (our

students) worked together to get her hearing aid ready. I was able to chat with her in English During our conversation I found out that she had walked all the way from the compound to the hospital – probably more than an hour – in order to save on the bus fare. And she has only one surviving child out of the six she bore. We hear so many such stories, yet the people are happy with what they have and their strong faith allows them to be thankful for what they have rather than despairing for what they don't have. The similarities to the people in India are remarkable, as I have seen the same attitudes among poor people in India. She was so thankful to us and said, "God Bless you for your help" and gave each of us including Patson a hug before she left. She put her hearing aid in the case and said she would wear it when she went to church. Again – we hope she continues to return to Beit Cure for follow-up.

It is sad to see so many individual with profound hearing losses for which we have no help to offer. The question that nags me is "are we making a meaningful contribution". Alfred (Mwamba) said "YES, because we now have young people professionals in the field who are aware of the circumstances and needs in Zambia." Although I agree that in the long run, we hope that we do have more professionals who have a broader world view, our short-term impact on the people of Zambia with hearing and speech problems is just a drop, while the impact on our 12 students is far greater.

# Art Immersion in Cape Town, South Africa

by Saiya Sheth

The New York Times article “52 Places to Go in 2014” designates Cape Town, South Africa as the number one destination for travellers as it is, “a place to meditate on freedom and the creative life that followed.” As a junior in college, I chose to study abroad in Cape Town. During that semester I reflected deeply on my surroundings and tried to experience as many different forms of art as possible. My study abroad university, University of Cape Town, is known to be at the forefront of social activism in South Africa. A university that protested apart-

heid, advocated for health reforms, and protested government stigmatization of HIV/AIDS from the onset. There, the creative life and social activism were intricately tied together through theatre, performance art, music and visual art. The university art gallery held a showing of David Goldblatt’s photographs, which depicted South African life through serene landscapes and portraits. However, his photographs contained layers of meaning on what the country was experiencing post-apartheid: poverty, crime, reconciliation, new friendships,

and the consequences of un-doing years of damaging

racist policies. I had always had a personal interest in art but after coming back from South Africa I truly realized how important art is to our lives. Art is after all, a piece of work inspired by raw emotion. In the case of South Africa it was a means of making sense of the past, acknowledging the country’s new freedoms, and expressing hope for the future.



*From the internet*

**David Goldblatt** is a South African photographer recognized for documenting life under apartheid and for landscape photos. He has published several books and his photographs can be found in prestigious museums worldwide. The jacket of one of his books is shown here.



## Darn Good Yarn(s)...With Strong African Heroines

by Meena Narsimhan

**Set in Botswana:** The No. 1 Ladies' Detective Agency series of novels by Alexander McCall Smith. The ‘traditional sized’ detective and her secretary (who is inordinately proud of her 97% score in secretarial college) run a successful business solving everyday mysteries with style. Also a TV series. Great fun.

**Set in Rwanda after the 1994 genocide:** *Baking Cakes in Kigali* by Gaile Parkin is a sweet tale that illustrates life in the healing nation. The heroine bakes and sells cakes from her home and her clients are a colorful lot.

**Begins and ends in the Western African nations of Mali and Sierra Leone:** *Someone Knows My Name* by Lawrence Hill is the powerful and historically accurate story of plucky Aminata Dialle, who was captured by slave traders in Mali at age 11. She returns to resettle in Sierra Leone as a freed slave. Find out how that goes.





## Recipes from South Africa and Zambia



### Bunny Chow

by Roopa Murali

Bunny Chow? Does this mean eating a rabbit for dinner? No! Bunny Chow has nothing to do with rabbits. The source of its name still remains a mystery.

Bunny Chow (often referred to as a bunny) is a great South African fast food dish. It is made by hollowing out a loaf of bread and filling it with curry (the curry was originally vegetarian but now it is not uncommon to see chicken and lamb). The gravy from the curry soaks into the walls of the bread, thereby creating a combination of flavors and textures. The filled loaf is then baked and served piping hot. The bread from the center is placed on top and is used as a scoop. It is often served to customers wrapped in old newspapers. Bunny Chows are mainly eaten using the fingers. It is a messy dish but is finger-licking good! Bunny Chow is thought to have its origin with Indian immigrants arriving in South Africa in late 1900s. One theory is that they started using a sturdy loaf of bread to carry the chow. Thus, came the bunny chow. It was first created in Durban, in the province of Kwazulu Natal. The meal is considered to be waste-free.



Interested in trying this dish at home? See the recipe below:

2 tsp (10ml) sunflower or canola oil  
1 roughly chopped onion  
1-2 chopped (optional) chillies  
2 cloves crushed garlic  
1 peeled and grated thumb-sized piece fresh ginger  
1T (15ml) garam masala

1 stick cinnamon  
1 tsp (5ml) turmeric  
1 tsp (5ml) ground cumin  
1T (15ml) ground coriander  
4 pods or ½ tsp (3ml) ground cardamom  
1 tsp (5ml) black mustard seeds  
3T (45ml) chutney  
500g peeled and thickly sliced mixed vegetables (such as carrot, potato, green pepper and cauliflower)  
150g topped and halved green beans  
1 can (410g) chopped tomatoes  
1 cup (250ml) vegetable stock  
1 can (410g) rinsed and drained sugar beans  
salt and pepper  
1-2 loaves fresh white bread, quartered or halved and hollowed out (keep removed dough for serving)



Heat oil in a large saucepan. Fry onions until soft and golden. Add chillies, garlic, ginger, spices and chutney and fry together for a minute. Add vegetables (except beans), tomatoes and stock. Cover and simmer for 45 minutes until cooked through. Halfway through cooking, add beans. Ladle spoonfuls of curry into hollowed out chunks of bread. Top with bread 'lid' and serve with sambals, chutney and chopped fresh coriander. (Source for the recipe: <http://www.eatout.co.za/recipe/bunny-chow-with-sugar-bean-and-vegetable-curry/>)

### South African Sambal

<http://www.foodnetwork.com/recipes/south-african-sambal-recipe.html?oc=linkback>

2 cups grated carrots  
2 cups grated apples  
¼ cup lemon juice  
1 teaspoon salt  
1 teaspoon minced garlic  
1 teaspoon minced ginger  
1 tablespoon sugar  
¼ rice wine vinegar  
1 ½ teaspoon chopped fresh red chil-

ies  
Freshly ground black pepper, to taste  
¼ cup chopped cilantro  
Toss carrots and apples with lemon juice and 1 teaspoon salt, let sit 1/2 hour, then squeeze with hands and discard any excess liquid. Combine with remaining ingredients and mix well. Allow to sit refrigerated for several hours before serving.

### Nshima and Relish

by Lata Krishnan

*Nshima:*

1/2 kg corn meal  
1.5 liters water

Boil water, add corn meal (polenta or corn flour) little by little when the water is hot stirring continuously with a wooden spoon. When mixture begins to boil and bubble, reduce heat to medium until continue adding the rest of the corn meal until it becomes thick (consistency like kesari). Typically no seasonings are added to nshima. It is served scooped with a small bowl so it makes a "football" shape and hospital employees usually come to the window of the kitchen and say how many lumps of nshima they want (usually 1, 2 or 3).

*Relish:*

2 bunches greens (kale or rape)  
1 small onion  
1-2 tomatoes

Boil water, add greens and a little salt and cook till crisp-tender. Heat oil, sauté onions for a few minutes, add tomatoes and continue sautéing for a few minutes. Add the kale and additional salt to taste.

Zambians eat nshima with their hands shaping it into a small round "patty" that they use to scoop up the sauce or relish that they eat the nshima with!



If undelivered please return to  
Mrs. Renu Bajaj  
710 Noble Court  
West Lafayette, IN 47906



Team Driven, Service Oriented



*Sanskriti*  
*Indian Women's Association Newsmagazine*

## Editor's Notes

*What is Inside?*



### Dear IWA members:

I hope you enjoy this Africa-themed issue. It was inspired by Lata Krishnan's award (pg. 5). All of us know that Mahatma Gandhi lived in South Africa. It was here that he first achieved success in winning civil liberties' concessions from the Government through non-violent civil disobedience. The Indian diaspora in Africa stretches from Ethiopia through Kenya, Uganda, Tanzania, South Africa, Rwanda, Nigeria etc. Several people in our own community have lived in different African countries and some of them have contributed articles for this issue. Others have visited the continent as tourists, on business or as volunteers. We feature articles from two volunteers.

An anecdote from Renu Bajaj—a Ghana-

ian woman sitting next to her on the airplane was named Zeenat because her mother was a huge Bollywood movie fan and adored Zeenat Amman! Bollywood movies are very popular in Ghana even though the people need subtitles to fully understand them.

Africa is blessed with unique and beautiful vegetation, an abundance of wild life (who hasn't seen African elephants, lions, Zebras, hyenas and wildebeast on TV?), and beautiful beaches (pg. 3). I was told by a friend who has lived there that the air in Cape Town is so pure that one can feel the purity.

We have an article on art in South Africa and end with recipes from South Africa and Zambia. Nshima in various forms is a staple in many African countries and is treated with the same reverence that we

have for rice or roti. To refuse nshima in a Zambian household would be considered impolite.

Several Africa-based novels are suggested for your reading pleasure. There was not enough space to list others that were equally enjoyable such as *Cutting For Stone* by Abraham Verghese and *Yes, Chef* by Marcus Samuelsson (set in Ethiopia), *The Housemaid's Daughter* by Barbara Mutch (set in South Africa), and *The Boy Who Harnessed the Wind* by William Kamkwamba and Bryan Mealer (set in Malawi).

The December 2014 issue will my last one as editor. Submission deadline is December 1.

*Meena Narsimhan*