



Team Driven, Service Oriented



Send us your IWA slogan
board@iwa.org



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Editor:

Meena Narsimhan

Send your articles to:
mlnarsimhan@gmail.com

Next 2014 Submission Deadlines:
May 1, Aug 15, Dec 1.

As We Embark On Year 2014

Dear Friends,

We have begun defining specific tasks to further our organization's values and goals. We have been working diligently on incorporating IWA's vision and mission in the strategic goals for 2014 namely Community Bonding, Social Responsibility, and enhancing organizational effectiveness internally and externally.

COMMUNITY BONDING: EVENTS AND FUN ACTIVITIES

Please mark your calendar for the following events.:

- ◆ Welcome Party--Feb 15th
- ◆ Holi--March 29th
- ◆ Picnic--Sept 6th
- ◆ Garba--Sept 27th
- ◆ Celebration of India/Diwali--Oct 18th, alternate day Oct 25th
- ◆ Holiday Party--December 6th

We will send details on each event as their respective dates approach.

Other Ongoing Activities:

- ◆ Yoga--our introductory yoga session started on February 3rd. The classes (Feb. 3rd, 10th, 17th, 24th). will be held from 6-7

pm on Mondays at BTCCGL and will be taught by Yoga Gurus Manju Jarori and Veena Sagi

- ◆ Dancercise--(Starting Date TBD)
- ◆ Publishing IWA cookbook as an E-Book.



SOCIAL RESPONSIBILITY AND ADVOCACY

We will continue to support our partner organizations such as YWCA Greater Lafayette, ASHA for Education, and the International Center for Research on Women (ICRW) in their efforts to improve lives of marginalized women and children. We are proud to announce that **Aparna Puri** has volunteered to represent IWA on YWCA's 'Dream Team' to help them generate funds for this year.

ENHANCING ORGANIZATIONAL EFFECTIVENESS

Revamping the IWA Web site:

Marketing and communications gurus Gayathri Krishnan and Ranjani Rao have graciously volunteered to help enhance IWA's internet presence. Gayathri, our Web Guru, will help re-engineer and update the IWA web site. If you haven't already visited IWA's Facebook page, then please do so now! It is being updated regularly by our Marketing and Communications Guru, Ranjani. Ranjani will help us use traditional and social media to disseminate information and make IWA's message reach our global community.

Follow us



BRANDING IWA IWA Slogan, IWA Banner:

We welcome **your** input in creating a slogan for IWA.

(continued on pg.2)

As We Embark On Year 2014....

(continued from pg. 1)

Please tell us, in a word or two, what IWA means for you. The chosen slogan will show up on our website and every marketing and communication related document. We will also design a portable banner. **Rwitti Roy** will spearhead the 'BRANDING IWA' project.

DOCUMENTING IWA'S HISTORY

We are pleased to announce that **Sujatha Ramani** has volunteered to serve as our **Archivist**. Sujatha will help archive our organizations records such as *Sanskriti*, news generating events, press and TV coverages, documents representing our values and beliefs, and stories of our community. This is really an important value oriented task as it will record IWA's activities for future members and inculcate a sense of pride.

Please do send us your feedback and/or suggestions on how to make our organization better. We thank you for your support and trust!

2014 IWA Board

Thoughts For The Day

*contributed by Meena Narsimhan
(author unknown)*

Government of eGypt blocks all internet access. The country can now be renamed Gypt.

TV news is weighed down by its anchors.

Many bills were passed in the parliament in this session. Travel bills, food bills, etc.

Income Statement

For the period January 1, 2013 to December 31, 2013

Activity	Revenues	
	Amount	% of Net
Dancercise	\$272.00	1%
Directory	\$504.73	2%
Fundraiser - ASHA 5K	\$1,176.51	4%
Fundraiser - Celebration of India	\$15,622.47	53%
Fundraiser - IWA Cookbook	\$3,355.48	11%
Fundraiser - Oklahoma Tornado Relief	\$331.00	1%
Fundraiser - Philippines Relief	\$710.00	2%
Garba	\$0.00	0%
Holi	\$2,721.16	9%
Holiday Party	\$0.00	0%
Indiana Energizing Initiative	\$300.00	1%
Interest Income	\$1.90	0%
Membership Dues (120)	\$2,849.70	10%
Miscellaneous	\$100.00	0%
Newsletter	\$40.00	0%
Picnic	\$584.89	2%
Welcome Party	\$0.00	0%
Yoga	\$1,074.50	4%
Net Revenues	\$29,644.34	100%

Activity	Expenses	
	Amount	% of Net
Dancercise	\$160.00	1%
Directory	\$219.13	1%
Donation to American RedCross/Oklahoma	\$331.00	1%
Donation to American RedCross/Philippines	\$725.00	3%
Donation to ASHA Purdue	\$1,000.00	4%
Donation to ICRW	\$2,500.00	10%
Donation to YWCA	\$2,500.00	10%
Fundraiser - ASHA 5K	\$196.80	1%
Fundraiser - Celebration of India	\$8,496.11	34%
Fundraiser - IWA Cookbook	\$2,050.90	8%
Garba	\$150.00	1%
General & Administrative	\$583.78	2%
Holi	\$3,823.77	15%
Holiday Party	\$84.00	0%
Miscellaneous expenses	\$130.46	1%
Newsletter	\$361.60	1%
Picnic	\$879.40	3%
Welcome Party	\$398.02	2%
Yoga	\$612.16	2%
Net Expenses	\$25,202.13	
Profit/Loss	\$4,442.21	15%

* Canned food drive for Food Finders (~ \$130) not included.



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Retirement May Be Far Off, But the April 15th Deadline for IRA Contributions Isn't.

You have only so many years to prepare for retirement. That's why contributing to your Individual Retirement Account (IRA) is so important. Fortunately, you still have time to maximize your 2013 IRA contribution before the April 15th deadline.

By contributing now, your retirement savings can have more opportunity to grow. Even if you already have an IRA elsewhere, it's easy to transfer it to an Edward Jones IRA and begin receiving the face-to-face guidance you deserve.

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on.fb.me/uhoodr

A disappointed Coca-Cola salesman returned from his assignment in Saudi Arabia. A friend asked, 'Why weren't you successful with the Saudis?'

The salesman explained, 'Oh, I was confident, alright. But I had a problem. I do not know Arabic. So I made this poster and pasted it all over the place.'



'Terrific! That should have worked!' said the friend. 'The hell it should have' said the salesman. 'Nobody told me they read from right to left!'

Ode To West Lafayette

by Aruna Moidu

Aruna Moidu came reluctantly to West Lafayette (WL) in 2005, and left even more reluctantly in 2007. She left behind a host of friends, and took with her many warm memories when she moved to Orlando.



I came to Purdue on a hot day in July...
Kicking and screaming 'Oh, Why, Why!'
Why Indiana, I whined to my husband aloud...
Why not Miami or Orlando or even Saint Cloud?
You know I hate winters and the rain and the sleet...
Why here it snows, not in inches but in feet!
We're in the middle of Tornado Alley...I continued to moan...
Lets just pack up and go back home!!!

(My husband ignored me, it must be confessed, In that strong silent way that husbands do best!!!)

So to WL we arrived that morn...
And straight to the Indian store we were inevitably drawn!
A guy named Alex, not of Indian descent...
Made us so welcome, I completely unbent.
You'll love it here he assured me with aplomb,
Why, in a week you'll know the whole town!!!

And as a prophesy it came very true....
As I met Renu and Phullara and Medha too...
Anita and Ritika.....Archana and Savita...
Both the Anaghas...
Sujatha and Veena...Samim and Meena...
Tanuja and Padma and Rashmi too...
Kavita and Hema to name just a few...

Luncheons and pottery,
And laughter without end.....
Bridge and good times
With so many friends!
The weather didn't matter,...I didn't really care....
When every desi would stop to say 'Hi there'....!!!



Viva West Lafayette....and
Cheers to all the good
friends I made....



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A First-hand Glimpse Into a Non-Government Organization (NGO) in Mysore

by Lata Krishnan

Preface: I have known of The Organization for the Development of People (ODP) since its inception in 1984, when my sister Gita Mitra started working there. Gita is their Project Manager and her role at ODP involves overseeing all their projects as well as writing grants to secure funding for their projects from Western and Indian agencies (e.g. Andheri-Hilfe Bonn in Germany, water.org in the USA, The Energy and Resources Institute in India). Although I have visited ODP's Mysore offices regularly and heard Gita talk about her work, it was not until December 2013 when I went on a field trip with Gita that I understood what their watershed programs, "women's empowerment programs", etc., mean. I hope my appreciation of their efforts shows adequately.

ABOUT The Organization for the Development of People (ODP) My Field Trip

ODP is the social service organization of the Catholic Diocese of Mysore, and the Director is Fr. Staney D'Almeda. ODP covers 492 villages and 89 towns/urban slums in four districts in Karnataka: Mysore, Mandya, Kodagu and Chamarajnagar.

The organization has about 120 employees, of whom almost 90 are in the field across the districts they cover, with about 30 employees at the office in Mysore.

ODP's GOAL: Integrated Human Development

ODP focuses its efforts in the following areas:

- Women's empowerment
- Natural resource management
- Entrepreneurship and employment development
- Housing and sanitation
- Care and support for HIV affected and infected
- Child labor elimination and education sponsorship
- Sustainable agriculture
- Alternate renewable energy

ODP has been involved in building about 18 community halls in villages around their districts as well as about 40 check dams. In addition they are involved in many other projects such as provision of solar lanterns, bio-gas stoves, and small business loans to villagers, as well as the organization of mahila sanghas (women's groups), support of an orphanage for children who are HIV positive etc. See <http://odpmysore.org>

My field trip was to the village of Kothanur near Kollegal* to witness the inauguration of a Community Hall in the village. Little did I know how much I would learn before the end of the day! The new community hall, consisting of a room that might hold about 100 people and a small office, cost more than Rs. 6 lakhs to build. ODP funded most of this through a grant from Andheri-Hilfe Bonn, but as part of the way ODP operates, the local residents participated in this effort and contributed the rest of the funds needed to complete the project.

A Community Hall Can Catalyze The Transformation Of A Village

In most villages there is no common infrastructure where women and men can hold meetings, trainings or common functions. These are usually planned and held in school buildings, verandahs of houses, dependent on the availability of these venues, or outdoors under the hot sun/rain. Having a community hall has been a big incentive for people to come together and work together with a feeling of ownership and pride. It also provides a place for meetings and trainings, which can be planned around the time and availability of the people. Further, a community hall and office gives visibility to the groups of the area and also an identity/address, which helps in the mobilization of more resources from the government.

A Check Dam is A System of Efficient Watershed Management

From Kothanur we drove to Banur,

another nearby village to see a "check dam" and there I learned about ODP's watershed projects. We all know that dams are built to retain water and my assumption at this point was that this dam was built to do just that—so the water could be used for irrigation of some of the surrounding drought-prone areas. What I learned is that the check dam does not just retain water to be used up but rather the goal is to conserve water! The check dam was a structure built across a small stream used to block the water and make it settle. **But the water is not used for irrigation at all; rather the system of retaining the water "recharges" the existing water table and bore wells nearby, providing more water to the farmers.** Thus it is a system for conserving and using the existing water supply in a more efficient way.

This was a great day for me because I finally got to see some of the things that Gita does and talks about! It impressed me was that there was no talk of religion during the Community Hall inauguration or anywhere else. Most of the villagers are Hindu (only 2% of the population in India is Christian), and although ODP is a Catholic organization, the projects are for the improvement of the poor and marginalized sections of society and regardless of religious affiliation.

* Mysore Silk comes from Kollegal

Note from Editor: Leaders of at least 3 social service groups have told me that if you want the maximum return for a donation, consider contributing to the building of a rural community center in India.

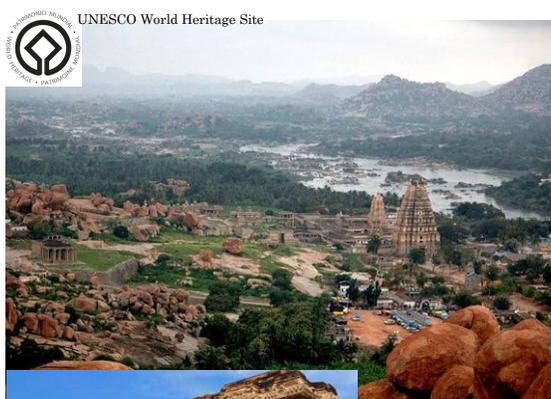
An Armchair Tour — Badami, Hampi and Agumbe

by Meena Narsimhan

Scenic **Badami** is famous for its rock-cut 6th-8th century cave temples, the Bhutanatha lake temple, Badami Fort and its sandstone cliffs. The four sculpted cave temples represent the secular nature of the Dravidian rulers of that period. Of the four main caves, Cave 1 is devoted to Shiva, Caves 2 and 3 to Vishnu and Cave 4 displays reliefs of Jain Tirthankaras. There is a Buddhist cave in a natural setting that can be entered only by crawling. Deep caverns with carved images of the various incarnations of Hindu gods are strewn across the area, under boulders and in the red sandstone. **Badami's** red sandstone cliffs are popular among climbers of all ilk's.



Badami was formerly known as Vatapi. The song Vatapi Ganapathim Bahje in Raga Hamsadwani sings praises of Vatapi Ganapathi, brought from **Badami** to a place near Thanjavur, Tamil Nadu.

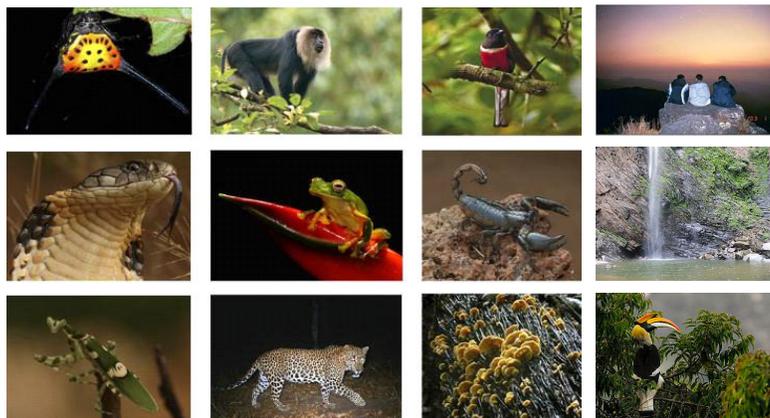


Famous sculpted chariot in the Vitthala temple

The area surrounding **Hampi** is beautiful. It is very rocky, but within this arid area lies a lush green oasis. The blending of architectural elements with the surroundings creates a unique artistic effect.

The city of **Hampi** bears exceptional testimony to the vanished civilization of the kingdom of Vijayanagar, which reached its zenith under the reign of Krishna Devaraya (1509-30). It offers an outstanding example of a type of structure that illustrates a significant historical situation: that of the kingdoms of South India which, menaced by the Muslim empires, were occasionally allied with the Portuguese of Goa. **Hampi** was the last capital of the last great Hindu Kingdom of Vijayanagar. Its fabulously rich princes built Dravidian temples and palaces. **Hampi**, enriched by the cotton and the spice trade was one of the most beautiful cities of the medieval world, comparable to Rome. Although the rulers were Hindu, the ruins testify that it was a secular state. Conquered by an alliance of Deccan Sultans in 1565, it was plundered over six months and then abandoned. Imposing monumental vestiges make of **Hampi** today one of the most striking ruins of the world. Besides the temples, the impressive complex of civil, princely or public buildings (elephant stables, Queen's Bath, Lotus Mahal, bazaars, markets) are enclosed in the massive fortifications. Dravidian architecture that survives in the rest of Southern India spread through the patronage of the Vijayanagara rulers. The Raya Gopura, introduced first in the temples attributed to Raja Krishna Deva Raya, is a landmark all over South India.

Tenali Ramakrishna was a court poet and court jester of Krishna Devaraya.



Agumbe is one of the most scenic places in India. It is one of the highest points in the Western Ghats. The rainforest at **Agumbe** is famous for its spectacular sunsets, scenery, varied wildlife, medicinal plants, four waterfalls and suitability for trekking. On a clear day, one can see sunset over the Arabian sea, a distance of about 20 mi, from Sunset point at **Agumbe**. A rainforest research station and medicinal plants conservation effort are located at **Agumbe**.

A map of Karnataka is on page 7

Onake Obavva—the tale of a loving wife and super heroine

Retold by Meena Narsimhan.

Chitradurga (*kannada*: translation, picturesque fort) Fort lies in the scenic hills and valley that lie about 70 mi from Hampi. The fort walls are built on the rocky hills and stretch about 5.0 mi and are fortified with 35 secret passageways and 4 invisible passageways. The fort itself encloses an area of about 1,500 acres. When it was built in the mid-16th century A.D., it was considered impregnable.

Our story begins around 1760 A.D. It was almost 200 years since the Chitradurga Fort had faced any significant threat or attack and the residents had grown complacent. Oh, they knew that trouble was brewing to the south. Hyder Ali had usurped the throne in Mysore and was itching to expand his kingdom. But they also knew that Hyder Ali's scouts were finding the Chitradurga fort impenetrable. No wonder then the guards thought nothing about taking long lunch breaks and sneaking in 40 winks before returning to their positions on the ramparts.

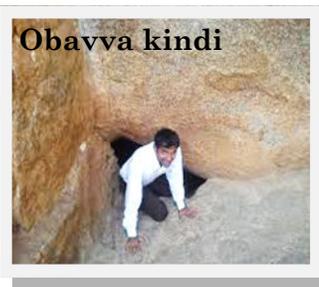
After weeks or months of patient spying, one of Hyder Ali's men saw a woman going into a small hole in the rocks and enter the fort. That crevice led to a very narrow tunnel through which one man could crawl. They decided to sneak Hyder Ali's soldiers into the fort through that passageway and take control of the fort by surprise.

Little did they know that their plan was about to be thwarted by one awesome lady!

On the day Hyder Ali's men decided to sneak in, the soldier who guarded the entrance of that passageway within the fort went home for lunch. Perhaps it was a festival day. Perhaps he was tempted to get the attention of his young, loving 20-year old wife. After a leisurely meal, paan and a smoke, he went to grab a nap telling his wife, Obavva, to keep noises down and to keep an eye on the secret passageway entrance for a little bit. Obavva nodded. A little later, when she went to the pond near the secret passageway entrance to fetch water, she heard sounds coming from the crevice. She should call her husband, but the poor dear had just fallen asleep! Her heart filled with love and protectiveness. No way would she disturb him. She ran home, fetched her onake (*kannada*: a long wooden pestle used for pounding rice and other grains) and waited quietly at the secret entrance. Lurking in the shadows near the opening, armed with only the onake, Obavva proceeded to kill each soldier who managed to squeeze through the hole. She would hit any head that emerged out of the hole as hard as she could with her onake, then drag the dead body out of the hole and hide it before attacking the next man who came snaking up the hole. She must have kept up this routine for almost an hour when her husband returned to take up his post after his siesta, and to send her home to fetch him a cup of coffee. Taking in the horrific bloody scene, her husband immediately raised the alarm, and the fort was saved.

Legend has it that Obavva killed almost 300 soldiers. No one knows exactly what became of her. Some people say that she died that very same day and others say that she became mad. So how has Obavva's extreme heroism been recognized through the ages? Until about 25 years ago, Obavva merited a mention in children's history textbooks and the crevice that she defended was named 'Obavva kindi (*kannada*: hole)' in her honor. That's it.

Now the city of Chitradurga has her statue and a stadium that bears her name. Recognition at last.



The State of the State

Source unknown, contributed by Sangita Handa

- Bangalore may have a nice past. And a great future. But there's no current.
- All MPs to get iPads. Awesome. As some would say, from anPad to iPad in 3 days.

Onake



For The Palate From Karnataka

Maddur Vade

by *Roopa Krishna*
(a no-grind vada)

Rice flour - 4 cups
Red onions - 3 medium sized, finely chopped
Green chillies - to taste (minced in grinder)
Coconut - I used about 1/2 packet of frozen coconut for this recipe.
Unsalted butter - 1 stick
Salt to taste
Oil for frying

Mix well to combine all ingredients. Do not add water. The onions give out enough water to make ingredients stick well. Make golf ball sized balls. Flatten on wax paper and fry.

Serve with coconut chutney and hot coffee.



Gasagase Payasa

by *Bharathi Raghothama*
(Khas-khas kheer)

Gasagase (poppy seed) - 1 Tbsp
Almonds - 5-6
Rice - 1 Tbsp
Jaggery (gur or brown sugar) - 4-5 Tbsp
Cardamom powder. 1/4 tsp
Cashew piece. 1 tsp
Raisins. 1 tsp
Coconut fresh (grated). 2 Tbsp
Milk (low fat). 1 1/2 cup

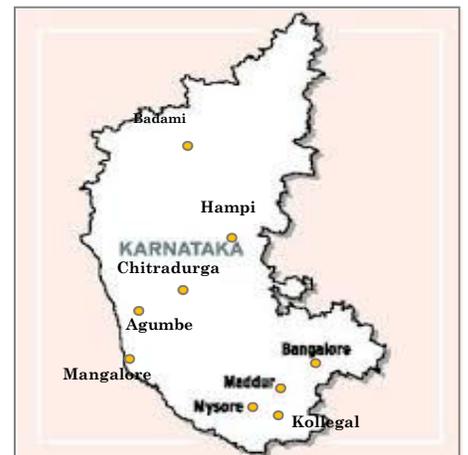
Soak almond and rice for an hour. Roast cashew pieces and raisins with 1 tsp ghee until it is slightly brown and set aside. Then roast poppy seeds on low heat until it is aromatic, at this point add coconut and roast for few more minutes. Set aside. Boil about 2 cups of water in a 2 qt heavy bottom container. Add jaggery. While the jaggery is dissolving in boiling water, grind soaked almond, rice, roasted poppy seeds and coconut into fine smooth paste. Once the jaggery is dissolved, add the ground paste to the boiling water with slow stirring.

Do not allow lumps to form. Reduce the heat and keep stirring on low heat for 5-8 min. Add warm milk, cardamom powder and roasted cashews/raisins.

Kheer should be liquid for drinking. Serve hot!



Drink gasagase payasa to sleep well.



Maddur Vade being hawked at Maddur railway station.

No Bangalore-Mysore trip is complete without a snack break (idli, Maddur vade, coffee) at Maddur.

Goli Baje is Mangalore street food.

Goli Baje

by *Jayashree Revankar*
(deep fried maida ball)

Maida/All Purpose flour - 1 cup
Ginger, grated or finely chopped - 1 inch
Green chillies, finely chopped - 3-4
Sour yogurt - 1 cup
Baking soda - 1/4 tsp
Curry leaves, finely chopped - 3-4
Salt to taste
Oil for deep frying (For best results, use coconut oil)



Sieve maida, soda and salt in to a wide bowl. Mix in finely chopped green chillies, curry leaves, and ginger. Now slowly pour buttermilk into the dry ingredients to make a thick paste. Make sure that the paste is lump free. *Keep it covered for at least 2-3 hours so that you get perfect Goli Baje that is crisp from outside and soft inside.* Heat oil in a kadai and take about a tbsp. of paste. Use either your fingers or a spoon to drop it into heated oil. Deep fry them on medium flame till they become crisp and turn into lovely golden brown in color. *Serve with coconut chutney and hot coffee.*

Seeking a meal at Bandipur National Park



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



Team Driven, Service Oriented



Sanskriti

Indian Women's Association Newsletter

Editor's Notes

Dear IWA members:

Brrrr!! Are you freezing?

We bring you the perfect dishes for a cold winter afternoon. Eat these while you snuggle up in front of the TV surrounded by your family and friends or when you are curled up in a chair with your favorite book. I can guarantee you that it will feel divine.

We bring you a lovely poem by Aruna Moidu, a former IWA member.

This issue is focused on Karnataka, my home state.

We bring you an article on The Organization for the Development of People (ODP), a non-governmental organization that is doing good work in Mysore and surrounding districts. I am struck

What is Inside This Issue?

by the fact that people working at ODP, as well as Swayam Shikshan Prayog [SSP India; see *Sanskriti (2013) Vol 18, No. 3, pp. 7*], agree that a community center in a village is a great catalyst for increasing co-operation, community involvement, civic improvement and learning in the village. Speaking of SSP India— last week they won two awards for their work on social development and entrepreneurship. One was from the Govt. of Maharashtra and the other was from the Govt. of Bihar. The Govt. of Maharashtra's award will allow SSP to participate actively in governmental village improvement programs.

The next feature is an armchair travelogue that features historic places and places with an abundance of natural beauty. All three places are good for

trekking and climbing as well. Agumbe has a lot of wildlife to enjoy. Besides these places, there is a lot to see and do -palaces, wildlife sanctuaries, places to enjoy water-related activities, etc- in a 30 mi radius around Mysore.

Then we bring you a little-known but true tale of a very brave woman. People who grew up in Karnataka would be familiar with this story, but it is unlikely that others have heard of this lady.

The next issue will feature graduating seniors (High School and University). Please send pictures of your graduating child by May 1.

Meanwhile, keep warm. Only 6 weeks more to go before spring.

Meena Narsimhan

