Dear Mumbai Mates,

This is a special year for our organization as we celebrate the 40th anniversary of the Los Angeles Mumbai Sister City. We have some fabulous activities planned, including a Tree Planting ceremony dedicated to the children of Mumbai. The honored guest to help us mark this occasion will be none other than Maestro Zubin Mehta, who originates from Mumbai and was Music Director for the LA Philharmonic Orchestra from 1962–1978. The ceremony will be held in the third week of August and the location has yet to be confirmed. We will keep you informed so you can join us and participate in this landmark celebration.

In this Newsletter we are including images from our festive Diwali dinner and we thank you all for your continued support and attendance. Funds raised from this event are donated to Americares, a Connecticut-based organization with offices in Mumbai. Our funds will be applied to their new program — the mobile medical van that makes weekly visits to slums of Mumbai. Our president Cliff Meyer and his wife Cathy Root recently visited Mumbai and sent us a report on Americares in Mumbai.

Although we are well into the year and spring is almost upon us, I wish you all a very happy 2012 — Year of the Dragon.

Namaste!

Mira Advani Honeycutt
Chairperson, LA Mumbai Sister City

Celebrating the unveiling of the Sister Cities International sign at the entrance to the LA Convention Center:
Adolfo Nodal, President of Sister Cities International, Mira Advani Honeycutt, and LA City Councilman Tom LaBonge
Cumin Spiced Potatoes and Carrots

Some Indian vegetarian dishes are complex, others simple, like this combination of potatoes and carrots, which calls for only a couple of seasonings rather than a complex mixture of curry spices.

The recipe comes from a man who cooked for a Marwari vegetarian family on their tea estate, located between Siliguri and Darjeeling. It was served there with other vegetable dishes, dal, rice and chutney, but it would also make a good side dish for grilled fish or baked chicken.

3/4 pound small potatoes, such as Yukon Gold
1/2 pound carrots
1 tablespoon butter
3 tablespoons fine long shreds of ginger root
2/3 cup chopped red onion
1 teaspoon cumin seeds
1/2 teaspoon salt, or to taste

Peel the potatoes and carrots and cut them in half. Place in a saucepan and add water to cover. Bring to a boil and boil, uncovered, until just tender, but not mushy.

Drain the potatoes and carrots and let them cool. Then cut them crosswise in 1/4-inch slices.

Heat the butter in a wok. When it melts, add the ginger shreds and stir, then add the onion and cumin seeds. Cook, stirring as needed, until the onion is tender but not browned, about 5 minutes.

Add the sliced potatoes and carrots and sprinkle with 1/2 teaspoon salt, or to taste. Cook, stirring carefully, until the vegetables are mixed with the seasonings and heated through.

Serves 4.

Recipe provided courtesy of Barbara Hansen
Diwali celebration
October 23, 2011

Asha Puthli with friend Caroline Lieberman

Kamilla Blanche presenting a proclamation on behalf of the LA City to Mira Honeycutt and Cliff Meyer

Meena and Sat Garg with Mumbai Board member Barbara Hansen

Central Coast Wines donated by Clautiere Vineyards (Paso Robles) and Rideau Vineyards (Los Olivos)

Dr. Tara Nakjiri with Maxwell Nazari

Phorum performing a Bollywood dance
While on a recent trip to India, our LA Mumbai Sister City organization president, Cliff Meyer, and his wife and LA Mumbai Sister City board member Cathy Root (shown in photo at left) had the chance to see first-hand how our donations to Americares are being put to use. Here is their report and some photos from their visit.

We met Dr. Seema Peterson, the manager of the Americares Mobile Healthcare Program, at the organization’s headquarters in East Andheri, Mumbai, where she explained that the project’s mobile van treats 3,000 plus patients per month at various villages within the Andheri slums. To assure a continuity in the villagers’ health care, the van visits each village every other week.

That morning we accompanied “Dr. Seema” to the mobile clinic at Sahar Village. The outdoor clinic was situated in the commercial center of the village, where people were seated on benches patiently awaiting their turn. We arrived as the staff was measuring the height of a little boy to enter into his medical records. The patient’s record would then be presented to the doctor, who examined the patient and prescribed treatment and medical advice. After receiving a prescription, the patient takes it to the mobile health care van, where the staff provides free prescriptions. Although the pharmaceutical companies donate surplus medicines, the health care program is in critical need of various medications. If a patient requires extra care such as surgeries or injections, they are directed to the charity hospital directly across from the Americares office.

A young Mumbaiker has his height measured for his medical record

Prescription medications being dispensed at Americares’ mobile van
RAVI SHANKAR IN CONCERT

Maestro Ravi Shankar, the legendary sitarist and world music phenomenon, will mesmerize the Long Beach Terrace Theater with a performance on Sunday, March 25, at 7:30 p.m. Visit www.longbeachcc.com/calendar/index.cfm?eventid=5432 for details.

GREAT SOUL: MAHATMA GANDHI AND HIS STRUGGLE WITH INDIA

Joseph Lelyveld, Pulitzer Prize-winning journalist, discusses his book, an intricate portrait of Gandhi’s conflicted mission. After shaping his philosophy of nonviolent resistance during his time in South Africa, Gandhi promoted these social values back in his native India. Although India quickly revered the “Great Soul,” Gandhi’s following only contributed a small part to the social transformation he imagined.

Date, Time & Location: Thursday, April 5, 7:00 p.m., LA Central Library

FESTIVAL 2012 — TWO DAYS OF INDIA’S CLASSICAL MUSIC

Experience the incredible breadth of India’s classical music at Festival 2012, held at Herrick Chapel on the campus of Occidental College. Four concerts, food, celebration and other musical activities will be presented by the Music Circle on March 31 and April 1. Visit www.musiccircle.org for all the details.

RAGAMALA DANCE AT THE DISNEY CONCERT HALL

Ragamala Dance performs Sacred Earth, fusing two rich and ancient Indian visual art traditions - Warli mud paintings and Kolam rice flour drawings — with Bharatanatyam, the classical dance of Southern India. The choreography invokes a deep connection to the Earth, celebrating the on-going, ever-renewing cycle of life.

Performances are at 11:00 a.m. and 12:30 p.m. on Saturday, April 28, and tickets are free. Go to www.musiccenter.org/events/worldcity_042812.html for details.

LA INDIAN FILM FESTIVAL 2012
RUNS FROM APRIL 10–15

Screenings will be held at the ArcLight Cinemas on Sunset Blvd in Hollywood. Visit www.indianfilmfestival.org/festinfo.php# for all the details on this year’s festival.