

A lot has happened in the month of May!

THE INDIAN ELECTIONS

Indians in New Zealand were crossing their fingers and toes as the Election results were announced on Friday, May 13. The news that caused a ripple effect among the Indian community worldwide was the humiliating loss for the ruling DMK in the election.

After her landslide victory, Jayalalitha set up to make a few promises to bring back Tamil Nadu to the path of prosperity, grown and development.

Her first promise is to implement the party manifesto as soon as possible. It includes a list of freebies - laptops to underprivileged students, gold jewellery to girls getting married and free rice to the poor. She has also set a three month deadline to solve the state's power crisis. The state faces a power deficit of 3000MW and suffers constant power outages. Jayalalitha has started talks on setting up infrastructure for alternate sources of electricity.



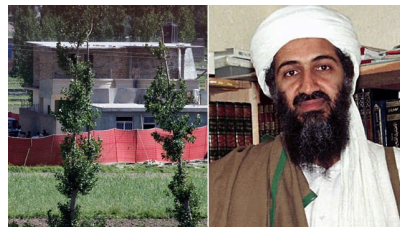
THE ROYAL WEDDING



While the royal wedding happened in the end of April, the world continued to buzz with wedding details through the month of May. Prince William and Catherine Middleton tied the knot in front of family, friends and close to 3 billion viewers from around the world on Friday, April 29 at Westminster Abbey. The Duke and Duchess of Cambridge chose not to depart for a honeymoon immediately. Instead they spent the weekend privately in the UK, and the Duke returned to work as a Search and Rescue pilot the next week. While media continued to speculate about their honeymoon destination, they departed on their 10 day honeymoon on May 10 to Seychelles.

OSAMA BIN LADEN

On May 1, 2011, Osama bin Laden was killed in his virtually unprotected compound by a raiding mission of 79 Navy Seals, who entered Pakistan by helicopter. After many lurid stories were provided by the government and withdrawn, official reports made it increasingly clear that the operation was a planned assassination .



IPL RESULTS



Brilliant Super Kings romp to IPL triumph

The Chennai Super Kings secured back to back Indian Premier League titles thanks to a comprehensive 58 run victory over the Royal Challengers Bangalore at the MA Chidambaram Stadium in Chennai.



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JOIN THE CREW

If you would like to contribute for the next issue, we would like to hear from you. Email us today!

info@kiwimasala.com



Find us on Facebook
and Become a Fan!

EDITOR'S NOTE

It's been a month since KM's launch and we are happy to say that the launch was a success. During the month of May, we were able to get our name out to many people in the Indian community. We also were able to meet people in person at a couple of the recent Indian events who told us they had already visited the website!

One of our goals is to provide Indian organizations with a common place to advertise their events, and we were able to advertise Anil Kant's concert and the Festival of India, as well as two movie screenings in Wellington, one in Tamil and Telugu.

As we start our 2nd month, we encourage you to continue to spread the word about Kiwi Masala, subscribe to Kiwi Masala (link on the homepage), join our facebook page and get in touch with us if you would like to join our crew.

Regards,

KM Team

*Advertising will remain **FREE** for a few more weeks after which businesses wishing to advertise will need to pay an advertising fee.*

ADVERTISE YOUR EVENT

Organizing an Indian event?

Need to get the word out?

Your solution is simple!

Send your blurb to Kiwi Masala
and we will get the word out!

WHAT'S NEW ON KM ONLINE?

Here is a list of what has been added to the website since the launch:

EVENTS: Frequent Updates with event information that would be of interest to the Indian community.

MIGRANTS: Relocation can be hard, but we provide you with a few links to help a newbie start their Kiwi life.

FOOD: Three delicious sections: Recipes / Restaurants / Restaurant Reviews. This is a section that can only be developed by you, so help us out by getting in touch!

DINE IN: Part of the Food section, Dine-in, is your website to order Indian food. If you are feeling not-so-Indian, there are different cuisines you can pick and choose from.

KIDS: We will continuously update this page with fun downloads for the young ones.

EVENTS

Information of all the events are also on the Events page.

GM CAR Wholesalers Ltd **Shivam Events** PRESENTS the very first tour of **ADNAN SAMI** [Live] In Concert

WORLD'S FASTEST KEYBOARD PLAYER
1st MUSICIAN TO PLAY INDIAN CLASSIC MUSIC ON ELECTRIC PIANO
FUSION OF INDIAN AND WESTERN CLASSICAL TO JAZZ TO MODERN POP ROCK

AUCKLAND FRIDAY 17th JUNE 2011
Venue: Telstra Clear Events Centre, Manukau **7.30 PM**

His HIT Songs/Albums:
Tera Chehra - Sun Zara - Iff Karsaidy
- Kabhie To Nazar Milao - Shreeg Bhavgi Kalam Meza
- Garam Masala and many more...
- His 1st Album, "Kabhie To Nazar Milao"
- Highest selling Non-Film Album of All Time
- His 2nd Album - "Tera Chehra" - Broke All Previous Records

TICKETS Available from www.ticketdirect.co.nz or at Major Indian Outlets
\$45, \$55, \$69, \$79, \$99
VIP \$129
VVIP \$150
(VVIP includes pre-show finger food and drinks)

Rahul Ingle
Stand Up Comedian

Sponsored By:

ALL ENQUIRES: **DOREEN 021 367 469** or **PRAKASH 021 888 528**

Workshops on Stress Management of Excessive Tension (SMET)

Wellington: Date: 11th June 2011; Venue: 59 Randwick Rd, Moera, Lower Hutt, Wellington; Time: 8.30am – 4.00pm

Auckland: Date: 18th June 2011; Venue: The Hindu Heritage Centre, 2-30 Bukem Place, Mangere; Time: 8.30am – 4.00pm

hot tips event

10 TOP THINGS YOU NEED TO KNOW as a PARENT

Tuesday 14 June 2011
WITH Ian GRANT

BOOK NOW
www.theparentingplace.com

elim international CHURCH
22 Tennyson St, Wtgn

TICKETS CAN ALSO BE PURCHASED AT
Elim International Church office - 22 Tennyson Street, Wellington

Enquiries:
phone: 04 385 9634
email: info@elim.org.nz
bookings@parentinc.org.nz

Time: 7.30 - 9.00pm
Cost: \$12 single
\$20 double

flavours!
world food fairs

Saturday 11 June, Ngaio Town Hall, Ngaio. Cooking demonstrations from 1pm

SOMETHING INSPIRATIONAL

The Five Love Languages - Dr. Gary Chapman

Understanding your spouse's love language is the first step to connecting. "Seldom do a husband and wife speak the same love language," Chapman says. "We naturally speak our own love language. But if your love language is different from your spouse's love language, you're missing them. You may be sincere, but you're not really touching their heart."

The five languages are as follows:

Words of Affirmation: Words matter. This person treasures hearing, "I love you." Honest compliments and praise mean a great deal, and insults or harsh words are taken to heart.

Quality Time: This person wants your undivided attention. The gift of your time is worth more than any material present you could give.

Receiving Gifts: From trinkets and flowers to diamond rings and season tickets, this person feels loved when you present them with a token of your affection.

Acts of Service: Doing household chores or helping out in the home office is, to this person, the equivalent of saying, "I adore you."

Physical Touch: A gentle hand on the shoulder, a peck on the cheek, a warm embrace or simply sitting beside this person makes them feel loved.

The more you practice any of the languages, the more natural they will feel for you. "The good thing is that it's extremely rewarding, and any of these languages can be learned."

Ideally, both partners will make an effort to speak the other's love language. But that may not always be the case, such as in times of stress or emotional rifts. Still, it's important to speak your spouse's love language even if the favour isn't returned at the time.

JOIN THE TEAM!

Got some spare time?

Enjoy writing?

Looking to get famous?

If you answered yes., we are looking for writers

WHEN DO YOU MEET?

Let us know when your religious organizations meet each week. We would love to advertise your details with everyone.

EATERSPOT

Green peas – 1cup
Paneer – 1cup
Oil – 4tbsp
Ghee or butter – 2tbsp
Cinnamon stick – 1
Cloves – 3
Cardamom – 2
Cumin seeds – 1tsp
Black peppercorns – 5
Onions – 2
Red chilli powder – 1/2tsp
Coriander powder – 1tsp
Turmeric powder – 1/2tsp
Ginger – 1/2inch
Garlic – 3 cloves
Green chillies– 3
Tomatoes – 2
Yogurt – 1/2cup or cream - 1/2cup
Garam masala – 1 tsp
Coriander leaves – chopped for garnish
Salt – to taste
colour powder - pinch

Recipe contributed by Ezhil P, a WGTN resident.

METHOD:

- 1)Boil the green peas. Cool it and keep aside
- 2)Fry the panner with butter or ghee and keep aside
- 3)Heat a pan, add oil, ghee, cinnamon stick, cloves, cumin seeds, black peppercorns, onion, ginger, garlic and green chilli. Sauté until the onions are golden brown .
- 4)Add the tomato, coriander powder, red chilli powder, turmeric powder, garam masala and salt. Remove from the fire, allow it cool and then grind the onion mixture to a smooth and thick paste.
- 5)Heat the remaining oil add the paste, colour powder, yogurt or cream, peas and paneer. Allow it to simmer for 10 minutes
- 6)Garnish with coriander leaves



JUST FOR LAUGHS

Top 10 Ways to Recognize an NRI

10. One who requests the auto rickshaw driver to drive slowly and clutches the seat-cushion nervously.
9. One who just bought a case of Bisleri mineral water.
8. One who gets upset if the train is only six hours behind schedule.
7. One who is nervously gazing at the Green channel at the Customs clearance of airport.
6. One who prefers eating fruits to Poori at the train stations.
5. Basically, any man who is changing a baby's diaper.
4. One who does not wait, for the coolie at the train station, and hauls his/her own 30" suitcase.
3. One who feels embarrassed to run after the railway conductor, for reservation.
2. One who says, "say cheese" when taking a picture.
1. One who has gained more FREQUENT FLYER mileage from trips to the toilet.

E! NEWS



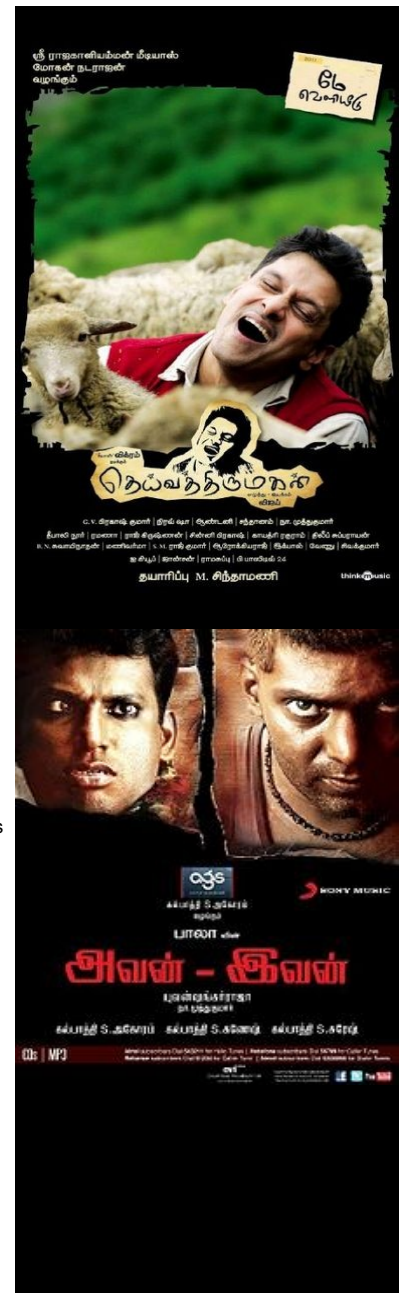
Releasing June 3, here in NZ!

Event Cinemas Manukau, Queen St, Westcity |
Hoys Cinemas, Sylvia Park |
Events Cinemas, Queensgate &
Reading Cinemas, Courtney Place, Wellington

Movies to look forward to :

Tamil drama film written and directed by A. L. Vijayan and produced by Mohan Natarajan. The film features Vikram in the lead role as a mentally challenged adult with the maturity of a five-year-old boy, while Anushka Shetty, Amala Paul and Nassar portray other pivotal roles. The film comprises director Vijay's 'regular' technical crew with G. V. Prakash Kumar as music composer, Nirav Shah as cinematographer and Anthony as editor. It is based on the Hollywood movie I Am Sam.

Tamil comedy film written and directed by Bala, who with this project directs his fifth feature film. The film stars Arya, Vishal Krishna, Janani Iyer, and Madhu Shalini in the lead roles. The film, produced by Kalpathi S. Agoram's AGS Entertainment, features music by Yuvan Shankar Raja, cinematography by Arthur A. Wilson and editing by A. Sreekar Prasad. The film, which will also be dubbed in Telugu as *Vaadu Veedu*, is currently in its post-production stage and slated for a theatrical release on June 10, 2011.



HEALTH BUZZ

Here's a list of seven health benefits of this tried and true brew:

- 1. Weight loss** - Drinking this beverage helps you feel full, so it can curb your appetite. It may also help you burn more calories according to a study published in November, 1999, by the American Journal of Clinical Nutrition.
- 2. Anti-Aging properties** - Green tea is rich in the antioxidants vitamin E and C. Antioxidants destroy free radicals that damage cell membranes. Damaged cell membranes lead to diseases such as cancer, heart attacks and diabetes. Drinking it may help relieve the suffering caused by rheumatoid arthritis. This was revealed in a study in April 1999 by researchers at Case Western Reserve University in Cleveland.
- 3. Asthma relief** - Green tea contains a substance called theophylline. It's a muscle relaxant, so it can cause the muscles supporting the bronchial tubes to relax -- thus reducing asthma's ability to restrict normal breathing.
- 4. Lowers blood pressure** - If you have high blood pressure, you will be more susceptible to a heart attack or stroke. Green tea may prevent the formation of blood clots which lead to heart disease and stroke.
- 5. Fights cancer** - A team from the Mayo Clinic found that three out of four chronic leukemia patients (who were given green tea extract) seemed to experience regression of the disease. The fourth patient also showed some improvement. The doctors gave the extract a try after a 2004 test tube study of green tea revealed that leukemia cells were killed by the substance.
- 6. May lower cholesterol** - Studies have shown that this drink may help lower cholesterol with no side effects. By lowering cholesterol, the body receives help in fighting heart disease and stroke as well.
- 7. Guards against infections** - In April of 2003 the New York Times reported that its extract has the ability to strengthen the immune system's ability to fight disease. Microbiologist Milton Schiffenbauer, professor at Pace University (New York) stated, "Our research shows tea extracts can destroy the organism that causes disease. If we can stimulate the immune system and at the same time we are destroying the organisms then it makes sense to drink more tea." Green tea treats sunburn, strained eyes, blemishes, rashes and minor cuts because of its antiseptic properties. Try gargling with it when you feel a cold or the flu coming on. Soak your feet in it for athlete's foot or just as a refreshing foot bath.

