



International
Women's
Association

SEPTEMBER 1988

SEPTEMBER

MONTH AT A GLANCE

Thursday	1st	Health & Ecology : Cosmetic Surgery	10.00 am
Friday	2nd	Executive Committee Meeting:	10.00 am
Monday	5th	Cooking Swapshop : Japanese Cuisine	10.00 am
Thursday	8th	Art & Handicrafts : Learn the art of Tanjore painting	10.00 am
Tuesday	13th	Book Discussion : Jonathan Livingston Seagull	10.00 am
✓ Thursday	22nd	Music and Performing arts : "A piano jamboree"	10.00 am
✓ Tuesday	27th	History, Culture & Tours : Illustrated talk on the Indus Valley Civilisation	10.00 am

From the desk of the Presidents

The enthusiasm displayed by our members by their presence in large numbers at our monthly meetings has been a source of great strength to our Activity Chairwomen.

We have purchased a set of 75 cups, saucer plates with spoons which will be stored in Maureen Hemmingway's house and will be available to members organising meetings in their houses to supplement their own service sets. Members could collect these on the previous day of their need and return it in the same condition as when borrowed.

There have been reports of non-receipt of our newsletters or extra postage charges being demanded. Nirmal Mirza has very kindly organised to get our newsletters franked so that you receive it without delay and not harrassed for extra payment. If you have not received your newsletter by the 30th of the Month, please contact Vijayalakshmi in Nirmal Mirza's office, Wooltop Weaves, 44, C.P. Remaswamy Road, Madras-18, and collect one from her.

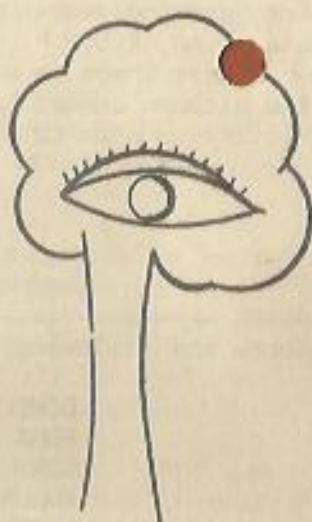
We look forward to happy association with our members.

We would like to inform all our new members that some of our activity meetings particularly those of music and performing arts do involve some expense, and so there will be a nominal charge of Rs.5/- per head for those meetings. We have brought out coupon books of 10 leaves each priced at Rs.50/- (Rs.5/- per leaf). These coupon books are available with the membership Treasurer Lakshmi Padmanabhan at all meetings. Please purchase a coupon book from her. This will make things easier when you attend meetings which involve expense. All you have to do is to give a voucher to the activity chairwomen concerned.

HEALTH & ECOLOGY

Thursday : 1st September, 10.00 am

At : Meera Jayskar
17 Shaffee Mohammed Road
Madras 600 006



Plastic surgery does not mean using plastics in surgery. Plastic in Greek means moulding as in arts and sculptures. A surgery where the parts are restored or moulded towards the best look and/or function is known as Plastic surgery. Cosmetic-Aesthetic surgery is done to make one more attractive, beautiful, presentable and/or younger looking or to improve one's own self image. Enlightening us on cosmetic surgery will be Dr. S. Arumugam, M.B. F.A.C.S, Apollo Hospitals.

The concept of beauty is very varied and has changed through the times and ages and is also different in parts of the world, even though there are common factors. This concept has varied from the art of painting the body, scarring the body, to perfumes and jewellery to the art of Cosmetic Surgery today.

There will be an audio-visual presentation (with before and after slides of the patients). The talk will include, re-shaping and recontouring of the nose, hair restoration surgery for male baldness, outer ear corrections, scar corrections, chin enlargements, cheek augmentations, surgeries for aging face like face lifts and Blepharoplasties, Breast augmentation, Breast reductions, Breast lift, Reconstruction of breast after mastectomy, Fat suctioning abdominoplasty etc.

Please join us.

VIJAYA BALU

EIRA DOSHI

Special information for our members

A special vigilance cell of I.W.A. has been constituted comprising of all the members who attended the Health and Ecology meeting which was addressed by Mr. Menezes, the Special Officer of the Municipal Corporation. Those of you who are desirous of joining this cell or have any special grievances please contact either one of us. After every Health & Ecology meeting there will be a brief meeting of the vigilance cell to discuss the various problems and we will forward specific grievances to Mr. Menezes and try to allay your specific problems.

VIJAYA BALU (72589)

EIRA DOSHI (471706)

Important telephone numbers of the Corporation of Madras:

- a) Street lighting Complaints - 32288
 - b) For enquiries regarding garbage bags please contact Dy. Commissioner, Begum at 32899
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EXECUTIVE COMMITTEE MEETING

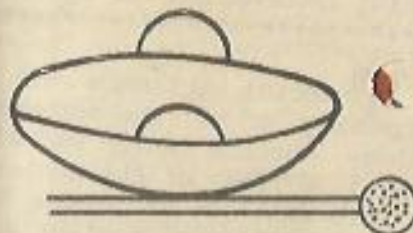
The Executive Committee Meeting will meet on Friday, 2nd September, 1988 at 10.00 am at the residence of Christina Engvall, 5 Cenotaph Road, Madras 600 018.



COOKING SWAP SHOP

Monday, September 5, 10.00 am

At : Kazuko Uchida
7 Victoria Crescent
Madras 600 105.



Japanese Cuisine, characterized by its natural taste and appearance has long been recognized as something delicious, elegant and different. With the world getting smaller through travel and advanced communication, Japanese cuisine is now attracting world wide attention.

Kazuko Uchida, with the help of other Japanese members, will show how to make 'Tempura'; a dish that can be enjoyed by both vegetarian and non-vegetarian.

Limit : 25 people only.

Please call Kazuko Uchida (472826) before Sept. 3rd between 8 and 9 am.

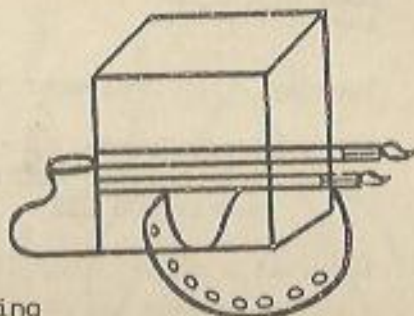
LEELAMANI JOHN

KAZUKO UCHIDA

ART AND HANDICRAFTS

Thursday, 8th September, 10.00 am

At : Shemim Padamsee
No.5, North Leith Castle Road
Santhome
Madras 600 004



The Art of Thanjavur Painting developed under the Maratha rulers of Thanjavur in the 18th century. Restricted to domestic prayer rooms for the last two hundred years, it has suddenly become a very popular art again over the last few years.

Thanjavur painting involves both art and craft. The decorations are embellished with gold leaf, glass pieces and stones and given a relief effect with gesso work.

Lavanya, an artist trained in traditional Thanjavur and Mysore painting from the Chitra Kala Parishad at Bangalore, will give a demonstration of this art form.

NANDITHA KRISHNA

MAUREEN HEMINGWAY

BOOK DISCUSSION

Tuesday, 13th September 1988 - 10.00 am

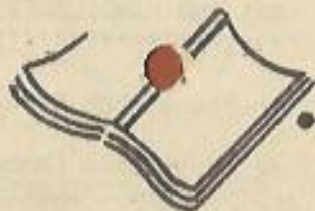
At : Sarah Chanda,
9 Archbishop Mathias Avenue
Madras 600 028

Tel : 45 - 4265

Read Jonathan Livingston Seagull - a story by Richard Bach. It gives you Flight. It makes you young.

SARA CHANDA

NANCY SINGH



MUSIC AND PERFORMING ARTS

Thursday, September 22nd - 10 am

At : The Madras Club
Madras 600 928



This month we are privileged to present Padma Shree Handel Mennuel in

A PIANO JAMBOREE

Handel Manuel has been honoured many many times. His latest honour is to be made an Honorary Life Member of the Royal School of Church Music. He was formerly the Deputy Director of Western Music of All India Radio. He is the Founder Director of the Madras Philharmonic and conducts three choirs including a Children's Choir and an Orchestra. Currently he is rehearsing 'The Pirates of Penzance', 'the Mikado' and 'Trial by Jury', which will be on stage in October in Madras.

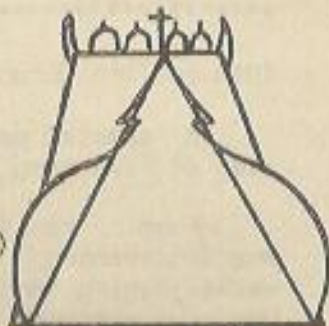
SUREKHA KOTHARI

MARGARET SEKHARAN

HISTORY, CULTURE & TOURS

Tuesday, 27th September, 10.30 am

At : The Government Museum Galleries
Pantheon Road, Egmore.
(Please assemble at the front
entrance of the Galleries by 10.15 am)



Mrs. Alexandra Jansen, who is in Madras as the invitee of the Max Mueller Bhawan, will speak on THE ART OF THE INDUS CIVILISATION and illustrate her talk with slides. Her lecture will complement thematically the photographic exhibition simultaneously on display at the Museum. Mrs. Jansen is engaged in doctoral research on Harappan Arts and Crafts. Opinions differ amongst scholars as to who created the Indus valley civilisation, and perhaps Mrs. Jansen will give us her own views on the controversy.



For those totally unfamiliar with the subject, a leaflet will be available giving a brief synopsis on the subject during earlier September meetings.

All are very welcome to what promises to be a very interesting and informative lecture.

JENNIFER RAMACHANDRAN

JANET de PENNING

A tour to Doty has been planned in the Second week of October. Those interested in making this trip please contact either one of us before the 15th of September.

Jennifer Ramachandran : 615884

Jannet de Penning : 475980

(Please call between 8 am and 9 am only)

HEALTHWEEK WITH STINA VASU AT FISHERMAN'S COVE

10th to 14th October 1988

A special package deal has been offered for five days stay at Fisherman's Cove which includes:

Room tariff, Breakfast, Lunch and Dinner, morning/evening tea, coffee, biscuits. Supervised walks/jogging and games on the beach morning and evening. One hour exercise with music led by Stina Vasu. Healthfood, health talks by Stina and other demonstrations/talks on health. You decide what all you want to join in. The price also includes the 20% State Government tax.

Occupancy will be on twin sharing basis and the rate will be Rs.400/- per day per person + 10% Expenditure tax.

The rates are for a minimum of 10 persons.

An active holiday like this will make you benefit long after it is over. You will return to your daily duties in better physical and mental condition. And ... last but not least ... you will have a lot of fun.

For more information and booking please contact Shashi Suryanarayan, Sales Executive, Taj Coromandel Hotel, 474849.

EXECUTIVE COMMITTEE

OFFICERS

PRESIDENTS	:	Vanitha Mudaliar	662626
		Barbara Clarkson	863129
VICE PRESIDENTS	:	Nirmal Seshadri	410679
		Aruna Vijayekumar	472732
SECRETARIES	:	Nirmal Mirza	455834(Off)
		Audrey Sprague	475523
TREASURERS	:	Lakshmi Padmanabhan	864334
		Anneliese Marwah	478749

ACTIVITY CHAIRPERSONS

ART & HANDICRAFTS	:	Nanditha Krishna	451850
		Maureen Hemingway	452273
BOOK DISCUSSION	:	Sarah Chanda	454265
		Nancy Singh	666429
COOKING SWAPSHOP	:	Leelamani John	453169
		Kazuko Uchida	472826
CURRENT EVENTS	:	Sujaya Menon	417464
		Kathleen Mason	418902
HEALTH & ECOLOGY	:	Vijaya Balu	72589
		Eira Doshi	471706
HISTORY, CULTURE & TOURS	:	Jennifer Ramachandran	615884
		Janet de Penning	475980
MUSIC & PERFORMING ARTS	:	Surekha Kothari	472690
		Margaret Sekharan	611095
PHILOSOPHY & RELIGION	:	Leela Rathnam	452123
		Christina Engvall	454419

JULY COOKING SWAP SHOP RECIPE

PALAPPAM (HOPPERS)

INGREDIENTS:

- 4 Cups Rice Flour
- 1 Large Coconut
- 1 Teaspoon Salt
- 1 Tablespoon Rava
- 1 Cup Water
- 1 Level Teaspoon Yeast
- 2 Teaspoon Sugar
- $\frac{1}{2}$ Cup Luke warm water

METHOD:

1. Mix sugar and yeast and pour warm water and stir till it dissolves. Keep aside until a froth appears.
2. Make a porridge with rava and water. Keep aside.
3. Sieve the flour into a basin. Pour the yeast mixture, the porridge and water and knead into a soft dough for atleast 10 minutes, folding it several times until it is soft to touch. Keep the dough aside for 5 to 6 hours.
4. Extract the milk from the coconut. Add to the dough with salt and sugar and make a thin batter without any lumps. Leave the batter for three hours or more.
5. Heat a Kadai, rub with oil or ghee and pour one big spoon of batter and spread by rotating it. Rotate only once. Cover with a tight fitting lid with a handle. Cook for about three minutes.