

International  
Women's  
Association

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**DECEMBER 1989**

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DECEMBER 1989

## MONTH AT A GLANCE

Friday	Dec 1st	EXECUTIVE COMMITTEE MEETING	10 a.m
Monday	Dec 4th	COOKING SWAPSHOP: SHOBHANA THOMAS demonstrates the art of decorating cakes.	10 a.m
Wednesday	Dec 20th	I W A CHRISTMAS PARTY: Join us in ushering in Christmas.	<u>5 p.m</u>

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MERRY X MAS

&amp;

HAPPY NEW YEAR

to you and yours!

FROM THE DESK OF THE PRESIDENTS

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Those of you who attended the Dussera/Divali mela will surely join us in applauding Poonam Lalchand and Surekha Kothari who were behind the runaway success of the evening. A very pleasant and most interesting meeting was the one at Fumi Tanaka's, when Fumi and her compatriots from Japan joined hands in presenting a picturesque and traditional Japanese tea ceremony. We now have another IWA evening to look forward to - the Christmas party which is being planned and executed with a refreshing change in content by Maureen Hudson-Murari. However, the event which we are all organising is the IWA Dinner-Dance. The date and venue has atlast been finalised.

The date : Saturday, March 3rd 1990 and  
the venue : The Taj Coromandel Hotel.

So be sure to mark this date in your calendar.

Our good wishes for a very Happy New Year!

VANITHA MUDALIAR

BARBARA CLARKSON

**EXECUTIVE COMMITTEE MEETING**

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Friday, 1st December, 10 a.m

At: Poonam Lalchand  
3, College Lane  
Madras - 600 006.  
Tel: 471624/472947

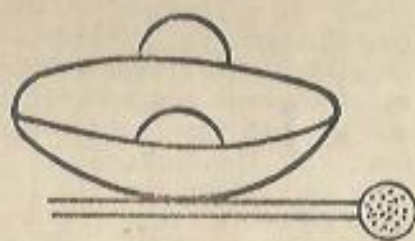


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**COOKING SWAPSHOP**

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Monday, 4th December, 10 a.m

At: Sangeet Chopra  
25/1 Ranjit Road  
Kotturpuram  
Madras - 600 085.  
Tel: 410759



SHOBHANA THOMAS will show us how to decorate cakes in variety of ways to suit the various occasions. A very apt demonstration to herald the festive season of Christmas! All are welcome, but we have to limit the number to 40 people only to enable everyone to watch the demonstration in comfort, so an R.S.V.P is essential. Call Roma Alberts (Tel: 453128) if you plan to come between 9 a.m and 10 a.m only.

RUPA SOOD

ROMA ALBERTS

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FELICITATIONS to SARAH CHANDA who was recently elected as Vice President of University Women's Association of Madras.

## FROM THE DESK OF THE VICE PRESIDENTS

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It has been brought to our notice that some of you were disgruntled, since you went all the way to a "postponed meeting" which was clearly announced in the news letter under STOP PRESS NEWS, on the last page. We expect all our members to read the news letter from cover to cover. Sometimes due to circumstances beyond our control meetings do get postponed or even cancelled on occasions. Whenever it is feasible and possible, we do undertake to do a special mailing which we would like to avoid as it involves an additional cost, which unless we can help it we do not wish to incur. If only the handful of you who are only too ready to criticize us, were to give a thought to the trouble we go through to publish a news letter month after month; the persistent hassles which come our way; the unexpected break downs at the press and several other minor irritants we have to face and we both work hard to do our best - even if our best does not meet with the approval of the few "disgruntled" members; you will come to realise that it is no picnic! We can only appeal to your good sense to "read the news letter from cover to cover". Let us not hear anyone say anymore the oft repeated statement- "Oh - but I did not read the news letter!".

NIRMAL SESHADRI

ARUNA VIJAYKUMAR

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## DUSSERA - DIWALI MELA

As dusk settled over the garden, the Chadha residence and its sylvan surroundings came alive with beckoning fairy-lights and bustling activity. Ladies hurrying to light the beautiful terracotta lamps, and some adding coloured rice to the many kolam designs. The sweet fragrance of the jasmine, wafting in the breeze, welcomed members and their guests. The resonant beat of the drums heralded the start of the evening. The flaming torches, held aloft by kurta-pajama clad youth led the way for 18 graceful young girls, resplendent in vibrant coloured traditional dance costumes. The chiming of hundreds of anklebells could be heard as they moved forward in a procession.

From the moment the first dulcet strains of the shlokas filled the night air, time stood still, and soon we were transported from a mundane world into the celestial abode of the gods. The ubiquity of Sri Ram was almost tangible when the young dancers stepped out with lighted diyas in their hands, the crystal ball slowly rotating shedding its light like a million twinkling stars. It was reminiscent of Ayodhya and that unforgettable night when Sri Ram, Sita and Lakshman finally came home after 14 long years of exile. The occasional sound of distant drums only heightened the spell that the evening had cast. The garba dance which was the grand finale to the entertainment was in keeping with I.W.A. spirit of "One world". The audience became participants and young and old linked hands moving to the throbbing beat of the drums.

Eating al-fresco is always delight, but that evening it was even more so when accompanied by a dazzling display of fireworks that kept the hitherto scurrying children rooted to one spot. Members and guests had an opportunity to mingle with everyone and explore the layout of the magnificent garden and lush foliage. Time to come back to earth and almost regretfully say good bye to one and all.

POONAM LALCHAND

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The success of our Dussera / Diwali mela would not have been possible but for the generous and willing help of some of our I.W.A. members and their husbands.

Our grateful thanks go to:-

Neeraj & Kapil Chadla;	Surekha, Kothari, Manjulika Sen
Meera & K.P. Jayakar;	and their young dancers.
Lily & S. Maohok;	Reni Ananth,
Nelini & Tendon	Usha Krishnaswamy, and
to the firms of I.T.C., Chola Sheraton, Shaw Wallace and I.C.I.	

POONAM LALCHAND

SANGEET CHOPRA

An appeal to an absent minded member!

At the October Music & Performing Arts meeting held at the residence of Mani Rangaraj, one of our members walked off in a pair of black chappals blissfully unaware that unwittingly she was wearing footwear not her own, and left her own pair of white Kulhapari chappals. The member who lost her pair of chappals, had them specially made to correct a heel and ankle weakness and she would appreciate it if we have jogged your memory and you return her pair and claim your own white pair back. Call Nirmal Seshadri (413820).

Thank you!

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**FROM THE DESK OF THE TREASURERS**

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Those who still have coupon books with than may return them to either one of us and claim a refund.

LAKSHMI PADMANABHAN

ANNELEISE MARWAH

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A designer par excellence is our own member BEENA JOY KUTTY who many of you may remember as the "designing woman" behind the high fashion dresses of our prestigious cosume show. "The lore and lure of gems and textiles". She has never looked back since then, and has now launched her own tailoring business in "Maria Rosa" 90, 3rd Street Kamdar Nagar, Mahalingapuram, Madras - 600 034. Telephone in Shop: 479160 (Between 9 a.m. & 6 p.m.)

Telephone in Res : 477628 (Between 7.30 & 8.30 a.m.)

Tailoring of western dresses, suits, tops, skirts and also salwar-kammezes, chenia cholis, blouses will be executed on order. Hand embroidery will also be undertaken.

You name it! Beena will make it!

## HISTORY, CULTURE AND TOURS

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### SOUTH INDIA TOUR

Many of our members have approached us for a tour of South India. We have, therefore, in collaboration with INDUS, Bombay, planned a tour starting January 17th, 1990, ending January 25th visiting Mahabalipuram, Pondicherry, Chidambaram, Thanjavur, Trichy and Madurai by road. From Madurai, the group will return to Madras by train.

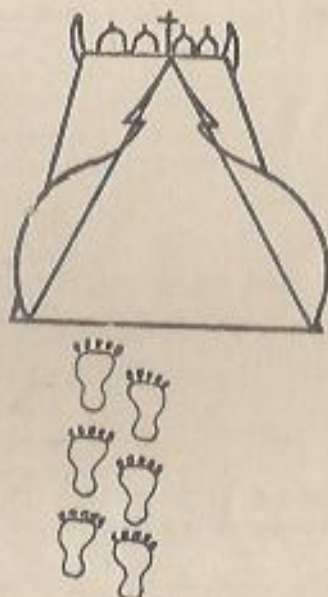
The cost of the tour will be:-  
Rs.4,650/- if the group consists of 25 persons and above  
Rs.4,750/- if the group consists of 20 to 24 persons  
Rs.5,100/- if the group consists of 15 to 19 persons.

The cost for the Free Tour Leader (for 15 and above) has been divided to benefit the whole group in the above prices (A guide from Madras will accompany the group, however).

The cost includes hotel accomodation, breakfast and dinner, transportation by coach to Madurai and by train from Madurai to Madras, and the services of a tourist guide.

The tear-off slip with a deposit of Rs.500/- may be sent to any one of us by December 11th and the balance of the payment by crossed cheque in the name of M/s. Indrtravels by December 10th, 1989. HUSBANDS AND GUESTS ARE WELCOME! For further information, do contact one of us.

Tear off slip on page. 15



NANDITHA KRISHNA

JANET DE PENNING



I..W..A.....CHRISTMAS..PARTY  
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ON

WEDNESDAY, 20th DECEMBER, 1989  
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FROM 5.00 P.M. to 7.00 P.M.  
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AT

THE HOME OF SHEILA PRIDE

33/1 POES GARDEN, MADRAS 600-086  
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WE TRUST YOU WILL ALL BE ABLE TO JOIN US ON THIS OCCASION. THE EVENING WILL BEGIN WITH OUR CHRISTMAS TEA, AND WE HOPE AT THIS TIME THE SPIRIT OF CHRISTMAS WILL BE CELEBRATED IN THE GATHERING OF NEW, OLD AND EVEN LAPSED MEMBERS. THIS WILL BE FOLLOWED BY A RE-ENACTMENT OF THE NATIVITY SCENE PRESENTED BY OUR CHILDREN AND ACCOMPANIED BY THE PARTICIPATION OF ALL THOSE PRESENT IN THE SINGING OF CAROLS-BY-CANDLELIGHT.

FOR OUR NATIVITY SCENE, WE WANT THE CHILDREN OF ALL MEMBERS TO PARTICIPATE AND THE PARENTS TO DRESS THEIR CHILDREN AS KINGS, SHEPHERDS AND ANGELS .... WITH A PRIZE FOR THE BEST DRESSED CHILD.

A REHEARSAL FOR THE CHILDREN WILL BE HELD ON SUNDAY, DECEMBER 17TH AT 11.00 A.M. AT 33/1 POES GARDEN, MADRAS 86. (IF UNABLE TO ATTEND, PLEASE STILL HAVE THE CHILDREN DRESSED FOR WEDNESDAY.)

THE CHRISTMAS PARTY IS FOR I.W.A. MEMBERS AND THEIR FAMILIES ONLY. REGRETTABLY ON THIS OCCASSION WE ARE UNABLE TO ACCOMODATE GUESTS. MEMBERS - NO CHARGE!

PLEASE COMPLETE THE TEAR-OFF SLIP ON PAGE 15 AND HAND TO ANY ONE OF THE I.W.A. EXECUTIVE COMMITTEE (LISTED ON THE BACK PAGE) AS YOUR R.S.V.P.\* THIS MUST BE HANDED IN BY SUNDAY, DECEMBER 17TH AND ABSOLUTELY NO LATE SLIPS WILL BE ACCEPTED.

\* NOTE: R.S.V.P. TEAR-OFF SLIP ON PAGE 15

MAUREEN HUDSON MURARI

"Let me not judge another's deed,  
Let me bat understand his need."

**SPIRITUAL LECTURE IN ENGLISH**

by

**DADA J.P. VASWANI**

on 19.12.89 at Rajeshwari Kalyana Mandapam

from 6 p.m. to 7.30 p.m.

All are welcome.

Any questions? He has the answers. A "Question - Answer" session with DADA has been organized at RANI SEETHAI HALL on 22.12.89 from 10 a.m. to 11.30 a.m.

Please bring all questions clearly written down.

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**CONDOLENCES** : In recent months a few of our members have suffered bereavement in the loss of their near and dear ones.

Valerie Faheem	-	her father-in-law.
Sufia Hussian	-	her father.
Shrimathi Mahesh	-	her mother-in-law.
Sigrun Neumann	-	her mother.
Radha Parthasarathy	-	her mother.
Maheep Singh	-	her father-in-law

To all these friends, we offer our deep sympathies and heartfelt condolences.

Recipes of the Cooking Swapshop Meeting of November held at Taj Coromandel

DHANSAK

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Ingredients:-

- 750 gm mutton
- 100 gm tur dhal
- 100 gm masoor dhal
- 200 gm ghee
- 200 gm onions
- 10 gm garlic
- 10 gm ginger
- 50 gm potatoes
- 100 gm brinjal
- 100 gm red pumpkin
- 300 gm tomatoes
- 5 gm red chilli powder
- 3 gm turmeric powder salt
- 2 green chillies
- 10 black peppercorns
- 20 gms tamarind pulp
- 50 gm butter
- 3 gm cummin seeds (jeera)
- 2 whole red chillies
- 20 gm dhansak masala
- 30 gm coriander
- dhalchin
- elachi
- lavang
- 1 bundle methi leaves (Fenugreek leaves)

The mutton-clean and cut into 1 inch chunks

The Lentils-Pick, wash in running water and soak the dhals together for 30 minutes, drain

The Vegetables-slice onions, scrape, remove stems, wash and cut brinjals into cubes. Immerse potatoes and brinjals in water. Peel and cut red pumpkin into cubes. Wash and chop tomatoes. Wash and slit green chillies. Clean, wash and chop coriander and mathi leaves.

The dry masala-Broil cummin and whole red chillies on a tawa, cool and grind.

Heat ghee in a pan, add onions, ginger and garlic and saute over medium heat for 2 minutes. Add lamb and fry for 10 minutes. Then add the dhals, potatoes, brinjals, pumpkin, tomatoes, red chillies, turmeric, salt green chillies and black peppercorns, fry for 2-3 minutes, add water (approx 1.6 litres) bring to a boil (pressure cooker can be used), cover and simmer until the meat is tender and lentils and vegetables are mashed. Remove the lamb pieces from the handi and force the lentils and vegetables through a strainer into a separate handi. Add tamarind and stir. Adjust the seasoning. Heat butter in a separate handi, add the dry masala and dhansak masala, stir over medium heat for 30 seconds - add the cooked lamb and the strained mash, bring to a boil, reduce to low heat and cook for 5 minutes.

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### The Kabab

Ingredients:-

- 300 gm mutton mince
- 90 gm onion
- 15 gm ginger garlic
- 2 gm turmeric
- 15 gm coriander leaves
- 10 gm mint
- 4 green chillies
- 60 gms sliced bread
- 1 egg
- salt
- 150 gm breadcrumbs
- Ghee to deep fry

Peel, wash and finely chop onions. Clean, wash chop coriander and mint,. Wash, slit and finely chop green chillies. Slice off the edge and soak bread in water and squeeze. Mix well all the ingredients, except breadcrumbs and ghee. Divide into 20 equal portions, make balls and roll in breadcrumbs.

Heat ghee in a khadai and deep fry the Kabab over low heat until cooked and brown.

## The Brown Rice

Ingredients:-  
400 gm basmati rice  
100 gm ghee  
120 gm onion  
2 sticks cinnamon  
10 cloves  
salt  
20 gm sugar

Pick and wash rice in running water and soak for 30 minutes, Drain, peel, wash and slice onions. Put sugar in a pan, caramelize until brown, add water (approx 180 ml 3/4 cup) and simmer until smooth. Heat ghee in a handi, add onions and saute over medium heat until brown. Remove half the onions for garnish. Add cinnamon, cloves, salt and rice to the remaining half, stir for a minute, add the caramel and water (approx 600 ml), bring to a boil - then simmer until the liquid has evaporated. Place a wet cloth on top, cover with a lid and put on drum in the pre-heated oven for 15 minutes.

### To Serve

Transfer to a dish, garnish with coriander leaves and serve with Brown Rice and Cheumber.

Cheumber :  
chopped cucumber  
tomato  
onion  
green chillies (optional)  
coriander leaves

NOTE : For vegetarians, in place of mutton, use vegetables of your choice - preparation is the same.

**NEW MEMBERS**

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We extend a hearty welcome to

1. CHERYL DAY - U.S.A.  
3 Turnbills Road Extn.  
Madras - 600 035.  
  
Tel:458316.
2. PAT JOHNSON-USA  
3 Rutland Gate 6th street,  
Madras - 600 006.  
  
Tel:476727 .
3. LULU COHEN-USA  
180 Kodambakkam High Road  
Madras-600 034  
  
Tel:471700.

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CHANGE OF ADDRESS

1. Shantha Raghavan  
"Deepak", 27/1 Anderson Road  
Madras - 600 006.  
  
Tel: 472518.
2. Janet de Penning  
15, Cenotaph 2nd lane  
Madras - 600 018.

R.S.V.P. FOR THE I.W.A. CHRISTMAS PARTY  
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NAME:

ADDRESS:

TELEPHONE:

FAMILY MEMBERS: NO. OF ADULTS: .....

NO. OF CHILDREN: .....

SIGNATURE .....

This form must be handed to any one of the I.W.A. Executive Committee Members as listed overleaf by no later than Sunday, 17th December, 1989. This is the cut-off date and no late slips will be accepted.

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SOUTH INDIA TOUR

(Tear off this slip and return)

Name :

Address :

Name(s) and Age(s) of persons  
joining tour :

I enclose Rs.500/- as deposit for the tour.

Date:

Signature



### EXECUTIVE COMMITTEE

PRESIDENTS	:	Vanitha Mudaliar	662626
		Barbara Clarkson	666604
			456355
VICE PRESIDENTS	:	Nirmal Seshadri	413820
		Aruna Vijayakumar	472732
SECRETARIES	:	Nirmal Mirza	415672(Res)
			455834(Off)
		Seema Sait	612800
TREASURERS	:	Lakshmi Padmanabhan	864334
		Anneliese Marwah	417549

### ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Sherna Danani	837536
		Sigrun Neumann	413294
BOOK DISCUSSION	:	Sarah Chanda	454265
		Maureen Hudson Murari	662627
COOKING SWAPSHOP	:	Rupa Sood	450034
			451419
		Roma Alberts	453128
CURRENT EVENTS	:	Sujaya Menon	417464
			410717
		Kathleen Mason	418902
HEALTH & ECOLOGY	:	Vijaya Balu	72589
		Eira Doshi	419347
HISTORY, CULTURE & TOURS	:	Nanditha Krishna	451850
		Janet de Penning	475980
MUSIC & PERFORMING ARTS	:	Surekha Kothari	472690
		Dagmar Thomsen	452656
PHILOSOPHY & RELIGION	:	Sangeet Chopra	410759
		Poonam Lalchand	472947
			471624