



International
Women's
Association

AUGUST 1990

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MONTH AT A GLANCE

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|-----------|----------|--|-----------|
| Wednesday | Aug 1st | ART & HANDICRAFTS: The technique of STAINED GLASS brought to you by PADMA ASHOK. | 10.00 a.m |
| Monday | Aug 6th | HEALTH & ECOLOGY: Women in ecology a discussion lead by Ms. YASMIN SINGH | 10.00 a.m |
| Tuesday | Aug 7th | CURRENT EVENTS: ADOPTION in INDIA? ANDAL DAMODARAN of the Tamil Nadu Social Welfare Board will speak on the subject. | 10.00 a.m |
| Tuesday | Aug 7th | EXECUTIVE COMMITTEE MEETING: | 11.30 a.m |
| Friday | Aug 10th | PHILOSOPHY & RELIGION AND MUSIC & PERFORMING ARTS: "Janmashtami Celebrations" "KRISHNA KATHA" the story of Krishna rendered by renowned vocalist CHARUMATHI RAMACHANDRAN and her orchestra. | 6.00 p.m |
| Tuesday | Aug 21st | BOOK DISCUSSION: MICHEAL PELLETIER of the American Cultural Centre reviews ETHAN CANINS book "EMPEROR OF THE AIR" | 10.00 a.m |
| Friday | Aug 31st | COOKING SWAPSHOP: Tempting Thai food alongwith fruit and vegetable carving techniques demonstrated by the TRIDENT HOTEL. | 10.00 a.m |

FROM OUR FOUNDER CO-PRESIDENT

June 17, 1990

From Delhi, moments before returning to the States

It was wonderful to return to Madras after a two years absence. Though May is not the preferred time to visit and many of my IWA friends were out of town, I was able to see several of you. My feelings for South India - and especially for certain Madrasis - run strong and deep. They always will. Eventually I'll be back again. But next time, it will not be in May. I read my IWA newsletter from cover-to-cover every month, so I know the programs continue to be outstanding. Next visit I'll be in the audience for some of them.

Happy fourth Birthday IWA. May there be many many more.

NANCY DEAN

FROM THE PRESIDENTS.....

Dear Members,

We welcome our two new Activity Chairpersons - Usha Krish and Pat Johnson for our new Activity, "Careers". We wish them all the best and look forward to some exciting meetings in the coming months.

SUNITA SHAHANEY

JANET PICKEN

INTRODUCING "CAREERS" OUR NEW ACTIVITY

My association with psychology is now 23 years old. Recently, I had an opportunity to reawaken that old interest of mine by teaching, on request, at Sishya for a few months. This made me realise that I could never break away from the subject. So when Sunita Shahaney and Janet Picken came over to request me to help form a new committee on career choice, I was happy to be involved, but apprehensive about my commitment because of my photography. But with the able support of Pat Johnson and the other committee members, I am confident of my entry into this challenging area.

Challenging as the whole area of career choice is both a cliché and an illusion as many of us would have discovered by now. However, the idea of launching this new committee is to help those younger mothers who would be venturing into this confusing future of higher education and work opportunities.

As this is a logic that almost all of us will be affected by, we call upon anyone of you who has useful experiences and new ideas to share with the rest of us. If any of you wish for any specific topic to be discussed, we will be happy to oblige.

To make this interesting and successful I depend on your help and support, while we do our very best.

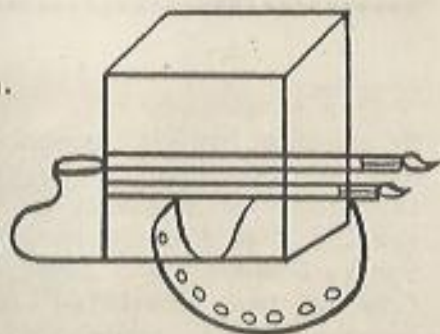
USHA KRIS

PAT JOHNSON

ART & HANDICRAFTS

Wednesday, August 1st 1990 - 10.00 a.m.

At: Vijaya Rangarajan,
2, Bazullah Road
T. Nagar (Near Vani Mahal Circle)
Madras - 600 017.
Tel: 454999



Stained glass windows with their rich vibrant hues and traditional religious motifs have always evoked a sense of joyous rapture. Developed during medieval times mainly to adorn Churches and Cathedrals, this brilliant art form is currently enjoying a tremendous revival of interest.

Started as a hobby, Padma Ashok helps to bring this beautiful art form to life, with a demonstration of the copper foil techniques.

All are welcome.

MALINI VIJAYARAGHAVAN

VIJAYA RANGARAJAN

NEWS:

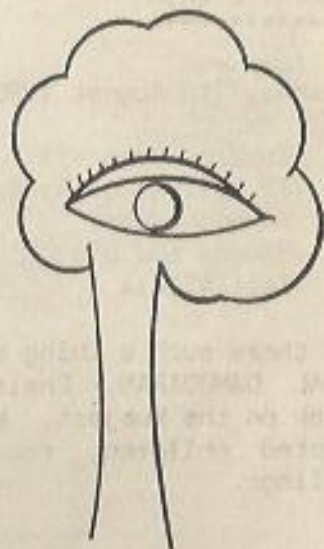
We are glad to announce the engagement of Aditi, daughter of Kanta Gupta and Arvind, son of Stina Vasu.

HEALTH & ECOLOGY

Monday, August 6th 1990 - 10.00 a.m.

At: C.P. Art Centre,
C.P. Ramaswami Aiyer Foundation,
1, Eldams Road,
Alwarpet, Madras 600 018.

Tel: 451249



THE ROLE OF WOMEN IN ECOLOGY

Ms. YASMIN SINGH has had a multifaceted career, as an amateur homeopath, an animal rights activist and is keenly interested in plants and gardens. She has worked as Mrs. Indira Gandhi's Private Assistant and has travelled extensively with Ms. Maneka Gandhi. She is the co-author of "Brahme's Hair" alongwith Ms. Maneka Gandhi. Ms. Yasmin Singh discusses the role of women in ecology.

NANDITHA KRISHNA

MAUREEN THADANI

CURRENT EVENTS

Tuesday, 7th August 1990 - 10.00 a.m.

At: Zubeida Asgarali,
19, Sivaganga Road,
Nungambakkam,
Madras 600 034.
Tel: 471614



Is there such a thing as ADOPTION in India? Come and listen to ANDAL DAMODARAN, Chairperson Tamil Nadu Social Welfare Board speak on the subject. We are hoping to have two parents who have adopted children, react to this subject and to share their feelings.

SARAH CHANDA

LULU COHEN

EXECUTIVE COMMITTEE MEETING

Tuesday, 7th August 1990 - 11.30 a.m.

At: Aruna Vijayakumar,
24, Sivaganga Road,
Nungambakkam,
Madras 600 034.

Tel: 472732





Friday, 10th August '90 - 6.00 p.m.

At: The C.P. Ramaswamy Iyer Foundation,
1, Eldams Road, Madras 600 018. Tel. 451249

On the eve of Janmastami (the festival commemorating the birth of Lord Krishna), we thought it appropriate to present "Krishna Katha", the story of Krishna. Delving deep into the fascinating legend of the Krishna theme, the whole presentation will be rendered in music and dance.

Renowned vocalist, CHARUMATHI RAMACHANDRAN and her disciples with a full orchestra will render "Krishna Katha" using lyrics from all languages depicting Krishna the divine child, Krishna the cowherd, Krishna the mischievous lad, Krishna the amorous lover of the Gopis, Krishna the beloved of Radha, Krishna the staunch friend of the oppressed, Krishna the protector of Gokula and the saviour of Govardhana, Krishna the preacher of the Gita, and the many more facets of Krishna who with his magic flute bewitched the world and symbolises the triumph of good over evil.

Hailing from a family of musicians, and married to a famous musician, Charumathi is a brilliant exponent of both classical and light music. Charumathi has won several laurels and has performed here in India and abroad to acclaiming audiences. It is indeed a privilege to present Charumathi who will render Krishna Katha in her own mellifluous inimitable way.

All are welcome.

SANGEET · CHOPRA
CLAIRE TALWAR

NIRMAL SESHADRI
CHRISTINA ENGVALL

BOOK DISCUSSION



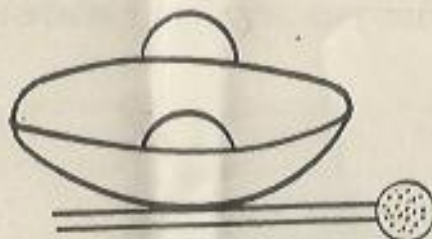
Tuesday, 21st August 1990 - 10.00 a.m.

At: Shobhana Reddy,
No.4, Fourth Street,
Rutland Gate, Madras 600 006.
Tel: 476072

"Some of the most emotionally satisfying and ably crafted stories I have read in years It is unnerving to read this marvellous collection and find that the author is only 27 ..." say the critics of ETHAN CANIN'S book, "EMPEROR OF THE AIR", to be reviewed for us by his fellow countryman, MICHAEL PELLETIER of the Americal Cultural Centre. It is hoped that all members will avail of the opportunity to read this book, three copies of which are already doing the rounds, so that we have an interesting dialogue at the meeting.

ANNA ABRAHAM

MAUREEN HUDSON - MURARI



Friday, 31st August 1990 - 10.00 a.m.

At: The Trident Hotel,
1/24, G.S.T. Road,
Madras 600 027.
Tel: 434751

Exotic dishes from Thailand to tempt your palate will be demonstrated by the expert Thai Chef of the Trident. We will also be shown how to carve fruits and vegetables to add that special touch to our dining tables.

We hope you will all be able to come as this should be a fascinating morning.

RANI CHADA

SHEILA PRIDE

RECIPES FROM COOKING SWAPSHOP'S JULY DEMONSTRATION

TANDOORI CHICKEN

Ingredients:

- 1 Chicken (approx. 1 k.g.)
- Lime juice (enough for marinade)
- Salt
- 1 Cup yoghurt (curd)
- Red colouring
- 1/2 tsp. ginger/garlic paste
- 1/2 tsp. garam masala (ground together pepper, cardamon, clove, & cinnamon)
- 1/2 tsp. turmeric powder
- 1/2 tsp. cummin powder
- 1/2 tsp. coriander powder
- For garnishing use onion rings, lime slices and spring onions.

Method:

Clean chicken and remove skin. Cut grooves into fleshy part of chicken. Marinade with salt and lime juice for 4 hours. Mix curd, drop of red colouring, ginger/garlic paste, garam masala, turmeric powder, cummin powder and coriander powder. Mix well and apply to chicken and leave aside for about an hour. Fix the Tandoor on the gas burner and when well heated arrange the chicken pieces inside. Cook for about 15 minutes or till chicken is done. Lay out on a plate and garnish. Serve with Tandoori paratha and Kali-dal.

TANDOORI PARATHA

Ingredients

- Wholemeal Flour (wheat)
- Ghee
- Salt

Method:

Make a dough same as a chapati dough, only mix flour and water till the consistency is spongy but not wet. Roll out like a thick chapati 3 1/2" diameter. Spread ghee and fold like a fan, twist round and roll out again. Heat the tava and semi cook the roti on it. Remove tava from flame and directly cook the roti on the flame. Put on a napkin, squeeze and apply ghee. Serve hot.

KALI DAL

Ingredients:(a)

Black urad dal (whole) 1/4 k.g.
Salt
5 Tomatoes grated
1/2 tsp. Coriander powder
1/2 tsp. Cummin powder
1/2 tsp. Turmeric powder
2 1/2 tsp. Oil
1 tsp. Ginger/garlic paste
1/2 tsp. Chillie powder

Ingredients:(b)

1 1/2 cup Cream
1/2 cup Coriander leaves

Wash the dal but do not soak. Add the Dal and the ingredients (a) into a pressure cooker. Add enough water to cover plus 1 inch. Let it cook till the pressure cooker whistles 5 times. Remove and add ingredients (b) and a few green chillies. Let it again cook for 6 whistles. For the tarka, heat ghee and fry onions, cummin seeds and red chillies, quickly pour over the ready dal.

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Sunita Shahaney Janet Picken	450759 451505
VICE-PRESIDENTS	:	Nirmal Mirza Janet De Penning	415672/455834 456529
SECRETARIES	:	Lakshmi Padmanabhan Aruna Vijaykumar	864334 472732
TREASURERS	:	Vijaya Balu Seema Sait	72589 612800

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Malini Vijayaraghavan Vijaya Rangarajan	865798 444334
BOOK DISCUSSION	:	Anna Abraham Maureen Hudson Murari	416818 662627
COOKING SWAPSHOP	:	Rani Chada Sheila Pride	434233 452273
CURRENT EVENTS	:	Sarah Chanda Lulu Cohen	454265 471700
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PHILOSOPHY & RELIGION	:	Sangeet Chopra Claire Talwar	410759 868551
CAREERS	:	Usha Kris Pat Johnson	414250 476727

EDITED AND COMPILED BY THE VICE-PRESIDENTS.