



International
Women's
Association

SEPTEMBER 1990

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MONTH AT A GLANCE

Tuesday	Sep 4th	CURRENT EVENTS: BHAGWAN SINGH speaks on "The Sri Lankan Problem and how it affects us".	<u>6 p.m.</u>
Friday	Sep 7th	EXECUTIVE COMMITTEE MEETING:	10 a.m.
Tuesday	Sep 11th	COOKING SWAPSHOP: Traditional Kerala Cuisine of "Onam".	10 a.m.
Thursday	Sep 13th	PHILOSOPHY & RELIGION: Talk-cum-slide presentation on the history of Parsis.	10 a.m.
Tuesday	Sep 18th	BOOK DISCUSSION: SUSAN RAM reviews R.K. Narayan's latest book "The world of Nagarej".	10 a.m.
Tuesday	Sep 18th	ART & HANDICRAFTS: Floral carpets - a demonstration by PATTU RAMNATH of Kolam designs with flowers.	<u>6 p.m.</u>
Friday	Sep 21st	CAREERS: "Part time Careers" - talk by GEETHA SUNDAHARAJAN.	10 a.m.
Tuesday	Sep 25th	HEALTH & ECOLOGY: Dr. VIJAYA GANAPATHY enlightens on hormonal disorders.	10 a.m.
Wednesday	Sep 26th	MUSIC & PERFORMING ARTS: A "quiz" morning.	10 a.m.

FROM THE DESK OF THE VICE-PRESIDENTS

Dear Members,

The courier has given us enough heart-ache - the Newsletter did not reach some of our members on time.

We do apologise! We feel now we should get back to our good old system of mailing and really hope for better results.

Just in case you do not receive your Newsletter by the end of the month, do call your friends in IWA to get the programme for the first week atleast! This way you can atleast attend the first week meetings! Later, as you pass by Wooltop, please drop in and pick the newsletter that you never received.

NIRMAL MIRZA

JANET De PENNING

CURRENT EVENTS

Tuesday, September 4th 1990
at 6.00 p.m.

At: American Centre - Seminar Room,
Gemini Circle
Madras - 600 006.



"THE SRI-LANKA PROBLEM - AND HOW IT AFFECTS US".

The Sri-Lanka issue continues to be a burning problem. We are fortunate in having the special correspondent of the SUNDAY - Shri. BHAGWAN SINGH, to bring us an up-to-date on the subject.

Husbands and friends are welcome.

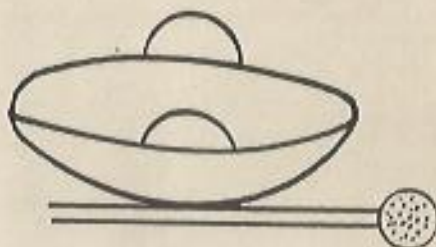
SARAH CHANDA

LULU COHEN

COOKING SWAPSHOP

Tuesday, September 11th 1990
at 10.00 a.m.

At: Meera Jayakar,
17 Shafee Mohd. Road,
Madras 600 006.



Onam the harvest festival of Kerala is celebrated in the month of September.

Shobana Thomas will demonstrate specialities of Kerala served during this festive season. Let us share this joyous occasion together.

Limit : 40 only. So please call

Rani - 434233

Sheila - 452273

between 8 a.m. and 9 a.m. before
the 9th of September.

RANI CHADA

SHEILA PRIDE

NEWS

IWA Member MANI RANGARAJ has moved to Bangalore. She would love to meet IWA friends visiting Bangalore as she so enjoyed IWA and it's activities.

Her address is: 14 Vani Vilas Road
Basavangudi
BANGALORE 560 004.
Tel: 62 13 70

AT'S COOKING

As announced in July's Newsletter, we are going ahead with our own I.W.A. Cookbook. Thank you ladies who have already sent us your recipes. The enthusiasm shown has been most rewarding, but we still need more of your favourite tried and tested recipes. So please ladies share with us your family secrets and hints. Our book is going to be a must for every kitchen whether here in India or Overseas. We are at the moment in the process of discussing design and style with the printers. Our aim is to make the book elegant, practical, exciting, helpful and with the kind of information that will help us give a professional touch to the appearance of even the simplest dish.

We must have a cut off date as sorting and editing will take time, so 30th September 1990 is the final acceptance date for your recipes. Please let us have them as soon as possible to avoid disappointment in not having your recipes in our book.

We have a Cook Book committee with Anneliese Marwah, Mohini Gill, Rukku Seshasayee, Naina Shah and ourselves. Please send or hand your recipes to any of us.

THANK YOU.

RANI CHADA

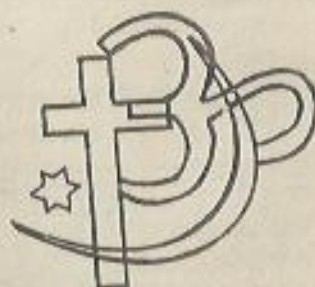
SHEILA PRIDE

PHILOSOPHY & RELIGION

Thursday, 13th September 1990
at 10.00 a.m.

At: Mrs. Katy D. Madan,
"STONEHAVEN",
10-11 Wallace Garden - 2nd Street
Madras 600 006.

Tel: 479942 / 475283



THE - PARSIS

The Parsis are one of the smallest communities in the world - yet they have contributed a great deal to the political, social and educational life of India in the past two centuries. They came to India from Iran in the 8th century A.D. They owe their success to the teachings of Holy ZARATHUSHTRA - the ancient Prophet of Iran.

A film to highlight the religion, customs and some prominent Parsis who have created history.

Mrs. KATY F. SEERVAI - will enlighten us on various aspects of Parsi Life and answer questions in a genuine Parsi home.

R.S.V.P. Tel. No. : 410759: SANGEET CHOPRA

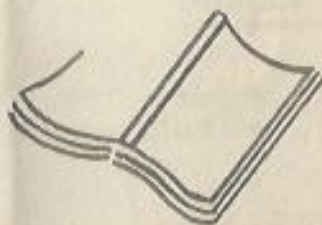
Time : 8 a.m. to 10 a.m.

SANGEET CHOPRA

CLAIRE TALWAR

BOOK DISCUSSION

Tuesday, 18th September 1990
at 10.00 a.m.



At: Shantha Raghavan,
Deepak,
27/1 Anderson Road,
Madras 600 006.

Tel: 472518.

It is refreshing to be drawn into the tranquility and simple wisdom of the world of Malgudi yet once again, through R.K. Narayan's latest book, "The world of Nagaraj", to be reviewed for us by Susan Ram to whom, alongwith her husband, the book is dedicated by the author. We anticipate an interesting meeting with Susan sharing her special insights into the writing of this book.

ANNA ABRAHAM

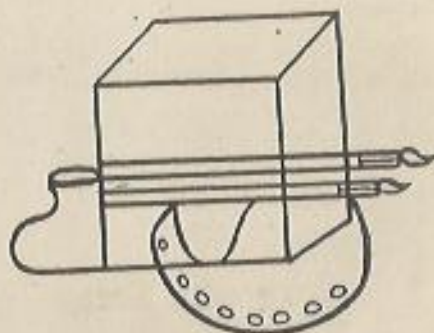
MAUREEN HUDSON MURARI

ART & HANDICRAFTS

Tuesday, 18th September 1990
at 6.00 p.m.

At : Rupa Sood,
5 Adyar Club Gate Road,
Madras - 600 028.

Tel: 450034



FLORAL CARPETS

It is Navaratri time again when the ladies of South India decorate their homes and invite friends to view their doll displays. They use designs or 'Kolams' to decorate their floors.

Kolams done with flowers are the speciality of PATTU RAMANATH, who will demonstrate this art form for us.

Pattu's artistic skill with flowers is well known in Bangalore circles. She has been invited several times to do floral decorations at the Raj Bhavan and at various seminars and cultural meets. She comes all the way from Bangalore just for IWA.

All are welcome.

MALINI VIJAYARAGHAVAN

VIJAYA RANGARAJAN

CAREERS

Friday, 21st September, 1990 - 10.00 a.m.

At : Surekha Kothari,
28, Kothari Road,
Nungambakkam,
Madras - 600 034.



Tel: 472690 / 471262

PART TIME CAREERS

Career planning has come a full circle. In the 60's, it was an all consuming pre-occupation with work. Home life suffered neglect. Now the west has learnt the hard way to distribute time and effort both to the work front as well as the home front. In fact, in Sweden, a man can get leave of absence from work for many months to care for his infant.

So with an increasing interest in part time careers, we began to look around, and could come up with no better an example than Geetha Sundararajan who is a self-made teacher, working from her home. With an innate aptitude for languages, she learnt Sanskrit, mastered the language and has read extensively, delving into the vast depths of its grammar, philosophy, religion and of course it's poetry.

Let us learn from her how to discover our potentials so that it will stand us in good stead through our lives.

Geetha Sundararajan is also going to give us an insight into the character of some of the admirable women portrayed in our mythology.

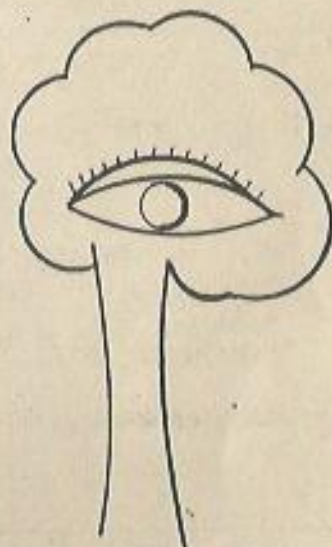
PAT JOHNSON

USHA KRIS

HEALTH & ECOLOGY

Tuesday, 25th September 1990 - 10 a.m.

At: Shamim Padamsee,
5, North Leith Castle Road,
Santhome,
Madras - 600 028.



Endocrinology is the branch of biological science that concerns itself with the action of hormones.

Hormonal function involves

- 1) reproduction
- 2) growth development
- 3) maintenance of blood pressure, heart rate etc.
- 4) energy production.

Dr. Vijaya Ganapathy M.D. D.M. (ENDO) who is Head of Dept. of Endocrinology and Metabolism Madras Medical College / Govt. General Hospital will talk to us on "DISORDERS OF ENDOCRINE ORGANS AND THEIR MANAGEMENT".

This meeting should prove informative for all our members.

NANDITHA KRISHNA

MAUREEN THADANI

MUSIC & PERFORMING ARTS

Wednesday, 26th September 1990
at 10 a.m.

At: Raji and Ranjini Manian,
2 Venus Colony 2nd Street,
Alwarpet,
Madras 600 018.

Tel: 453805



A quiz has always been a perennial favourite with members, and when it is related to all aspects of music and performing arts (Indian & Western) - it should indeed be very entertaining. Our quiz master this morning is SUREKHA KOTHARI ably assisted by DIMPLES KHANNA. So rally round for a jolly session!

All are welcome.

NIRMAL SESHADRI

CHRISTINA ENGVALL

EVENTS TO LOOK FORWARD TO IN OCTOBER

Monday, 1st October 1990 - 10.00 a.m.

At : Gita Menon,
11, 4th Avenue,
Indira Nagar,
Madras - 600 020.

Tel: 414018

INTERNATIONAL MUSIC DAY

INTERNATIONAL MUSIC DAY is celebrated all over the world on the 1st of October every year. We present a morning of sheer melody from our "in house" talents. We appeal to all our gifted members to come forward and participate in commemorating this day. Piano support for Western music, harmonium and percussion support for Indian music will be available. We urge you to give your names to Nirmal or Christina, if you wish to sing or play an instrument. So, let us have MUSIC, MUSIC, MUSIC !!!

All are welcome.

NIRMAL SESHADRI

CHRISTINA ENGVALL

THE KANCHEEPURAM TRIP

Some days are just enchanted. The day of the Kancheepuram trip was one such day. Was it the religious fervour of so many minds concentrated on one area of anticipation -- to meet the Adi Shankaracharya? Was it the fellowship in the bus en route that set the mood? Or was it the element of total surprise whose name was Mr Raju Srinivasan (our guide) who kept us mesmerized, with his treasure of knowledge! -- All these and more, folks!

Taking off from Hotel Park Sheraton by bus around 8.30 a.m. the journey was filled with a spirit of camaraderie, anticipation, an exchange of stories about the Adi Shankaracharya, the Kamakshi temple at Kancheepuram and several related tales, against the background of the soft notes of bhajans and thirst quenchers like lime juice and chilled aerated drinks.

Destination one was the Kamakoti Mutt, the abode of the Shankaracharya. Armed with offerings for the Paramacharya Shri Chandrasekara Saraswathi, the younger Shri Jayendra Saraswathi and the youngest Shri Vijayendra Saraswathi, we merged with the sea of people jostling and pushing their way to get a glimpse of the Paramacharya on his ninety-sixth birthday. Most of us had not managed to get anywhere close when the Paramacharya left the room. As we looked on helplessly, trying to contain our disappointment, someone shouted "go to the side entrance" and we all charged towards it.

And suddenly our luck was unbelievable! There was the Paramacharya blessing us individually as we introduced ourselves and each other -- for almost twenty minutes. I whipped out my camera but alas! was not allowed to take photographs.

However, the younger Shri Jayendra Saraswathi was not only amenable to being photographed but also gave each of us 'prasad' as we bowed to him one by one before proceeding to leave the premises of the mutt.

The grand finale was the visit to the Kamakshi temple where we performed 'archana', seated just outside the Sanctum Sanctorum, and then looked around the temple in all its glory until the heat of the afternoon sun burnt the soles of our feet -- and took us running to the cool shade of the bus.

When spiritual forces come to the fore, inner experiences do not often find words. I have, therefore, related the happenings of the morning. But as regards the experience of the Inner Self - to each her own!

Kudos to Sangeet for the excellent arrangements made. The fact that she had the honour of receiving the Shankaracharya and his group at her late father's residence in Una made our 'darshan' more personal. Let us hope Sangeet will arrange several such experiences and the next time may be more members will be enthused into joining the group.

SUREKHA KOTHARI

Following is the text of the Letter received from the Interim Director, ALLIANCE FRANCAISE DE MADRAS :

ALLIANCE FRANCAISE DE MADRAS
40, College Road
Nungambakkam, Madras 600 006.

24th July, 1990

Dr. Jean-Paul Moreau
Interim Director.

to

The Presidents
International Women's Association
Madras.

Mesdames,

You are no doubt aware that the Alliance Francaise is an Indo-French Cultural Organisation that has sometimes been associated with your organisation through some of its members.

Teaching of the French language is a major activity of the Alliance Francaise. We are greatly interested in organising special classes for your members, who belong to different nationalities and who would probably be interested in acquiring a working knowledge of French.

On hearing from you, we can finalise details such as timings, duration, course fees etc. We would require a minimum of 15 participants.

We are looking forward to a favourable reply from you,

Yours truly,

Sd/-

Jean-Paul Moreau

EXECUTIVE COMMITTEE

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SECRETARIES	:	Lakshmi Padmanabhan Aruna Vijaykumar	864334 472732
TREASURERS	:	Vijaya Balu Seema Sait	72589 612800

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Malini Vijayaraghevan Vijaya Rangarajan	865798 444334
BOOK DISCUSSION	:	Anna Abraham Maureen Hudson Murari	416818 458488 662627
CAREERS	:	Usha Kris Pat Johnson	414250 476727
COOKING SWAPSHOP	:	Rani Chada Sheila Pride	434233 452273
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EDITED AND COMPILED BY THE VICE-PRESIDENTS.