



International
Women's
Association

OCTOBER 1991

I W A NEWS LETTER

Vol. VI No. : 5
Madras

OCTOBER 1991

MONTH AT A GLANCE

- | | | |
|-------------------------|--|------------|
| Tuesday, October 1st | MUSIC AND PERFORMING ARTS
International Music Day is celebrated with an all-women instrumental ensemble | 10-00 a.m. |
| Thursday, October 3rd | HEALTH AND ECOLOGY
A slide talk on Environmental Threats by Staffan Holmgren | 10-00 a.m. |
| Friday, October 4th | HISTORY, CULTURE AND TOURS
A visit to the pre-historic Gudiyam Cave | 6-00 a.m. |
| Thursday, October 10th | PHILOSOPHY AND RELIGION
A discussion with Dr. S. Nilakanthan on the future of Marxism | 10-00 a.m. |
| Monday, October 21st | CURRENT EVENTS
Former Director General of Police, K. Mohandas, discusses the security problems in Tamil Nadu | 6-00 p.m. |
| Wednesday, October 23rd | COOKING SWAPSHOP
Sasikala Raj demonstrates sweets and savouries based on Rasna | 10-00 a.m. |
| Tuesday, October 29th | BOOK DISCUSSION
"The Inner Courtyard", edited by Lakshmi Holmstrom, is presented by Vasanthi Shankar Narayanan | 10-00 a.m. |

FROM THE PRESIDENTS

Dear Members,

Some events are a great source of pride and achievement to us. On October 1st, International Music day, IWA gives you a unique concert - an All Women's classical music concert.

Please do attend in large numbers to support this group.

STINA VASU
NIRMAL MIRZA

P.S.: We regret to say that the Cathedral next to the USIS has withdrawn their permission to park our cars. SORRY.

EXECUTIVE COMMITTEE MEETING

Monday, 30th September, 1991—10-00 a.m.

At: Rita Saldanha
16, Big Street
Kilpauk Garden Colony
Madras-600 010



THANK YOU AND GOODBYE . . .

To our Activity Chairpersons . . .

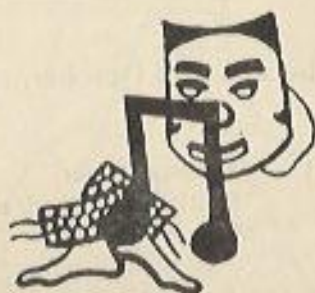
Selena Costa - Pinto who has gone to Australia

Nor Mothahatti who has returned to Malaysia

MUSIC AND PERFORMING ARTS

Tuesday, 1st October, 1991 — 10-00 a.m.

At: The Mowbrays Hall
Welcomgroup Park Sheraton
132, T. T. K. Road
Madras-600 018



INTERNATIONAL MUSIC DAY

OCTOBER 1st is celebrated all over the world as International Music Day and, in the year of the girl-child, what better way to celebrate it than with an all-women ensemble. We too would like to commemorate this day with an unusual concert - an instrumental ensemble of violin, venu (flute) and veena first introduced by the famed violinist, Sri Lalgudi G. Jayaraman. The principle artists are his daughter and disciple, Lalgudi Vijayalakshmi, on the violin, Sikkil Mala Chandrasekhar, daughter and disciple of Sikkil Neela, on the flute, and Jayanthi Radhakrishnan, niece of Lalgudi Jayaraman and disciple of Veena S. Balachander on the veena. The trio will be assisted by women percussion artistes on the mridangam and ghatam.

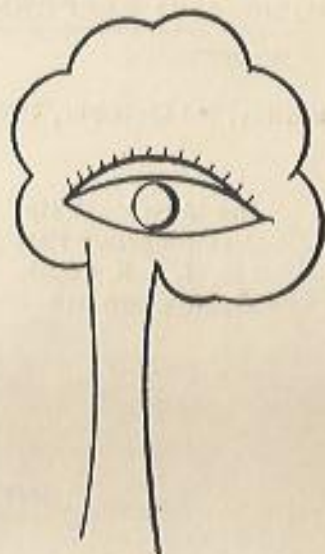
An all-women ensemble presenting such a concert is a fitting tribute to 'International Music Day' and the 'International Year of the Girl-Child'. Another not-to-be-missed performance! The meeting has been co-hosted by Vijay Goyal and Raj Rangachari.

MARINA AROUTIUNIAN
RANI ANANTH

HEALTH AND ECOLOGY

Thursday, 3rd October, 1991 — 10-00 a.m.

At: Archana Dheer
16, Bishop's Garden
Madras-600 028



ENVIRONMENTAL THREATS

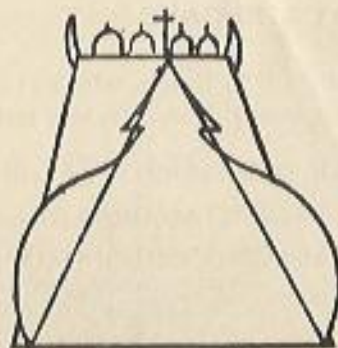
Mr. Staffan Holmgren, who is actively involved in the Bay of Bengal Project for the Fisheries Development of FAO, will present a slide talk on Environmental Threats both for tropical and temperate areas and tell us how a disturbed environment can affect our health and day-to-day living.

POONAM LALCHAND
LILY MADHOK

Urvashi, daughter of Shobha Mahtani is to wed on October 6th. Shobha extends a personal invitation to all in IWA to attend the wedding.

HISTORY, CULTURE & TOURS

Friday, 4th October, 1991 — 6-00 a.m.



**FOR THE YOUNG-AT-HEART
AND THE ADVENTUROUS ONLY !**

An interesting, unusual day trip to the PRE-HISTORIC Gudiyam Cave dating back 75,000 to 1,25,000 years, visited by most International Archaeologists. A copy of the newspaper report on this cave is attached for your information.

THE TRIP (BY BUS)

- 5-45 A.M. First pick-up point :
TELEPHONE EXCHANGE BUILDING (SHASTRI NAGAR)
- 6-00 A.M. Second pick-up point :
WELCOMGROUP PARK SHERATON, Chamiers Road
- 6-15 A.M. Third pick-up point : HOTEL TAJ COROMANDEL
- 6-20 A.M. Final pick-up point : EGA THEATRE, Poonamallee High Road

ROUTE (BY BUS)

- Madras to Poondi Via Red Hills.
- From Poondi Reservoir to travel 9 kms. to Gudiyam Village.
- TO WALK** (NO STEEP CLIMB) 2½ kms. stretch from the Village to the cave.
- A picturesque walk for nature-lovers !

AT THE CAVE

Mr. T.K.V. Rajan, who gave us a very interesting talk on the Mahabharata excavations in July, will personally take us on a guided tour of the cave.

- IF TIME PERMITS, we will visit the Poondi Reservoir on our way back.
- BACK TO MADRAS BY 6-00 P.M.
- MEMBERS WILL BE DROPPED AT THE SAME PICK-UP POINTS on return.

ARUNA VIJAYAKUMAR
SUREKHA KOTHARI

CHECK LIST TO CARRY ON THE TRIP : (COMPULSORY FOR EACH MEMBER)

1. Wear Shoes (as there will be thorns on the way).
2. **CLOTHING**—
 - a) Loose, comfortable cotton clothing.
 - b) Avoid thin clothing due to thorns in bushes.
 - c) Preferred clothing – Trousers, Jeans, Salwar-Kameez.
3. Glucose Water/Drinking Water.
4. Wear sun-glasses and caps.
5. Cameras (optional).
6. Packed breakfast and lunch.
7. Umbrella/Raincoat (optional).
8. A 4' stick to clear the bushes.
9. Medicines, in case of any specialised ones.

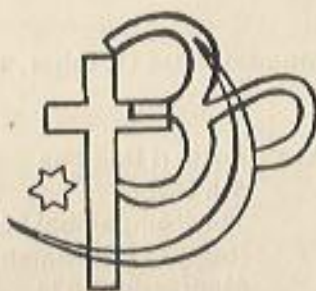
A GENERAL MEDICAL KIT WILL BE AT HAND.

CHECK-IN FOR THIS TRIP LATEST BY 25th SEPTEMBER to
Mr. Swaminathan between Monday and Saturday
8-30 a.m. to 12-30 p.m. Phone : 472690/471262.

PHILOSOPHY & RELIGION

Thursday, 10th October, 1991 — 10-00 a.m.

At: Sunita Shahaney
"Ashley House"
6, Boat Club Road
2nd Avenue
Madras-600 028



The October Revolution of 1917 ushered in a Communist government that claimed to embody Karl Marx's "dialectical materialism", a theory according to which everything is material and human beings create a social life solely in response to economic needs. The October Revolution also marked the beginning of an irrevocable split between communism and international socialism.

Today, seventy-four years later, the Soviet Communist party has been disbanded, and the countries of Eastern Europe are moving toward democracy and market economies.

Does this mean that human experience has disproved the philosophical theses of Karl Marx? Does it mean that socialism as a system of belief is dead?

An institutional economist and director of the Institute of Development Studies, Dr. S. Nilakanthan has a particular interest in these questions and has kindly agreed to share his expertise and insights with us.

RSVP.: Menaka Prabhakar Tel.: 451357

or

Lee Lawrence Tel.: 837684

**LEE LAWRENCE
MENAKA PRABHAKAR**

CURRENT EVENTS

Monday, 21st October, 1991 — 6-00 p.m.

At : Kothari Building
5th Floor
114, Nungambakkam High Road
(opp. Taj Coromandel Hotel)
Madras-600 034



TAMIL NADU SECURITY PERCEPTIONS

Mr. K. Mohandas, former Director General of Police in Madras and currently a well-known contributor to various news publications, will discuss various aspects of security, and some of the challenges facing the government of Tamil Nadu today.

ANGELA AGGELER
ALAGU MUTHU

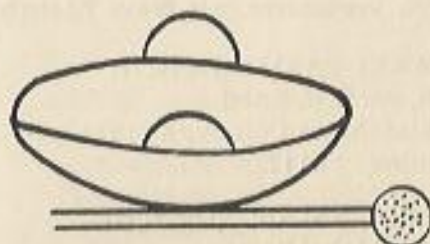
CHANGE OF ADDRESS

AUDREY BRIGHTWELL (BRITISH)
3A, Archbishop Mathias Avenue
Madras-600 028
Phone : 455292

COOKING SWAPSHOP

Wednesday, October 23rd, 1991 —
10-00 a.m.

At: Vimonisha Gallery
12, Khader Nawaz Khan Road
Madras-600 006



Sasikala Raj will demonstrate Rasna-based Sweets & Savoury Dishes.

Unbelievable what you can make with Refreshing Rasna !

RSVP.: Shobana Thomas — Tel.: 477088

Helen Carr — Tel.: 473910

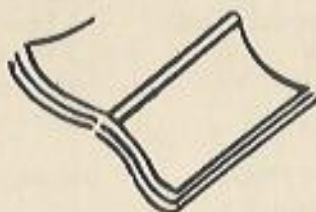
between 6-00 and 7-00 p.m.

HELEN CARR
SHOBANA THOMAS

BOOK DISCUSSION

Tuesday, 29th October, 1991 — 10-00 a.m.

At: Mahmooda Haja Shereef
'Nihal', 17, Haddows Road
1st Street, Madras-600 006



The **INNER COURTYARD**, edited by Lakshmi Holmstrom and published by Rupa.

This is a delightful collection of short stories by Indian women, exquisitely told; some are in English, others are translated from the regional languages.

To lead the discussion we hope to have the Editor Lakshmi Holmstrom, who, though she lives and works in Britain, studied in Madras will be here on vacation.

We are also pleased to introduce **VASANTH SHANKAR NARAYANAN** who has translated two of the stories in the book.

MARGARET SEKHRAN
RITA SALDANHA

We welcome our New Members

MURIEL PAJOT (FRENCH)
49, M. C. R. Road
Kalakshetra Colony, Madras-600 090
Phone : 411228

KAMALINI VINCENT (SRI LANKAN)
5/1, Nowroji Road
Madras-600 031
Phone : 6412319

SABINE SALAM (FRENCH)
Amir Mahal Palace
Pycrofts Road, Madras-600 014
Phone : 830126, 832670

RECIPES OF THE COOKING DEMONSTRATION

13th August 1991

EASY DHOKLA

Besan	— 1½ cups (level)		
Water	— 1½ cups		
Chilli powder	— ½ teaspoon		
Citric acid	— 1 teaspoon		
Cooking soda	— 1 teaspoon		
Oil	— 3 teaspoons		
Salt	— ½ teaspoon		
Sugar	— 1 teaspoon		
		<u>For Seasoning</u>	
		Mustard	— 1 teaspoon
		Oil	— 2 tablespoons
		Green chillies	— 6
		Thil (white)	— ½ teaspoon
		Hing	— ½ teaspoon
		Curry leaves	— 1 tablespoon

METHOD — Mix besan, water, citric acid, oil, sugar and salt till well blended.

Boil water in a shallow pan which has a tight fitting lid. Take a steel plate. Grease it well and keep it in the pan so that it gets heated for a couple of minutes.

Mix the soda into the batter quickly, remove the plate from the pan, and pour the dhokla batter, into it.

Sprinkle chilli powder attractively on it & keep the plate back in the pan, cover & steam for 15 to 20 minutes.

The dhoklas will be spongy and well cooked. Remove plate from pan and cut dhoklas when cold. Heat oil and season the dhoklas with mustard, hing, thil and green chillies. Pour over the dhoklas with grated coconut and chopped coriander leaves. Serve with chutney.

TOMATO CHUTNEY

Ripe Tomatoes	—	6
Oil	—	$\frac{1}{2}$ cup
Mustard	—	1 teaspoon
Fenugrek seeds	—	$\frac{1}{2}$ teaspoon
Hing powder	—	1 teaspoon
Chilli powder	—	$2\frac{1}{2}$ teaspoons
Salt	—	$\frac{3}{4}$ teaspoon
Sugar	—	$\frac{3}{4}$ teaspoon
Curry leaves	—	4 sprays

METHOD — Wash the tomatoes and curry leaves and dry them well. Chop the tomatoes and grind in a liquidiser. Heat the oil in a thick pan, add mustard and let it splutter. Add the fenugrek seeds, hing, curry leaves, chilli powder, salt and sugar and fry for a second on slow flame, stirring once in a while, till the chutney becomes thick and oil floats on top. Bottle it when cold. This can be preserved in the fridge for a week.

MOONG TOAST (Green Gram)

Bread — 6 slices (cut into half)

For Green Chutney

Grind

Corriander leaves	—	$\frac{1}{2}$ bunch
Green chillies	—	4
Tamarind	—	marble size
Coconut	—	$\frac{1}{2}$
Salt	—	to taste

MAKE GREEN GRAM BATTER :

Soak and grind $\frac{1}{2}$ cup green gram with 2 red chillies, 1 teaspoon saunf and salt to taste. Make a thick batter adding water. Heat ghee in a pan—take a piece of bread, apply 1 teaspoon chutney on it & over the chutney apply 1 teaspoon of gram batter. Spread evenly & place the bread on the hot tawa — masala side down, fry till golden in colour — turn & fry the other side crisp adding more ghee. Serve hot.

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Nirmal Mirza	415672/455834
		Stina Vasu	478900/475792
VICE-PRESIDENTS	:	Nanditha Krishna	451850/451249
		Maureen Hudson-Murari	6413027
SECRETARIES	:	Malini Vijayaraghavan	865798
		Vijaya Rangarajan	444334/446126
TREASURERS	:	Vanitha Mudaliar	6412626/6412604
		Christina Engvall	454419

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Sujaya Menon	417464/860123
		Padma Ashok	867801/476591
BOOK-DISCUSSION	:	Rita Saldanha	615750/869402
		Margaret Sekhran	6213692
CURRENT EVENTS & CAREERS	:	Alagu Muthu	838683/450800
		Angela Aggeler	476727
COOKING SWAPSHOP	:	Shobana Thomas	477088 (pp)
		Helen Carr	473910
HEALTH & ECOLOGY	:	Lily Madhok	454661/452525
		Poonam Lalchand	471624/472947
HISTORY, CULTURE & TOURS	:	Surekha Kothari	472690/471262
		Aruna Vijaykumar	472732/471284
MUSIC & PERFORMING ARTS	:	Rani Ananth	453037
		Marina Aroutiunian	454050
PHILOSOPHY & RELIGION	:	Menaka Prabhakar	451357/457903
		Lee Lawrence	837684