



International  
Women's  
Association

APRIL 1993

# IWA NEWS LETTER

Vol. VII No. : 11  
Madras

APRIL 1993

## MONTH AT A GLANCE

Thursday, 1st April	<b>ARTS AND HANDICRAFTS</b> The Art of Carpentry and how to care for your furniture — By Sangeet Chopra	10-15 a.m.
Monday, 5th April	<b>BOOK DISCUSSION</b> Play Reading — 'TWO'S COMPANY' — with Issy Sanderson and Sarah Chanda	10-15 a.m.
Wednesday, 7th April	<b>The Annual General Meeting of I.W.A.</b>	10-00 a.m.
Monday, 12th April	<b>HEALTH AND ECOLOGY</b> Talk on 'HEALTH MANAGEMENT THROUGH NATURE CURE' by Dr. S. T. Venkateswaran and on 'GRANDMOTHER'S RECIPES' by Dr. K. S. VISWANATHA SARMA	10-15 a.m.
Friday, 16th April	<b>EXECUTIVE COMMITTEE MEETING</b>	11-00 a.m.

## FROM THE PRESIDENTS

Our final letter for the I.W.A. Year 1992-93. It seems so final now that the end is near but we are looking forward to welcoming in the new Board and handing over to our proposed new Presidents, Nanditha Krishna and Aruna Vijaykumar, and wish them all the very best for their year.

Our April program winds down very rapidly with just four programs. We look forward to seeing you all in particular at our A.G.M. on Wednesday, April 7th, and wish to thank you for your wonderful support throughout 1992-93 and especially our Board and Executive Committee. We would also like to thank all our Group Hostesses who have helped make our year one of 'group membership participation'.

Our thanks to all those who supported our Diwali Mela, proceeds of which were distributed to the various charities of our members, and also to Mrs. Ishizaki who so kindly donated the gate contributions from the Japanese Cooking Festival to charity and this amount will go towards an artificial limb for a limbless patient.

Happy summer holidays to you all. Goodbye.

**MAUREEN HUDSON-MURARI  
MALINI VIJAYARAGHAVAN**

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## EXECUTIVE COMMITTEE MEETING

Friday, 16th April, 1993 — 11-00 a.m.

At : Sindoori Hotel  
24, Greams Lane  
Madras-600 006  
Tel. : 471164



This meeting will be a special meeting of the old and the new Executive Committee, followed by lunch.

## Thoughts for the Month

Prejudices are rarely overcome by argument ; not being founded in reason they cannot be destroyed by logic.

— TRYON EDWARDS

Never part without loving words to think of during your absence.  
It may be that you will not meet again in life.

— RICHTER

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## ANNOUNCEMENTS

Congratulations to :

- \* Lakshmi Viswanathan on the receipt of the 'Kalalmamani' title award.
  - \* Jaya Menon on the birth of a grand-daughter.
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## ANNUAL GENERAL MEETING

The date of our 7th Annual General Meeting is wrongly printed as 7th March 1993 in the notice sent out earlier. Kindly read the date as **Wednesday 7th April 1993**. The error is regretted.

## ARTS AND HANDICRAFTS

Thursday, 1st April, 1993 — 10-15 a.m.

At : 'Oriental' (Campa-Cola Campus)  
Opposite the SPIC Building  
36, Mount Road  
Madras-600 032  
Tel. : 410759 (Sangeet Chopra)



### **THE ART OF CARPENTRY AND HOW TO CARE FOR YOUR FURNITURE**

Like other arts that adorn a home, carpentry is an essential art that adds to the comfort and beauty of a home. 'Oriental' is a carpentry unit run by SANGEET CHOPRA and LILY MALHAN, where the I.W.A.'s house-proud ladies will be shown slides on different styles of furniture, with a few words by Sangeet Chopra on different furniture finishes and woods, along with care of valuable wooden pieces in your home. It's an experience to see a piece of furniture being made — finished ; as it arrives in your home.

**ANNIE RAFFIER  
KAUSALYA JAGANMOHAN**

## BOOK DISCUSSION

Monday, 5th April, 1993 — 10-15 a.m.

At : Meera Jayakar's  
17, Shafee Mohamed Road  
Madras-600 006  
Tel. : 475887 / 473201



## TWO'S COMPANY

A play reading session with Issy Sanderson and Sarah Chanda is offered as our last meeting of the year.

MARIE WILLIAMS  
JAVANTHI PRABHAKARAN

## ANNUAL GENERAL MEETING

Wednesday, 7th April, 1993 — 10-00 a.m.

At : The Taj Coromandel Hotel  
Nungambakkam High Road  
Madras-600 006

Our agenda for the Annual General Meeting has been circulated to all the members. Copies will be available at the A.G.M. should you have misplaced your copy.

Our formal program of the A.G.M. will last for approximately 45 minutes and will be followed by our special entertainment presentation of 'FASHION CONTRASTS' — a fashion show depicting our vast and varied styles of dress from our Indian states, as well as a supplement of western fashions.

We do hope you will all make it convenient to attend the A.G.M. and support us as you have so loyally in the last 12 months.

No Guests, Please.

**MAUREEN HUDSON-MURARI  
MALINI VIJAYARAGHAVAN**

RENEWAL MEMBERSHIP SUBSCRIPTIONS MAY BE PAID AT THE A.G.M.

## HEALTH AND ECOLOGY

Monday, 12th April, 1993

10-15 a.m. fellowship

10-30 - 12 noon meeting



At : Sharda Khemka's  
4, Rutland Gate  
6th Street, Madras-600 006  
Tel. : 475438 / 8257184

### DOUBLE PROGRAMME :

#### HEALTH MANAGEMENT THROUGH NATURE CURE (NATUROPATHY)

Speaker : **Dr. S. T. Venkateswaran**, N.D. (OSM), D.Meg.

#### GRANDMOTHER'S RECIPES (REMEDIES)

Speaker : **Dr. K. S. Viswanatha Sarma**, Retd. Principal, Emeritus Prof. & Chief Physician — Specialist in Panchakarma.

Do you know that 90% of our day-to-day ailments and other sicknesses do not require any type of medication or surgery? Dr. S. T. Venkateswaran of the Anna Nagar Nature Cure Clinic will instruct us on how we can prevent and cure many a disease and manage most of our physical disorders through basic knowledge of the various types of health problems and awareness of Naturopathy.

We promised a year-end event on Grandmother's Remedies, and here it is! Moreover, we are privileged to have the **guidance, demonstration and explanation** of these remedies by the renowned expert, Dr. K. S. Viswanatha Sarma, whose degrees include Vaidyavisharada, Ayurveda Siromani, Sahitya Siromani, Yajurvedadhayayee, Siddha-Ayurveda Research Scholar.

This is your golden opportunity to learn better health for yourself and your family. Don't miss it!

**PAULINE HAHN  
URMILA REDDY**



## EXECUTIVE COMMITTEE

### THE BOARD

PRESIDENTS	:	Maureen Hudson-Murari	6413027
		Malini Vijayaraghavan	865798
VICE-PRESIDENT	:	Surekha Kothari	8257145/8257198
SECRETARIES	:	Padma Ashok	867801/476591
		Vijaya Balasubramaniam	72589
TREASURERS	:	Christina Engvall	454419
		Alagu Muthu	838683/837050

### ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Annie Raffier	614912
		Kausalya Jaganmohan	454201
BOOK DISCUSSION	:	Marie Williams	471700
		Javanthi Prabhakaran	6411859
CURRENT EVENTS & CAREERS	:	Poonam Lalchand	472947/8257157
		Zubeida Asgarali	471614
COOKING SWAPSHOP	:	Kyoko Ishizaki	453855
		Lily Madhok	454661/452525
HEALTH & ECOLOGY	:	Pauline Hahn	8253102/8250738
		Urmila Reddy	476421
HISTORY, CULTURE & TOURS	:	Seema Sait	612800
		Shakunthala Jagannathan	459199
MUSIC & PERFORMING ARTS	:	Sabine Salam	830126/832670
		Gayatri Bewoor	864035
PHILOSOPHY & RELIGION	:	Rathi Nilakantan	865250
		Devaki Muthiah	414364/414944