



**International
Women's
Association**

JUNE 1993

IWA NEWS LETTER

Vol. VIII No. : 1
Madras

JUNE 1993

MONTH AT A GLANCE

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|---------------------|--|------------|
| Monday, 7th June | EXECUTIVE COMMITTEE MEETING | 11-00 a.m. |
| Thursday, 17th June | WELCOME BACK —
IWA FELLOWSHIP MORNING | 10-15 a.m. |
| Tuesday, 22nd June | HEALTH AND ECOLOGY —
PHILOSOPHY AND RELIGION

Dr. K. Parthasarathy talks to us on the
inter-relationship between planets
and diseases | 10-15 a.m. |
| Thursday, 24th June | COOKING SWAPSHOP

Kusum Chadda demonstrates cool
vegetarian salads | 10-15 a.m. |
| Tuesday, 29th June | BOOK DISCUSSION

"Of Mice and Men" by John Steinbeck
is this month's focus | 10-15 a.m. |

FROM THE PRESIDENTS

Dear Members,

Welcome to the new IWA year. IWA's growth in both numbers and activity over the last 7 years has been stupendous. This year we have new activity Chairpersons, many of whom are on the committee for the first time and who are brimming with ideas to keep the IWA calendar full.

The two innovations of last year — the group hostesses and the Telephone Tree — have been very successful and we hope you will come forward to participate this year too.

We are starting the year on June 17th with the **Welcome Back—IWA Fellowship Morning** when we hope all of you will be present, especially the new members. It will be a morning when we can all just talk and get to know each other, which is what IWA is all about.

Founders Day is on July 23rd with a Victorian play organised by Issy Sanderson. You have enough time to go through old books and photo albums and come dressed as a woman of exactly 100 years ago.

IWA is our organisation and we hope that everybody will come forward with ideas and activities and the will to participate and organise. Please let us know if you have a special talent or idea which can be the basis of any activity. We look forward to an exciting and happy year when all of us can get together and make IWA grow from strength to strength.

NANDITHA KRISHNA
ARUNA VIJAYKUMAR

EXECUTIVE COMMITTEE MEETING

Monday, 7th June, 1993 — 11-00 a.m.

At : Zubeida Asgarali
'Elqamar'
19 Sivaganga Road, Madras-600 034
Tel. : 8271614



DOWN THE GARDEN PATH

"Whether the weather be fine, or whether the weather be not,
Whether the weather be cold, or whether the weather be hot,
We'll weather the weather, whatever the weather,
Whether we like it or not".

These are the Editors' feelings for June, and probably the feelings of the Telephone Employees as they work to giving Madras a better Telephone service. Already '47', '86' and '88' numbers have been changed to '827', '826' and '828', and in the near future '45' and '7' numbers are to be changed, though the Telephone Department cannot inform us when the new numbers will be issued or what the new numbers will be.

We should like you to share with us and all IWA members your close family events. We shall not print these events unless we receive the information in writing, and with the permission of the member concerned, by the second of each month.

As we await the start of the June Meetings we will leave you with this verse.

"Full early in the morning, Awakes the summer sun,
The month of June arriving, The cold and night are done,
The cuckoo is a fine bird, She whistles as she flies,
And as she whistles "cuckoo", The bluer grows the skies".

LILLY MADHOK
MARGARET SEKHRAN

FROM THE MEMBERSHIP COMMITTEE

Dear Friends,

On behalf of the Membership Committee I am pleased to extend a welcome to everybody, and, in particular, to each new member at the start of this new year of activities.

The Membership Committee and I would be grateful, if, when proposing a prospective member, you bring her along to a couple of meetings and do introduce her to each one of us on the Membership Committee. We cannot possibly know everyone and this helps us to serve you better.

IWA has a few expectations of its members, and although long-standing members will be aware of them, for the benefit of the new members they are as follows :

1. An IWA member is expected to attend at least ten meetings during the current year. If you are away from Madras for any protracted period, please inform the Committee, and, on your return, please endeavour to make up your attendance. Any member who does not fulfill the attendance requirements will be dropped from the roll of membership.
2. Please wear your name badge at all meetings, it helps to identify members, particularly new members.
3. Please register your presence at each meeting that you attend :- (a) In the attendance book (b) In block letters beside your signature.
4. Please welcome new members and emphasize the fellowship of IWA.
5. If your news letter does not reach you before the end of the preceding month, please contact our Secretaries, Gayatri Bewoor or Poonam Lalchand.

Have a happy, rewarding and interesting year full of fellowship and enjoyment.

JANET DE PENNING

MEMBERSHIP COMMITTEE FOR THE YEAR 1993 - 94

— MALINI VIJAYARAGHAVAN	}	Immediate Past Presidents
— MAUREEN HUDSON-MURARI		
— ARUNA VIJAYKUMAR	}	Presidents
— NANDITHA KRISHNA		
— NIRMAL SESHADRI		
— VANITHA MUDALIAR		
— CHRISTINA ENGVALL		
— ALAGU MUTHU		
— ZUBEIDA ASGARALI		Treasurer
— JANET DE PENNING		Membership Treasurer

JUNE

In the old Latin calendar June was the fourth month. Ovid states that this month received its name in honour of Juno, other writers connect the term with the consulate of Junius Brutus. Probably however it has an agricultural reference, and originally denoted the month in which the crops grow to ripeness. The Anglo Saxons called it 'the dry month', also 'midsummer month' and in contradistinction to July, 'the earlier mild month'. The summer solstice occurs in June.

— Enc. Brit

WELCOME BACK - IWA FELLOWSHIP MORNING

Thursday, 17th June, 1993 — 10-15 a.m.

At : Meena Muthiah
"Chettinad House"
Raja Annamalaipuram
Madras-600 028
(Next to Shri Iyyappa Temple on South Beach Road)

Once IWA activities begin, and with the tremendous effort put in by our Chairpersons we shall be very active and we shall hardly have time to talk to each other. Several new members join IWA every year and we do not get an opportunity to meet each and every person. To overcome this, we are starting the year with a Fellowship Morning. Please come and meet our new members who will be identifiable by a "Red Dot" on their Name Tags. It is an opportunity for the new and the old of IWA to meet and get to know each other.

THE EXECUTIVE COMMITTEE

JUNE

"The evening comes, the fields are still,
The tinkle of the thirsty rill
Unheard all day ascends again :
Deserted is the half-mown plain,
Silent the swathes | the ringing wain,
The mower's cry, the dogs alarms,
All housed within the sleeping farms !
The business of the day is done,
The last-left hay-maker is gone,
And from the thyme upon the height,
And from the elder-blossom white
And pale dog-roses on the hedge,
And from the mint plant in the sedge,
In puffs of balm the night-air blows
The perfume which the day fore-goes,
And on the pure horizon far,
See, pulsing with the first-born star,
The liquid sky above the hill !
The evening comes, the fields are still".

— MATTHEW ARNOLD

**HEALTH AND ECOLOGY —
PHILOSOPHY AND RELIGION**

Tuesday, 22nd June, 1993 — 10-15 a.m.

At : The C. P. Ramaswami Aiyar Foundation
1 Eldams Road, Alwarpet
Madras-600 018



ASTROLOGY AND MEDICINE

Astrology has always been a fascinating science. Little is known about the fact that health forms an integral part of this unique combination of religious faith and philosophic belief in the unknown.

Dr. K. Parthasarathy an erudite scholar of both medicine and astrology will trace the inter-relationship between planets and diseases, planets and various parts of the body they control, planets and various diseases they represent. He will share with us his knowledge of astrology with human face and also tell us the role of numerology which affects diseases. Dr. Parthasarathy's firm belief is "The horoscope is more powerful than stethoscope".

**SHYLA RAO
MARGARET PACE**

**LALITHA KRISHNAN
MARIE WILLIAMS**

HOROSCOPE FOR JUNE

The June born are restless, by nature governed by their feelings but always trying to find a reason for their impulses. Thus they are impulsive, indecisive, and rather unreliable, never of the same mind for long. They seldom finish any long task they set their hands to, and wander from place to place, travellers, adventurers, and pioneers in far off lands. When faced with a choice, they cannot make a decision without a great deal of worrying thought, which makes them nervous and irritable. Those born early in the month are the most unstable; later in June come people of more decisive mind, with the human side of their natures well developed, sociable, kind, but still dreamers.

They are not strongly built and their active nature leads to quick exhaustion with general debility and chest troubles. Their best work is done in spheres which require change and travel, as reporters, lecturers, teachers, and secretaries.

Best colours are white, yellow, and soft shades of red. Members of the IWA will find the 17th their lucky day, and June 22nd, 24th and 29th are good days for everyone.

COOKING SWAPSHOP

Thursday, 24th June, 1993 — 10-15 a.m.

At : Meera Jayakar
17, Shafee Mohamed Road
Madras-600 018



COOL VEGETARIAN SALADS

Welcome to the world of cuisine and yet — another year of versatile Cooking Swapshop.

To beat the summer heat this season, our IWA member Kusum Chadda will demonstrate refreshing mouthwatering and cool salads of pure vegetarian nature. We have a good number of interesting recipes to demonstrate, so do come and share the IWA salad bowl of the year — for a starter.

R.S.V.P. : RATHI NILAKANTAN — 8265250
(Between 8-00 a.m. and 10-00 a.m.)

**AMRITA BHALLA
RATHI NILAKANTAN**

JUNE MOTTOS

"Mist in May and heat in June
Bring all things into tune."

"A dripping June keeps all in tune."

"FRUIT FOR THOUGHT"

MANGO (Mangifera Indica or Tamil Mampazham)

The Mango tree is one of the most useful trees which is indigenous to South India. The fruit is used as a food in all stages of development. The raw Mango is a valuable source of Vitamin 'C', and protects us from the adverse effects of hot scorching winds. A drink (Panna) prepared from unripe boiled mango pulp, mixed with water, sugar and spices, is an effective remedy for heat exhaustion and heat stroke. Eating raw mango with salt quenches thirst and prevents excessive loss of sodium chloride and Iron during the summer months due to excessive sweating.

Unripe mango contains a large proportion of starch which gradually changes into glucose, sucrose and maltose as the fruit begins to ripen. Ripe mango contains a very high quantity of Carotene 2743 micrograms which is a precursor of Vitamin 'A'. Vitamin 'A' prevents night blindness and dryness of the eyes, and also helps to give a smooth texture to the skin. Vitamin 'A' is stored in the liver, and is slowly released when required by the body.

Give a Mango Party in June and store up your Vitamin 'A' for the year.

LILY MADHOK

Condolences :

Go to Flo' Marriott who lost her only surviving sister in a car crash in England in May.

Get well to our Co-President Aruna who is resting at home with thyphoid.

BOOK DISCUSSION

Tuesday, 29th June, 1993 — 10-15 a.m.

At : Nalini Ramakrishna
36, Harleys Road
Kilpauk
Madras-600 010



"OF MICE AND MEN" by John Steinbeck

"AS NEARLY PERFECT AS ANY BOOK CAN BE"

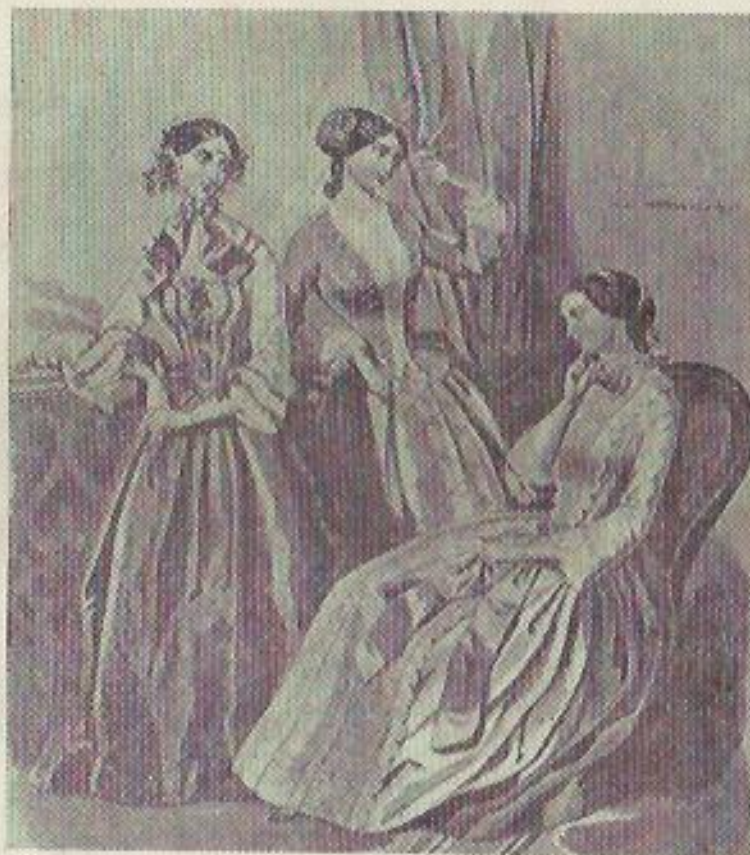
We start the year with the classic novel which established John Steinbeck as one of the world's most celebrated writers — "Of Mice and Men" — the story of two itinerant farm workers George and Lennie.

We are circulating 2 copies of the book — since it is a very small book, members are requested to pass it on as soon as possible — the book is available as part of a collection of Steinbeck's works in both the Madras Club and the Gymkhana Club.

**KAMALA MUTHIAH
ANGELIKA MANDAIKER**

New members who wish to join the list of readers, to whom the books will be circulated, please inform one of the activity chairpersons.

VICTORIANA



On Friday, July 23, IWA celebrates Founders Day with a theme - VICTORIANA.

Queen Victoria ruled from 1837 to 1901, a period when the English and the Indians interacted closely. Those were the days when English and Indian women met at remote tea estates, at up-country stations and elsewhere. What happened when they met? How did they react to each other? And what did people think of the Englishwoman in India?

Issy Sanderson searches for the answers with fun and humour, and puts them together in drama. To re-create the atmosphere of Victorian India, please come dressed as a woman at the turn of the century (100 years ago) — British, Indian, French, American, and so on. Most Indians have grand-mother's saris and jewels. For those who would like to dress as a Victorian Englishwoman, we have featured above fashions of the 'middle period' of the 19th century.

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Nanditha Krishna	451850/450397 (R) 451249/458726 (O)
		Aruna Vijaykumar	8272732/8271284
VICE-PRESIDENTS	:	Lily Madhok	454661/838608 (R) 452525 (O)
		Margaret Sekhran	6213692
SECRETARIES	:	Gayatri Bewoor	8264035
		Poonam Lalchand	8257157/8272947
TREASURERS	:	Zubeida Asgarali	8271614
		Janet De Penning	456529

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Bela Mistry Khaleeli	453565 8258272/8276712
		Maureen Thadani	411694
BOOK DISCUSSION	:	Kamala Muthiah	6411141 8268976/8259911
		Angelika Mandaiker	611265
CURRENT EVENTS & CAREERS	:	Javanthi Prabhakaran	6411659
		Padma Ashok	8267801/8276591
COOKING SWAPSHOP	:	Amrita Bhalla	419230/412000
		Rathi Nilakantan	8265250
HEALTH & ECOLOGY	:	Shyla Rao	8276676/8276893
		Margaret Pace	452273
HISTORY, CULTURE & TOURS	:	Padmini Natarajan	417500
MUSIC & PERFORMING ARTS	:	Kausalya Jaganmohan	454201
		Barbara Cortez-Greig	458316
PHILOSOPHY & RELIGION	:	Lalitha Krishnan	71853/77341
		Marie Williams	8271700