



**International
Women's
Association**

APRIL 1994

IWA NEWS LETTER

Vol. VIII No. : 11
Madras

APRIL 1994

MONTH AT A GLANCE

Saturday, 2nd April	THE ANNUAL IWA EVENT Swing at the 'Singapore Night'	7-30 p.m.
Monday, 4th April	EXECUTIVE COMMITTEE MEETING	11-00 a.m.
Tuesday, 5th April	HEALTH AND ECOLOGY Gen. A. K. Chatterjee talks to us on the Urban Environment and Animal Birth Control	10-15 a.m.
Wednesday, 6th April	ARTS AND HANDICRAFTS Issy Sanderson gives a Demonstration-cum-Workshop on the art of 'Tie and Dye',	10-15 a.m.
Thursday, 7th April	AGM AT THE MADRAS CLUB	10-15 a.m.

FROM THE PRESIDENTS

Dear Members,

Before we hand over to the new Committee, we have organised our final month of programmes. We start April with our big Annual 'Bash'—The 'Singapore Nite' with exotic Singapore Food, Entertainment and Prizes galore.

Our Chairpersons have organised programmes through April, and we particularly look forward to seeing you at the Annual General Meeting on April 7th at The Madras Club.

With every end there is a renewal, and April is also the New Year in several States.

We would like to thank the members of the Board and the Activity Chairpersons who made our year such fun and pleasure. They came forward to organise new programmes, and we have learned so much more about so many subjects, thanks to their untiring efforts. The members of the Board were a real help and support, and everyone shared the task of taking the IWA year through very smoothly.

We started the year with a Fellowship Meeting and this trend has continued. We have had excellent attendance at every meeting and many of our new members have been welcomed to Madras through IWA. So many of our members have been a source of strength and help to us. Our thanks to all of you.

We hope you will give the same support to the new Committee that you extended to us this year. Our best wishes to them and to all of you.

NANDITHA KRISHNA
ARUNA VIJAYKUMAR

EXECUTIVE COMMITTEE MEETING

Monday, 4th April, 1994 — 11-00 a.m.

At : The Duplex Room
Taj Coromandel Hotel
Madras-600 034

Hosted by : Bela Mistry Khaleeli



DOWN THE GARDEN PATH

We are coming to the end of the IWA year, and we will not be taking you through the Garden next year or leading you 'Up' or 'Down' the Garden Path as we did this year.

In April we move on to the Verandah or into the house as the days get warmer. O.T. Ravindran tells us that "Indoor plants have become standardised throughout the world. In Madras, **Madras Rubber Plant, Monstera, Philodendrons, Aglaonemas and Dieffenbachias** all grow easily but care should be taken to see that they are not exposed to the harsh sun after keeping them inside the house for more than two or at the maximum three days". We do hope you enjoyed reading the news letter as much as we enjoyed putting it together for you.

We leave you to contemplate on the following poem :

"An author owned an asterisk
And kept it in his den
Where he wrote tales which had large sales
Of erring maids and men,
And always, when he reached the point
Where carping censors lurk,
He called upon the asterisk
To do his dirty work".

— ANON

LILY & MARGARET

IWA ANNOUNCEMENTS

Congratulations to

Aruna Goyal on the occasion of the Weddings of her sons Manish and Ravish and the Golden Wedding Anniversary of her Father and Mother-in-Law.

Thanks

We should like to thank Aruna and Vijaya Goyal for hosting the "Under Water Photography" meeting in February.

New Telephone Number :

Shameem Padamsee : 4942020, 4942121

I W A ANNUAL EVENT – SINGAPORE NIGHT

Saturday, 2nd April, 1994 – 7-30 p.m.

At : Taj Coromandel
Nungambakkam High Road
Madras-600 034

We come to our Annual Event—The 'Singapore Night'. It will be an evening of Singaporian Cuisine — Vegetarian and Non-Vegetarian and free wine by courtesy of Jayakar of Shaw Wallace. Frank Dubiers — Jazz Band will be in attendance : then surprise entertainments and prizes galore. The First Prize is a ticket to Singapore by courtesy of Singapore Airlines. Soft drinks and sodas will be free of cost and beer will be available at a nominal price. For those who want something stiffer, you can bring your own. Tickets are priced at Rs. 200/- per head and are available with all Executive Committee Members. Guests are welcome.

Please book your tables (if you have a group of 10 people) in advance. The last date to buy your tickets is March 29, 1994.

We look forward to seeing you at the Taj on April 2, 1994.

NANDITA KRISHNA
ARUNA VIJAYKUMAR

For those leaving Madras and before we meet again in June

"I never saw a purple Cow,
I never hope to see one ;
But I can tell you, anyhow,
I'd rather see than be one'.

— ANON

What is Cholesterol ?

Cholesterol is a waxy substance, an essential constituent of every cell of the human body. It is needed for the formation of Vitamin 'D', steroid hormones, and the bile acids necessary for the digestion of fats. Cholesterol is not a required nutrient, since the body synthesises all the Cholesterol it needs.

In the diet, Cholesterol comes from animal foods (eggs, meat, chicken, beef, butter, pure ghee, margarine, oils, nuts including coconut, dairy products etc.). Normally, the body has some capacity to control blood Cholesterol levels by decreasing biosynthesis in the liver if the dietary intake is high ; however people vary widely in their bodies' ability to do this.

Cholesterol is fatty substance insoluble in blood ; it becomes soluble when attached to a protein (as a lipoprotein) and is transported in the blood and lymph systems.

What is the relation between dietary fats & Heart Disease ?

Fats combine with Cholesterol and proteins to form "lipoproteins" which are carried about the body. Lipoproteins come in two basic types ; high-density lipoprotein (HDL), having more protein than fat ; and low-density lipoproteins (LDL), containing more fat than protein. Whereas LDLs carry fat and Cholesterol to the peripheral tissues where they are used, HDL seems to collect Cholesterol from the tissues and carry it to the liver for excretion. LDL may be responsible for depositing Cholesterol in the artery walls. **As HDL clears excess Cholesterol from the blood, it is called the "good" Cholesterol, and because LDL favours the build-up of Cholesterol, it is known as "bad" Cholesterol.**

The role of Cholesterol in Heart Disease

A major factor in the development of CHD is atherosclerosis, which is a kind of hardening of the arteries caused by fatty deposits called plaques. These deposits contain 70 percent Cholesterol ; they clog the arteries and thus impede the flow of blood. The result can be angina or a "heart attack".

The question that worries many is, what causes the build-up of fatty deposits in the arteries ? The most widely accepted prime cause is the amount of Cholesterol and other fatty substances in the blood which are directly related to the type of diet one consumes.

It is generally agreed that elevated blood cholesterol is a major risk factor for coronary heart disease (CHD) in middle-aged men. If the blood cholesterol level is high (above 240 mg/dl), a person has a greater risk of developing CHD. Nowadays, greater emphasis is laid on the ratio of total cholesterol to HDL ; if it exceeds 4.5, it is cause for concern. This ratio is believed to be more important than the absolute level of cholesterol. The minimum desirable level of HDL for both men and women is 35 mg/dl, according to heart specialists.

The level of blood lipids (i.e. fats) is therefore regarded as very important in tracking atherosclerosis but, it is not an infallible indicator since statistics show that a good percentage of people with heart disease have normal lipid values.

Type of fat and heart disease

Saturated fats have been implicated as the main culprits in causing elevated blood cholesterol levels. Although the results are inconclusive, recent studies 'by and large' show that among the saturated fatty acids, lauric (present in coconut oil) and palmitic (in palm oil and palmolein) are hypercholesterolemic (raise cholesterol).

What is the importance of PUFA oils ?

Polyunsaturated fats (PUFA oils) contain two fatty acids : linoleic acid, and to a smaller extent, linolenic acid, both of which are essential for body functions and growth. They are hence called 'essential' fatty acids (EFA). It is estimated that a person needs about 8 gm. of linoleic acid daily, and about 1 gm. of linolenic acid.

Both linoleic and linolenic acids cannot be synthesised by the body, only unsaturated fats in the diet can only provide these two EFAs. (Other EFAs are present in other foods : eg. arachidonic acid is present in milk).

There is an interrelationship between blood cholesterol concentration and EFA deficiency. This has led to the recommendation that diets should be high in PUFA. However, the "invisible" fats present in cereals, pulses, and milk meet about two-thirds of the EFA requirements. To provide the balance EFA need, the amounts of different vegetable oils required to be consumed are :

20 gms. palm oil

or 12 gms. rape / mustard oil

or 7 gms. groundnut oil

or 5 gms. sesame (til) oil

or 4 gms. soyabean / sunflower oil

or 3 gms. safflower (kardi) oil. This means that any vegetable oil

can meet one's EFA needs.

Fish is also rich in PUFA, a good source for non-vegetarians.

Specifically, PUFA oils lower blood cholesterol, but only half as much as saturated fats raise it. Unsaturated fats in general (including both monounsaturates and polyunsaturates), when substituted for saturated fat (say, ghee), lower blood cholesterol levels.

Friends of Cholesterol

Use of cooking oils which have a higher (PUFA) content like Safflower & Sunflower oils, help keep the Cholesterol level low/reduced.

An intake of Bengal Gram, onion, garlic, turmeric powder (1-2 tsp) is also reported to help reduce Cholesterol levels.

Fruits, Vegetables, Green Leafy Vegetables keep the Cholesterol level under control. If your Cholesterol level is high, it is recommended that you should avoid eating animal foods for some time.

Foes of Cholesterol

Eating eggs, mutton, beef, glandular meat — kidney, liver, brain, butter, margarine, pure ghee, cream, saturated fats like Vanaspati, dried fruits, nuts, coconuts, oil seeds, alcoholic drinks, ovaltine, horlicks and processed cheese lead to increased levels of Cholesterol in the body—

so, be friends with your Cholesterol and keep the foes away.

POLY UNSATURATED FATTY ACIDS (P.U.F.A.) IN SOME EDIBLE OILS AND FATS

S. No.	Fat or Oil	P.U.F.A. Content (gm / 100 gms)
1.	Coconut Oil	2
2.	Cotton Seed Oil	50
3.	Ghee (Pure)	4
4.	Groundnut Oil	28
5.	Corn Oil	45
6.	Mustard	25
7.	Olive Oil	10
8.	Safflower Oil	75
9.	Rice Bran Oil	35
10.	Til Oil	42
11.	Soyabean Oil	55
12.	Vanaspati	6
13.	Sunflower Oil	70

LILY MADHOK

HEALTH AND ECOLOGY

Tuesday, 5th April, 1994 — 10-15 a.m.

At : The Madras Club
Madras-600 028



THE URBAN ENVIRONMENT AND ANIMAL BIRTH CONTROL

In the light of the recent Delhi High Court ban on the destruction of dogs, and the realisation that destruction does not reduce the population, several Municipal Corporations in India have stopped catching and destroying dogs, and are turning to ABC — Animal Birth Control instead. Why? What are the advantages? Lt. Gen. A. K. Chatterjee, Chairman of the Animal Welfare Board, Govt. of India, tells us.

SHYLA K. RAU
MARGARET PACE

Thank you for hosting the meeting on April 5, 1994 :

Ms. Prem Batra and Ms. Ponchi Kanwar

We thank you all very much for supporting, encouraging, appreciating and attending all our programmes in such large numbers. We hope you enjoyed every programme as much as we did in presenting them to you.

Our apologies to some of our members whose names we spelt incorrectly in our 'thank-you' note last month.

ARTS AND HANDICRAFTS

Wednesday, 6th April, 1994 — 10-15 a.m.

At : Issy Sanderson
7, Archbishop Mathias Avenue
Madras-600 028



ISSY'S 'TIE & DYE' — A DEMONSTRATION-CUM-WORKSHOP

Issy Sanderson was first introduced to 'Tie-Dye', as a student at the Bath Academy of Art, where she trained in Art Education. She has taught for the past 30 years and was fortunate to continue studying this ancient craft in the city of Kano in Nigeria during a posting there. Issy will demonstrate this art and members can 'have a go'. Please bring an apron and 1 meter of white cloth or a white T. Shirt for the Workshop.

Limit — 30

R.S.V.P. :

MAUREEN THADANI — 4913194

BELA MISTRY KHALEELI — 8276712/8258272 (Between 10 - 5)

**BELA MISTRY KHALEELI
MAUREEN THADANI**

APRIL

'Oh how this spring of love resembleth
The uncertain glory of an April day
Which now shows all the beauty of the sun
Any by and bye a cloud takes all away'.

DAHN THE PLUG'OLE

A muvver was barfing 'er biby one night,
The youngest of ten and a tiny young mite,
The muvver was pore and the biby was thin,
Only a skelington covered her skin ;
The muvver turned rahnd for the soap orf the rack,
She was but a moment, but when she turned back,
The biby was gorn ; and in anguish she cried,
'Oh, where is my biby ?' — the Angels replied :
'Your biby 'as fell dahn the plug' ole,
Your biby 'as gorn dahn the plug ;
The poor little thing was so skinny and thin
'E oughter been barfed in a jug ;
Your biby is perfectly 'appy,
'E won't need a barf any more,
Your biby 'as fell dahn the plug'ole,
Not lorst, but gorn before I

— ANON

This poem was read at the January Book Discussion Meeting by Hazel Bradley.

APRIL

The name of this month is derived from the Greek word for 'opening' : In many countries of Europe the first of April has long been appropriated to a facetious custom for which no satisfactory origin has yet been assigned. To send an ignorant or unsuspecting person on a bootless errand is the great endeavour of the day. In England such an one is designated 'April Fool'. In Scotland he is said to be 'hunting the gowk', while in France he is called 'poisson d' Avril' or April Fish.

In Tamilnadu in April we shall be celebrating the New Year, as in the Punjab and Andhra Pradesh.

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Nanditha Krishna Aruna Vijaykumar	451850(R) 451249(O) 8272732 / 8271284
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TREASURERS	:	Zubeida Asgarali Janet De Penning	8271614 456529

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Bela Mistry Khaleeli Maureen Thadani	8276712(O) 827791(R) 4913194
BOOK DISCUSSION	:	Kamala Muthiah Angelika Mandaiker	6411141(R) 8268976(O) 611265
CURRENT EVENTS & CAREERS	:	Javanthi Prabhakaran Padma Ashok	6411659 8267801 / 8276591
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HISTORY, CULTURE & TOURS	:	Padmini Natarajan	8277719 / 8279763 Ext. 409
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