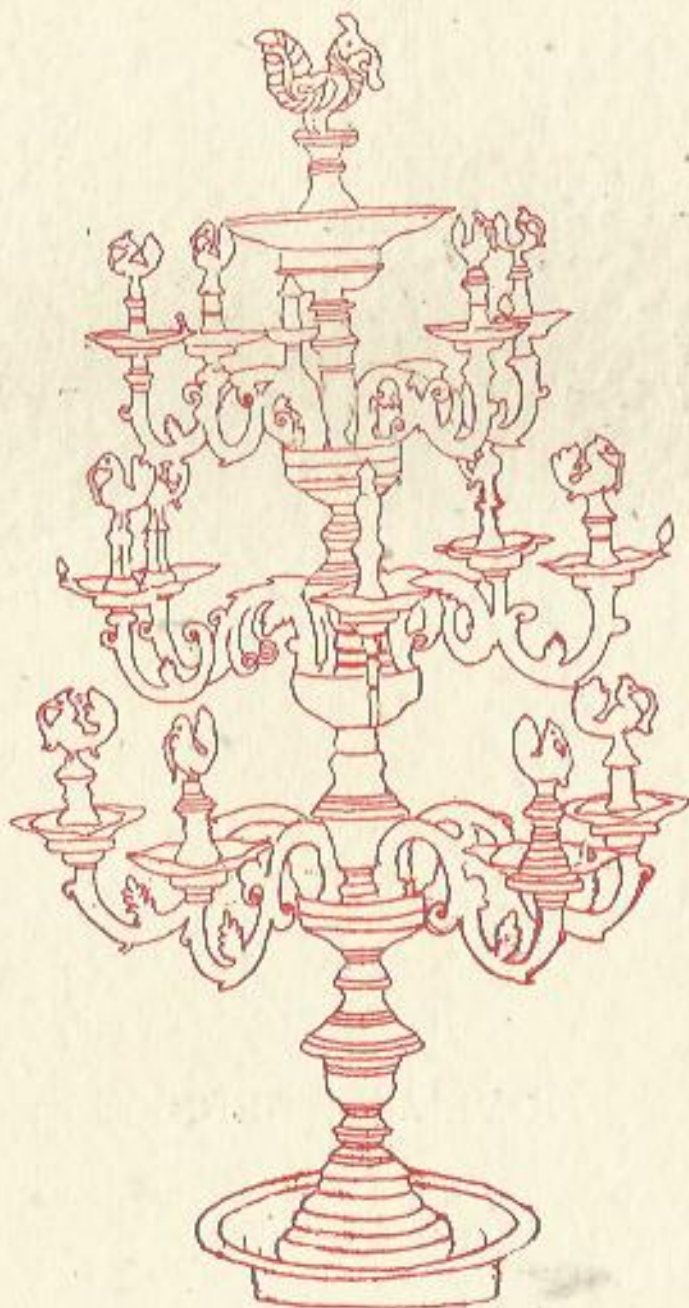




**International
Women's
Association**

NOVEMBER 1993

Light Your Lamps Dear Friends



in this Festival of Lights

IWA NEWS LETTER

Vol. VIII No. : 6
Madras

NOVEMBER 1993

MONTH AT A GLANCE

Tuesday, 2nd November	EXECUTIVE COMMITTEE MEETING	10-15 a.m.
Thursday, 4th November	CURRENT EVENTS Road Traffic — Mr. Rohit Beluja talks to us on how to reduce congestion on our roads	10-15 a.m.
Sunday, 7th November	PHILOSOPHY AND RELIGION, MUSIC AND PERFORMING ARTS A celebration of Diwali with Cultural Shows from North, South, East & West	5-00 p.m.
Tuesday, 9th November	COOKING SWAPSHOP Diwali Sweets	10-15 a.m.
Tuesday, 16th November	HEALTH AND ECOLOGY Wildlife Protection Does it concern you ?	10-15 a.m.
Friday, 19th November	HISTORY, CULTURE AND TOURS An Audio Visual Presentation of 'An African Safari'	10-15 a.m.
Thursday, 25th November	ARTS AND HANDICRAFTS Dorothy Saldanha demonstrates the art of "Gift Wrapping"	10-15 a.m.
Tuesday, 30th November	BOOK DISCUSSION This month's book is 'Up the Ghat'. The author Zai Whitaker herself will be present	10-15 a.m.

FROM THE PRESIDENTS

Dear Members,

We hope you and your family enjoyed Hallowe'en, a new experience for some of us in IWA. A special thanks to Marie Williams, Lalitha Krishnan, Margaret Sekhran and so many more members who worked so hard to make it a success.

We look forward to seeing you at the Deepavali celebrations, which will be an evening of music, dance and fabulous food. Tickets are available with all the members of the Executive Committee.

Christmas will be an unique presentation from around the world in the beautiful ambience of River House, thanks to our new member Sandra Rowland. This programme is for members only.

The Telephone Tree is ready, and you may get a message any time. Please call back, if you were not at home. The new Telephone Book will shortly be printed. Please write to Janet De Penning if there is any change in your address or telephone number.

We have not seen some of our members at the meetings. Please do come regularly — our Chairpersons are working very hard to give you good activities.

With our best wishes to you and your families for Deepavali.

NANDITHA KRISHNA
ARUNA VIJAYAKUMAR

EXECUTIVE COMMITTEE MEETING

Tuesday, 2nd November, 1993 — 10-15 a.m.

At : The Madras Club
8, Adyar Club Gate Road
Madras-600 028



DOWN THE GARDEN PATH

When we have all recovered from the excitement of Diwali and, for some, have moved into their New Financial Year we shall move once again into the garden. At this time of year in Madras we plant Annuals.

O. T. Ravindran tells us that "Annuals are the colour donors to the garden but in Madras growing annuals is a headache. The monsoon rains play havoc with winter annuals. The annuals that could be tried in Madras if protected at the seedling stage, when it rains, are **Balsam, Cosmos, Gaillardia, Marigold both African and French, and Lady's Lace.** **Phlox Drummondia** is to be raised from seed after the rains so that the plant will come into bloom at the end of the cool season and the beginning of summer".

Please remember to send your contributions in verse to the Newsletter for our December issue, so we can pull our Christmas Crackers together.

As Diwali reminds us of lights and lamps we will end with the following poem.

"I'm thankful that the sun and moon
Are both hung up so high
That no pretentious hand can stretch
And pull them from the sky.
If they were not, I have no doubt,
But some reforming ass
Would recommend to take them down
And light the world with gas".

— ANON

MARGARET & LILY

NOVEMBER

November 1st was the beginning of the Celtic year when the new fires were lit. November was the ninth month of the old Roman year, which began in March. The 11th of November was held to mark the beginning of Winter.

The Anglo-Saxon name for November was 'Blot-monath', (Blood-month) the latter name probably alluding to the custom of slaughtering cattle about Martinmas for winter consumption.

(Enc. Brit.)

In Madras we move into Karthigai, which is the month of Subramaniyam, (Ganesh's brother) when once again the lamps are lit.

THE TELEPHONE TREE 1993 - 94

The IWA Telephone Tree is a quick and efficient method of passing on important messages urgently. Sudden cancellations or calling of meetings need to be communicated to the entire membership. We use the Telephone Tree for this.

The Telephone Tree volunteers this year are :

Susan Abraham	825 22 11
Gita Banker	827 57 90
Gayatri Bewoor	826 40 35
Soma Mathew Cherian	487 11 55
Rani Das Gupta	45 06 05
Aloka Guha	826 30 85
Kanta Gupta	492 62 11
Renuka Ishwariah	826 51 12
Meera Jayakar	827 58 87
Srikanta Jhaver	55 12 53
Brahada Kameshwaran	826 41 98
Bela Khaleeli	827 79 11
Rini Kumar	45 28 45
Koshu Lalchand	827 54 32
Ranjani Manian	45 24 76
Kamala Muthiah	641 11 41
Fazeela Nurdeen	626 06 74
Gargi Prabhu	827 40 26
Beena Ram Mohan	621 42 78
Meena Rawlley	41 05 74
Neena Sanghavi	61 68 33

How you can help :

- * Find out the name and the number of your Telephone Tree Volunteer
- * Tell her when you are normally home
- * Teach your children and servants to recognise her name
- * **Call her back** when she leaves a message
- * We need your co-operation to make the Telephone Tree a success

MALINI VIJAYARAGHAVAN

CURRENT EVENTS

Thursday, 4th November, 1993 — 10-15 a.m.

At : Turner Hall
Chaitanya Centre
6, Khader Nawaz Khan Road
Madras-600 006



ROAD TRAFFIC — CAN WE HOPE TO SEE AN IMPROVEMENT ?

We would all agree that chaos and confusion reign on our roads and despair that nothing can be done about it. Mr. Rohit Beluja, Founder President of the Institute of Road Traffic Education, New Delhi, however, feels that proper education and training of the various groups that use the roads can bring order and discipline to our roads. He has involved himself in various programmes in Delhi, Bangalore, Ahmedabad and Hyderabad to solve their traffic problems. At present, he is co-ordinating with the Traffic Police of Madras with a view to reduce congestion and deterioration of the character of our roads. He will also tell us what we, as individuals, can do to help the cause.

All are welcome

**JAVANTHI PRABHAKARAN
PADMA ASHOK**

IWA ANNOUNCEMENTS

Change of Telephone Numbers & Addresses

MRIDULA SRINIVASAN
'Millbank'
4, Boat Club Road, III Avenue
Madras-600 028
Tel. : 455028

RUKU SESHASAYEE
17, Bishop Wallers Avenue West
Madras-600 004
Tel. : 4991586

NEENA SANGHAVI
9, Harrington Road
Chetpet, Madras-600 031
Tel. : 8281323

MARGARET PACE
Tel. : 4992273

RANJANI SABHARWAL
Tel. : 4993475

Congratulations to

Christina Engvall on the birth of a Grand-daughter

**PHILOSOPHY AND RELIGION,
MUSIC AND PERFORMING ARTS**

Sunday, 7th November, 1993 — 5-00 p.m.

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



A CELEBRATION OF DIWALI I

Diwali has come — the festival of lamps and laughs, with all its wealth of light. Diwali or Deepavali as we call it in the South, has several interpretations which varies from Region to Region. Be it East, West, North, South — the basic underlying concept is the same, which is the triumph of good over evil.

Incorporating the four main regional meanings of Diwali, we will present four colourful Cameos depicting Diwali, as it is celebrated in these parts of India. Presenting this entertainment section will be our own talented members — Anita Ratnam Raj (South), Naina Shah (West), Aloka Guha (East) and Poonam Lalchand (North). There will be fun, frolic and food for the whole family — a sumptuous fare from North, South, East & West. Join us in this celebration. Light your lamps dear friends, and you too children dear and blaze the path that is yours in life with offerings at the feet of Goddess Lakshmi as she passes by.

Tickets will be available with members of the Executive Committee for Rs. 60/- per head.



**BARBARA CORTEZ GREIG
KAUSALYA JAGANMOHAN
LALITHA KRISHNAN
MARIE WILLIAMS**

COOKING SWAPSHOP

Tuesday, 9th November, 1993 — 10-15 a.m.

At: Raji Manian
2, Venus Colony Second Street
Alwarpet
Madras-600 018



DIWALI SWEETS

As the great Festival of Lights is just around the corner we give you an IWA presentation of mouth-watering Diwali Sweets, prepared and presented by Mrs. Rita Khilla. She will demonstrate easy recipes for sweets to help you enjoy your Diwali cooking programme.

RATHI NILAKANTAN
AMRITA BHALLA

HEALTH AND ECOLOGY

Tuesday, 16th November, 1993 — 10-15 a.m.

At: Nandita Chaudhary
135, T. T. K. Road
Alwarpet
Madras-600 018



WILDLIFE PROTECTION IN TAMIL NADU

Tamil Nadu is the home of some of India's rare and exotic wildlife. Many of these are endangered and threatened, especially by poachers.

Mr. V. R. Chitrapu, Chief Wildlife Warden, Department of Forests, Government of Tamil Nadu, is responsible for the conservation of wildlife in the state. He has had exciting encounters with poachers and smugglers. He will talk to us on wildlife protection and its legal aspects.

SHYLA K. RAU
MARGARET PACE

HISTORY, CULTURE AND TOURS

Friday, 19th November, 1993 — 10-15 a.m.

At : Savera Hotel
Radhakrishnan Salai
Madras



'AFRICAN SAFARI'

For Members, their Children, Family & Guests — an invitation to go on an African Safari.

An Audio Visual Presentation of the beautiful locales. Game forests of Nairobi.

High Tea will be served by our Hostess Heena Munshaw.

R.S.V.P. :

PADMINI NATARAJAN

Bela Khaleeli — 8258272 / 8276712 (Between 10 a.m. & 5 p.m.)
Nanditha Krishna — 451249 / 458726 (Between 10 a.m. & 5-30 p.m.)
Amrita Bhalla — 8268236 (Between 10 a.m. & 5-30 p.m.)
Aruna Vijayakumar — 8271284

ARTS AND HANDICRAFTS

Thursday, 25th November, 1993 — 10-15 a.m.

At : Shobha G. Mahtani
Krishna Vihar
1, Jeypore Nagar
Madras-600 086



GIFT WRAPPING — by Dorothy Saldanha

It is the time to exchange gifts — put the right wrapping on yours and give extra pleasure to the receiver.

In keeping with the spirit of the season, IWA member Dorothy Saldanha will demonstrate the different ways you can pretty up your gifts.

LIMIT — 35

R.S.V.P. :

Maureen Thadani — 411694
Bela Khaleeli — 8258272 / 8276712 (Between 10 a.m. & 5 p.m.)

**BELA MISTRY KHALEELI
MAUREEN THADANI**

BOOK DISCUSSION

Tuesday, 30th November, 1993 — 10-15 a.m.

At : Mansha Bhatia
Kothi Apartments
4th Floor, College Road
Madras-600 006
Tel. : 8273189/8273251



"UP THE GHAT" — by Zai Whitaker

"UP THE GHAT" set in a South Indian hill station, tells the story of the struggles of an 'upright' Government Officer, to free a group of bonded labourers.

"Sensitivity and a quiet humour characterise this perceptive first novel".

We are indeed lucky to have the author herself as our critic/reviewer of her book. Zai Whitaker teaches at the Kodaikannal International School and is a 'freelance' writer who specialises in natural history. Her book "The Snakeman" is the story of her husband, the naturalist Rom. Whitaker.

I hope many of our Members will respond and take the opportunity to meet the author.

**KAMALA MUTHIAH
ANGELIKA MANDAIKER**

One copy of 'Mice & Men' has not been returned. Please return the book.

In future, all Book Discussion Members must please sign the date they receive the book.

NOVEMBER

'The year lies dying in this evening light,
The poet musing in autumnal woods
Hears melancholy sighs
Among the withered leaves.

Not so-but like a spirit glorified
The angel of the year departs, lays down
His robes, once green in spring
Or bright with summer's blue ;

And having done his mission on the earth,
Filling ten thousand vales with rosy corn,
Orchards with rosy fruit,
And scattering flowers around, —

He lingers for a moment in the west,
With the declining sun sheds over all
A pleasant, fare-well smile
And so returns to God'.

from the German

HERBS FOR HEALTH

HERBS FOR HEALTH

MINT

Botanical Name	: Minthe Spicata
Indian Name	: Pudina
Tamil Name	: Pudina

Mint is a popular herb, used extensively in Indian cooking. It is an erect, branched perennial herb and has oval-shaped leaves which are simple, delicate, thin, dark green in colour and have a sweet fragrance.

Mint is a native of temperate Europe. Ancient Romans and Greeks recognised the uses of this plant. The ancient Greek Physician, Saufarsats used mint in the preparation of various carminative medicines.

Food Value :

Calories - 48, Calcium - 200 mg., Thiamine - 0.05 mg.
Protein - 4.8 gm., Phosphorus - 62 mg., Minerals - 1.9 mg.
Iron - 15.6 mg., Riboflavin - 0.26 mg., Fibre - 2.0 mg.
Carotene - 162, Niacin - 1.0 mg., Vitamin 'C' - 27

Mint contains plenty of vitamins and is rich in several minerals. The fresh and dried leaves are used for mint sauce, chutney, jelly and to flavour foods especially yogurt dishes. Mint oil is used in chewing gum, tooth-paste and in confectionery and pharmaceutical preparations.

Medicinal & Curative Properties :

Mint is much valued as a carminative which relieves gastric discomforts, stimulates antispasmodic which relieves muscle strain and stomach ache. It forms an ingredient of most drugs prescribed for stomach ailments because of its digestive properties.

Mint juice is a good appetiser. Fresh leaf juice of mint mixed with a teaspoon of lime juice and honey is given thrice daily with excellent results in the treatment of indigestion, bileousness, flatulent colic, morning sickness and summer diarrhoea.

The seeds of mint are also beneficial in relieving severe abdominal pain due to indigestion in older children. The child may be given a quarter teaspoon of seeds to chew and swallow with water in such conditions.

Gargling a fresh mint decoction, with salt, cures hoarseness due to shouting or singing loudly.

Application of fresh mint juice over the face every night cures pimples and prevents dryness of the skin. The juice of mint is also beneficial when applied to insect stings and eczema.

A teaspoonful of fresh mint juice mixed with two-spoonfuls of pure malt vinegar and equal quantity of honey is stirred in four ounces of carrot juice and given thrice daily as a medicated tonic during the treatment of tuberculosis, asthma and bronchitis. It liquifies the sputum, nourishes the lungs, increases body resistance against infection and prevents the harmful effects of antitubercular drugs. It prevents asthmatic attacks and reduces congestion in the air passages.

Mint has now been introduced in all parts of the World and grows well in most parts of India. There are a number of varieties of Mint with a number of flavours. The three most common ones are Spear Mint and Peppermint, used for flavouring, and Orange or Bergamot Mint, used for fragrance. Mint grows best in rich, moist, well aerated soil. Mint spreads rapidly from underground stems and grows well in containers. Do grow some mint in your kitchen garden or even in a pot in a flat. All it needs is plenty of sunshine and water and you have a natural remedy handy.

LILY MADHOK

"If there's ice in November that will bear a duck,
There'll be nothing after, but sludge & muck"

(muck-dirt)

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Nanditha Krishna Aruna Vijaykumar	451850(R) 451249(O) 8272732 / 8271284
VICE-PRESIDENTS	:	Lily Madhok Margaret Sekhran	4993125(R) 452525(O) 6213692
SECRETARIES	:	Gayatri Bewoor Poonam Lalchand	8264035 8257157 / 8272947
TREASURERS	:	Zubeida Asgarali Janet De Penning	8271614 456529

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Bela Mistry Khaleeli Maureen Thadani	8276712 / 8258272 (O) 411694
BOOK DISCUSSION	:	Kamala Muthiah Angelika Mandaiker	6411141(R) 8268976(O) 611265
CURRENT EVENTS & CAREERS	:	Javanthi Prabhakaran Padma Ashok	6411659 8267801 / 8276591
COOKING SWAPSHOP	:	Amrita Bhalla Rathi Nilakantan	419230 / 417681 8265250
HEALTH & ECOLOGY	:	Shyla Rau Margaret Pace	8276676 / 8276893 4992273
HISTORY, CULTURE & TOURS	:	Padmini Natarajan	417500
MUSIC & PERFORMING ARTS	:	Kausalya Jaganmohan Barbara Cortez-Greig	4990201 458316
PHILOSOPHY & RELIGION	:	Lalitha Krishnan Marie Williams	4991853 / 4992341 8271700