



International
Women's
Association



AUGUST 1996

A DECADE OF FRIENDSHIP

IWA NEWSLETTER

Vol XI No 3
Madras

AUGUST 1996

MONTH AT A GLANCE

Thursday	1st August	BOARD MEETING	10-15 am
Tuesday	6th August	EXECUTIVE COMMITTEE MEETING	10-15 am
Friday	9th August	CURRENT EVENTS AND CAREERS Actress Revathi - Her Experiences	10-15 am
Tuesday	13th August	BOOK DISCUSSION R.K. Narayan and his works	10-15 am
Wednesday	14th August	HISTORY, CULTURE AND TOURS Tour of Madurai and Kutralam	10-15 am
Tuesday	20th August	ARTS AND HANDICRAFTS Tray Landscaping	10-15 am
Thursday	22nd August	HEALTH AND ECOLOGY Skin and Sex	10-15 am
Monday	26th August	PHILOSOPHY AND RELIGION Ideals of Indian Culture	10-15 am
Wednesday	28th August	COOKING SWAPSHOP Sri Lankan Festival Food	10-15 am
Friday	30th August	MUSIC AND PERFORMING ARTS Bandit Queen	10-15 am

FROM THE PRESIDENTS

Dear Friends,

Congratulations IWA, on the completion of ten beautiful years of friendship and fellowship. Words cannot express our gratitude to each and every member of the Celebration Committee, our Board and Executive Committee, for their dedicated efforts and hard work put in to make our Founders Day celebrations memorable.

Our special thanks to our Founder President, Nirmal Seshadri, our Founder Members and Past Presidents who co-ordinated the programmes on all three days.

It was a great honour for us to have both our Founder Presidents with us on this occasion, and we deeply appreciate Nancy Dean's gesture of coming half-way round the globe, from the U.S., to join us.

Last but not least, we thank our dear members for their participation and enthusiasm which continue to keep IWA so alive and vibrant.

Our plans for the 'HERITAGE PROJECT' will be announced in next month's Newsletter.

We are proud to announce that the Board has unanimously decided to bring out a second edition of the IWA COOK BOOK. A Cook Book Committee headed by Sunita Shahaney, will handle the project, details of which are in this Newsletter.

We are indeed sorry we had to say good-bye to Joanne Huskey and Sandra Rowland who have just left India. They actively participated and gave of their time to IWA. Our good wishes go with them.

Once again, a big 'THANK YOU' to the IWA family !

**ALAGU MUTHU
POONAM LALCHAND**

FROM THE TREASURER

Thank you, IWA Members, for your cooperation in paying in your subscriptions for the year well in time.

ANNELIESE HAZARI

FROM THE VICE-PRESIDENTS

After a hectic July, let us settle down to a calmer August !

Kamala Prasad and Stina Vasu are planning a tour of Myanmar (Burma) in January. May we request members to give in their bookings early, as visas in this region take time for processing.

An English tourist made some interesting comments on travel. When you are under 30, she said, travel alone, taking exciting, adventurous trips even to Shangri La. Between 30 & 45, take your husband or boy friend with you. He will help carry your knapsack ! But after 45, take a group tour. Then someone else does all the dirty work, checks your tickets, train and bus timings, and carries your heavy baggage.

Ah, what joy !

So Members, under or over 45, do join this group and take the Road to Mandalay!

**SHAKUNTHALA JAGANNATHAN
MEGAN UTLEY**

BOARD MEETING

Thursday 1st August 1996 - 10-15 am

At : Sushila Natraj's
E-110, 16th Cross Street
Besant Nagar
Madras - 600 090

EXECUTIVE COMMITTEE MEETING

Tuesday 6th August 1996 - 10-15 am

At : Poonam Lalchand's
3, College Lane
Nungambakkam
Madras - 600 006

Activity Chairpersons —
please bring your blurbs

OUR THANKS to the hosts of our July Programme - 'Face to Face' with Cho

Seema Bhargava
Urmila Aggarwal
Manisha Bhatia

Usha Bail
Brahada Kameshwaran
Anupama Pasari
Shobha Hebbar

Jayanthy Rajaram
Usha Vishwanath
Prema Veeraraghavan

CURRENT EVENTS AND CAREERS



Friday 9th August 1996 - 10-15 am

At : Meenakshi Meyyappan's
'Sabrina', 106, Santhome High Road
Madras - 600 028

ACTRESS REVATHI — HER EXPERIENCES

Once in a way an actress spreads out her wings and enters the field of social work and politics.

Well known and highly acclaimed cine actress REVATHI talks to us about her experiences on and off the screen - as an actress, an ardent social worker, a budding politician and a housewife.

**GITA CHANDRASEKARAN
MADELEINE LEONE**

GUESTS ARE WELCOME.

BOOK DISCUSSION



Tuesday 13th August 1996 - 10-15 am

At : Vidya Srinivasan's
2, Satyanarayana Avenue
Off Boat Club Road, Madras - 600 028

R K NARAYAN AND HIS WORKS

To celebrate R K Narayan's 90th year, SUSAN RAM will talk to us about this renowned novelist, who has a way of turning the daily complex lives of people into a simple humorous life-style that has him recognized nationally and internationally.

He has written 10 best-selling novels based on Malgudi, an imaginary village. The TV Serial, Malgudi Days, based on his books, was a runaway success.

**SHYLA K RAU
TERESA MARY KING**

GUESTS ARE WELCOME.

HISTORY, CULTURE AND TOURS



Three-day Tour of MADURAI and KUTRALAM

We are planning a 3-day tour of Madurai, Kutralam and places of interest near both centres.

The brief itinerary will be as follows :

- August 14th Night - departure by rail for Madurai
- August 15th Morning - Arrive Madurai
Visit Alagar Koil, Thirupparamkundram and Pazhamudircholai
Afternoon - Sightseeing tour of Madurai
Evening - Son-et-lumiere show at Tirumala Naik Palace
Night - Witness temple ceremonies
- August 16th Visit Mundanthurai Tiger Sanctuary
Evening - Proceed to Kutralam
- August 17th Visit the several waterfalls of the Chittar River and bathe in the Main Falls, believed to have medicinal qualities
Afternoon - Proceed to Madurai to catch train for Madras
- August 18th Early morning - Arrive at Madras

Cost Rs.3,100/- per head (inclusive of rail travel - 2nd class AC Sleeper, hotel accommodation, sightseeing and road travel. MEALS EXTRA).

DO CONTACT US FOR FURTHER DETAILS (FAMILY, FRIENDS AND CHILDREN — WELCOME).

LAST DATE FOR PAYING IN — AUGUST 2nd.

**KAMALA PRASAD
STINA VASU**

OUR THANKS to the hosts of our July Programme - Aayana.

Kamala Prasad	Shantha Prasad	Urmila Reddy
Beena Ram Mohan	Rita Saldhana	Rupa Kadhiresan
Nalini Ramakrishna	Shakunthala Jagannathan	Sucharita Prasad
	Anita Reddy	

FROM THE CHAIRPERSON, COOK BOOK COMMITTEE (CBC) '96

We are delighted with the decision of our Presidents, Alagu Muthu and Poonam Lalchand along with their Board 1996-97, to print the second edition of the IWA Cook Book. For us - from the old Committee - it has been a silently gratifying experience for the past 5 years to watch the IWA Cook Book being so well received everywhere- here in Madras, in other cities in India, and I daresay in cities around the world, and all this from a small printing of 1500 copies, which was for private circulation only.

Our plan for the second edition is more ambitious than before. Details of this plan are still being worked out and we will inform you as soon as they are finalised.

I would like to introduce the new **Cook Book Committee '96**

	Tel. No.
Sunita Shahaney	450759
Naina Shah	451296
Rani Chada	2344233
Anneliese Hazari	4919505
Mohini Gill	4943614
Lily Madhok	4990661
Meenakshi Meyyappan	4942985
Eira Doshi	4911126
Poonam Lalchand	8257157
Alagu Muthu	4937050

Should we need to induct new members into the Committee, we would do so as the work progresses.

In consultation with the Board of IWA, we have formed some ground rules which we will be observing and would like you to also adhere to.

1. The CBC '96 will meet at a time convenient to all its members, at a temporary office formed for this specific purpose at 'Ashley House', 6, Boat Club Road, Second Avenue, Madras.
2. Funding for the book will be organised by the CBC and will in no way be a burden on the IWA coffers. Execution of this fund is left to the sole discretion of the CBC - and will naturally be need-based.
3. We reserve the right to take all decisions pertaining to acceptances / rejection of recipes, the format for the book, layout, photography, and decision on materials to be included / excluded.

4. A report will be submitted to the Board before their meeting every month, recording the progress of the Cook Book.

We would like all the Members in IWA to be represented in this book. So please send in your recipes, which should be tried and tested, preferably ones that you use repeatedly at home -- your 'family favourites'. Recipes should be simple and practical to use. Make sure you type your recipes with your name and, before mailing it to us, please check to see there are no mistakes. Any suggestions and/or **constructive** criticism will be more than welcome. Please send your recipes and your suggestions directly to the -

CBC '96

C/o. Sunita Shahaney

'Ashley House' 6, Boat Club Road

11nd Avenue, Madras - 600 028

All suggestions and ideas should be sent in writing and duly signed. Verbal suggestions or those made over a telephone conversation will not be entertained. This will save us a great deal of time and effort during this project.

We would like to introduce a section on 'Health Foods' and a special section on 'Food for Children'. So, recipes on low calorie cooking, health food, special diet recipes (diabetes, low carbohydrates, low fat) will be more than welcome. We plan to increase the number of recipes in the 'Vegetarian / International' sections. So, please send in your contributions for these sections as well.

This is your book and we would like to see each member represented by contributing at least one recipe. Should you need to discuss your recipes or any other details, please feel free to call us at -

450759	-	Sunita	between 8.30 - 9.30 a.m.
451296	-	Naina	
2344233	-	Rani	
4911126	-	Eira	

and come and meet us.

Looking forward to working with all of you,

SUNITA SHAHANEY
Chairperson (CBC) '96

ARTS AND HANDICRAFTS

Tuesday 20th August 1996 - 10-15 am

At : Monica Singh's
4, Crescent Gardens, 7, Boat Club Road
3rd Avenue, Madras - 600 028



TRAY LANDSCAPING - ADVANCED BONSAI

Anyone with a green thumb is familiar with the art of Bonsai. We introduce to you MONICA SINGH who will give us a demonstration on "tray landscaping" which is a form of advanced bonsai. She will show us how to make these landscapes come into your homes or offices, be it forests, deserts or clusters of vegetation found in our environment.

Monica has been kind enough to open up her beautiful home and even more beautiful bonsai collection to our members.

Hosted by : Gita Jain
Urmila Aggarwal

**RINI KUMAR
IRENE PRULLER DASS**

HEALTH AND ECOLOGY

Thursday 22nd August 1996 - 10-15 am

At : Seema Sait's
Gatsby Collection, Opp. Canara Bank
26, Sir C.P. Ramaswamy Road
Madras - 600 018



SKIN AND SEX

The skin is the largest organ of the body, constantly undergoing changes. Without it life becomes extinct. What is not widely recognised is its function as a sexual organ and an organ of emotional expression. Each component of the skin can play an important role in sex.

This will be discussed by Dr. PATRIC YESUDIAN, Fellow of the Royal College of Physicians and Professor of Dermatology of the Madras Medical College.

GUESTS ARE WELCOME.

**BINA MATHEW
SEEMA SAIT**

PHILOSOPHY AND RELIGION

Monday 26th August 1996 - 10-15 am

At : Saroja Ramamrutham's
2nd Floor, Beach Court
Plot No.47, Arundale Beach Road
Kalakshetra Colony, Madras - 600 090



ADAPT YOUR LIFE TO THE RIGHT IDEALS OF INDIAN CULTURE

Prof. PREMA PANDURANG, a great speaker and orator known both nationally and internationally, will talk to us on the values and ideals of Indian culture and the art of happy living in the present-day world.

Members! Do not miss this opportunity to hear her.

**JAYASHREE PRABHAKAR
MARIKO IBARA**

GUESTS ARE WELCOME.

COOKING SWAPSHOP

Wednesday 28th August 1996 - 10-15 am

At : Lalini Gautamadasa's
4/2, Dr. Alagappa Road
Off Ponnammallee High Road, Madras - 600 084



SRI LANKAN FESTIVAL FOOD

Sri Lanka is a country synonymous with coconut trees. So what else can you expect when someone from that beautiful island demonstrates the making of festival eats.

We have NISHANI SATYANATHAN showing us how to make these wonderful coconut based eats served during weddings, New Year and other festivals.

**USHA CHANDRAKUMAR
LATA MURUGAN**

LIMIT : 35 PERSONS

RSVP : Usha Chandrakumar, Phone : 8275341

MUSIC AND PERFORMING ARTS

Friday 30th August 1996 - 10-15 am

At : The Goodluck Preview Theatre
18, 5th Cross Street (Near Padma Seshadri School)
Lake Area, Nungambakkam, Madras - 600 034



BANDIT QUEEN

Revenge was her reply is the trite headline of a cinema claimed to start a revolution of sorts in the world of Hindi films. It is not just the violence and the nude scenes that are bold and brutal but the theme of women's exploitation in our male chauvinistic society.

'Bandit Queen' moves us., touches us and disturbs us - above all sears our memory. That the Actress Seema Biswas in acting the role went through a trauma herself is a reflection of the character she portrays. She won the National Award for this film.

**GAYATRI BEWOOR
LALINI GAUTAMADASA**

GUESTS ARE WELCOME.

Directions to the theatre : Take the first right after Valluvarkottam. Then take the second left. No.18 is the last house on the right.

FORTHCOMING PROGRAMME — SINGAPORE SURPRISE

Monday 2nd September 1996 - 10-15 am

At : The Connemara Hotel

Thirty artistes from Singapore of Indian, Chinese and Malaysian origin will have their All-India premiere at the Music Academy.

Anita Ratnam presents this programme as a curtain raiser.

GUESTS ARE WELCOME.

Our **CONDOLENCES** to Irene Pruller Das on the loss of her brother-in-law.

WE WELCOME OUR NEW MEMBERS :

CHRIS BAINES

A-7, Cherian Citadel
No.7 & 8, Dr. P.V. Cherian Crescent
Egmore, Madras - 600 105
Phone : 8270321 (R)

ISSET MEIJERS

4, Fourth Main Road Extn.
Kotturpuram, Madras - 600 085
Phone : 4916755 (R)

MARTINA KLUTH

6, Second Crescent Park Road
Gandhinagar
Madras - 600 020

LAETITIA PETER

109, Peters Road
Madras - 600 086
Phone : 8278028 (R)

SHIRLEY McGILLIVRAY

22, Arunachalam Road
Kotturpuram, Madras - 600 085
Phone : 4916972 (R); 4933585 (O)

MALATHI RADHAKRISHNAN

'Runnymede', No.1, 1st Avenue
Boat Club Road, Madras - 600 028
Phone : 450163 (R); 5220235 (O)

EVA MARIA WOODRUFF

51, Beach Road, Kalakshetra Colony
Besant Nagar, Madras - 600 090
Phone : 4915225 (R)

CHANGES OF ADDRESSES AND PHONE NUMBERS

JANIK BAKSHI - 8553302

MAHIMA DEVADOSS - 8246484

ASHA MOHAN

72/1, Harrington Road
Chetpet, Madras - 600 031
Phone : 8234996, 8234986 (R)

SAROJA RAMAMRUTHAM

"Beach Court" (Penthouse)
47, Arundale Beach Road
Kalakshetra Colony
Madras - 600 090
Phone : 4915549, 4912656 (R)

ANUPAMA PASARI

10, 2nd Cross Street
Beethamma Extn. Opp SIET College
Teynampet, Madras - 600 018
Phone : 450244; 457531 (R)

PRIYA VENKATESAN

3, Kasturi Estates
3rd Street, Gopalapuram
Madras - 600 086
Phone : 4993392; 8265798 (R)

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Alagu Muthu Poonam Lalchand	(R) 4938683 / 4937050 (R) 8257157 / 8272947 (O) 8559110 / 8559108
VICE-PRESIDENTS	:	Shakunthala Jagannathan Megan Utley	(R) 459199 (R) 4343348
SECRETARIES	:	Sujaya Menon Eira Doshi	(R) 4917464/4910044 (R) 4911126
TREASURERS	:	Sushila Natraj Anneliese Hazari	(R) 4911015 / 4910707 (R) 4919505

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Rini Kumar Irene Pruller Das	(R) 4349319 (R) 4990865
BOOK DISCUSSION	:	Shyla K. Rau Teresa Mary King	(R) 8276676 / 8276893 (R) 4341066
CURRENT EVENTS AND CAREERS	:	Gita Chandrasekaran Madeleine Leone	(R) 412935 (R) 4343528
COOKING SWAPSHOP	:	Usha Chandrakumar Lata Murugan	(R) 8275341 (R) 6426215
HEALTH AND ECOLOGY	:	Bina Mathew Seema Sait	(R) 4941874 (R) 8261018
HISTORY, CULTURE AND TOURS	:	Kamala Prasad Stina Vasu	(R) 6262035 (R) 8278900 (O) 8275792
MUSIC AND PERFORMING ARTS	:	Gayatri Bewoor Lalini Gautamadasa	(R) 8264035 (R) 6412868
PHILOSOPHY AND RELIGION	:	Jayashree Prabhakar Mariko Ibara	(R) 4342147 / 453394 (R) 8275755