



International
Women's
Association



JANUARY 1997

A DECADE OF FRIENDSHIP



**May Happiness,
Prosperity and a Life
of Peace and
Fulfilment be Yours
in 1997**

IWA NEWSLETTER

Vol XI No 8
Chennai

JANUARY 1997

MONTH AT A GLANCE

Monday	6th	January	BOARD MEETING	10-00 am
Monday	6th	January	EXECUTIVE COMMITTEE MEETING	11-00 am
Tuesday	7th	January	BOOK DISCUSSION The Brontes of Haworth	10-15 am
Monday	13th	January	HEALTH AND ECOLOGY Ilizarov – A Wonder Technique	10-15 am
Friday	17th	January	HISTORY, CULTURE AND TOURS Fellowship Morning	10-15 am
Monday	20th	January	PHILOSOPHY AND RELIGION Japanese Religious Ceremony	10-15 am
Wednesday	22nd	January	COOKING SWAPSHOP Happy Barbecueing	10-15 am
Friday	24th	January	ARTS AND HANDICRAFTS An Exquisite Bell Collection	10-15 am
Tuesday	28th	January	CURRENT EVENTS Whose life is it anyway ?	10-15 am

FROM THE PRESIDENTS

Dear Friends,

As the new year dawns, we take this opportunity to wish you and your family a very happy 1997 – a year filled with wonderful associations of happiness and friendship.

Our joyful Christmas Party at the British Council was a delightful event. Many thanks to Mr. Jasper Utley and the British Council for the excellent arrangements made. Mr. Jasper Utley also deserves a special thank you for being our jovial Santa. Thanks also to Megan Utley and her organising team – Jayashree Prabhakar, Mariko Ibara, Annaliese Hazari, Teresa King, Shyla Rau, Irene Das and Bela Khaleeli for the lovely evening they gave us.

To further strengthen the closely knit fabric of IWA, founder Member Annaliese Hazari has suggested the starting of Hobby Clubs within our membership in the coming year. At the outset, we hope to start these special interest groups such as handicrafts, fitness, music or any others suggested by you, the idea being that members with common interests have an opportunity to form closer friendships while pursuing their hobbies. Those members interested in forming or heading these groups, please write to us with your suggestions, so that we can act immediately.

Ladies - may we remind you that the Attendance Register will be removed at 10-45 am, after which attendance will not be given.

As we begin the New Year, we would like to share with you the UNIVERSAL PEACE CHANT from the Vedas –

OM SARVESHAM SVASTIR BHAVATU
SARVESHAM SHANTIR BHAVATU
SARVESHAM PURNAM BHAVATU
SARVESHAM MANGALAM BHAVATU

Om ! – May all of us be blessed
May all the world be at peace
May all the people lead full lives
And may auspicious events
grace one and all

ALAGU MUTHU
POONAM LALCHAND

FROM THE VICE-PRESIDENTS

One of the reasons behind holding meetings in homes is to encourage participation by members in IWA activities in addition to attendance at 10 meetings. However, many members hesitate to offer their homes as they are under the impression that they have to lay out a spread for those attending the meeting, and this is quite difficult so early in the morning.

However, members are possibly not aware that IWA has laid down that hostesses should not offer more than one item (eg. biscuits or one snack) in addition to coffee or a cool drink.

With this in mind we hope more IWA members would come forward to offer their homes for meetings, making the IWA meetings homely get-togethers, without the impersonal touch of hotel venues.

Thanks a million in anticipation !

Wishing you happiness and joy in the New Year,

SHAKUNTHALA JAGANNATHAN
MEGAN UTLEY

BOARD MEETING

Monday 6th January - 10-00 am

EXECUTIVE COMMITTEE

Monday 6th January - 11-00 am

Activity Chairpersons -

Please bring your blurbs without fail

Both meetings at :

Rini Kumar's
3B Powhattan, 2nd Avenue
11 Boat Club Road
Chennai - 600 028

FROM THE MEMBERSHIP TREASURER

Hello Ladies ! Happy New Year !

We are half-way through the IWA year, and have a few new members whom we welcome warmly.

For their benefit, and for the benefit of the general membership, let me remind you that any letters regarding your attendance – i.e. your inability to attend meetings for any length of time – should be addressed to the Membership Treasurer.

This year we have also decided that we will not be sending out reminders to those who seem unlikely to complete their minimum requirement of 10 meetings in the year. If you would like to know whether you are falling short of this, please feel free to call me between 7 am and 9 am on weekdays.

Look forward to seeing you at as many meetings as possible in the new year.

SUSHILA NATRAJ

CHRISTMAS PARTY – A Report

We are happy to report that the Annual Christmas party went with a swing despite the monsoon and tropical storm. The British Council venue coped well with the emergency situation and Rosy the clown was a great favourite with the children and adults alike. A good time was had by all, we are happy to say.

Many thanks to Irene Das and Shyla Rau who between them sponsored the gifts for the children. I am sure they wouldn't mind that Santa got all the credit at the time!

The free gifts were distributed to the children of Udavum Karangal, Sishu Bhavan and Mitra, thrilling them all.

MEGAN UTLEY

HEARTFELT CONDOLENCES to Radha Vasudevan on the loss of her husband.

WOMAN OF THE YEAR AWARDS

The Woman of the Year Award was instituted by **NIRMAL MIRZA** for the first time in 1988-89. She has continued to present this award year after year. This award is given to women who have tried to better the lot of their less privileged sisters and to those who have made outstanding contributions to society in thier field. Nirmal's aim was to make this award a source of inspiration for IWA members, bringing out some of the remarkable and extraordinary achivements of which women are capable.

Members have been anxious to know who won the Woman of thc Year Awards in previous years. We give below the information we were able to glean from Newsletters and from Past Presidents.

<u>Year</u>	<u>Woman of the year</u>	<u>Category</u>
1988-89	Shanthi Ranganathan	Social Work
1989-90	Uma Narayanan	Social Work
1990-91	Dr. Sharada Menon	Mental Health
1991-92	M.S. Subbulakshmi	Performing Arts
1992-93	Qudsia Gandhi, IAS Sheela Rani Chunkath, IAS	Eradication of Illiteracy
1993-94	Sarojini Varadappan	Social Work
1994-95	Gita Ram	Arts and Crafts
1995-96	Tara Satyanarayana	Education

CONGRATULATIONS to Nanditha Krishna for being nominated for the Outstanding Woman Award given once in 3 years by the University Women of Asia (affiliated to the International Federation of University Women's Associations).

FESTIVAL OF THE MONTH

Pongal / Makara Sankranthi – Jan. 13th, 14th & 15th

Makara Sankranthi marks the movement of the Sun to the northern hemisphere (known as Uttarayanam) and is celebrated all over India with prayers to the Sun, the Lord of life and sustenance.

In Tamil Nadu it is celebrated as the joyous Pongal or harvest festival.

On the 13th is Bhogi when, before the break of dawn, all things old and unwanted are thrown into a huge bonfire.

On the 14th, Pongal day, a sweet dish, PONGAL (consisting of rice, lentils, jaggery, ghee, milk, cardamom, cashewnuts and raisins) is cooked in a pot under the sun in a decorated open courtyard. As the Pongal boils over, (we make sure it does by adding extra milk!) everyone shouts "Pongalo-Pongal!" - The greeting between friends on this day is "Ponga panai pongitha?" ("Has your pot boiled over?") signifying plenty and prosperity.

On the 15th is Mattu Pongal, the cattle festival, when cattle are decorated and, in small towns and villages, chased around the streets. In some towns, the Jellikattu or bull-fight is held when young men try to wrest bundles of currency tied to the horns of ferocious bulls.

SHAKUNTHALA JAGANNATHAN

We welcome our new members :

LATHA BARATAN

'Sai Latha'

2-A Bishop Wallers Avenue (West)

Mylapore, Chennai - 600 004

Phone : 4990996, 4992934

Dr. ANURADHA MAJITHIA UBEROI

433 Ramaswamy Salai

K.K. Nagar, Chennai - 600 078

Phone : 425280

SHALINI BISWAJIT

'Rahul', Ground Floor B

24 Cenotaph Road First Street

Chennai - 600 018

Phone : (R) 458266, 4340315

(O) 4990514

BOOK DISCUSSION



Tuesday 7th January - 10-15 am

At : Visalakshmi Ramaswamy's
1 South Beach Road
MRC Nagar, R A Puram
Chennai - 600 028

THE BRONTES OF HAWORTH - Their Lives and Their Landscape - A Video Show

Brian Wilks has lectured widely in Europe and the USA and published two popular biographical studies of the Brontës. His video depicts the extraordinary interaction of a family, a landscape, social conditions and the life of the wool town of Haworth in Yorkshire during the mid 19th century.

Carol Briggs, stage designer and a member of the Brontë Society in Haworth will introduce the video she helped to produce along with Brian Wilks.

**SHYLA K RAU
TERESA KING**

GUESTS ARE WELCOME

There is one copy of "Paula" still 'out there'. Please return it. The book for February 1997 is "THE FINE BALANCE" by Rohinton Mistry. (Price Rs.180/-)

Change of Address :	FRANCA GEORGE	PATRICIA TANNER
	17/1 Ranjith Road	1 3rd Street
	Kotturpuram	Kasturi Ranga Road
	Chennai - 600 085	Chennai - 600 086
	Phone : 416944	

Change of Phone Numbers :

Naina Shah	- 4320706 / 4320564	Sunita Shahaney	- 4320683
Lila Shahaney	- 4320683	Prema Veeraraghavan	- 4321202

HEALTH AND ECOLOGY

Monday 13th January - 10-15 am

At : Mahamood Haja Shareef's
Nihal, 17 Haddows Road 1st Street
Nungambakkam, Chennai - 600 028



ILIZAROV – A Wonder Technique

The Ilizarov Technique helps in the lengthening of limbs. It is effectively used in polio patients as well as accident victims.

Dr. Gopalakrishnan, the Chief Orthopaedic Surgeon who has worked in various places in Europe and USA, learned this great technique in the USSR and Kurgan, Siberia. He will enlighten us on this topic.

**BINA MATHEW
SEEMA SAI**

HISTORY, CULTURE AND TOURS

Friday 17th January - 10-15 am

At : Seetha Muthiah's
"Coromandel House"
12 Boat Club Road
Chennai - 600 028



FELLOWSHIP MORNING

Ladies of different nationalities are going to tell us how they celebrate a festival in each of their countries.

New Members! - this is an opportunity to meet. So please be there!

**KAMALA PRASAD
STINA VASU**

TOUR TO SWAMIMALAI, KUMBAKONAM, THANJAVUR – A Report

A group of 16 IWA members went on a week-end trip to Swamimalai - Kumbakonam - Thanjavur this November, arranged by the Sterling Swamimalai Resort.

Sterling Swamimalai is not an ordinary resort. Surrounded by lush green foliage, it is an old Agraharam type of house restored into a resort with sixteen double rooms. While retaining the structure and ambience of a traditional Tamil house, it has all the modern conveniences. The food was authentic Tamil home food. There were cultural programmes on both the nights we stayed there and other interesting programmes such as Yoga and Meditation, Ayurvedic massage, etc.

Among the places we visited, the temples take precedence. We saw fine specimens of Chola, Vijayanagara and Maratha architecture.

At Thanjavur we also visited the Saraswathi Mahal Palace with its museum, art gallery, bronze gallery, manuscript library and Darbar Hall and the Iconography school. We also saw how rich sarees are handworked.

The trip was memorable - a combination of entertainment with information, comfort with elegance and tradition, comradeship with helpfulness and fellow feeling.

VASANTHI SANKARANARAYANAN

**May 1997 – Tour of GERMANY, CZECH REPUBLIC, SLOVAKIA & HUNGARY–
10 day Bus Tour followed by 5 day Optional Trek of AUSTRIA**

Contact Stina Vasu for cost and itinerary. Details will follow in the February Newsletter.

CONGRATULATIONS TO :

Fazeela Nurdeen on the birth of a daughter, Zeenat.

Shobha Hebbar on the wedding of her daughter, Priya.

PHILOSOPHY AND RELIGION

Monday 20th January - 10-15 am

At : Surekha Kothari's
28 Kothari Road
Chennai - 600 034



JAPANESE RELIGIOUS CEREMONY

A unique presentation of the Japanese religious ceremony - known as "KYUDO CEREMONY".

This is a spiritual ceremony when we are all told the way to heaven and after experiencing this, all the evil is removed and we are made pure. Come one and all. Do not miss it.

GUESTS ARE WELCOME

**JAYASHREE PRABHAKAR
MARIKO IBARA**

COOKING SWAPSHOP

Wednesday 22nd January - 10-15 am

At : Connemmara Hotel



HAPPY BARBECUEING

Barbecue cooking is the most ancient and primitive way of cooking and yet one of the most enjoyable. Cooking over hot coal brings out the flavour of food as nothing else can.

Marinades are essential to keep the food moist and impregnated with flavours against the fierce heat of the coal. Aromatics are a final refinement to open cooking. Wait-n-watch how Chef tickles your taste buds with his elaborate fare.

HAPPY BARBECUEING !!!

ALL ARE WELCOME

**USHA CHANDRAKUMAR
LATA MURUGAN**

ARTS AND HANDICRAFTS

Friday 24th January - 10-15 am

At : Welcomgroup Park Sheraton
Arcot Greenways Hall



AN EXQUISITE BELL COLLECTION

We have in Chennai a most unique collector, Sita Venkatramani, who is the only Indian member of the American Bell Association. She has an eye-catching collection of more than 600 bells from all parts of the world.

Sita will be enlightening us on the religious aspect and aesthetic appeal of her bell collection. Some of her prize possessions will be on display during her talk. Let's ring in 1997 with Sita's bell collection.

Our hostesses for this morning are Aruna Goyal, Vijay Goyal and Rini Kumar.

**IRENE PRULLER DASS
RINI KUMAR**

CURRENT EVENTS

Tuesday 28th January - 10-15 am

At : C.P. Ramaswamy Iyer Foundation
1 Eldams Road
Chennai - 600 018



WHOSE LIFE IS IT ANYWAY ?

The dictionary meaning of Euthanasia is given as, "granting painless death to a person suffering from hopelessly non-curable disease". But the legal, ethical, psychological, emotional, and religious ramifications of this issue are endless.

Should it be the choice of the patient? Who decides if the person is in coma or in the case of severely defective infants? Does the law in any country ever sanction this? These and other questions will be dealt with by our excellent panel of speakers, which includes Dr. Prithika Chary, Neuro-Surgeon, Dr. C.S. Ramachandran, General Surgeon, and others from the legal and religious fields.

**GITA CHANDRASEKARAN
MADELEINE LEONE**

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) 4340824
COOKING SWAPSHOP	:	Usha Chandrakumar Lata Murugan	(R) 8275341 (R) 6428215
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