



International  
Women's  
Association

**JUNE 1997**

# IWA NEWSLETTER

Vol XII No.1  
CHENNAI

JUNE 1997

## MONTH AT A GLANCE

Tuesday	10th June	<b>BOARD MEETING</b>	10.00 am
Tuesday	10th June	<b>EXECUTIVE COMMITTEE MEETING</b>	11.15 am
Tuesday	17th June	<b>FELLOWSHIP MORNING</b>	10.15 am
Tuesday	24th June	<b>BOOK DISUSSION</b> The Moor's Last Sigh	10.15 am
Thursday	26th June	<b>HEALTH &amp; ECOLOGY</b> Stress Therapy	10.15 am
Monday	30th June	<b>COOKING SWAPSHOP</b> Vietnamese Cuisine	10.15 am

## FROM THE PRESIDENTS:

We begin this year with a prayer in our hearts and a song on our lips — a prayer that HE lead us; a song because we are happy at the thought of getting to know all of you so much better. We look forward to seeing you at the Fellowship Morning on the 17th of June at the Madras Club. Let us meet and extend to each other a hand in friendship.

The Activity Chairpersons are full of enthusiasm and ideas which means we can look forward to excellent programmes. Their efforts at planning and organising programmes for the rest of us certainly need to be appreciated.

We welcome any suggestions you may have. Here are a few from us:

**NEWSLETTER:-** Its the surest means of communication - from US to YOU. EVERYTHING in the Newsletter is of importance including notes from the Board members. So please read it fully.

**TELEPHONE DIRECTORIES:-** Thanks to Lily Madhok, they are being sponsored by ITC this year. Thank you, Lily. We will try to get the new directories ready at the earliest.

**IWA PHOTOGRAPHS:-** Lakshmi Padmanabhan has kindly agreed to take charge. Please contact her for any copies you may want - Thank you Lakshmi.

**COOK BOOKS:-** are available with the following members residing in different areas to make it easy for members to collect copies.

- |    |                   |   |                |           |
|----|-------------------|---|----------------|-----------|
| 1. | Usha Chandrakumar | - | Nungambakkam   | (8275341) |
| 2. | Alagu Muthu       | - | Santhome       | (4937050) |
| 3. | Beena Ram Mohan   | - | Anna Nagar     | (6213923) |
| 4. | Sunita Shahaney   | - | Boat Club Road | (4348058) |
| 5. | Megan Utley       | - | ABM Avenue     | (4343348) |

**GROUP HOSTESSES:-** Many of you have mentioned in your membership renewal form that you would like to be a group hostess. The Activity Chairpersons will approach you in the alphabetical order, **just once this year**, for a contribution of **Rs.200/-**. This will exclude those members who host meetings at home / other venues. Thank you, ladies, for your participation.

**ATTENDANCE REGISTER** will be removed when the meeting begins which is normally at 10.45 a.m. Please do not leave before the speech is over. To avoid prolonging a meeting, we have even adopted the practice, over the last few years, of thanking the speaker and presenting the gift at the beginning of the meeting which, you will agree, is normally done only after the speech. In case you have to leave early to be elsewhere, please avoid such meetings - After all there are about 70 odd meetings during the year and only 10 meetings are a **MUST**. Let us get rid of the prevailing notion that at IWA Meetings, members walk in and walk out as they please.

See you at the **FELLOWSHIP MORNING**.

**RUPA KADHIRESAN  
ANNELIESE HAZARI**

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**BOARD MEETING**

Tuesday 10th June - 10.00 am

**EXECUTIVE COMMITTEE MEETING**

Tuesday 10th June - 11.15 am

Activity Chairpersons -  
Please bring your blurbs

Both meetings at:

Madeleine Leone's  
5, Riverview Apartments  
9, 3rd Avenue,  
Boat Club Road  
Chennai - 600 028

## MEMBERSHIP SUB-COMMITTEE FOR THE YEAR - 1997-98

ALAGU MUTHU	}	Immediate Past Presidents
POONAM LALCHAND	}	
ANGELIKA MANDAIKER	}	Current Treasurers
LALITHA KRISHNAN	}	
VANITHA MUDALIAR	}	Two members not on the
LILY MADHOK	}	Executive Committee
RUPA KADHIRESAN	}	Presidents
ANNELEISE HAZARI	}	

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### FROM THE TREASURERS

It is a wonderful feeling to have found again a beautiful old piece of jewellery in its old, yet always new glittering splendour.

Welcome, dear IWA Members! We are all looking forward to the first year of this new Board in our 2nd decade. Here are some things to remember:

- a) **31st July 1997** is the final cut-off date for paying this year's subscription.
- b) We would be happy if you would always wear your badges, so that we get to know one another well. In case you have lost yours, or desire to have a second one (for the other handbag!) you may let us know before July 15th.
- c) **It was decided at the AGM that out of the 10 compulsory meetings, 7 meetings should be attended by all members by the end of December.** This will lessen the burden of our hostesses after January.
- d) Anyone who, for some reason or the other, is not able to attend IWA meetings for more than 2 months is requested to send a letter to the Membership Treasurer. **The lost attendance should be made up when the member returns.**

LALITHA KRISHNAN  
ANGELIKA MANDAIKER

## FROM THE VICE-PRESIDENTS

IWA was founded in July 1986 and in July 1996, headed by Nirmal Seshadri, we witnessed delightful programmes and celebrations commemorating the end of the decade. The celebrations continued to the end of the IWA year, well into the 11th year.

We are sure the next decade will be equally eventful and interesting, spreading culture and knowledge, and most important of all, friendship.

The theme for this year, as decided by the Presidents, is FRIENDSHIP - such a simple word, yet weighted with so many qualities important to daily living — love, trust, warmth, consideration, kindness, charity and giving of oneself without any thought of return.

May we again remind those members who host meetings at their homes that they should ensure that they serve only a cold drink or coffee and tea and not more than two snacks. One plate of biscuits and one snack will do. Some hostesses lay out a spread and this prevents other members, who may not have the staff, from offering their homes. This also leads to our repeating meetings in a few homes and holding meetings more and more at hotels. Don't forget - we come to IWA meetings after breakfast and go on to lunch after meetings are over. Nutrition-wise (and weight-wise), the less we eat mid-morning, the better!

**SHAKUNTHALA JAGANNATHAN  
MEGAN UTLEY**

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Power said to the world, "You are mine"  
The world kept it prisoner on her throne  
Love said to the world, "I am thine"  
The world gave it the freedom of her house

**RABINDRANATH TAGORE**

## FOR THE INFORMATION OF NEW MEMBERS

IWA provides opportunities for Indian and non-Indian women to participate jointly in activities of mutual interest and promotes fellowship between people of different nationalities.

It also holds lectures and demonstrations on the arts and handicrafts, history and culture, philosophy and religion. It organises tours in India and abroad and creates an awareness of the importance of health, ecology, and current events. It attempts to create interest in different types of music, dance and the performing arts and to tingle your palate with Indian and international cuisine. It holds book discussions and organises Quiz sessions and cultural programmes. IWA also issues a Monthly Newsletter.

If, either due to postal delays or loss in the mail, you do not receive your Newsletter in time, please contact the Secretaries, JAVANTHI PRABHAKARAN or SEEMA SAIT. A few extra copies of the Newsletter are always available with them.

**SHAKUNTHALA JAGANNATHAN  
MEGAN UTLEY**

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### OUR CHILD

A tiny bundle in my arms  
She treats us all to her  
charms  
Hectic days, nursing and  
feeding  
Tired nights, without  
sleeping  
But her winsome guile  
That toothless smile  
Make it all worthwhile.  
Our child!

This little mite, with her first  
step reaches to us,  
This little mite with her  
sparkling eyes reaches out  
to us,  
So innocently, so trustingly-  
That we worry fleetingly  
Till we realise  
She's also God's child!  
Our child!

Thank you God,  
for the tremendous joy,  
You've given us  
in this awesome toy!

**SHALINI VIRMANI**

## IWA'S CONSTITUTION

Members have been pointing out to us the lacunae that exist in our Constitution and also that there are areas which need to be clearly defined. Suggestions were received by the Presidents last year from the Nominating Committee Chairperson as well as other members regarding changes to be made in the nominating process. These were passed on to us for consideration at an Extra-ordinary General Meeting. Other changes are also being recommended to us. Therefore, the Board at their meeting held on 29.4.97 decided to appoint an Ad-hoc Committee consisting of:

Nanditha Krishna  
Janet de Penning  
Seetha Muthiah  
Rupa Kadhiresan  
Anneliese Hazari

and assisted by Mr. Achar of B.P. Rao & Co., our Auditors, to examine the various suggestions and submit their recommendations to the Board. Legal advice will be sought wherever necessary. In case members have any more suggestions, please write to us - the Presidents - so as to reach us by July 15, 1997.

As stipulated, the proposed amendments/resolutions will be circulated to the membership along with explanatory notes well before the Extra-ordinary General Meeting. At the Extra-ordinary General Meeting, the resolutions will be put to vote; those passed by a majority vote will be duly incorporated into the Constitution.

Please study the Constitution carefully and let us work together to have a Document that is clearly defined and which will serve as a guideline in the years to come.

**RUPA KADHIRESAN  
ANNELIESE HAZARI**



## In prison ... After long years...

Across the iron bars we gaze at eyes  
Criss crossed; our faces and our fears  
Seared by grills that serve to make our lies  
A knell for cowered minds and cowered ears ...

Our febrile, hurried whispered tales of woe  
Bounce off these murky sombre walls of grey...  
Our muted angst and muted passions flow...  
The heart hears what the lips no longer say...

Across the chasm of the years the echoes cry  
And sob regret in my dank and lonely cell...  
Whene'er I look through bars and see the sky  
The torment of wasted years reflects my hell...

How can I conceal from you this living death?  
The bitter gall I swallow even now?  
The hollow rattling rasp of feeble breath  
The furrowed mind beneath a furrowed brow...

My indignation once reflected in your stance,  
Crushed and bowed with the cruel weight of years  
Recalls lost dreams of Youth in one swift glance  
Now falling free from a formless half-dried font of tears...

**PONCHIE KANWAR**

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### HEARTY CONGRATULATIONS TO:

Mano Bakthavatsalam who was honoured for her work in Social Service by the Centre of Health Education and Development, on International Women's Day.

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### ERRATUM

Please correct the misprint, Rashida Daruwala in the April Newsletter, to KASHMIRA DARUWALA.

## FELLOWSHIP MORNING

Tuesday 17th June - 10-15 am

**FOR MEMBERS ONLY**

At: The Madras Club  
Adyar Club Gate Road  
Chennai -600 028.

IWA's first meeting of the year - the Fellowship Morning - has been organised to enable us to meet old friends and to forge new friendships. We would also like to introduce to the membership, the new members who joined us during the latter half of last year.

Please do come, wearing your badges.

Together, let's make it a morning of fun and friendship, setting the right tone for the entire year.

NO GUESTS PLEASE

**THE EXECUTIVE COMMITTEE**

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## BOOK DISCUSSION

Tuesday 24th June - 10.15 am

At: Pamela Fabian's  
13 Bishop's Garden  
R A Puram, Chennai -600 028.



## **THE MOOR'S LAST SIGH - SALMAN RUSHDIE**

In this widely publicized novel, written in 1995 while Rushdie was still in "exile", the narrator, Moraes Zogoiby, known as "Moor", is the last male survivor of two European families that flourished for centuries in the spice trade of the Malabar coast. The book documents the rise and decline of this multiethnic family in Cochin and Bombay during the 1900's to the present.

Maria Couto will lead the discussion on the novel and the author, whom she knows personally.

Readers interested in borrowing the book may contact Lakshmi Padmanabhan or Kamala Prasad between 8 and 9 am.

**MALATHI RAMACHANDRAN  
PAMELA FABIAN**

## **HONEY - THE ELIXIR OF LIFE - A BOON FOR THE MIDDLE-AGED AND OLD**

Honey is one of Nature's most splendid gifts to mankind. It possesses unique nutritional and medicinal properties.

The word Honey is derived from the Arabic 'han'. In India, honey has been used for several thousands of years as an ingredient for medicine. Hippocrates, the father of medicine prescribed it 2000 years ago to his patients as a remedy for several ailments. He believed that honey combined with other foods was nourishing and health-giving. Aristotle, the father of natural science, held that its use improved health and prolonged life.

It is well known that the ancient Egyptians and Greeks used honey to embalm their dead. In a tomb of a queen of Egypt who was buried over 3000 years ago, was found a jar of honey which had not undergone any appreciable change in its chemical composition or in its original aroma.

The sugars in honey are glucose, fructose and sucrose. Latest research has indicated that the pollen in raw honey contains all 22 amino acids, 28 minerals, 11 enzymes, 14 fatty acids and 11 carbohydrates. Unfortunately much of the nutritive qualities are lost by heating the honey to 150 F for commercial use and not leaving honey as a pure product.

Honey is one of the most easily digested forms of carbohydrates. It enters directly into the blood stream because of its dextrine content and this provides almost instantaneous energy. It is a boon to those with a weak digestion. All organs in the body respond favourably when honey is eaten.

Honey is specially useful in providing energy and heat to the body in old age. One or two teaspoons of honey in a cupful of boiling water taken while still warm is a refreshing and strengthening drink.

**LILY MADHOK**

## HEALTH & ECOLOGY

Thursday, 26th June - 10.15 a.m.

At: Anubhav Health Club  
66 Lloyds Road, Chennai - 600 014



## STRESS THERAPY

K.S. SIDDHARTAN, Director of the Anubhav Health Club will give us a talk and demonstration on how to utilize exercises for stress therapy, blood pressure, arthritis and muscular problems. He is well known as the official trainer for the Indian Cricket Team & his specialty lies in application of ice and heat therapies.

Mr. Siddhartan has kindly consented to allow IWA members to take a look at his sophisticated health club where he also gives lessons to women on aerobics.

Many thanks to our hostesses for this morning - JATINDER BAHL, PREMJI BATRA, AMRITA BHALLA, MEENAKSHI DHAMIJA, and PONCHIE KANWAR.

**RINI KUMAR  
JANIK BAKSHI**

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## COOKING SWAPSHOP

Monday 30th June - 10.15 a.m.

At: Meyyammai Murugappan's  
14/2B, Valliammai Achi Road,  
Kotturpuram, Chennai - 600 085.



## EXOTIC VIETNAMESE CUISINE

Valliammai Sundaram and Anuradha Anand are both experts in Vietnamese Cuisine, which is very simple and similar to Thai and Chinese cooking, but distinctively different in taste.

Today they will demonstrate a few popular Vietnamese dishes and share the recipes with us.

As we can accommodate only 35 - 40 persons, please warn in early.

(RSVP - Meyyammai - 412520  
Nilisha - 4990151)

NO GUESTS PLEASE

**NILISHA MEHTA  
MEYYAMMAI MURUGAPPAN**

## EXECUTIVE COMMITTEE

### THE BOARD

PRESIDENTS	:	Rupa Kadhiresan	(R) 4992847
		Anneliese Hazari	(R) 4919505
VICE-PRESIDENTS	:	Shakunthala Jagannathan	(R) 459199/4323337
		Megan Utley	(R) 4343348
SECRETARIES	:	Javanthi Prabhakaran	(R) 6411579
		Seema Salt	(R) 8261016
			(O) 8264112
TREASURERS	:	Lalitha Krishnan	(R) 4991853/4992341
		Angelika Mandaiker	(R) 611265

### ACTIVITY CHAIRPERSONS

ARTS AND HANDICRAFTS	:	Radha Parthasarathy	(R) 4340448
		Martina Kluth	(R) 4917772
BOOK DISCUSSION	:	Malathi Ramachandran	(R) 8524725/8276995
		Pamela Fabian	(R) 4937684
			(O) 8273040 Ext. 277
CURRENT EVENTS	:	Gita Chandrasekharan	(R) 412935
		Madeleine Leone	(R) 4340824
COOKING SWAPSHOP	:	Nilisha Mehta	(R) 4990151
		Meyyammai Murugappan	(R) 412520
HEALTH AND ECOLOGY	:	Rini Kumar	(R) 4349319
		Janik Bakshi	(R) 8526699/8553302
HISTORY, CULTURE AND TOURS	:	Kamala Prasad	(R) 6262035
		Rita Nordengren	(R) 4929408
MUSIC AND PERFORMING ARTS	:	Sujaya Menon	(R) 4917464/4910044
		Sabine Erlich Salam	(R) 832670
PHILOSOPHY AND RELIGION	:	Leela Ratnam	(R) 452123
		Sheela K. Sarath	(R) 4938524
			(O) 4938411