



International
Women's
Association

SEPTEMBER 1999

IWA NEWSLETTER

Vol. XIV No. 4
CHENNAI

SEPTEMBER 1999 MONTH AT A GLANCE

Tuesday	7th Sept	Board Meeting Executive Meeting	9.30 a.m. 10.45 a.m.
Friday	10th Sept	Performing Arts Dance and Temple Sculpture - Padma Subrahmanyam	10.15 a.m.
Tuesday	14th Sept	History, Culture and Tours Notable Events in the History of the United Kingdom	5.00 p.m.
Thursday	16th Sept	Cooking Swapshop Go Bananas !	10.15 a.m.
Friday	17th Sept	Book Discussion The Seven Habits of Highly Effective People	10.15 a.m.
Tuesday	21st Sept	Health and Ecology Reaching out to the Disabled	10.15 a.m.
Monday	27th Sept	Arts and Handicrafts	10.00 a.m.
Tuesday	28th Sept	A Design Workshop	to 4.00 p.m.
Thursday	30th Sept	Philosophy and Religion The Secret Power of Pyramids	10.15 a.m.
Monday to Friday	4th Oct 8th Oct	History, Culture and Tours Arts and Handicrafts A Visit to Ooty and Coonoor	

FROM THE PRESIDENTS

Dear Members,

Thank you very much for making the Founders' Day such a memorable event. Thank you Sunita and Lakshmi for being there and sharing your experiences with us.

A very special thanks to our past Presidents, who graced the occasion with their presence.

Words cannot express our gratitude to each and every Member of our Board and Executive Committee for their hard work and dedicated efforts to make that morning a really special one.

Our sincere thanks and appreciation to

Vijaya and Sujaya who gave a very auspicious beginning to our entertainment, Vasanthi, Saroj, Rita, Aruna, Marina and our wonderful singers of *Vandemataram*, who came forward with one voice representing what IWA stands for,

Padmini and her Cast for the fabulous skit which was very well appreciated by all our members,

Surekha, Kusum, Naina and Sushi for the very touching and moving patriotic songs.

Once again a very big thank you to all the IWA family.

**GAYATRI BEWOOR
CHANDRIKA CHIDAMBARAM**

BOARD MEETING

Tuesday, 7th September, 9.30 a.m.

EXECUTIVE MEETING

Tuesday, 7th September, 10.45 a.m.

Both Meetings at:

YWCA,
Poonamallee High Road,
Chennai.

Our congratulation and thanks to the cast of Mid - Millennium

Usha Chandrakumar
Prithika Chary
Darley Mathew
Sushi Nataraj
Chandra Padmanabhan
Rita Saldanha
Aruna Vijayakumar

Geeta Chandrasekaran
Anita Koshy
Shweta Mohapatra
Padmini Natarajan
Nalini Ramakrishna
Naina Shah

We would like to convey our thanks to the following ladies who participated in the Vandemataram song.

Pam Bates
Eira Doshi
Eleanor Daruwalla - Nitzche
Lalini Gautamadasa
Sumiko Ishi
Norini Mazlan
Bernadette MacDonald Raggett
Sue Plowman
Regina Schroeder
Padmini Subramaniam
Pam Turner
Hennie Vis

Catherine Brunet
Francoise Drown
Sabine Erlich Salam
Elizabeth Herridge
Lily Madhok
Iset Meijers
Sushi Natraj
Irene Pruller Dass
Naina Shah
Maureen Thadani
Aruna Vijayakumar

**GAYATRI BEWOOR
CHANDRIKA CHIDAMBARAM**

WOMEN OF THE MILLENIUM - MARIA MITCHELL, FIRST WOMAN ASTRONOMER

Born in 1818, in Nantucket, Massachusetts, Maria was the third child of a Quaker family with ten children. She attended Cyrus Pierce's School for Young Ladies and for a time was taught by her father, but was largely self-educated. Few women have been able to break through prejudice and stereotype to become noted scientists the way Maria did. On October 1, 1847 Maria Mitchell discovered a telescopic comet, an accomplishment for which she received a gold medal from King Frederick of Denmark. She was the first woman admitted to the American Academy of Arts and Sciences, as well as the American Philosophical Society. She was a professor of astronomy at Vassar and had a crater on the moon named for her. She led the 1875 Women's Congress. She died in 1889 in Lynn, Massachusetts. Posthumously, a tablet with her name was put up in the New York University Hall of Fame, her name was carved in a frieze at the Boston Public Library and she was inducted into the National Women's Hall of Fame.

MUSIC AND PERFORMING ARTS

Friday, 10th September, 10.15 a.m.

At : Subrahmanyam Hall
No.5, 4th Main Road, Gandhinagar
Chennai 20



DANCE AND TEMPLE SCULPTURE

Dr.Padma Subrahmanyam needs no introduction to an Indian audience, but we shall still say a few lines about her for the benefit of others. Dr.Padma Subrahmanyam, (Director, Nrithyodaya, Madras) is a dancer, research scholar, choreographer, teacher, author and indologist. She is a musician too. There is too much to say in too short a space about her accomplishments. We are privileged to have Padma to give us a very scholarly lecture demonstration and we shall have an exposure to this multi-faceted, multi-talented and multi-accomplished dancer.

SAROJA RAMAMRUTHAM
ELEANOR DARUWALA-NITZCHE

HISTORY, CULTURE AND TOURS

Tuesday, 14th September, 5.00 p.m.

At: Carol Brigg's
29, Ranjith Road
Kotturpuram
Chennai 85



NOTABLE EVENTS IN THE HISTORY OF THE UNITED KINGDOM

Many significant changes have taken place in the United Kingdom, through the years of British history. Mr.Sean Raggett of the British Deputy High Commission in Chennai, will speak to us on these changes. His talk will be enhanced by a visual display of books, cards and other material, portraying the country's historic places, buildings and personalities.

Mr.Raggett will also tell us about the people of the country, their cuisine, customs and their traditional games and sports.

RADHA SESHADRI
LALINI GAUTAMADASA

COOKING SWAPSHOP

Thursday, 16th September, 10.15 a.m.

At: Shrikanta Jhaver's
10, Santhome High Road
Chennai 4



GO BANANAS!

It is a familiar sight in Chennai, to see banana trees decorating the entrance of wedding halls and temple festivals. Have you wondered why? It is not a mere decoration, but has medicinal properties, the juice of the tender banana stem being an effective antidote for insect stings and poison. In a large gathering of people, emergencies always arise and the handy banana plant comes to the aid.

The banana plant is of Indian origin and it can grow in a variety of soils. About 60 varieties of bananas are being cultivated in our country. Besides being a popular fruit, the green banana is also used as a vegetable. In fact, the entire banana plant is useful to man. Exotic dishes can be made with the banana stem, flower and fruit.

Vijaya Balasubramaniam and Saroja Ramamrutham will demonstrate the preparation of a variety of dishes, using different parts of the banana tree.

NAINA SHAH
FRANCOISE DROWN

MUSIC AND PERFORMING ARTS

Friday, 1st October

Members are requested to keep this date free, being the International Music Day, which we dedicate to the memory of Founder Member and President, Nirmal Seshadri.

- ◆ Our thanks to Sheetal Shah, who was a group hostess for the film *Shakespeare in Love*

HEALTH AND ECOLOGY

Tuesday, 21st September, 10.15 a.m.

At: Rupa Sood's
No.5, Adyar Club Gate Road
Chennai 28



REACHING OUT TO THE DISABLED

Jayashree Raveendran, Founder Director, Ability Foundation, Adyar, will talk to us on how to reach out to the disabled with empathy and not sympathy. Trained in classical dance and herself hearing impaired, Jayashree is proof of how disabled people with a little effort can become achievers and most of all, integrate with the mainstream of society.

Actress-cum-social activist Ms.Revathy will also join us to share her views.

**FAZEELA NURDEEN
SUSHI GOKLANEY**

ANNOUNCEMENTS

- ★ Leaf cups and plates made of *Bahunia* leaves are available at the Spastics Society of India, Kotturpuram, Chennai 85. Phone : 2354784. Made by the Skills Training Unit, they are eco-friendly and bio-digradable and can be used in the home, office, cafes, hotels, etc.
- ★ The Annual OWC Supper Theatre will be held on Sunday, 26th September, 1999 at the Taj Coromandel Hotel. For tickets, please contact
 - ◆ Bernadette Macdonald Raggett (after 5th September)
Phone : 2300715 / 98410 - 71689
 - ◆ Catherine Brunet
Phone : 4992273

ARTS AND HANDICRAFTS

A DESIGN WORKSHOP

Monday, 27th September, 10.00 a.m. to 4.00 p.m.

At : Ashok Leyland Guest House
11/1, Boat Club Road
Raja Annamalai Puram
Chennai 28



Tuesday, 28th September, 10.00 a.m. to 4.00 p.m.

At : Oakland House
7, Adyar Club Gate Road
Chennai 28

"There is no mystery or secret about designing a home, an office, a room, or any space; there are certain fundamental rules by which you can structure your design and make a statement", says Sunitha Shahaney.

PROGRAMME

Monday, 27th September

- 10.15 to 12.30 Discussion, slide presentation, visuals, short assignments
12.30 to 1.15 Lunch
1.30 to 2.30 Guest Speaker, Mr. Vasu Rajesh Arya, a Vastu Practitioner, with a doctorate in Relative Architecture from Canada. He is one of the prime consultants to the Prince of Wales for his new city near Silverton called 'Amedia', which means "for the house of God"
2.30 to 3.45 Visit to 3 homes - Focus... Interiors. Please arrange for your cars to be nearby at 1 p.m.
3.45 to 4.15 Review....
Tea at 11/1 Boat Club Road

Tuesday, 28th September

- 10.15 to 12.30 Slide presentation, discussions of space organisation of specific work stations, e.g. kitchens, bathrooms, study areas and special emphasis on colour, lighting, accessories and details
12.30 to 1.15 Lunch
1.30 to 3.30 Tour of 3 homes
4.00 p.m. Review.... Closing comments.
Tea at Oakland House.

Registration forms available with Kusum Chadda.

There will be a briefing at a later date for those participating in the workshop.

For further details contact: Kusum Chadda at Phone : 8254217 / 8233751

**KUSUM CHADDA
ELIZABETH HERRIDGE**

PHILOSOPHY AND RELIGION

Thursday, 30th September, 10.15 a.m.

At: Alagammai Alagappan's
17, Chittaranjan Road
Teynampet
Chennai 18



THE SECRET POWER OF PYRAMIDS

The PYRAMID has been called the Microprocessor of Cosmic Energies. Astonishing discoveries have been made on Pyramids, based on the experiments conducted by researchers on how Pyramid power can be used for the benefit of mankind...in bringing health, happiness and prosperity. The word "Pyramid" is a derivative of the Greek work "Pyro" meaning "fire" and "Amid" meaning "at the centre". This "fire at the centre" refers to the biocosmic energy centred within the Pyramid to give it its amazing powers, the magnitude of which is only now being brought into awareness.

Dr.B.S.Raghu of Ashwini Holistic Health Centre, Bangalore, will speak to us on the fulfilment of desires and goals, attainment of happiness, health and wealth through the use of Pyramids. Some typical pyramids will be on display.

Let us reach out of our limited physical systems to touch the truth of the "unseen" energies which are "felt" and "experienced" by those who have faith.

SUREKHA KOTHARI
MEYYAMMAI MURUGAPPAN



CONGRATULATIONS TO

Nalini Ramakrishna on the birth of a grand-daughter

HISTORY, CULTURE AND TOURS

A VISIT TO OOTY AND COONOR



Please refer to "A VISIT TO OOTY AND COONOR" in our newsletter of August. Here are some of the high points of the tour from 4th October until 8th October, 1999.

In Coonoor

Visits to a tea factory, Sunita Shahaney's home, *Amaalfi*, where she will share her experiences on its building; a talk on the Nilgiris, its tribes, its history and its lifestyles; visits to the BAT Office with its 200-year old history and *Cloverly*, a 100-year old residence.

In Ooty

Tours of the Savoy Hotel, Ooty Club, *Southwick* with a 200-year old history, the Madras Regimental Centre, Dasprakash and Dodabeta, the highest point in the Nilgiris, will be yours to savour.

PLEASE SIGN IN BY 10TH SEPTEMBER.

**RADHA SESHADRI
LALINI GAUTAMADASA**

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- ◆ Our thanks to Chandrika Chidambaram, Poonam Lalchand, Bilkis Moosa and Lalini Gautamadasa for hosting the June meeting at Breeze Hotel.
 - ◆ Our thanks to Shakunthala Jagannathan and Nanditha Krishna for hosting the July meeting at the C.P.Arts Centre



WELCOME TO

Shirley Johnson
25, 4th Main Road
Flat B2, Raja Annamalai Puram
Chennai 600 028
Tel. No.

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98410-50763

Sue Spender
9, Sriram Nagar, North Street
Alwarpet
Chennai 600 018
Tel. No.

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EXECUTIVE COMMITTEE

THE BOARD

1999-2000

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TREASURERS	: Kamala Prasad	(R) 6262035
	: Rathi Nilakantan	(R) 8260744/8265250

ACTIVITY CHAIRPERSONS

ARTS AND HANDICRAFTS	: Kusum Chadda	(R) 8254217/8233751
	: Elizabeth Herridge	(O) 8261124
BOOK DISCUSSION	: Shalini Virmani	(R) 4341047
	: Nalini Panday	(R) 4933773/4935338
COOKING SWAPSHOP	: Naina Shah	(R) 4320706/4320564
	: Francoise Drown	(R) 8230412
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	: Bernadette Macdonald Raggett	(R) 2300715
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	: Lalini Gautamadasa	(R) 6412868/6411654
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	: Eleanor Daruwalla-Nitzche	(R) 4970127
PHILOSOPHY AND RELIGION	: Surekha Kothari	(R) 8257145/8257198
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