



International
Women's
Association

JANUARY 2000

IWA NEWSLETTER

Vol. XIV No. 8
CHENNAI

JANUARY 2000 MONTH AT A GLANCE

Friday	7th Jan	Board Meeting Executive Meeting	9.30 a.m. 11.00 a.m.
Tuesday	18th Jan	Health and Ecology Visit to MIOT Hospitals - a world of orthopaedic care	10.00 a.m.
Friday	21st Jan	Cooking Swapshop Traditional Tamilian "Virundu"	11.30 a.m.
Monday	24th Jan	History, Culture and Tours Tour to Illedo Village	9.30 a.m.
Tuesday	25th Jan	Music and Performing Arts Light Classical Music	10.15 a.m.
Thursday	27th Jan	Philosophy and Religion Workshop on assertive skills and taking responsibility	10.00 a.m. to 5.00 p.m.

FROM THE PRESIDENTS

Welcome to the year 2000 and the 21st century. We wish our dear IWA members and their families a very Happy and Prosperous New Year, brimming over with good health and peace.

The 21st century beckons and new horizons and fresh challenges await us. We as a nation and society must not just be ready, but in a true spirit of adventure welcome them all. Our Millennium Extravaganza cum Christmas Dinner at the Taj on 11th December was a very spectacular and delightful event enjoyed by most of our members and their guests who attended it. A very special thanks to the organizing committee and the members who participated in *Back to the Future* and *Carol Singing*.

Once again we wish all of you a glorious year ahead.

**GAYATRI BEWOOR
CHANDRIKA CHIDAMBARAM**

BOARD MEETING

Friday 7th January, 9.30 a.m.

EXECUTIVE MEETING

Friday 7th January, 11 a.m.

**Board Meeting at:
Sushi Goklaney's
5, Boat Club Road
Chennai 28**

Members are reminded that Amendments to the Constitution and suggestions to be included in the Agenda of the Annual General Meeting should be notified, in writing, to the Board by 15th February, 2000.

WOMEN OF THE MILLENNIUM - HELEN THAYER, THE FIRST WOMAN TO CIRCUMNAVIGATE THE NORTH POLE ALONE

Helen Thayer became the first woman to travel solo to any of the world's Poles, this time the magnetic North Pole. She was also the first to circumnavigate the magnetic North Pole area solo and on foot. Helen's best selling book Polar Dream is the account of her fascinating journey to the Pole. It is published in 6 languages.

Born and educated in New Zealand, she enjoyed a lengthy career as an international discus thrower, representing New Zealand, Guatemala and then the United States. She was a crosscountry ski racer and instructor, a kayak racer, high altitude mountain climber and climbing instructor.

In 1988, at the age of 50, Helen decided to walk alone to the magnetic North Pole without the aid of aircraft, dog teams or snow mobiles. She walked and skied, pulling her own 160 pound sled filled with all her supplies. Her only companion was Charlie, a black Canadian Eskimo Husky, whose job was to protect her from polar bears. They were confronted by seven polar bears, one at a time, throughout the almost month long journey of 364 miles. She began on March 30 and finished on April 27. Because the magnetic North Pole is constantly in motion she travelled to the area of the Pole and by circumnavigating the area, Helen could photograph and describe in her educational program, the various islands of the magnetic North Pole.

After she returned home, her first job was to gather her photographs and notes into a program of education for students. The educational program has reached students in 38 countries. To date Helen has spoken to more than 450,000 students in schools, classrooms and school conventions.

MILLENNIUM EXTRAVAGANZA

Our sincere thanks to our members and their relatives who participated in the Millennium Extravaganza.

Choreography : Sulochanna Alexander

Costumes : Bela Khaleeli

Model Coordinator : Kamala Prasad

Music : Sujaya Menon

Compere : Javanthi Prabhakaran

Participants :	Lakshmi Padmanabhan Mehmooda Haja Shareef Rani and Harish Chada Radha Seshadri Rohini Chandrakumar Aruna and Vijaykumar Beena Ram Mohan Samyuktha and Malavika Sucharita Prasad Kirti Hemdev Maureen Thadani Philippa Briggs Valli Chidambaram Naomi Wakita Kyoko Kashima Kazumi Abe Stina Vasu and Tarsha Diana Sophie Petot Natasha and Astad Daruwallah Samir Chada Amrita Bewoor Asha Hemdev Shashi Ravichandran	Saroja Ramamrutham Shobana Thomas Sangeet and Inder Chopra Usha Chandrakumar Fazeela Nurdeen Sharmila Sriram Vidya Singh Divya Prasad Vasundhara Singh Ingrid Charlton Briggs Justine de Penning Holly Briggs Hisako Yokoi Rie D.A. Mizobuchi Keko Suzuki Maria Glaser Patricia Mandaiker Kashmira Daruwallah Shobha Hebbar Nalini and Sridhar Acharya Rehane Dhalla Nirmal Mirza Asha and Mark Alexander
Vande Mataram :	Lakshmi Viswanathan	
Carol Singing :	Elizabeth Herridge Rupa Kadhiresan Princess Naik Sushila Natraj	Rita Saldhana Regina Schroeder Reena Verghese
Keyboard :	Joan Svarus	
Table Decoration :	Meyyammai Murugappan Kusum Chadda Aruna Vijaykumar	

We also thank Rani Chada and Megan and Jasper Utley for all their help in organising the evening

HEALTH AND ECOLOGY

Tuesday, 18th January, 10 a.m.

At: MIOT Hospital,
4/112 Mount Poonamallee Road
Manapakkam
Chennai 89



VISIT TO MIOT HOSPITALS - A WORLD OF ORTHOPAEDIC CARE

Dr. P.V.A.Mohandas invites us to his hospital where an expert group of orthopaedists will address us. The talks will cover different interesting topics like hip and knee joint replacements, treatment of multiple fractures, specific plastic surgery procedures and osteoporosis.

Members will also be taken around on a guided tour of this multispeciality hospital conceived, designed and functioning on international standards of orthopaedic care.

GUESTS ARE WELCOME

Members who need transport to the venue are requested to contact Sushi (10 am to 12 noon) or Fazeela (only until 9th) before 12th of January. Please note that the talks will commence at 10.30 a.m.

**FAZEELA NURDEEN
SUSHI GOKLANEY**

OUR THANKS TO

- ◆ Latha Chohan, Rukhu Seshasayee and Lakshmi Varadarajan for co-hosting the Health and Ecology meeting in October 1999.
- ◆ Anna Abraham, Kashmira Daruwallah and Noreen Diehr for sponsoring the sound and visual equipment for the Health and Ecology meeting held in November 1999.
- ◆ Usha Chandrakumar, Meera Jaykar, Dolly Simon, Vidya Srinivasan, and Bharathi Suresh for hosting the Arts and Handicrafts meeting on December 7, 1999.

HISTORY, CULTURE AND TOURS

INTACH'S MARATHA TOUR



The Indian National Trust for Art and Cultural Heritage has organised a Heritage Tour to Tanjavur, Manora and Thiruvaiyaru - all places of historical, archaeological and cultural interest.

The 3-day tour, designed and co-ordinated by Dr. S. Suresh, an archaeologist who has researched Maratha art and architecture, will give us a rare glimpse of the Maratha heritage of Tanjavur, many parts of which were ruled by them between the 16th and 17th centuries.

The schedule in brief, is as follows:-

February 24 - Night train (AC 2-tier) at 7 pm to Tanjavur, arriving 6 am next morning.

February 25 - Visit Brhadewswara Temple, view mandapas, sculpture and paintings; enjoy Maratha lunch; visit Maratha Palace with arsenal and bell towers, royal costumes and library; meet members of the royal family; take Heritage Walk in Tanjavur town.

February 26 - Visit Manora, a unique 8-storey tower, an engineering marvel built by Sattojit II in honour of the English victory over Napoleon at Waterloo in 1815; to see Maratha Chattrams en route to Tanjavur and watch demonstrations of their wall paintings, mirror crafts and wood carvings.

February 27 - In Thiruvaiyaru, view Maratha bridges spanning 5 rivers including Kaveri; visit Kalyana Mahal Chattram, a Maratha Palace, Pigeon houses, the Agraharam house of Saint Thyagaraja and the Vithoba Temple - a miniature replica of the famous Vithoba Temple in Maharashtra; visit Maratha houses in Tanjavur including that of the famous composer, Shyama Sastri.

Time would be given for shopping for Maratha handicrafts. Departure to Chennai at 9 pm.

February 28 - Arrival at Egmore station 6 am.

Tariff Rs. 5,500/- inclusive of train fare, deluxe AC coach transport, 3 Star hotel accomodation on twin-sharing basis, vegetarian meals. The tour is open to 20 participants only.

Please warn-in before February 4 to RADHA 4913820 or LALINI 6412868.

Seats on first come, first served basis.

RADHA SESHADRI
LALINI GAUTAMADASA

A tour to Sri Lanka had been scheduled for February this year, but due to uncertain conditions, we have decided to postpone it for a later date.

COOKING SWAPSHOP

Friday, 21st January, 11.30 a.m.

At: NKS Hall,
Kasturba Nagar III Cross Street
(Same side as Dominos Pizza)
Chennai 90



TRADITIONAL TAMILIAN "VIRUNDU"

The Tamilian community in IWA cordially invite IWA Members for a Vegetarian "Virundu" (feast)

India has a rich tradition of health care practices which have been in vogue over thousands of years. It is perhaps in the area of Food and Nutrition that quite often one comes across dramatically differing perceptions as, when one compares the indigenous and Western system of medicines.

Many traditional practices in food and nutrition are very sound and are based on Ayurvedic concepts. This provides us a basis for understanding the rationale of various Lok Swasthya Paramparas.

The menu of our "Virundu" or feast, is based on these time tested principles. In the context of food, Rasa is given more importance. Rasa denotes different things in Ayurdeva but generally means Taste.

Come and enjoy the traditional feast and listen to a brief explanation of its origins.

RSVP : Between 7.30 am and 9.00 am - before 14th January. 2000

Vijaya Balu	494 3588
Mridula Narasimhan	826 9630
Saroja Ramamrutham	491 5549

**NAINA SHAH
FRANCOISE DROWN**



OUR CONDOLENCES TO

- Lalitha Zachariah on the demise of her husband

HISTORY, CULTURE AND TOURS

Monday, 24th January, 9.30 a.m.



TOUR TO ILLEDO VILLAGE

Mr. C. Ramakrishna has invited upto 30 IWA members to visit his horticultural farm in Illedo village, not far from Chinglepet on the road to Pondicherry. On reaching the village, he will accompany us to a Vishnu temple, "a pretty temple" as he describes it, a 1,500-year old Shiva temple, an elementary school for under-privileged children to which IWA members had gifted blackboards way back in 1996, and finally, to his farm with many varieties of mango, sapota, guava and jak fruit trees; and also his arboretum with its variety of trees suitable for cultivation in Tamil Nadu.

A vegetarian lunch will follow a short talk by Mr. Ramakrishna on a subject close to his heart -- "Rural poverty and remedial measures."

The trip to Illedo would take us an hour and forty minutes. Mr. Ramakrishna would like us to be at his farm by 9.30 am, so ladies, if you are interested in signing up for what should be an interesting day-trip, please note the following details:-

Starting time : 7.30 a.m.
Meeting place : Madras Club
Mode of Transport : Van/Coach
Time of return to Chennai : 4.30 - 5.00 p.m.

Please warn-in before January 15 to RADHA 491 3820
or LALINI 641 2868

Please bring with you, a packed breakfast and drinking water and wear comfortable walking shoes.

**RADHA SESHADRI
LALINI GAUTAMADASA**

MALAY WEDDING

Our thanks to

- Norini Mazlan for providing us a truly wonderful evening's entertainment.
- Rathi Nilakantan, Anuradha Sachdev and Seema Sait for sponsoring the evening.
- Regina Schroeder and Sherna Irani, for their support and co-operation.

MUSIC AND PERFORMING ARTS

Tuesday, 25th January, 10.15 am

At: Saroja Ramamrutham's
"Beach Court" (Penthouse)
47, Arundale Beach Road
Kalakshetra Colony
Chennai 90



LIGHT CLASSICAL MUSIC

Jyoti Belliappa graduated with Music as one of her subjects. Having a keen interest to learn more music, she mastered singing gazals, bhajans and geets based on traditional Ragas. With a grounding in the Patiala Gharana, she brings an ethos of melodic content to her renderings. Blessed with a good voice and a very pleasant personality, we are sure to enjoy this morning in a relaxed atmosphere.

**SAROJA RAMAMRUTHAM
ELEANOR DARUWALA-NITZCHE**



OUR CONGRATULATIONS TO

- Nalini Ramakrishna on the birth of a grandson

FAREWELL TO

Catherine Brunet, our Vice-President, who has returned to France. She will be very happy if members travelling in France call on her at

6 Rue Morin,
41000 Blois France
Tel: (0) 254 44 51

PHILOSOPHY AND RELIGION

Thursday, 27th January, 10.00 a.m.

At: YWCA
International Guest House
Poonamallee High Road
Chennai



WORKSHOP ON ASSERTIVENESS AND TAKING RESPONSIBILITY

The excess baggage that we carry as part and parcel of our culture and heritage - PASSIVITY - often relegates us into the dark corners of anger and depression and sometimes, even helplessness and hopelessness where there is seemingly no solution! Well, think again, ladies! Everything is possible, if, instead of externalising failure, you can learn the art of assertiveness and take responsibility for your own actions and decisions. Life becomes a welcome challenge if you know this art.

Mr.Naresh Purushotham who energised us with his inspiring talk on effective communication will conduct a Fullday Workshop, which, for your benefit, has been divided into two sessions, as follows: ,

Session 1 - Assertive Skills

Workshop : 10.00 a.m. to 11.15 a.m.
(Part 1)
Coffee : 11.15 a.m. to 11.30 a.m.
Workshop : 11.30 a.m. to 1.00 p.m.
(Part 2)
Lunch : 1.00 p.m. to 2 p.m.

Session 2 - Taking Responsibility

Workshop : 2.00 p.m. to 3.15 p.m.
(Part 1)
Coffee : 3.15 p.m. to 3.30 p.m.
Workshop : 3.30 p.m. to 5.00 p.m.
(Part 2)

Important Note:

- Warning in for this workshop is compulsory.
- Members can check in either for both sessions at Rs.100/- or for one session at Rs.50/-
- Registration of names will be on a first come first served basis.
- Guests will be permitted at Rs.125/- for both sessions, and, Rs.75/- for one session.
- A nominal extra charge may be collected in the case of requirement of workshop material before the commencement of the workshop.
- Don't miss this rare opportunity of discovering a new "You".

**SUREKHA KOTHARI
MEYYAMAI MURUGAPPAN**

Our thanks to Nirmal Mirza for sponsoring the lunch at Samrit Ashram in November 1999.



CHANGE OF ADDRESS

Susan Cotton
20A, Sathyanarayana Avenue
Off. Boat Club Road
Chennai 600 028



CHANGE OF TELEPHONE NUMBER

Susan Cotton 4330151

*It is difficult to say what is impossible, for the dream of
yesterday is the hope of today and the reality of tomorrow*

Robert H. Goddard

*Great opportunities to help others seldom come, but small
ones surround us every day.*

Sally Koch

EXECUTIVE COMMITTEE

THE BOARD

1999-2000

PRESIDENTS	:	Gayatri Bewoor	(R) 8264035
	:	Chandrika Chidambaram	(R) 4611253
VICE - PRESIDENTS	:	Javanthi Prabhakaran	(R) 6411579
SECRETARIES	:	Kamala Muthiah	(R) 6411141/6411142
	:	Sue Williams	(R) 4341595
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
CURRENT EVENTS	:	Rani Chada	(R) 2344233
	:	Bernadette Macdonald Raggett	(R) 2300715
HEALTH AND ECOLOGY	:	Fazeela Nurdeen	(R) 6260674/6216561
	:	Sushi Goklaney	(R) 4353714
HISTORY, CULTURE AND TOURS	:	Radha Seshadri	(R) 4913820
	:	Lalini Gautamadasa	(R) 6412868/6411654
MUSIC AND PERFORMING ARTS	:	Saroja Ramamrutham	(R) 4915549
	:	Eleanor Daruwalla-Nitzche	(R) 4970127
PHILOSOPHY AND RELIGION	:	Surekha Kothari	(R) 8257145/8257198
	:	Meyyammai Murugappan	(R) 4348207