



International  
Women's  
Association

**NEWSLETTER**  
**APRIL 2002**

SUN	MON	TUE	WED	THU	FRI	SAT
	1 10.15 a.m. Philosophy & Religion	2	3	4 Board Meeting 11 a.m. Executive Meeting 12 noon	5 8.45 a.m. History, Culture & Tour	6
7	8	9	10	11 10.30 a.m. History, Culture & Tour	12	13
14	15 10.15 a.m. Health & Ecology	16	17	18	19	20
21	22 10.30 a.m. Annual General Meeting	23	24	25	26	27
28	29	30				

## IWA NEWSLETTER

Volume XVI No. 11

Chennai

APRIL, 2002

## MONTH AT A GLANCE

Tuesday	2 <sup>nd</sup> Apr	P&R – Prayer Meeting	10.15am
Thursday	4 <sup>th</sup> Apr	Board Meeting	11 am
		Executive Meeting	12 noon
Friday	5 <sup>th</sup> Apr	H,C &T – Kanchipuram	8.45am
Thursday	11 <sup>th</sup> Apr	H,C&T – Andhra Lunch	10.30am
Tuesday	16 <sup>th</sup> Apr	H & E - Talwalkar's	10.15am
Monday	22 <sup>nd</sup> Apr	Annual General Meeting	10.30am

## FROM THE PRESIDENTS

Dear Friends,

Another IWA year has ended and it has been a wonderful gratifying experience made rich by the whole-hearted support and encouragement given to us by you, the membership. Thank You.

### **PRESENTATION OF AWARDS**

Our thanks to all of you who made the function of March 6<sup>th</sup> a memorable one; with your help and just by you being there, we had all the support we needed at this important function.

### **SUPPER THEATRE**

This being our finale, we thoroughly enjoyed putting the evening together and we hope that all those who attended enjoyed the evening as much as we did. We thank all our stars for being so sporting and giving up so much of their time to make rehearsals. Without Jaspar and Yamuna we would never have been able to have this evening. Thank You.

It has been a pleasure working with our Board and we have gained a great deal with their sound guidance and wise advice.

The great enthusiasm shown by our Executive Committee made it possible for us to bring you a variety of interesting quality programmes throughout the year.

**Sushi and Rathi** – Thank you for your efficiency in bringing out the newsletter on time, every time and for your help and guidance throughout the year.

**Gita and Françoise** – for efficiently preparing the minutes for our meetings and posting the newsletters and more importantly for updating the address and telephone numbers of our members so that we were able to bring out the Telephone Directory. Thank you.

**Kusum and Padma** – for keeping accurate accounts and liaising with the Auditor and for maintaining up-to-date records of our membership. Thank you.

**Shalini & Sushi** – You both have made Arts and Handicrafts so much fun with such interesting programmes, which have been greatly appreciated by everyone. Thank you.

**Gayatri and Amulya** – The variety of books – interesting and diverse, certainly made each and every Book Discussion successful. Thank you.

**Beena and Cherry** – Cooking Swapshop is certainly a very popular activity but you two have made each and every programme a mega event. Thank you

**Princess and Bilkis** – You brought so many current issues to the fore and each and every one of your programmes was of good quality. Thank you.

**Prithika and Meena** – We have had a wonderful blend of Health and Ecology with such a wide variety of interesting programmes. Thank you.

**Naina and Kanokwan** – Thank you for organizing all the lovely programmes and many thanks to Saroja Ramamrutham for her guidance and support.



**Vidya and Pat**—Full tours, full buses—what more can we say. Thank you for all your meticulous planning and execution of each programme.

**Seema and Eileen** — With such a wonderful diverse selection of programmes, you both presented your programmes in such a manner that everyone was able to follow and derive great benefit. Thank you

We congratulate and thank each and every one of you for your superb contributions.

We would like to thank the Founder Members, the Membership Committee, the Advisory Committee, the Nominating Committee and the Senior Members for their guidance throughout the year.

The new slate of Office Bearers for the year 2002 – 2003 will be announced soon. We take this opportunity to congratulate them and to wish them a wonderful year.

**RANI CHADA**

**SEEMA SAIT**

**BOARD MEETING**

**EXECUTIVE MEETING**

Thursday, 4<sup>th</sup> April, 2002  
11 am

Thursday, 4<sup>th</sup> April, 2002  
12 noon

**Both meetings at:**

**Bilkis Moosa's**  
16, Cenotaph 2<sup>nd</sup> Lane  
Chennai 600 018

**FROM THE DESK OF THE TREASURERS:**  
**ACCOUNTS AS ON FEBRUARY 28<sup>th</sup>, 2002**

B/F FROM A/C OF 2000/2001	
F.D. A/C NO.28037847	Rs. 3213.36
F.D. A/C NO.28037836	Rs. 16384.00
C.A./C NO. 28037825(cookbk)	Rs. 2,16,964.00
<b>DEPOSITED</b>	<b>Rs. 21,000.00</b>
	<b>Rs. 2,37,964.00</b>

B/F C.A./C NO. 28037814 (General)	Rs. 81,358.75
B/F CASH	Rs. 27,306.25
<b>Total</b>	<b>Rs. 108665.00</b>

<b><u>INCOME April-February 2002</u></b>	
Membership Subscription	Rs. 2,36,500.00
New Membership Fee	Rs. 12,500.00
Guest charges	Rs. 20,000.00
Sale of mini ckbks./bks./dir.	Rs. 4895.00
Members contribution for workshop	Rs. 1700.00
Diwali Darshan	Rs. 1,39,110.00
<b>Total</b>	<b>Rs. 4,14,705.00</b>
<b>Total Income as on February 28<sup>th</sup>:</b>	<b>Rs. 5,23,370.00</b>

<b><u>EXPENSES April- February 2002</u></b>	
Gifts for guests	Rs. 10,660.00
Printer,/ xerox	Rs. 39705.25
Monthly Activities	Rs. 24,321.50
Special Meetings	Rs. 1,79,859.89
Postage	Rs. 7996.80
Badges /bks	Rs. 1515.50
Professional Fees (Registration)	Rs. 5000.00
<b>STEEL CUPBOARDS</b>	<b>RS. 5400.00</b>
<b>Total Expenses as on February 28<sup>th</sup></b>	<b>Rs. 2,74,458.94</b>

<b><u>BALANCE as on February 28<sup>th</sup>:</u></b>	
Balance in Bank A/C 28037814	Rs. 2,35,333.86
Balance cash in hand	Rs. 5077.20
Advances	Rs. 8500.00
<b>TOTAL BALANCE AS ON FEBRUARY 2002 -</b>	<b>Rs. 2,48,911.06</b>

**KUSUM CHADDA**

**PADMA ASHOK**

## PHILOSOPHY & RELIGION

Tuesday, 2nd April 2002 - 10.15a.m.

At: **Russian Cultural Centre**  
74, Kasturi Ranga Road,  
Chennai -600018



### **THIS IS MY PRAYER TO THEE, MY LORD!**

Do you have a favourite prayer you say when in joy or in pain? Something which gives you peace of mind amidst chaos? Come, share it with your friends at IWA. You can chant, recite or sing a verse, bhajan or hymn of any faith, in any language. A brief explanation will be welcome if your prayer is in any language other than English. Time allotted is 3 minutes. We request those who wish to share their prayers to warn in to Seema at 4343129 or Eileen at 8272420, before 9a.m.

Many thanks to Galina Zakharova for giving us the hall & to Daksha Sheth, Sheela Shetty, Somna Sachdev, Shobha Seshasayee & Vasanthi Sankaranarayanan for co-hosting this meeting.

Princess Naik & Bilkis Moosa join us in thanking our gracious hostess, Vidya Srinivasan, for holding our March meeting at her residence.

**SEEMA BHARGAVA**

**EILEEN THOMPSON**

## HISTORY, CULTURE & TOURS

Friday, 5<sup>th</sup> April, 2002 – 8.45am to 3.30pm

Tour departs from: **Vidya Singh's**  
10, Sathyanarayana Avenue  
Chennai 600 028



### **DAY TRIP TO KANCHIPURAM**

Nanditha Krishna has graciously offered to guide us through her most recent endeavour: The Shakunthala Jagannathan Museum of Folk Art. Housed in 'Brahma Mandiram', Nanditha's 400 year old ancestral home in the sacred city of Kanchipuram, the museum uses the traditional layout of the house to showcase the family's extensive collection of folk art and everyday items, including kolu dolls, brass lamps and ritual metalware, stone sculptures, painted works, vessels, textiles and reproductions (for security reasons) of traditional South Indian jewellery.

We will meet at Vidya Singh's house at 8.45am to board the bus, and should be back in the city by 3.30pm. The cost of the day trip is Rs. 250 per person, which includes coach fare and lunch. This trip is limited to 35 members. Please warn in to Vidya Singh (Call Gayathri – 10am to 4pm – at 433 8782 or 435 9035). As this promises to be a popular outing, we would ask warn-ins to note the date and call to cancel if plans change, so that other IWA members can be accommodated.

**VIDYA SINGH**

**PAT ALTER**



## HISTORY, CULTURE & TOURS

Thursday, 11<sup>th</sup> April, 2002 – 10.30am

At: **Indira Dutt's**  
The KCP Limited  
'Ramakrishna Buildings'  
2, Dr. P.V. Crescent  
Egmore  
Chennai 600 008



### **UGADI LUNCH (TELUGU NEW YEAR)**

Ugadi, celebrated on the 11<sup>th</sup> of April, is the New Year's Day of the Telugu speaking people all over the world. It is a spring festival that marks the beginning of the new year.

The day begins with a ceremonial bath, wearing of new clothes and breaking of the fast with the eating of Ugadi *pachadi*. The rest of the day is spent going to temples and with *Panchanga shravanam* – the reading of the astrologer's almanac.

The Andhra ladies of IWA invite you to join them for a celebration of Ugadi and a wonderful Andhra lunch.

Please note: Meeting starts at 10.30am. **No guests please.**

**VIDYA SINGH**

**PAT ALTER**

A BIG THANK YOU to Indira Dutt for providing the venue and hosting the lunch.

### Our thanks to the following members for hosting this Ugadi meeting:

Padma Ashok, Mano Bakthavatsalam, Kala Bhashyam, Indira Dutt, Kausalya Jaganmohan, Prema Kumar, Jaya Naidu, Jayashree Prabhakar, Menaka Prabhakar, Aruna Prasad, Dolly Prasad, Kamala Prasad, Shantha Prasad, Sucharita Prasad, Nalini Ramakrishna, Bala Rao, Kannamma Ranga Rao, Anita Reddi, Parvathi Reddy, Ramani Reddy, Sarada Reddy, Shobhana Reddy, Urmila Reddy, Indira Satyamurti, Vidya Singh, Indira Srinagesh, Anjana Sunil, Bharathi Suresh

**VIDYA SINGH**

**PAT ALTER**

### COOKING SWAPSHOP

We thank Elizabeth Herridge for lending us her beautiful home, 'Cottingley', for our sandwich show on the 28<sup>th</sup> Feb.



We thank Javanthi Prabhakaran, Hemalatha Santhavadanan, Vanitha Mudaliar and Saranya Jayakumar for hosting lunch at the YWCA on the 14<sup>th</sup> of March. They went to great lengths to serve all that Sabitha demonstrated that morning.

Thanks also to Era Kalra, Sharda Khemka and Renuka Ishwariah for contributing towards the bus for the Inflight Catering trip.

**BEENA RAMMOHAN**

**CHERRY VENKATESAN**

## HEALTH & ECOLOGY

Tuesday, 16<sup>th</sup> April, 2002 – 10.15am

At: **Talwalkar's Gymnasium**  
'Crystal Lawn' Ground floor  
Wallace Garden 1<sup>st</sup> Street  
Nungambakkam  
Chennai 600 006



## VISIT TO TALWALKAR'S GYMNASIUM

An old, established name in gymnasiums, Talwalkar's' new facility in Chennai should be worth a visit.

Our guide will cover various points of interest, beginning from a comprehensive definition of health to myths related to weight training, lifestyle related issues, etc.

The benefits of regular exercise will be highlighted with some case studies.

Look forward to seeing you all there.

**PRITHIKA CHARY**

**MEENA NARU**

## Change of Address & Telephone number

**YAEKO MAKIYA**  
5B, Chittaranjan Road  
Teynampet  
Chennai 600 018

Tel : 434 7215

## ANNUAL GENERAL MEETING 2002

Monday, 22<sup>nd</sup> April 2002

At: **Park Sheraton Hotel & Towers**  
Chamiers Road  
Chennai

Fellowship - 10 am.  
AGM - 10.30 am  
EGM - immediately after the AGM

NOTICE is hereby given that the SIXTEENTH ANNUAL GENERAL MEETING of the International Women's Association will be held at Park Sheraton Hotel & Towers, Chamiers Road, Chennai, on Monday, 22<sup>nd</sup> April, 2002 at 10.30 a.m.

## The Agenda for the AGM will be as follows:

- \* Welcome Address - SEEMA SAIT
- \* To approve the Minutes of The Fifteenth Annual General Meeting held on Friday, April 20<sup>th</sup> 2001
- \* Secretary's Report - FRANCOISE DROWN
- \* Treasurer's Report - KUSUM CHADDA
- \* Membership Treasurer's Report - PADMA ASHOK
- \* Appointment of Auditors for the Year 2002-2003
- \* Any other Business



- \* Remarks by outgoing Presidents -  
RANI CHADA & SEEMA SAIT
- \* Introduction of Nominating Committee -  
SUNITA SHAHANEY
- \* Presentation of the Board of 2002-2003
- \* Introduction of the Executive Committee
- \* Address by the new President
- \* Vote of Thanks - SUNDARI MANI

Note: Copies of the Accounts and Reports of the various Activities will be tabled for the perusal of members

RANI CHADA

SEEMA SAIT

### REMEMBER!!!

Please bring / send your Renewal Form and annual subscription to the meeting!

## PRIZE-WINNING SANDWICH RECIPES

### CHECKERBOARD SANDWICHES

#### **Ingredients:**

White bread- 3 slices + 3 slices  
Brown bread- 3 slices + 3 slices  
Butter - 100 gm

#### **Method:**

Butter the slices & place them one on top of the other, alternating the white & brown bread, till all six slices are stacked. Do the same with the other six slices, but starting with the brown bread at the bottom. Trim the stacked pile & cut into half inch slices, you will get 8 striped sandwiches, butter these & lay them lengthwise & breadthwise alternately, lightly press together, slice them across the stripes, half inch thick. You will find 4 checks on each sandwich, on alternate checks apply the spreads.

1. Yellow cream cheese: 50gms-cheese, 50gms thick cream, mustard paste-1tsp, salt, pepper, -to taste, a pinch of yellow colour. Blend together to a smooth paste.
2. Green Chutney Spread: Mint leaves-1 bunch, coriander leaves-1 bunch, green chillies-2, salt-to taste, butter-1 tbsp. Grind together to a smooth paste, mix the butter until creamy.

Shobana Thomas



### CONGRATULATIONS TO:

- ◆ Amulya Rao on the birth of her daughter, Ananya.
- ◆ Surekha Kothari on the wedding of her daughter, Piyali, to Nakul.
- ◆ Sunita Shahaney on the birth of her grandson.



## TUNA SANDWICH RING

Flour - 2cups  
Eggs - 2  
Yeast - 1 ½ tsp  
Milk - 4 table sp.  
Sugar - 2 tsp  
Butter - 10g  
Salt - 1 tsp

Dissolve yeast in warm milk, salt and sugar. Combine eggs and all other ingredients to make a smooth dough. Let the dough double. Punch down and role the dough into a rectangle 37.5cm x 22.5cm. Spread the filling. Role up tight from the broader side. Pinch sides to seal well. Shape into a ring. With scissors, cut two-third in to the ring from the outside at regular intervals. Turn and twist each one on to its side. Cover and let it rise. Glace with egg yolk and milk and bake for 10 to 15 min

### Filling:

Tuna tin -1, Onion -1, Green chillies -2, Celery - a little

Saute onions and green chillies add celery and tuna.

## PEAR DIP

1 pkt gelatine, 1 cup mayonnaise, ½ cup boiling water,  
1 tin pears, 1 cup cream

Dissolve gelatine over boiling water. Cool. Puree the pears. Mixed together mayonnaise, pears, cream and gelatine. Chill till firm.

Anita Koshy

## EXECUTIVE COMMITTEE 2001 - 2002

### THE BOARD

#### **PRESIDENTS**

Rani Chada 234 4233, 232 4972  
Seema Sait 820 6065, 824 2244

#### **VICE PRESIDENTS**

Sushi Natraj 497 1581, 467 1796  
Rathi Nilakantan 826 5250 (O) 811 3691

#### **SECRETARIES**

Gita Chandrasekaran 442 1035, 442 0235  
Françoise Drown 823 0412

#### **TREASURERS**

Kusum Chadda 825 4217, 823 3751  
Padma Ashok 826 7801, 827 6591

### ACTIVITY CHAIRPERSONS

#### **ARTS & HANDICRAFTS**

Shalini Biswajit 433 8216, 434 0315  
Sushi Goklaney 435 3714

#### **BOOK DISCUSSION**

Gayathri Krishnaswami 827 1789 (O) 826 4428  
Amalya Mandava Rao 499 5434, 499 1272

#### **COOKING SWAPSHOP**

Beena Rani Mohan 6214278, 621 3923  
Cherry Venkatesan 829 3436

#### **CURRENT EVENTS**

Princess Naik 441 8448, 445 3830  
Bilqis Moosa 434 9934, 434 9932

#### **HEALTH & ECOLOGY**

Prithika Chary 499 7878 (O) 436 3551ext 1510  
Meena Naru 825 2499

#### **HISTORY, CULTURE & TOURS**

Vidya Singh 433 8782, 435 9035  
Pat Alter 811 2000

#### **PHILOSOPHY & RELIGION**

Seema Bhargava 434 3129, 435 6707  
Eileen Thompson 98400-30114

#### **MUSIC & PERFORMING ARTS**

Naina Shah 432 0706  
Kanokwan Sandhu 496 5556, 496 1061