



International
Women's
Association

AUGUST 1988

AUGUST

MONTH AT A GLANCE

Tuesday	2nd	Executive Committee Meeting	10.00 am
Thursday	4th	Health & Ecology: Demonstration of Aromatherapy facial by Bimla Bhatla	10.00 am
Monday	8th	History, Culture and Tours: Screening of a film on 'ARIZONA'	4.00 pm
Thursday	11th	Art & Handicrafts combine with Current Events to unravel the mysteries of Computers.	10.00 am
✓ Friday	12th	Current Events : a close encounter with distinguished diplomat A.P.Venkateswaran	6.00 pm
Thursday	18th	Music & Performing Arts : Theatre workshop by Noshir Ratnagar.	10.00 am to 1.00 pm
Tuesday	23rd	Book discussion : on V.S.Naipaul's 'House for Dr. Biswas'	10.00 am
Friday	26th	Philosophy & Religion: Screening of "The Catholics of USSR" & "Churches in the USSR"	10.00 am
✓ Tuesday	30th	Current Events : Shivashankari's talk "Let's say no to drugs"	10.00 am

What a pleasure it is to see so many people attending the meetings. Particularly popular last month was the talk given by JOHN STEMPER when we totalled 70 members. It is of course lovely to see so many people attending but it does cause the activities chair women and hostesses a few headaches. Obviously there are very few homes that can accommodate 70 plus people for meetings. We, therefore discussed this problem at our last Executive Committee Meeting. Several proposals were put forward and amongst those considered was the idea that the I.W.A. purchase a floating stock of 50 cups, saucers, plates and glasses which can be borrowed by hostesses, if required. This float would be stored somewhere easily accessible and could either be collected or delivered before the meeting. We were also offered the use of a hall, which could be made available for particularly popular meetings. We (the Committee) felt that it was essential that hostesses should not have to go to lot of trouble and expense to arrange refreshments for these meetings. To borrow a phrase from the minutes of the April meeting, emphasis should be on the meeting and not on the eating.

If any one has any other thoughts or ideas then please do not hesitate to talk to any of the Committee members. Whilst on the subject, it is a great opportunity for us to thank all those members who have hosted meetings or have expressed their willingness to do so.

Finally celebration of Founder's Day on the 25th July gives us an opportunity to reflect on the considerable achievements of I.W.A. over the past two years and to look forward to even greater success in the years to come.

VANITHA MUDALIAR

BARBARA CLARKSON

EXECUTIVE COMMITTEE MEETING

The Executive Committee will meet on Tuesday, 2nd August 1988, 10.00 am at the residence of Vijaya Balu, 'Shrinichi' 12-14 Sullivan Street, Santhome, Madras 600 004.



HEALTH AND ECOLOGY

Thursday : 4th August 10.00 am

At : The Conference Room,
2nd Floor
Chemicals & Plastics India Ltd.,
8 Cathedral Road, Madras 600 086.

The only person practising Aromatherapy in Madras, I.W.A. member BIMALA BHATLA was trained in Leicestershire (Hinkley) U.K.

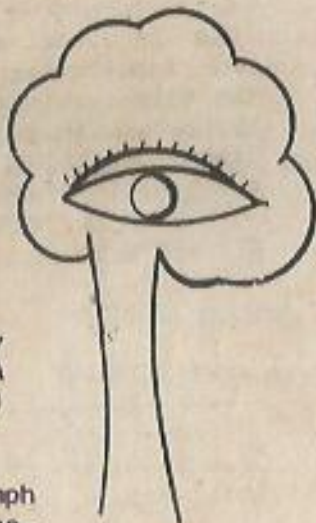
Aromatherapy facial massage involves lymph drainage, Acuva pressure points and Neuro-muscular movements on the face and head. This facial is highly effective in cases of tension, headache, fatigue, sinus, migraine, insomnia, and beauty treatments, compared to regular facials available in Madras.

Bimala Bhatla will give a demonstration of an Aromatherapy facial. The oils and packs used in these facials are all imported.

All are welcome

VIJAYA BALU

EIRA DOSHI

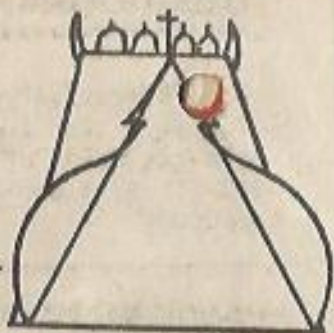


HISTORY, CULTURE & TOURS

Monday 8th August, 4.00 pm
(Please note the time)

At : American Centre Auditorium
Gemini Circle, Madras 600 066.

There will a screening of "Portrait of
America : Arizona" (60 minutes, colour).



This is a part of a series on the United States
and Territories. Hosted by Actor HAL HOLBROOK,
the film examines the individual character of the
State of Arizona via a scenic trip through the
State, pointing out its cities, towns, historic
and tourist areas and above all its scenic beauty.



All are welcome.

JENNIFER RAMACHANDRAN

JANET DE PENNING

We have planned a few short tours in and around
Tamil Nadu -

- a) a two day trip to Ooty in October to see Toda settlements;
- b) A two day trip to Chettinad in the last week of November or first week of December;
- c) a two day trip to Chidambaram early next year.
- d) a one day trip to Pondicherry.

Those of you who are interested in coming on these
trips - please contact either one of us to give your names.

JENNIFER RAMACHANDRAN 615884

JANET DE PENNING 475980

(Please call only between 8 am & 9 am)

ART AND HANDICRAFTS AND CURRENT EVENTS

Thursday, 11th August, 10.00 am

At : Maureen Hemingway,
33/1 Poes Garden,
Madras 600 086.

Computer Graphics is such a highly developed art in today's world.

Ms. Shobha Gopal will introduce us to this fascinating world of computers, tracing the evolution of computers, the computer culture, the computer languages and will also tell us what the future holds for the next generation.

SUJAYA MENON

NANDITHA KRISHNA

KATHLEEN MASON

MAUREEN HEMINGWAY

Dear Member,

Each month the addresses of members are checked and re-checked and only then the newsletter is posted. It is not due to the fact that we are not posting them but if you do not get your newsletter it is due to the vagaries of the postal system. So, if you have not received your newsletter, please come to my office & contact Miss. Vijayalakshmi, 1st Floor, Wooltop Weaves, 44, C.P. Ramaswamy Road, Madras 600 018 and pick up a newsletter

NIRMAL NIRZA

CURRENT EVENTS

Friday, 12th August 6.00 pm
(please note the time)

At : CHOLA SHERATON
10 Cathedral Road
Madras 600 086.



In more ways than one, this is indeed a bonus meeting for I.W.A. members. Here is a marvellous opportunity to meet and hear one of India's brilliant diplomats who has had a many splendoured career. He is none other than our former Foreign Secretary - Mr. A.P. VENKATESHWARAN. As India's envoy he has served all over the world and had been posted in Addis Abbaba, U.S.A., Europe, Moscow and China. During such a distinguished career, he was not only outstanding as his country's representative but he earned a great amount of goodwill for India. Imbued with a subtle touch of humour, he has always been considered an excellent speaker.

Mr. Venkateshwaran will speak to us on 'The Art of Diplomacy'. As this is bound to generate a great deal of interest we have arranged this meeting in the evening.

All are welcome.

SUJAYA MENON

KATHLEEN MASON

(Please look at the display board when you enter the foyer of Chola Sheraton. This will indicate to you which room the meeting is scheduled.)

MUSIC AND PERFORMING ARTS

Thursday, August 18th, 10.00 am

At : C.P. Art Centre,
1, Eldama Road,
Madras 600 018.



This month we are privileged to present the well-known theatre personality Noshir Ratnagar in a theatre workshop for IWA members. This is an opportunity for those of us with an interest in drama to get special guidance from Mr. Ratnagar.

PROGRAMME

10.00 am - First Session

11.15 am - Coffee Break

11.30 am - Final Session

SUREKHA KOTHARI

MARGARET SEKARAN

We would like to organise a choral group comprising of IWA members and their children to sing national songs in different languages on 26th January, 1989 for the Republic Day. Members are requested to volunteer in full strength and give in their names to me latest by 31st July. Rehearsals will commence in August.

SUREKHA KOTHARI

BOOK DISCUSSION

Tuesday, 23rd August 10.00 am

At : **Noreen Diehr,**
23, Kamal Apartments,
IV Main Road,
Raja Annemalapuram,
Madras 600 028.

Tel: 455038

Due to the non-availability of Murari's 'Taj' - our group will discuss V.S. Naipaul's 'House for Dr. Biswas'.

SARA CHANDA

NANCY SINGH



PHILOSOPHY AND RELIGION

Friday, 26th August 10.00 am

At : **Soviet Cultural Centre,**
Kasthuri Ranga Road,
Madras 600 018.

To commemorate the millenium of the Russian Orthodox Church, a special screening of two films comes to us courtesy - 'Soviet Cultural Centre'. The films are (1) The Catholics of USSR and (2) Churches in the USSR.

LEELA RATNAM

CHRISTINA ENGRALL



CURRENT EVENTS

Thursday, 30th August 10.00 am

At : Dupleix Room,
Taj Coromandel Hotel,
Nungambakkam High Road,
Madras 600 034.

Renowned author, SHIVASHANKARI will speak on 'LET'S SAY NO TO DRUGS'. As a creative writer, Shivasankari has to her credit 67 novels, 100 short stories and novelettes, 6 travelogues and a biography of the late Prime Minister Smt. Indira Gandhi. Although honours and encomiums have been showered on her, Shivashankari has not just basked on her laurels, but has worked very hard in the field of rehabilitation of alcoholics and drug addicts, with outstanding results. In recognition of her meritorious service, she has been inducted as a member of several committees both on the State and Central level. She is a member of the National Committee for women headed by the Prime Minister himself.

Come and share Shivashankari's thoughts on 'Let's say no to drugs'.

All are welcome.

SUJAYA MENON

KATHLEEN MASON

Calling the attention of I.W.A. members

~**

OFFICE MEMO
CORPORATION OF MADRAS

The Health and Ecology meeting on the 7th of July when Mr. L. Menezes, Special Officer of the Municipal Corporation addressed our members proved to be an interesting and informative meeting. Many members brought to the attention of Mr. Menezes some of the problems which harass citizens in the city of Madras, like

- (1) Open manholes in and around your house on the road ;
- (2) Accumulation of construction debris, waste material and garbage on the lane causing traffic obstruction ;
- (3) Encroachment of open parks for any other purposes ;
- (4) Platforms outside your houses being used by tea stalls, cycle and scooter repairs, and pavement vendors ;
- (5) Unauthorised hoardings defacing the locality and several other irritants causing untold nuisance to citizens.

Mr. Menezes after a patient hearing of our grievances has promised to remedy them, if we approach him with our specific problems in specific areas. He suggested the formation of a "Citizen' Vigilance cell" which could be instituted by gathering together all interested citizens who will take up these causes and liaison between the corporation and public. He is hopeful that if people could shed their apathy and inhibitions and join in large numbers, we can achieve our goal of a cleaner, greener Madras in the near future.

The Corporation can provide - 'gar movers' to pick up garbage collected in plastic bags. (Bags can be bought at Rs.8/- for 10 large bags) The gar movers will visit your street and collect your garbage bags at an appointed hour on a specified day of the week from your compound.

The Corporation can provide saplings, tree guards and help plant trees along your road; but you have to water and take care of the trees until they can take care of themselves.

As a good citizen we must create an awareness among the people that cleanliness is a prime requisite of good health.

To implement all these ideas and ideals, we would like I.W.A. members to join this drive and hence we would like to form a vigilance cell of our own. We could meet after every health and ecology meeting and chalk out areas and discuss our plan of action. Any specific problems can be conveyed by us to Mr. Menezes.

Please fill in the form and send it to either one of us. Your active co-operation can make I.W.A.'s vigilance cell help the city's administrators keep Madras clean and green. So, sign up and join us.

VIJAYA BALU

EIRA DOSHI

I would like to join the vigilance cell Committee.

Name :

Telephone :

Signature

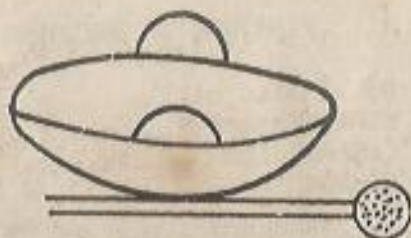
enlarged. We extend a warm welcome to our new members and wish them a rewarding association with I.W.A.!

NEW MEMBERS

VIJAYALAKSHMI	ACHARYA	KAMALA	MUTHIAH
GITA	BANKER	RADHA	PARTHASARATHY
RADHA	DACA	SHARADA	RAJAMANI
RANI	DAS GUPTA	NALINI	RAMAKRISHNA
JOY	GRICE	SHILU	RANGANATHAN
SHOBHA	HEBBAR	VIJAYA	RANGARAJAN
GEETHA	IYENGAR	URMILA	SATHYANARAYANAN
RENU	JALAN	INDRA	SIVASUBRAMANYAN
MANJULIKA	JHAVER	MALATHI	SRINIVASAN
MARIANNE	KELLY	CLAIRE	TALWAR
BELA	KHALEELI	FUMI	TANAKA
DIMPLES	KHANNA	DAGMAR	THOMSEN
URMILA	KRISHNAMURTHI	CLETA	VALLES
LALITHA	MONTEIRO	DALLY	VERGHESE
MAUREEN	MURARI	JOHANNE	YOXALL

COOKING SWAPSHOP

Here are the recipes of Salads demonstration of the April meeting through kind courtesy of the Chef of Taj Coromandel Hotel, Madras.



SALADS (4 portions)

1. ALOO CHAT

Method & Ingredients:

Potatoes diced	-	4 nos.
Chat masala	-	4 tbsps
Tomato sauce	-	$\frac{1}{2}$ cup
Green chilli chopped	-	3 nos.
Coriander leaves	-	1 tbsp

Little chilli powder. Mix all ingredients. Chill and serve.

2. TOSSED SALAD

Method & Ingredients:

Cucumber diced	-	1 no.
Tomato diced	-	2 nos.
Carrots sliced	-	1 no.
Onion diced	-	1 no.
Capsicum	-	1 no.

Mix with vinaigrette dressing. Salt, pepper to taste.

3. CURRIMBHOY SALAD

Method & Ingredients:

Shredded lettuce	-	3 bunches
Egg	-	2 nos.
Chopped garlic	-	5 cloves

Mix with mayonnaise sauces. Salt, pepper to taste.

SAUCES

1. VINAIGRETTE DRESSING

Oil (Saled oil)	-	8 tb sp
Wine vinegar	-	3 tb sp
Lemon juice	-	1 tb sp
Sugar	-	$\frac{1}{4}$ tb sp

Salt and white pepper to taste

2. MAYONNAISE

Egg yolks	-	2nos.
Salad oil	-	250 ml
Vinegar	-	1 tb sp
French mustard	-	1 tb sp
Lemon juice	-	1 tb sp

Generous pinch each of salt and sugar. A pinch of pepper.

Beat the oil with vinegar, lemon juice, sugar, salt and pepper.

Vinaigrette dressing goes well with all kinds of veg salads.

Method for mayonnaise:

Beat the egg with yolk with salt, sugar, pepper and mustard until frothy. Add the lemon juice and leave the mixture to stand for a few minutes, then whisking continuously, add the oil a few drops at a time until the mixture is thick. Stir in a little vinegar, then continue adding the oil in a slow steady stream, whisking all the time. Keep adding a few drops of vinegar whenever the mayonnaise becomes thick so it can absorb more oil. Continue in this way until all the oil is incorporated. The mayonnaise goes well with Russian salad, chicken salad, potato salad and egg.

3. FRENCH DRESSING

Lemon juice	-	3	tb	sp
Sugar	-	$\frac{1}{2}$	tb	sp
Mustard powder	-	$\frac{1}{2}$	tb	sp
Salad oil	-	1	tb	sp

Salt, pepper to taste.

Beat the lemon juice with the salt, pepper sugar and mustard powder. Gradually mix in the oil beating continuously. French dressing goes well with all kinds of lettuce.

4. YOGHURT DRESSING

Yoghurt	-	150	gms	(thick)
Lemon juice	-	2	tb	sp
Oil	-	1	tb	sp

Salt and pepper
Chopped fresh mixed
herbs (parsley, basil
and dill) - 2 tb sps

Mix the Yoghurt with the lemon juice and oil and whisk until creamy. Stir in the salt, pepper and herbs. Yoghurt dressing goes well with hard boiled eggs.

EXECUTIVE COMMITTEE

OFFICERS

PRESIDENTS	:	Vanitha Mudaliar Barbara Clarkson	662825 863129
VICE PRESIDENTS	:	Nirmal Seshedri Aruna Vijaykumar	410679 472732
SECRETARIES	:	Nirmal Mirze Audrey Sprague	453574 475523
TREASURERS	:	Lakshmi Padmanshben Anneliese Marwah	864334 478749

ACTIVITY CHAIRPERSONS

ART & HANDICRAFTS	:	Nanditha Krishna Maureen Hemingway	451850 452273
COOKING SWAPSHOP	:	Leelamani John Kazuko Uchida	453169 472826
BOOK DISCUSSION	:	Sarah Chanda Nancy Singh	454265 666429
CURRENT EVENTS	:	Sujaya Menon Kathleen Mason	417464 418902
MUSIC & PERFORMING ARTS	:	Surekha Kothari Margaret Sekharan	472690 611095
HISTORY, CULTURE & TOURS	:	Jennifer Ramachandran Janet De Penning	615884 475980
PHILOSOPHY & RELIGION	:	Leela Rathnam Christine Engvall	452123 454419
HEALTH & ECOLOGY	:	Vijaya Balu Eira Doshi	72589 471706