



International
Women's
Association

JULY 1990

JULY 1990
MONTH AT A GLANCE

Tuesday	July 3rd	CURRENT EVENTS: U.S. and Indian legal experts discuss "Women and the law".	<u>6.00 p.m</u>
Thursday	July 5th	ART AND HANDICRAFTS: LILY VIJAYARAGHAVAN enlightens us on functional antiques.	10.00 a.m
Tuesday	July 10th	COOKING SWAPSHOP: Tandoori cuisine by KUSUM CHADDA.	10.00 a.m
Thursday	July 12th	MUSIC AND PERFORMING ARTS: ODISSI dance recital by famous dance exponent SONAL MANSINGH	<u>6.00 p.m</u>
Friday	July 13th	PHILOSOPHY AND RELIGION: A trip to Kancheepuram - a unique opportunity to be in the presence of the three great Acharyas of Kanchi Kamakoti Peetham.	<u>8.30 a.m</u>
Monday	July 16th	MUSIC AND PERFORMING ARTS: Musical tribute to "HERBERT VON KARAJAN"	10.00 a.m
Tuesday	July 17th	BOOK DISCUSSION: SUREKHA KOTHARI reviews VIKRAM SETH'S delightful Odyssey "FROM HEAVENS GATE"	10.00 a.m
Thursday	July 19th	HISTORY CULTURE AND TOURS: Dr. NANDITHA KRISHNA shares her experiences of Cambodia with us.	10.00 a.m
Wednesday	July 25th	FOUNDERS DAY: Friendship evening followed by Choral concert presented by GITA MENON	<u>5.00 p.m</u>
Tuesday	July 31st	HEALTH AND ECOLOGY: Dr. PETER FERNANDEZ speaks to us on hypnotism.	10.00 a.m

FROM THE DESK OF THE PRESIDENTS

This month we celebrate Founders' Day with a special meeting at the British Council Division Auditorium on July the 25th arranged by the Music and Performing Arts Chairpersons, Christina Engvall and Nirmal Seshadri. This seems very appropriate as Nirmal Seshadri is one of our Founder Presidents. We do hope that everyone will be able to attend. It will be a good opportunity for us all to get together after the long, hot summer, to meet new members and to remember those friends who have left Madras.

It is four years since the IWA was started. A lot has been achieved in this time and we look forward to many more successful years.

In a growing organisation such as ours, with an increasing number of enthusiastic members, we thought that this would be the right time to look into the selection/election procedures. If you have any comments which you think might be helpful, please write to us.

Yet again, there is an interesting and varied programme of activities this month. We hope to see you at the meetings, particularly the one on Founders' Day.

SUNITA SHAHANEY

JANET PICKEN

FROM THE DESK OF THE VICE-PRESIDENTS

We do hope that you will write to us, for any information that you may want included in the newsletter. We look forward to hearing from you. Any suggestions for the Newsletter itself are also welcome.

NIRMAL MIRZA

JANET De PENNING

FROM THE DESK OF MEMBERSHIP TREASURER

Please notify any change in address or telephone number. A new telephone directory is being compiled. You may call me any day between 7 a.m. and 8 a.m. only at 72589 or write to me at 12 Sullivan Street, Santhome, Madras 600 004.

The name badges for the new members may be collected on payment of Rs.6/- at IWA meetings on July 3rd, 10th, 12th and 25th.

VIJAYA BALU

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We welcome the following New Members

- | | |
|------------------------|------------------------|
| 1. Suzan Abdolwahabi | 14. Nor Mottahatti |
| 2. Fauziah Ali | 15. Shoba Mazumdar |
| 3. Padma Ashok | 16. Devaki Muthiah |
| 4. Shyamala Badsha | 17. Aruna Prasad |
| 5. Hilal Chida | 18. Bala Rajamani |
| 6. Irene Dass | 19. Sashi Ravichandran |
| 7. Sherna Irani | 20. Shireen Ryan |
| 8. Brahada Kameswaran | 21. Madhuri Shah |
| 9. Sharda Khemka | 22. Dakeha Sheth |
| 10. Chandra Lulla | 23. Kalpana Sonthalia |
| 11. Angelika Mandaiker | 24. Susamma Thampi |
| 12. Aseel Mathur | 25. Reena Verghese |
| 13. Jaya Menon | 26. Gayathri Bewoor. |

EXECUTIVE COMMITTEE MEETING

Wednesday, June 27th, 1990 - 10 a.m.

At: Sujaya Menon
52A, Beach Road
Kalakshethra Colony
Madras - 600 090.



CURRENT EVENTS



Tuesday, July 3rd, 1990 - 6.00 p.m.

At: Lulu Cohen,
180, Kodambakkam High Road,
Madras - 600 034.
Tel: 471700

How does the law treat Women? Come and listen to two legal experts from India and the U.S. share their expertise. We are fortunate in having a delegation of 12 U.S. academics from the State of Georgia with us.

CAROL G. DONNER, leader of the delegation will speak to us, while our Indian speaker will be GEETA RAMASESHAN, a leading advocate.

SARAH CHANDA

LULU COHEN

NEWSLETTER

Dear Member,

We hope that you will receive your Newsletters by the 1st of each month. If by chance, you do not, please contact NIRMAL MIRZA at Wooltop Weaves. They have extra copies and one can be collected from there. The address is:

Wooltop Weaves
44 C.P. Ramaswamy Road
Abhiramapuram
MADRAS - 600 018.

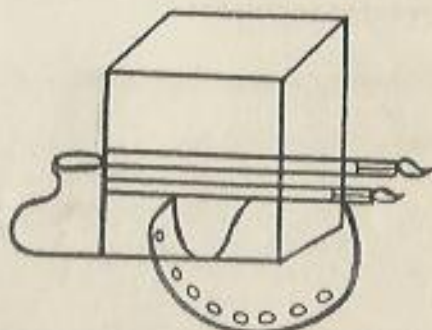
NIRMAL MIRZA

JANET de PENNING

ART & HANDICRAFTS

Thursday, July 5th 1990 - 10.00 a.m.

At: Chandra Sankar,
292, T.T.K. Road
(Mowbrays Road),
Madras - 600 018.
Tel: 454999



The antique boutique of Mrs. Lily Vijayaraghavan is a popular haunt of every discerning housewife in the city. Lily Vijayaraghavan, hailing from a well known family of antique experts, is a store-house of knowledge on functional antiques. She will display and talk about what the Indian women used in the kitchen and for adorning themselves in the bygone era. Various games and toys used in those days will also feature in her talk.

All are welcome.

MALINI VIJAYARAGHAVAN

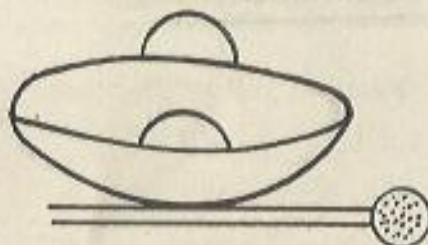
VIJAYA RANGARAJAN

**** Chandra's house is off Mowbrays Road in a lane close to the Music Academy end. Enter Mowbrays Road from Cathedral Road and turn right at Mowbrays Apartments.

COOKING SWAPSHOP

Tuesday, July 10th 1990 - 10 a.m.

At: Binu Mullick,
2, Crescent Gardens,
Boat Club Road, 3rd Avenue,
Madras 600 028.
Tel: 450699



Kusum Chadda will transport us to the land of the Tandoor and show us how to make Tandoori Chicken, Kali Dal and Naan.

Please note that this is a non-vegetarian demonstration. Limit 35 only.

R.S.V.P. Please call Rani (434233) only between 8 a.m. and 9 a.m.

What's Cooking

As mentioned in June's Newsletter, we are going ahead with the I.W.A. Cook book. A lot of interest has been shown and now we need your favourite tried and tested recipes as soon as possible. Feel free to send in for selection as many recipes as you like, from as many different places. From Ireland to Imphal; from Mayonnaise to Mango Chutney; from hors d'oeuvres to hot toddy; from Canapes to Chocolate Mousse. Please send in your recipes to :

Sheila Pride,
33/1 Poes Garden, OR
Madras 600 086
Tel: 452273

Rani Chada,
207 Defence Colony,
Madras 600 097
Tel: 434233

MUSIC AND PERFORMING ARTS

Thursday, 12th July 1990 - 6.00 p.m.

At: The Soviet Cultural Centre Auditorium,
27 Kasturi Ranga Road,
Madras 600 018.
Tel: 454050



ODISSI is one of the six main classical dance forms of India. Not frequently seen on the performing stage in the South, Odissi when performed by accomplished artistes like SONAL MANSINGH can emerge as poems of grace and rhythm which can conjure up the majestic beauty of Konarak and the lyrical exuberance of the Vaishnavite poets of yore. Sonal with her impeccable adherence to tradition, has incorporated in her repertoire numbers based on classical themes like "Sita Swayamvar" from Tulsides' "Ramacharitha manas" and "Magdaleena Mariam" a Malayalam poem of the great Kerala poet Vallathol. Sonal has also choreographed contemporary themes. Sonal who is equally proficient in Bharathnatyam, is the Director of the Centre for classical dances in New Delhi.

This evening, this renowned exponent of two classical dance forms will present a dance demonstration in Odissi.

All are welcome.

NIRMAL SESHADRI

CHRISTINA ENGVALL

PHILOSOPHY & RELIGION

Friday, 13th July 1990 - 8.30 a.m.

Meet at PARK SHERATON

Departure by car or van for Kanchi Mutt -
Kancheepuram.



His Holiness Jagathguru Sri Chandrasekharendra Saraswathi Swamigal is a living embodiment of the highest form of Indian scholarship and spirituality. 83 years ago the Paramacharya was crowned the 68th Sankaracharya of Sri Kanchi Kamakoti Peetham when he was just 14 years old. His 97th Birthday was on 7.6.90. To meet and seek blessings of all the three Swamigals - the members will gather at Park Sheraton at 8.30 a.m. to leave for Kanchipuram.

There will be a talk in English on the history and religious importance of the Kanchi Mutt. We will be back in Madras by 1.30 p.m.

Please fill in the tear off slip and hand it over to or post to Sangeet Chopra, 25/1 Ranjit Road, Kotturpuram, Madras 600 085.

SANGEET CHOPRA

CLAIRE TALWAR

R.S.V.P. Tel. No. 410759 / 868551

Time : Before 10.00 a.m. Last Date 7.7.1990

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I will be joining the trip to Kancheepuram.

Name :

Tel. :

MUSIC AND PERFORMING ARTS

Monday, 16th July 1990 - 6.00 p.m.

At: The Seminar Hall,
Max Mueller Bhavan,
13, Khader Nawaz Khan Road,
Madras 600 006.
Tel: 861314



On the 16th of July 1989, the music world lost a true musical phenomenon in the death of the illustrious conductor, HERBERT VON KARAJAN. Few conductors had the charisma and genius of Karajan, who literally burst on to the musical scene with the impact of a meteor and had a spectacular rise to fame. From concert halls to opera houses around the world, he generated more excitement and controversy than any other conductor.

Today, we join hands with the Max Mueller Bhavan to present a musical tribute to his memory with a special screening of a video film of the Gala Memorial Concert held at the Salzburg Festival Hall, with great names like Sir George Solti, Seiji Ozawa and James Levine conducting the Vienna Philharmonic Orchestra and featuring great artists (both vocalists and instrumentalists) who came forward to pay their musical homage to Karajan. There is a short film clipping of one of Karajan's last appearances at the Salzburg Concert Hall conducting Beethoven's "Eroica". For the true lovers of classical music, this is a treat.

Members only.

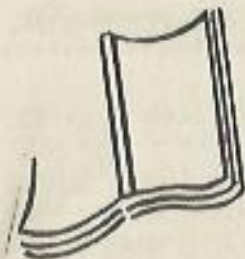
NIRMAL SESHADRI

CHRISTINA ENGVALL

BOOK DISCUSSION

Tuesday, 17th July 1990 - 10.00 a.m.

At: Surekha Kothari,
28, Kothari Road,
Madras 600 034.
Tel: 47-2690



For those of us unable to do the recent China trip, we take a flight of fancy with Vikram Seth's delightful odyssey "From Heaven's Gate." Surekha Kotheri who went on the China trip will review the book and compare her travels, which we trust were less eventful than the adventures of Vikram.

"Emperor of the Air" by Eathan Canin - a collection of short stories will follow in August. V.S. Pritchett's "A Careless Widow" is not readily available and regrettably will not be included in the Aug. review. R.K. Narayan's "The World of Nagaraj" is scheduled for September.

ANNA ABRAHAM

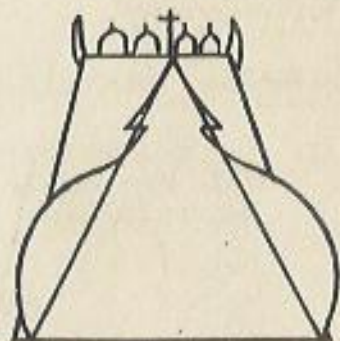
MAUREEN HUDSON - MURARI

CONGRATULATIONS! to VANITHA MUDALIAR on the birth of her grand daughter on May 1st, 1990.

HISTORY, CULTURE AND TOURS

Thursday , 19th July 1990 - 10 a.m.

At: Vidya Srinivasan,
2 Satyanarayana Avenue,
Madras 600 028.
Tel: 450959



Dr. NANDITHA KRISHNA, who has just been to Cambodia to study the method of restoration of monuments has exciting experiences to share with us. She will speak on the restoration of the famous temple of ANGKOR WAT in Cambodia.



All are welcome.

SUJAYA MENON

SIGRUN NEUMANN

R.S.V.P. Tel: 450959 (Between 10 am & 5 pm).

Limit 45.

FOUNDERS' DAY

Wednesday, 25th July 1990 - 5.00 p.m.

At: The British Council Auditorium,
737, Anna Salai,
Madras 600 006.

HAPPY BIRTHDAY TO I.W.A.!

We will celebrate Founders' Day with an evening of friendship and a special Western Choral music concert presented by GITA MENON with her unique, choir group, the POLYPHONICS, which was first established in 1986. Gita, an IWA member, is well known in Western music circles of Madras, not only as a choral director, but also as a pianist of renown.

All members are welcome.

No guests.

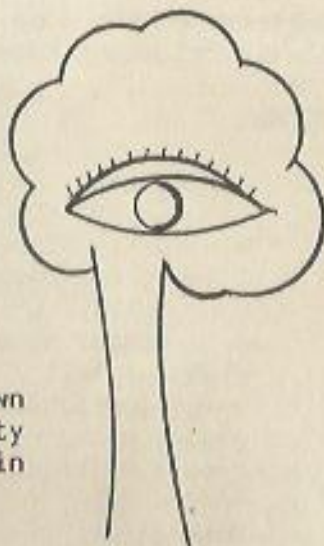
An R.S.V.P. is most essential to enable us to cater for the tea. Please fill in the tear off slip below and hand it over to any of the board members by the 20th July 1990.

We look forward to seeing you all at this special evening.

HEALTH & ECOLOGY

Tuesday, July 31st 1990 - 10.00 a.m.

At: C.P. Remaswami Aiyar Foundation,
1 A, Eldams Road,
Alwarpet,
Madras 600 018.



HEALTH AND HYPNOSIS

Dr. Peter Fernandez is a well known psychiatrist and hypnotherapist in the city of Madras, with an experience of 30 years in the field of medicine.

He is at present Prof. of Psychiatry at Madras Medical College and Supt. Institute of Mental Health, Kilpauk, Madras. He is the Founder-Director of the rehabilitation unit - 'Industrial Therapy Centre' for chronic mental patients in the Institute of Mental Health, Madras. This therapy Centre is the only one of its kind in India.

Dr. Peter Fernandez will be speaking to us on how hypnotism can be used to cure various problems.

Please call Ms. Shantha at 451249 between 2 p.m. and 5 p.m. to warn in.

NANDITHA KRISHNA

MAUREEN THADANI

Recipes of the June Cooking Swapshop meeting as demonstrated by
Sheila Pride and Roma Alberts

SCONES

Ingredients

8 oz plain flour
2 level teaspoons baking powder
2 oz butter
1 oz castor sugar
pinch of salt
1 egg (optional for a richer scone)
 $\frac{1}{2}$ pint milk
1 to 2 oz fruit if desired.

Methods:

Sift flour, baking powder and salt. Rub in butter, add sugar and fruit. Beat the egg with milk. Mix to a soft but not a sticky dough with the egg and milk. Turn on to a lightly floured board and knead quickly until smooth. Roll out to $\frac{1}{2}$ " thickness. Cut into rounds with 3 inch cutter. Place on a greased baking tin or tray and brush the top with milk. Bake in a hot oven (450 degrees F - Gas Mark 7) for 12 to 15 minutes. Cool on a wire tray. Scones are normally served at tea with cream and strawberry jam.

APPLE CRUMBLE

Ingredients

4 oz plain flour
1 to 2 oz butter
2 oz sugar

Method:

Rub the butter into the flour until the mixture resembles fine breadcrumbs. Mix in 2 oz sugar. Sprinkle crumble mixture onto of semi cooled cooked apples or any other fruit of your choice. Bake in the middle of a moderately hot oven (400 degrees F - Gas Mark 5) for 15 to 20 minutes. Serve hot or cold with cream, custard or ice cream.

ROCK CAKES

Ingredients

8 oz plain flour
2 level teaspoons baking powder
3 oz butter
2 to 3 oz dried fruit
3 oz sugar
1 egg
milk to mix

Method:

Sieve flour and baking powder, rub in butter. Add sugar and fruit. Add beaten egg and milk to form a stiff mix. Put small heaps onto a greased baking tin. Bake in a hot oven (450 degrees F - Gas Mark 7) for 10 to 12 minutes.

Note: All the recipes make enough for approximately 8 to 10 people.

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EXECUTIVE COMMITTEE

PRESIDENTS	:	Sunita Shahaney Janet Picken	450759 451505
VICE-PRESIDENTS	:	Nirmal Mirza Janet De Penning	415672/ 455834 456529
SECRETARIES	:	Lakshmi Padmanabhan Aruna Vijaykumar	864334 472732
TREASURERS	:	Vijaya Balu Seema Sait	72589 612800

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Malini Vijayaraghavan Vijaya Rangarajan	865798 444334
BOOK DISCUSSION	:	Anna Abraham Maureen Hudson Murari	416818 662627
COOKING SWAPSHOP	:	Rani Chada Sheila Pride	434233 452273
CURRENT EVENTS	:	Sarah Chanda Lulu Cohen	454265 471700
HEALTH & ECOLOGY	:	Nanditha Krishna Maureen Thadani	451850 411694
HISTORY, CULTURE & TOURS	:	Sujaya Menon Sigrun Neumann	417464 413294
MUSIC & PERFORMING ARTS	:	Nirmal Seshadri Christina Engvall	413820 454419
PHILOSOPHY & RELIGION	:	Sangeet Chopra Claire Talwar	410759 868551

Edited and compiled by the Vice-Presidents.