



International
Women's
Association

AUGUST 1991

I W A NEWS LETTER

Vol. VI No. : 3
Madras

AUGUST 1991

MONTH AT A GLANCE

Monday, August 5th	MUSIC & PERFORMING ARTS Rita Saldanha conducts a play reading	10-00 a.m.
Thursday, August 8th	PHILOSOPHY & RELIGION A talk on Yoga and the Control of Pain	6-00 p.m.
Tuesday, August 13th	COOKING SWAPSHOP Demonstration of snacks and decorations	10-00 a.m.
Tuesday, August 20th	HEALTH & ECOLOGY A talk on Humour and Health	10-00 a.m.
Thursday, August 22nd	HISTORY, CULTURE & TOURS Viewing of the film NEXT YEAR IN JERUSALEM and a discussion with the film maker	10-00 a.m.
Tuesday, August 27th	BOOK DISCUSSION A filmed interview of John Updike and a discussion on his book RABBIT IS RICH	10-00 a.m.
Friday, August 30th	CAREERS Three women diplomats talk about Women in Diplomacy	9-30 a.m.

FROM THE PRESIDENTS

Dear Members,

We hope you enjoyed the July meetings. Please make it a point to attend at least one or two meetings a month at the beginning of the year, so that you cover your attendance.

Your Activity Chairpersons have many exciting programmes in store, but if you have any ideas or suggestions, please contact them.

As Nor Mothahatti has had to return to Malaysia, Aruna Vijaykumar has kindly agreed to be Co-Chairperson for History, Culture & Tours.

Most of all, enjoy yourself at our meetings together with your fellow IWA members.

STINA VASU
NIRMAL MIRZA

EXECUTIVE COMMITTEE MEETING :

Tuesday, 6th August 1991—^{11:00 a.m.}~~10:00~~ a.m.

At : Nanditha Krishna
1, Eldams Road
Alwarpet
Madras-600 018
Tel. : 451249/451850



We welcome our New Members :

MALA ANAND
The Chief Justice's House
23, Greenways Road
Madras-600 028
Phone : 839562

CHANDRA PADMANABHAN
2A, Gettu Apartments
4, Venkatapathy Street
Kilpauk
Madras-600 010
Phone : 617011

RUTH LOCKWOOD
Madras Christian College
Tambaram
Madras-600 059
Phone : 402883

RUPA VARMA
9, North Mada Street
Srinagar Colony
Madras-600 015
Phone : 2351442

CHANGE OF STATUS IN MEMBERSHIP

The Past President of our parent body, INDUS-Bombay, has now moved to Madras :

SHAKUNTHALA JAGANNATHAN
'Ram Sharan'
222, T. T. K. Road
Madras-600 018
Phone : 459199

Beena has now moved to Bangalore and will continue as an inactive member :

BEENA JOYKUTTY
1186, Shakira Villa
12B, Second Main
HAL 2nd Street
Indira Nagar
Bangalore-560 058
Phone : 568610

CHANGE OF ADDRESS :

SHOBHA MUZUMDAR
"Rahul"
24, Cenotaph 1st Street
Teynampet
Madras-600 018
Phone : 452164

SHEELA SHETTY
11, Muktha Garden
Spur Tank Road
Chetpet
Madras-600 031

SHEREEN RAYAN
15, East Avenue
K. P. Puram
Off Greenways Road
Madras-600 028
Phone : 839166

VIMAL SHIVDASANI
9, Harrington Road
Madras-600 031
Phone : 478911

CORRECTION :

KANAMA RANGA RAO
'Parijatha'
10, St. Laurant
Pondichery-605 001

SHOBANA THOMAS
20, Pals Court
18, Wheatcroft Road
Madras-600 034
Phone : 477088 (PP)

CHANGE OF TELEPHONE NUMBERS :

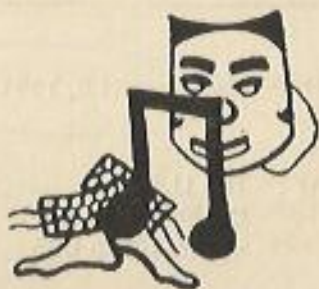
Maureen Hudson-Murari
Phone : 6413027

Neelu Sawhny
Phone : 458614 (R)

MUSIC AND PERFORMING ARTS

Monday, 5th August, 1991—10-00 a.m.

At : Stina Vasu
6, Cathedral Road
Madras-600 086
Tel. : 478900



Join us for a morning of play-reading, directed and presented by RITA SALDANHA and I. W. A.'s talented thespians.

NOEL COWARD's comedy "HANDS ACROSS THE SEA" deals with the hilarious situations in which the scatterbrained Lady Gilpin finds herself.

Also, HUGH LEONARD's delightful comedy "PIZZAZZ" which explores the nuances of American English.

All are welcome.

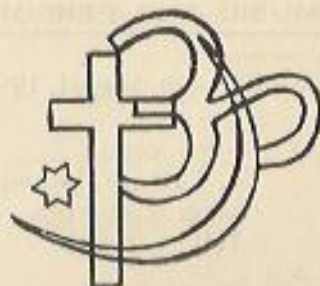
**RANI ANANTH
MARINA AROUTHUNIAN**

SEEMA SAIT has had a baby girl. Welcome, Samia !

PHILOSOPHY AND RELIGION

Thursday, August 8, 1991—6-00 p.m.

At : The U.S.I.S.
Cathedral Road
Madras-600 006



YOGA AND THE CONTROL OF PAIN

"If there is something that is impossible for us to do today and we find a means by which it becomes possible, that movement is yoga." This is how T. K. V. DESIKACHAR defined yoga during one of the first lectures he gave at Colgate University in the United States as a part of a special studies program. The son and student of T. Krishnamacharya, Mr. Desikachar has spent much of his life exploring the movement of yoga and will speak on one of the many concrete "impossibilities" the discipline of yoga enables us to overcome : pain.

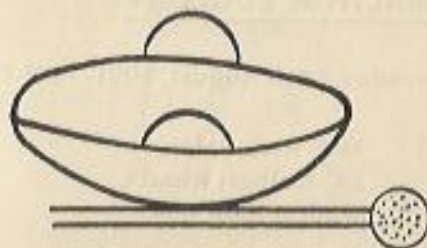
MENAKA PRABHAKAR
LEE LAWRENCE

Those who are interested in Mr. G. Naganathan's speech on Fasting (Philosophy and Religion, June 13th) may collect a xeroxed copy of his paper from Mr. Vasan or Mrs. Shantha at the C. P. Ramaswami Aiyar Foundation, 1, Eldams Road, Madras-600 018, between 10-00 a.m. & 5-30 p.m., on payment of Rs. 10/-

COOKING SWAPSHOP

Tuesday, 13th August, 1991— 10-00 a.m.

At : Meera Jayakar
17, Shaffee Mohammed Road
Madras-600 006
Tel. : 475887



USHA BAIL will demonstrate quick North Indian snacks with spicy chutney, and also marzipan roses for decoration on cakes and puddings.

Please warn in to :

Shobana Thomas : 477088

Helen Carr : 473910

between 6-00 and 7-00 p.m.

SHOBANA THOMAS
HELEN CARR

I. W. A. Cook Books are still available.

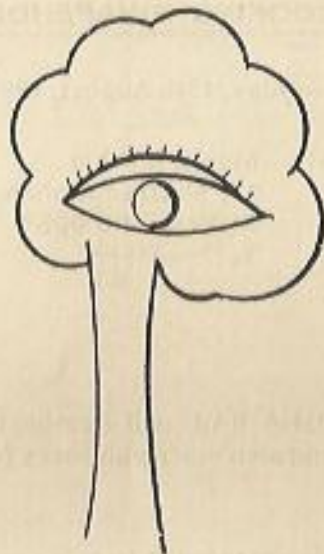
Members copies at Rs. 100/- each (one per member) are available from VANITHA MUDALIAR or LAKSHMI PADMANABHAN.

Additional copies at Rs. 125/- each are available from STINA VASU, NIRMAL MIRZA (at Wooltop Weaves) or SUNITA SHAHANEY.

HEALTH & ECOLOGY

Tuesday, 20th August, 1991—10-00 a.m.

At : Mrs. Renu Jalan
34, Kothari Road
Madras-600 034



HUMOUR AND HEALTH

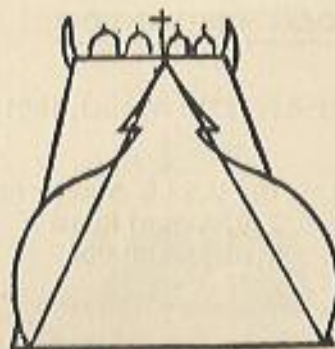
Mr. D. V. RAGHAVAN will speak on the mechanism and psychology of humour. His talk will cover many aspects relating to the motivation and its psychic implications on our health and well-being. With a wide range of illustrations, he will explain how frequent reliefs from humour are badly needed in our daily humdrum life and how a sense of humour helps to clear the gloom which is apt to depress one's mind and spirit.

LILY MADHOK
POONAM LALCHAND

HISTORY, CULTURE & TOURS

Thursday, 22nd August, 1991—10-00 a.m.

At : Kadambari Preview Theatre
40, Kasturi Ranga Road
Madras-600 018



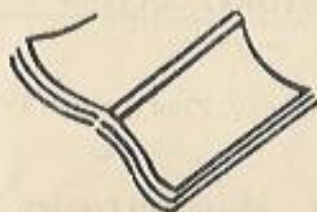
Not much has been publicised about the history of the Jews in India. We, therefore, have a beautiful film on the Jews of Cochin — "NEXT YEAR IN JERUSALEM" produced by Mr. CHETAN SHAH. Combined with this 48 min. film Mr. Chetan Shah will answer questions, and Mr. GUL FRAZ EZEKIEL, a noted journalist, will also give a brief talk before the commencement of the film.

As accommodation is limited to 60 persons, please check in with Mr. Swaminathan between 8-30 a.m. and 12-30 p.m. or 2-30 to 5-30 p.m. (Monday to Friday) latest by Monday, 19th August. Phone : 472690/471262.

SUREKHA KOTHARI
ARUNA VIJAYAKUMAR

BOOK DISCUSSION

Tuesday, 27th August, 1991—10-00 a.m.



At : The U.S.I.S. Auditorium
220, Mount Road
Madras-600 006

RABBIT IS RICH by JOHN UPDIKE published by Alfred A. Knopf, New York, 1981.

Shakespeare said there are seven ages of man. John Updike gives us four.

'Rabbit is Rich' is the third in a series of four books on the life of Harry Angstrom, (the American 'Common Man'), Chief Sales Representative of Springer Motors, a Toyota Agency in Brewer Pennsylvania.

Read this book or any of the four books in the series to ensure a lively discussion.

As these books are readily available and in all libraries, there will be no circulation of copies.

A film is to be shown on John Updike called WHAT MAKES RABBIT RUN as a prelude to our discussion. The film will start at 10-15 a.m. promptly.

Mr. Bill Lawrence, the Director of the U.S.I.S. for South India has agreed to introduce the film and Chair the discussion, which will commence straight after the film.

SELENA COSTA-PINTO
MARGARET SEKHRAN

CAREERS

Friday, 30th August, 1991— 9-30 a.m.

At : Angela Aggeler
"Baver House"
3, Rutland Gate 6th Street
Madras-600 034



WOMEN IN DIPLOMACY

Three prominent woman diplomats will discuss careers in the Foreign Service and the special advantages and problems facing women in diplomacy today.

ALAGU MUTHU
ANGELA AGGELER

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Nirmal Mirza	415672/455834
		Stina Vasu	478900/475792
VICE-PRESIDENTS	:	Nanditha Krishna	451850/451249
		Maureen Hudson-Murari	6413027
SECRETARIES	:	Malini Vijayaraghavan	865798
		Vijaya Rangarajan	444334/446126
TREASURERS	:	Vanitha Mudaliar	6412626/6412604
		Christina Engvall	454419

454970

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Sujaya Menon	417464/860123
		Padma Ashok	867801/476591
BOOK-DISCUSSION	:	Selena Costa-Pinto	472379/476799
		Margaret Sekhran	6213692
		RITA SALDAHNA	615750
CURRENT EVENTS & CAREERS	:	Alagu Muthu	838683/450800
		Angela Aggeler	476727
COOKING SWAPSHOP	:	Shobana Thomas	477088 (pp)
		Helen Carr	473910
HEALTH & ECOLOGY	:	Lily Madhok	454661/452525
		Poonam Lalchand	471624/472947
HISTORY, CULTURE & TOURS	:	Surekha Kothari	472690/471262
		Aruna Vijaykumar	472732/471284
MUSIC & PERFORMING ARTS	:	Rani Ananth	453037
		Marina Aroutiunian	454050
PHILOSOPHY & RELIGION	:	Menaka Prabhakar	451357/457903
		Lee Lawrence	837684