



**International
Women's
Association**

SEPTEMBER 1993

IWA NEWS LETTER

Vol. VIII No. : 4
Madras

SEPTEMBER 1993

MONTH AT A GLANCE

| | | |
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| Monday, 1st September | COOKING SWAPSHOP An afternoon Tea Meeting of a Demonstration of Confectionary delicacies by the visiting Executive Pastry Chef of Oberoi Hotels | 3-30 p.m. |
| Tuesday, 2nd September | MUSIC AND PERFORMING ARTS Mr. J. Andrew Cortez Greig, a USIS Cultural Officer, will share a Morning Raga with us | 10-15 a.m. |
| Monday, 6th September | EXECUTIVE COMMITTEE MEETING | 10-15 a.m. |
| Tuesday, 7th September | CURRENT EVENTS AND CAREERS Mr. R. Vijayaraghavan, Asst. Editor of The Hindu gives us an insight into the emerging economic scene in India today | 10-15 a.m. |
| Thursday, 9th September | COOKING SWAPSHOP Prema Rajaram demonstrates Cocktail snacks | 10-15 a.m. |
| Friday, 10th September & Saturday, 11th September | HISTORY, CULTURE AND TOURS HEALTH AND ECOLOGY & ARTS AND HANDICRAFTS An overnight trip to Kalahasti, Kalamkari Chandragiri Palace & Venkateswara Sanctuary in Andhra Pradesh | |
| Tuesday, 21st September | PHILOSOPHY AND RELIGION Dr. Emma Gonsalves talks to us on 'Role of Women' in Religion | 10-15 a.m. |
| Thursday, 23rd September | ARTS AND HANDICRAFTS A demonstration of palm-leaf handicrafts | 10-15 a.m. |
| Tuesday, 28th September | BOOK DISCUSSION This month's book is "Cranes' Morning" by Indrani Aikath-Gyalitsea | 10-15 a.m. |

FROM THE PRESIDENTS

Dear Members,

We look forward to September and a new variety of programmes from our Chairpersons. There is a special two-day tour encompassing History and Culture, Ecology and Art, which will take us to some wonderful sites near Madras, which few of us have ever visited.

We will soon bring out a new directory. Several phone numbers have changed, particularly in the '45' and '7' extensions. Will you please send your changed telephone numbers and addresses to either Lily Madhok (to her residence or to Shringaram, the Beauty Parlour at Park Sheraton) or to Margaret Sekhran. The change must be informed in writing.

In spite of our efforts to frank and post, the Newsletter occasionally does not reach a member. If so, please collect an extra copy either from Shringaram or the C. P. Art Centre office or from Gayatri Bewoor's residence.

Marie Williams and Barbara Cortez-Graig are organising a Halloween Party in October. So start planning witch and ghost costumes, and pumpkin lanterns, for your children and grandchildren. We are sure they'll love to be 'ghouls'!

November is the Diwali month. Please contact Lalitha Krishnan, who is chairing the Diwali Celebrations Committee, if you have any ideas or would like to participate in any particular way. This will be a members' event and we hope many of you will come forward.

Sometimes we have several meetings packed closely together. This is because we have to accommodate visitors to Madras, and adjust our dates to suit them.

NANDITHA KRISHNA
ARUNA VIJAYAKUMAR

EXECUTIVE COMMITTEE MEETING

Monday, 6th September, 1993 — 10-15 a.m.

At : Poonam Lalchand
3, College Lane
Madras-600 006
Tel. : 8272947



DOWN THE GARDEN PATH

"From the sky, thanks to the trees — Madras looks green. Though heat, dust and water scarcity harries plants, the Madras sun has the capacity to make trees grow fast. Flowering trees like the Gulmohur **Delonix Regia** and the Golden Shower **Cassia Fistula** grow well here in Madras and if properly planted and looked after, the former can be made to bloom in three years. Shade trees we have plenty. The neem **Azadirachta Indica**, Pungam **Pongamia Pinnata** and even the Mango **Mangifera Indica** are unbeatable shade trees in Summer" so O. T. Ravindran tells us.

Mr. Ravindran will be organising an exhibition of Botanical Paintings from September 15, 1993 to September 17, 1993 at Welcomgroup Park Sheraton Hotel & Towers. He has very kindly agreed to talk to our IWA members in groups or individuals on any queries you may have. Ladies do take full advantage of this opportunity.

September is a time when we look forward to the rains and the evenings become cooler. The visit to Andhra Pradesh though not for the faint hearted or weary sounds to be very exciting. We hope that many will be able to join this "action packed" tour.

'Best I love September's yellow,
Morns of dew-strung gossamer,
Thoughtful days without a stir,
Rooky clamours, brazen leaves,
Stubble dotted o'er with sheaves —
More than Spring's bright uncontrol
Suit the Autumn of my soul.'

— ALEX. SMITH

LILY & MARGARET

COOKING SWAPSHOP

Monday, 1st September, 1993 — 3-30 p. m.

At : The Trident Hotel
1/24, G. S. T. Road
Madras-600 027



An afternoon demonstration of Confectionary delicacies by the visiting Executive Pastry Chef of Oberoi Hotels

An 'afternoon tea' meeting to sit back and watch a demonstration by Mr. Bjonn Madl who has trained under the famous chefs Notter and Moller in Switzerland. He will demonstrate Allhambra, Linzer Cake, Saccher Torte and Christino. The demonstration will begin sharp at 3-30 p.m.

All are welcome.

AMRITA BHALLA
RATHI NILAKANTAN

SUDUPI DANCES OF INDONESIA

There will be a morning of the famed Sudupi Dances of Indonesia on **Friday, 3rd September at 10-30 a.m.** at the C. P. Ramaswami Aiyar Foundation, 1, Eldams Road, Alwarpet, Madras-600 018, organised by IWA member Shamim Padamsee, through the kind courtesy of the Embassy of Indonesia, New Delhi. All IWA members are welcome.

FRUIT FOR THOUGHT

The Banana (*Musa Sapientum*) or (Tamil — Valai) grows on a huge herbaceous bush, and has a rare combination of energy value, tissue building elements, proteins, vitamins and minerals especially Sodium and Potassium. The Banana is a good source of calories. A large banana supplies more than 100 calories, and it contains a large amount of easily assimilable sugar, making it a good source of quick energy ; hence it is a good food for growing children.

The Banana contains high grade proteins which include three essential amino acids.

In a humid climate, the intake of one Banana a day helps replace the Sodium and Potassium lost during perspiration/sweating and hence it prevents fatigue. The fruit should not be taken by those suffering from kidney failure because of the high Potassium content.

The Banana constitutes almost a completely balanced diet in combination with milk. Bananas and milk complement each other and provide all the nutrients needed by the body. Bananas and milk taken together three times a day 'work wonders' for people who wish to increase their body weight.

The Banana is known for promoting a healthy digestion and is used as a dietary food in intestinal disorders because of its soft texture and blandness. It is the only raw food which can be eaten without distress in chronic ulcer cases. It is said to contain an unidentified compound nicknamed "Vitamin U", which is said to neutralize the overacidity of gastric juices and reduce the irritation of the Ulcer by coating the lining of the Stomach.

Bananas are of great value both in constipation and diarrhoea as they normalize the colonic function in the large intestine by helping to absorb large amounts of water for proper bowel movement.

There are approximately 300 species of *Musa*, and practically every part of the plant is put to some economic or medicinal use. Theophrastus in his writings alludes to a fruit, which was supposed to be the Banana, which served as food for the wise men of India — so eat and be wise.

LILY MADHOK

MUSIC AND PERFORMING ARTS

Thursday, 2nd September, 1993 — 10-15 a.m.

At: American Center Auditorium
210, Mount Road
Madras-600 006



Hindustani Sitar Concert through an American Filter

J. Andrew Cortez-Greig, Ph.D., a United States Information Service Cultural Officer, has been a student of Indian Music for 25 years, in addition to being an American Folk Music enthusiast. He did his Doctorate on the History of Indian Music in the 16th Century. He will give a short informal talk on his cross-cultural experience and share a morning raga with you.

Friday, 1st October, 1993 — 10-15 a.m.

Preview — International Music Day — Carnatic Guitar

To celebrate International Music Day, PRASANNA awarded "Best Artist" in the Spirit of Youth Festival of Music Academy, Madras in 1992, will speak on how he has adapted Western Guitar to Classical Indian Music and delight us by performing this new approach to Carnatic Music. Prasanna will be happy to answer any questions his musical adventure inspires.

**KAUSALYA JAGANMOHAN
BARBARA CORTEZ-GREIG**

SEPTEMBER

September was the seventh month of the Roman Calendar, but the ninth according to our reckoning. The Anglo-Saxons called it "gerst — monath" — Barley month.

In Tamil Nadu, we leave Avani and move into Purattasi.

CURRENT EVENTS

Tuesday, 7th September, 1993 — 10-15 a.m.

At : C. P. Ramaswami Aiyar Foundation
1, Eldams Road, Alwarpet
Madras-600 018



A LOOK AT THE ECONOMY

Even a year after the unearthing of the scam, not all of its aspects have become quite clear. Meanwhile, its repercussions are still being felt. The Economic Policy of the Government has also undergone a change with various rules and regulations being altered or modified.

Mr. R. Vijayaraghavan, Assistant Editor, The Hindu will give us an insight into the emerging economic scene and discuss the impact of liberalisation both at home and abroad.

**JAVANTHI PRABHAKARAN
PADMA ASHOK**

Thank you to the group hostesses for our last meeting at Y.W.C.A.

| | |
|----------------|----------------------|
| Sarah Chanda | Javanthi Prabhakaran |
| Poornima Sonti | Sulu Alexander |
| Kamala Prasad | Maureen Murari |
| Pritika Chari | |

IWA ANNOUNCEMENTS

Change of Telephone Numbers

| | | |
|----------------------|---|------------------|
| Rupa Kadhiresan | — | 4992847 |
| Lalitha Krishnan | — | 4991853 |
| Lily Madhok | — | 4993125, 4990661 |
| Kausalya Jagannathan | — | 4990201 |

Congratulations to

Lalitha Krishnan for inspiring her son Ramesh to contribute to India's excellent performance in the Davis Cup.

Bimla Bhatla on her son Sunil's Wedding in USA.

Get Well Soon Wishes

To Javanthi Prabhakaran who is recovering from a recent surgery.

COOKING SWAPSHOP

Thursday, 9th September, 1993 — 10-15 a.m.

At : Roopa Sood
15, Adyar Club Gate Road
Madras-600 028



COCKTAIL SNACKS

Cooking expert Prema Rajaram will give us a demonstration on Baked Cocktail Snacks and she will demonstrate

1. Poppyseed Puffs
2. Chicken Rolls
3. Cottage Cheese Turnovers and
4. Savory Butterflies

Doesn't that sound great! Get ready for your next Cocktail evening at home with some mouth-watering snacks for your guests—with our IWA recipes.

Do come one and all.

AMRITA BHALLA
RATHI NILAKANTAN

R.S.V.P. :

AMRITA BHALLA — 419230 / 417681

SEPTEMBER MOTTO

'Fair on September First, fair for the month'

'September dries up wells, or breaks down bridges'

DAYS

Some days my thoughts are just cocoons —
all cold, and dull and blind,

They hang from dripping branches in the
grey woods of my mind ;

And other days they drift and shine —
such free and flying things !

I find the gold dust in my hair, left
by their brushing wings

— KARLE WILSON BAKER

HISTORY, CULTURE AND TOURS,
HEALTH AND ECOLOGY &
ARTS AND HANDICRAFTS



Friday & Saturday, 10 - 11th September, 1993

A tour to Kalahasti, Kalamkari, Chandragiri Palace and Venkateswara Sanctuary, with an overnight stay at a air-conditioned Guestlines Day Hotel, Lower Tirupati.

The cost of the trip (subject to a minimum of 20 persons) will be Rs. 750/-. Food charges will be extra.

Ladies who wish to join the trip must bring a torch and comfortable walking shoes.

Please heed the following advice :

Some IWA ladies from Madras
Went on an action-packed tour 'en-masse'
Wearing high heels and pants
They ran into ants
Those poor bitten ladies from Madras.

There was an IWA lady from Madras
Went to Venkateswara Sanctuary alas.
She could not walk five miles
And a panther she riled
So ended that lady from Madras.

So here is a piece of advice
Keds and two socks will suffice
Stay close to your Guide
And you wan't have to hide
From panthers and tigers or mice.

— MARGARET SEKHRAN

Check in with PADMINI NATARAJAN or SHYLA K. RAU with payment by September 1st, 1993.

SHYLA K. RAU
MARGARET PACE

PADMINI NATARAJAN

BELA KHALEELI
MAUREEN THADANI

PHILOSOPHY AND RELIGION

Tuesday, 21st September, 1993 — 10-15 a.m.

At : 180, Kodambakkam High Road
Madras-600 034



ROLE OF WOMEN THROUGH WHOLENESS IN RELIGION

Dr. Emma Gonsalves has a Ph.D. in Psychology of Religion from N. W. University. She is a noted professional Counselling Specialist. She will share with us how growth, change and wholeness through Religion have affected women in today's society.

**LALITHA KRISHNAN
MARIE WILLIAMS**

ARTS AND HANDICRAFTS

Thursday, 23rd September, 1993 — 10-15 a.m.

At : Meena Rawley
3, Arunachalam Road
Kotturpuram
Madras-600 085



The palm tree is the State tree of Tamilnadu and is one of the most versatile plants. Every part of the tree is used and it plays a major role in the economy of the State. But how many of us are aware of it? The members of the Tamilnadu State Palmgur Co-operative Federation will be giving a demonstration of the articles that can be made from the palm tree, from baskets to brooms. These are the common crafts of our people, which are a part of our daily lives.

**MAUREEN THADANI
BELA MISTRY KHALEELI**

BOOK DISCUSSION

Tuesday, 28th September, 1993 — 10-15 a.m.

At : Kamala Muthiah
Bedford House
5, Raja Annamalai Road
(Near Dharmaparakash)
Madras-600 084



"CRANES' MORNING" by Indrani Aikath-Gyaltsen

"As the cranes glide gracefully into the lost valley one February morning, its inhabitants have the premonition that something is going to happen to change all their lives".

Delicately nuanced and brilliantly observed, "Cranes' Morning" is another novel for the critically acclaimed author of 'Daughters of the House'.

KAMALA MUTHIAH
ANGELIKA MANDAIKER

Dakshinayanam — Season of Festivals

July 16th was the 1st day of Adi, the Tamil month. This day also heralded the commencement of Dakshinayan, the southern movement of the Sun.

During the six months, July to January, ending on Makara Sankranti day in January (Pongal), the power of the Sun is on the decline in the northern hemisphere.

Therefore, to appeal to God to protect mankind when the power of the Sun is weak, these six months are full of prayer and austerities. Most of the major festivals and poojas are held during Dakshinayan. Some of the main ones are Garuda Panchami, Nag Panchami, Dasara, Deepavali, Karthikai Deppam, Vaikunta Ekadashi and Arudra Darshanam.

SHAKUNTALA JAGANNATHAN

EXECUTIVE COMMITTEE

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| TREASURERS | : | Zubeida Asgarali Janet De Penning | 8271614 456529 |

ACTIVITY CHAIRPERSONS

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