



International
Women's
Association

FEBRUARY 1994

IWA NEWS LETTER

Vol. VIII No. : 9

Madras

FEBRUARY 1994

MONTH AT A GLANCE

Wednesday, 2nd February	EXECUTIVE COMMITTEE MEETING	10-15 a.m.
Thursday, 3rd February	ARTS AND HANDICRAFTS An audio-visual presentation on different tribal weaves of Iran by Jasleen Dhamija	10-15 a.m.
Tuesday, 8th February	HEALTH AND ECOLOGY Dr. K. C. Reddy enlightens us on the 'Facts and Fiction of Transplantation'	10-15 a.m.
Wednesday, 9th February	MUSIC AND PERFORMING ARTS A Morning of Contemporary American Dance and Indian Drums at the River House	10-15 a.m.
Thursday, 10th February	WOMAN OF THE YEAR AWARD Presentation at WG Chola Sheraton	10-15 a.m.
Sunday, 13th February	PHILOSOPHY AND RELIGION A Valentine Evening of Love Songs, Stories & Ballads	7-30 p.m. to 9-30 p.m.
Wednesday, 16th — 19th February	ARTS AND HANDICRAFTS Craft Bazaar at the C. P. Art Centre	10-00 a.m. to 7-00 p.m.
Thursday, 17th February	HISTORY, CULTURE AND TOURS Peter Walker takes us on an underwater voyage of discovery in his audio-visual presentation	10-15 a.m.
Tuesday, 22nd February	BOOK DISCUSSION This month's book is "A Candle or the Sun" by Gopal Baratham	10-15 a.m.
Thursday, 24th February	CURRENT EVENTS Dr. Marlene Kamdar talks to us on 'Learning Disabilities in Children'	10-15 a.m.

FROM THE PRESIDENTS

Dear Members,

February is an important month for IWA when we give the award to the 'Woman of the Year'. Our winner this year is the eminent social worker Mrs. Sarojini Varadappan. We are very thankful to Nirmal Mirza for coming forward to donate the award on behalf of the IWA. Please make it a point to attend the function on Thursday, February 10th 1994, at 10-15 a.m. at Hotel Chola Sheraton.

Another important event in February is the IWA—C.P. Art Centre Craft Bazaar. Several of our members are associated with voluntary organisations working with the handicapped and destitute, or with women. They have come forward to nominate various organisations to participate in the Craft Bazaar. Please be sure to attend in large numbers. All the money you spend goes completely to these charities.

Our Chairpersons have planned some interesting programmes this month. We have the American Battery Company demonstrating Western dance, apart from several other programmes. We look forward to see you there.

**NANDITHA KRISHNA
ARUNA VIJAYKUMAR**

EXECUTIVE COMMITTEE MEETING

Wednesday, 2nd February, 1994 — 10-15 a.m.

At : Padmini Natarajan
A-9, Grindlay's Garden
1, Haddows Road (Entrance from both sides)
or 22, College Road
Madras-600 006



DOWN THE GARDEN PATH

HAPPY VALENTINE'S DAY

February is the month for lovers, and of all flowers none has been so entwined in men's hearts and romance as the Rose. The rose was the flower of Aphrodite, Greek Goddess of love and beauty, and in Roman times, it became the flower of Venus as well.

O. T. Ravindran tells us that "Nurseries in Madras sell Roses but they have been brought from Bangalore in the bud state. The harsh sun, the clay and the hard water do not permit the easy growth of roses in Madras. If roses are a must one may go for the common Edward or the Burma roses".

A fossil imprint of a rose leaf, about 40 million years old, was unearthed in Colorado and is the oldest known rose remnant. Botanists believe that roses evolved 60 million years ago, probably in Asia and spread over most of the world.

As for love, Romantic ladies, please remember what a friend said

'Love is like the measles,
Worse when it comes late in life'.

LILY & MARGARET

FEBRUARY

This month derives its name from the word 'februare', to purify, or from Februa, the Roman festival of expiation, which was celebrated through the latter part of this month.

In ordinary years there are 28 days in February but in leap-year 29.

In Tamil Nadu we move into 'MASI' when 'SHIVARATHRI' is celebrated. For one night one should stay awake and pray to ensure a heavenly reward.

ARTS AND HANDICRAFTS

Thursday, 3rd February, 1994 — 10-15 a.m.

At: Meera Jayakar
17, Shafee Mohamed Road
Madras-600 006



TRIBAL WEAVES OF IRAN

Jasleen Dhamija a world renowned authority on folk arts, crafts and cross cultural traditions will give us an audio-visual presentation on different tribal weaves of Iran. Jasleen who worked through the United Nations in Iran for craft development and the revival and study of traditional crafts will share her rich knowledge and experiences with us.

Limit — 40 Members

R.S.V.P. :

BELA MISTRY KHALEELI — 8276712/8258272 Between 10 a.m. to 5 p.m.
MAUREEN THADANI — 411694/4913194

**BELA MISTRY KHALEELI
MAUREEN THADANI**

HEALTH AND ECOLOGY

Tuesday, 8th February, 1994 — 10-15 a.m.

At: The Connemara Hotel
Binny Road
Madras-600 002



Transplantation — Facts & Fiction

Transplantation of Organs has come to the limelight thanks to the wide publicity of the Good and Bad aspects of it. Organ transplants provides life for the dying (Kidney Failure — Kidney Transfusion, Blood Loss (Blood Transfusion), restores eye sight (Corneal Transplantation). Dr. K. C. Reddy who has done extensive work on unrelated Kidney Transplantation has kindly spared time to specially speak to our IWA Members.

**SHYLA K. RAU
MARGARET PACE**

MUSIC AND PERFORMING ARTS

Wednesday, 9th February, 1994 — 10-15 a.m.

At : The Garden at River House
1, Turnbolls Road
Madras-600 035



A Morning of Contemporary American Dance & Indian Drums

The Battery Dance Company from New York City will present a lecture/demonstration in the garden at River House. Founded in 1976 by Jonathan Hollander, the company's principal choreographer, the BDC is a fine example of world class collaboration in the arts. Mr. Hollander's work has been hailed for its innovative and effective fusion of classical ballet, modern dance and various folk styles. Badal Roy, a North Indian Percussionist, will accompany the group on the Tabla.

Everyone is invited to this delicious morning of dance and music !

**BARBARA CORTEZ GREIG
KAUSALYA JAGANMOHAN**

The Programme begins at 10-45 a.m. sharp. **Do not plan to come unless you are able to stay for the full programme — until 11-45 a.m.**

DEDICATED TO OUR HUSBANDS

'My true-love hath my heart, and I have his,
By just exchange one to the other given ;
I hold his dear, and mine he cannot miss'
There never was a better bargain driven ;
My true-love hath my heart, and I have his.

His heart in me keeps him and me in one,
My heart in him his thoughts and senses guides ;
He loves my heart, for once it was his own,
I cherish his because in me it bides ;
My true-love hath my heart, and I have his'.

Sir P. SIDNEY

I W A WOMAN OF THE YEAR

Thursday, 10th February, 1994 — 10-15 a.m.

At : Hotel Chola Sheraton
Cathedral Road
Madras-600 086

Mrs. Sarojini Varadappan, the eminent social worker, has been nominated as IWA's "Woman of the Year" for 1993-94.

Mrs. Varadappan is a former Sheriff of Madras and a former Chairman of the Central and State Social Welfare Boards. She introduced Mahila Mandals in every district of Tamilnadu and was the first to set up income-generation programmes for women through the Mandals and voluntary agencies.

Please do attend the award ceremony to felicitate Mrs. Sarojini Varadappan. Please also stay through the entire ceremony.

THE EXECUTIVE COMMITTEE

I W A ANNOUNCEMENTS

Change of Telephone Numbers & Addresses

MANO BAKTHAVATSALAM
125, Luz Church Road
Mylapore
Madras-600 004
Phone : Res. 4993894

MAUREEN THADANI
Phone : 4913194

Congratulations to

- Dr. Krishna Rau the husband of Shyla on becoming Professor Emeritus of the new MGR University.
- IWA member Shilu Ranganathan for becoming President of the Tamil Nadu Women's Cricket Association. Those interested in Cricket may contact her.

PHILOSOPHY AND RELIGION

Sunday, 13th February, 1994 —
7-30 to 9-30 p.m.

At: Sindoori Hotel
24, Greams Lane
Madras-600 006



Valentine Evening — Oldies to Love Cupid

A Cocktail evening and an evening full of Love songs, stories & ballads. Indian, Classical and Western Music of Love Songs and ballads will be played throughout the evening and we will play "Guess that Tune". We will have prizes for the best dressed couple, for "Guess that Tune" and for best poem, story or ballad. You can read it yourself or send it in for someone else to read. It is an evening for everyone to get involved and allow cupid to fling his arrows.

Please bring your husband. Romantic Dancing and in-house Waltz Instructor.

Your contribution Rs. 50 / Head.

**LALITHA KRISHNAN
MARIE WILLIAMS**

ST. VALENTINE'S DAY

St. Valentine's Day, 14th February, is the day on which St. Valentine was beheaded and on which birds are supposed to pair. On this day sweethearts are chosen and amatory or satirical letters or pictures are sent to a person of the opposite sex.

'The Concise Oxford Dictionary'

FEBRUARY

'One month is past, another is begun,
Since merry bells ring out the dying year,
And buds of rarest green began to peer,
As if impatient for a warmer sun ;
And though the distant hills are bleak and dun,
The virgin snowdrop, like a lambent fire,
Pierces the cold earth with it's green-streaked spire
And in dark woods, the wandering little one
May find a primrose'.

"Feb. 1st 1842" Hartley Coleridge

ARTS AND HANDICRAFTS

Wednesday, 16th to 19th February, 1994
— 10 a.m. to 7 p.m.

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



CRAFT BAZAAR

There are several voluntary organisations working with the handicapped and destitute, and with women. Several of our members are associated with these organisations.

IWA and C. P. Art Centre together are organising this Craft Bazaar to enable these organisations to exhibit and sell their work. A variety of hand-made crafts and household items will be on display.

Please be sure to support this very deserving cause by attending in large numbers. All the money you spend goes completely to charity.

**BELA MISTRY KHALEELI
MAUREEN THADANI**

Congratulations to

- Priya Vijayaraghavan on her wedding to Venkatesan
- Valli Muthu on her wedding to Ashwin Muthiah

HISTORY, CULTURE AND TOURS

Thursday, 17th February, 1994 — 10-15 a.m.

At: Park Sheraton Hotel & Towers
132, T. T. K. Road
Madras-600 018



"AN UNDERWATER VOYAGE OF DISCOVERY" — by Peter Walker

Peter Walker, a naturalised Australian, set out to explore the world in the late seventies. He bought his first camera and learnt practical photography while exploring India. Over the years, Peter has travelled extensively all over the world both for pleasure as well as in the course of his career.

Combining his two main hobbies, scuba diving and photography, in 1985 Peter commenced underwater photography. Underwater photography is a complex pursuit where one must balance diving skills and safety with photography in a difficult alien environment. It is complicated by lack of sunlight, loss of colour, particles of sand and minute marine life that cloud the water combined with the ever present threat of danger.

Peter has had articles and photographs published in several magazines including PhotoPro, the leading American magazine for professional photographers. In 1990, he completed a "Photographic Study of Vietnam".

Currently Peter is working on two photographic projects, the first a new area for him, that of studio portraiture. He is also working on the photographs and text for a book on India titled "India — A Land of Contrast".

Peter is a member of the PhotoForum, a global community of photographers who meet electronically via the Compuserve network to share ideas and support each others work. He is also a member of ProPassport, the Kodak Professional Photographer's network. Peter is the Chief Manager of the Technology Unit in ANZ Grindlays Bank, Madras where he is responsible for the introduction of modern computer technology into the Bank in India.

Peter will give us an audio-visual treat of the fabulous and mysterious world of the deep seas.

PADMINI NATARAJAN

BOOK DISCUSSION

Tuesday, 22nd February, 1994 — 10-15 a.m.

At: Leelamani John
278, J. J. Road
Madras-600 018



"A CANDLE OR THE SUN" — by Gopal Baratham

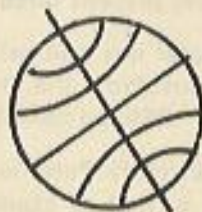
This month's book is written by a Singaporean Neuro-Surgeon. "With passion and humour, A Candle or the Sun reveals a Singapore far different from the tourist brochures".

**KAMALA MUTHIAH
ANGELIKA MANDAIKER**

CURRENT EVENTS

Thursday, 24th February, 1994 — 10-15 a.m.

At: Saraswati Kendra
C. P. Art Centre
1, Eldams Road
Madras-600 018



LEARNING DISABILITIES IN CHILDREN — by Dr. Marlene Kamdar

Every parent worries about his/her child's progress in class and lessons. This worry often gets transferred to the child further aggravating the existing problem.

Dr. Marlene Kamdar, Principal, Saraswati Kendra Learning Centre, helps parents to cope with the learning problems of their children. Dr. Kamdar has a Master's Degree in Education specialising in learning disabilities and holds a Ph.D. in Counselling. She will introduce us to various kinds of learning materials in her workshop at the Saraswathi Kendra.

**JAVANTHI PRABHAKARAN
PADMA ASHOK**

GINGER

Botanical Name - Zingiber Officinale Indian Name - Adrak Tamil Name - Inji

Ginger is a perennial herb with underground branching stems called rhizomes which are swollen and tough leaves and which have a characteristic fragrant odour. Ginger is usually available as fresh ginger in the market. It is also peeled, sliced and sun-dried; this is commonly known as 'Sount' in India.

Ginger is believed to have originated in India and was introduced in China at a very early date. It was used as a spice and a medicine both by the Indians and the Chinese.

Food Value

Per 100 gms. Ginger Fresh Calories - 67

Protein - 2.3 gm, Fat - 0.9 gm, Minerals - 1.2 gm, Fibre - 2.4, Carotene - 40 mg, Riboflavin-0.03 mg, Vitamin 'C'-6 mg, Carbohydrates-12.3 gm, Calcium-20 mg, Phosphorus - 60 mg, Iron - 2.6 mg, Thiamine - 0.06 mg & Niacin - 0.6 mg.

Natural Benefits and Curative Properties

Ginger has been used as a medicine from the Vedic period and is called 'Mahnaushidhi' meaning the great medicine. Ancient physicians used ginger as a carminative and anti-fermenting medicine. Galen, the great physician used ginger as a medicine to rectify the defective humours of the body.

Ginger is a valuable drug for disorders of the digestive system. It is extremely useful in dyspepsia, flatulence, colic, vomiting, spasms and other painful afflictions of the stomach and bowels. Chewing a piece of fresh ginger after meals regularly is an insurance against all these ailments. This protective action is attributed to excessive secretions of the saliva. Half a teaspoon of fresh ginger juice mixed with a teaspoon each of fresh lime juice and fresh mint juice and a tablespoon of honey, constitute an effective medicine for dyspepsia, nausea and vomiting due to indigestion caused by intake of heavy non-vegetarian and fried fatty food.

Ginger is also an excellent remedy for cough and colds. Fresh ginger juice mixed with honey taken three or four times a day is an excellent remedy for a cough. In case of colds, ginger should be cut into small pieces and boiled in a cup of water, strained and ginger tea prepared by adding tea leaves and sugar. This is a very effective remedy for colds.

Uses

In Western Countries, it is widely used for culinary purposes in ginger-bread, biscuits, cakes, puddings, soups and pickles. All over the world, it is used as a curry powder. Ginger is the most widely used spice in Chinese cooking.

Do use ginger liberally in your cooking and help prevent Digestive Disorders.

LILY MADHOK

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Nanditha Krishna	451850(R) 451249(O)
		Aruna Vijaykumar	8272732 / 8271284
VICE-PRESIDENTS	:	Lily Madhok	4993125(R) 452525(O)
		Margaret Sekhran	6213692
SECRETARIES	:	Gayatri Bewoor	8264035
		Poonam Lalchand	8257157 / 8272947
TREASURERS	:	Zubeida Asgarali	8271614
		Janet De Penning	456529

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Bela Mistry Khaleeli	8276712(O) 827791(R)
		Maureen Thadani	4913194
BOOK DISCUSSION	:	Kamala Muthiah	6411141(R) 8268976(O)
		Angelika Mandaiker	611265
CURRENT EVENTS & CAREERS	:	Javanthi Prabhakaran	6411659
		Padma Ashok	8267801 / 8276591
COOKING SWAPSHOP	:	Amrita Bhalla	4919230 / 4917681
		Rathi Nilakantan	8265250
HEALTH & ECOLOGY	:	Shyla Rau	8276676 / 8276893
		Margaret Pace	4992273
HISTORY, CULTURE & TOURS	:	Padmini Natarajan	8277719 / 8279763
			Ext. 409
MUSIC & PERFORMING ARTS	:	Kausalya Jaganmohan	4990201
		Barbara Cortez-Greig	458316
PHILOSOPHY & RELIGION	:	Lalitha Krishnan	4991853 / 4992341
		Marie Williams	8271700