



International
Women's
Association

FEBRUARY 1997



A DECADE OF FRIENDSHIP

IWA NEWSLETTER

Vol XI No 9
Chennai

FEBRUARY 1997

MONTH AT A GLANCE

Tuesday	4th	February	BOARD MEETING	10-00 am
Tuesday	4th	February	EXECUTIVE COMMITTEE MEETING	11-00 am
Thursday	6th	February	HISTORY, CULTURE AND TOURS Tour of Dakshinachitra	10-15 am
Tuesday	11th	February	BOOK DISCUSSION A Fine Balance - Rohinton Mistry	10-15 am
Friday	14th	February	COOKING SWAPSHOP Spaghetti Bake and Orange Gateau	10-15 am
Tuesday	18th	February	HEALTH AND ECOLOGY Pollution and Chest Disease	10-15 am
Thursday	20th	February	PHILOSOPHY AND RELIGION The Technique of Right Living	10-15 am
Friday	21st	February	MUSIC AND PERFORMING ARTS Film - Sense and Sensibility	10-15 am
Tuesday	25th	February	CURRENT EVENTS AND CAREERS The United Nations	10-15 am
Friday	28th	February	ARTS AND HANDICRAFTS Contemporary Interior Design	10-00 am

FROM THE PRESIDENTS

Dear Friends,

It was good meeting you all at the Fellowship Morning, so graciously hosted by Seetha Muthiah - it gave us all an opportunity to exchange X'mas holiday news, besides meeting and welcoming all our new members. We do hope that they will settle down to enjoying the rest of the IWA year. Do remember to wear your name badges at all meetings - it makes it a lot easier for everyone to get to know each other.

Nirmal Mirza and the Board are proud to announce the recipient of the 'WOMAN OF THE YEAR' AWARD 1997 - Dr. ELIZABETH VOMSTEIN. The 80 year old Dr. Vomstein, a German national, was chosen for her thirtyfive years of dedicated service for the care and upliftment of lepers in rural India. She runs, most successfully, the Leprosy Relief Rural Centre in Chettipatty near Vellore. In her acceptance letter she was deeply touched, saying that the award came as a great surprise and that she considers it a special distinction - such humility and nobleness.

The Board is also happy to announce this year's NOMINATING COMMITTEE headed by Chairperson Zubelda Asgarali and comprising four senior IWA members. It will be the Committee's responsibility to select the Presidents and Board for the coming year. Do give them your support by filling in the attached form.

The IWA Calender for the next few months promises many exciting meetings and events, as well as also tours in and outside India. So friends, we do look forward to your full and continued participation and camaraderie - keeping up IWA's traditions of togetherness and friendship.

**ALAGU MUTHU
POONAM LALCHAND**

FROM THE VICE-PRESIDENTS

During this last IWA year, 1996-97, we are very happy to see that a large number of members of the international community have joined IWA. We welcome them heartily!

However it has been pointed out that attendance at meetings by such members could be better.

As Activity Chairpersons go out of their way to arrange programmes which reflect Indian culture, its arts and crafts, its history, philosophy, religion, music and dance, its health, ecological and economic problems, they feel that they would be happy if more international members would attend their meetings as this is a wonderful way to get to know India.

So may we request IWA members of the international community to attend meetings in greater strength. We thank you in anticipation!

**SHAKUNTHALA JAGANNATHAN
MEGAN UTLEY**

BOARD MEETING

Tuesday 4th February - 10-00 am

EXECUTIVE COMMITTEE

Tuesday 4th February - 11-00 am

Activity Chairpersons -

Please bring your blurbs without fail

Both meetings at :

Rini Kumar's
3B Powhattan, 2nd Avenue
11 Boat Club Road
Chennai - 600 028

FESTIVAL OF THE MONTH

Ramzan Id or Id-ul-Fitr

February 10th (subject to the appearance of the moon)

During the month of Ramzan, Muslims are expected to observe a strict fast during the day, eating only during the night and before the break of dawn. The days are to be spent in reading the Koran to commemorate the descent of the Holy Koran from Heaven.

Ramzan Id marks the end of the month of Ramzan, when Muslims break the month-long fast by giving Fitr or alms to the poor, followed by community prayers when the Kazi or religious head prays for the welfare of all the faithful and the freeing of the sins of all Muslims. This is followed by feasting and rejoicing and expressions of goodwill towards friends and relatives who greet each other with the words, "Id Mubarak".

SHAKUNTHALA JAGANNATHAN

HISTORY, CULTURE AND TOURS

Thursday 6th February - 10-15 am

VISIT TO DAKSHINACHITRA

(Muttukadu, East Coast Road, Chingleput District)

Join us for a fun picnic and a guided tour of the 19th century village streets of Tamil Nadu and Kerala with exhibitions, and a visit to historical homes of the craftsmen of the centre. (Entrance Fee – Rs.50/- per person) Please warn in by 2nd February to Kamala (6262055) or Priya (8275792). Do inform Kamala if you can offer your fellow members a lift in your car. This will be followed by a picnic lunch at Poonam Lalchand's Beach House. Bring your own picnic basket and enjoy the sea breeze under the trees.

Members will meet outside the Theosophical Society Gate, Adyar at 9 am. Kamala and Stina will have the names of participants and will make arrangements to accommodate everyone, provided you have warned in.

KAMALA PRASAD

FAMILY AND GUESTS WELCOME

STINA VASU

The trip to Myanmar stands postponed due to the political situation in that country.

BOOK DISCUSSION

Tuesday 11th February - 10-15 am

At : Radha Parthasarathy's
17 Sathyanarayana Avenue
Chennai - 600 028



A FINE BALANCE – ROHINTON MISTRY

Winner of the 1996 Commonwealth Writers Prize, shortlisted for the 1996 Booker Prize, this book has earned great reviews from THE LITERARY REVIEW, GUARDIAN and OBSERVER for the sensitive and compelling narration set in India during the mid 1970's. A FINE BALANCE is rich with local details and, above all, compulsively readable.

Like all great fiction it transforms our understanding of life.

Leading the book discussion will be Mr. Anand Kumar Raju who is well known in literary circles. He will present a very interesting morning.

NO GUESTS PLEASE

**SHYLA K RAU
TERESA KING**

Amendments to the Membership Directory

Yvonne Mason - 3/3 Boat Club Road.

Jennifer Ng - Garden Apartments (to be added to the address)

ANNUAL OVERSEAS WOMEN'S CLUB GARDEN TEA

The Annual OWC Garden Tea will be held on 12th February 1997 at the Madras Club beginning at 3-00 pm. There will be entertainment and a sumptuous tea. For tickets (Rs.150-00) contact Megan Utley - 4343348 / Aruna Vijayakumar - 8272732.

COOKING SWAPSHOP

Friday 14th February - 10-15 am

At : Bina Mathew's
18 Bishop's Garden
R A Puram, Chennai - 600 028



SPAGHETTI BAKE AND ORANGE GATEAU

Tara Abraham is a name familiar to all who watch her cooking demonstrations on ASIANET. She has also been catering for parties for friends and is famous for her brownies and chocolate cakes.

She will now demonstrate to IWA members, Spaghetti Bake with cottage cheese in tomato sauce and an eggless Orange Gateau.

**USHA CHANDRAKUMAR
LATA MURUGAN**

NO GUESTS PLEASE

HEALTH AND ECOLOGY

Tuesday 18th February - 10-15 am

At : Sharada Khemka's
4 Rutland Gate, 6th Street
Chennai - 600 006



POLLUTION AND CHEST DISEASE

Dr. R. Narasimhan, M.D., DTCD., is a specialist in Respiratory Medicine and Allergic Diseases. He will speak on Bronchial Asthma from the public's point of view and also about present day pollution. He will give an insight into the preventive measures and treatment related to the disease.

**BINA MATHEW
SEEMA SAIT**

PHILOSOPHY AND RELIGION

Thursday 20th February - 10-15 am

At : The Madras Club



THE TECHNIQUE OF RIGHT LIVING – The Vedantic Approach

The Philosophy of Vedanta teaches very definite principles for "RIGHT LIVING", following which one is assured of happiness and success in one's life. Its teachings appeal to people of all ages and from all walks of life in the thinking world. It is based on UNIVERSAL TRUTH and PERSONAL INVESTIGATION. It helps one discover the true essence of life.

Swami A. Parthasarathy - Founder of the VEDANTA LIFE INSTITUTE will share with us his very clear, systematic and logical approach to "THE TECHNIQUE OF RIGHT LIVING".

Spiritual guide to thousands of people, he is an eloquent, motivating and thought-provoking speaker and has captivated audiences around the globe. He is a prolific writer, whose books are powerful exponents of Vedanta as a way of life.

**JAYASHREE PRABHAKAR
MARIKO IBARA**

ALL ARE WELCOME

Changes of Telephone Numbers

Jean Bryans	- 4322089	Hailey Hay	- 416009 (additional)
Rani Das Gupta	- 450605 / 4970884	Margaret Kelly	- 9841018153
Wieke de Graf	- 4320886 / 4343280	Yvonne Mason	- 4322087
Jill Evaroa	- 415280	Mireille Rasmussen	- 4320744
Beth Feller	- 4322086	Judy Thompson	- 4322053

Very sadly we must say **GOODBYE** to **Lindsey Barron** who has unexpectedly returned to the UK.

We also say **AU REVOIR** to **Indu Kakkar** who is moving to Calcutta where her address will be 2 Lee Road, Calcutta - 700 019 Tel : 2403580, 2477406

NOMINATING COMMITTEE

The members of the Board are happy to inform you that the Nominating Committee for 1997 comprises the following members :

Zubeida Asgarali	Chairperson
Lella Diraviam	Indian
Saroja Ramamrutham	Indian
Maureen Hudson-Murari	Non-Indian
Aruna Vijaykumar	Non-Indian

The nominating process for the 1997-98 IWA Board begins with the membership. While it is our proud privilege to belong to IWA, it is also our duty to help the Nominating Committee to arrange getting the right people at the helm for the coming year. It is essential that the Board Members should be in residence in Chennai for at least ten months of the year to ensure the smooth running of the programme of activities.

In this spirit all members are strongly requested to fill in the form attached at the end of this Newsletter and send it to Zubelda Asgarali, the Chairperson of the Nominating Committee, for the Committee's consideration, **before 1st March 1997**. **Please ensure that anyone you nominate has agreed to be nominated before you put her name down.** This is most important.

Some guidelines for selection are suggested :

- a. Please obtain prior consent from nominees.
 - b. Formerly serving Executive Committee members will be given preference due solely to their experience.
 - c. The nominees for Co-Presidents should previously have served on the Board.
- b & c may be relaxed in the case of Non-Indian nominations.

Your full cooperation and support as responsible IWA members will be duly noted and appreciated.

**ALAGU MUTHU
POONAM LALCHAND**

WOMAN OF THE YEAR AWARD

It was decided that the 1997 Woman of the Year Award should be given to a non-Indian who has done outstanding work in Tamil Nadu. After careful consideration of several extremely worthy nominations, **Dr. Elizabeth Vomstein** was chosen for the honour for her 35 years of work running a rural health centre in the state which has specialised in the treatment of leprosy. The Leprosy Relief Rural Centre (LRRC) in Salem District, Tamil Nadu, was founded nearly forty years ago by a French nurse and has been managed for the last 35 years by Dr. Vomstein. The centre treats, counsels and rehabilitates leprosy patients as well as providing other medical services such as polio and tuberculosis treatment.

Dr. Vomstein came to Tamil Nadu from the Black Forest in 1961. Her Christian commitment and devotion soon earned her the title of 'Doctoramma'. She even received recognition from the President of India. Her other pet name is the 'Flower of Chettipatty' - a title bestowed on her in a poem written to her by a grateful patient- "The flower of Chettipatty that does not bloom to adorn the braids of young girls but to brighten up the lives of the sick".

Her research into leprosy, its causes and cures, began with studies in the Tropical Institute of London. The bacteria causing the disease has long been recognised and Multiple Drug Therapy, if applied in time and with care, can cure or at least halt the progress of the disease, but dead nerves cannot be revitalised, and often patients are left needing physical aids, rehabilitation and training to cope with their disablement.

The LRRC serves an area of 1,200 sq. kilometres, with 600,000 inhabitants which in the late 1950's registered the highest leprosy rates in India with 250 cases per 10,000 citizens. This area now records only about 500 cases a year, most of which are halted in the early stages thanks to a holistic approach to cure developed by Dr. Vomstein and her Indian colleagues in the LRRC. Travelling ambulance units, hospital beds and operations, rehabilitation and physiotherapy with the encouragement and financing of self employment schemes form the basis for the holistic treatment. Such dedication to the welfare of others is admirable and worthy of our recognition. Thanks to the efforts of Dr. Vomstein and the LRRC, leprosy has reduced its effect as a life - destroying disease and is definitely in decline in the State.

MUSIC AND PERFORMING ARTS

Friday 21st February - 10-15 am

At : The British Council Auditorium
737 Anna Salai, Chennai - 600 002



SENSE AND SENSIBILITY - Award Winning Film

Jane Austen's much acclaimed novel "Sense and Sensibility" has been adapted for film by British movie star, Emma Thompson. When the film was released it created waves and won several awards. Emma Thompson, a two time Academy Award winner, won an Oscar for the Best Screen Play this year with this film.

**GAYATRI BEWOOR
LALINI GAUTAMADASA**

ALL ARE WELCOME - FILM COMMENCES AT 10-45 AM SHARP

Welcome to our New Members :

ISABELLE AUSTIN
6 Sathyanarayana Avenue
Off Boat Club Road
Chennai - 600 028
Tel : 4347961 (R); 4345392 (O)

MUNIRA BHAGAT
26 Armenian Street
3rd Floor
Chennai - 600 001
Tel : 5221394

SARAH MILLS
Flat D2 DBS Paxina
Bishop Wellers Avenue
CIT Colony,
Chennai - 600 004
Tel : 98410 75193

SARINA NAGRA
Flag Staff House
Flag Staff Road
Island Grounds
Chennai - 600 009
Tel : 561990

RADHA SESHADRI
'Vijay Vinayak'
5 Kamaraj Avenue
1st Street, Adyar
Chennai - 600 020
Tel : 4913820

VIDYA SINGH
10 S. Avenue
Boat Club Road
Chennai - 600 028
Tel : 459035, 453570

MAUREEN STEWART (Canadian)
2/72 Juhu Beach Road
New Mahabalipuram Road
Uthandi, Chennai - 600 119
Tel : 4929194

HENNIE VIS (Dutch)
22-D Murugappa Road
Kotturpuram
Chennai - 600 085
Tel : 4919646

CURRENT EVENTS AND CAREERS

Tuesday 25th February - 10-15 am

At : Sheela Sarath's
Sharan
29 Bishop's Garden
Off Greenways Road
Chennai - 600 028



THE UNITED NATIONS

The League of Nations established after World War I failed to achieve its purpose. Today after 5 decades, the feeling amongst many of its member nations is that the United Nations is going the same way.

How far has the U.N. succeeded in achieving its original aims and ideals of peace, security and development? What does the future hold? Can all nations really unite?

These are some of the questions that will be answered by Mr. Lawrence Surendra who has been associated with various U.N. organisations for many years and is at present the training expert at the HRD section of U.N. ESCAP (Economic and Social Commission for Asia and the Pacific).

**GITA CHANDRASEKARAN
MADELEINE LEONE**

ARTS AND HANDICRAFTS

Friday 28th February - 10-00 am

At : British Council
737 Anna Salai, Chennai - 600 002



CONTEMPORARY INTERIOR DESIGN

Mr. Vikram Phadke, one of Chennai's best known Interior Design Consultants will talk to us about the costing, price and fee-structure of Interior Design Projects.

Slides will be shown to accompany his short talk - followed by an informal question and answer session. So, Ladies, please, do come with interesting questions!

**IRENE PRULLER DASS
RINI KUMAR**

PROGRESS REPORT ON THE COOK BOOK – 96-97

On behalf of the CBC 96-97, I am happy to report -

1. Receipt of recipe contributions to the Cook Book is now closed.
2. We have approximately 500 recipes for the new book - this is double the amount of the 1st edition – Thank you, members, for making this possible.
3. A core committee from within the CBC has scrutinized, and standardised all recipes that have been chosen for the 2nd edition.
4. Many new features have been incorporated – eg. the nutritional values have been inserted under each recipe for ready reference. Another group from within the CBC has handled this job. Yet another small group has verified all the weights / measures by literally weighing every little amount so that the book carries correct information. No effort has been spared to ensure a high quality for the matter printed in the Cook. Book.

At this point I would like to reiterate our initial announcement that the CBC does reserve the right to add or delete any material as may be necessary to maintain a high quality for the Cook Book.

5. Detailing on Artwork and layouts is in progress. The Cook Book will be getting a smart new look, but at the same time, will adhere to our original elegant standards in keeping with cost structures and more importantly, our Association profile.
6. Discussions with Printers / sponsors / lawyers / auditors are all underway to ensure that there will be no problems encountered as we go along. The two Presidents - our Finance/Treasurer and other Board Members are part of the CBC and we are all working together to achieve our goals.
7. Final proof reading is in progress and we hope to send the book into print by the end of February '97.

As Chairperson of the CBC '96-97, I would like to put on record my deep personal appreciation for all the members of the CBC, who have not only put in untold hours of work, but have also built up a group full of camaraderie and goodwill and working together has been a rewarding experience for us all.

Please stand by for a further final announcement by our Presidents, on the presentation of the second edition of IWA Cook Book.

SUNITA SHAHANEY

Change of Address :

ROHINI JHUREMALINI
'Praneel'
13 Arunachalam Road
Kotturpuram
Chennai - 600 085

RANI DAS GUPTA
5 First Avenue
Boat Club Road
Chennai - 600 028

**TOUR OF GERMANY, THE CZECH REPUBLIC, SLOVAKIA, HUNGARY
AND AUSTRIA IN MAY 1997**

Stina Vasu will accompany you on a 10 day bus tour taking you to the little known countries of the Czech Republic, Slovakia, Hungary as well as Austria and Germany. The bus tour will start from Munich on May 17th and end in Munich on May 26th 1997. This will be followed by an optional trek with Stina in the Salzburg area of Austria, the land of the "Sound of Music".

The trekkers will meet in Salzburg on May 27th and set off the next day for 5 days and return to Salzburg on June 1st. Participants on the trek must be used to walking.

You can join either for the bus tour or the trek or both. For costs and a detailed itinerary, please contact Stina Vasu.

EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Alagu Muthu Poonam Lalchand	(R) 4938683 / 4937050 (R) 8257157 / 8272947 (O) 8559110 / 8559108
VICE-PRESIDENTS	:	Shakunthala Jagannathan Megan Utley	(R) 459199 (R) 4343348
SECRETARIES	:	Sujaya Menon Eira Doshi	(R) 4917464/4910044 (R) 4911126
TREASURERS	:	Sushila Natraj Anneliese Hazari	(R) 4911015 / 4910707 (R) 4919505

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Rini Kumar Irene Pruller Das	(R) 4349319 (R) 4990865
BOOK DISCUSSION	:	Shyla K. Rau Teresa Mary King	(R) 8276676 / 8276893 (R) 4341066
CURRENT EVENTS AND CAREERS	:	Gita Chandrasekaran Madeleine Leone	(R) 412935 (R) 4340824
COOKING SWAPSHOP	:	Usha Chandrakumar Lata Murugan	(R) 8275341 (R) 6428215
HEALTH AND ECOLOGY	:	Bina Mathew Seema Sait	(R) 4941874 (R) 8261018
HISTORY, CULTURE AND TOURS	:	Kamala Prasad Stina Vasu	(R) 6262035 (R) 8278900 (O) 8275792
MUSIC AND PERFORMING ARTS	:	Gayatri Bewoor Lalini Gautamadasa	(R) 8264035 (R) 6412868
PHILOSOPHY AND RELIGION	:	Jayashree Prabhakar Mariko Ibara	(R) 4342147 / 453394 (R) 8275755