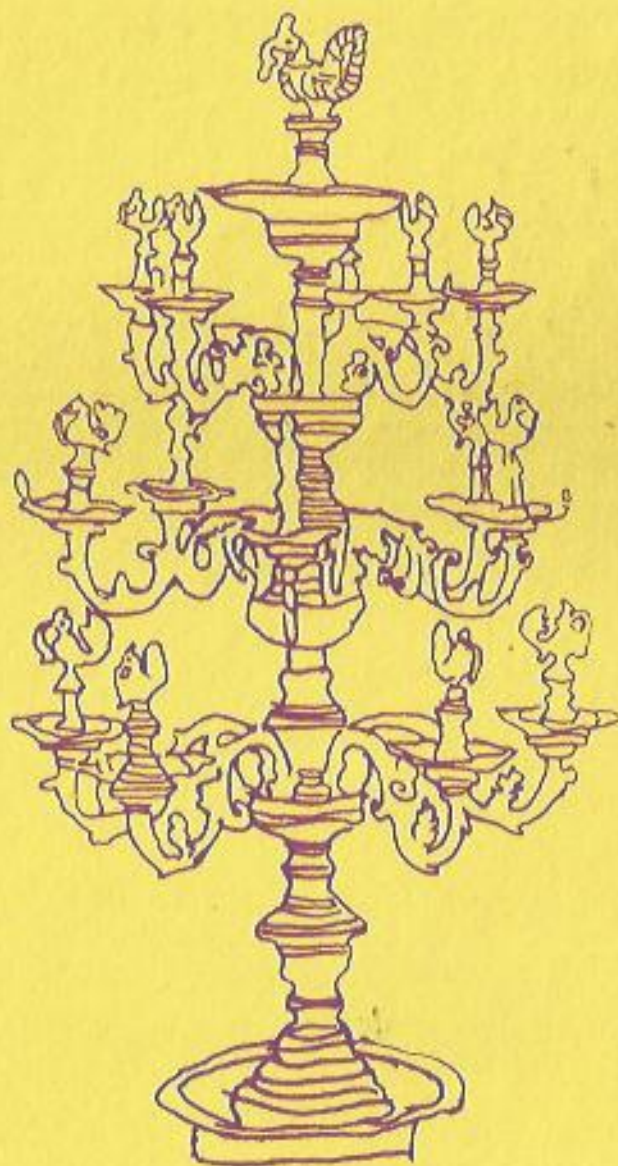




International
Women's
Association

OCTOBER 1998



Wish you a Very Happy Dussehra
And a Joyful Diwali

IWA NEWSLETTER

Vol. XIII No. 5
CHENNAI

OCTOBER 1998

MONTH AT A GLANCE

Monday	5th October	INTERNATIONAL MUSIC DAY	10.15 am
Tuesday	6th October	BOARD MEETING	10.15 am
Thursday	8th October	EXECUTIVE MEETING	3.30 pm
Friday	9th October	CURRENT EVENTS Talk-Overcoming Mental Illness	10.15 am
Saturday	10th October	HISTORY, CULTURE AND TOURS Narration & dance - "Daughters of the Ocean"	10.15 am
Monday	12th October	HEALTH & ECOLOGY Talk-'AUM'	10.15 am
Thursday	15th October	MUSIC & PERFORMING ARTS PHILOSOPHY & RELIGION HISTORY, CULTURE & TOURS Diwali Celebrations.	5.30 pm
Tuesday	20th October	BOOK DISCUSSION Talk-Children's Books	10.15 am
Friday	23rd October	COOKING SWAPSHOP "IWA Cook Fest. '98"	10.15 am
Monday	26th October	ARTS & HANDICRAFTS Demonstration - Ceramic Beads	10.15 am

FROM THE PRESIDENTS

Dear Friends,

In the beginning of the IWA year, we pledged to bring great and interesting programmes for our members. Activity Chairpersons have been doing exactly what we had envisioned for the year. Each programme, as you can see, has a lot of thought and hard work put into it. This effort has proved successful with your total commitment in attending every meeting in large numbers. We thank you all for your interest, enthusiasm and encouragement.

In the midst of all our activities, one cannot forget our dear Founder, Nimal Seshadri, for whom we have dedicated our International Music Day.

As you all know, activities and festivities 'go together and Diwali is around the corner. We are all looking forward to an evening of dance, fun and frolic.

We have now activated our Telephone Tree for your convenience and use. Also, a new telephone directory will soon be out. Both of these will, we are sure, be a boon to all.

SHYLA K. RAU
MEGAN UTLEY.

ACKNOWLEDGEMENT

Words cannot express my gratitude for the thoughtful prayers, lovely flowers and caring cards. Life becomes more meaningful when surrounded by such warm friends. Thank you.

SHYLA K. RAU

FROM THE VICE-PRESIDENTS

On the eve of the busy month of October, we have good news for you.

Our **Telephone Tree** has taken shape and Activity Chairpersons who need to urgently convey changes of date or venue of meetings, to the membership, could now utilise the tree to do so.

We need to expand our tree by just a little, so members, please get in touch with us, if you feel you could help. We would appreciate this gesture very much.

To make your Newsletter still more useful, varied and interesting - and **more importantly**, to avoid using valuable time before the commencement of IWA meetings, we have decided to insert announcements regarding programmes/ events organised

1. by OWC
2. by institutions / individuals in aid of charitable causes
3. which are of cultural/educational interest, in each issue.

Members wishing to send in announcements, please do so **neatly typed and brief**, by the **10th of each month**. Space being available, we will accomodate as many of them as we can, in the Newsletter for the month.

**GAYATRI BEWOOR
LALINI GAUTAMADASA**

Our thanks to the following members who volunteered to be on the Telephone Tree Team:

**Sheila Rajaratnam
Shakunthala Jagannathan
Kamala Prasad
Rukku Seshasayee**

**Therese Lymbery
Radha Seshadri
Rita Saldanha
Sherna Irani**

AN IMPORTANT MESSAGE FROM THE MEMBERSHIP TREASURER

Dear Members,

I would like to remind you once again to please

1. **Mark your attendance** in the Register when you arrive at a meeting.
2. Write your assigned **code number** in the **first column**, (if you have any doubt, write your name in **block letters**). Follow it up with your **signature** in the **second column**.
3. Activity Chairpersons do have a **list of code numbers** along with their Attendance Registers. Please feel free to refer to this list if you need to.

Thank you for your co-operation.

CHANDRIKA CHIDAMBARAM

A date for your diary:

Classical Piano Recital - Well-known German pianist, Mario Kay Ocker, will perform at the Main Auditorium of the **Music Academy** on Thursday, **13th October** at **7 pm**. The recital, organised through the German Consulate, comprises works of Beethoven, Chopin, Liszt and Schumann among others.

IWA is privileged to be associated with this recital and **100 tickets** have, through the **kind courtesy of the German Consulate**, been made available to members.

Tickets are available with **Anjana Das-Hasper** and **Lalini Gautamadasa**.

INTERNATIONAL MUSIC DAY

Monday, 5th October, 10.15 am

At : Mrs. Seetha Muthiah's
12, Boat Club Road,
Chennai - 28.



INTERNATIONAL MUSIC DAY

Music mixes have gathered popularity consistently. However, to integrate the various styles of music aesthetically is an art which only a very adept and versatile musician can accomplish. **Shri T.V. Gopalakrishnan**, the music maestro, versatile with his excellence not only in percussion but also equally in the Hindustani, Carnatic and Western styles of music, will enthrall us with his compositions of integrated music, using the Keyboard, Saxophone, Violin and percussion instruments.

This day is dedicated to our very dear, now departed friend and founder of I.W.A., **NIRMAL SESHADRI**, who was an ardent lover of music and believed in strengthening the bonds of friendship through cultural exchange and integration, celebrated each year on the 1st October. This special programme is being held today due to the Vijaya-Dashami holiday on 1st October.

SUREKHA KOTHARI
REGINA SCHROEDER

Our thanks to the following hostesses for the Philosophy and Religion meeting of 30th July, held at the British Council:

Sheela Shetty

Jayanthi Rajaram

Pushpa Chari

Our thanks to **Renu Jalan**, for hosting a repeat workshop on 'Art of Living' conducted informally by Shri Arun Madhavan on the 7th, 8th and 9th August.

In response to more requests, **Shri Madhavan** would conduct another workshop on the **6th and 7th October**.

Please call **Mridula Narasimhan** - Tel.8261674 for details.

CURRENT EVENTS

Friday, 9th October - 10.15 am

At: Naina Shah's
7B, Sathyanarayana Avenue
Off Boat Club Road
Chennai - 28



OVERCOMING MENTAL ILLNESS 'THE BANYAN'

Overcoming mental illness, is in itself, a challenge. In India, for some groups of affected individuals, the situation is even worse. One such group is that of mentally ill destitute women. Before they become mentally ill, these women are mothers and wives and run households. They come from all groups of society. With the help of 'The Banyan', a Chennai-based organisation, it is possible for these mentally ill women to be reunited with their families and become productive members of society again.

Our speakers, **Ms. Vaishnavi Jayakumar** and **Ms. Vandana Gopikumar**, founder trustees of "The Banyan", will talk about the impressive work of the organisation which has already helped a large number of women get on the road to recovery.

**KANTA GUPTA
ANJANA DAS-HASPER**

FESTIVALS AROUND THE WORLD

The October Fest in Munich, Germany, is the biggest beer festival in Europe. Boasting of a history of over 160 years, it lasts 16 days, ending on the first Sunday in October.

Strangely, its origins lie in horse racing and was first celebrated at the marriage of Crown Prince Ludwig of Bavaria to Princess Theresa of Saxe-Hildburghausen.

The fields where these horse races first took place were named "Theresa Meadows" in honour of the Crown Princess but locals have since abbreviated it to d'Wies'n. Fairground amusements, sensational displays, brass bands, beer gardens and beer tents dot the fields where around 5,000 people looking for fun, song and dance are served with several million litre-sized glasses of good German beer by dimly-clad waitresses.

Contributed by Regina Schroeder

HISTORY, CULTURE & TOURS

Saturday, 10th October - 10.15 am

At:

Mini Hall, Music Academy
306, T.T.K. Road,
Chennai-14



"DAUGHTERS OF THE OCEAN - " Narration and Dance by **Dr. Shobitha Punja & Anita Ratnam.**

A scholar of history, Shobitha Punja and author of "Kajuraho" and other books will give us glimpses from her new book titled "Daughters of the Ocean" who are none other than the Goddesses from the Indian pantheon and heroines of our Mythology.

As Shobitha narrates in her inevitable style, dancer and media person Anita Ratnam will depict the expression of the Goddesses through 'Abhinaya'-expression and dance movements.

This is a co-operative presentation of an author and a dancer on the influence the goddesses bear on contemporary life.

Note: This is a special program being held on a Saturday

**SUJAYA MENON
RITA NORDENGREN**

BOARD MEETING

Tuesday, 6th October 10.15 am

At: Chandrika Chidambaram's
32, 1st Main Road,
Karpagam Gardens,
Adyar,
Chennai-20.

EXECUTIVE MEETING

Thursday, 8th October 3.30 pm

At: Sheela Sarath's
"Sharan"
29, Bishops Garden
Chennai-28.

HEALTH & ECOLOGY

Monday, 12th October - 10.15 am

At: INNER HARMONY
T.54, Elliot's, Beach Road
Besant Nagar
Chennai - 90



THE WORD 'AUM' - Its significance and its benefits.

The Swami of Chidambaram once said to Yeats-Brown, author of 'Bengal Lancer' to repeat internally the basic sound, 'AUM'. "Concentrate your mind on its pleasant sound. You know, we consider it to be the word by which worlds are made, the root of language and the end of vision. However, it will work in your unconscious whether you like it or dislike it. It need not be intellectualised, and I need not go into its symbolism," he said.

Dr. Sundar Iyer, M.D (MA) Ph.D., will explain the significance of Swami Chidambaram's words which indicate the importance yogis give to this mysterious vocable 'AUM', and how one could use it to dispel ferment and restore calm to body and mind.

**SHARMILA RAMJI
BODIL FREDERIKSEN**

A date to remember - Saturday, 26th September-OWC'S Annual dinner-dance "Evening of Indian Extravaganza" will be at 8 pm at the Taj Coromandel Hotel.

Donation cards at 500/- each are available with Aruna Vijayakumar and Chandrika Chidambaram.

Proceeds are in aid of charity.

MUSIC & PERFORMING ARTS
PHILOSOPHY & RELIGION
HISTORY, CULTURE & TOURS



Thursday, 15th October 5.30 pm

At: The Trident Hotel
1/24, G.S.T. Road,
Chennai - 27

DIWALI IN A RURAL SETTING - at the Trident

In keeping with the spirit of Diwali, during which the lighting of lamps is symbolic of the spiritual light pervading the earth and the end to darkness and ignorance, we take you and your family to a rustic, joyful country setting to relax and have fun.

Here, you can experience the innocent gaiety and simple pleasures of its rural folk - their colourful clothes, their song and dance, their art and craft, their traditional games and fireworks. You can pause at the many **palm-thatched stalls** to view the pottery, dolls-and more-made by village craftsmen; you could even adorn your palm at the **Mehendi Corner** or buy bangles from the **Bangle seller**; and - oh yes - while your children 'have a go' at the **Magic well** or the **Face Painter**, you could try your good fortune at the '**Lucky Gift**' Counter and even have your future read through **Kili Jothsyam** (card reading) - as a fitting finale, there will be a delicious spread of savouries and Diwali sweetmeats.

Come to the Trident, **dressed in your gay, ethnic best**, ready to take the floor yourselves to the vibrant beat of the Dholak - after being entertained by a bevy of young girls and boys who would be performing a **dance medley**, composed of traditional dances from the Northern states of Rajasthan, Punjab and Gujarat. **Donation cards of Rs.200 per adult and Rs.100 per child under 12**, will be on sale with Megan Utley, Gayatri Bewoor, Lalitha Krishnan and Chandrika Chidambaram.

The **final date** for obtaining your cards will be the **12th October**.

Entertainment begins at 6 pm

MRIDULA NARASIMHAN
HENNY DE GROOTE PAAUWE

SUJAYA MENON
RITA NORDENGREN

SUREKHA KOTHARI
REGINA SCHROEDER

BOOK DISCUSSION



Tuesday, 20th October - 10.15 am

At: Rita Saldanha's
D-3 Madeleine Court,
71/72 Spur Tank Road,
Chennai - 31

BOOK PUBLISHING

This month we look at the publishing side of books. We have **Ms. Radhika Menon** and **Ms. Sandhya Roy** to tell us about their publishing company 'Tulika', which produces books for children. They are committed to providing quality educational books and are also involved in producing television programmes of high calibre for children.

The book for November is "The Horse Whisperer" by **Nicholas Evans** - a best seller.

A film of the book has already been made starring Robert Redford.

2 copies of "The Horse Whisperer" are available with us. Please contact Ms. Rita at 8553821/8553861. A copy is also available at Madras Club

**KAMALA MUTHIAH
GALE MADSEN**

Most of the luxuries and many of the so-called comforts of Life are not only not indispensable but positive hindrances to the elevation of man.

Thoreau

COOKING SWAPSHOP

Friday, 23rd October - 10.15 am

At: Madras Club
Adyar Club Gate Road,
Chennai-28.



IWA COOK FEST. '98

Calling all cooking enthusiasts... Here's that time of year when you give your culinary skills a workout - put that apron on, sharpen the knife and get to work and prove what you've known all along, that when it comes to cooking **YOU'RE A WINNER.**

We have listed 6 categories with Vegetarian and Non-Vegetarian as a sub-classification for the first five categories.

- 1) **STARTERS** 2) **SALADS** 3) **BREAD** 4) **RICE** 5) **MAIN COURSE**
6) **DESSERT.**

The dish will be judged on the merits of authenticity, presentation, taste, texture and nutrition value. The dish may be prepared at home (a minimum of 4 portions) and brought to the venue by 9.45 am along with a typed recipe (please note the name of the participant should not appear on the recipe).

Please contact the undersigned and inform us about the category of your interest by **October 10th.** You can enter as many categories as you wish.

There are prizes to be won, so be original, be adventurous and most important of all, **BE A PARTICIPANT!**

RANI CHADA
SHEELA K. SARATH

ARTS & HANDICRAFTS

Monday, 26th October - 10.15 am

At: Meenakshi Meyappan's
'Sabrina'
106, Santhome High Road,
Chennai - 28



CERAMIC BEADS

Mangala Kini, a graduate of the Government Arts College, Egmore, will give a demonstration and exhibition of ceramic jewellery. Ceramic beads are crafted into high fashion necklaces and earrings designed by Mangala. She will demonstrate how the beads are made and the process leading up to the jewellery.

VISALAKSHI RAMASWAMY
EIRA DOSHI

EXECUTIVE COMMITTEE

THE BOARD

1998-99

PRESIDENTS	: Shyla K. Rau	(R) 8594578
	: Megan Utley	(R) 4343348
VICE - PRESIDENTS	: Gayatri Bewoor	(R) 8264035
	: Lalini Gautamadasa	(R) 6412868
SECRETARIES	: Javanthi Prabhakaran	(R) 6411579
	: Meyyammal Murugappan	(R) 4420520
TREASURERS	: Lalitha Krishnan	(R) 4991853
	: Chandrika Chidambaram	(R) 4917609

ACTIVITY CHAIRPERSONS

ARTS AND HANDICRAFTS	: Visalakshi Ramaswamy	(R) 4939829
	: Eira Doshi	(R) 4911126
BOOK DISCUSSION	: Kamala Muthiah	(R) 6411142
	: Gale Madsen	(R) 4901613
COOKING SWAPSHOP	: Rani Chada	(R) 2344233
	: Sheela K. Sarath	(R) 4938524
CURRENT EVENTS	: Kanta Gupta	(R) 4926273
	: Anjana Das-Hasper	(R) 4320737
HEALTH AND ECOLOGY	: Sharmila Ramji	(R) 4422414/4918135
	: Bodil Frederiksen	(R) 4425434
HISTORY, CULTURE AND TOURS	: Sujaya Menon	(R) 4917464/4910044
	: Rita Nordengren	(R) 4929408
MUSIC AND PERFORMING ARTS	: Surekha Kothari	(R) 8257145/8257198
	: Regina Schroeder	(R) 4346599
PHILOSOPHY AND RELIGION	: Mridula Narasimhan	(R) 8269630
	: Henny de Groote Paauwe	(R) 4331640