



International
Women's
Association

OCTOBER 1999

IWA NEWSLETTER

Vol. XIV No. 5
CHENNAI

OCTOBER 1999 MONTH AT A GLANCE

Friday	1st Oct	Music and Performing Arts Melodies on the Mandolin - U. Rajesh	10.15 a.m.
Monday	4th Oct	Book Discussion Face to Face with Karen Anand	10.15 a.m.
Monday to Friday	4th Oct 8th Oct	Arts and Handicrafts History, Culture and Tours Visit to Ooty and Coonoor	
Monday	11th Oct	Board Meeting Executive Meeting	9.30 a.m. 11.00 a.m.
Thursday	14th Oct	Current Events Hard Choices in Looking After Your Money	10.15 a.m.
Thursday	21st Oct	History, Culture and Tours Chateau de la Loire - a film	10.15 a.m.
Friday	22nd Oct	Health and Ecology Hysterectomy - A Fresh Approach	10.15 a.m.
Tuesday	26th Oct	Cooking Swapshop Delicacies from Japan	10.15 a.m.
Wednesday	27th Oct	Philosophy and Religion Emotional Intelligence	10.15 a.m.
Friday	29th Oct	DIWALI DE'LIGHT	6.00 a.m.

FROM THE PRESIDENTS

Dear Members,

The International Music Day is on October 1st. This day is dedicated to our dear Founder President, Nirmal Seshadri. It is also her birthday. Please come for this special meeting - the details are in this newsletter.

Our Diwali meeting is on 29th October at the Trident Hotel. Do come and celebrate this joyous festival of lights with your family. We are planning an evening of folk dances by our members. The tickets will be available with the Committee Members.

We thank our members for the generous contributions to the Kargil Welfare Fund and are very happy and proud to have collected Rs.16,301/-. We plan to hand over the cheque to the Prime Minister or to the Chief of Army Staff.

**GAYATRI BEWOOR
CHANDRIKA CHIDAMBARAM**

BOARD MEETING

Monday, 11th October, 9.30 a.m.

EXECUTIVE MEETING

Monday, 11th October, 11.00 a.m.

Both Meetings at:

Saroja Ramamrutham's
Beach Court Penthouse
47, Arundale Beach Road
Kalakshetra Colony
Chennai 90

We thank our Malayalee members for the fabulous Onam Celebration held at Coconut Grove on the 20th of August.

Susan Abraham
Latha Baratan
Sarah Chanda
Usha Chandrakumar
Premilla Jacob
Leelamani John
Anita Koshy
Bina Mathew
Darley Mathew
Jaya Menon
Krishnambika Nambiar

Rathi Nilakantan
Fazeela Nurdeen
Beena Ram Mohan
Vasanthi Sankaranarayanan
Shobana Thomas
Shanthy Verghese
Shirley Verghese
Aruna Vijaykumar
Radha Seshadri
Gayatri Bewoor

WOMEN OF THE MILLENNIUM - CARLY FIORINA, THE FIRST CEO OF A FORTUNE 500 COMPANY

Pay no attention to the noise, Carleton (Carly) Fiorina was saying, as she went crashing through the highest of glass ceilings to become the CEO of computer maker Hewlett-Packard in July, 1999. HP has 123,000 employees worldwide and had a total revenue of \$47.1 billion in 1998. If women have made great strides in gaining parity in politics and sports, it is in the workplace that sexism is most keenly felt. Women still earn 75% of men's salaries and occupy only 11.2% of the executive jobs in FORTUNE 500 companies. "My gender is interesting, but it is not the story here," Fiorina, 44, insisted. She prefers instead that the focus be on her considerable achievements as an executive with AT&T and its Lucent Technologies spin-off.

"No woman has achieved leadership at this level of American business".

A Medieval-History major at Stanford, Fiorina holds an M.B.A. from the University of Maryland and an M.S. from M.I.T. She once worked as a Secretary at HP before joining AT&T, where she sold phone systems to the government. Her husband, Frank Fiorina, 49, took early retirement from his job as a Director of Government Sales at AT&T to become a full-time househusband. He knew early on, he says, that she was destined to become a CEO.

The new CEO will spend her first weeks, "getting my arms around all the challenges", Fiorina said. She aims to make HP a major player in "the second chapter of the Internet."

MUSIC AND PERFORMING ARTS

INTERNATIONAL MUSIC DAY

Friday, 1st October, 1999, 10.15 a.m.

At : The Mandapam
Chola Sheraton
10, Cathedral Road
Chennai 86



MELODIES ON THE MANDOLIN - U. Rajesh

The Mandolin is a string instrument belonging to the lute family. It has only recently been adapted to Indian classical music, due to the untiring efforts of Maestro Mandolin U.Srinivas and his brother RAJESH. The latter who has been playing since the age of 10, will perform some melodious *kritis*, *bhajans* and *swara* patterns, with lively accompaniments like the *ghatam* (claypot) and *mridanggam*.

A virtuoso, Rajesh has performed in every major festival in India, U.S. and Europe, participating in the International Ensemble of Mandolin Players held in Germany. He will also entertain us with phrases from the Western Classical Guitar.

Come hear this young player and his lilting melodies. The morning is a dedication to our Founder President, Nirmal Seshadri.

SAROJA RAMAMRUTHAM
ELEANOR DARUWALLA - NITZCHE



CONGRATULATIONS TO

- ◆ Mohini Gill on celebrating her 50th Wedding Anniversary
- ◆ Vidya Srinivasan on the birth of a grand-daughter
- ◆ Mano Bakthavatsalam who has been conferred the Doctor of Philosophy (Ph.D) in Economics of Social Development with special reference to Empowerment of Women (*Honoris Causa*)

BOOK DISCUSSION

Monday, 4th October, 10.15 a.m.

At: Hotel Radisson
355-C, GST Road
St. Thomas Mount
Chennai 27



FACE TO FACE WITH KAREN ANAND

Celebrated author and food expert, KAREN ANAND, will talk to us on her experiences while writing her book on lean cuisine.

Lean Cuisine Curries is an illustrated collection of delicious low-calorie Indian recipes, which have little or no oil at all. Karen will go into the importance of eating healthy and her experiences from all over the world.

This talk will be followed by a short demonstration and a lean meal of snacks.

Warn in essential as seating is limited to 45 only. Please call Nalini Panday at 4933773 or 98410-48629 to confirm.

NO GUESTS PLEASE.

**SHALINI VIRMANI
NALINI PANDAY**

Our thanks to Meenakshi Dhamija, Maria Glazer, Meena Naru and Nisha Sood for hosting *Elizabeth* in September.

ARTS AND HANDICRAFTS

HISTORY, CULTURE AND TOURS

A VISIT TO OOTY AND COONOOR

From 4th to 8th October

Please refer to your September Newsletter for details.



**KUSUM CHADDA
ELIZABETH HERRIDGE**

**RADHA SESHADRI
LALINI GAUTAMADASA**

CURRENT EVENTS

Thursday, 14th October, 10.15 a.m.

At: Megan Utley's
7, Archbishop Mathias Avenue
Chennai 28



HARD CHOICES IN LOOKING AFTER YOUR MONEY

The last 10 years have seen considerable change in various aspects related to India's economy, agriculture and also a change in social attitudes compared to the earlier period which was relatively conservative.

The shift from a licensed economy to a free market, has made a significant impact on the traditional ways of investing your savings, the challenges faced by Indian businesses and even the careers of our children.

We are fortunate to have with us SHREEKANT PANDAY, a financial expert, to talk to us on how we should be dealing with our finances. How to invest and what to invest in? These are questions that need answering.

And above all, how safe are our investments?

**RANI CHADA
BERNADETTE MACDONALD RAGGETT**

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*Women are really much nicer than men:*

*No wonder we like them.*

**Kingsley Amis**







## HEALTH AND ECOLOGY

Friday, 22nd October, 10.15 a.m.

At: The Mandapam  
Chola Sheraton  
10, Cathedral Road  
Chennai 86



### **HYSTERECTOMY - A FRESH APPROACH**

DR.THANGAM RESHI VARMAN from the world of gynaecology and reproductive medicine, will present a new approach to hysterectomy, which has now become a must for some women, even in their early 30s. Dr.Thangam has recently returned from the U.K., after pursuing a successful career spanning 25 years. Her last appointment was as Senior Lecturer and Consultant at St.George's Hospital, London. At the moment she heads the prestigious Institute of Reproductive Medicine and Women's Health, housed at the Madras Medical Mission, Mogappair. This institute boasts of state of the art techniques in assisted conception like IVF and GIFT and also provides guidance in the lesser known field of paediatric gynaecology.

We invite our members to listen to her views and advice on matters of health, with a special reference to hysterectomy.

**FAZEELA NURDEEN  
SUSHI GOKLANEY**

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*There are two tragedies in life : one is not to get your heart's desire, the other is to get it.*

**George Bernard Shaw**

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## COOKING SWAPSHOP

Tuesday, 26th October, 10.15 a.m.

At: Sumiko Ishii's  
No.5, Chittaranjan Road  
Teynampet  
Chennai 18



## DELICACIES FROM JAPAN

SUMIKO ISHII will transport us to the Land of the Rising Sun and her expert chef will demonstrate the legendary Tempura, Nori Maki and Curry Noodles.

Be there to enjoy the Japanese favorites, all of which are a gourmet's delight.

NAINA SHAH  
FRANCOISE DROWN

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## PHILOSOPHY AND RELIGION

Wednesday, 27th October, 10.15 a.m.

At: Sharmila Ramji's  
9, Valliammai Achi Street  
Kotturpuram  
Chennai 85



## EMOTIONAL INTELLIGENCE

It is an art to handle emotions intelligently and very often, it appears to be a struggle to balance the heart and head. Knowing one's emotions through self awareness, managing them, self motivation through emotional self control, being perceptive and sensitive to the emotions of others and handling relationships with competence - these are a few domains of emotional intelligence. Dr.(Mrs.) LAKSHMI RAVIKANTH, an expert Counsellor and Human Resource Consultant, will speak to us on how we can use this tool effectively in our day to day lives and how we can learn to break the stereotypes around and within us, to create new and effective perspectives.

*Emotional Intelligence* by Daniel Goleman and *The Language of Feelings* are recommended in case anyone would like to read up on this subject before the meeting.

SUREKHA KOTHARI  
MEYYAMMAI MURUGAPPAN

HISTORY CULTURE AND TOURS

Friday, 29th October, 6.00 p.m.

At: Hotel Trident  
G.S.T.Road  
Chennai 27



**DIWALI DE'LIGHT**

Diwali the festival of lights, is celebrated with great cheer and merriment. Diwali is celebrated to mark the slaying of the evil demon Narakasura. In the North, it is a 3 day festival invoking the blessings of Goddess Lakshmi (giver of wealth). They have special *pujas* to start the New Year in an auspicious way. One enjoys the day with new clothes, lots of delicious eats and meeting family and friends. The children enjoy the spectacular fireworks on this occasion. The lamps lit on this day, signify the radiance over the dark veil of evil. This is also called the **FESTIVAL OF LIGHTS**.

We have planned an evening for our members with their husbands and children. Come and enjoy an event filled with lively folk dances by our own talented ladies. There will be a sumptuous spread to taste and enjoy.

The cards for the evening will be Rs.250 for adults and Rs.100 for children, 12 years and under. These cards will be available with the Board and Committee Members at our meetings in October.

**Khazana Stall:** We are having this lucky draw stall and the members can win exciting prizes. We shall appreciate it if members will contribute some nice gifts for the stall. These gift items can be given to Saroja Ramamrutham, Lalini Gautamadasa and Eleanor Daruwalla - Nitzche from 15th October onwards. Thank you.

**SAROJA RAMAMRUTHAM**  
**ELEANOR DARUWALLA - NITZCHE**

**SUREKHA KOTHARI**  
**MEYYAMMAI MURUGAPPAN**

**RADHA SESHADRI**  
**LALINI GAUTAMADASA**







## WELCOME TO

- **Non Indians**

**Kyoko Kashima**  
10 B1, 14th Avenue  
Harrington Road  
Chetpet  
Chennai 600 031  
Ph: 8279020

**Japanese**

**Marianne Tempelaar Daly**  
Flat 16/3, MAC Sunnyside  
2, Dr.Alagappa Road,  
Purasawalkam  
Chennai 600 084  
Ph: 6432682

**Swedish**

- **Indians**

**Asha Hemdev**  
2, 1st Street,  
Haddows Road  
Chennai 600 006  
Ph: 8278165 / 8265722

**Lily Malhan**  
36, Mount Road,  
Campa Campas  
Guindy  
Chennai 600 032  
Ph: 2350948 / 2350793

**Shashi Malhotra**  
6, South Boag Road,  
T.Nagar,  
Chennai 600 017  
Ph: 4342343

**Anuradha Sachdev**  
17, 4th Lane  
Nungambakkam High Road,  
Chennai 600 034  
Ph: 8278436 / 8264548



## CHANGE OF TELEPHONE NUMBER

Shantha Prasad

6222520

## EXECUTIVE COMMITTEE

### THE BOARD

1999-2000

|                   |                         |                     |
|-------------------|-------------------------|---------------------|
| PRESIDENTS        | : Gayatri Bewoor        | (R) 8264035         |
|                   | : Chandrika Chidambaram | (R) 4611253         |
| VICE - PRESIDENTS | : Javanthi Prabhakaran  | (R) 6411579         |
|                   | : Catherine Brunet      | (R) 4992273         |
| SECRETARIES       | : Kamala Muthiah        | (R) 6411141/6411142 |
|                   | : Sue Williams          | (R) 4341595         |
| TREASURERS        | : Kamala Prasad         | (R) 6262035         |
|                   | : Rathi Nilakantan      | (R) 8260744/8265250 |

### ACTIVITY CHAIRPERSONS

|                               |                                |                     |
|-------------------------------|--------------------------------|---------------------|
| ARTS AND<br>HANDICRAFTS       | : Kusum Chadda                 | (R) 8254217/8233751 |
|                               | : Elizabeth Herridge           | (O) 8261124         |
| BOOK<br>DISCUSSION            | : Shalini Virmani              | (R) 4341047         |
|                               | : Nalini Panday                | (R) 4933773/4935338 |
| COOKING<br>SWAPSHOP           | : Naina Shah                   | (R) 4320706/4320564 |
|                               | : Francoise Drown              | (R) 8230412         |
| CURRENT<br>EVENTS             | : Rani Chada                   | (R) 2344233         |
|                               | : Bernadette Macdonald Raggett | (R) 2300715         |
| HEALTH AND<br>ECOLOGY         | : Fazeela Nurdeen              | (R) 6260674/6216561 |
|                               | : Sushi Goklancy               | (R) 4353714         |
| HISTORY, CULTURE<br>AND TOURS | : Radha Seshadri               | (R) 4913820         |
|                               | : Lalini Gautamadasa           | (R) 6412868/6411654 |
| MUSIC AND<br>PERFORMING ARTS  | : Saroja Ramamrutham           | (R) 4915549         |
|                               | : Eleanor Daruwalla-Nitzche    | (R) 4970127         |
| PHILOSOPHY AND<br>RELIGION    | : Surekha Kothari              | (R) 8257145/8257198 |
|                               | : Meyyammai Murugappan         | (R) 4348207         |