



International
Women's
Association

SEPTEMBER 2000

IWA NEWSLETTER

Vol. XV No. 4
CHENNAI

SEPTEMBER 2000

MONTH AT A GLANCE

Tuesday	5th September	Board Meeting Executive Meeting	9.45 a.m. 11.00 a.m.
Thursday	7th September	Arts and Handicrafts ORIGAMI – Mathematics in Art	10.15 a.m.
Friday	8th September	Cooking Swapshop Cooking the vegetarian way with Mallika Badrinath	10.15 a.m.
Tuesday	12th September	Music & Performing Arts Antakshari – a morning of member Participation!	10.15 a.m.
Friday	15th September	Health and Ecology Insight into Coronary Artery Disease	10.15 a.m.
Tuesday	19th September	History, Culture and Tours India and the World - Quiz	10.15 a.m.
Thursday	21st September	Current Events Living in harmony	10.15 a.m.
Tuesday	26th September	Book Discussion Cold Mountain – Charles Frazier	10.15 a.m.
Friday	29th September	Philosophy and Religion Dolls Display	4.30 p.m.

FROM THE PRESIDENTS

We would like to thank all our Board and Activity Chairpersons for their hard work and efforts put in towards a successful Founder's Day.

This month the trip to Kerala had to be cancelled. Unfortunately, after an initial good response, we ended up with just a handful of members who were willing to go. As we needed a minimum of 15 to make this trip viable, the activity chairpersons who had taken a lot of time and effort in arranging this short break had to call it off. For future trips a deposit will be required when putting your name down, on a non-refundable basis.

This month we are trying out some new venues for our meetings on a trial basis, as accomodating 60-70 members is becoming difficult and homes are not always available to us. The Activity Chairpersons would value your suggestions and some feedback from you on how these venues are working out. If necessary, we might have to introduce a small charge at the Club venues to cover the cost of the snacks/coffee.

JAVANTHI PRABHAKARAN
EIRA DOSHI

BOARD MEETING

Tuesday, 5th September, 9.45 a.m.

EXECUTIVE MEETING

Tuesday, 5th September, 11.00 a.m.

Both meetings at:

Kusum Chadda's
19-B, Tank Bund Road
Opp. Loyola College
Nungambakkam
Chennai 600 034

DIWALI MELA – 21st OCTOBER 2000

This year a Diwali Mela will be held from 11 am onwards. Members are requested to take up stalls to sell their wares, this will also be open to outsiders, so please spread the word. Rs.500/- will be charged per table. A table can be shared or two tables can be bought, depending on what you have to sell. Tickets for the Mela will be sold before hand and the ticket will include lunch.

We will be asking members to donate gifts for the Khazana stall not less than Rs.50/- each, please start thinking about it now!! You can bring your gifts to any meeting and hand them over to the Activity Chairpersons. We are also planning a special lucky dip for children only. There will be Entertainment and special attractions. Please help us make this event a success.

JAVANTHI PRABHAKARAN
EIRA DOSHI

ARTS AND HANDICRAFTS

Thursday 7th September, 2000 – 10.15 a.m.

At: Madras Boat Club
2, 3rd Avenue, Boat Club Road
Chennai 600 028



ORIGAMI – Mathematics in Art

Origami, the Japanese ancient art of paper folding for practical and formal purposes has undergone a series of changes from being an art for pure enjoyment to a teaching tool in Kinder garden & elementary schools.

Vasudevan and Chitra will enlighten us on this versatile art form which they have developed into a serious hobby. Vasudevan would like an exchange of ideas. So members are requested to bring along their own creations.

SHARMILA RAMJI
KYOKO KASHIMA



CONDOLENCES TO

- ◆ Aruna Vijayakumar on the demise of her mother-in-law.

COOKING SWAPSHOP

Friday, 8th September, 2000 – 10.15 a.m.



At: Meyammai Murugappan's
'The Laurels'
4, Chittaranjan Road
Teynampet
Chennai 600 018

COOKING THE VEGETARIAN WAY WITH MALLIKA BADRINATH

Mrs.S. Mallika Badrinath is an expert in several types of cuisines – North Indian, South Indian, Continental, Chinese, to name a few. She has more than half a dozen cookery books to her credit and her programmes are featured regularly on T.V.

This morning Mallika will demonstrate some of her recipes known for their authenticity and easy to follow instructions. She will also show us how to cook traditional dishes the microwave way, an art at which she excels.

**FAZEELA NURDEEN
SUSHI GOKLANEY**

CONGRATULATIONS TO DOLLY SIMON, Hony. Secretary, Indo-American Association, Chennai, for receiving an award for lifelong dedicated service to foster friendship between India and USA, from the Denver-Madras Sister Cities Committee, Denver, Colorado, USA, on July 2nd, 2000.

MUSIC & PERFORMING ARTS

Tuesday, 12th September, 2000 – 10.15 a.m.

At: The Conference Hall
The Russian Cultural Centre
27, Kasturi Rangan Road
Chennai 600 018



ANTAKSHARI – A MORNING OF MEMBER PARTICIPATION!

'Antakshari' is a household word. This game of music is played whenever music lovers of any genre meet. The traditional version required no equipment – just enthusiasm and a passing knowledge of popular songs. The game provided much room for remembering long forgotten melodies and nostalgia.

This morning we conduct the same game with minor variations – in the three languages that are familiar to most of our members – English, Hindi and Tamil. The era of songs too will span many decades. So whether you prefer the songs of Cliff Richard or The Venga Boys, Salil Choudhry or A.R. Rahman, M.S. Viswanathan or Deva, you will enjoy taking part in this fun morning.

We look forward to seeing you all in large numbers.

**GITI CHANDRASEKARAN
ANN MORADIAN**

Thanks to Latha Chohan, Susan Critz, Dhun Dalal and Janet De Penning for sponsoring the August Dance Program by Ms. Tripura Kashyap.

HEALTH & ECOLOGY

Friday, 15th September, 2000 – 10.15 a.m.

At: Banquet Hall (Above Cascade Restaurant)
Kakani Towers
Nungambakkam High Road
Chennai 600 034



INSIGHT INTO CORONARY ARTERY DISEASE

The incidence of coronary artery disease in Indians has been steadily increasing since the last two decades and has currently reached epidemic proportions. Common risk factors (traditional) like high cholesterol, smoking, diabetes and hypertension are important contributors in addition to other factors like stress, sedentary life styles, obesity and family history of heart disease. These factors alone do not represent the full story of the epidemic in India. Metabolic risk factors like diabetes, insulin resistance and syndrome X are peculiar to Indians and this may offer some insight into the excessive rates of coronary artery disease which are high compared to the west which has nearly the same total cholesterol levels as our population. Preventive strategies are important for a developing country like ours as it may obviate the need for expensive therapies. These strategies can be implemented only when we understand the nuances of the disease as present in our country.

Dr.C.C. Srinivas will give us an insight into coronary artery disease.

**NAINA SHAH
SUZANNE PLANTENER**

Our thanks to Priya Reddy for hosting this meeting.

HISTORY, CULTURE AND TOURS

Tuesday, 19th September 2000 – 10.15 a.m.

At: Adyar Boat Club
#1, Boat Club Road
III Avenue
R.A. Puram
Chennai 600 028



INDIA AND THE WORLD – QUIZ

Saranya Jayakumar, one of our own IWA members who is a well-known Quiz Master, will be conducting a quiz on countries, culture and lifestyle and this includes questions on cuisine, arts, famous landmarks, and other interesting topics. There will also be visual rounds. Teams will be formed by drawing lots. There will be prizes for the winning teams, but please don't expect to end up a Crorepati!

Thanks to Zubcida Asgarali, Vijaya Balasubramaniam, Pronoti Bannerjea and Usha Bail for co-hosting this meeting.

We thank Alagammai Alagappan, Padma Ashok and Jatinder Bahl for sponsoring the July talk on South Indian Cooking vessels.

We thank Alagammai Alagappan for hosting the meeting on 'Thambool' on August 28th.

The trip to Hampi has been planned for the 29th of October to the 4th of November. Those interested in the trip are requested to get in touch with Aruna Vijayakumar at Tel. No. Res: 827 1284, Off: 827 2732 for details.

We are proposing to take a non-refundable deposit of Rs.500/- at the time of registering. The last date for registering will be the 31st of August.

**VISALAKSHI RAMASWAMY
ARUNA VIJAYAKUMAR**

CURRENT EVENTS

Thursday, 21st September, 2000 - 10.15 a.m.

At: Meenakshi Meyyappan's
"Sabrina"
106, Santhome High Road
Chennai 600 028



LIVING IN HARMONY

Humans and animals have coexisted from the beginning of time. What is the nature of this relationship? Are animals our best companions or a nuisance? Are we justified in exploiting them for our own needs? How should we care for and protect them?

Mr. Chinny Krishna, Vice Chairman of Blue Cross, has been an animal welfare activist for over 35 years. He will explore the range of issues he has experienced in his journey from SPCA, which works to prevent cruelty to animals, to the Blue Cross, which actively promotes kindness toward animals.

KUSUM CHADDA
PAT ALTER

CURRENT EVENTS

9th August 2000

FACE TO FACE WITH KIRON KHER

There was an unscheduled meeting with Kiron Kher, a well-known theatre, T.V. & Cinema Artist. We would like to thank Vidya Singh for organising this meeting. Meyammai Murugappan graciously hosted it at her residence at really short notice. Thank you Meyammai.

KUSUM CHADDA
PAT ALTER



BOOK DISCUSSION

Date : 26th September 2000
Time : 10:15 am
Venue : The Boat Club, Bloat Club Road, Adyar

COLD MOUNTAIN - CHARLES FRAZIER

Cold Mountain is one of the most acclaimed novels in recent memory. It tells how despite being a sorely wounded and fatally disillusioned in the fighting at Petersburg, Inman a confederate soldier decides to walk home to the Blue Ridge Mountains to Ada, a woman who fills his thoughts and whom he had loved there years before.

The story weaves from Ada, struggling to survive on her father's derelict farm and coping boldly in a world without money or support and her thoughts of Inman, to his progression across the disintegrating south towards her.

This book has been variously described as "Heartbreakingly beautiful" and "As close to an American Masterpiece as writing can come".

This month's book will be reviewed by our member, Mrs Brenda Tunnel, an American lady presently living here in Chennai.

Many thanks to Sunanda Sundaram, Ramila Sreedhar and Lakshmi Viswanathan for sponsoring this Book Discussion meeting.



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VIDYA SINGH
INGRID CHARLTON-BRIGGS



NEW TELEPHONE NUMBERS AND NEW HOUSE NUMBERS

1. PRINCESS NAIK

New Phone No. 441 8448
Address: Old House No.83
New House No.12, 4th Main Road,
Gandhi Nagar, Adyar, Chennai - 600 020.

2. LILY SWAMI

432 9301
Address: Flat A-2, "Atiti"
Old House No. 32
New House No.8, Sriram Nagar,
North Street,
Alwarpet, Chennai - 600 018.

PHILOSOPHY AND RELIGION

Friday, 29th September, 2000, at 4.30 p.m.

At: Mrs.Kalpakkam Srinivasamurthi
No.2, IIIrd Street
Kasturi Estate
Chennai 600 086
Ph: 499 0967



DOLLS DISPLAY

Come September, it is festival time in many parts of our country. Navarathri in South India, Dussera in Mysore, Durga Pooja in Bengal and Ram Lila in the Hindi belt are celebrated in gaiety, decoration, eats and of course, devotion. Mrs.Kalpakkam Srinivasamurthi has a unique collection of antique dolls which she displays every year. This year, it is based on Lord Iyappa and she has kindly invited us to come and witness her display. Our thanks to her, not only for her invitation but for hosting this meeting at her residence.

LALITHA KRISHNAN
SEEMA SAIT

Please note that the time of the meeting is 4.30 p.m.

Our thanks are due to Poonam Lalchand, Soni Lalwani, Mohini Lalchand, Katy Madan, Koshu Lalchand and Mina Malhotra for sponsoring the July 31st meeting on Vaastu by Mrs.Sashikala Ananth. The chairpersons are prepared to repeat that workshop on members' demand.

Contact Ph. No.499 1853 – Lalitha Krishnan
Ph. No.824 2244 – Seema Sait (Before 9.30 a.m.)

FOUNDER'S DAY CELEBRATIONS

INVOCATION

QUOTATION FROM 'THIRUKKURAL'

Among the equals those who seek out the more difficult assignment in preference to the easier one are considered great people. But those who just content themselves with small jobs will continue to stay on at a meaner level.

QUOTATION FROM 'MUDRA KASHASA' BY VISAKHADATTA

Low-spirited men set not to work from the fear of obstacles. Ordinary men begin but desist when confronted with difficulties, but men of exalted qualities, although again and again assailed by difficulties, do not give up, what is once undertaken.

TRANSLATED FROM GERMAN

To wonder at beauty,
Stand guard over truth,
Look up to the noble,
Resolve on the good.
This leadeth men truly
To purpose in living,
To right in his doing
To peace in his feeling
To light in his thinking,
And teaches him trust
In the working of God,
In all that there is,
In the width of the world,
In the depth of the soul.

Rudolf Steiner
(Translator not known)

THOSE WHO PARTICIPATED IN VANDANAM

DANCERS

Rani Ananth
Padma Ashok
Shalini Biswajit
Eira Doshi
Sumiko Ishii
Patricia Mandaiker
Sharmila Ramji
Rekha Rangaraj
Anuradha Sachdev
Naina Shah

CHOREOGRAPHY

Usha Srinivasan
Ann Moradian
The Dancers

MUSIC ARRANGED BY

Sujaya Menon
Sushi Natraj

NARRATION

GITA CHANDRASEKHAR

BEHIND THE SCENES

Sushi Natraj
Apoorva Natraj
Vidya Singh
Meena Naru

EXECUTIVE COMMITTEE

THE BOARD

2000 - 2001

PRESIDENTS	:	Javanthi Prabhakaran	(R) 6411579
	:	Eira Doshi	(R) 4911126
VICE-PRESIDENTS	:	Kamala Muthiah	(R) 6411141/6411142
	:	Angelika Mandaiker	(R) 6461265
SECRETARIES	:	Rani Chada	(R) 2344233/2324972
	:	Rathi Nilakantan	(R) 8265250/0744/ (O) 8213691
TREASURERS	:	Kamala Prasad	(R) 6262035/6283809
	:	Maureen Thadani	(R) 4913194

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Sharmila Ramji	(R) 4471200
	:	Kyoko Kashima	(R) 8279020
BOOK DISCUSSION	:	Vidya Singh	(R) 4338782/4359035
	:	Ingrid Charlton-Briggs	(R) 8241878
COOKING SWAPSHOP	:	Fazeela Nurdeen	(R) 6260674/6216561
	:	Sushi Goklaney	(R) 4353714
CURRENT EVENTS	:	Kusum Chadda	(R) 8254217/8233751
	:	Pat Alter	(R) 8273040
HEALTH & ECOLOGY	:	Naina Shah	(R) 4320706/4320564
	:	Suzanne Plantener	(R) 4901613
HISTORY, CULTURE & TOURS	:	Visalakshi Ramaswamy	(R) 4939829
	:	Aruna Vijaykumar	(R) 8271284/8272732
MUSIC & PERFORMING ARTS	:	Gita Chandrasekaran	(R) 4420235/4421035
	:	Ann Moradian	(R) 4331582/4356243
PHILOSOPHY & RELIGION	:	Lalitha Krishnan	(R) 4991853/4992341
	:	Secma Sait	(R) 8242244/8261018