



International
Women's
Association

NOVEMBER 2000

IWA NEWSLETTER

Vol. XV No. 6
CHENNAI

NOVEMBER 2000

MONTH AT A GLANCE

Tuesday	7th November	Health & Ecology Acupuncture	10.15 a.m.
Wednesday	8th November	Board Meeting Executive Meeting	9.45 a.m. 11.00 a.m.
Friday	10th November	Cooking Swapshop Trip down milky way with Dodla Deepa Reddy	10.15 a.m.
Tuesday	14th November	Current Events Kids and You - The "X" Factor	10.15 a.m.
Tuesday	17th November	Book Discussion Disgrace by J.M. Coetzee	10.15 a.m.
Tuesday	21st November	History, Tours and Culture Nishijin Kimono	10.15 a.m.
Friday	24th November	Music & Performing Arts The Three Wise Women	10.15 a.m.
Tuesday	28th November	Philosophy & Religion The "I" / "EYE" Concept : Vision Infinity	10.15 a.m.
Wednesday	29th November	Arts and Handicrafts Origami Workshop	10.15 a.m. to 3 p.m.

FROM THE PRESIDENTS

Diwali:

Many thanks to the Board and Activity Chairpersons who put in a lot of work to make our Diwali Mela a success. Also, thank you to the Artistes' from Dakshinachitra, the dancers' who performed the folk dances and for all those who bought stalls at the mela, and of course to all our members who attended and contributed to its success.

Attendance:

Its that time of the year again! Time to think of attendance. For new members and those members who need to be reminded, seven meetings have to be made up by December and you need a total of ten meetings by the end of March to ensure Membership in the new IWA year. Some ladies are still arriving late for meetings and disturbing the speakers' by arriving at 11 a.m. and sometimes as late as 11.30 a.m. ! It is annoying for those members who are interested in the meetings to have ladies moving in or out. It has also come to our notice that on several occasions a few ladies come for tea and attendance and leave before the meetings commence.

Activity Chairpersons will get in touch with you to co-host meetings. They each have a list of members to work with and when contacted, you will be asked for a donation of Rs.300/-. Please help us in this matter, as meetings are getting more expensive, especially if they are held outside the home. Every member is expected to individually, or jointly, host a meeting once a year.

A group of ladies will be leaving for Hampi for five days from the 29th October to the 4th November. Thank you Activity Chairpersons Visalakshi and Aruna for organizing this trip. History, Culture and Tours will be having more tours, so those of you who missed this one can make sure they go on the next.

We regret to announce the demise of one of our old and very dear members, Pattu Bhargava. Until illness overcame her, she was a very active IWA member. We shall miss her.

**JAVANTHI PRABHAKARAN
EIRA DOSHI**

BOARD MEETING

Wednesday, 8th November, 9.45 a.m.

EXECUTIVE MEETING

Wednesday, 8th November, 11 a.m.

**Both meetings at
Vidya Singh's
10, Sathyanarayana Avenue
11, Boat Club Road
Chennai 600 028**

WOMAN OF THE YEAR AWARD 2000 - 2001

The presentation of the Woman of the Year Award each year has become the highlight of the IWA calendar. Our past President, Nirmal Mirza, instituted this prestigious award. In the past years, IWA has honoured exceptional women in various fields such as Education, Performing Arts, Social Work, Technology, Creative Writing etc.

In accordance with our theme for the year, we would like to choose a woman in the field of Environment and Conservation Protection.

We invite all IWA members to select a woman Environmentalist from the four southern states of India, who has helped make a difference in the way we think about the air we breathe, on our surroundings, and has enlightened us on the way we live.

PLEASE SEND IN YOUR NOMINATION BY JANUARY 15, 2001.

GIRL CHILD OF THE YEAR AWARD 2000 - 2001

Dr. Prithika Chary instituted the Girl Child of the Year Award in 1998. The award is given in appreciation and encouragement to a girl child between 12 and 18 years, who is an achiever in any sphere in spite of illness or disability. This year the Award will go to a child with Seizure Disorder (epilepsy). People with disabilities are making themselves heard and are not only winning battles, but they are also making history in several spheres.

In the past this award has been given to a girl with Down's Syndrome, and to a girl who had undergone renal transplanation. Last year it went to a girl with a cardiac disorder.

We invite all IWA members to select a child who is an achiever despite having a Seizure Disorder.

PLEASE SEND IN YOUR NOMINATION BY JANUARY 15, 2001.

HEALTH & ECOLOGY

Tuesday, 7th November 2000 – 10.15 a.m.

At: Hotel Le Royal Meridien
No.1, G.S.T. Road
St. Thomas Mount
Kathipara Junction
Chennai 600 016



ACUPUNCTURE

Acupuncture is one of the ancient therapeutic methods of treatment which is still now widely practised.

This therapy is more than 4000 years old, as the medical text that tells us all about acupuncture "NUANG DINEI JING" dates to third century B.C. This unique therapy works on the basis of the balance of YIN & YANG forces and the flow of the vital force through the meridians – special pathways which are situated just beneath the skin in the body.

In Acupuncture, this required effect is reached by the usage of needles. So, diseases like POLIO, PARALYSIS, ASTHMA, SINUSITIS, VITILGO, PSORIASIS, DIABETES, HYPERTENSION, BODY SLIMMING, HAIR LOSS can be corrected.

Dr.M. Muthukumar after completing his medical degree, got his Ph.D. Degree in Acupuncture at Singapore. He has been successfully practising Acupuncture for the last 16 years and has treated more than 20,000 cases. At present he is running a laser Acupuncture unit in Vijaya Health Centre at Chennai.

We are privileged to have him address us on Acupuncture.

NAINA SHAH
SUZANNE PLANTENER

- 1) Thanks to Sherien Ryan, Neena Sanghvi, Radha Seshadri, Rukku Seshasayee & Sheetal Shah for co-sponsoring the equipment for the talk held on 15-9-2000 by Dr.C.G. Srinivas.
- 2) Our sincere thanks to Merete Kristensen, Winnie Horsholt, Patricia Schulmerich and Suzanne Plantener for the meeting on 17th October 2000.

COOKING SWAPSHOP

Friday, 10th November, 2000 – 10.15 a.m.



At: Deepa Reddy's
20/11, 1st Street
Wallace Garden
Near Apollo Hospital
Chennai 600 006

TRIP DOWN MILKY WAY WITH DODLA DEEPA REDDY

Daughter of a successful dairy technologist in the U.S. and wife of the owner of Dodla Dairy, Deepa Reddy will tell us all about milk and its by-products.

What is toned milk? Where to find gourmet cheeses in Chennai? How to make delicious sour cream, how to adorn your table with herb and flavoured butters, how to use paneer as a substitute in western dishes, how to make gulab jamun with cheese!

These are some of the questions that young Deepa has answers to.

Come and spend a morning with a difference as she shares her expertise with us in her own drawing room.

**FAZEELA NURDEEN
SUSHI GOKLANEY**

Please note that there are parking instructions on the left side of the road.

We thank Brahada Kameshwaran and Geetha Iyengar for sponsoring this event.

CURRENT EVENTS

Tuesday, 14th November 2000 - 10.15 a.m.

At: Bilkis Moosa's
19, Cenotaph 2nd Lane
Alwarpet
Chennai 600 018



KIDS AND YOU - THE "X" FACTOR

The "X" Factor is a concept used in advertising to explain how mind sets are created. Jairaj Rau, Vice President and Director of Client Services at Hindustan Thompson Associates Ltd., will draw on the "X" Factor concept and his 20 plus years of experience in advertising to stimulate our thoughts on the nature of communication.

KUSUM CHADDA
PAT ALTER

A wise woman who was travelling in the mountains found a precious stone in a stream. The next day she met another traveller who was hungry and the wise woman opened her bag to share her food. The hungry traveller saw the precious stone and asked the woman to give it to him. She did so, without hesitation. The traveller left rejoicing in his fortune, he knew the stone was worth enough to give him security for a lifetime. But a few days later, he came back to return the stone to the wise woman. "I've been thinking", he said, "I know how valuable this stone is but I give it back in the hope that you can give me something more precious. Give me what you have within you that enabled you to give me this stone."

BOOK DISCUSSION

Tuesday, 17th November 2000 - 10.15 a.m.

At: Anuradha Majithia Uberoi's
6, Sterling Road
2nd Cross Street
Nungambakkam
Chennai 600 034



"DISGRACE" BY J.M. COETZEE

Winner of the 1999 Booker Prize

After years of teaching Romantic poetry, a university lecturer is denounced and disgraced following an impulsive affair with a young student. This is a multi-layered story, as much concerned with the politics of South Africa as with his desires.

The book will be discussed by a panel this month, led by Mrs. Maria Couto, (a well known economist and writer). We hope that our members will join in this discussion as it deals with a number of controversial issues that are current in today's society.

We should like to thank our member Bharathi Suresh, for hosting the October meeting.

VIDYA SINGH
INGRID CHARLTON-BRIGGS

According to the ancient Chinese proverb, "A journey of a thousand miles must begin with a single step."

- President **JOHN F. KENNEDY**

I walk slowly, but I never walk backward.

- Attributed to **ABRAHAM LINCOLN**

HISTORY, CULTURE AND TOURS

Tuesday, 21st November 2000 – 10.15 a.m.



At: Kalpa Druma
61, Cathedral Road
Chennai 600 086
Opp. Hotel Chola

NISHIJIN KIMONO

The celebrated Artisanal silk textile industry of Japan, is called Nishijin Kimono. Dr.Aarti Kawlra who has recently spent four months at the National Museum of Ethnology, Osaka, on a Mombusho Fellowship, will be talking to us on this topic. The video talk will highlight the contemporary importance of Japan's distinctive approach to tradition, particularly in terms of the lessons one can learn from it for India.

**VISALAKSHI RAMASWAMY
ARUNA VIJAYKUMAR**

Where, after all, do universal human rights begin? In small places, close to home—so close and so small that they cannot be seen on any map of the world. Yet they are the world of the individual person: the neighborhood he lives in; the school or college he attends; the factory, farm or office where he works. Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world.

ELEANOR ROOSEVELT

MUSIC & PERFORMING ARTS

Friday, 24th November, 2000 - 10.15 a.m.

At: The Russian Cultural Centre, Main Auditorium
27, Kasturi Ranga Road
Alwarpet
Chennai 600 018



THE THREE WISE WOMEN

This, an amusing short play by Jaspar Utley, Director, British Council Division, is back by popular demand. It stars some prominent IWA members like Megan Utley and Rani Chada, and is based in Roman India at the time of the birth of Christ. Intrigued? You should be. Come and see the fun.

Guests are welcome.

**GITI CHANDRASEKARAN
ANN MORADIAN**

Thanks to Galina Zakharova for providing the venue for this month's event.

Thanks to Minakshi Dhamija, Mohini Gill and Kausalya Jaganmohan for their support in sponsoring the International Music Day program.

Thanks to Sushila Natraj for conducting the Antakshari program in September 2000.

Do you know about the newest thing on the festival circuit?

The Other Festival

A fantastic foray into what's new in dance, theatre and music:

December 1 - 7 at the Musuem Theatre

Artists from all over the world - India, Canada, Britain, France and Malaysia - will share their work with Madras. There is no other festival in all of India so forward on the scene. Don't miss it!

Season tickets are available now - See all 7 programs for only Rs.200.

Exclusive Friends Circle season tickets for Rs.1,000/-.

For information on the purchase of tickets, contact:

**The Arungham Trust Offices at 435-2123 or 435-6661, or
Ann Moradian (IWA Member) at 433-1582**

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PHILOSOPHY & RELIGION

Tuesday, 28th November, 2000 - 10.15 a.m.

At: Y.W.C.A., Kilpauk
1086, Poonamallee High Road
Chennai 600 084



THE "I" / "EYE CONCEPT : VISION INFINITY

In the complexities of our day to day lives, we accost several situations where our external behaviour often belies our inner selves. For example, we say "yes" when we would often like to say "no". Such dilemma situations cause guilt, grief and stress internally. All the knowledge that one gains through reading and lectures remains just theoretical knowledge at the best of times. The question is, can we APPLY this knowledge in our daily lives? Can we learn to co-ordinate our inner selves with our external selves and let our inner core motivate our actions and behaviour?

The answer is "yes" and SUREKHA KOTHARI, an IWA member and a student of philosophy and of life experiences will take the members through channels of perspectives and methods to achieve the right balance which is the road to happiness and inner peace. To a large extent, this process is one of "self search" and at the end of any discussion, it is upto each one to find her own little piece of sky.

LALITHA KRISHNAN
SEEMA SAIT

Blessed is the man who, having nothing to say, abstains from giving us wordy evidence of the fact'

GEORGE ELIOT

ARTS AND HANDICRAFTS

Wednesday, 29th November, 2000 - 10.15 a.m. to 3 p.m.

At: Sumiko Ishi's
287, TTK Road
Alwarpet
Chennai 600 018



ORIGAMI WORKSHOP

The tremendous response and interest generated during the last Origami demonstration has given rise to this workshop on Japanese Origami which will be conducted by Naomi Walkita and Rie Hirano. This workshop is free of charge and will be limited to 30 persons, so please warn in at the earliest to Mrs.Sharmila Ramji 447 1200 - Kyoko Kashima 827 9020 by 20th November.

Lunch will be provided.

**SHARMILA RAMJI
KYOKO KASHIMA**

Our thanks to Kanika Parekh, Shantha Prasad, Aruna Prasad, Sharada Rajamani and Bala Rao for hosting our 3rd October meeting on Kolu and Hina Matsuri.

OWC CHRISTMAS SALE

Wednesday, 29th November, 2000 - 10.00 am - 2.00 pm

At: 36/D1, Valliammai Achi Street
Kotturpuram
Chennai 600 085

There will be a coffee morning and sale of handicrafts, gifts and Christmas decorations, made by a group of ladies at a handicraft get-together that meets throughout the year. All proceeds go towards local charities. Entrance Rs.50/-.

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