

NEW GENERATION INDIAN DAUGHTER-IN-LAW...

It is a myth that when a son gets married and a new daughter-in-law arrives in the family, everything changes. Some daughters-in-law are well trained and well mannered... They don't come to change the family, they are here to... (READ ON!)

The new wife (progressive Indian woman of today), was being welcomed at the husband's home in a traditional manner. As expected she gave a speech:

"My dear family, I thank you for welcoming me in my new home and family; firstly, my being here does not mean that I would want to change your way of life, your routine. No, I will never do that, never in a million years."

"What do you mean my child" asked the father-in-law.
 "What I mean Dad is (looking at her in-laws), those who used to wash the dishes must carry on washing them. Those who used to do the laundry must carry on doing it. Those who cooked should not stop at my account, AND those who used to clean should continue cleaning!!!"
 "And what are you here for Bahurani?" enquired the mother-in-law.
 "AS FOR ME, I'M HERE JUST TO ENTERTAIN YOUR SON!!!!!!!"

We welcome your feedback and any ideas for the Women's Committee Newsletter
P.O. Box 48049, Blockhouse Bay, Auckland
The women's committee reserves the right to decide whether letters/articles submitted will be published.
The viewpoints expressed in this newsletter do not necessarily reflect the views of the New Zealand Central Indian Association.

NZICA WOMEN'S CONFERENCE 24th & 25th February 2007

PLACE Taha Wahia - Woodside Guides

Manukau Centre
 68 Everglade Drive (Off Redoubt Rd)
 Manukau

ACCOMMODATION Rayland Motel
 Delegates to make their own bookings
 Manukau City
 Ph 09-263-8738 or 0800 729-526
 \$90 - \$145 - Large room sleeps 6

Redoubt Motel
 104 Redoubt Road
 Manukau City
 Ph 09-261-1188
 www.redoubtmotel.co.nz
 \$90 - \$130

CONFERENCE DINNER
 Sangeet Indian Cuisine
 B 1/710 Great South Road
 Manukau City

TOPICS A.M.
Saturday 24th February 2007
 Gambling
 - Problem Gambling Foundation Alcohol & Drugs
 - Community Alcohol & Drugs Services
 Menopause
 - Gil Sansan, Menopause Educator
Sunday 25th February 2007
 Care of Hair
 - Hair, Skin, Scalp Health Clinic
 - Care of Skin, Nails etc
 - Beauty Bliss

TIME
 Saturday, 24th February 9am to 5pm
 Sunday, 25th February 9am to Midday

NZICA WOMEN'S CONFERENCE 24th & 25th February 2007 REGISTRATION FORM

SURNAME:.....

FIRST NAME:.....

ADDRESS:.....

.....

EMAIL:.....

TEL No.:.....

Are you a Member of a Branch Assoc of NZICA Yes / No

If Yes what branch

CONFERENCE COSTS

Members	Non members
REGISTRATION FEES \$20.00 pp	\$40.00 pp

(Includes morning & afternoon tea & lunch for both days)

CONFERENCE DINNER

Indian Vegetarian and Non-vegetarian	\$30.00 pp	\$35.00 pp
Sangeet Indian Restaurant		

PAYMENT ENCLOSED \$ _____ \$ _____
 (Cheques payable to NZICA)

Cheques & Registration Form to be posted to
 P. Lekinwala
 PO Box 48-049
 Blockhouse Bay, Auckland
 prior to 19 February 2007



Please cut & return with Fees.

NEW ZEALAND INDIAN CENTRAL ASSOCIATION WOMEN'S COMMITTEE NEWSLETTER October 2006

Hello Ladies

This has been a busy year for me and I'm sure for all of you. I take this opportunity to thank you all for your support and positive feedback during the year.

After much hard work compiling this newsletter we have produced our fourth newsletter and we hope you will find it interesting and educational. My thanks go to all those persons who submitted articles.

During the year it has been heart warming to hear of Indian women in NZ achieving in different areas such as dance, sport and academically. We should all take inspiration from these achievers and encourage women especially the younger generation to succeed in any area that interests and motivates them.

The conference next year is in Manukau and Manukau Indian Association will be our hosts. Details of the conference and registration form are on the back page of this newsletter, contact details for committee and branch representatives are on page 7. We have endeavoured to make the conference worthwhile and interesting and socially it is a great event to catch up with persons you haven't seen for a while. Book you travel arrangements early and let friends and relatives know about the conference. Let's make this conference the biggest one we have had.

All the best to you and your families. Have a happy Christmas and New Year and safe holidays.

Puspa Lekinwala
 Chairperson of Women's Committee of NZICA



NAMASTE

Question:

Why do we do Namaste?

Indians greet each other with Namaste. The two palms are placed together in front of the chest and the head bows whilst saying the word Namaste. The greeting is for all – people younger than us, of our own age, those older than friends, even strangers and us. There are five forms of traditional greeting enjoined in the shastras of which Namaskaram is one. This is understood as prostration but it actually refers to paying homage we do today when we greet each other with a Namaste. Namaste could be just a casual or formal greeting, a cultural convention or an act of worship. However there is much more to it than meets the eye. In Sanskrit *namah + te = Namaste*.

It means - I bow to you – my greetings, salutations or prostration to you. Namaha can also be literally interpreted as “na ma” (not mine). It has a spiritual significance of negating or reducing one’s ego in the presence of another. The real meeting between people is the meeting of their minds. When we greet another, we do so with Namaste, which means, “may our minds meet,” indicated by the folded palms placed before the chest. The bowing down of the head is a gracious form of extending friendship in love and humility. The spiritual meaning is even deeper. The life force, the divinity, the Self or the Lord in me is the same in all. Recognizing this oneness with the meeting of the palms, we salute with head bowed the Divinity in the person we meet. This is why sometimes, we close our eyes as we do Namaste to a revered person or the Lord – as if to look within. The gesture is often accompanied by words like “Ram Ram”, “Jai Shri Krishna”, “Namo Narayana”, “Jai Siya Ram”, “Om Shanti” etc – indicating the recognition of this divinity.

When we know this significance, our greeting does not remain just a superficial gesture or word but paves the way for a deeper communion with another in an atmosphere of love and respect.

INDIA'S HEALTH

THE BAD NEWS

- Every sixth person who dies in the world is an Indian.
- By 2010, 60 per cent of the world's cardiac patients will be Indian.
- Every fourth diabetic in the world is an Indian.
- Indian teens have the world's highest suicide rate.
- India has the highest number of people living with HIV/Aids.

THE GOOD NEWS

- Life expectancy today is 67 years; in 1951, it was 36.7 years.
- Birth rate was 40.8 per 1,000 in 1951, it is now around 25.5.
- Infant mortality rate was 146 per 1,000 in 1951, it is now below 70.
- A majority of infectious diseases have been or are close to being eradicated.
- India's healthcare system is comparatively low cost.

YOUR STOMACH IS YOUR ANCESTOR...

Food and the culture of eating well have always been vital in India, but until recently most ate home-cooked food. Then came the fast-food culture. And store shelves filled up with cheap, mass-produced, tasty food that is packed with calories.

Lives have become busier and there is less time to cook healthy meals. So more and more people eat at restaurants or grab takeout food. And all this has turned “good health” up-side-down. The key to long life lies in embracing simplicity.

So give up those potato chips and grab a fruit, if you feel like snacking. Give up those noodles and burgers (made of polished rice and maida) and opt for whole wheat and cereals. Give up those fizzy drinks and go for butter-milk, coconut water, bel or nimbu pani. Going back to one's cultural heritage is obviously the flavour of the season.

One's stomach, as they say, is one's ancestor – it rumbles like a lion, refusing to be ignored. So let your ancestors guide you away from today's temptations, to healthier choices.

WELLBEING IN INDIA

30,000 crore rupees is the size of the pharma retail industry for nutraceuticals, which includes everything from multi-vitamins, diet supplements, sugar substitutes and low fat foods.

50% is the growth rate for the fitness industry in the last five years, coinciding with the need to look good and feel good, among urban Indians and availability of state of the art equipment.

The key to healthy living is, of course, awareness and access to services and products that encourage that process.

There are plenty of variables in the formula of good health and well-being, but there are also some constants in the new concept of wellness as opposed to merely being fit. Being happy is one, job satisfaction another, a close family life with lots of bonding and laughter, a solid support system, regular exercise, regular sex, nothing in excess and most things in moderation, good genes (a family history of longevity) helps, lots of fruits and vegetables in your meals, activity that brings pleasure, avoidance of stressful situations, no bringing work home, emotional stability and the ability to enjoy life.

New research suggests that spirituality and deep-rooted faith are the secrets to wellness. Ten years from now, we may be able to use artificial aids to sip the elixir of life, from hormone replacement therapy to stem cells and cloning. Till then, there is one solid piece of advice that always works: Don't worry, be happy.

HOW LOUD IS TOO LOUD?

Noise	Decibels	Damage to Hearing
Explosion	150	Instant
Rifle shot	140	Temporary
Plane taking off	130	Pain
Chainsaw	120	After 30 seconds
Nightclub	110	After 90 seconds
Lawnmower	100	After 15 minutes
Busy street	85	After 8 hours
Busy office	70	Unlikely
Normal conversation	60	Comfort
Breathing	10	None
Quietest sound we can hear	0	None

DO YOU NEED YOUR EARS CHECKED?

- Does your family keep telling you to turn down the TV?
- Do you find it hard to hear when people whisper?
- Do you sometimes not realise your family and friends are talking to you?
- Do you frequently ask people to repeat what they've said?
- Do you struggle to follow a group conversation?
- Do you have trouble hearing at meetings?
- Have you noticed that you're not hearing sounds such as the rain and birdsong?
- Do you have a ringing or buzzing in your ears?

If you answered yes to two or more of these questions, see your GP for a hearing assessment.

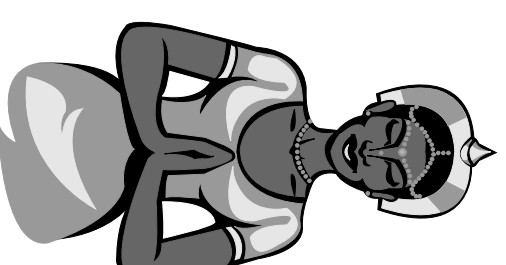
Pulse Winter 2006

NZICA Women's Committee:

Puspa Lekinwala Chairperson 09-627-9693
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PROBASEE BANGALEE ASSOC.	Madhumati Chatterjee	



Do You Believe This - True or False?

Drinking cold water after meal = Cancer!

For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this "sludge" reacted with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm after a meal.

Answer: **False**

HEART ATTACKS

Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms.

60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive...

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

HEALTH ALERT OVER INDIAN REMEDIES

A group of doctors and scientists are warning against the use of alternative Indian remedies, after finding eight patients had been poisoned with lead after using them.

"We wish to alert the medical community to a substantial threat to wellbeing posed by a particular form of herbal remedy, namely Ayurvedic medicine," they write in the latest *New Zealand Medical Journal*.

Ayurvedic medicine is a traditional form of healing originating in India.

The eight Auckland and Waikato patients suffered a range of symptoms, commonly including abdominal pain, after taking Ayurvedic powders or tablets, which in one case were a treatment for male infertility.

One of the tablets had 10mg of lead and the recommended dose on the bottle was four a day.

Under the levels set by United Nations food and health organisations, a 70kg adult would exceed the tolerable

HANDY HEALTH

Ever noticed your doctor paying close attention to your hands? He or she may be gathering important clues about your health.



For instance:

- Red nail beds are a sign that the haemoglobin levels in your blood are normal. Pale nail beds suggest you may be anaemic.
- Dry cool hands can be a sign of a thyroid problem (hypothyroidism)
- Hot, sweaty palms can also be a sign of a thyroid problem (hyperthyroidism)
- Horizontal ridges across nails can be a sign of a major disease in recent months.
- Loss of a nail fold could be a sign of a respiratory or gastro-intestinal problem.
- Pits or holes in fingernails can be an indication of psoriasis, skin or joint problems.
- Tangled blood vessels in the nail fold could suggest major auto immune diseases.
- Orange palms can mean you eat too many carrots! A protein in orange foods (carrots, pumpkin etc) called carotene can be deposited into the skin on your palms and feet. Don't worry, it's not dangerous and goes away with reduced carrot intake.

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weekly intake by a factor of four by taking a single tablet containing 8mg of lead.

Treatment of the New Zealand patients included chelation therapy and blood transfusions.

The researchers say the public is widely exposed to the Ayurvedic contention that, when taken correctly, "chymasas" – carefully extracted ashes – containing lead or mercury are therapeutically beneficial.

"This belief is irreconcilable with Western toxicology. From the view of Western science, even miniscule quantities of lead have potential for harm, including irreversible brain damage, and are of absolutely no therapeutic benefit" The researchers say the eight cases – identified from 1999 to 2005 hospital, laboratory and Auckland public health records plus one Waikato case – are the tip of a widespread problem.

The New Zealand Herald

BUT WHY?

One day 'he' told his mother in a simple way:

"Next year I'll be away abroad, to a foreign land See me off with a band!" Old eyes looked at him With the same old whim Came out a sigh but why?

Was it **DISCONTENTMENT**

One day 'she' told his mother:

"I've got a partner to live with I'll come back rather than like 'You' and 'Father'." Old eyes looked at her in haze With the same old gaze She held her head high But why?

Was it **TEMPTATION**

One day we met

At a cultural get-together for a while 'he' was busy raising his profile 'she' was happy AND had no smile New ways are hard to try But why?

Was it **CURIOSITY**

We saw Parana being burnt Victory or good celebrated

Story of 'Rama' being narrated What if we throw the evil out and enliven the good End the "drama" within us! What if we kill the 'Parana' hiding inside and awaken the 'Rama' within us!

We had the fascination of that celebration We heard each others cry... but why?

If it was realisation then it's worth celebration!!

Nirni Bedi

Manukau Indian Association (Inc.)

DON'T BE A CLOT - GET HEALTHY

Stroke experts are urging people to stop smoking, exercise regularly and eat a healthy diet.

Half of all strokes can be prevented if people threw away the cigarettes, exercised regularly and cut back on alcohol, salt and fat.

People should have their blood pressure and cholesterol checked regularly.



The Stroke Foundation says fast action is essential for stroke victims.

People have more than 7,000 strokes each year in New Zealand and more than 35,000 live post-stroke.

Quick action can reduce the impact of a stroke. If someone can't smile properly because one side of their face is droopy, can't raise both arms because one side has become weak, or has sudden difficulty speaking, dial 111 and get them to a hospital fast. The sooner they get medical help the better the outcome.

The foundation's northern region staff provide ongoing assistance to people who have had strokes, including hospital and home visits, spouse support, stroke clubs, a support network for younger people, education, advocacy and research. It relies on donations to support stroke survivors and their caregivers.

IS IT A STROKE? Dial 111 if someone can't:

 F Face - SMILE (is one side droopy?)	 A Arms - RAISE BOTH ARMS (is one side weak?)	 S Speech - SPEAK A SIMPLE SENTENCE (slurred? Unable to?)	 T Time - Lost time could be lost brain, get to hospital FAST
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Eastern Courier

DANGERZONE

• One of the dangers of lip-piercing as pointed out by the International Association for Dental Research is the risk of receding gums. Receding gums were significantly greater among subjects with lip-piercing (41.4 per cent) in comparison to the ones without it (6.1 per cent). Moreover, it is harder for people with piercing to brush and clean their teeth and the risk of plaque build-up and gingivitis, rises many times.

September 18, 2006 India Today

KILLER WEAR

- High heels and stilettoes: High heels give you back and knee problems, ingrown toenails, bunions, hammer toes, calluses and blisters.
- Tight jeans and corsets: Tight clothing leads to muscle pain and bruising. They also restrict breathing and digestion.
- G-strings/thongs: G-strings cause chafing and lacerations on the anal area, thereby causing infections.

HONEYMOON TO HELL

Starry-eyed Indian brides who head overseas are finding dreams can turn into nightmares, reports Nita Bhalla

Women's groups say that every year hundreds of starry-eyed girls seeking a better life in the West are duped into wedlock by men from Indian communities in Australia, the United States, Britain and Canada. Money is the reason for much of the duplicity.

"Thousands of Indian men in the West come here and advertise in matrimonials every year," says Yogesh Mehta of the National Commission for Women, a government body for women's rights.

"Many are honest about who they are, but a lot lie about their jobs, economic and marital status – often to get the dowry."

Dowries, often of jewellery, expensive clothing, cars and money, are given by the bride's family to the groom and his parents, as a tradition to ensure the bride will be comfortable in her new home.

The custom, outlawed in India more than four decades ago but still widely practised, is often exploited when the groom's family demands more money in return for not abusing the bride.

Women's groups say the number of women marrying men of Indian origin living overseas is rising proportionately as the Indian population overseas increases.

Consequently, there are an increasing number of complaints from women who are victims of fraud marriages. "It is a serious issue which needs to be tackled, as some of the stories of what happens to these girls can be shocking," a ministry of Overseas Indian Affairs official says.

Often the women go overseas after the wedding only to find themselves abandoned with no one to turn to, no

Book on Indian Woman in NZ (untitled at present) By Edwina Pio

This forthcoming book showcases the lives of Indian women through four generations at work in New Zealand. Stories of fabulous success merge with underemployment and no employment. Memories of Maori friendships and Maori relatives intertwine with mentoring by Pakeha women. Sewn into the stories are the spangles of an Indian patriarchal system which supported the women and yet at the same time created very strict demarcation lines: and the shaded sequins of in-laws who could both manipulate and manoeuvre the bahu or the Indian daughter-in-law, as she sought to carve out her career, and gain an education.

Each chapter weaves the fused experiences of women with reference to a particular issue and links this issue to the current research in the landscape of work and enterprise through boxed vignettes. As the chapters unfold the negotiated reality of the Indian women is fore-grounded through her construction of her reality, her sources of wisdom and resilience, her life bonded in love with two countries, and her hunger for both growth and harmony. While the chapters exemplify much that is beautiful and right in New Zealand, they also epitomize what is not so

money, no ability to speak the language and no knowledge of the customs of the alien country.

Other women tell of being battered or kept prisoner in the home and treated like domestic workers. Some find their husband is already married.

There are also cases of "holiday brides" – women abandoned in India within days or weeks of marriage, with the husband promising to return once visa arrangements have been made, but never reappearing.

In many parts of India, a match for their daughter with an Indian living overseas is coveted by parents lured by the prospect of greener pastures for the whole family. Eager not to let go of such lucrative offers, the families often ignore the common cautions that are observed in traditional Indian matchmaking.

"If a marriage proposal comes from a man in India, then checks are made about him and his family through mutual acquaintances and other ways," says Sneha Singh, a social worker and victim of a fraud marriage.

"But when the man lives overseas, no one bothers to check anything because he is from the West so he is thought to be rich and respectable."

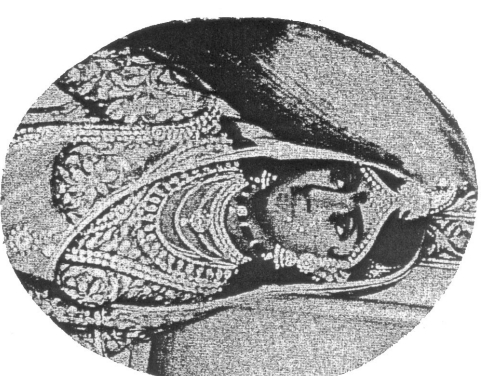
Activists are seeking campaigns for social awareness to ensure families check a groom's background, perhaps through his voter registration card, social security number, employment record and tax returns.

They also say India should make it compulsory for marriages to be registered, which would give more legal protection to the duped bride.

New Zealand Herald

The Rani of Jhansi - She Rode to Immortality

The Rani of Jhansi continues to remain one of the enigmatic heroines of our times. A great deal has been written about her courage and vigour. She possessed great skill in riding, shooting and sword-man ship. How did she learn these arts since the majority of Hindu women during the 19th century were brought up under strictly orthodox conventions?



Laxmiba was an only child and married at the age of 15 to Gangadhar Rao, the Raja of Jhansi – Gangadhar Rao was a good ruler and a great lover of the arts, but not an outstanding soldier. In the last few years of his life he realized that Lakshmbai could not bear him another child. He died in 1853.

Many British Historians compared Lakshmbai to Joan of Arc. Her knowledge of warfare combined intuition and common sense and her ability to speak man to man to all men. She was compelled to a violent revolt against the British by her desire to save the throne. After the Rani had thrown her lot with the rebels in 1857 she was determined to meet every British challenge to the very end.

She adopted as her official dress the close fitting jodhpurs worn by her male subjects. She had her hair cropped short and she covered her head with a silk turban.

Once the rebels had disposed of the British troops at Jhansi the neighbouring Kingdoms thought that a young widow at the helm of affairs would be easy prey for them. With news of impending attacks, she, with the help of her people of Jansi and neighbouring nobleman, she converted Jhansi in a military camp.

The Rani was determined to enlist the women of Jhansi. Some were trained as troopers and gunners. During sieges they fought side by side with men. They took on sentry duties, carried ammunition, food and water to the troops in action, repaired the walls of the fort and cared for the wounded. This was a revolutionary step. The program of enlisting their support had been on Laxmiba's mind for many years.

The two battles in which the Rani proved her courage were Kunch and Gwalior. It was at the latter battle on June 17th 1858 that the Rhani was killed. There have been conflicting reports of her death but however conflicting, her death caused great consternation amongst the rebels. Her life was packed with drama and she emerged one of the most forceful personalities in the first revolt for freedom from British rule.

Source of information – Statesman (newspaper) August 14, 1977 – Rashme Sehgal – article sent by Sharda A Patel

CUTTING OUT THE FLAB

The population of obese people in India is burgeoning. Statistics show that about 150 million Indians are obese, which is a good **15%** of the country's population.

A study conducted by the Obesity Surgery Society of India in leading public schools across the country shows that **30%** of students are obese.

Women are particularly prone to obesity. The AIIMS study on Obesity, Diabetes and Heart Disease, 2002-2005 showed that nearly **50%** of urban women above 35 have unhealthy body shapes. Experts say one of the causes of obesity in woman is mental stress, due to which they keep munching on food to find solace.

DRINKING WATER

The following will probably amaze and startle you.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study. Lack of water is the number one trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

(No kidding, all the above is true...)

INDIAN WIVES

Three men were sitting together bragging about how they had given their new wives duties.

The first man had married a woman from New Delhi, and bragged that he had told his wife she was going to do all the dishes and house cleaning. He said it took a couple of days but on the third day he came home to a clean house and the dishes were done.

The second man had married a woman from Bombay. He bragged that he had given his wife orders that she was to do all the cleaning, dishes and the cooking. On the first day he didn't see any results, but the next day it was better. By the third day, the house was clean, the dishes were done and he had a huge dinner on the table.

The third man had married a Gujarati girl. He boasted that he told her that her duties were to keep the house cleaned, dishes washed, lawn mowed, laundry washed and hot meals on the table for every meal. He said the first day he didn't see anything, the second day he didn't see anything but by the third day.... most of the swelling had gone down and he could see a little out of his left eye.

Gotta love Gujarati Girls.