



International
Women's
Association

NEWSLETTER
NOVEMBER 2001

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|--|-----|--|--|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 9.45 a.m. Board Meeting 11.00 a.m. Executive Committee | 6 10.15 a.m. History, Culture & Tours | 7 | 8 10.15 a.m. Health & Ecology | 9 | 10 |
| 11 | 12 10.15 a.m. Cooking Swapshop | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 10.15 a.m. Music & Performing Arts Health & Ecology | 20 | 21 | 22 9.30 a.m. History, Culture & Tours | 23 10.15 a.m. Book Discussion History, Culture & Tours | 24 |
| 25 | 26 10.15 a.m. Current Events | 27 10.15 a.m. Current Events | 28 | 29 10.15 a.m. Arts & Handicrafts | 30 10 a.m. to 1.30 p.m. Philosophy & Religion | |

IWA NEWSLETTER

Volume XVI No. 6

Chennai

NOVEMBER, 2001

MONTH AT A GLANCE

| | | | |
|----------|-----------------------|---|-------------------|
| Monday | 5 th Nov. | Board Meeting Executive Meeting | 9.45am 11 am |
| Tuesday | 6 th Nov. | History, Culture & Tours | 10.15am |
| Thursday | 8 th Nov. | Health & Ecology | 10.15am |
| Monday | 12 th Nov. | Cooking Swapshop | 10.15am |
| Tuesday | 20 th Nov. | Music & Performing Arts Health & Ecology | 10.15am |
| Thursday | 22 nd Nov. | History, Culture & Tours | 9.00am |
| Friday | 23 rd Nov. | Book Discussion History, Culture & Tours | 10.15am |
| Tuesday | 27 th Nov. | Current Events | 10.15am |
| Thursday | 29 th Nov. | Arts & Handicrafts | 10.15am |
| Friday | 30 th Nov. | Philosophy & Religion | 10.00am 1.30pm |

FROM THE PRESIDENTS

HER VOICE

This was a programme held recently and organized by Anita Ratnam and performed by Geeta Chandran and Anurupa Roy and their troupe of dancers and puppeteers from Delhi. It was an evening to remember for its unusual flavour and entertainment value. Thanks, Naina, for a well planned evening.

INTERNATIONAL MUSIC DAY

The day is dedicated to our Founder President, Nirmal Seshadri. Kum. Kanyakumari, a renowned violinist enthralled the gathering with a wonderful repertoire of music.

POTTER ABOUT

This morning was especially laid on for IWA members who could show off their talents in painting on pottery. Amazing how many IWA ladies are talented in this area. Unfortunately, several ladies who had warned-in did not attend.

TRIP TO MALAYSIA

The trip to Malaysia went off extremely well, and although a detailed report will appear in the newsletter, we wish to thank Vidya and Pat particularly for not only organizing this trip but also making it a meticulously planned programme.

DIWALI DARSHAN

We wish to thank everyone associated with the Diwali Darshan. We are particularly thankful for the enthusiasm shown towards the planning of the Festival Tableau.

Special mention must be made Rehane's *Jashn e bahar*. Our thanks to Pankaj Sachdev of NPT Offset, for printing our Diwali tickets free of charge.

ATTENDANCE

As in the past, we take this opportunity to remind members that your minimum attendance is of prime importance, and you must ensure that you have attended at least 7 meetings by December. You also need to have a total of 10 meetings by end March to make sure that you receive a Membership Renewal Form.

A VERY HAPPY DIWALI TO ALL OUR MEMBERS

RANI CHADA

SEEMA SAIT

WOMAN OF THE YEAR AWARD 2001 – 2002

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

This year in accordance with our theme 'Women of Substance', we would like to choose a woman who has achieved great status in the **Corporate World**.

We take this opportunity to invite all our members to select a woman from the four Southern States of India who has achieved a status in the Corporate Sector which would be unique in its own right.

**PLEASE SEND IN YOUR NOMINATIONS BY
JANUARY 15, 2002**

GIRL CHILD OF THE YEAR AWARD 2000- 2001

Our own member, Dr. Prithika Chary, instituted this Award in 1998. The Award is given to a girl child between the age of 12 and 18 years, who is an achiever in spite of illness or disability. **This year the Award will go to a child who is afflicted with Cancer.**

The candidate selected would be unique in that she would have faced the illness with sheer grit and determination. This is a reward for an attitude and "achievement" is judged on this.

In the past the Award was given to girls with Down's Syndrome, Kidney failure, Congenital Cardiac Disease with hardness of hearing. Last year the category was epilepsy and this remained unclaimed due to the stigma of the disease.

We invite all IWA members to select a child who has overcome Cancer with a terrific attitude.

**PLEASE SEND IN YOUR NOMINATIONS BY
15th JANUARY, 2002.**

BOARD MEETING

Monday, 5th November, 9.45 am

EXECUTIVE MEETING

Monday, 5th November, 11am

Both meetings at:
Shalini Biswajit's
1, Archbishop Mathias Avenue
R.A. Puram
Chennai 600 028

IWA TRIP TO MALAYSIA 26th SEPT. - 3rd OCT. 2001

Sixteen ladies met in the entrance of the Domestic Departure hall at Chennai Airport at 9 p.m. Rani Chada came with a rose for each member of the Group to wish us 'Bon Voyage'

Fifteen ladies flew to Malaysia suitably chaperoned by a very personable young gentleman from 'Cox & King' and on arrival in Kuala Lumpur a young Malaysian who would introduce us to the land and culture of Peninsula Malaysia met us.

The two History Culture and Tours Chairpersons, Vidya Singh and Pat Alter, who are both seasoned travellers, with true attention to detail, ensured that all members of the Group were cared for and all arrangements ran smoothly. (Thank You from the entire group).

After arrival in KL, we travelled to the States of Malacca Kelantan and Terengganu and back to KL by coach and air. We passed through the States of Selangor and Negeri Sembilan (a matriarchal society) to Malacca and briefly visited Pahang on the East Coast to see a Turtle nesting site at Cherating which is the Back Packers Base in the South China Sea.

The land was green with Palm Oil Trees and ferns used as land cover. The 'Toll Roads' were clean and straight and the scars left by the Tin Mines had been filled in and converted to Hotel Complexes.

We visited shopping malls and gazed at Designer clothing and footwear. We visited the tallest buildings in the world - The Twin towers in KL. In contrast we visited Heritage sites in Malacca where there is evidence of Portuguese and Dutch conquests of the area and where we experienced our one and only trishaw ride. We were taken on a river cruise in Kuala Terengganu. In Kota Bahru we saw the Sultan and his wife in our Hotel and in Malacca we heard the Chief Minister of that State.

We visited Food Courts and ate 'Kway Teow' and 'Tahu Goreng'.

Our vegetarian ladies could not enjoy these treats, but we all gorged ourselves on Rumbutans, Durran, Papaya, Star fruit, Watermelons, Mangoes and Roast Chestnuts.

The Company was excellent, so what did we miss coming from India? – the crowds, the cows and the dogs!!

We heard that Malaysia in modernizing itself is in danger of losing its crafts. We saw kite making and top spinning by an elderly man. His son confessed that he does not have either skill. We did not see Penang, the Cameroon Heights, Malaysian Borneo and Brunei. All that and more would need another trip, which would be a very good idea.

We arrived backing Chennai past 11 p.m. and would you believe it, Rani was there to receive us!

MARGARET SEKHARAN

We welcome our new members – 14 of them! Look for their listing throughout this newsletter!

Neeti Mullick (British)
4, Anu Sai Villa
13/8, Crescent Street
ABM Avenue
Chennai 600 028
Phone: 432 2231, 432 2413
Mobile: 98410-11492

Radha Gopakrishnan (British)
26/2, Arundale Beach Road
Kalakshetra Colony
Chennai 600 090

Phone: 491 8186

Barbara Hanel (German)
17, Crescent Street
ABM Avenue
Chennai 600 028
Phone: 434 6599, 432 2853

Josie Newman (Australian)
16/5, Subbaraya Avenue
Abhiramapuram
Chennai 600 018
Phone: 499 5663

HISTORY, CULTURE & TOURS

Tuesday, 6th November, 2001 – 10.15am

At: **Sunder Mahal (Amethyst)**
14, Padmavathiar Road
Gopalapuram
Chennai 600 086



JEWELS OF THE NIZAMS

The wealth of the Nizams of Hyderabad reposed in land, palaces, cash, gold and a legendary collection of gemstones and jewellery. Their exquisitely crafted ornaments range in date from the 18th to the early 20th centuries. In 1995, the Government of India purchased these jewels. They were recently exhibited in the National Museum, New Delhi. Today's talk, illustrated with slides of the outstanding items in the collection, will trace the history of the jewels and the tangled process of their acquisition.

Our speaker is Dr. Usha R. Bala Krishnan, an art and jewellery historian and Bombay-based fine arts consultant. Her monumental publication, titled 'Dance of the Peacock: Jewellery Traditions of India', has won much acclaim. Invited by the Government of India to study and document the Nizam jewels, she has had the rare and singular privilege of handling and minutely examining every single item in the collection.

VIDYA SINGH

PAT ALTER

Our thanks to Ramani Reddy, Maya Reddy, Raji Ramesh and Sheila Rajaratnam for sponsoring this programme.

HEALTH & ECOLOGY

Thursday, 8th November, 2001 – 10.15am

At: **GRT Grand Day's Inn**
Thyagaraya Road (Pondy Bazaar Rd.)
T. Nagar
Chennai 600 017



AGING – ACCELERATORS AND BRAKES

Aging is inevitable. Some of us age gracefully, and some of us get desperate and fight it all the way. Current aging research has revealed that lifestyle interventions can help us age in a healthy manner.

Ms. Sheela Krishnaswamy, a qualified Nutritionist, is a partner of NICHE (Nutrition Information, Counselling and Health Education), Bangalore. She is a consultant to Parry Nutraceuticals, Wipro Technologies, Digital India, etc. She will guide us about antioxidants and other nutritional modifications and interventions that can help us age well.

PRITHIKA CHARY

MEENA NARU

P&R and H&E Chairpersons thank Meyammai for opening out her lovely home and for the splendid arrangements for our October meeting.



Congratulations to:

Mano Bakthavatsalam for being given the 'Honour for Eminent Volunteers' by the Family Planning Assn. of India (Chennai branch) on the occasion of their Foundation Day.

COOKING SWAPSHOP

Monday, 12th November, 2001 – 10.15am

At: **Madras Boat Club**
Boat Club Road III avenue
Chennai 600 028



A TASTE OF THAI

A gourmet's dream, full of wonderful flavours of lemon grass, coriander, sweet basil, coconut milk and, of course, rice – Thai food.

Watch CEO and Chef, Regi Mathew of Benjarong, bring out the lingering taste of Thailand – a cuisine many consider as Asia's finest – unusual, attractive, even addictive!

BEENA RAM MOHAN

CHERRY VENKATESAN

A big thank you to Zainab Kachwala, Leelamani John, Mahin Rabi Khaleeli, Gayathri Krishnaswami and Saranya Jaykumar for hosting our meeting in October.

We welcome some more new members:

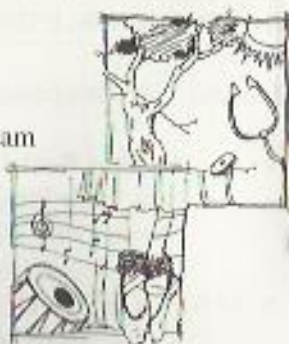
Julie Johnson (American)
17, 1st Street,
Kasturi Ranga Road
Alwarpet
Chennai 600 018
Phone: 491 4195
Mobile: 98400-30377

Pascale Poncon (French)
ABM Manor
66/12 ABM Avenue
R. A. Puram
Chennai 600 028
Phone: 433 4102
Mobile: 98410-25935

MUSIC & PERFORMING ARTS
HEALTH & ECOLOGY

Tuesday, 20th November, 2001 – 10.15am

At: **Madras Boat Club**
Boat Club Road III avenue
Chennai 600 028



HEALING THROUGH MUSIC

Imagine a life where your mind is relaxed, focussed and free of worries; a life free of stress related diseases like high BP, heart, stomach and respiratory problems; a life.....

According to Dr. P. Bharathi, all this is possible by doing something most of us love to do – listening to music.

Dr. Bharathi treats her patients by teaching them to listen to specific ragas in a nonanalytical way. This listening induces in the patient a state of mind which is free of stress and associated disease symptoms. Flex music therapy has brought about a dramatic change for many. Dr. Bharathi is currently doing research on the efficacy of her treatment.

NAINA SHAH
PRITHIKA CHARY

KANOKWAN SANDHU
MEENA NARU

...and some more new members! Welcome!

Irma L. Gros (American)
6, Ganapathy Colony
Chennai 600 018
Phone: 433 6039
Mobile: 98400-41446

Shannon Bass (American)
9, Coastal Road
Fl 1, Bldg. 3, 2nd floor
Besant Nagar
Chennai 600 090

HISTORY, CULTURE & TOURS

Thursday, 22nd November, 2001 – 9am

At: **Vidya Singh's**
10, Sathyanarayana Avenue
Boat Club Road
Chennai 600 028



DAY TRIP TO HYUNDAI FACTORY

The day trip to visit the Hyundai factory in Sriperumbudur will be on Thursday, 22nd November. Hyundai will provide an airconditioned bus for the journey, and will bring us back in the afternoon. Lunch will be hosted by Hyundai. Pickup point will be at Vidya Singh's.

The schedule will be as follows:

| | |
|---------|-----------------------|
| 8.30am | Meet at Vidya Singh's |
| 9.00am | Pickup |
| 10.30am | Arrival at factory |
| 11.00am | Factory tour |
| 1.00pm | Lunch |
| 2.00pm | Return from factory |

Please warn in to Vidya Singh 433 8782, 435 9035 10am to 5pm.
(Gayathri)

VIDYA SINGH

PAT ALTER

Change of Telephone Number:

Shyla K. Rau 847 3804, 847 3777

BOOK DISCUSSION

Friday, 23rd November, 2001 – 10.15am

At: **Madras Cricket Club**
Wallajah Road
Chennai



WHITE TEETH by Zadie Smith

A sparkling comic epic of multicultural Britain. Meet the Joneses, the Iqbals and the Chalfens, living in a small borough of North London at the fag end of the twentieth century. Different colours, different religions and on different sides of the unforgettable colonial fence, they are all yet English to varying degrees and involved in each other's lives in every conceivable way.

Zadie Smith was born in north-west London in 1975 and continues to live in the area. White Teeth is her first novel. The discussion will be led by Mukund Padmanabhan who is Deputy Editor of The Hindu.

Copies of the book are available with Gayatri and Amulya.

GAYATRI KRISHNASWAMI

AMULYA RAO

Our thanks to Susan Critz for sponsoring our September meeting and Bilqis Chida for sponsoring our October meeting.

HISTORY, CULTURE & TOURS

Friday, 23rd to Monday, 26th November, 2001

WEEKEND TRIP TO HYDERABAD



Join us on a weekend trip to Hyderabad, where we have arranged to view the Nizam's priceless collection, exhibited in the city for the first time ever, at the Salarjung Museum. The exhibition comes to Hyderabad following the recent, well publicised showing at the National Museum in New Delhi.

We depart Chennai by evening train Friday, November 23rd, have Saturday and Sunday in Hyderabad, and arrive back in Chennai early morning Monday, November 26th. The estimated cost of the trip is Rs. 5,000. This covers return train tickets (2/AC sleeper), one night's hotel (twin share / breakfast), coach transport in Hyderabad and exhibition entry. Those who wish to return by air (one way fare approx. Rs. 3,600) may do so, but are responsible for their own ticket purchase and airport transfers.

This trip is limited to 30. IWA members have priority. Please warn in to Vidya Singh (call Gayathri 433 8782 or 435 9035 between 10am and 5pm) by Tuesday, November 6th. To proceed with the bookings, we require an advance payment of Rs. 2,500 from all those who warn in.

VIDYA SINGH

PAT ALTER

CURRENT EVENTS

Tuesday, 27th November, 2001 – 10.15am

At: **Shrikanta Jhaver's**
10, Santhome High Road
Chennai 600 004



THE MORNING: POST SEPTEMBER 11

The most important current topic in every part of the world today is

The Morning: Post September 11

We are privileged to have with us Mr. Indran Amirthanayagam, Public Affairs Officer from the US Consulate's Office, Chennai, who will give us a clear picture of the situation.

PRINCESS NAIK

BILKIS MOOSA

We would like to thank Meenakshi Meyyappan for hosting the previous meeting in her beautiful home.

....and some more new members to welcome into our fold

Janet J. Finn

(American/ Australian)
C1, Mill Bank
4, Boat Club Road
Chennai 600 028
Phone: 435 8677
Mobile: 98410-38992

Ann Gruner Hegge

(American/ Swedish)
1A, Park Enclave
Kesavaperumal Puram
Chennai 600 028
Phone: 461 7326
Mobile: 98410-56820

ARTS & HANDICRAFTS

Thursday, 29th November, 2001 – 10.15am

At: **Meenakshi Arunachalam**
1, Bishops Garden
off Greenways Road
Chennai 600 028



PAN INDIAN TRADITIONAL PAINTINGS

A gifted alumnus of the College of Fine Arts, Kalakshetra, Chennai, Lakshmi Krishnamurthy is a versatile artist, who endeavours to work within the dictums of iconographic codes, historical and mythological implications at the same time infusing her art with new expressions in Pan Indian.

Traditional art forms such as Ajantha, Chola frescoes, Cochin Murals, Illustrated manuscripts, Lepakshi, Madhubani and Maratha Murals, Pata Chitra and Tanjore paintings to name few.

As an artist and research scholar, Lakshmi Krishnamurthy will through light on Pan Indian Traditional art forms and her works will be on view to support her lecture.

SHALINI BISWAJIT

SUSHI GOKLANEY

Welcome to new members:

Josephine Luba-Scheibe

(Filipino)
C/o Taj Connemara
Room no. 29
No. 2, Binny Road
Chennai 600 002

Kathy Theriault

(Canadian)
8/13, Crescent Street
Off ABM Avenue
Flat no. 6
Chennai 600 028
Mobile: 98400-61956

PHILOSOPHY & RELIGION

Friday, 30th November, 2001 –
10am to 1.30pm

WALK THE LABYRINTH

All our major religions seem to see faith as a journey, often with many twists and turns. We sometimes need time and space to take stock. This month we offer you the chance to walk the labyrinth – an ancient symbol for this journey. In a three hour workshop, we will learn a little of the history of this aid to meditation and practically have the chance to walk ourselves, come then, and find a path to God which we can walk together or alone, regardless of our religious background and without compromising our own faith integrity.

Numbers limited to 35. Please warn in to Eileen (827 2420) or Seema (434 3129) before 9am or after 7pm for further details and warn-in.

SEEMA BHARGAVA

EILEEN THOMPSON

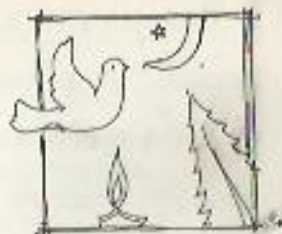
....and more new members to welcome:

Lisette Van Ael Vanden-Broucke
(Belgian)

'Alai Osai'
Juhu Beach Complex
New Mahabalipuram Road
Chennai 600 119
Phone: 449 3441
Mobile: 98400-98460

Sejal Wasani
(British)

2, 'Swarnamukhi'
185, St. Mary's Road
Alwarpet
Chennai 600 018
Phone: 498 6340



EXECUTIVE COMMITTEE 2001 - 2002

THE BOARD

PRESIDENTS

Rani Chida 234 4233, 232 4972
Seema Sait 820 6065, 824 2244

VICE PRESIDENTS

Sushi Natraj 497 1581, 467 1796
Ratni Nilakantan 826 5250 (O) 811 3691

SECRETARIES

Gita Chandrasekaran 442 1035, 442 0235
Françoise Drown 823 0412

TREASURERS

Kusam Chadda 825 4217, 823 3751
Padma Ashok 826 7801, 827 6591

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Shalini Biswajit 453 8216, 434 0315
Sushi Goklaney 435 3714

BOOK DISCUSSION

Gayathri Krishnaswami 827 1789 (O)826 4428
Amulya Mandava Rao 499 5434, 499 1272

COOKING SWAPSHOP

Beena Ram Mohan 6214278, 621 3923
Cherry Venkatesan 829 3436

CURRENT EVENTS

Princess Naik 441 8448, 445 3830
Bilqis Moosa 434 9934, 434 9932

HEALTH & ECOLOGY

Prithika Chary 499 7878 (O) 436 3551ext 1511
Meena Naru 825 2499

HISTORY, CULTURE & TOURS

Vidya Singh 433 8782, 435 9035
Pat Alter 811 2000

PHILOSOPHY & RELIGION

Seema Bhargava 434 3129, 435 6707
Eileen Thompson 98400-30114

MUSIC & PERFORMING ARTS

Naina Shah 432 0706
Kanokwan Sandhu 496 5556, 496 1061