



IWA
CHENNAI

NEWSLETTER

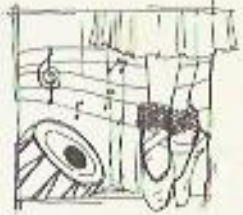
JUNE 2003 — 2004

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MUSIC & PERFORMING ARTS

Friday, 6th June, 2003, Evening *

At : Music Academy
306, T.T.K. Road
Chennai 600 014



RHYTHMSCAPE - A Unique Confluence

Here is a special offer for IWA members.

Dancer-actor Shobana and tabla-maestro Bikram Ghose share a fountain of new ideas. Their pioneering collaboration RHYTHMSCAPE blends the soul of music with the substance of dance. With artistes **Shobana, Bikram Ghose, Taufiq Qureshi** and about forty others, the show has elements of Afro-Cuban and Jazz but its essence is Indian. After a successful premiere in Mumbai, the show is all set to storm Chennai.

A Limited number of passes are available for IWA members on a first come first serve basis at a very special price. For further details and timing please contact Seema Bhargava (2435 6707) by 3rd June.

Seema Bhargava

Uma Ganesan

IWA NEWSLETTER

Volume XVIII No. 1

Chennai

XIX
(19)

JUNE 2003

MONTH AT A GLANCE

Tuesday	3 rd Jun	Board Meeting Executive Meeting	9.45 a.m. 11.00 a.m.
✓ Thursday	12 th Jun	Fellowship Morning	10.15 a.m.
✓ Tuesday	17 th Jun	Cooking Swapshop Dessert Ideas from Cookie Man	10.15 a.m.
Friday	20 th Jun	Arts & Handicrafts Puppetry in India	10.15 a.m.
Monday	23 rd Jun	Health & Ecology Sars : Is the threat Real?	10.15 a.m.
Thursday	26 th Jun	Philosophy & Religion Interactive Meeting	10.15 a.m.

SALUTATION TO THE DAWN

*Look to this day
for it is life, the very life of life!
In its brief course
lie all the verities and
realities of your existence.*

*The bliss of growth,
The glory of action,
The splendour of beauty.*

*For yesterday is but a dream
And tomorrow is only a vision,
But today well lived makes every
yesterday
a dream of happiness
and every tomorrow a vision of hope.*

*Look well, therefore, to this day !
Such is the salutation to the dawn*

FROM THE PRESIDENTS

Welcome members, to another year of friendship and fun with IWA!

The AGM ushered in a new team of Board Members and Chairpersons, who are a great mix of first-timers and old hands. We look forward to putting together a year of activities in tune with the traditions of IWA - with a different flavour.

Our theme for the year is

"BE AWARE GET INVOLVED!"

There will be ample opportunities for you to do both throughout the coming year. Elsewhere in the newsletter, you will find our tips for the theme. Do look at them, and adopt them as far as possible - we CAN make a difference.

We begin our activities, as always, with a fellowship morning. We look forward to meeting you all there. Our colours are beige, brown and green.

Let us all come together to celebrate another glorious year in IWA.

Susbi Natraj

Elaine Wood

BOARD MEETING

EXECUTIVE MEETING

Tuesday 3rd June, 9.45 a.m. Tuesday 3rd June, 11.00 a.m.

Both Meetings at:

Vidya Singh's
10, Satyanarayana Avenue, Off Boat Club Road
Chennai - 600 028.

FROM THE VICE PRESIDENTS

As newsletters are the very "salt 'n pepper" of IWA, we will ensure that you receive the newsletter 'on time, every month of the IWA year.'

Do read the newsletter - our calendar of events - for the monthly happenings, so you can jot down diary dates in advance and ensure your attendance.

If you wish to make an announcement regarding **change of address/telephone number, congratulatory/condolence message**, please pass it on to us in writing by the 10th of the month.

We invite short 'n peppy contributions; thought - provoking quotes, poems, happy sayings etc.

Together, let's make the **IWA Newsletter** something to look forward to every month

Vidya Singh

Sheela K. Sharath

GET INVOLVED!

Members, there are many ways in which you can get involved in the meetings of IWA.

- You could host a meeting in your home or elsewhere.
- You could contribute towards hosting a meeting at some public place.
- You could offer ideas for monthly meetings, and put us in touch with new speakers.
- You could help with ideas and participation in any way, at all the special meetings - just call the Presidents to volunteer.
- You would have indicated an Activity which is of special interest to you in your Renewal form - Chairpersons will call upon you from time to time to help them with their monthly meetings - do accept to lend a hand wherever necessary.

IWA belongs to all of us - let us make it the best place to be!

FROM THE TREASURERS

With your active participation in all IWA activities, we look forward to a truly enjoyable and successful year. Please take note of the following points:

RENEWAL FORMS

- All renewal forms to be submitted at the earliest. **Last date for acceptance of membership renewal forms is 31st July 2003.**
- All cheques to be made in the name of **IWA Chennai.**
- No cheques will be accepted without the forms and vice versa.
- Those who do not wish to renew their membership, or wish to change it to Outstation, Senior etc should inform the Membership Treasurer in writing, at the earliest.

ATTENDANCE

- A minimum requirement of **10 meetings** during the IWA year. (1st April 2003 to 31st March 2004).
- A minimum of 7 meetings to be attended before December 2003.
- Any member who is **unable to attend meetings for 2 consecutive months** or longer should inform the Membership Treasurer in writing and thereafter make up for the lost attendance.
- **New members have to attend 10 meetings before 31st March 2004**, irrespective of the date of joining.
- **These rules apply to members of all nationalities.**

PLEASE CONTACT :

Malini Krishna for :

- Badges
- Code Number
- Membership and attendance details

Gita Chandrasekaran for :

- Badges

Gita Chandrasekaran

Malini Krishna

YOUR HELPLINE

If you ...

- do not receive your newsletter by the 5th of the month
- change your telephone number or address
- would like to make an announcement in the newsletter
- would like to check on your attendance or are unable to attend for some length of time
- would like information about a particular meeting
- would like to sponsor or host a meeting
- have ideas for a meeting / general suggestions for the functioning of the association.

Write to / Call

Princess Naik
24418448
Suk Hee Lee
24359144

Vidya Singh
24359035

Sheela K Sharath
24938524

Malini Krishna
24474830

Concerned
Chairperson

Concerned
Chairperson/
Presidents

FELLOWSHIP MORNING

Thursday, 12th June, 2003, 10.15 a.m.

At : The Madras Club
Adyar Club Gate Road
Chennai 600 028

Traditionally the IWA New Year begins with a *morning of fun and fellowship*. We welcome everyone back after the summer break and introduce the new members.

This is an opportunity to renew old friendships and begin new ones so please *wear your badges*.

Our colours this year are eco-friendly colours of the earth *green, beige and brown*. We invite you to dress accordingly and look forward to seeing you there.

Sushi Natraj

Elaine Wood



COOKING SWAPSHOP

Tuesday, 17th June, 2003, 10.15 a.m.

At : My Kinda Place
H.M. Centre (Basement)
29, Nungambakkam High Road
Chennai 600 034



S-MINUTE DESSERT IDEAS FROM COOKIE MAN

John Lynch and Cookie Man will be presenting quick dessert ideas made with cookies from Cookie Man.

Keeping in mind that time is at a premium for busy mothers and women executives, **Chef S. Balaji** will demonstrate quick recipes that will include yummy favourites like 'super cookie sundae, ice creamsandwich, brownie sundae' and many more scrumptious delights.

There are take home gifts as an added attraction.

Urmilla Agarwal

Bilqis Moosa

ARTS & HANDICRAFTS

Friday, 20th June, 2003, 10.15 a.m.

At : Madras Boat Club
Boat Club Road
R.A. Puram
Chennai 600 028



PUPPETRY IN INDIA

R. Bhanumathi is an Environment Education Consultant working on her Ph.D. in traditional puppetry at the Gandhigram Rural University. Her research into the status of leather puppeteers has taken her to remote villages to study the people behind the ancient art form and the reason it is slowly fading. Bhanumathi's 14 year stint with World Wildlife Fund (WWF) enhanced her awareness and respect for the environment and has enabled her to combine her two passions of puppetry and nature.

Come and hear Bhanumathi's fascinating account of her work, see her beautiful puppetry display and her amazing collection of slides that captures her love of nature and her enthusiasm for puppetry.

We are thankful to **Prabha Nair, Mridula Srinivasan, Rehane Yavar Dhala & Prem Batra** for hosting this meeting.

Mansha Bhatia

Josie Newman

HEALTH & ECOLOGY

Monday 23rd June, 2003, 10.15 a.m.

At : The Alliance Francais
40 College Road
Nungambakkam
Chennai 600 006



SARS : Is the threat Real ?

SEVERE ACUTE RESPIRATORY SYNDROME (SARS) was first diagnosed in the Guangdong province of China. It has since been reported in other countries across the world. The threat of this menacing disease has invoked fear and concern worldwide. And the cure as yet seems elusive!

Dr. R. Narasimhan, Senior Consultant, Department of Respiratory Medicine, Apollo Hospitals, Chennai, will address this issue and hopefully help assuage some of our fears.

We would like to thank Meena Naru, Pushpa Chari, Latha Cohen, Darley Mathew, Sheetal Shah and Somna Sachdev for hosting this meeting.

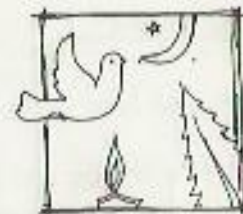
Rekha R Rangaraj

Isabelle Badrinath

PHILOSOPHY & RELIGION

Thursday, 26th June, 2003, 10.15 a.m.

At : Madras Boat Club
Boat Club Road
R.A. Puram
Chennai 600 028



INTERACTIVE MEETING

"No man is an island" so goes the adage.

We need to relate to other human beings, give and receive nurturance and form meaningful emotional bonds; as this makes us more complete as human beings. It also enriches us as persons.

In this interactive meeting **IWA members will renew old ties and form new, lasting relationships** also. There will be sharing of experiences, expanding of relationship boundaries between members and bonding in true community spirit.

No guests please.

Anuradha Ulerai

Anita Kapoor

HEARTFELT CONDOLENCES TO

Saroja Ramamrutham, Lakshmi Viwanathan and Sujaya Menon on the loss of their brother.

Also to Vijaya Balu on the loss of her brother-in-law.

BE AWARE !

Plastic bags – the scourge and the convenience!

While no one can deny the sheer handiness of a plastic bag, one must also be aware of its hazardous indestructibility! The environment is fragile – let us not contribute to its degradation!

- *Carry your shopping basket with you at all times – no need to accept plastic bags at groceries or vegetable markets.*
- *Carry a cloth bag in the car – no need to accept plastic bags or extra boxes at sari shops or other clothing stores or any other store.*
- *Reuse or dispose correctly all plastic that finds its way into your home.*

Most important : do not be embarrassed to insist on not accepting bags at stores, and in fact try to convince the store not to use plastic bags. Encourage them to offer incentives for people who bring their own bags.

WE HAVE ONLY ONE WORLD – LET US MAKE IT MORE LIVEABLE.

EXECUTIVE COMMITTEE 2003 - 2004

MANAGING COMMITTEE

PRESIDENTS

Sushila Natraj 24982435 / 24671796
Elaine Wood 24471356

VICE PRESIDENTS

Vidya Singh 24338782 / 24359035
Sheela K Sharath 24938524

SECRETARIES

Princess Naik 24418448
Suk Hee Lee 24359144

TREASURERS

Gita Chandrasekaran 24421035 / 24420235
Malini Krishna 24474830 / 24471046

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Mansha Bhatia 28273251 / 28273189
Josie Newman 24343910

BOOK DISCUSSION

Sharanya Jayakumar 28261952 / 28213124
Cecile Peterson 24315848

COOKING SWAPSHOP

Urmilla Agarwal 28205327 / 28214586
Bilkis Moosa 24349934 / 24349932

CURRENT EVENTS

Nina Kothari 28275859 / 28278888
Amulya Mandava Rao 24995434

HEALTH & ECOLOGY

Rekha R Rangaraj 24994756 / 52110761
Isabelle Badrinath 24471677

HISTORY, CULTURE & TOURS

Shoba Hebbar 26411248
Libby Meyer 24339112

PHILOSOPHY & RELIGION

Anuradha Ubertoi 28202467 / 08623-242170
Anita Kapoor 28256484 / 28256474

MUSIC & PERFORMING ARTS

Seema Bhargava 24343129 / 24356707
Uma Ganesan 24919276