



IWA
Chennai

Newsletter
June 2004

SUN	MON	TUE	WED	THU	FRI	SAT
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6	7 10.00 a.m Board Meeting 11.00 a.m Executive Meeting	8	9	10	11	12
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IWA NEWSLETTER

Volume XIX No.1

Chennai

JUNE 2004
MONTH AT A GLANCE

Tuesday	8 th Jun	Board Meeting Executive Meeting	10.00 am 11.00 am	✓
Thursday	17 th Jun	Fellowship Morning	10.15 am	✓
Tuesday	22 nd Jun	Philosophy & Religion Theory of Karma	10.15 am	✓
Friday	25 th Jun	Current Events The Dynamics of Domestic Abuse	10.15 am	
Tuesday	29 th Jun	Cooking Swapshop Say Cheese	10:15 am	

Serenity Prayer

Lord grant me the serenity
to accept things I cannot change.
To change the
things I can
and the wisdom
to know the difference.

Buddhist Prayer

May all sentient beings have happiness
and its causes.
May all sentient beings be free of suffering
and its causes.
May all sentient beings never be separated
from sorrowless bliss.
May all sentient beings abide in equanimity,
free of bias, attachment and anger.

Buddham Saranam Gacchami
Dharmam Saranam Gacchami
Sangam Saranam Gacchami

All the Presidents "Wo"men

PRESIDENTS



Vidya Singh



Padma Ashok

VICE-PRESIDENTS



Princess Naik



Sheela K Sharath

SECRETARIES



Fazeela Nurdeen



Amulya M Rao

TREASURERS



Seema Bhargava



Cherry Venkatesan

Activity Chairpersons

ARTS & HANDICRAFTS

BOOK DISCUSSION



Nina Kothari

Peggy Dwyer

Bharathi Suresh

Bharati N Gopinath

COOKING SWAPSHOP

CURRENT EVENTS



Sharmila Ramji

Teresa Parry

Rekha R Rangaraj

HEALTH & ECOLOGY

HISTORY CULTURE & TOURS



Anjana Sunil

Kausalya Jaganmohan

Sandra Le Coz

MUSIC & PERFORMING ARTS

PHILOSOPHY & RELIGION



Urmila Agarwal

Gowri Visvanathan

Shalini Biswajit

Radha Gopalakrishnan

From the Presidents

Dear Friends,

Welcome back after the summer holidays to the new IWA. We have been working with our vibrant new committee, who are brimming with ideas to make the coming IWA year as exciting and interesting as possible.

We would greatly appreciate members coming forward with their creative ideas and suggestions to help us in any way throughout the year.

Our theme for the year is of great relevance in today's world
"Water - the essence of life - conserve it !"

Our colours are blue, aqua and offwhite - we would like members to come dressed in these colours to our first meeting of the year, the fun-filled **"Fellowship Morning."**

We would like to remind you that "smiles are contagious" and to spread their warmth and friendship throughout the IWA family all through the year - especially to welcome our new members.

Look forward to seeing you all !

Vidya Singh

Padma Ashok

BOARD MEETING

EXECUTIVE MEETING

Tuesday, 8th June, 10 a.m.

Tuesday, 8th June, 11 a.m.

Both Meetings at:

Vidya Singh's

10, Satyanarayana Avenue, Off Boat Club Road,
 Chennai - 600 028.

From the Vice Presidents

We hope you enjoy our first issue. We assure you that the newsletter will reach you on time, every month of the IWA year.

Do help us out by sending announcements regarding change of address / telephone number; congratulatory / condolence message in writing, to reach us by the 10th of the month.

Together, let's make our newsletter interesting, so send us refreshing snippets, mind-bending quotes, etc.

Here's to an 'event'ful year!

Princess Naik Sheela K Sharath

From the Secretaries

We've got an exciting year ahead of us. So help us out by ensuring that

- You come on time
- turn cell phones off during the meeting
- you could offer to host a meeting in your home or elsewhere
- let us know that you haven't received your newsletter
- put us in touch with new speakers
- offer ideas for 'happening events.'

Fazeela Nurdeen Amulya Mandava Rao

From the Treasurers

Warm welcome to all IWA members - old & new. We look forward to a sparkling IWA year with your cooperation and active participation.

Please also note the following points to enjoy your year fully:

Renewal forms :

1. Renewal forms should be submitted on / before 30th June 2004.
2. Cheques for Rs.1100/- (membership subscription) to be made in the name of IWA Chennai.
3. No cheques will be accepted without forms and vice versa.
4. Those who do not wish to renew membership or wish to change it to outstation/senior should inform membership treasurer in writing at the earliest.

Attendance :

1. An active member should attend a minimum of 10 meetings during the IWA year. (1st April to 31st March 2005).
2. A minimum of meetings to be attended before 31st December 2004.
3. Any member who is unable to attend meetings for 2 consecutive months or longer should inform the Membership Treasurer in writing and thereafter makeup for the lost attendance.
4. New members have to attend 10 meetings before 31st March 2005 irrespective of the date of joining.
5. These rules apply to all active members of all nationalities.

Please Contact :

Seema Bhargava for :
Badges
Matters of Finance

Cherry Venkatesan for
Badges
Code Number
Membership &
Attendance Details

Seema Bhargava

Cherry Venkatesan

General guidelines for members

Please read your newsletter carefully and take note of all information therein.

You are required to attend a minimum of ten meetings in a year, seven meetings before the end of December. You are permitted to bring guests to meetings which do not specify "no guests". However, the same person may not be a guest more than four times in one year unless she is the daughter or daughter-in-law of a member.

If you	Write to/call	with copy to..
...do not receive newsletter	Fazeela Nurdeen 26216561	
...change your telephone number or address	Princess Naik 24418448	Amulya Mandava Rao 24995434
...would like to announce a happening in the newsletter	Sheela K Sharath 24938524	
unable to attend meetings for some length of time	Cherry Venkatesan 28293436	
...would like information regarding the number of meetings you have attended	Cherry Venkatesan 28293436	
...would like information about a particular meeting	Concerned Chairperson	
...have ideas for a good meeting	Concerned Chairperson	Presidents
...have general suggestions	Presidents	
...would like to sponsor or host a meeting	any Chairperson	

Fellowship Morning...

at 10.15am
on Thursday, 17th June,
at The Madras Club,
Adyar Club Gate Road,
Chennai 600 028

The year begins with our first meeting of old friends and new. It will of course be filled with fun, games and prizes.

Our new members will be introduced and welcomed into the IWA family - so please wear your badges.

Since our colours are blue, aqua and off white - we would like you to come dressed in these colours - keep it simple. Stay cool !

*The Board
The Executive Committee*

Reminder!

If you haven't handed in your passport-size photo, please do so at the Fellowship Morning or at any meeting to the person at the Registration Counter.



PHILOSOPHY &

55



RELIGION

at 10.15am
on Tuesday, 22nd June,

at Kalavardini, Centre for Art,
Sculpture & Heritage of India,
New No.6, 2nd Main Road,
Kottur Gardens,
Off Gandhi Mandapam Rd
Chennai 600 085.

Theory of Karma

The quest that troubles one's intellect, causing insecurity "why do good things happen to bad people and bad things happen to good people?" "Why me?" "Why not me?" A rational answer to these questions can be found through a sound understanding of the theory of Karma.

Swamini Geetha Athma Prakasananda is a disciple of Swami Dayananda Saraswathi and she will be elaborating on the Karma theory that can help one to appreciate the fact that good luck and bad luck does not devolve on one randomly.

Shalini Biswajit Radha Gopalakrishnan

Congratulations

- Hemalatha Santhavadanan who has taken over as President of Soroptimist International of Chennai for the year 2004-2005.
- Kamala Prasad for becoming National President of Soroptimist International for the year 2004-2005.
- Dr Mano Bakthavatsalam received the "Woman of the Year" award for social service by Lions Clubs International District 324-A1.



Current Events

at 10.15 am
on Friday, 25th, June

at The Madras Cricket Club, Chepauk, Chennai 600 005.

The Dynamics of Domestic Abuse

When we think of domestic abuse why do we only think of bruises, burns and broken limbs? For there are other equally serious, debilitating and insidious form of emotional, mental and moral abuse within the framework of a man-woman relationship that cuts across all socio - economic and cultural backgrounds.

Sheila Jayaprakash, leading Chennai - based Advocate, especially renowned for her prowess in handling issues pertaining to women's rights will take a hard and realistic look into the lives of countless silent women trapped within an abusive environment either because they are unaware that they are being abused or because they are too ashamed to speak of it, nor can they go to the courts with it for lack of tangible evidence.

Rekha R Rangaraj

Many Thanks to :

Anuradha Uberoi for sponsoring the 'Hypnosis' meeting in April. Sucharita Prasad and Naina Shah for co-sponsoring April meetings.



Cooking Swapshop

at 10.15am
on Tuesday, 29th June

at Urmilla Agarwal, 7(Old 3A), Giri Road,
2nd Floor, T. Nagar, Chennai 600 017.

Say Cheese !

In countless dishes from souffles and gratins to baked macaroni, cheese, although one ingredient among others, makes an irreplaceable contribution to flavour or texture.

The texture of the cheese determines both, how it is prepared and the range of dishes for which it is suitable.

To explore the extraordinary variety of cheeses available Shobana Thomas will elaborate on their uses and even demonstrate her own recipes.

As it is impossible to describe subtle differences of flavour accurately, the only sure way to get to know cheese's character is to taste it!

Sharmila Ramji

Teresa Parry

Change of Address & Telephone Number

Indira Srinagesh

Plot No. 20, All India Radio Colony,
Anna Salai, Palavakkam,
Chennai 600 041

Tel : 24510704 / 05 (Res)
52029870 (Off)

AMENDMENTS TO THE IWA BYE-LAWS

The following amendments to the IWA bye-laws were passed at the Extraordinary General Meeting held on Saturday, 28th February, 2004 at 10.35 am at the Russian Cultural Centre, Chennai.

Please incorporate these changes in your copy of the IWA bye-laws.

1. (page 24)

(amended as)

16. A bank Account(s) may be opened in a Nationalized Bank in the name of the Society for deposit of monies. The Indian President and any two among the Indian Vice President, Secretary or Treasurer may operate the Banking Account(s) and sign cheques and other instruments and documents by and on behalf of the Society. Funds of the Society shall be invested only in Government - approved Securities / Deposits.

2. (page 16)

(amended as)

11 K (i) A Membership Sub-Committee shall be appointed by the Managing Committee. It will consist of the two present and two immediate Past Presidents, the two Treasurers, the immediate Past Membership Treasurer and two other members of IWA, one Indian and one Non-Indian who are not on the Executive Committee. The term of these two other members (one Indian and one Non-Indian who are not on the Executive Committee) shall be two years. If one or both of the Past Presidents cannot serve, the Managing Committee

shall name a replacement(s) from the General Membership.

4. (page 25)

(amended as)

19.A. General Meetings of the members of the Society will be convened as often as it is necessary and, in any event, on a requisition in writing by at least 10% of the total membership of the Society. At least one General Meeting shall be held in every financial year. General Meetings including Annual General Meetings shall be convened after giving at least 21 days notice to all the Members of the Society in writing before the appointed day of the meeting. The Annual General Meeting shall be held within 6 months of the completion of the IWA financial year i.e. on or before the 30th of September each year.



EXECUTIVE COMMITTEE 2004 - 2005

MANAGING COMMITTEE

PRESIDENTS

Vidya Singh 5204 8782 / 2435 9035
98410 30737
Padma Ashok 2833 0235 / 2833 2801

VICE PRESIDENTS

Princess Naik 2441 8448
Sheela K Sharath 2493 8524 / 2461 6280

SECRETARIES

Fazeela Nurdeen 2621 6561
Amulya Mandava Rao 2626 0674

TREASURERS

Seema Bhargava 2435 6707
Cherry Venkatesan 2829 3436

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Nina Kothari 2827 5859 / 2827 8888 *
Peggy Dwyer 98400 19015

BOOK DISCUSSION

Bharathi Suresh 5204 8090 / 5203 1997 *
Bharati Nair Gopinath 2442 0026

COOKING SWAPSHOP

Sharmila Ramji 2447 1200 *
Teresa Parry 98412 65129

CURRENT EVENTS

Rekha R Rangaraj 2499 4756 / 5211 0761 *

HEALTH & ECOLOGY

Anjana Sunil 2660 0262 *

HISTORY, CULTURE & TOURS

Kausalya Jaganmohan 2499 2577 / 2498 6522 *
Sandra Le Coz 5210 2017

MUSIC & PERFORMING ARTS

Urmilla Agarwal 2820 5327 / 2821 4586
Gowri Visvanathan 2499 4969

PHILOSOPHY & RELIGION

Shalini Biswajit 2433 8216 / 2434 0315 *
Radha Gopalakrishnan 2491 8186