



IWA
Chennai

Newsletter
September 2004

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 9.45 a.m Mng. Comt. Mtg. 10.30 a.m Executive Comt. Meeting	3	4
5	6	7	8	9 10.15 a.m Cooking Swapshop & Book Discussion	10	11 10.15 a.m Arts and Handicrafts
12	13 10.15 a.m Health and Ecology	14	15	16 10.15 a.m Current Events	17	18
10.15 a.m History, Culture & Tours (India Tour 19-25 th Sept.)	19 20	21 10.15 a.m Philosophy & Religion	22	23	24	25
26	27 10.15 a.m Music & Performing Arts	28	29	30		

IWA NEWSLETTER

Volume XIX No.4

Chennai

SEPTEMBER 2004
MONTH AT A GLANCE

- Thursday 2nd Sep Managing Comm. Meeting 9.45 a.m.
Executive Comm. Meeting 10.30 a.m.
- Thursday 9th Sep Cooking Swapshop & 10.15 a.m.
Book Discussion
Flavours of the South
- Friday 10th Sep Arts & Handicrafts 10.15 a.m.
*Taking care of your
priceless paintings*
- Tuesday 14th Sep Health and Ecology 10.15 a.m.
A matter of the heart
- Thursday 16th Sep Current Events 10:15 a.m.
The will to make a will
- 19th-25th Sep History, Culture & Tours
India Tour
- Wednesday 22nd Sep Philosophy & Religion 10:15 a.m.
Empower your life
- Tuesday 28th Sep Music & Performing Arts 10:15 a.m.
Cats' Eyes on a Highway

WOMEN WORK

I've got the children to tend
The clothes to mend
The floor to mop
The food to shop
Then the chicken to fry
The baby to dry
I got company to feed
The garden to weed
I've got the shirts to press
The tots to dress
The cane to be cut
I gotta clean up this hut
Then see about the sick
And the cotton to pick.

Shine on men, sunshine
Rain on me, rain
Fall softly, dewdrops
and cool my brow again.
Fall gently, Snowflakes
Cover me with white
Cold icy kisses and
Let me rest tonight
Sun, rain, curving sky
Mountain, oceans, leaf and stone
Star shine, moon glow
You're all that I can call my own.

(Maya Angelou, - And still I rise. 1986.)

From the Presidents

Dear Friends,

It is heartening to see members attending in large numbers and enjoying the meetings organized by our very able Activity Chairpersons.

A big thank you to all the IWA members who have been coming forward to help - it sure feels like one big happy family!

Our Indian tour is coming up in September and seems to be filled with places to see and shopping to do.

Look forward to seeing you all at meetings.

Vidya Singh

Padma Ashok

MANAGING COMMITTEE
MEETING

EXECUTIVE COMMITTEE
MEETING

Thursday, 2nd Sep., 9.45 a.m. Thursday, 2nd Sep., 10.30 a.m.

Both Meetings at:

Shalini Biswajit's
"FORUM ART GALLERY"
57, 5th Street, Padmanabha Nagar,
Adyar, Chennai 600 020.

Lots of Thank you's !!!

Founder's day celebrations went off with a laugh thanks to our talented IWA members :

Mansha Bhatia
Prithika Chary
Jyothi Ganesh
Rani Das Gupta
Asha Hemdev
Maureen Hudson Murari
Sushi Natraj
Francoise Queval
Raji Ramesh
Sharmila Ramji
Rekha Rangaraj
Ramani Reddy
Sabine Salaam
Rita Saldanha
Naina Shah
Sheela K. Sharath
Chandra Seoni
Ranjani Venkataraghavan
Elaine Wood

And of course our enthusiastic Managing Committee and the Activity Chairpersons.

Carrying our Colours...

If any Member is interested in owning an IWA carry bag in this year's "Colours" - it costs Rs.140 and can be ordered from

Vidya Singh 5204 8782 / 98410 30737

Between 9.30 a.m. - 4 p.m.

Memories are made of this.....

Founders' Day - 18th Anniversary



Diwali...



"Let there be light"

The IWA Diwali Event will be held on Saturday, 6th November, at the M.R.C. Centre from 10.30 a.m. to 3 p.m. with a novel Indian Lunch. Tickets will be available at all IWA meetings.

We will be having Stalls and the ever popular Khazana Stall. Only a limited number of Stalls (tables) are available so please book early.

Stall Booking : Please Call :

- ◆ Rani Das Gupta 2499 1084
- ◆ Neena Sanghavi 2836 2313 / 2836 2788

Rent for one Stall Rs.1000/-

Khazana Stall

We would appreciate gifts for this stall. Members can hand over gifts (unwrapped) each worth a minimum of Rs.100, to any of the following committee members:

- Padma Ashok : 2833 0235 / 2833 2801 - (Nungambakkam)
- Radha Gopalakrishnan : 2491 8186 - (Kalakshetra)
- Kausalya Jaganmohan : 2498 6522 / 2499 0201 - (Poes Garden)
- Princess Naik : 24418448 - (Adyar)
- Fazeela Nurdeen : 2626 0674 - (Anna Nagar)
- Vidya Singh : 5204 8782 / 2435 9035 / 98410 30737 - (Boat Club)



**Cooking
Swapshop**

&



Book Discussion

at 10.15 a.m.

on Thursday, 9th September

at Madras Boat Club, Boat Club Road, Chennai 600 028.

Flavours of the South

Chandra Padmanaban whose hobby is cooking, has authored two cook books. "Dakshin" which was published in 1992 and her most recent sequel to Dakshin - "Southern Spice."

"Dakshin" is written for somebody who is not familiar with South Indian cuisine. It is a well compiled book with more than 132 authentic recipes. Thanks perhaps to the spread of vegetarianism the world over, the publishers were sufficiently impressed to bring out a larger, richly illustrated International edition. "Southern Spice" has been reviewed in leading newspapers. It has recipes from all four states of the south-some familiar and some unusual.

As a special treat to IWA, Chandra will present to us some of her age-old family recipes and some from her book.

Thanks to Anita Kapoor for hosting this meeting along with Anneliese Hazari, Saranya Jayakumar, Zainab Kachwalla, Mahin Khaleeli and Malini Krishna.

Sharmila Ramji
Teresa Parry

Bharathi Suresh
Bharati N Gopinath



Arts & Crafts

at 10.15 a.m.
on Friday, 10th September

at Seetha Muthiah's, "Coromandel House",
14, Boat Club Road, Chennai 600 028.

Taking Care of your Priceless Paintings

An illustrated slide talk by S. Giri Kumar and Radhika Sehgal. Conservation and restoration of paintings is a field one knows little about, since there is such a small group of practitioners in India. This talk will be about an introduction to the techniques and ethics of preventive and curative conservation of paintings. They will also talk about humidity, a serious problem that affects art in Madras in addition to the effects of various parameters on sensitive works of art. They have also specialized in conservation and restoration of photographs.

Today, when photographs and paintings have become priceless, one has to recognize their value and importance and preserve them for future generations and both Radhika and Giri Kumar will give us an insight into maintaining our priceless heritage.

We thank Seetha Muthiah for hosting the meeting.

Nina Kothari

Peggy Dwyer

Heartfelt Condolences to...

- Prithika Chary on the loss of her mother



Health and Ecology

at 10.15 a.m.
on Tuesday, 14th September

at Meyyammai Murugappan's,
91(Old 4), Chittaranjan Road, Teynampet,
Chennai 600 018.

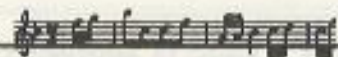
A Matter of the Heart:

A heartfelt talk by Dr. K.P. Mishra (Cardiologist, Apollo Hospitals)

The heart is a wonderful organ in the body. It pumps blood carrying oxygen and nutrition throughout the body with an amazing efficiency. However, due to a bad lifestyle a lot of heart attacks are occurring today which are preventable. India is recording a very high number of heart attacks nowadays. Therefore, reducing the risk or eliminating heart attack in our lives will be the focus of Dr. K.P. Mishra's talk.

We thank Meyyammai Murugappan for hosting this meeting.

Anjana Sunil



Remember !

INTERNATIONAL MUSIC DAY

Friday, October 1st, 10.15 a.m.

At : Park Sheraton Hotel & Towers,
Chamiers Road, Chennai - 600 028.



Current Events

at 10.15 a.m.

on Thursday 16th, September

at Madras Boat Club, Boat Club Road,
Chennai 600 028.

The Will to make a Will

For many of us even the thought of making a will is a fleeting one. Its something we tell ourselves we must do and will surely get around to doing eventually!

P.S. Raman, one of Chennai's prominent advocates will put us in touch with reality! He will speak about the origin of wills, the laws of inheritance in India, intestate problems and the need to make a will, challenges to a will, creation of family trusts through wills and the probation of wills.

This will be an interactive session so questions are welcome!

We would like to thank Umayal Chettyappan, Sadiya Khaleel, Shweta Mohapatra, Aruna Prasad and Ramila Sreedhar for hosting the Current Events meeting in June and sponsoring the AV equipment in August.

Rekha R Rangaraj

Nalini Panday

◆ CURRENT EVENTS is happy to announce THE IWA DEBATE in the month of November 2004. It will be an extempore debate of 2 minutes duration per person. We will have a panel of 3 judges and Ladies you will get to pick your topics out of a hat!

So all you enterprising, eloquent and interested women out there do start calling in and let us have your names as soon as possible. The last date for warn-in will be the 20th of October. We promise to keep the debate light, easy and a lot of fun!

PHILOSOPHY & RELIGION

at 10.15 a.m.

on Wednesday, 22nd September

at Alagammai Alagappan's,

10(Old 17) Chittaranjan Road, Teynampet,
Chennai 600 018.

Empower your life with your hands

Pranic healing is a no-touch, no-drug therapy which heals the energy field surrounding the human body. It is a safe, gentle and effective way to relieve pain and suffering, be it mental, emotional or physical.

Our speaker, Mrs. Padmini Ramesh, under the tutelage of the Grand Master Choa Kak Sui, the founder of Pranic Healing has been providing the healing touch for the past several years at The Pranic Healing Home she founded at Anna Nagar. Her lecture will be supported by a slide presentation and demonstration where IWA members will be introduced to a "hands-on" experience.

We thank Alagammai Alagappan for hosting this meeting.

Shalini Biswajit

Radha Gopalakrishnan

Thank you to...

- Suk Hee Lee for making the arrangements for the hosting of the Korean Film and for the snacks.
- Shalini Biswajit for hosting the tea at Kodaikanal to the participants of the Perumalmai Tour.



at 10.15 a.m.
on Tuesday, 28th September,
at Pasha, The Park Hotel,
Nungambakkam High Road, Chennai 600 034.

Cats' Eyes on a Highway -

Performance Poetry by Tishani Doshi and Priyamvada N. Purushotham

"In the beginning, it was simply about reading original poetry out aloud in front of an audience. But working with someone always changes the parameters. It invites discussion, interpretation, travel. We wanted to explore the light and dark in each other's voices and in poetry itself, which we saw as an illumination: a sharp, clear, clear source of light, much like the cats' eyes that light up the highways at night.

With the help of Viraj Singh, who took our photographs, we played with form and abstraction, mirror and shadow, movement and stillness. We created a visual landscape of light and dark against which our poems could be read and understood. In the process, we have found answers in each other's poems for the questions we ask. It has been an illuminating ride..."

Priya left a career in copywriting with O&M to pursue poetry. She likes to experiment with different mediums of art and has been involved in dance and theatre.

Tishani left her job at Harpers & Queen Magazine in London so she could write full-time. She has published poems in various journals in the UK and is currently working on a novel.

Urmilla Agarwal

For Members Only

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 2626 0674
Amulya Mandava Rao 24995434 / 98410 25434

TREASURERS

Seema Bhargava 2435 6707 / 2434 7062
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
Nalini Panday 2461 0944 / 98410 48629

HEALTH & ECOLOGY

Anjana Sunil 2660 0262

HISTORY, CULTURE & TOURS

Kausalya Jaganmohan 2499 0201
Sandra Le Coz 5210 2017

MUSIC & PERFORMING ARTS

Urmilla Agarwal 2820 5327 / 2821 4586

PHILOSOPHY & RELIGION

Shalini Biswajit 2433 8216 / 2434 0315
Radha Gopalakrishnan 2491 8186