



IWA  
Chennai

*Newsletter*

NOVEMBER 2005

NOVEMBER 2005							Vol. XX No.6	CHENNAI
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					

# IWA NEWSLETTER

Volume XX No. 6

Chennai

NOVEMBER 2005

## Month At A Glance

Thur.	3 <sup>rd</sup> Nov	Book Discussion <i>Tirumala Tirupati</i>	10.15 a.m.
Mon	7 <sup>th</sup> Nov	Music & Performing Arts <i>Lets Dance the Salsa!</i>	10.15 a.m.
Tue	8 <sup>th</sup> Nov	Managing Committee Mtg. Executive Committee Mtg.	9.45 a.m. 10.30 a.m.
Thu	10 <sup>th</sup> Nov	Arts and Handicrafts <i>The Turning Wheel</i>	10.15 a.m.
Mon	14 <sup>th</sup> Nov	Current Events <i>Paradise Lost</i>	10.10 a.m.
Thu	17 <sup>th</sup> Nov	Health & Ecology <i>Stress &amp; Modern Woman</i>	10.15 a.m.
Tue	22 <sup>nd</sup> Nov	Philosophy & Religion <i>Eid Milan</i>	11.00 a.m.
Mon	28 <sup>th</sup> Nov	History Culture & Tours <i>IWA Endowment Lecture</i>	10.15 a.m.
Wed	30 <sup>th</sup> Nov	Cooking Swapshop <i>Enjoy Cooking</i>	10.15 a.m.

## From the Presidents

Dear Friends,

The month of October went past like a whirlwind. The festive season of Dassera is just over and Diwali is round the corner.

On the International Music Day we were treated to a superb rendition of Bhajans and Carnatic songs by the twin sisters, Archana and Arthi and all of us enjoyed it immensely.

We place on record our appreciation and thank all ladies who came dressed in their gorgeous saris, costumes and jewelry of yesteryears for the special Arts and Handicrafts meeting. We also thank all those who helped us in making the Diwali Event a very memorable date in the year.

China trip - words fail us; do we speak of the lavish chinese-buffet spread or the fabulous shopping, the 'once in a life time experience of being on the Great wall', or the marvel of the 8th wonder of this world - the Terracota warriors? We just say it was, 'more than what we had expected..' Of course we will have equal, if not more to talk about our Chettinad trip, once we get back!

Looking forward to yet another exciting month...

*PRINCESS NAIK*

*RATHI NILAKANTAN*

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Tue, 8<sup>th</sup> November, 9.45 a.m

Tue, 8<sup>th</sup> November, 10.30 a.m

Both Meetings hosted by Manisha Singhee

92, Poes Garden, Chennai - 600 086.

## IWA - INCOME AND EXPENDITURE STATEMENT

1<sup>st</sup> April 2005 to 30<sup>th</sup> September 2005

### INCOME

Membership Subscription	323400.00
New Membership	2750.00
Membership Contribution	6300.00
Telephone Books, Byelaws & Photographs	3950.00
Guest Contribution	3600.00
Hostess Contribution	10500.00
Grand Finale	31100.00
Bank Interest	10586.00
<b>Total Income</b>	<b>392186.00</b>

### EXPENDITURE

AGM Expenses 2004 - 2005	21450.00
Accounting Charges	3250.00
Bank Charges	17.00
Meetings	41746.00
Gifts	5335.00
Printing & Stationery	22940.50
Postage & Courier Charges	6849.00
Founders Day Celebration	39706.13
<b>Total Expenditure</b>	<b>141293.63</b>

Excess of Income over Expenditure 250892.37

### Funds Position as on 30<sup>th</sup> September 2005

Opening Balance - 1 <sup>st</sup> April 2005	47747.18
Add: Excess of Income over Expenditure	250892.37
Less: Advance paid to Chairpersons	30000.00
Closing Balance	
Bank - 253975.96	
Cash - 14663.59	268639.55
<b>Fixed Deposits</b>	
Special Fixed Deposit KD / 01 / 4776	100000.00
Corpus & Entrance Fee FD / 01 / 007158	424354.00
Entrance Fee - FD / 01 / 007178	5419.00
<b>Total Fixed Deposits</b>	<b>529773.00</b>



## Book Discussion

Thursday, 3<sup>rd</sup> November, at 10.15 a.m.

At : Mandapam  
Chola Sheraton  
Cathedral Road  
Chennai 600 086



### *TIRUMALA TIRUPATI - THE LEGENDS & BEYOND*

Sarita Reddy, an ardent devotee of Lord Balaji has brought out a beautiful pictorial history of Tirupati in her book entitled "Tirumala Tirupati - The Legends and Beyond." The book attempts to provide an understanding of Tirumala Tirupati, acts as a source of information for the next generation and an object of memorabilia. It comprises of 250 photographs, illustrations, miniature paintings and architectural drawings woven together with legends, facts and narrations to capture the essence of the most revered and powerful Hindu temples of the world.

Sarita will tell us her own experiences and reasons for bringing out this book. She will also highlight the salient features of the temple through a slide presentation.

We thank Bharathi Suresh for graciously sponsoring this meeting.

*SHALINI BISWAJIT*

*RADHA GOPALAKRISHNAN*

### *FROM THE MEMBERSHIP TREASURER*

Members who wish to know their attendance can check the attendance lists with code numbers available at all November meetings.

## Music & Performing Arts

Monday, 7<sup>th</sup> November, at 10.15 a.m.

At : Samavesh Hall  
Savera Hotel  
146, Dr. Radhkrishna Salai  
Chennai 600 004



### *LETS DANCE THE SALSA !*

How often do we admire graceful/vibrant western dancing and silently wished we could do the same too, much like Richard Gere in the film "Lets Dance!" Salsa, foxtrot, cha-cha, waltz are making a comeback and people are enjoying the thrill and joy of 'couple'dances.

**Jeffery Vardon** of the Hot Shoe Dance Company has been teaching and popularising western dancing in Chennai for the past few years. He will give a lec-dem on Salsa and demonstrate its various nuances to our members. He will be accompanied by his dancers.

### *And then Surprise!*

Members will be invited to join in and there will be surprise prizes, too! Don't miss this interactive program.

We are grateful to Savera Hotel for sponsoring this programme.

### *FOR MEMBERS ONLY*

We thank Sunanda Sundaram for co-hosting the September Programme.

*GEETA VASUDEVAN*

*SANDRA LECOZ*

## Arts and Handicrafts

Thursday, 10<sup>th</sup> November, 10.15 a.m.

At : Vidya Singh's  
Old 10, Satyanarayana Avenue  
Off Boat Club Road  
Chennai 600 028



### *THE TURNING WHEEL-INDIAN ART AND ARCHITECTURE IN SOUTH ASIA*

Our speaker Geeta Doctor explores the many different ways that Indian culture manifests itself in the countries of South Asia. "The Turning Wheel" refers to the Wheel of Dharma that took many different forms as it spread from the countries along the Silk Route in the North and also along the busy sea routes in the Indian Ocean. It was a conquest made through peaceful means, a conquest of ideas that can still be seen flourishing in countries as far apart as the small Himalayan states bordering India, as well as in Indonesia.

The lecture will be accompanied by a slide presentation.

We thank Vidya Singh for hosting this meeting.

We thank Aasha Reddy for sponsoring the Audio Visual equipment for the IWA Treasures meeting.

*URMILLA AGARWAL*

*MERETE KOEFOED*

### *CHANGE OF ADDRESS / PHONE NUMBER*

Ann Mathew  
New No.23, (Old No.27)  
Prithvi Avenue  
Alwarpet  
Chennai - 600 018

Anuradha Uberoi      2432 9728

## Current Events

Monday, 14<sup>th</sup> November, at 10.15 a.m.

At : Mowbrays Room  
Madras Club  
Adyar Club Gate Road  
Chennai 600 028



### *"PARADISE LOST"*

An interesting morning with C.V. Karthik Narayan, well known industrialist heading companies manufacturing automobile components. He has translated the monumental Tamil historical novel "Ponniyin Selvan" written by Kalki from Tamil to English and "Looking Back From Moulmein" by S.Muthiah from English to Tamil.

Mr Narayan will talk to us about Afghanistan. We shall travel with him to this mysterious country and get to know more about it through his slide presentation.

We thank Suma Eapen for hosting this meeting. Our thanks go to Shobha Mazumdar for sponsoring the audio equipment.

*RANI DASGUPTA*

*SHEERAZIE RAZIYEH*

### *IWA Christmas Celebrations*

December is the time Christmas bells start chiming and as early as 8th December 2005, for IWA! Mark the date clearly on your calendars and keep that morning free for a great 'Christmas get-together'.



Ladies, we invite all talented choristers / actors of IWA for practices at Rita Saldanha's residence, starting Friday, 4<sup>th</sup> November 2005, 2 p.m. - 3 p.m.



## Health and Ecology

Thursday, 17<sup>th</sup> November, at 10.15 a.m.

At : Visalakshi Ramaswamy's  
"Shantushti"  
20, Ganapathy Colony  
1st Lane, Alwarpet  
Chennai 600 018



### STRESS & THE MODERN WOMAN

Suresh Shottam is a wellness coach and healer who has lived and worked in the United States for more than 20 years. He has been involved in the fields of wellness and holistic medicine for over 15 years. Areas of expertise include Targeted Nutrition, Kinesiology, Movement Re-education, Stress Management, Peak Performance, Glyconutrients and Biosyntonics.

Suresh has worked with people from many parts of the world in his wellness programs and has traveled extensively. In his role as a healer, he has counseled many cancer patients, heart attack victims, diabetics and several medical doctors.

Suresh is a published author, having written articles on wellness and alternative medicine in several newspapers, magazines and newsletters. He is frequently sought out for interviews and discussion panels on wellness in the media. He is active in the wellness community both at home and abroad.

We thank Visalakshi Ramaswamy for hosting this meeting.

MRIDULA SRINIVASAN

JYOTI SOMANI

We thank Chandra Padmanabhan for sponsoring the LCD equipment for the 19th Oct meeting.

## Philosophy & Religion

Tuesday, 22<sup>nd</sup> November, at 11.00 a.m.

At : Conference Hall  
Y.W.C.A.  
1086, Poonamallee High Road  
Chennai 600 084



### EID MILAN

The ninth lunar month is known as *Ramzan*, when the holy Koran was revealed. During this month Muslims fast from sunrise to sunset. The sighting of the new moon brings the glad tidings of Eid - ul Fitr which means the joy at the end of the days of fasting and the end of the month of *Ramzan*.

A talk on the Essence of Fasting during Ramzan by Fatema Muzzafer and a lilting qawali by Munni Shaukath Ali is a prelude to the "Khana Khazana" that our Muslim sisters have provided for us.

Our sincere thanks to Zubeida Asgar Ali for putting this together. We also thank Hafiza Khalid, Raziyyeh Sheerazie, Nabila Avais, Fakhira Iyer, Bilquis Chida, Rehane Yavar Dhala, Mahmooda Haja Shareef, Sufia Hussain, Zianab Kachwalla, Thayabee Kakar, Sadiya Khaleel, Bela Mistry Khaleeli, Malek Begum Lalji, Bilkis Moosa, Fazeela Nurdeen, Seema Sait, Sabine Erlich Salam and Naaz Tyebbhoy.

"Id Mubarak"

RANI ANANTH

BERNADETTE MCEWEN



## History, Culture & Tours

Monday, 28<sup>th</sup> November, at 10.15 a.m.

At : Museum Theatre  
Pantheon Road  
Egmore  
Chennai



### MUSEUM ENDOWMENT LECTURE

#### *TODAS OF THE NILGIRIS : AN ANTHROPOLOGICAL REFLECTION ON THEIR SURVIVAL*

Dr. Jakka Parthasarthy, Ph.D [Cultural Anthropology], Director, Government of Tamil Nadu Tribal Research Centre, an authority on TODAS will deliver his lecture on this enigmatic tribe of the Nilgiris. The Todas are a tribe surviving in the Nilgiris for centuries. Where did they come from? What can their style of clothing tell us about them? Who were their ancestors??? Their cultural lifestyle, their existence itself, all hold an aura of mystery around them.

Dr. Parthasarthy will enlighten us and share with us his research on the Todas.

THAYABAE KAKAR

BONNIE KING

### CONGRATULATIONS TO

- Renuka Iswariah on being elected President of YWCA Chennai for 2005 - 2006.
- Pushpa Chari on the birth of her grandson.

## Cooking Swapshop

Wednesday, 30<sup>th</sup> November, at 10.15 a.m.

At : Sunita Shahaney's  
Oakland House  
7, Adyar Club Gate Road  
Chennai 600 028



### ENJOY COOKING.... A MAN'S POINT OF VIEW !!

A self-taught chef Atul Malhotra will be demonstrating fusion food for us. From learning to cook for himself and his friends from his Boston University days, he's been a whiz with food. He is our very own IWA member Tina's husband who enjoys mixing ingredients from various cuisines. He is a serial entrepreneur ... a garment exporter and the man behind Evoluzione - an apparel and furniture design store.

We thank Sunita Shahaney for hosting this meeting.

Warn In with Anita Koshy at 2656 2152 and Manisha Singhee at 2499 1482 Limit - 50 people.

ANITA KOSHY

MANISHA SINGHEE

We thank Sushma Kanwar, Sherna Irani, Brahada Kameshwaran, Sadiya Khaleel, Bela Mistry Khaleeli, Mahin Rabi Khaleeli, Malini Krishna, Gayatri Krishnaswami, Rita Lal, Koshu Lalchand and Chandra Lulla for hosting the Anglo Indian Cooking meeting held in October.

### COOKERY COMPETITION

Ladies we have a Cookery Competition coming up in February. Our competition is open to daughters and daughters-in-law of IWA members also. Categories for the competition include: Starters, Salads, Veg / Non Veg Main Dish, Casseroles, Rice, Cakes and Desserts. You are welcome to take part in more than one category.

## *A VERY SINCERE THANK YOU.....*

To all those who helped with the Diwali Mela !

- Anuradha Sachdev and Somna Sachdev for printing of tickets.
- Mansha Bhatia and Shweta Mohapatra who helped to take stall bookings.
- Aruna Vijaykumar, Eira Doshi and other members who helped with the Khazana stall, Darley Mathew for collecting gifts and all those who contributed /sponsored gifts / cash for the same.
- All stall owners and NGOs for joining in our celebrations.
- All IWA Members and members of Executive Committee and Management Committee who helped in organizing the Mela and ensuring its grand success.

## *Arts and Handicrafts*



From the 'IWA Treasures' meeting, we have discovered a vast range of hidden talents. Inspired by this thought and keeping in line with the festive mood, we are holding a competition on 'GIFT WRAPPINGS', scheduled for the 2nd of Dec.'05.

You have to bring the required materials for the competition and we can assure you, if only you would use a little imagination, you could walk away with some very interesting gifts!

Members who are interested kindly give your names to Urmilla Agarwal at 98410 85533 / Merete Koefoed at 5215 4358

## *THE DIWALI MELA*



*Kreeda by Prof. Chandrasekhar's Troupe*



*Fashion Show by Evoluzione*



## *INTERNATIONAL MUSIC DAY*



*Archana and Arthi Bharadwaj performing for IWA*

## *IWA TREASURES*



*Members at IWA Treasures Meeting*

## *CHINA TRIP*



*IWA Members at The Great Wall of China*



*The Group at Tiananmen Square*

## *TRULY AWESOME CHINA*

We were 40 like-minded ladies, 6 gutsy spouses, hell-bent on sight-seeing, shopping and savoring the enigma called China (not forgetting a slice of Malaysia) in a whirlwind tour that lasted 12 days. Here are some of the highlights of our 'fantabulous' trip to vibrant, pulsating China...

**GUANGZHOU :** Our first stop. We embarked on a city tour and were overwhelmed by the brash modernity of the city spiked with high-rises, broad roads, pass overs and beautiful landscaped terrain. The Yue Xiu Park with its 5 Rams sculpture was gigantic and impressive.

**GUILIN :** The cruise down the Li River that flowed like a jade ribbon through spectacular limestone formations made us feel as though we were entering a Chinese scroll painting. The visit to the Reed Flute Cave of stalagmites took our breath away. The lure of shopping for pearls-all colours made us dizzy with excitement . And to wrap it all up the spell-binding night show with its realistic theatre settings, not forgetting our relaxing body and foot massages!

**XIAN :** The first glimpse of the ancient City wall, the awe-inspiring sight of the 2000 year -old Terracotta Warriors, the walk down the 'real China' alleyways to the Great Mosque, the visit to the Embroidery, Silk, Cloisonne and Jade Centres, the Tang Dynasty show after a superb feast of Dimsun made Xian a favourite! The overnight train ride was an eye-opener... squeaky-clean platforms and tracks, plush carpeted interiors, a plasma TV with headphones for each berth, besides being bang on time!

**BEIJING:** The splendorous Imperial City- the majestic Great Wall and the adrenaline surge to climb it, the grandeur of the Forbidden City, the concrete enormity of the Tiananmen Square , the divinity

of the Temple of Heaven, the dragon boat ride at the Summer Palace, the solemn Ming Tombs and at day's end - the Chinese Acrobatic and Opera Show. Not forgetting the Peking Duck with its special Hoisin sauce!

**SHANGHAI :** The hyper-modern metropolis with 6000 skyscrapers rising over 80 storeys high, the serenity of the Jade Buddha Temple, walking down the Colonial riverfront-the Bund, the hysterical shopping for designer labels and look-alike fakes at bargainable prices, the ride in the Magnet Train, the speed escalating with our heartbeat from 0-430 kms. in 3 minutes, the visit to the ultra-modern Shanghai Museum... and finally the night cruise taking in the breathtakingly beautiful Shanghai skyline capped it all !

All this while being treated to lavish lunches and dinners ending with the ubiquitous watermelon!

24 hours in a day was just not enough for the innovative itinerary with painstaking attention to minutest details put together by Tour Coordinator HC&T Chairperson Thayabae Kakar and Tour Facilitator Premila Jacob. Kudos to them and to the accompanying Presidents Princess and Rathi and to all the ladies (and ever-helpful gents) whose camaraderie (not forgetting the plentiful munchies and joyous singing) made this trip both memorable and a whopping success!

SHEELA K SHARATH (with inputs from PREMA KUMAR)

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## *THANKS TO*

Padmini Natarajan for lyrics of the IWA Founders Day song.



## ***WE WELCOME OUR NEW MEMBERS***

<b>Maria Elena Ampuero</b> 10, 4 <sup>th</sup> main Road, Gandhi Nagar Adyar, Chennai 600 020	<b>Ecuador</b> 2445 4171
<b>Dr.Sangeeta Bharati</b> Apt 1A, A.B.M.Manor A.B.M. Avenue Chennai - 600 028	<b>Norway</b> 2431 1304
<b>Dr.Neeta Jain</b> Block IV, Flat 1 C Rani Meyyammai Towers MRC Nagar, R.A.Puram. Chennai - 600 028.	<b>U.S.A</b> 2495 3377 98404 82020
<b>Akiko Kodaki</b> 5B, Chittaranjan Road Teynampet, Chennai 600 018	<b>Japan</b> 2434 7215
<b>Susan Koshy</b> 1554, 17 <sup>th</sup> Main Road, Anna Nagar, Chennai - 600 040	<b>U.S.A.</b> 2616 4310 5261 5488
<b>Monika Kusmirak</b> J Apartments, Flat 9 2 <sup>nd</sup> Canal Cross Road Gandhi Nagar, Chennai 600 020	<b>Poland</b> 98400 52236
<b>Sachiko Suyama</b> C4, Pycrofts Garden Road, Nungambakkam, Chennai 600034	<b>Japan</b> 5203 0810 98405 37246
<b>Miho Yoneda</b> Cassia 2 <sup>nd</sup> floor 10, 1 <sup>st</sup> Cross street, Mylapore Chennai 600 004	<b>Japan</b> 2466 1864

## **EXECUTIVE COMMITTEE 2005 - 2006**

### **MANAGING COMMITTEE**

<b>PRESIDENTS</b>	
Princess Naik	2441 8448 / (O)5205 4989 98406 77703
Rathi Nilakantan	(R) 2822 9932 / 2826 5250 (O) 2811 3691 / 98410 73060
<b>VICE PRESIDENTS</b>	
Seema Bhargava	2434 7062 / 2435 6707
Amulya Rao	2499 5434 / 98409 25434
<b>SECRETARIES</b>	
Rekha Rangaraj	2499 4756 / 5211 0761
Nalini Panday	2461 0944 / 98410 48629
<b>TREASURERS</b>	
Nina Kothari	2827 5859 / 2827 8888
Uma Ganesan	2452 9276 / 98410 34449

### **ACTIVITY CHAIRPERSONS**

<b>ARTS &amp; HANDICRAFTS</b>	
Urmilla Agarwal	2820 5327
Merete Koefoed	5215 4358
<b>BOOK DISCUSSION</b>	
Shalini Biswajit	2433 8216 / 2434 0315
Radha Gopalakrishnan	2491 8186
<b>COOKING SWAPSHOP</b>	
Anita Koshy	2656 2152
Manisha Singhee	2499 1482 / 2499 1483
<b>CURRENT EVENTS</b>	
Rani Das Gupta	2499 1084 / 94440 71084
Raziyeh Sheerazie	2836 3161
<b>HEALTH &amp; ECOLOGY</b>	
Mridula Srinivasan	2432 1028
Jyoti Somani	2432 0797
<b>HISTORY, CULTURE &amp; TOURS</b>	
Thayabae Kakar	2826 8018 / 2823 4880
Bonnie King	2461 7482
<b>MUSIC &amp; PERFORMING ARTS</b>	
Geeta Vasudevan	2491 5913
Sandra Le Coz	5210 2017
<b>PHILOSOPHY &amp; RELIGION</b>	
Rani Ananth	2449 0854
Bernadette Mcewen	5549 7307