

**September at a glance**

<b>2 Mon</b>	10.00 <sup>AM</sup> Managing Committee 11.30 <sup>AM</sup> Executive Committee
<b>3 Tue</b>	10.15 <sup>AM</sup> Arts & Handicrafts
<b>5 Thu</b>	10.15 <sup>AM</sup> Cooking Swapshop
<b>12 Thu</b>	<b>11.00 <sup>AM</sup></b> Philosophy & Religion
<b>17 Tue</b>	10.15 <sup>AM</sup> Health & Ecology
<b>19 Thu</b>	10.15 <sup>AM</sup> Current Events

To learn more, visit the IWA web site: [www.iwachennai.com](http://www.iwachennai.com)

**September at a glance**

<b>24 Tue</b>	10.15 <sup>AM</sup> Music & Performing Arts
<b>26 Thu</b>	10.15 <sup>AM</sup> Book Discussion

**SAVE THE DATE**

<b>Oct 1 Tue</b>	<b>10.15 <sup>AM</sup></b> <b>My Fortune, Chennai</b> <b>International Music Day</b>  <b>October 1st is International Music Day and our Founder Nirmal Seshadri's birthday. Please mark your calendars and join us.</b>
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**From the Presidents**

Dear Friends,

We promised you autumn, and here she is! Our ochre hued IWA woman ushers in fall and cooler climes.

We began the year by making some simple but hopefully effective changes, one of which was to introduce, 'tea, coffee, and one snack' at our meetings. Our chairpersons and hostesses have been very co-operative in enforcing this and we thank you all for encouraging and approving of our efforts.

After much consideration, we have decided to forgo our Srinagar trip due to security reasons. We are instead heading southeast from Srinagar to **Himachal** - Dharamshala & McLeod Ganj, Dalhousie, Pragpur & Garli and Amritsar, our gateway to the area. We wish all our travelers 'Bon Voyage'.

October 1<sup>st</sup> is **International Music Day** and also our Founder Nirmal Seshadri's birthday. We mark this day by honouring a promising young artiste in her memory.

Ladies, please mark your calendars for our **Deepavali** celebrations on **October 24<sup>th</sup>** at MRC Hall. We are all working hard to make it a fun and exciting evening and look forward to having you participate in the festivities.

NITA REDDY

PRIYA ASOKAN

<b>2 Mon</b>	<p>10.00 <sup>AM</sup> Managing Committee                  11.00 <sup>AM</sup> Tea &amp; Snacks                  11.30 <sup>AM</sup> Executive Committee</p> <p><b>Burgundy's</b>                  Somerset Greenways Serviced Residence                  No.94, Sathyadev Avenue                  MRC Nagar, Chennai 600 028</p>
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Meetings are hosted by **Thayabae Kakar** and **Michele Segala**

<b>3 Tue</b>	<p>10.15 <sup>AM</sup>                  The Crown, Level 20  <b>The Residency Towers Hotel</b>                  115, Sir Thyagaraya Road                  T. Nagar, Chennai 600 017</p> 
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**The Perfect Photograph...**

'My Kitchen'- An Exciting Photo Contest

Photography is such a powerful medium – it's about finding something interesting in an ordinary place. Please join us for a photography session with none other than **Mr. G Venket Ram**, a Chennai based commercial photographer who has been working with advertising and publishing houses and the Indian film industry over 18 years. He will share tips and techniques on various aspects of using a camera and also enlighten us about all that goes into Fashion Photography.

**We are inviting all IWA members to participate in an exciting photo contest.** So stretch your imagination, get inspired and participate in a fun photo contest to be judged by Venket Ram. The theme is **'My Kitchen'**, and it can be anything in the kitchen - the cook, groceries, fridge, the cooking process ... anything that catches your fancy!

Please send in 1 Photo in black & white (**or**) colour, 4"x6" print, with your name, IWA membership code number, phone number and a caption for the image. It needs to reach us by **September 2<sup>nd</sup>** to either of the two addresses below:

**Farah Bangera** : D1 Powhattan, 11 Boat Club Road, R.A. Puram, Chennai 600 028

(or)

**Amita Bhatia** : 2A Vaikunth Apts., 19 Rutland Gate, 6<sup>th</sup> Street, Nungambakkam, Chennai 600 006

**Please do not use Photoshop to enhance your image!**

We thank **Shobhana Reddy** for graciously sponsoring the meeting and **Cherry Venkatesan** for sponsoring the audio-visual equipment.

We thank **Nalini Acharya** for being our day facilitator.

AMITA BHATIA

FARAH BANGERA

<b>5</b> Thu	<p>10.15 AM                  Hanu Reddy Residences                  39/18, Binny Road                  Poes Garden                  Chennai 600 086</p>	
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## Flavors of India

The Diversity in Kerala Cuisine

**KERALA CUISINE** from Gods Own Country. Kerala is a melting pot of different races, cultures and religions. The exuberance of its culture is testimony to the variety in Kerala Cuisine; so many flavours to play with in a glorious, culinary masterpiece!

We are privileged to have some of our very own IWA members demonstrate a few authentic, everyday dishes of Kerala homes, representing the varied cuisines and showing us just what hospitality from Kerala is.

**Do come dressed in your Kerala best**, to savour the aromas and spices of Kerala Cuisine. Come and enjoy the tastes, textures and complexity of simply delicious home-cooked food.

We thank **Anita Koshy** and **Aruna Vijaykumar** for graciously sponsoring this meeting and also **Anita Koshy** for being our day facilitator.

URMILLA AGARWAL

GAY WEIR

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We thank **Archana Meiyappan** for sponsoring the Audio Visual Equipment for our August meeting of History, Culture & Tours.

Our hearty congratulations to **Bilkis Moosa** on becoming a grandmother.

<b>12</b> Thu	<p><b>9.30AM Depart From Madras Boat Club</b>  <b>11.00AM Temple Visit</b>                  Sri Munisuvratswami Navagraha                  Jain Mandir, Sulerikadu                  East Coast Road, Chennai</p>	
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## Sri Munisuvratswami Navagraha Jain Mandir

This marble temple, a beautiful Jain pilgrimage site, has the simplicity in architecture which so truly reflects Jain values. Situated on the East Coast Road, the temple is dedicated to the Tirtankaras associated with the Navagrahas, and the main deity is the twentieth Tirtankara. We are delighted to have our very own **Naina Shah** give us a guided tour of the temple.

**Today's temple visit will be followed by lunch. Please WARN IN with SHEETAL (98400 87186) or CECILE (89396 30992) BEFORE 5<sup>TH</sup> SEPTEMBER.**

Programme:

- 9:30 am departure from Boat Club
- 11:00 am - 11:45 am visit to the temple
- 12:00 pm - 12:45 pm lunch
- 1:00 pm return to Boat Club

**There will be a carpool from Boat Club.**

For members who would like to reach the temple on their own :

- Drive towards Mahabalipuram
- 10 Kms from Kovalam
- 5 kms from Crocodile Bank
- 2 kms from Neyveli desalination plant
- Opposite ICICI bank and Sai Baba temple
- Look for a big arch and sign board on your right

We thank **Anita Bhatia** and **Kusum Chadda** for graciously sponsoring this meeting.

We thank **Geeta Rajagopalan** for being our day facilitator.

SHEETAL SHAH

CECILE EZVAN DUFEU

<b>17<sup>Tue</sup></b>	<p>10.15 <sup>AM</sup>                  Hanu Reddy Residences                  39/18, Binny Road                  Poes Garden                  Chennai 600 086</p>	
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## Me? No - Pause!

Most women harbour a fear of this word. Menopause is a normal part of life - it is a milestone, just like puberty - it is not a disease or a condition. Simply put, menopause marks the time in a woman's life when her menstruation stops and she is no longer fertile.

To allay our fears and bust the myths surrounding it, we bring to you **Dr. Usha Sriram**, an endocrinologist by profession, who comes to us with years of experience and success in her field, a woman who understands the needs of other women. She is sure to leave us more aware than before.

To give maximum benefit to our ladies, we have extended the question & answer session by ten minutes. So come prepared with your queries!

We thank **Cibi Mammen** for her generosity in sponsoring this meeting.

We also thank **Princess Naik** for being our Day Facilitator

FHARZANA SIRAJ

JULIE MADRE

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We are deeply saddened to hear of the untimely passing, in May, of Krishan, the son of our founder member, **Nirmal Seshadri**, and wish to pass on our most profound condolences to Mr. Seshadri.

<b>19<sup>Thu</sup></b>	<p>10.15 <sup>AM</sup>                  Hanu Reddy Residences                  39/18, Binny Road                  Poes Garden                  Chennai 600 086</p>	
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## Ladies - Know Your Rights!

Are you aware of your legal rights as a woman in India? For an awareness of your rights with regard to property and inheritance, gender equality, marriage and divorce and the recently passed laws against rape and sexual harassment, please join us for a discussion with IWA's own **Lita Srinivasan**.

Lita specialised in intellectual property rights and practised as the junior of Senior Counsel Mr. U. N. R. Rao. She represented several minority institutions and was a co-opted member of the disciplinary committee of the bar council. She gained expertise in constitutional matters during her stint in the State Government Pleaders Office.

We thank **Princess Naik** and **Chandra Lulla** for graciously hosting this meeting.

We thank **Anjana Sunil** for being our day facilitator.

USHAJAWAHAR

DOMINIQUE RASTOIN

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*Being happy doesn't mean that everything is perfect.  
 It means that you've decided to look beyond the imperfections.*

<b>24</b> Tue	<p>10.15 <sup>AM</sup>  <b>Sivagami Petachi Auditorium</b>                  179, Luz Church Road                  Mylapore, Chennai 600 004                  Tel: 2499 2962</p>	
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## Unveiling the Art of Choreography

**Urmila Sathyanarayanan's** Bharathanatyam is a visual treat, like a Ravi Varma portrait come alive! She is an astute choreographer and has conceptualized, choreographed and presented close to a dozen of her own original, thematic productions to high critical acclaim. She will spice up today's performance with her personal experiences and anecdotes which will provide the audience with a behind the scenes view of the art of choreography!

**Urmila Sathyanarayanan**, one of the finest bharathanatyam dancers from South India, is well recognized all over the world for her captivating stage performance. Her crisp footwork, vivaciousness of her facial expression and her graceful poses have won her prominence across India in dance festivals. She has won many prestigious awards including Kalaimamani award in 1997, National Eminence Award in 2003 and Best Natyacharya Award in recognition of her excellent training.

We thank **Chandrika Chidambaram** for hosting this meeting.

Our thanks to **Tehnaz Bahadurji, Meenakshi Dhamija** and **Sushi Goklaney** for sponsoring the orchestra.

We thank **Rani Das Gupta** for being our day facilitator.

JEYASREE RAVI

RIGMOR EKSTRAND

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We thank **Kaety Dalal** and **Mano Bakthavatsalam** for sponsoring the AV equipment for "The Beatles" meeting held in August.

<b>26</b> Thu	<p>10.15 <sup>AM</sup>                  Hanu Reddy Residences                  39/18, Binny Road                  Poes Garden                  Chennai 600 086</p>	
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## Ten Minute Play Readings.....and some Poetry too!

A ten minute play reading is like a streak of theatrical lightning - it does not last long but it can certainly have a dramatic impact!

**Rita Saldanha, Gayatri Krishnaswami, Javanthi Singaram, Padmini Natarajan, Ramani Reddy** and **C. Prema Kumar** - all familiar names, aren't they?

These IWA ladies will use the Ten Minute Play genre and their enormous talent to read and entertain us in a morning filled with fun.

Be ready for the theatricals!

We thank **Darley Mathew** for being our day facilitator.

LAKSHMI MENON

ANJALI SACHETI

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*Conservation is a state of harmony between man and land.*

Dear Members,

IWA's Deepavali celebration will be held on Thursday, **October 24th**, at MRC Hall. As always we request members to donate gifts or cash for the ever popular **Khazana stall**. We request that you kindly donate gifts with a minimum value of Rs. 150/- or higher. The gifts can be handed over to any one of the Board representatives at any meeting before October 15th or alternatively they can be handed over to the following members (whoever is closest to you):

**Achu Kurian**

Old No.11/New No. 21, 2nd Avenue  
Harrington Road  
Chetpet  
Chennai 600 031

**Nita Reddy**

12, Subbaraya Avenue  
Alwarpet  
Chennai 600 018

**Tineke Sysmans**

Ceebros Pooja Apts  
2nd Floor, 47/50 Beach Road  
Besant Nagar  
Chennai 600 090

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*"What is Mind? No Matter  
What is Matter? Never Mind"  
- George Berkeley  
(Contributed by Jatinder Bahl)*

**Himachal Pradesh**

Famous for its abundant beauty, Himachal Pradesh is the 18<sup>th</sup> state of the Republic of India. Hima is Sanskrit for snow, and the state's name literally means '**Lap of the Himalayas**'. It is the least urbanised state in India as 90% of the population lives in rural areas. The official language in Himachal Pradesh is Hindi but much of the population speaks Pahari and also Punjabi.

**McLeod Ganj** – at an elevation of 2,082 metres, is on the Dhauladhar Range. The highest peak on this range is "Hanuman Ka Tibba" at 5,639 meters. Lord Elgin was the British Viceroy of India (1862-63), after his death, his summer residence, Mortimer House, became part of the private estate of Lala Bhasheshar Nath of Lahore and was finally acquired by the Indian Government to house the Dalai Lama. The Tibetan Government-in-exile is headquartered here.

**Dalhousie** – a hill station established in 1854 as a summer retreat is at 2,600 meters and is surrounded by snow capped peaks. Famous visitors to Dalhousie – Rabindranath Tagore, Rudyard Kipling, Dalai Lama, Ruskin Bond and numerous film stars!

**Deodar** - the state's tree - This tree was much loved by Lord Shiva and its Ayurvedic properties are well documented. The inner wood is aromatic and used to make incense and is also distilled into essential oil. The essential oil is used as insect repellent on the feet of horses, cattle and camels as insects even avoid the tree itself, it also has anti-fungal properties and has been used to control fungal deterioration of spices during storage. The outer bark and stem are astringent. People suffering from asthma or other respiratory problems are advised to sit under a Deodar tree early in the morning.