



International
Women's
Association

6

NEWS LETTER
JUNE 2001

SUN	MON	TUE	WED	THU	FRI	SAT
3	4 0.45 a.m. 11.00 a.m. Board Meeting Evarthala Meeting	5	6	7	8	9
10	11	12	13	14	15 10.15 a.m. Fellowship Meeting	16
17	18 10.15 a.m. Philosophy and Religion	19	20	21	22 10.15 a.m. Country Experience	23
24	25 10.15 a.m. Current Events	26	27	28	29 10.15 a.m. History, Culture & Tours	30

THE INTERNATIONAL YEAR OF THE WOMAN

CELEBRATING 15 YEARS

FROM THE PRESIDENTS

Welcome back ladies! First and foremost we thank you all for having nominated us Presidents of IWA. There is much excitement in the air and we can't help but anticipate an excellent year ahead. We hope we will be able to live up to your expectations. We assure you that we shall endeavor to make this year a most interesting and memorable one, and above all a FUN year.

The benefit of having a totally new Committee each year for IWA is that you have ladies coming in with new and different concepts which add colour and varied flavour to each Activity through the year

Our Theme

We have given some thought regarding assigning a title to this year. As suggested by the membership, our theme for the year is to be THE YEAR OF THE WOMAN, as this year has been designated International Year of the Woman.

The Newsletter

The Newsletter is a media for communication among the ladies in IWA, hence each member is requested to come forth with any ideas, events or activity that you would like to share with us. We would certainly welcome any new suggestions and ideas from you.

Fellowship Morning

The Fellowship Morning is to be at the Madras Club on Friday 15th June at 10.15 a.m. We hope we have a good attendance not forgetting that the theme for this year is The Year of the Woman. We look forward to seeing you all there.

Cellular telephones and early departures

Members are requested to ensure that their cellular phones are switched off during a meeting and members are also requested not to arrive late or leave early, all of which causes unnecessary disturbance.

Special meetings

In addition to the monthly scheduled meetings, we plan to have some special workshops for self-awareness and other in-depth meetings.

We look forward to meeting all our members through the year and hope that as in the previous years, this year too will bring in a greater friendship and FUN in IWA.

RANI CHADA

SEEMA SAIT

BOARD MEETING

EXECUTIVE MEETING

Monday, 4th June, 9.45am

Monday, 4th June, 11am

Both meetings at:

Pat Alter's
'River House',
12, Turnbull's Road Extension,
Chennai 600 035

FROM THE VICE-PRESIDENTS

Another year in the life of IWA has begun, and the new office bearers are gearing up to make it one of interest, involvement and fun for all members.

The newsletter has taken on a new look. The earlier format was excellent, and has definitely stood the test of time - it has not warranted any major changes. The attempt at a change is merely to give a fresh look to our bulletin after 15 years.

We hope you will find the ready reckoner planner handy, and that you will use it to keep track of all your other appointments too.

The newsletter is your vehicle for communicating with the membership at large. As in earlier years, we welcome pieces that will be of interest to our members. Space permitting, we will certainly include your contributions.

Please be prompt in informing us about any change in your address or telephone numbers.

We look forward to getting to know you better, and to a year of friendship.

SUSHI NATRAJ

RATHI NILAKANTAN

FROM THE TREASURERS

WARM GREETINGS TO ALL IWA MEMBERS! We are looking forward to your cooperation and active participation to make this year too a successful one.

RENEWAL FORMS

Last date for submission of forms along with subscription is 15th July, 2001.

ATTENDANCE

1. Of the compulsory requirement of TEN meetings during the IWA year (1st April 2001 to 31st March 2002), a minimum of SEVEN meetings should be attended by every member before the end of December 2001. This applies to members of all nationalities.
2. Any member who is unable to attend meetings for two consecutive months or longer, must intimate the Membership Treasurer in writing & thereafter MAKEUP FOR LOST ATTENDANCE.
3. New members please note that 10 meetings have to be attended before 31st March 2002, irrespective of date of joining IWA.

BADGES

In case name badges are required, please inform the Membership Treasurer before 15th July 2001.

CODE NUMBER

Members are requested to remember and write their code numbers clearly, and print their names in block letters next to it. Check your code number on your form or with the Membership Treasurer.

YOUR HELPLINE

Members are advised to call Kusum Chadda for matters regarding finance and Padma Ashok for membership details.

KUSUM CHADDA

PADMA ASHOK

**MEMBERSHIP SUB-COMMITTEE FOR THE YEAR
2001-2002**

Immediate Past Presidents	Javanthi Prabhakaran Eira Doshi
Treasurers	Kusum Chadda Padma Ashok
Two members not on the Executive Committee	Vijaya Balasubramaniam Alagu Muthu
Imm.Past Membership Treasurer	Maureen Thadani
Presidents	Rani Chada Seema Sait

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.

The Presidents oversee all the functions of the Association. However, specific functions are delegated to the members of the Executive Committee. Therefore, we would request you to communicate with the concerned member as under.

If you...

...do not receive your newsletter until the 5th of a month

Write to/call

Gita Chandrasekaran
442 0235/442 1035
Françoise Drown
823 0412

...change your telephone number or address

Padma Ashok
826 7801/82 76591
Sushi Natraj
Gita Chandrasekaran

...would like to announce a happening in the newsletter

Sushi Natraj
467 1796/497 1581

...are unable to attend meetings for some length of time

Padma Ashok
826 7801/827 6591

...would like information regarding the number of meetings you have attended

Padma Ashok
826 7801/827 6591

...would like information about a particular meeting

Concerned Chairperson

...have ideas for a good meeting

Concerned Chairperson / President

...have general suggestions for the functioning of the association.

Rani Chada 234 4233/
Seema Sait 820 6065

...would like to sponsor or host a meeting

any Chairperson

PLEASE KEEP THESE GUIDELINES HANDY AND FOLLOW THEM THROUGH THE YEAR!!!

FELLOWSHIP MORNING

Friday, 15th June 2001 - 10.15am

At: **The Madras Club,**
Adyar Club Gate Road,
Chennai 28.

Welcome back ladies! Hope you had a restful summer break. This is a morning when ladies meet old friends and make new ones. We specially welcome our new Members who have joined recently and who we hope will benefit most from this get-together. To keep you entertained, we will have a quiz and a game, which we are sure will be FUN.

Ladies - do wear your badges.

No guests please!

RANI CHADA

SEEMA SAIT

IWA holds your interest in many ways. Most of all by way of the varied, informative meetings under the eight activities (Arts & Handicrafts, Book Discussion, etc.). We are sure each of you has a particular interest - one or two activities which you find more enjoyable than the others. Here is your opportunity to participate in making our meetings even more attractive. At the Fellowship Morning, please choose the one or two activities with which you would like to be associated. Our Chairpersons would welcome your involvement.

PHILOSOPHY & RELIGION

Tuesday, 19th June 2001 - 10.15 am

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



BACH FLOWER REMEDIES

Bach Flower Remedies have been founded, perfected & brought to use by Dr. Edward Bach, MBBS, MRCS, IRCP. This system of remedy opts for a different approach when it comes to healing by concentrating on the psychological symptoms instead of the actual physical ailment. The theory behind this approach is that since the mind is the most sensitive part of the human body, it is first to show disharmony within. The mind is the master of the body & it reflects every change that takes place in the former. Worry, fear, depression & indecision that overwhelm are the real symptoms of physical illnesses as they indicate disharmony between the Lower Self, True Self & Higher Self of a person.

Our speaker today Dr. Geetha Krishna Kumar, M.D. is a registered Medical Practitioner in Alternative Medicine. She will enlighten us on this innovative technique of using "Flower Power" in healing.

SEEMA BHARGAVA

EILEEN THOMSON

COOKING SWAPSHOP

Friday, 22nd June, 2001 - 10.15 a.m.

At: **Sucharita Prasad's**,
No 4, 4th Lane,
Nungambakkam High Road,
Chennai 600 034.



LIGHT SUMMER DESSERTS

Summer is a time for light clothing, light meals and light desserts. And fruits are ever popular, cooked, baked or fresh. Cherry Venkatesh, our new member and co-chairperson Cooking Swapshop, would like to show us how easily we can create sweet delights.

Warn in - from June 4th - 8.30 a.m to 10.30 a.m. Ph: 8271260.

BEENA RAM MOHAN

CHERRY VENKATESH

CURRENT EVENTS

Tuesday, 26th June, 2001 - 10.15am

At: **Bilkis Moosa's**,
New no.16, Old no.19,
Cenotaph 2nd Lane,
Alwarpet, Chennai, 600 018



ELECTION ANALYSIS

The heat and dust generated by the Elections have just settled down and it is time for us to analyse the trends and look forward to what the future holds.

Come and join us for an interesting morning with a veteran political analyst, Mr.N.Ram, Editor, Frontline.

PRINCESS NAIK

BILKIS MOOSA

HISTORY, CULTURE & TOURS

Friday, 29th June, 2001 - 10.15 am

At: **Russian Cultural Centre**,
27, Kasturi Ranga Road,
Chennai 600 018



MAURITIUS

American writer Mark Twain called it "heaven's prototype"! Today, this island paradise is a popular tourist destination. Located in the Indian Ocean, off the coast of Madagascar, Mauritius came into being through volcanic eruptions. It was 'discovered' in the 1500's by the Portuguese and 'owned' by the Dutch in the 1600's, the French in the 1700's and the British in the 1800's to the mid 1900's. It became an independent country in 1968.

This morning, Rajini Swaminathan of Y.U. Travels, joins us to present a video on Mauritius and answer our questions about travelling to this beautiful island. Hot tip: September is the perfect month to go!

VIDYA SINGH

PAT ALTER



Congratulations to Gayatri Bewoor on the birth of a grandson on 22nd April 2001.



Heartfelt condolences to Pam Turner on the loss of her husband.

LITTLE THINGS MEAN A LOT.....

With this IWA year being dedicated to the woman, it is only appropriate that we should recognise more completely the power that we can wield. If we pull together, we can be quite a force to reckon with! Let us begin by doing little things that may make a difference.

*"Shall you complain who are the world,
Of what the world may do.
As from this hour You use your power,
the world must follow you."*

- Charlotte Perkins

Let us never feel that one person cannot make a difference.

This month we focus on the misuse of plastic. This very versatile and useful material is also a source of environmental degradation if it is overused or abused. If each of us made a conscious effort to limit the use of plastics, and to recycle, whenever possible, we may be able to set a trend that is socially valuable.

For example, we could carry our own bags or baskets while going shopping for groceries, vegetables, etc., and refuse to accept plastic bags from shopkeepers. We could use biodegradable materials for serving food at large gatherings - today a great variety of these are available. We could also avoid buying anything that comes in very small sachets, particularly if we need large quantities. Unnecessary packaging is a major source of pollution.

Try it ladies - little things do mean a lot - and what's more - they make you feel good!!!

SUSHI

EXECUTIVE COMMITTEE 2001 - 2002

THE BOARD

PRESIDENTS

Rani Chuda 234 4233, 232 4972
Seema Sait 820 6065, 824 2244

VICE PRESIDENTS

Sushi Natraj 497 1581, 467 1796
Rathi Nilakantan 826 5250 (O) 821 3691

SECRETARIES

Gita Chandrasekaran 442 1035, 442 0235
Françoise Drown 823 0412

TREASURERS

Kusum Chadda 825 4217, 823 3751
Padma Ashok 826 7801, 827 6591

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Shalini Binwajit 433 8216, 434 0315
Sushi Goldancy 435 3714

BOOK DISCUSSION

Gayathri Krishnaswami 827 1789 (O)826 4428
Annlya Mandava Rao 499 5434, 499 1272

COOKING SWAPSHOP

Beena Ram Mohan 6214278, 621 3923
Cherry Venkatesan 829 3436

CURRENT EVENTS

Princess Naik 441 8448, 445 3830
Bilqis Moosa 434 9934, 434 9932

HEALTH & ECOLOGY

Prithika Chary 499 7878 (O) 436 3551ext 1510
Meena Naru 825 2499

HISTORY, CULTURE & TOURS

Vidya Singh 433 8782, 435 9035
Pat Alter 811 2000

PHILOSOPHY & RELIGION

Seema Bhargava 434 3129, 435 6707
Eileen Thomson 98400-30114

MUSIC & PERFORMING ARTS

Saroja Ramamurtham 491 5549
Kaniakwan Sandhu 496 3556, 496 1061

