



International
Women's
Association

NEWS LETTER
AUGUST 2001

SUN	MON	TUE	WED	THU	FRI	SAT
			1	10:00 a.m. Cooking Workshop	3	4
5	10:15 a.m. Philosophy and Sudoku	6	10:15 a.m. Quaint Events	7	10	11
			8	10:10 a.m. Health & Ecology	9	
12	13	14	15	16	8:30 a.m. History, Culture & Tours	18
19	20	21	22	10:15 a.m. Music and Performing Arts	23	24
			25	26	10:15 a.m. Self Assessment Workshop	31

FROM THE PRESIDENTS

We thoroughly enjoyed working on our Founders' Day Programme, and we would like to thank our Board and Activity Chairpersons for their enthusiasm and hard work. Getting the photographs together was no easy task. Nonetheless, it was inspiring to go through piles of old photographs, and the striking detail was how young most of us looked!!

The Activity Chairpersons did a commendable job in having so many excellent meetings last month, which were very well attended. Our sincere thanks to them.

Little doubt that ladies attending activity meets in the houses of members will agree that it is more pleasant and cozier than holding these meetings at other venues. So ladies, please come forward to host meetings at your homes.

Ladies, please bear with us when an event is delayed, or if there is a minor technical hitch. Remember that our Activity Chairpersons always put in their best efforts to ensure that the meetings go smoothly.

RANI CHADA

SEEMA SAIT

BOARD MEETING

EXECUTIVE MEETING

Tuesday, 31st July, 9.45 am

Tuesday, 31st July, 11am

Both meetings at:
Madras Cricket Club,
Wallajah Road

FROM THE TREASURERS

Members who wish to order new badges please do so before the 15th of August.

This is the last chance to send in your change of address or change of telephone number, before the directory goes into print. The last date is 15th August. Details to be sent to the Membership Treasurer.

KUSUM CHADDA

PADMA ASHOK

SPECIAL PROGRAMME - SELF-AWARENESS WORKSHOP

Tuesday, 28th August, 2001 - 10.00 am

At: **The Madras Club (Mowbrays Room)**
Adyar Club Gate Road
Chennai

During the year gone by, we have seen evidence of a tremendous member enthusiasm for self-awareness programmes.

With an aim to satisfy this demand, we will be holding our first half-day workshop this month. Mr. Naresh Purushotham, an experienced HRD professional, will chair the session on 'Handling Criticism and Stress'. Mr. Purushotham has conducted workshops on 'Assertiveness' and 'Taking Responsibility' earlier, and is a familiar figure to IWA members.

The meeting will begin at 10.30am sharp.

SUREKHA KOTHARI

Note: Workshop limited to 40 persons only. Please warn in before 20th August to Rani Chada (7am - 8am, Monday - Friday) or Seema Sait (8am - 9.30 am, Monday - Friday)

COOKING SWAPSHOP

Thursday, 2nd August, 2001 - 10 am

At: **Park Sheraton Hotel**
Mowbrays Hall
Chennai



KHANA KHAZANA

IWA presents India's popular TV host and Master Chef - **SANJEEV KAPOOR!** His delectable and innovative recipes have made him a household name in India and abroad. The Hindu says his latest book is '...a treasure trove of finger-licking good recipes.' But then, so are his earlier offerings.

A special morning with a special personality, and great gifts for the lucky ones. So, ladies, please plan to be with us till 12 noon.

Guests limited one guest per member. Guest charges - Rs. 150/-

BEENA RAM MOHAN

CHERRY VENKATESAN

Thank you Asha Hemdev and Rani Chandani for so readily taking on Poonam's place for our Sindhi Cuisine. We also thank our hostesses Kamala Muthiah, Shoba Mahtani, Mansha Bhatia, Koshu Lalchand, Poonam Lalchand, Sushi Gokhlani, Asha Hemdev and Rani Chandani.

PHILOSOPHY AND RELIGION

Monday, 6th August, 2001 - 10.15am

At: **Russian Cultural Centre**
74, Kasturi Ranga Road
Chennai



MARRIAGES ARE MADE IN HEAVEN

...or such is the belief of our major religions and they mark them with vows and symbols. This interactive meeting explores with the help of Muslim, Hindu and Christian speakers (Dr. Fatima, Mr. Suthir Ahuja and Rev. Victor Manoah), some of the traditions and beliefs surrounding weddings. Whether we walk down the aisle or round the fire, this is a chance to discuss the whys and the whats and to learn from one another.

Our thanks to Lalitha Krishnan for sponsoring this meeting.

SEEMA BHARGAVA

EILEEN THOMSON

Our thanks to Seema Bhargava who sponsored the June meeting and to Meyammai Murugappan for introducing the speaker.

Also to the Pastorate Committee of St. Mary's Church for allowing us the use of their premises in July. Thanks also to Anuradha Sachdev for tea and snacks and Eileen Thomson for the gifts to the speaker and organist.

New Member:

Sharifah Aishah Raja Ahmad
No. 20, Sriram Nagar,
Alwarpet
Chennai 600 018

Malaysian

(R) 433 5758

CURRENT EVENTS

Tuesday, 7th August, 2001 - 10.15am

At: **Kirtilal Kalidas**
38 (Old No. 76),
C. P. Ramaswamy Road
Alwarpet, Chennai



(Parking on side roads - Dr. Ranga Rd. & Beemanna Garden St.)

DIAMONDS

We know the name De Beers is connected with Diamonds and Rough Stones. What exactly are Rough Stones? What position does India hold in this International Diamond Business which is a major foreign exchange earner for our country?

Come and listen to the pioneers in the diamond industry explain all about diamonds and also learn about various types, cuts, maintenance etc. See some precious pieces on display.

Only 55 persons, so please warn in

8 am - 9 am to Princess Naik : 4418448, 4453830.

After 6 pm to Bilqis Moosa : 4349934, 4349932.

PRINCESS NAIK

BILQIS MOOSA

HEALTH AND ECOLOGY

Thursday, 9th August, 2001 - 10.15am

At: **AIMO**
(All India Manufacturers Org.)
Conference Hall, 2nd Floor
69 Nungambakkam High Rd. (above Colt computers)
Chennai 600034 PH: 827 1966 / 826 3162



Parking on Nungambakkam High Rd., next to venue, or in the lane next to Students Xerox (back gate of Good Shepherd Convent)

HOW DAUGHTERS CAN TAKE ADVANTAGE OF THE SUN!

Chennai ! A place where we see the sun shine most of the year. Get a headstart to a cleaner, more economical future! By the year 2030 it is predicted we will run out of our conventional energy sources. Why don't we prepare to meet that challenge now!

Our speaker, Mr. Raghunathan, is an engineer and pioneer in the field of **SOLAR ENERGY**.

Please warn in to

Raji : 493 9640, 493 9248 : 8am -11am

Meena : 825 2499, 824 0467 : 8pm -10pm

PRITHIKA CHARY

MEENA NARU

A big thank you to **FRIENDS** (Foundation for Research and Information Exchange on Neurological Diseases) for sponsoring our July meeting on Alpha mind power

ARTS AND HANDICRAFTS

Tuesday, 14th August, 2001 - 10.15am

At: **La Princesse**
(Above Foodworld)
Gandhinagar, Adyar



FENG SHUI

Feng shui is the Chinese art of arranging space to achieve happiness health and prosperity. The essence of *feng shui* is a harmonious relationship between the individual and the spaces within which he lives and the environment. This harmony and balance can be achieved by the application of a few fundamental principles, and a healthy dose of common sense. While architecture and interior design concern themselves with structure, function and visual impact, *feng shui* takes into consideration the conscious and unconscious associations one may have with a space and the objects and their placement within it.

Our guest speaker, Mrs. Geeta Rajgopal, is a *feng shui* consultant who will enlighten us on the principles of *feng shui*.

We would like to thank Zubcida Asgarali for sponsoring this programme.

Limit 60 - Warn-in required before Friday 10th August
Call Mrs. Jones between 10.30 AM - 5 PM at 8269183

SHALINI BISWAJIT

SUSHI GOKLANEY

HISTORY, CULTURE & TOURS

Friday, 17th July, 2001 - 8.30am to 3.30pm

Trip leaves from: **Madras Club**
at 8.40 am sharp
Adyar Club Gate Road
Chennai



VISIT TO THIRUKAZHIKUNDRAM

Perched on an ancient rock, rising 160m up, and surrounded by agricultural lands, the Shiva temple at Thirukazhikundram is a dramatic sight. Those who climb the 400+ steps to the top will be rewarded with a magnificent view and an unusual tradition - the daily feeding of two eagles, believed to be reincarnated saints, on their way from Varanasi to Rameswaram.

An early start will give us time to enjoy the scenery en route, and make the climb in a leisurely fashion. We will have lunch at a farmhouse before heading back to the city.

Rs. 200 per person will be collected to cover the cost of transport and lunch. As the coach seats only 32 persons, please warn in to Vidya Singh (433 8782) by 10th August, if you plan to join us.

VIDYA SINGH

PAT ALTER

IWA EXCURSION TO MALAYSIA

The trip to Malaysia is ON! It will be a 6-night, 7-day excursion, departing on 26th September, and returning on 3rd October. We have planned an excellent itinerary with stays in the modern capital of KL, historic Melaka and the east coast cities of Kota Baru and Kuala Terengganu, both centres of Malay culture and handicrafts.

The cost of the trip will be approximately Rs. 36,000, inclusive of air fare, hotel, breakfast, coach tours and guide, based on 20 participants. IWA members and their families (adults) and friends, who are interested in joining the excursion, should contact Vidya Singh (433 8782) or Pat Alter (811 2000) for further information and to sign up. The last date for booking and payment of non-refundable deposit of Rs. 5,000 is **August 10th**.

VIDYA SINGH

PAT ALTER

CURRENT EVENTS

Tuesday, 21st August, 2001 - 5pm

At: **YWCA**
1086, Poonamallee High Road
Chennai



WORLD TRADE ORGANISATION (WTO)

Even if we have read about WTO, are we aware of how the Asian Community is affected by this? Is it targeted to cause damage to women in general?

Mr.C.T.Kurien , an eminent economist will enlighten us about WTO and its implications.

Please note : This is an evening meeting.

PRINCESS NAIK

BILQIS MOOSA

MUSIC AND PERFORMING ARTS

Thursday, 23rd August, 2001 - 10.15am

At: **Sangeeta Vaadyalaya**
Behind HDFC Bank
Anna Salai (Opp. TVS)
Chennai



VISIT TO SANGEETA VAADYALAYA - the Museum of Musical Instruments

Musical instruments are associated with Gods and legends all over the world. Goddess Saraswati with the Veena, Narada with the Tambura, the Greek God Pan with Lute, Krishna with the Flute, Nataraja - the Lord of Dance - with the Damaru, and the celestial Maidens with Brass Cymbals. The Harp and the Yazh are ancient instruments similar to each other, belonging to Egyptian and Indian civilisations.

We will have an opportunity to see and learn about instruments, how they are made, and may be hear someone play one of these rare instruments.

The Museum is on Anna Salai at the above address. It may be easier for members to pool cars. Remember to take the service lane to enter the compound next to HDFC Bank.

NAINA SHAH

KANOKWAN SANDHU

BOOK DISCUSSION

Friday, 24th August, 2001 - 10.15am

At: **Madras Club (Mowbrays Room)**
Adyar Club Gate Road
Chennai



THE DARK ROOM by R. K. Narayan

This month we pay tribute to the life and work of R. K. Narayan by looking at his brilliant but almost forgotten novel, *The Dark Room* - a sharp indictment of the institution of marriage, especially in its treatment of women. Who was the woman in the *Dark Room*? Elizabeth Roy, well know journalist and critic, will consider this question and also explore Narayan's small town India and its social scene.

GAYATRI KRISHNASWAMI

AMULYA RAO



CONGRATULATIONS TO:

- ◆ **Mano Bakthavatsalam**, who has been re-elected Vice-President of the Music Academy, Chennai, for the term 2001 to 2004
- ◆ **Bala Rao**, who has been elected President of the Lioness Club of South Madras, District 324 - A1, during their silver jubilee year 2001 - 2002

LITTLE THINGS MEAN A LOT.....

Water - that very essential, and of late, very precious commodity. With the sweltering heat in the summer months, our need for water goes up, but the quantity available to us comes down. That is not the way Mother Nature generally provides - her bounty is meant to cater to us. So then - what has gone wrong?

Several things. On the whole, our lifestyles are in conflict with Nature rather than in harmony with it. Our concrete structures, our overly dense population, our un-greening practices, and many more factors contribute to the depletion of our resources.

The Eskimos have a beautiful saying handed down to them - paraphrased, it reads: 'Walk gently on this Earth, O Man!' It goes on to list the various forms of destruction that can be avoided. But exhorts us first to be AWARE of them, at least!

We could help ourselves by being a little prudent with our use of water. Check and repair all taps promptly, even for the tiniest leakage. Inspire all those in our households (particularly the domestics!) to use water economically, and not leave taps half closed and dripping. Reuse the water used to wash vegetables and dals - it can be collected in a bucket in the kitchen, and used to water plants!

Ideally, rainwater harvesting should be done in every plot. But if that is not possible, there are simple ways to direct the large quantities of rainwater that collect on our terraces into the ground within our plots. That alone will help the ground water situation.

ACTION is the key word, ladies! Let us prove that we are women of substance, who can find solutions rather than buckle under problems!

SUSHI

EXECUTIVE COMMITTEE 2001 - 2002

THE BOARD

PRESIDENTS

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

VICE PRESIDENTS

Sushi Natraj 497 1581, 467 1796
Rathi Nilakantan 826 5250 (O) 811 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 Biswajit 433 8216, 434 0315
Sushi Goklancy 435 3714

BOOK DISCUSSION

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

COOKING SWAPSHOP

Beena Ram Mohan 6214278, 621 3923
Cherry Venkatesan 829 3436

CURRENT EVENTS

Princess Nalk 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

Naina Shah 432 0706
Kanakwan Sandhu 496 5556, 496 1061