



IWA  
CHENNAI

NEWSLETTER  
APRIL 2004

SUN	MON	TUE	WED	THU	FRI	SAT
				10.15 a.m. Cooking Swapshop	2	3
4	5 10.15 a.m. Philosophy and Religion	6 10.00 a.m. Manag. Comm. Mtg. 11.00 a.m. Exec. Comm. Mtg.	7	8 10.30 a.m. to 3.00 p.m. <b>Election Day</b>	9	10
11	12 10.15 a.m. Current Events	13	14	15 10.15 a.m. Health & Ecology	16	17
18	19	20 10.15 a.m. Music & Performing Arts	21	22 10.15 a.m. <b>QUIZ</b>	23	24
25	26 10.45 a.m. <b>A.G.M.</b>	27	28	29	30	

## IWA NEWSLETTER

Volume XVIII No. 11

Chennai

APRIL 2004

## MONTH AT A GLANCE

Thursday	1 <sup>st</sup> Apr	Cooking Swapshop Aussie Appetites	10.15 am
Monday	5 <sup>th</sup> Apr	Philosophy & Religion Self-Hypnosis	10.15 am
Tuesday	6 <sup>th</sup> Apr	Managing Comm. Meeting Executive Comm. Meeting	10.00 am 11:00 am
Thursday	8 <sup>th</sup> Apr	<b>Election Day</b>	10.30 am to 3.00 p.m.
Monday	12 <sup>th</sup> Apr	Current Events Breaking the Glass Ceiling	10:15 am
Friday	16 <sup>th</sup> Apr	Health & Ecology Cool Encounters	10:15 am
Wednesday	21 <sup>st</sup> Apr	Music & Performing Arts Sounds of Tomorrow	10:15 am
Friday	23 <sup>rd</sup> Apr	<b>QUIZ</b>	10:15 am
Monday	26 <sup>th</sup> Apr	<b>A.G.M.</b>	10.45 am



## FROM THE PRESIDENTS

It's that time of year again. Time to give thanks to all those who have helped to put together one more wonderful year for IWA.

To the members of the various Committees - **the Advisory Committee, the Membership Committee, the Election Committee and the Music Committee** - much gratitude for your guidance and support and your conscientious decision-making.

To the members of the **Managing Committee and the Chairpersons** - who individually and collectively put in so much effort to produce the proverbial rabbit out of a hat at the right moments.

Thank you ! Thank you ! Thank you!

**VIDYA** - for all the support and ideas for meetings. And for help with the newsletter.

**SHEELA** - for the immaculate presentation of the newsletter, which you turned into a labour of love.

**PRINCESS** - for minutes by the minute, and for putting us in touch with generous sponsors, who added so much value to our bigger programmes.

**SUK HEE** - for dealing with the sticky job of mailing month after month, and for persevering with undelivered newsletters and unfamiliar names.

**GITA** - for keeping us on our toes, and holding the purse strings with firm restraint!

**MALINI** - for cheerfully dealing with repeated requests for records and details, and for hosting innumerable meetings of the Membership Committee

**MANSHA & JOSIE** - for bringing us such varied fare in so many fields of art & craft, with so much care.

**SARANYA & CHRISTINA** for a year of remarkably well-thought-out meetings, with an excellent choice of books and speakers, five of whom were the authors themselves!

**URMILLA & BILKIS** for introducing us to cuisines from far-flung corners of the world, and yet keeping it simple!

**NINA & AMULYA** for thought-provoking and elegant meetings with high-profile speakers from diverse fields.

**REKHA & ISABELLE** for very informative meetings which provided practical know-how for a healthier life and environment.

**SHOBHA & LIBBY** for dream tours to exotic destinations and perceptive insights into little-known cultures and traditions.

**SEEMA & UMA** for a year of extraordinary class, and live performances from internationally acclaimed professionals.

**ANURADHA & ANITA** for emphasis on interpersonal relationships and interactions that brought us all closer together.

AND TO ALL THOSE MEMBERS WHO HELPED WHENEVER CALLED UPON, WITH WILLINGNESS AND ENTHUSIASM. IWA IS PRIVILEGED TO HAVE SUCH A BAND OF MEMBERS!

*Sushi Natraj*

*Elaine Wood*

MANAGING COMMITTEE  
MEETING

EXECUTIVE COMMITTEE  
MEETING

Tuesday, 6<sup>th</sup> April, 10 a.m.

Tuesday, 6<sup>th</sup> April, 11 a.m.

Both Meetings at:

**Sushi Natraj**

"Ashok Prithvi" 2nd Floor, 87, 4th Street,  
Abhiramapuram, Chennai - 600 018.



## FROM THE VICE PRESIDENTS

We enjoyed the year immensely. We are especially thankful to the **Activity Chairpersons** for making our task easier by submitting their blurbs on time to meet the newsletter deadlines. We are also thankful to **Presidents Sushi and Elaine** for initiating, and carefully monitoring and selecting interesting program content all year round. It will be a class act that will be difficult to follow! **Kudos to all our members** for their meaningful suggestions and helping us out even before we asked for help

*Vidya Singh*

*Sheela K. Sharath*

## FROM THE SECRETARIES

We have had a wonderful year working with efficient, energetic friends on the Managing Committee and a lively set of extremely capable **Activity Chairpersons**. We wish to thank all the **IWA members** who have made this year a memorable and a personally satisfying one.

Thanks once again!

*Princess Naik*

*Suk Hee Lee*

## CHANGE OF ADDRESS

**Bimla Batla**

98414 24652

Flat 3, 1st Floor

"Surekha Oakland"

New 49 (Old 88), 4th Street

Abhiramapuram

Chennai 600 018

## COOKING SWAPSHOP

Thursday, 1<sup>st</sup> April, 10:15 a.m.

At: **Meyyammai Murugappan**  
"The Laurels"  
9 (Old 4), Chittaranjan Road  
Teynampet  
Chennai 600 018



## *Aussie Appetites*

A cuisine for the 21st Century, Mod Oz cooking has a distinctive style. A style inspired by the diversity of good quality ingredients from cuisines around the world. It's light, simple, fresh, unstructured, exuberant, not Mediterranean, but Mediterranean-influenced, not Asian, but Asian-influenced.

**Libby Meyer and Elaine Wood** will chat about the evolution of modern Australian food and demonstrate some typical dishes. **The ingredients are all vegetarian and available in Chennai.** (No roo steaks on the menu!)

So, ladies do come along and enjoy these flavours from the land down under.

We thank **Meyyammai** for hosting the meeting.

We also thank **Rekha Batla, Sindhu Kuruvilla & Bina Mathew** for hosting the "Podis" meeting in March.

*Urmilla Agarwal*

*Bilkis Moosa*

**Please hand in your passport photographs !!!**

## PHILOSOPHY & RELIGION

Monday, 5<sup>th</sup> April, 10:15 a.m.

At: **Presidency Club**  
Ethiraj Salai  
Chennai



### *Self-Hypnosis for better living*

- ◆ Does nervous tension and worry make your work less effective?
- ◆ Do you wish to overcome anxiety and fear?
- ◆ Do you desire to be calm and collected in a tense situation?

To improve the quality of one's life one should be free of tensions and conflicts that produce physical and psychological problems. The answer to any inner turmoil would be to resolve the conflicts in the unconscious mind.

One of the ways of addressing these issues is through self-hypnosis.

**Dr. Peter Fernandes** will take us through this fascinating world of hypnosis. He is a well-known psychiatrist with an experience of 45 years in the field of medicine.

Some of our members will experience self-hypnosis under his expert guidance.

**Kindly note this meeting is for a duration of 1 hour and 15 minutes.**

*Anuradha Uberoi*

*Anita Kapoor*

Please hand in your passport photographs !!!

## FROM THE ELECTION COMMITTEE

The Election Committee opened the nomination forms on 10<sup>th</sup> March, 2004, and recorded the nominations received from the General Body.

Based on the guidelines established, the Election Committee wrote to the members nominated and eligible for election and sought their consent. Before the list was finalized the Election Committee held several meetings and unanimously concluded the slate on 16<sup>th</sup> March, 2004.

The Election Committee is pleased to present the following slate of **Nominees for Election to the Managing Committee of IWA for 2004-2005 in alphabetical order:**

POST	INDIAN	NON-INDIAN
<b>President</b>	Lalitha Krishnan Vidya Singh	Padma Ashok Rathi Nilakantan
<b>Vice President</b>	Sarah Chanda Kausalya Jaganmohan Surekha Kothari Princess Naik	Sushi Goklaney Sheela K. Sharath
<b>Secretary</b>	Fazeela Nurdeen Sharmila Ramji Leela Ratnam	Amulya Mandava Rao Sabine Erlich Salam
<b>Treasurer</b>	Seema Bhargava Sangeet Chopra	Cherry Venkatesan

*Stina Varu (Chairperson)*

*Lakshmi Padmanabhan*

*Rani Chada*

*Angelika Mandaiter*

*Maureen Thadani*



## ELECTION DAY

Thursday, 8<sup>th</sup> April, 2004 - 10.30 am to 3.00 pm

At: **The IWA Registered Office**  
857, Poonamallee High Road  
(Immediately after Breeze Hotel, enter NIIT gate)  
Kilpauk  
Chennai 600 010

Voting for election of Office Bearers on the Managing Committee for 2004-2005 will take place on  
**Thursday, 8th April, 2004**  
**from 10.30 a.m. to 3.00 p.m. ONLY.**

Counting of votes thereafter.

This will be followed by announcement of the new slate of Office Bearers on the Managing Committee 2004-2005.

Be an active member - come and cast your vote.

*Sushila Natraj*

*Elaine Wood*

## CURRENT EVENTS

Monday, 12<sup>th</sup> April, 10:15 a.m.

At: **Alagammai Alagappan**  
10, (Old 17) Chittaranajan Road  
Teynampet  
Chennai 600 018



### *Breaking the glass ceiling - Women in business*

- ◆ What is the glass ceiling and why does it exist?
- ◆ What are the career influencing factors for women?
- ◆ What then, are the enablers that help women to get past these restraining influences and become successful?

**Ms. Rajani Seshadri**, recipient of the Madras Management Association Award for **Business Manager of the Year 2004** will answer these questions and more! She has developed her own recipe of successful strategies for women and has attained a significant role for herself in her career at Tata Consultancy Services (TCS). She will share with us a short presentation and talk about her own personal experiences. You will gain insights into how these enablers have become strategies for success - people and profits.

We thank **Alagammai** for kindly hosting this meeting.

We also thank **Rani Ananth, Mano Bakthavatsalan, Vijaya Balu and Meenakshi Dhamija** for sponsoring the snacks at the Planetarium.

*Nina Kothari*

*Amulya Mandava Rao*

Please hand in your passport photographs !!!



## HEALTH & ECOLOGY

Friday, 16<sup>th</sup> April, 10:15 a.m.

At : **The Madras Club**  
Adyar Club Gate Road  
Chennai 600 028



### *Cool Encounters of the Adventurous kind!*

What do Venky, Badri, Ananth, Biswajeet and Mukund share in common apart from being Chennai - based businessmen? A passion for trekking that makes them somehow eke time out of their hectic schedules to explore the pristine terrain of the Himalayas. They traversed the mountain terrain to a height of 18,600 feet to reach Kalapathar and the Gokyo lakes.

They will make an audiovisual presentation that speaks about the ecology of the area and how the local government has managed the disposal of trash with the aid of local people to maintain and preserve it as a National Park. Time then to forget the blistering heat of Chennai and focus on cooler, greener pastures!

Our thanks to **Shanthi Thomas** for hosting this meeting.

*Rekha R Rangaraj*

*Isabelle Badrinath*

### CHANGE OF TELEPHONE NUMBER

Lakshmi Padmanabhan      2811 0334

Please hand in your passport photographs !!!

## MUSIC & PERFORMING ARTS

Wednesday, 21<sup>st</sup> April, 10:15 a.m.

At : **Srinivasa Gandhi Nilayam**  
248, Ambujambal Street  
(Off. Kasturi Ranga Road)  
(Street Joining "Bayleaf" & "Homeneeds")  
Alwarpet  
Chennai 600 018



### *Sounds of Tomorrow!*

A young orchestra, comprising of talented young voices and instrumentalists are going to treat IWA members to a very special morning.

Trained by the renowned musicologist **Shrimathi Sulochana Pattabiraman**, this youth ensemble will perform classical music for us - a refreshingly different and aesthetic morning.

"**Sulochana Mami**" as she is affectionately known, is a highly respected scholar, musician, musicologist, the recipient of the **Kalaimamani** title from Tamilnadu, "**Sangita Acharya**" from the Music Academy, is modesty and humility incarnate. She has undertaken this labour of love to train future musicians to learn and perform with meticulous precision, yet with melody, feeling and refinement. This ensemble has performed on Doordarshan, various music sabhas and best of all, at temples. This is an unique opportunity for IWA members to encourage these beautiful performers and to hear... "today, the beautiful sounds of tomorrow!!"

We thank **Gayathri Bewoor** for hosting the meeting with the **Dhananjayans**, **Pushpa Lakshman** for sponsoring the musicians and **Deepika Goyal** for providing the mike and other incidentals.

*Seema Bhargava*

*Uma Ganesan*




## QUIZ TIME ?!!

Friday, 23<sup>rd</sup> April, 10:15 a.m.

At: **Indira Dutt's**  
KCP Limited  
'Ramakrishna Buildings'  
2, Dr. P.V. Cheriau Crescent  
(Adjoining Ethiraj College)  
Egmore  
Chennai 600 008

### THE YEAR IN RETROSPECT

To wrap up a year of varied meetings, and to recall some of the highlights in a way that would provide a  morning for all of us, **Saranya Jayakumar** will conduct a quiz.

The questions will be drawn mainly from the wide range of topics covered by our meetings through the year.

**LOTS OF ATTRACTIVE PRIZES TO BE WON!!!  
PRIZES FOR EVERYONE!!!**

Look forward to seeing you all!

For members & special guests only

Last chance to hand in your passport photographs !!!

## ANNUAL GENERAL MEETING

Monday, 26<sup>th</sup> April, 2004 - 10:45 a.m.

At: **The Park Hotel**  
601, Anna Salai  
(Near Gemini Circle)  
Chennai 600 006

**Registration & Tea : 10.00 a.m.**  
**Meeting begins : 10.45 a.m.**

The Annual General Meeting of IWA will be held at 10.45 a.m. on Monday, 26th April, 2004, at the Park Hotel, Chennai.

The Agenda for the meeting will be as follows :

- ◆ Welcome Address : Elaine Wood
- ◆ Secretary's Report : Princess Naik
- ◆ Treasurer's Report : Gita Chandrasekaran
- ◆ Membership Treasurer's Report : Malini Krishna
- ◆ Appointment of Auditors for 2004-2005
- ◆ Remarks by Outgoing President : Sushila Natraj
- ◆ Any other business
- ◆ Introduction of the Election Committee
- ◆ Presentation of the Incoming Managing Committee
- ◆ Introduction of the Incoming Executive Committee
- ◆ Address by the new President
- ◆ Vote of Thanks

Copies of the Annual Accounts and Reports will be available for members to view.

*Sushila Natraj*

*Elaine Wood*

### REMEMBER !!!

Please bring/send your Renewal Form and Annual subscription to the meeting.



## *A Kaleidoscopic Journey : When Time Stood Still !*

**Rajasthan**--it cast an enchanted spell on all of us. Indeed a memorable and well-organised trip right down to the last detail. An added bonus was **Cmdr. Krishnan**, who accompanied us, a fountainhead of information on the lifestyle, ethos and culture of Rajasthan.

A Day spent at **Delhi** whetted our appetite for what was to come!

We stayed at the **KK Royal Days in Jaipur** with a splendid view of the **Amer Fort.**, built during the reign of **Man Singh** in the 16th Century, a pristine mix of Hindu and Islamic architecture. We enjoyed an authentic Rajasthani dinner at the **Chowki Dani**.

The **City Palace Museum** is maintained immaculately by the Maharaja's Trust. **Sawal Jaisingh** was the 1st ruler at Jaipur. Interestingly he was given the title of 'Sawai' meaning one and a quarter. He was considered to be more than 'a man !'

An unforgettable experience was the visit to the **Dargah of Khwaja Moinuddin Chisti in Ajmer**.

To sit on the banks of the age-old lake at Pushkar and listen to the pujari chant the mantras and watch the "arathi" in the evening calm was a solemn experience. We visited the only temple of Lord Brahma. Believe it or not we made the greatest buys in Pushkar!

All our history text books came alive at the **Chittorgarh fort...** where the practice of **Sati** and **Johar** was prevalent. If only the walls could speak!!!

We visited the famous **Shrinathji Temple** at **Nathdwara**, we all came out feeling instantly slimmer!

The 'Lingakaram' at the **Ek Lingji Temple** with the 4 faces in 4 directions--**Brahma, Vishnu, Surya** and **Shiva** was beautifully carved.

**Udaipur** beckoned us, the **vintage car collection** of the Maharajah of Udaipur was stupendous! The palace has the **world's largest collection of Ganeshas** and a **priceless collection of crystal**.

**Shah Jahan** we were told got the inspiration to build the **Taj Mahal** from the Architecture of the **Jag Mandir Palace**. Awesome sight from the **Pichhola lake**. We had our evening tea there, while the place was getting readied for filmstar **Raveena Tandon's** wedding the next day!!! To top it all we were royal dinner guests at the **Shikarbadi Hotel!**

The **Raunaqpur Jain Temple** was sheer poetry in marble with 1444 pillars all differently carved.

At the **Bal Samand Palace at Jodhpur** set amidst unimaginably lush greenery we felt pampered by elegant waiters. Our room had a photograph of **Vidya's** grandfather-in-law. What a coincidence!!

From Palaces we came down to terra firma. In jeeps, swirling dust behind us, we visited a **Potter's village**, we took part in an **opium ceremony** in a **Bishnoi** home, saw **sheep rearing** and finally, a **weavers workshop**.

Our grand finale was at the **golden desert city of Jaisalmer**. The **living fort** built with yellow sandstone, the **Camel ride** over the dunes to watch the sunset, spending the night in a **plush tent** in the desert and **feasting under a canopy of stars** was an out-of-the-world-experience.

Then it was back to reality, loaded with memories, weighed down with great shopping and rolls and rolls of camera shots, plus the warmth and bonhomie of fellow travellers. **Say when's the next IWA tour??**

*Ramani Reddy*





## THANK YOU, MEMBERS!

.....all of you who came to the EGM, and shared your opinions that morning.

Thank you for supporting the raise of

**Annual Subscription to Rs. 1,100  
with effect from 1<sup>st</sup> April, 2004.**

---

## THANK YOU!

.... to all those who helped to make the Special Event – “It’s Yesterday Once More...” such a huge success. It was team work at its best.

Many thanks to all those who procured gate prizes: **Princess Naik, Padma Ashok, Nabila Avais, Deepika Goyal, Kausalya Jaganmohan, Nina Kothari, Fazeela Nurdeen, Seema Sait & Vasanthi Sankaranarayanan.**

---

**A big thank you to Susan Abraham** for having co-sponsored the X'mas meeting.

## EXECUTIVE COMMITTEE 2003 - 2004

### MANAGING COMMITTEE

#### **PRESIDENTS**

Sushila Natraj 2498 2435 / 2467 1796  
Elaine Wood 2447 1356

#### **VICE PRESIDENTS**

Vidya Singh 2433 8782 / 2435 9035  
Sheela K. Sharath 2493 8524

#### **SECRETARIES**

Princess Naik 2441 8448  
Suk Hee Lee 2435 9144

#### **TREASURERS**

Gita Chandrasekaran 2442 1035 / 2442 0235  
Malini Krishna 2447 4830 / 2447 1046

### ACTIVITY CHAIRPERSONS

#### **ARTS & HANDICRAFTS**

Mansha Bhatia 2827 3251 / 2827 3189  
Josie Newman 2433 4758

#### **BOOK DISCUSSION**

Saranya Jayakumar 2826 1942  
Christina Sauer 2447 2531

#### **COOKING SWAPSHOP**

Urmilla Agarwal 2820 5327 / 2821 4586  
Bilkis Moosa 2434 9934 / 2434 9932

#### **CURRENT EVENTS**

Nina Kothari 2827 5859 / 2827 8888  
Anulya Mandava Rao 2499 5434

#### **HEALTH & ECOLOGY**

Rakha R Rangaraj 2499 4756 / 5211 0761  
Isabelle Badrinath 2447 1677

#### **HISTORY, CULTURE & TOURS**

Shobha Hebbar 2641 1248  
Libby Meyer 2453 9112

#### **MUSIC & PERFORMING ARTS**

Seema Bhargava 2435 6707  
Uma Ganesan 2491 9276

#### **PHILOSOPHY & RELIGION**

Anuradha Uberoi 2820 2467 / 08623-242170  
Anita Kapoor 2825 6484 / 2825 6474