



IWA
Chennai

Newsletter
July 2004

Month at a Glance		JULY 2004			Vol. XIX No.2		CHENNAI
SUN	MON	TUE	WED	THU	FRI	SAT	
				10.00 a.m Mng. Coml. Mtg. 11.00 a.m Executive Coml. Meeting		2	3
4	5	6	7	8	9		10
				10.15 a.m Philosophy & Religion	10.15 a.m Health and Ecology		
11	12	13	14	15	16		17
		10.15 a.m Book Discussion & Music & Performing Arts		Current Events			
	19	20	21	22	23		24
		10.15 a.m Arts and Handicrafts		10.15 a.m History, Culture & Tours			
18			28	29	30		31
	10.15 a.m Founders Day	26		10.15 a.m Cooking Swapshop			
25							

IWA NEWSLETTER

Volume XIX No.2

Chennai

JULY 2004

MONTH AT A GLANCE

Thursday	1 st Jul	Managing Comm. Meeting	10.00a.m.
		Executive Comm. Meeting	11.00a.m.
Thursday	8 th Jul	Philosophy and Religion	10.15a.m.
Friday	9 th Jul	Health and Ecology Counselling Psychology	10.15a.m.
Tuesday	13 th Jul	Book Discussion & Music & Performing Arts	10.15a.m.
Thursday	15 th Jul	Current Events Verdict 2004	10:15a.m.
Tuesday	20 th Jul	Arts and Handicrafts The Art of the Tarot	10:15a.m.
Thursday	22 nd Jul	History, Culture & Tours A Cultural tour of the bronzes	10:15a.m.
Monday	26 th Jul	Founders Day	10:15a.m.
Thursday	29 th Jul	Cooking Swapshop How to achieve the perfect Crepe	10:15a.m.

From the Presidents

Friends,

We are off and running and our year has begun in earnest! We hope you have enjoyed the fellowship morning and the other meetings in June.

All of us on the committees would appreciate any suggestions, ideas and feedback from the members. Friendship is something that we would like to emphasize this year, and we would like all of you to take the time to make our newer members feel welcome and comfortable with us. It would be a great idea to wear our badges so that they would begin to get to know us.

July seems to be packed with some great meetings... kudos to our chairpersons!

Founders Day is with us in July and we will use this opportunity to honour those wonderful ladies whose foresight gave us this unique organization that we are all proud to be a part of.

We hope that you will all make the time to be with us on this special day.

Vidya Singh

Padma Ashok

MANAGING COMMITTEE
MEETING

EXECUTIVE COMMITTEE
MEETING

Thursday, 1st July, 10 a.m. Thursday, 1st July, 11 a.m.

Both Meetings at:

Kausalya Apparao Jaganmohan

'Shri Vishwa Vandita' 10/1, Poes Garden,
Chennai 600 086.

PHILOSOPHY & RELIGION

at 10.15 a.m.
on Thursday, 8th July

at Forum Art Gallery, 57, 5th Street
Padmanabha Nagar, Adyar, Chennai 600 020.

Significance of the Indian Epics in Today's World

Indian epics like the Mahabharatha and Ramayana are more than just stories that extoll human values.

Our young speaker C.N.Paramasivan has published books on Metaphysics, Philosophy and Mythology and his research has led him to draw similarities between the times of yore and the present day in almost every field like modern day warfare, research and technology. The fact that our forefathers lived in a highly advanced civilization and that the present is nothing but a "research" into the past will be the topic of discussion.

IWA thanks Shalini Biswajit for hosting this meeting.

Shalini Biswajit

Radha Gopalakrishnan

Many thanks to

- Indira Dutt for hosting the Quiz Meet in April.
- Urmilla Agarwal for hosting the Cooking Swapshop meeting in June.
- Sadiya Khaleel, Aruna Prasad and Ramila Sreedhar for hosting the Current Events Meeting in June.



Health and Ecology



at 10.15 a.m.
on Friday, 9th July

at Anuradha Sachdev's, 10 Chinniah Street
T.Nagar Chennai 600 017.

Counselling psychology with a twist - what's new in the field

Counselling Psychology as a field is now more widely accepted in India when compared to a couple of years ago. What has changed and how? "Freudian Talk" is not the only solution available nowadays. Different art forms like dance, music, the arts and puppetry (commonly known as expressive therapies) are a forum that is gradually gaining wider acceptance.

Pavithra Giridharan who has a Masters in Counselling Psychology from Cambridge, USA, has gained considerable experience working with special needs children. Pavithra will be sharing some of the insights that she has gained while working in the newly emerging arena of expressive therapies.

We are thankful to Anuradha Sachdev for hosting this meeting.

Anjana Sunil

Congratulations

- Saroja Ramamrutham for receiving Director K.Subramanyam's Birth Centenary Award of Distinction for her acting skills as baby 'Saroja.'
- Kusum Chadda on the wedding of her daughter Aarati.
- Vimal Shivdasani on the birth of her grand daughter Nysa.



Book Discussion

&



at 10.15 a.m.
on Tuesday, 13th July,

at Chola Sheraton, Cathedral Road, Chennai 600 086.

Celebrating Taj

This year we celebrate the 350th anniversary of the Taj Mahal. Penguin India has reissued "Taj: A Story of Mughal India" by Tim Murari, who has written novels, plays and screenplays. A bestseller, this story is told on two parallel levels. The author himself will be there to share his thoughts on the book. Kaveri Lalchand will present a dramatised reading of the book performed by the "Theatre Y" through a careful selection of passages from the novel and a rearrangement of the scenes to re-create a fascinating era.

IWA thanks Bharathi Suresh for hosting this meeting.

Bharathi Suresh
Bharati Nair Gopinath

Urmilla Agarwal
Gowri Visvanathan

Guidelines for reading and circulating the books

- ◆ Please put your name and phone numbers in the right book according to the part of the city where you reside.
- ◆ Make a note of the name immediately above your name on the list and contact the member for getting the book.
- ◆ Please finish the book within 4 days and ask the member whose name is next on the list to pick it up.
- ◆ The books will be sold at a reduced price soon after the book discussion on a first-come first-served basis.



Current Events

at 10.15 a.m.
on Thursday 15th, July
at Madras Cricket Club, 1 Bells Road
Chepauk, Chennai 600 005.

Verdict 2004; Why and what lies ahead ...

The political canvas of the world's largest democracy has been painted with varying and interesting hues since the 14th General Elections held in May 2004. Several complex reasons can be attributed to the sea of political change that has swept through the country since the polls.

N. Ram, Editor-in-Chief; The Hindu Group of Publications, will take an in-depth look at the country's verdict, not so much as to do a post-mortem but more with a view to sketch what political and socio-economic changes and challenges lie ahead.

We are thankful to Kanika Parekh for hosting this meeting.

Rekha R Rangaraj

Nalini Panday

Errata:

From the Treasurers:

Under attendance, point 2 should read as follows:

A minimum of 7 meetings to be attended before 31st December 2004.



Arts & handicrafts

at 10.15 a.m.
on Tuesday, 20th July
at Ambika Mammen's, 17 Gilchrist Avenue,
Off Harrington Road, Chennai 600 031.

Tarot Time : The Art of the Tarot

The Tarot is rich in symbolism and dramatic images. There have been many artists who have illustrated Tarot "decks." **Julius Mcwan**, artist and Tarot reader will present a well researched slide lecture explaining some of the symbolism and images in the Tarot decks. Understand the spiritual journey mirrored in Tarot art as, all living beings embody abstract virtues of compassion and endurance.

A small Tarot interlude and reading is planned as an 'after meeting' session for those interested.

We thank **Ambika Mammen** for hosting this meeting.

Nina Kothari

Peggy Dwyer

Change of Address & Telephone Number:

Begum Lalji

Bungalow 13, Plot 1,
Silver Jubilee Coop Housing Society,
P.V.Vaidyalingham Road, Old Pallavaram
Chennai 600 017. Tel : 5538 1928

Neena Sanghavi

"Harrington Crest"
2, 15th Avenue, Harrington Road
Chennai 600 031.

History 
Culture & Tours

at 10.15 a.m.
on Thursday, 22nd July
at The Madras Museum of South Indian Bronzes,
Egmore, Chennai 600 008.

*A Cultural Tour of the Bronzes of the
Cholas (846-1173 AD)*

Bronze images were made to grace the shrines and to be carried in processions during important ceremonies. Some of the world's most superb bronzes produced in the Chola kingdom, were the figures of Siva as Nataraja, Lord of dance. It reached the high point in the tenth century AD.

The Nataraja (c. 1000) at the Nattunai Isvaram Temple at Punjai, Tamil Nadu for example, depicts the God, in an ideal human form, dancing vigorously within a flaming nimbus, one foot on the demon of ignorance. Exquisitely balanced, yet full of movement, this bronze is a triumph of three-dimensional sculpture and the art of bronze casting.

The Madras Museum of south Indian Bronzes, houses the largest number of priceless original sculptures.

Recently air-conditioned, it offers visitors a rare opportunity to view in comfort the rich heritage of South Indian Bronzes.

We would like to thank our hostesses - Susan Abraham, Fakhira Ayer, Jatinder Bahl, Usha Bail, Rani Chada and Lata Chohan for hosting this meeting.

Guests are welcome.

Kausalya Apparao Jagannathan Sandra Le Coz

PHILOSOPHY &
 RELIGION

*Bodhi Zendo Meditation Centre
Perumalmalai, Kodaikanal -*

16th-19th August 2004.

Women living in the 21st century and particularly in the city, usually live quite stressful lives. Meditation practice, irrespective of religion or philosophy is a powerful tool for the alleviation of stress.

Father Ama Samy, a South Indian Catholic priest who trained as a Zen Master in Japan, founded a meditation centre, Bodhi Zendo in Perumalmalai near Kodaikanal, welcoming visitors from all over the world. The Zendo is set in a very beautiful campus and walking is encouraged, especially during the "silent" periods.

We propose to take a small group of interested members from 16th to 19th August 2004. We would like to emphasize that this is a serious project, entailing four, hour long, sessions of group meditation, two sessions of complete silence and one and a half hours of community work each day.

We need to restrict the number of participants to a maximum of 15. Please sign up and pay a non-refundable advance of Rs.2000 on or before 29th June. For further details contact Radha Gopalakrishnan at 24918186 or Shalini Biswajit at 24338216 or 24340315.

Shalini Biswajit

Radha Gopalakrishnan



Indian Tour 2004

Come September !

This year we propose to tour DELHI-VARANASI-ALLAHABAD-LUCKNOW from the 19th to the 27th of September.

Total Cost per person is Rs.17,000/- plus airfare (to be finalised).

This Costing includes :

- ◆ Accomodation in good hotels on twin-sharing basis inclusive of breakfast.
- ◆ Road transportation as per itinerary in air-conditioned coaches.
- ◆ All entrance fees for sight-seeing including boat rides as per itinerary.
- ◆ Train fare Lucknow-Delhi by Shatabdi Express.

This Costing does not include :

- ◆ Meals other than breakfast.
- ◆ Camera and video fees.
- ◆ Personal expenses like laundry, telephone calls, beverages, portorage and tips.

Detailed copies of the tour itineraries are available with us.

To enable us to avail of Apex fares, please remit the total amount by the 31st of July, 2004.

Kausalya Apparao Jagannathan *Sandra Le Coz*

FOUNDERS DAY



at 10.15 a.m.
on Monday, 26th July
at The Park Sheraton Hotel
Chamiers Road,
Chennai 600 018.

IWA's special day when we honour our Founders, six ladies with wonderful foresight, who came together with a vision of an unique Organization that would foster friendship between people of diverse cultures.

All of us at IWA are proud to be a part of such an Organization and are honoured to be able to carry on its traditions.

Please do be there and share with us the opportunity to honour our Founders and Past Presidents.

Vidya Singh

Padma Ashok

For members only



Cooking Swapshop

at 10.15 a.m.
on Thursday, 29th July

at La Madeleine, No.1, Kasturi Estate,
off Kasturi Rangam Road, Alwarpet,
Chennai 600 018.

How to Achieve the Perfect Crepe

An astonishing variety of desserts depend on one of the most basic of all cooking material - batter; a dilute paste of flour and liquid. One type of batter yields wafer-thin crepes that can be rolled around fruit, filled with souffle mixture or a savoury filling.

Crepes that are light and lacy, yet substantial enough to wrap around a filling will be demonstrated by the Gourmet Chef of French cuisine himself - Jean Christophe Celibert of the famous Ecole Ferrandi. He will share with us some of his secrets in the perfect art of making crepes.

We would like to thank Preeya Reddy for hosting this meeting.

Sharmila Ramji

Teresa Parry

Maximum no. of persons - 35

So please warn-in early to Sharmila at 2447 1200 / 9840360735
or Teresa 9841265129

The Membership Sub-Committee 2004-2005

Cherry Venkatesan	- Membership Treasurer
Seema Bhargava	- Treasurer
Sushi Natraj	- Immediate Past President
Elaine Wood	- Immediate Past President
Vidya Singh	- President
Padma Ashok	- President
Malathi Ramachandran	
Chandrika Chidambaram	

International Music Day will be celebrated
on 1st October.

An endowment has been set up in memory of our Founder President Nirmal Seshadri, by her family. This fund is used each year to honour a young and promising young musician - chosen by a committee set up for this purpose.

The members are :

Saroj Ramamrutham
Stina Vasu
Shrikanta Jhaver

IWA members are invited to send in suggestions for recipients of this honour. The candidates should be preferably, under 18 years of age. They should have documents like certificates, awards etc. to prove their standard.

Please send in your suggestions by post with appropriate copies of certificates and a brief write - up, to Saroj Ramamrutham, to reach before 15th August.

A story that stirs...

A woman bought a bag of biscuits, found a seat in the airport lounge, pulled out her novel, and began her long wait before her flight. She was engrossed in her book, but after a while noticed that the gentleman who had settled beside her was bold enough to grab a biscuit or two from the biscuit packet between them.

At first she ignored him, but when he again and again dipped his hand into the packet and ate biscuit after biscuit, she felt so irritated that she nearly punched him in the face. When there was only one biscuit left, she wondered what he would do. To her astonishment, he took it, broke it in two, offered her one piece, and ate the other. She snatched the piece, fuming at his rudeness and lack of gratitude.

She breathed a sign of relief when her flight was called. As she reached into her bag for her ticket, she gasped with surprise, as her eyes fell upon her bag of biscuits. She realised that all the time in the lounge the man was patient with her when she was dipping her fingers into the packet of biscuits he had purchased at the airport.

All of us have a tendency to jump to the conclusion that we are always right! It is good sometimes to delay our decision-making process and consider the possibility of the other being right!

- East West Series

Heartfelt Condolences to

- Padma Ashok on the sudden demise of her father.
- Shalini Biswajit on the passing away of her father-in-law.

EXECUTIVE COMMITTEE 2004 - 2005

MANAGING COMMITTEE

PRESIDENTS

Vidya Singh	5204 8782 / 2435 9035 98410 30737
Padma Ashok	2833 0235 / 2833 2801

VICE PRESIDENTS

Princess Naik	2441 8448
Sheela K Sharath	2493 8524 / 2461 6280

SECRETARIES

Fazeela Nurdeen	2626 0674
Amulya Mandava Rao	24995434 / 98410 25434

TREASURERS

Seema Bhargava	2435 6707 / 2434 7062
Cherry Venkatesan	2829 3436

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Nina Kothari	2827 5859 / 2827 8888
Peggy Dwyer	98400 19015

BOOK DISCUSSION

Bharathi Suresh	5204 8090 / 5203 1997
Bharati Nair Gopinath	2442 0026

COOKING SWAPSHOP

Sharmila Ramji	2447 1200
Teresa Parry	98412 65129

CURRENT EVENTS

Rekha R Rangaraj	2499 4756 / 5211 0761
Nalini Panday	2461 0944 / 98410 48629

HEALTH & ECOLOGY

Anjana Sunil	2660 0262
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HISTORY, CULTURE & TOURS

Kausalya Jaganmohan	2499 2577 / 2499 0201
Sandra Le Coz	5210 2017

MUSIC & PERFORMING ARTS

Urmilla Agarwal	2820 5327 / 2821 4586
Gowri Visvanathan	2499 4969

PHILOSOPHY & RELIGION

Shalini Biswajit	2433 8216 / 2434 0315
Radha Gopalakrishnan	2491 8186