

October 2008

Newsletter



Chennai



REACHING OUT IN FRIENDSHIP



EXECUTIVE COMMITTEE 2008- 2009

MANAGING COMMITTEE

PRESIDENTS

| | | |
|--------------|----------|-------------|
| Rani Ananth | 24490854 | 98407 61624 |
| Lynne Connor | | 98409 75740 |

VICE PRESIDENTS

| | | |
|-------------------|-------------|-------------|
| Shobha Hebbar | 26411248 | 98403 38258 |
| Vijaya Rangarajan | 28156588 | 98410 99363 |
| | (O)26288844 | |

SECRETARIES

| | | |
|--------------------|----------|-------------|
| Mridula Srinivasan | 24321028 | 98409 31812 |
| Ruth Lauge | 24495199 | 98402 35222 |

TREASURERS

| | | |
|--------------|----------|-------------|
| Asha Hemdev | 28278165 | 98403 43528 |
| Jo Frogbrook | 42110112 | 98408 91824 |

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

| | | |
|---------------|----------|------------|
| Nabila Avais | | 9840026665 |
| Ninna Hogedal | 65714286 | 9952965170 |

BOOK DISCUSSION

| | | |
|------------------------|----------|------------|
| Nalini Acharya | 26449731 | 9381174164 |
| Bharathi Nair Gopinath | 42120726 | 9884495778 |

COOKING SWAPSHOP

| | | |
|---------------|----------|------------|
| Achu Kurian | 28365083 | 9841144072 |
| Balveer Singh | 24984989 | 9940183839 |

CURRENT EVENTS

| | | |
|--------------------|----------|------------|
| Anuradha M. Uberoi | 24329728 | 9841042520 |
| Tineke Sysmans | 45066148 | 9940135888 |

HEALTH & ECOLOGY

| | | |
|------------------|----------|------------|
| Zainab Kachwalla | 28292274 | 9840853652 |
| Helen De Clercq | 24510180 | 9940688738 |

HISTORY, CULTURE & TOURS

| | | |
|--------------------|----------|------------|
| Leena Suryaprakash | 28213067 | 9840937366 |
| Cherry Venkatesan | 28293436 | 9841023740 |

MUSIC & PERFORMING ARTS

| | | |
|--------------------|----------|------------|
| Ramani Reddy | 28353348 | 9840086858 |
| Angelika Schwering | 24490382 | 9840379471 |

PHILOSOPHY & RELIGION

| | | |
|---------------------|----------|------------|
| Archana K Meiyappan | 28473932 | 9840998800 |
| Lena Heyman | 24493222 | 9444076800 |

IWA NEWSLETTER

Volume XXIII No. 5

Chennai

OCTOBER 2008

MONTH AT A GLANCE

| | | |
|-----------------|---|----------------|
| Fri.. 3rd Oct. | Managing Committee Meeting | 09.30 a.m. |
| | Executive Committee Meeting | 10.30 a.m. |
| Wed. 1st Oct. | Music Day | 10.15 a.m. |
| Mon. 6th Oct. | History, Culture & Tours <i>Ancient City of Persepolis</i> | 10.15 a.m. |
| Sat. 11th Oct | Deepam-Diwali Celebrations | 10 a.m.-3 p.m. |
| Mon. 13th Oct. | Current Events <i>Energy Security</i> | 10.15 a.m. |
| Tue. 14th Oct. | Health & Ecology <i>Amazing Almonds</i> | 10.15 a.m. |
| Thu. 16th Oct. | Cooking Swapshop <i>Ente Keralam</i> | 10.15 a.m. |
| Mon 20th Oct. | Arts & Handicrafts <i>Embroidery</i> | 10.15 a.m. |
| Thu. 23rd Oct. | Book Discussion <i>Tamil Pulp Literature</i> | 10.15 a.m. |
| Thu. 30th Oct.. | Music & Performing Arts <i>Alarnei Valli</i> | 10.15 a.m. |
| Fri. 31st Oct. | Health & Ecology <i>Cancer Awareness</i> | 10.15 a.m. |

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS



Dear Friends,

Come October and it is festival time. We begin the month with the International Music Day. Close on its heels is *Deepam* - the festival of lights, our Diwali celebrations.

It's good to see our friends back full of their trip to Spain and Portugal and like you, we can't wait to catch up with all their news.

This month our meetings take you on a virtual trip from the southwest Asian country of mountains and deserts, Iran, whose culture seems to be the only reason why their civilization has continuously survived thousands of years of plethoric calamities, to Kerala's gastronomic delights; from French embroidery to Tamil pulp fiction, topping it all with a programme by the dance diva, Alarmel Valli.

After all that we hope you have the time and energy left to have a wonderful time with your families during the Diwali celebrations.

We look forward to seeing you all during the coming month.

RANI ANANTH

LYNNE CONNOR

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Fri. 3rd Oct. at 9. 30 a. m.

Fri. 3rd Oct. at 10. 30 a. m.

Meetings hosted by
Ramani Reddy & Angelika Schwering
At The Presidency Club
Platinum Point
Ethiraj Salai, Egmore
Chennai - 600 008

FROM THE MEMBERSHIP TREASURER

GUIDELINES FOR IWA MEMBERSHIP

Indian Members

1. An applicant must have two sponsors and submit a brief biography of her background, interests and hobbies. One passport sized photograph should be attached.
2. Applications cannot be carried over to the following year and must be re-submitted each year.
3. Decisions regarding membership are made by the Membership Sub-Committee by majority vote. The new members will be ratified by the Managing Committee.
4. Applicants should be made aware that a member has to attend 10 meetings in the IWA year and will be encouraged to serve on the Executive Committee.

Non-Indian Members

1. Non-Indian applicants should send a letter to the Membership Sub-Committee and attach a biography of her background, interests and hobbies. One passport sized photograph should also be attached. Sponsors are not required.
2. Applicants will be accepted throughout the year depending on vacancies available. Preference will be given to those in the consular community and who are in Chennai on a temporary basis.
3. Applicants should be made aware that a member has to attend 10 meetings in the IWA year and will be encouraged to serve on the Executive Committee.

JO FROGBROOK

FROM THE MEMBERSHIP SUB-COMMITTEE

IWA REGISTERED OFFICE ADDRESS

c/o Vanitha Mudaliar
'Avanti'
857 Poonamallee High Road
Kilpauk, Chennai 600 010

Now that all the renewal forms have been received, we are in a position to invite applications for new Indian members who reside within the postal zones of Chennai, including Kanchipuram and Thiruvallur districts. The procedure for sponsoring applicants is given below. Please read the instructions carefully and follow the same. Incomplete applications will not be entertained.

1. A new applicant will have to be sponsored and co-sponsored by two active members of IWA who have been members for over two years.
2. The sponsor and co-sponsor may not have sponsored any candidate who has been accepted into IWA in the last three years.
3. Members of the Managing Committee and the Membership Sub-Committee may not sponsor or co-sponsor a candidate.
4. The sponsor and/or co-sponsor must come in person to the IWA Registered Office (address given above) on Saturday, October 18th 2008, between 10.00am and 2.00pm with the new member's application. Applications for new members will be accepted only on this date and at the place and time given. *Oct 24, 2008 10am - 1pm*
5. The sponsor must bring a letter from the candidate giving her bio data including her name, address, interests, passport size photograph and other relevant details. In addition to this, the sponsor should write a covering letter introducing

the candidate and giving suitable reasons why she thinks her candidate would be suitable for IWA. This letter should be signed by both the sponsor and co-sponsor. Both of these letters are a MUST for an applicant to be considered for membership.

6. The Membership Sub-Committee will review all the applications received and will inform the sponsors of the procedure to be followed thereafter.
7. Note: Clarification of the above can be obtained from the IWA Bye-Laws, Pg. 3, amendment to Item no. 6, and Pg. 7, Item F. *Pg 7, item F*

FROM THE MEMBERSHIP TREASURER

REMINDERS

I would like to remind members of the following points:-

1. Once the speaker has started at 10.45 a.m. anyone who signs in after this time will not have their attendance credited.
2. If a member should leave a meeting before the speaker has finished then the member will not have their attendance credited.
3. There is a sheet in the back of the newsletter for membership attendance. Please make use of this facility to help keep track of your own attendance.

JO FROGBROOK

INTERNATIONAL MUSIC DAY

Wednesday, 1st October at 10.15 a. m.

At: Hotel Park Sheraton
132, T.T.K. Road,
Chennai - 600 018

Music is the literature of the heart; it commences where speech ends.
-Alphonse de Lamartine

1st October is another important date in the IWA calendar. It is the 33rd anniversary of the date that the U.N./UNESCO proclaimed in 1975 as **International Music Day**. The timing could not have been more perfect as IWA celebrates every year, the birthday of our Founder member Nirmal Seshadri who was so passionate about music and the performing arts, as the International Music Day.

We received 12 applications this year. The Music Committee chaired by Geetha Vasudevan, along with Brihada Kameswaran, Ranjani Venkatraghavan and Amulya Rao went through the applications very judiciously and has selected **R. SRIRAM**, aged 17 years, an exponent of the Veena. We thank the Music Committee for the dedication they gave to the task. The young artiste will be giving us a brief recital on this day.

We thank Deepali Goyal, Vijay Goyal, Shashi Malhotra and Chandra Seoni for sponsoring this meeting. We also thank Vijaya Bharathi Rangarajan for sponsoring the accompanying artistes.

Members Only

RANI ANANTH

LYNNE CONNOR

THE BOARD

HISTORY, CULTURE & TOURS

On Monday, 6th October at 10.15 a. m.

At: Madras Boat Club
Strokeside
Boat Club Road, Chennai



Persepolis Reconstructed

Seized and burnt by Alexander the Great's army, shaken by innumerable earthquakes, eroded by 25 centuries of rain, fluctuating temperatures and scouring winds, Persepolis – the greatest of the royal residences of Persia – is still a remarkable ancient ruin. Yet the place remains an awesomely impressive sight 2,500 years after it was built. Even today those who step up the gigantic terrace of 125,000 square meters and see the remnants of majestic columns are filled with a sense of awe, drifting into a dream like trance, a dream in which one tries to visualise the beauty and dazzling splendour of Persepolitian Palaces before their sad destruction.

We will be screening a movie, "Persepolis Reconstructed" which will be run for over an hour. **Raziyeh Sheerazie** will give an introduction and will answer any questions members may have.

We thank **Raziyeh Sheerazie** for the introduction and for hosting the meeting.

LEENA SURYAPRAKASH

CHERRY VENKATESAN



DEEPAM

Saturday, 11th October from 10 a.m. to 3 p.m.

At: Ramaswamy Hall,

Mayor Ramanathan Chettiar (MRC) Centre,
Santhome High Road, Chennai.



"Thamasomaa jyotirgamaya": lead me from darkness to light

The festival month begins. We celebrate the most significant festival in the Hindu calendar, Diwali or Deepavali. What better way to celebrate this joyous festival, celebrated through the length and breadth of India, than with you! Do come join us at DEEPAM, enjoy the goodies, the glitter and glamour, and the endless zest for living that suddenly grips us around this time. Nonetheless, there is much more to Diwali than feasting and merrymaking. Diwali is a hallowed tradition associated with legends and rituals.

We have no less than Dr.Sudha Seshayyan, the erudite scholar, to talk to us about the essence of Deepavali and the different ways it is celebrated all over India.

Students of Ranganayaki Jayaraman of Saraswathi Gana Nilayam a famous dance school, steeped in the old traditional methods of dance, will present the very rarely seen dance - the Pinnal kolattam. This shows a plait being created along with the rhythmic movements of the dance, to musical notes and careful dance movements; and other dances that young girls perform through the evening with great enthusiasm and religious fervour during Diwali in the South of India.

There are stalls galore for your shopping delight including the very popular Khazana. Food plays an important part in the Diwali celebration too and isn't this the sweetest festival! A traditional sappad (lunch) - a sit down meal on banana leaves - has been organised. Come on this gastronomic journey and savour the melange of South Indian flavours. Mark the date in your calendar. If you have not yet bought your ticket, do buy one. We hope to

see you and celebrate this festival of joy in the true meaning of friendship.

Tickets are priced at Rs. 200/- and are available from Board members and Activity Chairpersons. There is no charge for children UNDER 10 years of age.

Our thanks to Visalakshi Ramaswamy for sponsoring the hall.

WE WOULD LIKE TO WISH YOU ALL A VERY HAPPY DIWALI

RANI ANANTH

LYNNE CONNOR

THE BOARD

WELCOME ABOARD

Priya Asokan
12/29 Bishop Garden
R A Puram
Chennai - 28

Karin Lundstrom
New No 58 ABM Avenue
R A Puram
Chennai - 28

Maureen Birnie
6 New Beach Road
Sreshta Shangri La Apt No 3
Tiruvanmiyur
Chennai

Anjali Sacheti
c/o Jaipur Gems
50 Cathedral Road
Chennai

CURRENT EVENTS

Monday, 13th October at 10.15 a. m

At: Madras Club
Mowbrays Hall
Adyar Club Gate Road,
Chennai 600 028



Energy Security

India is aiming for an economic growth of 9%. This raises critical issues of development of energy and infrastructure. Signing the Nuclear Agreement will not solve all our energy problems as there are other related dimensions to this issue.

Our speaker, **Bob Murari**, will address the various factors involved with respect to energy in our attempts to achieve an accelerated growth rate. Bob Murari belongs to the Indian Administrative Services and served as Principal Secretary to the President of India! He was also the Chairman of TNEB and is currently Advisor to the FICCI President.

We thank **Jaya Menon, Kanamma Ranga Rao and Rekha Rangaraj** for hosting this meeting.

ANURADHA M. UBEROI

TINEKE SYSMANS

We thank **Mansha Bhatia, Maya Mathew and Minnie Mathan** for co-hosting the September meeting of Current Events.

CHANGE OF ADDRESS

Deepali Goyal
New No 3 (old 2), Archbishop Mathias Avenue,
R.A. Puram,
Chennai - 600 028

HEALTH & ECOLOGY

Tuesday, October 14th at 10.15 a.m.

At: Madras Club
Adyar Club Gate Road,
R.A.Puram, Chennai - 600 028



Going Nuts over Amazing Almonds

When we think of the humble nut it is usually as a snack accompaniment to a pint, something we buy over the festive season or even as food for the birds and squirrels. The diminutive nut is now being hailed as one of the finest super foods available. Latest research suggests that adding a moderate intake of nuts to our daily diet can have profound benefits for our physical and mental well-being. They may be small in stature but they are packed with nutritional goodies, particularly, almonds and walnuts. They provide powerful protection against heart disease, stroke and a number of chronic diseases.

Our Speaker on this nutty issue is **Dr. Gomathy Shivaji**, a past president of the Indian Dietetic Association (IDA) and also a member of the Nutrition Society of India (NSI) and of the Association of Food Scientists and Technologists (FST). She is involved with various state and national programmes on nutrition.

Members will not only be informed on almonds but also get to take back a sample of specially ordered almonds from California, USA and to share this bounty with us we will be joined by members of the FICCI Ladies Organization.

ZAINAB KACHWALLA

HELEN DE CLERCQ

We would like to thank our hostesses for the September 11th meeting, **Thayabae Kakar, Susan Koshy, Lata Rajan, Shoba Seshasayee, Vidya Singh, Sejal Wasani and Stina Vasu.**

COOKING SWAPSHOP

Thursday, 16th October at 10.15 a. m.

At: 'Ole Hall',

Above Zara's Tapas Bar,
73, Cathedral Road,
Chennai - 600086.



Ente Keralam - The Speciality Restaurant.

Ente Keralam, translated as "My Kerala", as the name implies, features those ethnic dishes which are close to one's heart and brings back nostalgic memories of warm home kitchens. Chefs handpicked from across the land are trained to recreate time tested recipes passed down through generations. *Idiappams*, also called string hoppers, combined with the *Alleppey vegetable curry*, *Thalassery Biryani*, perfected from a *Moplah* recipe, *Appam* and *Karimeen Polichattu*, pearl spot fish wrapped in banana leaves with a traditional onion masala and grilled, are a few of the Kerala classics featured on the menu at Ente Keralam.

Chef Regi Mathew, COO, Oriental Cuisines Pvt. Ltd, instrumental in setting up Ente Keralam, will demonstrate a few recipes for us. Having worked with the Taj Group of Hotels and Oriental Hotel Bangkok, Chef Regi has specialised in ethnic food from Thailand and started the first Thai restaurant in Chennai, *Benjarong*. Regi has also done research on Syrian Christian and Coorgi food.

Please note the venue. Valet parking is available. A light lunch will be served after the demonstration.

We would like to thank **Badrunissa Mahadevan** for hosting this meeting.

ACHU KURIAN

BALVEER SINGH

ARTS & HANDICRAFTS

Monday, 20th October at 10.15 a.m.

At: Vastrakala

16-A, Kasturi Ranga Avenue
Alwarpet, Chennai-600 018



Connaissance Des Arts – Jean Francois Lesage (Embroidery)

The history of the Lesage dynasty began in the 1880s, when Adele and Gustavo Lesage settled in Paris. Their son, Albert, married a young designer, Marie-Louise Favot, who was the soul of the House of Lesage for over 50 Years. Their son, Francois brought cutting-edge innovations owing to his technical mastery, unbounded imagination and an attention to detail.

His son, **Jean Francois**, inherited his family's passion for the decorative arts and a keen interest in ancient textiles. After a visit to India, he began working in furnishing embroidery. He became its acknowledged specialist, emphasizing on the effects of embroidery from the past eras and how craftsmen of yesteryears dared to experiment with certain mixes of colours on materials. Indian workshops practice techniques similar to those used by French embroiderers. This discovery led to the foundation of the embroidery export house **Jean Francois Lesage** whose ateliers, **Vastrakala**, have been based in Chennai for the last ten years. Jean Francois will be talking to us on embroidery techniques and the secret behind every beautiful masterpiece that they create. We will also have a tour around the workshop and view the craftsmen at work.

We are very thankful to **Vastrakala** for hosting this meeting for us. Please warn in by the 15th of October with **Nabila Avais** at 98400 26665.

NABILA AVAIS

NINNA HOGEDAL

We thank the various sponsors of the "Kanchipuram Pattu Extravaganza": **Rekha Rangaraj** and **Vidya Singh** for the back drop and the floral decorations, **Kala Bhashyam**, **Rani Chandani** and **Malini Krishna** for the audio-visual equipment and **Susan Abraham** for the jasmine flowers.

We thank **Dhun Dalal** and **Vimal Shivdasani** for sponsoring the speaker and cost of materials for "Thoranam decoration using Palm Leaf".

BOOK DISCUSSION

Thursday, 23rd October at 10.15 a. m.

At: **The Madras Terrance House**
15, Sri Puram, 2nd Street
Royapettah, Chennai - 600 014.



Tamil Pulp Fiction - a Flourishing Literary Scene

"Mad scientists, desperate housewives, murderous robots! Scandalous starlets! Sordid, drug-fuelled love affairs!" screams the back cover of **The Blaft Anthology of Tamil Pulp Fiction**, in the tradition of American pulp paperbacks. It features seventeen stories by ten best selling authors of Tamil crime, romance, science fiction and detective stories. It has been selected and translated by **Pritham Charavarthy** who is a theatre artist, storyteller, activist and freelance scholar. The book has been edited by **Rakesh Khanna** who works as editor-in-chief for an e-learning website. What is fun about the book are the reproductions of the original, whacky cover art from the magazines they first appeared in. It is a wonderful read, becoming a runaway bestseller and going into reprint within the first three months!

Readings of excerpts from the book by **Kaveri Lalchand**, **Rashmi Devadasan**, **Rakesh Khanna** and **Pritham Charavarthy** will be followed by a discussion with Ms. Charavarthy and Rakesh Khanna. The latter says that he first discovered this genre of books at *tea kadais* (tea stalls) where they were the hot topics of discussion. So, fittingly, an ambience of a *tea kadai* will be created for the reading. Be there to enjoy the *kadai* snacks, soak in the atmosphere and listen to the reading by some of the city's top theatre actors.

We thank **Koshu Lalchand** and **Poonam Lalchand** for hosting this meeting.

NALINI ACHARYA

BHARATHI NAIR GOPINATH

MUSIC & PERFORMING ARTS

Thursday, 30th October at 10. 15 a. m.

At: **Kasturi Srinivasan Hall**
Music Academy
T.T.K Road, Chennai



Bharata Natyam as Visual Poetry

Alarmel Valli is a leading Bharata Natyam dancer of international renown. Her ability to infuse beauty into whatever she creates distinguishes her from others in the field of classical dance. Valli enchants the initiated and the uninitiated alike. Her dance is the victory of genius over technique. Among the innumerable accolades conferred on her are the Padmashri and the Padma Bhushan, not forgetting several international honours.

She has developed and perfected the conservative Pandanallur tradition to such an extent, that it can justifiably be called "Valli Natyam". She says that her Gurus helped her realise that tradition, in the right hands, has infinite capacity for evolving and renewing itself all the time. She will share with IWA some insights into her perception of Bharata Natyam as visual poetry and as a dynamic classical dance form that is not merely visually sumptuous, but exhilaratingly and unmistakably alive.

We thank **Bela Mistry Khaleeli** and **Visalakshi Ramaswamy** for sponsoring the event and **Usha Chandrakumar** for helping to organise the event.

RAMANI REDDY

ANGELIKA SCHWERING

CHANGE OF MOBILE NUMBER

Mahmooda Haja Shareef: 97909-00569

HEALTH & ECOLOGY

Friday, 31st October at 10. 15 a. m.

At: Lynne Connor's "Cottingley"
20, Anderson Road
Nungambakkam, Chennai - 600 006.



warned in
23 Sept

Pink Ribbon Day: Making Strides against Breast Cancer

In India, breast cancer is the most common cancer among women. The cause is unknown. Your age (getting older) and gender (being a female) are the biggest risk factors for breast cancer, with only about 5% of breast cancers related to an inherited genetic factor. Today there is more reason to be hopeful about breast cancer. Thanks to early detection and better treatments, more women are surviving breast cancer with less impact on their bodies. However, there is still more to be done.

The messages we share with you today are important for all women, and may save your life or that of your family and friends. We have two eminent speakers who will answer our queries on the subject. Dr. Uma Ram, DGO, Dip.NBE,MRCOG, is Consultant in Obstetrics & Gynaecology, Seethapathy Clinic & Hospital. She is a recipient of the Young Gynaecologist Award by the Asia & Oceania Federation of Obstetrics & Gynaecology, 2007. The second speaker, Dr. Bharathi Y. Dhala, Director and Consultant Radiologist, Precision Diagnostics Pvt. Ltd., is a specialist in radiology and particularly in Mammography.

Maximum number: 80. Please warn in with Lynne Connor at 98409 75740.

Come dressed in shades of pink and show your support for the cause.

We thank Lynne Connor for hosting this meeting

ZAINAB KACHWALLA

HELEN DE CLERCQ

YERCAUD - AN UNSPOILT HAVEN

The wooded hills, the deep vales, the cool breeze, the winding ribbon of road, and a couple of wee waterfalls gave a fine impression of "Hill Station", which delighted us heat crazed Madrasis. Yercaud may be a mere stripling compared with Ooty or Darjeeling, but a very pretty one nonetheless, with its garbage and plastic waste kept to a minimum.

5 a.m. at Salem Junction was not too early to snatch a dabra of "asal" filter coffee before the bus wafted us off to the hills. When we arrived at the Sheveroy Hotel, the faint hearted went shivering off to bed, but the stout hearted rustled up hot water, more coffee, and wanted to explore. We breakfasted with the birds (which a Singapore would have cost you 35\$), but was "for free" here - cackling geese, guinea fowls with their shrieky clucks, ducks, dogs and cats, and of course the free birds in the trees.

Yercaud has no great history or imposing buildings, but one or two old houses were worth a visit. The view from the hilltop with a small temple atop is delightful, and of course Lady's Seat, View Point, Suicide Rock, which every hill station boasts of, were great. But the Botannical Gardens and Orchidarium were a sad disappointment. The Salesian Retreat is well kept, and the sundial is a miniature Jantar-Mantar - worth a visit. The Montfort School is a legend, and its play grounds fabulous. Prithika Chary had us all doing meditation in the evening which, along with the serenity of the surroundings, calmed us and was a fitting end to the first day

We had a fun-picnic at the Kunders' Coffee Estate, ending with lunch and beer at a running stream, with a herd of sheep, several stray dogs, and insects galore. The more intrepid (read younger lot), went on a hike up the mountain side, while some waded and splashed, and a good time was had by all.

We returned quite sadly to Salem in the afternoon, and Prithika - who would find a friend in the Rann of Kutch, or the Rehtang Pass - found a good one in Salem, and we had tea and sympathy, games and snacking till we left for the station at night. A short trip, well planned and managed. Leena and Cherry are to be thanked and Lalitha our Travel Person, to be congratulated.

RITA SALDANHA

YERCAUD TRIP



The group chilling out in the mountains



Boating on the lake



..... and splashing in the stream

SAVING PAPER IS SAVING TREES

- Save envelopes, old letters and junk mail. Use them when you need paper.
- Do not use paper towels and tissues in household cleaning activities. Instead, use old cloth towels, sheets and pillow cases.
- Do not use paper plates and tissues or paper decorations when you hold a party.
- Do not collect unnecessary pamphlets and leaflets just because they are free.
- Use cloth handkerchiefs rather than paper tissues.
- Avoid sending greeting cards. Every year, tonnes of paper are used, for which countless trees are cut down. Send e-cards instead.
- Re-use cartons and gift wrapping paper.
- Avoid unnecessary photocopying and computer printouts.
- Use recycled paper whenever possible.