



Chennai

June 2010
News letter



vibrantly diverse, yet one.

**EXECUTIVE COMMITTEE 2010 - 2011
MANAGING COMMITTEE**

| | | |
|------------------------|----------------|------------|
| PRESIDENTS | | |
| Mridula Srinivasan | 24321028 | 9840931812 |
| Uma Ganesan | 24472682 | 9940652588 |
| VICE PRESIDENTS | | |
| Prithika Chary | 24997878/ 2310 | 9840038752 |
| Jansi Kishore | 24961145 | 9841589896 |
| SECRETARIES | | |
| Zainab Kachwalla | 28292274 | 9840853652 |
| Jennifer Moore | 9940065292 | 9840892782 |
| TREASURERS | | |
| Archana Meiyappan | 28473932 | 9840998800 |
| Manisha Singhee | 24991482 | 9841035003 |

ACTIVITY CHAIRPERSONS

| | | |
|-------------------------------------|-----------------------|------------|
| ARTS & HANDICRAFTS | | |
| Nita Reddy | 24990717 | 9962530717 |
| Karen Krizman (Saurer) | 42112251 | 9789027090 |
| BOOK DISCUSSION | | |
| Gayatri Krishnaswami | 28331789 | 9444383455 |
| Janet Haughton Quarshie | 24512401 | 9884187719 |
| COOKING SWAPSHOP | | |
| Somna Sachdev | 28330232/ 45040001 | 9841022922 |
| Juliet Meikle | 24531426 | 9566260268 |
| CURRENT EVENTS | | |
| E. Rajeshwari Sathyanarayana | 26211934 | 9443946789 |
| Shanta Narayan | 24421707 | 9840040486 |
| HEALTH & ECOLOGY | | |
| Deepali Goyal | 24313144 | 9840442260 |
| Bess Simkin | 24333565 | 9791172021 |
| HISTORY, CULTURE & TOURS | | |
| Neena Sanghavi | 28362313 | 9381029132 |
| Sue Cook | | 9677020407 |
| MUSIC & PERFORMING ARTS | | |
| Asha Rammohan | 28332006/ 28330858 | 9840039958 |
| Ann Mathew | 2449 4847 | 9840025169 |
| PHILOSOPHY & RELIGION | | |
| Usha Jawahar | 26412688 | 9841025166 |
| Reena Nirula | 24961031 | 9884027722 |

IWA NEWSLETTER

Volume XXV No.1

Chennai

JUNE 2011

MONTH AT A GLANCE

| | | |
|----------------|--|--------------------------|
| Wed. 2nd Jun. | Managing Committee Meeting Executive Committee Meeting | 10.00 a.m. 11.00 a.m. |
| Mon. 14th Jun. | Fellowship Morning | 10.15 a.m. |
| Thu. 17th Jun. | Current Events <i>Sensationalism and the Media</i> | 10.15 a.m. |
| Tue. 22nd Jun. | Health & Ecology <i>Vaccinations</i> | 10.15 a.m. |
| Thu. 24th Jun. | Arts & Handicrafts <i>Bonsai</i> | 10.15 a.m. |
| Wed. 30th Jun. | Philosophy and Religion <i>Understanding Ourselves - The Johari Window Philosophy</i> | 10.15 a.m. |

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

Dear Friends,

Welcome to the IWA year 2010-2011.

Orchids, exotic hybrid flowers, butterflies or left to your imagination this year's colourful logo represents all of us—vibrantly d-i-verse like VIBGYOR, yet one.

We look forward to a fruitful year ahead and wish all the best for our enthusiastic Activity Chairpersons. Understandably, we begin the IWA Year with a sense of anticipation and hope that everything should go well and seek your cooperation in helping activities to succeed.

The success of any IWA year depends on membership participation, feedback and communication. Please do call or write in with any suggestions.

Details of our monthly meetings will be available at our blog site: www.iwachennai.blogspot.com. We deeply thank Rani Ananth who has untiringly been updating the blog spot for the past two years and has kindly consented to do so for this year as well.

MRIDULA SRINIVASAN

UMA GANESAN

MANAGING COMMITTEE

Wed. 2nd June at 10.00 a.m.

EXECUTIVE COMMITTEE

Wed. 2nd June at 11.00 a.m.

Meetings hosted by

Prithika Chary
Madras Boat Club,
Boat Club Road,
Chennai - 600 028.

FROM THE VICE PRESIDENTS

The promise of a new, colourful and vibrant IWA is what we look forward to as June approaches. A refreshing break from the summer heat, and members are back in full form to nurture and network in the spirit of friendship. Welcome back!

Our theme of the rainbow colours depicts our variety, our dynamism and our ecstasy. Steering ahead into another joyful, exciting journey in IWA.

P.S. Please write in or email us regarding any personal announcements you would like published in the newsletter and if you wish to host meetings at your home or help in any way.

chennaiprithika@gmail.com

PRITHIKA CHARY

jansi_k@hotmail.com

JANSI KISHORE

FROM THE SECRETARIES

A new year, a new beginning and a warm welcome to all members for a super year ahead with IWA. For those who have joined us this year, we welcome you with the hope for a fulfilling and interesting year with us.

Do connect with us if there is any change in your membership category (Outstation, Senior and Temporary)

We look forward to your participation as it is your support which encourages us and keeps us motivated.

ZAINABKACHWALLA

JENNIFER MOORE

FROM THE TREASURERS

The new IWA year has begun. Welcome back!

More than 200 members have submitted their Renewal forms and cheques for Rs. 2,000 during the AGM in April. Thank you very much! For those who haven't, now is the time to do it. Please return your duly filled in renewal forms together with the cheque for Rs. 2,000 made payable to "IWA Chennai" or in the case of Non-Indian members without an Indian bank account, the cash equivalent.

The closing date for renewals is 30th June 2010.

Please note that:

No cheques/cash will be accepted without the form, and vice versa.

- For clarity, members are asked to PRINT their name and code number. The membership code can be found on their monthly newsletter address label.
- To keep track of their attendance record, members will find an attendance chart provided at all activity meetings in the months of September and January. **Therefore, please refrain from calling to confirm your attendance status!** Do try and keep a record of the meetings you attend!
- Members are encouraged to bring guests along but please note that guest attendance is restricted to four meetings per year for each specific guest attending the same. Please sign in guests on the guest register sheet. The charges are as follows:
 - * Home meeting - Rs 50/guest
 - * Club meeting - Rs 100/guest
 - * Hotel meeting - As per actual

Please inform the treasurers in writing in case of any change in telephone numbers, addresses and if new badges are required.

Kindly contact Manisha Singhee if you do not receive your news letter by the 5th of each month.

archana_km711@yahoo.com
ARCHANA MEIYAPAN

manisha@singhee.in
MANISHA SINGHEE

FELLOWSHIP MORNING

Monday, 14th June at 10.15 a.m.

At: **Madras Club**
Adyar Club Gate Road
Chennai-600 028.



Remember New Horizons 2007, Reaching out in Friendship 2008 and Tree of Life 2009 ? (Themes of previous years).

IWA members are like VIBGYOR, the colours of the spectrum—of vibrantly different wavelengths and yet joined together by the bond of fellowship. We request members to wear any or combinations of the Vibgyor colours.

We want you to mingle with old friends and yet find the time to make new ones. New members will be welcomed into the IWA fold and we request everybody to wear their name badges to facilitate introductions.

We do not have a structured entertainment programme, but have a **random lucky dip for choosing speakers.**

Topic: "IWA and Me"

Time limit: 2 minutes

Due to time constraints a maximum of 10 speakers will be selected. Members are welcome to add their sparkle of humour to a spontaneous morning of genial fellowship.

This meeting is for members only.

MRIDULA SRINIVASAN

UMA GANESAN

THE MANAGING AND EXECUTIVE COMMITTEES

CURRENT EVENTS

Thursday, 17th June at 10.15 a.m.

At: Madras Boat Club
Boat Club Road
Chennai - 600 028



Sensationalism and the Media

The media has changed greatly in the last few years with the focus turning increasingly in many newspapers, magazines and television channels on sensationalism. The celebrity syndrome too is making itself increasingly felt. What is the fall out of this? Can the media today survive without sensationalism? Is invasion into the private lives of individuals justified? Where does one draw the line? What are the costs in terms of credibility and coverage of vital issues?

Kausalya Santhanam takes a look at the changing face of the media. She works as Deputy Editor in The Hindu newspaper. She joined The Hindu in 1984, is a features writer and has written hundreds of articles on a variety of subjects - social problems, women's issues, the theatre, literature, crafts, heritage and travel, for the various supplements of the newspaper.

RAJESHWARI SATHYANARAYANA

SHANTA NARAYAN

Change of phone number

Jo Frogbrook

Residence telephone no: 4211 1024

HEALTH & ECOLOGY

Tuesday, 22nd June at 10.15 a.m.

At: Apollo Clinic
15/42 Gandhi Mandapam Road (opposite AMM School)
Kotturpuram,
Chennai -600 085



Vaccinations: "To prick or not to prick?"

Vaccination is considered to be the most efficient and cost effective method of preventing infectious diseases. However, of late the stage has been thrown open to debate on whether vaccination should be done or not. This talk will cover issues like "Are vaccinations a must?" Contraindications to vaccines, Side effects of the vaccines, Newer vaccines like the combination vaccines, Swine flu vaccine, Cervical cancer vaccine, International vaccines and other special issues related to vaccines such as cost, allergies, schedule etc. There will be an open Q and A session to address our concerns.

Our speaker, Dr. Sharada Srinivas MRCP Paed (UK) is a renowned paediatrician and neonatologist who after training in UK for over 5 years is now a senior consultant paediatrician at Apollo Children's hospital and its peripheral clinics.

Our heartfelt thanks to Dr. Prithika Chary for facilitating this interesting talk.

DEEPALI GOYAL

BESS SIMKIN

We convey our heartfelt condolences to Zubeida Asgar Ali on the demise of her beloved mother in law.

MANAGING COMMITTEE

PRESIDENTS



Mrdula
Srinivasan



Uma Ganesan

VICE PRESIDENTS



Prithika Chary



Jansi Kishore

SECRETARIES



Zainab Kachwalla



Jennifer Moore

TREASURERS



Archana
Meiyappan



Manisha Singhee

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS



Nita Reddy



Karen Krizman

Cooking Swapshop



Sonna Sachdev



Juliet Melkie

Health & Ecology



Deepsi Goyal



Bess Simkin

Music & Performing Arts



Asha Rammohan



Ann Mathew

BOOK DISCUSSION



Gayatri
Krishnaswami



Janet Haughton
Quarshie

Current Events



E. Rajeswar
Sathyanarayana



Shanta Narayan

History, Culture & Tours



Neena Sanghavi



Sue Cook

Philosophy & Religion



Usha Jawahar



Reena Nirula

ARTS & HANDICRAFTS

Thursday, 24 th June at 10.15 a.m.

At: Pearl Room, Presidency Club
Ethiraj Salai,
Egmore, Chennai – 600008



Bonsai (literally, "Tray Planting") is the art of growing trees or plants in tray-like containers as if they were in natural scenery. A "Bon" is a tray-like pot usually used in bonsai culture. "Sai" means trees and plants grown in the "Bon". Various techniques including leaf trimming, pruning, and wiring are used to create unique aesthetics of "bonsai".

Susheela Vergis took up Bonsai seriously more than 30 years ago. She is the Vice President of 'Bodhi' – an association of Bonsai in Chennai. She has a farm outside Chennai where she has a huge Bonsai collection. Her oldest tree is 36 years old.

Susheela will talk to us very briefly about various misconceptions of bonsai and how to create a bonsai- method and techniques.

NITA REDDY

KAREN SAURER

Address Details of:

Henriette Kereza - Denmark
5/117 B, Dr.Seshadri Avenue
Injambakkam
Chennai - 600 041.
Ph : 99625 07593

PHILOSOPHY AND RELIGION

Wednesday, 30th June at 10.15 a.m.

At: Madras Club,
Boat Club Road,
Chennai - 600 018



Understanding Ourselves - The Johari Window Philosophy

The Johari Window is a communication model that can be used to improve understanding between individuals. We will use the Johari philosophy to learn about ourselves and examine the patterns of our interpersonal communication.

Individuals build trust in each other by disclosing information about themselves and receiving feedback from others. This feedback can help individuals to come to terms with personal issues and also throws light on how they are perceived by those around them. This awareness and self-knowledge leads to better choices and improving relationships with others.

Using the Johari model, each person is represented by their own four-quadrant or four-pane window. Every pane contains and represents personal information such as feelings and motivation, and shows whether the individual and others are aware or unaware of this information.

You will have the exciting opportunity of participating in a self-scoring assessment at this meeting to appraise and understand your communication with others.

Dr. Anuradha Uberoi, our speaker, is an IWA member and an Applied Behavioural Sciences consultant who writes an interactive column for The Telegraph, Kolkata called HR Matters.

She has rich experience from industry and has undertaken many prestigious training and consulting assignments both in India and abroad.

USHA JAWAHAR

REENA NIRULA

A warm welcome to our New Members

S.B Radhika Mohan
'Sudha',
8/22 Krishnama Road,
Nungambakkam
Chennai 600034

Lalita Naidu
'Blessington'
No 7,4th Cross Street,
Sylvan Lodge Colony,
Kilpauk, Chennai 10
Tel No 42662270,26433705
Mobile No 98849 35815 '

Fharzana Siraj,
21 Harrington Road,
12,Sri Krishna Kutir,Chetpet,
Chennai
Tel No 28363810
Mobile 98840 41642

Sanyukta Gill
31, South Bank Road,
Mandaveli,
Chennai 600028
Mobile 98404015677

HISTORY,CULTURE & TOURS



IWA plans a trip to Jordan and Syria in the 3rd week of September.

A well travelled bridge between sea and desert, east and west, the Hashemite Kingdom of Jordan is a land of mesmerizing beauty and contrasts.

In Jordan we plan to visit

- a. Amman – the capital city .
- b. Madaba – the city of mosaics maps of Jerusalem and the holy city.
- c. Mt. Nebo – Moses climbed here to see the promised land.
- d. Dead Sea – to rejuvenate and restore both body and soul.
- e. Petra – the rose red city , the world wonder.
- f. Wadi Rum – to see the desert canyons and its vast wilderness.
- g. Jerash – to see the ruins of the Greco-Roman city of Gerasa.

We then cross the border to enter Syria the cradle of many and varied civilizations.

In Syria we visit :

- a. Bosra – the border city famous for its Roman Amphitheatre.
- b. Palmyra – described as 'the bride of the desert', we will visit Agora, Bel Temple, etc.
- c. Aleppo- famous for its citadel, Great Mosque and the beautiful souks.
- d. Crak De Chevaliers – a crusader fortress of medieval times.

- e. Maalula- the last place where Armaic is still spoken.
- f. Seydanaya – 2nd holy place after Jerusalem.
- g. Damascus – the capital city which is a living museum spanning thousand of years.

The trip is for 10 nights and 11 days.

Some part of the trip is challenging, so a certain level of physical fitness is required.

Preference will first be given to members, then to spouses and finally to other family members.

Approximate costs for the trip: Rs. 1,05,000/- (Min. 30 pax – Max. 38 pax).

Rs. 20,000/- nonrefundable amount to be deposited by 8th of July.

Members can warn in with Neena Sanghavi 9381029132 or Sue Cook 9677020407

Neena Sanghavi

Sue Cook

RESOLUTION PASSED AT ANNUAL GENERAL MEETING

At the Annual General Meeting held on Wednesday, April 28th 2010 at the GRT Convention Centre, the following resolution was put forward:

Resolved to raise the Entrance Fee for new members from Rs. 250/- to Rs. 5000/- only.

The resolution was passed unanimously.

MEMBERSHIP COMMITTEE 2010-2011

The following members will form the Membership Committee for the year 2010-2011

| | |
|--------------------|-------------------------------------|
| Zainab Kachwalla | Secretary |
| Jennifer Moore | Secretary |
| Jansi Kishore | Immediate Past Membership Treasurer |
| Mridula Srinivasan | President |
| Uma Ganesan | President |
| Prithika Chary | Vice President |
| Jansi Kishore | Vice President |
| Archana Meiyapan | Treasurer |
| Manisha Singhee | Treasurer |
| Shobha Hebbar | Immediate Past President |
| Elizabeth Aston | Immediate Past President |
| Rupa Kadhiresan | General Body |
| Amulya Rao | General Body |

We thank Radha Gopalakrishnan who steps down from the Membership Committee this year, for her contribution. We welcome Amulya Rao who takes her place on the Committee.

MRIDULA SRINIVASAN'

UMA GANESAN

Food for thought



Do not confuse motion and progress. A rocking horse keeps moving but does not make any progress." - **Alfred A. Montapert**

Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive. - **Harold Whitman**

"We cannot put off living until we're ready. Life is fired at us point blank." - **B. C. Forbes**

Trifles make perfection, but perfection is no trifle
- **Micheal Angelo**

KEEP TABS ON YOUR ATTENDANCE

Every month jot down the meetings you have attended in the column below. This will help you keep track of whether you have completed your ten meetings.

| MEETING | DATE |
|---------|------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
| 8. | |
| 9. | |
| 10. | |