



IWA, Chennai, a forum for Indian and non-Indian women promotes learning, diversity, understanding of different cultures and builds friendships. Celebrating 25 glorious years, IWA continues towards a promising future...

Forever Connected. Forever Learning. Forever Inspired.

If undelivered, please send to:

Kothari Bagh, 18, Nungambakkam High Road, Chennai 600 034

Registered Office:

857, Poonamallee High Road, Kilpauk, Chennai 600 010



JANUARY 2012



# Executive Committee

2011 - 2012

## Managing Committee

Presidents	Nina Kothari Cherry Venkatesan	28334501 / 28278888 28293436 / 9841023740
Vice Presidents	Ramani Reddy Bharathi Nair Gopinath	28353608 / 9840086858 42120726 / 9884495778
Secretaries	Nita Reddy Priya Asokan	42030717 / 9962530717 24937357 / 9840073691
Treasurers	Asha Rammohan Jennifer Arun	28332006 / 9840039958 28275032 / 9880399490

## Activity Chairpersons

Arts & Handicrafts	Deepali Goyal Anita Nazareth Wedick	24313144 / 9840442260 42815014 / 9500040299
Book Discussion	Tehnaz Bahadurji	26202917 / 9840024726
Cooking Swapshop	Nabila Avais Phyllis Stathis	28264325 / 9840026665 9952012061
Current Events	Ambika Mammen Angelika Schwering	28362733 / 28292777 24490382 / 9840379471
Health & Ecology	Usha B Moorthy Malini Balakrishnan	42150888 / 9840074196 24112690 / 9176687337
History, Culture & Tours	Somna Sachdev Elizabeth Aston	28330232 / 9841022922 24328590 / 9094558566
Music & Performing Arts	Geeta Vasudevan Kiran Rao	24915913 / 9884363550 24991330 / 9841045856
Philosophy & Religion	Jayashree Manradiar Anjali Sacheti	24321882 / 9841041361 42069726 / 9884056000

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January at a Glance

<b>16</b> Mon	09.30 AM Managing Committee 10.30 AM Executive Committee
<b>17</b> Tue	10.15 AM IWA Tambola
<b>18</b> Wed	10.15 AM Book Discussion
<b>19</b> Thu	<b>03.45 PM</b> Arts & Handicrafts
<b>20</b> Fri	<b>11.00 AM - 05.00 PM</b> History, Culture & Tours - IWA Picnic
<b>23</b> Mon	10.15 AM Cooking Swapshop
<b>24</b> Tue	10.15 AM Current Events

<b>25</b> Wed	<b>04.30 PM</b> Music & Performing Arts
<b>31</b> Tue	10.15 AM Philosophy & Religion
<b>31</b> Tue	<b>9.00AM</b> Managing Committee <b>12.00 noon</b> Executive Committee Venue: Chola Sheraton 13, Cathedral Road, Chennai 86

**Note: These are the February 2012 committee meetings.**

To learn more, visit the IWA blog site: [www.iwachennai.blogspot.com](http://www.iwachennai.blogspot.com)

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### From the Presidents

Dear Friends,

We welcome you back in the New Year with renewed energy and enthusiasm.

To review, the Christmas event was enjoyed by all and brought out a spirit of warmth and camaraderie. Our heartfelt thanks to **Jaya Menon** for her gracious help to coordinate with the Freemasons Lodge. The traveling members will return from an unforgettable trip to Mumbai and Jamnagar. Attending an Indus meeting in Mumbai will be truly memorable.

A wonderful calendar of events awaits you. The months ahead at IWA are power packed with interesting and engaging meetings. Our activity chairs, with their boundless enthusiasm are focused in bringing you "An only in IWA experience" at the meetings.

Please save the date for the IWA Endowment lecture by the eminent prof. Romilla Thapar on 29<sup>th</sup> February

We wish you a Happy New Year filled with happiness, laughter and all that is beautiful.

NINA KOTHARI

CHERRY VENKATESAN

<b>16</b> Mon	9.30 <sup>AM</sup> Managing Committee
	10.30 <sup>AM</sup> Executive Committee
	Tuscan Pizzeria No19, 3rd Street, Wallace Gardens, Nungambakkam, Chennai 600 034

Meetings are hosted by **Bharati Nair Gopinath**

The December 2011 Committee Meetings were shifted to Nina Kothari's residence

## IWA's Got Talent !

To celebrate 25 years of flourishing IWA participation, the Committee has decided to dedicate **March 2012**, to the exploration, revelation and promotion of talent within IWA's own membership. The entire month will have exceptional meetings and is dedicated to being: Forever Connected. Forever Learning. Forever Inspired.

If you would like to share your ideas or your talents in any of IWA's 8 disciplines, do contact the relevant Chairpersons by the end of January. Some events are already decided, but many are not, and participation is open in all. So do come aboard this Special IWA Talent Express and participate wholeheartedly, helping us wind up IWA's 25th year with resounding vigour and enthusiasm.

NINA KOTHARI

CHERRY VENKATESAN

<b>17<sup>Tue</sup></b>	10.15 <sup>AM</sup> The Park Pod Hotel 23/13 Khader Nawaz Khan Road Nungambakkam, Chennai 600 006
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## Tambola

T	A	M	B	O	L	A
You are cordially invited		To IWA's				Inaugural New Year's TAMBOLA meeting !
	With a unique theme		To celebrate		Our 25th Anniversary Year	
Be there !		Join in the fun!		And win scrumptious prizes		See you on January 17th!

### **This is a members only meeting.**

We thank **Tina Malhotra** for graciously hosting the meeting.

We thank **Nathalie Brantsma** for sponsoring the Tambola prizes.

NINA KOTHARI

CHERRY VENKATESAN

THE BOARD

**18<sup>Wed</sup>**

10.15 <sup>AM</sup>  
 Amethyst Cafe  
 239 Whites Road,  
 Next to Corporation Bank,  
 Royapettah, Chennai 600 014

## Shringara: The many faces of Indian Beauty

**Dr. Alka Pande's** new book **Shringara**, is on a subject we all intimately connect to. It's about love, loving, and being loved. This knowledgeable speaker follows interconnecting threads as they course their way through Indian poetry, architecture, dance, painting & sculpture and glorify female beauty, both on an earthly and a divine plain. Spend an IWA morning basking in the wonder of our womanhood, revelling in the sensuous, the aesthetic and the special privilege of the feminine mystique.

Our ever-forthcoming and always generous host for this special IWA morning is **Kiran Rao**.

We thank **Shalini Biswajit** for being our day facilitator.

We thank our hospitality sponsors **Dhun Dalal, Kashmira Daruwala, Amala Emmanuel, Susan Koshy & Padmini Natarajan**. Many thanks, ladies.

TEHNAZ BAHADURJI

**19<sup>Thu</sup>**

**3.45 <sup>PM</sup>**  
 Prakrit Art Gallery, New No.9, (Old 4),  
 Dhandayuthapani Nagar, 2nd Street,  
 Kotturpuram Chennai 600 085  
 Land Mark: near State Bank of Travancore

## Is Myth Reality? – a tete-a-tete with renowned artist Seema Kohli

**Seema Kohli** has created her own niche in the world of contemporary art. Her creative repertoire is eclectic, encompassing a wide range of mediums ranging from painting, murals and films to installations, sculptures and installation performances; each a unique expression of her style. Myth and fable apart, Seema Kohli's canvases are layered with many, many stories rooted as much in philosophy as in knowledge gained in modern times, a parable of tales both imagined and real, until one can no longer tell the real from the imagined. Seema Kohli's seminal works are Swayamsidha (The Self Realised) and Hiranyagarba (The Golden Womb), which take mythological tales from the past to interpret the modern world. Through pictorial slides she will take us through her journey....

We thank **Meena Dadha** for facilitating this meeting for us.

We thank **Cibi Mammen** for being our day facilitator.

Please join us for a **wine and cheese** evening.

DEEPALI GOYAL

ANITA NAZARETH WEDICK

**20<sup>Fri</sup>****11.00 A.M - 5.00 PM**

Banu Singh's  
No. 5 V.C. Jairaman Street, Uttandi  
Chennai 600 119

## The Silver Jubilee IWA PICNIC

We are delighted to invite you for a day of fun and friendship at **Banu's** beach house for the IWA picnic.

To reminisce & recreate the exciting trips of the past with IWA, to enjoy the special bonds of friendship, to savour a fabulous alfresco feast, to participate in entertaining games, to bask in the music and the great outdoors! We've planned a fabulous day so lets get together and celebrate all that IWA stands for!

Please warn in with **Somna Sachdev** on **98410 22922** between the **14th** and **17th January** preferably by **SMS**.

Directions to **Banu Singh's** beach house:

Take the left that indicates **Juhu beach** road. It is just a few metres prior to the toll gate before **Mayajaal** on the **ECR road**. At the end of that road, take the last right and then the last left.

We thank **Banu Singh** for graciously hosting the meeting.

We thank **Neena Sanghavi** for being our day facilitator

SOMNA SACHDEV

ELIZABETH ASTON

**23<sup>Mon</sup>****10.15 AM**

Oyster, 5 SENSES Restaurant  
No.9 Khader Nawaz Khan Road,  
Nungambakkam, Chennai 600 006

## Mediterranean Memorabilia

If Contemporary Mediterranean is what's on your mind right now, then the newest restaurant on the block -5Senses might just be able to satiate your culinary cravings! If you are one of those who have wondered at the marvelously inventive names on the menu, then you can expect quite a mouthful as attempts to create an exotic blend of authenticity, innovation yet traditional food that is fresh and exciting incorporating the flavours of Italy, Spain, France, Lebanon, Greece, Morocco and Turkey in an extensive, elegant and spacious ambience without having to travel across the Mediterranean sea... the more you savour, the more you will find yourself licking the bottom of the pan!

**Executive Chef Jitender Singh** will be demonstrating a 3 course Med Meal starting with "pimento sushi, feta cheese mousse, black olive coulis, lamb and lentil kibbeh cake, bite size pita, cacik and of course the main dish, Ancho rusted Basa, roasted vegetables, saffron potato, tamarind glaze.

Every sense that you possess will tell you a different story, so fix them all together, for the REAL Mediterranean Experience-taking over all your 5 Senses.

We thank **Renu Jalan, Poonam Lalchand, & Aruna Vijayakumar** for graciously hosting the meeting.

We thank **Jaya Tambay- Patwardhan** for being our day facilitator.

NABILA AVAIS

PHYLLIS STATHIS

**24<sup>Tue</sup>**

10.15 AM  
Greenway's Hall  
Sheraton Park Hotel  
132, TTK Road, Chennai 600 018

## 'Don't shoot the messenger. He's just shot himself - in the foot'

**Sashi Kumar Menon** will focus on the news media. He will talk about the way in which the news media influences public opinion. How responsible is the media today and to what extent does it determine our attitude and tolerance towards current events.

A prodigy of Loyola College, Madras, with a post graduation in history from the Madras Christian College, **Sashi Kumar Menon's** fame originated with him being among the earliest English Newscasters on the Doordarshan network.

In addition to being a film critic, producer and director of topical features on television, he has scripted and directed numerous short films and docu-features which were telecast on national television and a full length feature film in Hindi titled 'Kaya Taran' (Chrysalis).

He is Founder Chairman of Asianet - India's first satellite TV channel in a regional language. He launched Asianet Satcom, a state-wide cabling company in Kerala. Two pioneering steps in the evolution of independent Satellite TV and Cable in India. He founded the Media Development Foundation and along with his co-trustees set up the Asian College of Journalism in Chennai.

We thank **Sucharita Prasad** for graciously hosting the meeting.

We thank **Shobha Mazumdar** for sponsoring the technical support.

We thank **Padmini Natarajan** for being our day facilitator

Coffee/tea and cookies meeting.

**25<sup>Wed</sup>**

4.30 PM  
The Amethyst,  
Next to Corporation Bank, 239, Whites Road,  
Royapettah, Chennai 600 014

## Madras Checks and Scottish Tartans

### An Evening of Scottish Dancing

It all started in Calcutta in 1968 by Norman Macleod. A few families from Scotland were employed there in a heavy vehicles factory. With no TV or other entertainment in the evenings, they started a **Caledonian** and **Robert Burns Group**, met in each others homes and danced and enjoyed a drink or two. Soon a group of 7 families moved to Madras along with their records and a gramophone. They started meeting every Monday night.

The group now consists of members of many nationalities who meet every Monday night at 8.30 p.m. until 11 p.m. in each ones homes and enjoy the fellowship of like minded people and enjoy Scottish Dancing. Some of our IWA members who are part of the Group are Jennifer Ann, Rani Chada, Eira Doshi, Usha Moorthy, Vijaya Rangarajan, Stina Vasu, and Aruna Vijaykumar .

January 25 is Robert Burns Day. On this day IWA members will enjoy an evening of Burns' poetry and Scottish Dancing which will be demonstrated by the regular members of the Group.

So come dressed up in checks for the occasion and enjoy doing the Scottish dance.

We thank **Kiran Rao** for graciously hosting the meeting.

We thank **Rani Chada** and other members of the Scottish Dancing Group for organizing the dance demo.

We thank **Lalitha Naidu** for being our day facilitator.

**Please note this is an evening meeting.**

31 Tue

10.15 AM  
Chola Sheraton  
No 13 Cathedral Road,  
Chennai 600 086

## Stop and Smell the Roses – Pranayama

Life is speeding ahead, and we are left literally panting, trying to cope with all the various demands it has on us. We take about 15 breaths a minute, while a tortoise, which lives for roughly 200 years, takes only 4 or 5. Over time, we have become inefficient breathers, neither do we inhale enough oxygen, nor do we exhale enough toxins.

Pranayama is a system of exercises aiming to restore the natural order of breathing and thus illuminating our lives.

Renowned yoga practitioner **Geeta Iyer**, will lead us through a rejuvenating demonstration of Pranayama and Meditation.

We thank **Bharathi Suresh** for graciously hosting the meeting.

We thank **Uma Ganesan** for being our day facilitator.

**Please note**, Pranayama and Meditation will begin at **10.30 am** and snacks will only be served following the meeting.

JAYASHREE MANRADIAR

) ANJALI SACHETI

## Acknowledgements

In addition to the members mentioned in the December 2011 Newsletter we also express our sincere thanks to the following members for their generous contribution to the Christmas Brunch:

Mansha Bhatia, Dhun Dalal, Moniek De Zwaan, Eira Doshi, Amala Emmanuel, Brahada Kameswaran, Minnie Mathan, Athena Moratis, Alagu Muthu, E. Rajeshwari, Asha Rammohan, Bala Rao, Rita Saldanha, Sudha Shivkumar, Balveer Singh, Indira Srinagesh, Debbie Thiagarajan, Anita Wedick.

Our sincere thanks to Shobana Thomas for baking and contributing towards the Christmas cake.

We are overwhelmed by the enthusiasm of our members who brought healthy salads and delicious desserts. A big thank you !

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## IWA's Got Talent !

IWA members love film songs, so for our interactive meeting on March 13, 2012, we invite our members to share with us their favorite FILM SONG (in any language). Members can sing their songs/ enact their songs/dance to their songs. Let us have your ideas and we shall work together to bring out the hidden/or not so hidden talent in our members. Members will be given three minutes each for this. Time permits only 15 songs. Therefore please warn in at the earliest with **Princess Naik** at **9840677703** or **Geeta** at **98843 63550**.



Our congratulations to **Indira Dutt** for receiving the "Excellance Award for the year 2011 " on 26th November 2011, from Andhra Chamber of Commerce & Industry, Vijayawada.

Our congratulations to **Naina Shah** on the birth of her grandson Veer.

#### Correction:

**Cecy Kuruvilla's** name has been inadvertently printed under 'change of address'.  
She is a new member.

#### Change in Telephone Number :

Nita Reddy's residence tel no. (044) 24990717

Our sincere thanks to **Raji Ramesh** for sponsoring the technical support for the History, Culture and Tours meeting on 13<sup>th</sup> October 2011.

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#### Visit to Mumbai and Jamnagar

Sunday 8<sup>th</sup> January – Friday 13<sup>th</sup> January 2012.  
Bon Voyage for the Mumbai and Jamnagar visit.

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We are appreciative and thankful to **Sherna Irani** and **Jansi Kishore** for kindly sponsoring the live music for Dec. meeting "Dinner on the go", Cooking Swapshop.

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Our deepest condolences to Bilkis Moosa on the demise of her husband.

Our deepest condolences to Maureen Thadani on the demise of her mother.

## Change of Address:

Sujaya Menon  
Ashok Villa  
56 ABM Avenue  
R.A. Puram  
Chennai 600028

Mridula Srinivasan  
Gokulam  
6D, Arunachalam Road,  
Kotturpuram,  
Chennai 600 085

## New Member:

Jennifer Meddick USA  
Flat 702, Block A,  
Laurels Apt,  
81 C.P. Ramaswamy Road,  
Alwarpet,  
Chennai 600018  
Mobile : 9176654644

Christine Bomstad USA  
64A, NRI Layout  
Akkarai East Coast Road ,  
Chennai 600119  
Mobile : 9840084158

## Founder Members

Nirmal Seshadri      Lakshmi Padmanabhan      Nancy Dean  
Saroja Ramamrutham      Anneliese Hazari      Sunita Shahaney  
Reva Singh

## Former Presidents

1986 - 1988	Nirmal Seshadri	Nancy Dean
1988 - 1990	Vanitha Mudaliar	Barbara Clarkson
1990 - 1991	Sunita Shahaney	Janet Picken
1991 - 1992	Nirmal Mirza	Stina Vasu
1992 - 1993	Malini Vijayaraghavan	Maureen Hudson Murari
1993 - 1994	Nanditha Krishna	Aruna Vijaykumar
1994 - 1995	Lily Madhok	Margaret Sekharan
1995 - 1996	Zubeida Asgarali	Khinthida Lwin
1996 - 1997	Alagu Muthu	Poonam Lalchand
1997 - 1998	Rupa Kadhiresan	Anneliese Hazari
1998 - 1999	Shyla K. Rau	Megan Utley
1999 - 2000	Gayatri Bewoor	Chandrika Chidambaram
2000 - 2001	Javanthi Singaram	Eira Doshi
2001 - 2002	Rani Chada	Seema Sait
2002 - 2003	Kusum Chadda	Meyyammai Murugappan
2003 - 2004	Sushila Nataraj	Elaine Wood
2004 - 2005	Vidya Singh	Padma Ashok
2005 - 2006	Princess Naik	Rathi Nilakantan
2006 - 2007	Seema Bhargava	Amulya Rao
2007 - 2008	Kamala Prasad	Raziyeh Sheerazie
2008 - 2009	Rani Ananth	Lynne Connor
2009 - 2010	Shobha Hebbar	Elizabeth Aston
2010 - 2011	Mridula Srinivasan	Uma Ganesan

*WISHING YOU  
AND  
YOUR FAMILY  
A VERY HAPPY  
AND  
PROSPEROUS 2012*