

Executive Committee

2012 - 2013

Managing Committee

Presidents	Ramani Reddy Vijaya Bharathi Rangarajan	28353608 / 9840086858 28293436 / 9841023740
Vice Presidents	Nita Reddy Priya Asokan	42030717 / 9962530717 24937357 / 9840073691
Secretaries	Asha Rammohan Sharon Dean	28332006 / 9840039958
Treasurers	Nabila Avais Heather Charraudeau	28264325 / 9840026665

Activity Chairpersons

Arts & Handicrafts	Nalini Acharya Deborah Thiagarajan	42815014 / 9500040299
Book Discussion	Leena Suryaprakash Jansi Kishore	26202917 / 9840024726
Cooking Swapshop	Badrunissa Mahadevan Christine Bomstad	
Current Events	Sudha Shivkumar Kimberly Owens	28362733 / 28292777 24490382 / 9840379471
Health & Ecology	Asha Hemdev Jennifer Meddick	42150888 / 9840074196 24112690 / 9176687337
History, Culture & Tours	Achu Kurian Rathi Nilakantan	28330232 / 9841022922 24328590 / 9094558566
Music & Performing Arts	Chandra Goyal Seoni Anjali Sacheti	24915913 / 9884363550 24991330 / 9841045856
Philosophy & Religion	Sharmila Ramji Cecy Kuruvilla	24321882 / 9841041361 42069726 / 9884056000

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

1 Fri	04.00 PM Managing Committee 05.00 PM Executive Committee
15 Fri	10.15 AM Fellowship Morning
19 Tue	10.15 AM Arts & Handicrafts
22 Fri	10.15 AM Book Discussion
25 Mon	10.15 AM Philosophy & Religion
28 Thu	10.15 AM Cooking Swapshop

To learn more, visit the IWA blog site: www.iwachennai.blogspot.com
For the IWA story, visit the IWA web site: www.iwachennai.com

From the Presidents

Dear Friends,

'Namaskaarams'

Welcome to IWA 2012-2013. Another year, another wonderful eleven months of interactive bonhomie among our extended family of nearly 300 women.

The **LOTUS** which represents beauty, perfection, auspiciousness and above all: the metaphor of its ability to adjust, adapt and adopt: is the leitmotif of our endeavours through this IWA year.

Eight elected representatives and sixteen Chairpersons constitute the carefully chosen Working Backbone of our organisation. These twenty four threads facilitate the process of weaving and binding the entire IWA membership into a cohesively beautiful tapestry of cooperation, friendship and infectious enthusiasm.

Thank you for reposing your faith in us, for supporting and endorsing our efforts wholeheartedly.

Towards the conclusion of the Silver Jubilee year, the IWA Website: www.iwachennai.com was created, where the entire 25 years have been archived. Now all information is available at the click of a mouse. Please continue to access our IWA blog, which is meticulously maintained by Rani Ananth, through the link on the website.

As we commence our journey towards the 50th Golden Jubilee, let us continue to take forward this learning experience, this ability to think out of the box, and yet be organised, systematic and participative!

Each new IWA year is about strengthening old friendships and making new ones. In this spirit of friendship, do remember to wear your badges to the meetings you attend so that the newer additions to the IWA family can better acquaint themselves with you.

Yours in IWA,

RAMANI REDDY

VIJAYA RANGARAJAN

From the Vice Presidents

Welcome back everyone! We hope you enjoyed a respite from the heat. Last year was marked by your participation and warm camaraderie. We hope you will continue to be involved and enthusiastic in order to make for a dynamic year again. To keep up the community spirit of IWA, we would love to hear from you regarding any significant events in your lives. Please send us your personal announcements via e-mail to nitareddywa@hotmail.com so that we may publish them in the newsletter. Please do not send us information via SMS. Do let us know of your willingness to offer your home or help for meetings, your assistance is always invaluable. We look forward to another fun year in IWA!

NITA REDDY

PRIYA ASOKAN

1 Fri	<p>04.00 PM Managing Committee 05.00 PM Executive Committee</p> <p>Christine Bomstad's Residence House No.23, V.G.P. NRI Layout ECR, Akkarai, Chennai 600 119</p>
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Meetings are hosted by **Christine Bomstad**

From the Secretaries

We would like to welcome you to the 2012- 2013 IWA year. A special welcome to our new members.

We the Secretaries will endeavour to ensure that every member receives the newsletter on time. If you do not receive the newsletter by the 5th of each month, please contact Sharon Dean at 9962543805 between 10am and 6pm from Monday through Saturday.

Please write in or email the Membership Secretary (rammohan.asha@gmail.com) regarding any change in your membership category (outstation, senior, temporary).

Looking forward to seeing you at the meetings. Come, let us celebrate another glorious IWA year.

ASHA RAMMOHAN

SHARON DEAN

From the Treasurers

A sparkling new IWA year has begun. Welcome IWA members: old & new. After the whopping silver jubilee celebration year, we seek your continued active participation and involvement in all IWA events throughout this year too, to enable it to be an enriching and memorable one. As membership treasurers we hope to help the organization operate smoothly and to benefit all the members at large.

229 members have submitted their renewal forms and cheques for Rs.2000/- in the month of April. All those who have not sent their renewal forms, please do so with a cheque for Rs.2000/- made payable to "IWA Chennai" – or in case of Non-Indian members without an Indian Bank account, the cash equivalent can be given. The closing date for renewal is 30th June, 2012.

Please note:

No Cheque/Cash will be accepted without the form and vice-versa.

Members are requested to print their name and code number on the reverse of their cheque.

All IWA members must attend a minimum of ten meetings per year except senior members who are exempted from the rule.

When attending meetings, for clarity, members are asked to print their name and code number on the attendance sheets.

To keep track of their attendance record, members will find an attendance chart at all activity meetings in the months of September and January. Please try and keep a record of the meetings you attend.

A member may bring guests to IWA activities, except when stipulated otherwise. However each guest may attend only four IWA meetings in a financial year, subject to payment of the stipulated guest charge paid by the member. The charges are as follows:

1. Home meeting - Rs.50 per guest
2. Club meeting - Rs.100 per guest
3. Hotel meeting - As per Actuals

Please inform the treasurers in case of any change in address, telephone numbers, e-mail address, or if new badges are required. If you need a copy of the IWA Bye-Laws book please contact Heather Charraudeau.

We look forward to a fun-filled and exciting IWA year ahead.

NABILA AVAIS

HEATHER CHARRAUDEAU



If you...

Do not receive your newsletter by the 5th of each month

E-mail/Call

Sharon Dean
9962543805 or
tevshigs@gmail.com

Need to change your membership category (Outstation, Senior, Temporary) or need to inform us that you will be unable to attend for a length of time

Asha Rammohan
9840039958 or
rammohan.asha@gmail.com

Need a new badge or a copy of the IWA Bye-Laws book

Heather Charraudeau
9566177663 or
heather_char@hotmail.com

Have a change of address, telephone or e-mail and need to inform us

Heather Charraudeau
9566177663 or
heather_char@hotmail.com

Would like to check on your attendance

Heather Charraudeau
9566177663 or
heather_char@hotmail.com

Would like to make an announcement in the newsletter. Please e-mail, do not SMS

Nita Reddy
9962530717 or
nitareddywa@hotmail.com

Have ideas for a meeting or would like to sponsor a meeting

Concerned Activity
Chairpersons

Would like to offer your home or help for meetings or be a Day Facilitator

Priya Asokan
9840073691 or
priya.asokan@gmail.com

Please call between 10AM and 6PM from Monday through Saturday

<h1>15^{Fri}</h1>	<p>10.15 ^{AM} "Sandesh", Hotel Savera 146, Dr. Radhakrishnan Road Chennai 600 004</p>
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Fellowship Morning

"Fellowship", the tradition which forges, fuses and facilitates every nuance of adjusting, adapting and amalgamating member to member bonding and friendship.

Daphne du Maurier says, "Whatever we may be doing in our lives, let passion be your muse."

Purple: The colour of passion and vivaciousness, which is the hallmark of our extended family, is our shade for this year. Please wear your passions for our Fellowship and help us herald and celebrate the beginning of yet another productive and proactive IWA year.

Join us to check out faces of the past, and of the present.
 New games to play and new friends to make.
 It's happening on **Friday, 15th June**.

Look forward to seeing you all,

Yours in IWA,

RAMANI REDDY

VIJAYA RANGARAJAN

THE MANAGING AND EXECUTIVE COMMITTEES

<h1>19^{Tue}</h1>	<p>10.15 ^{AM} Pearl Room, Presidency Club, Ethiraj Salai, Egmore, Chennai 600 008.</p>
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Dynamic Spaces

Chennai's leading and well known interior designer, **Rohini Shanker**, has been featured in Baron's Who's Who in Interior Design as among the world's 100 top designers. She has designed fabulous projects from sea side estates in Sri Lanka to billionaires' homes in the U.S., from traditional farm houses in India to projects in England's Lake District.

Rohini Shanker will talk about how to incorporate Indian Arts and Crafts in residences and how innovation and creativity can transform spaces and make them dynamic and distinct. Her talk will touch upon trends and moods in contemporary design which are vibrant and also pocket friendly.

We thank **Amita Bhatia**, **Mansha Bhatia** and **Marina Mathias** for graciously hosting the meeting.

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

NALINI ACHARYA

DEBORAH THIAGARAJAN

22 Fri	<p>10.15 ^{AM} Pearl Room, Presidency Club, Ethiraj Salai, Egmore, Chennai 600 008.</p>
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The Story of Asia’s Elephants

From the time the first elephants were tamed around 2,600 -1,900 B.C., they have been inextricably linked with the human race – from Lord Ganesha of mythology to the use of the pachyderms by various emperors for warfare, to their uses today and their role in maintaining the ecological balance. This magnificent animal, sadly, faces the threat of extinction due to poaching and man’s greed for ivory.

All the various aspects of the majestic elephant have been captured beautifully by **Raman Sukumar**, Professor and Chairman, Centre for Ecological Sciences, Indian Institute of Sciences, Bangalore, in his richly illustrated book, “The Story of Asia’s Elephants”. Professor Sukumar will speak about the importance of the elephant, beginning with the Indus Valley civilisation, to the Vedic, Buddhist, Jain, Islamic, Colonial periods and its importance to today’s environment. His talk will cover the religious, historical and environmental significance of the elephant. Though Man worships the animal, he has no qualms about destroying it, says Sukumar and offers solutions to save this intelligent and beautiful animal.

We thank **Shobha Hebbar** for hosting this meeting.

We thank **Usha Chandrakumar** for being our day facilitator.

LEENA SURYAPRAKASH

JANSI KISHORE

25 Mon	<p>10.15 ^{AM} Madras Cricket Club Inside Chepauk Stadium, Bells road, Chepauk, Chennai 600 005</p>
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The Mahavidyas and the Empowerment of Women

The word Vidya from the Sanskrit root, vid, means the path of knowledge. Tantric literature features the ten or Dasamahavidyas as:
 Kali - the void before creation;
 Tara - the first movement towards it;
 Sodasi - the creatrix;
 Bhuvaneswari – who nourishes the world;
 Chinnamasta, Bhairavi and Dhumavati – who destroy its rajasic qualities and replace it with sattvic qualities;
 Bagalamukhi - who conquers and confers mastery over others;
 Mathangi - who purifies by eradicating pollution; and
 Kamala - who enriches the material world.

The Dasamahavidyas are the feminine path to enlightened consciousness and they represent the power focused in all feminine attributes. They hold tremendous social relevance because they render the discriminating rules of society meaningless and irrelevant. They are the ideals upon which to build a social order akin to the ones that existed in the earlier Yugas where women were revered and considered the equal of men and there was no first among equals.

Dr. Priya Ramachandran, Consultant Pediatric Surgeon, Kanchi Kamakoti CHILDS Trust Hospital will enlighten us on the different forms and manifestations of Shakti.

We thank **Lalitha Krishnan** for hosting the meeting and **Rekha Rangaraj** for sponsoring the audio visual equipment.

We thank **Anjana Sunil** for being our day facilitator.

SHARMILA RAMJI

CECY KURUVILLA

28^{Thu}	<p>10.15 ^{AM} Zara Tapas Bar 74, Cathedral Road, Chennai 600 086</p>
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Grills to Thrill

Grilling, a fast method of cooking by radiant heat, is often considered as a healthy alternative to cooking with oil. Grilled foods can be lower in saturated fat.

Chef Aji Joseph started his career with the Taj Group of Hotels and then moved on to Cruise Lines & Princess Cruises where he was fortunate to work with the best Chefs from far and wide. He is currently with the Oriental Group and is responsible for the launch of all the Zara Tapas Bars. He will present to us a delectable array of Grills from the soon to be launched 'Ole Bar & Grill'!

We thank **Oriental Cuisines** for graciously hosting this meeting.

We thank **Beena Ram Mohan** for being our day facilitator.

BADRUNNISA MAHADEVAN

CHRISTINE BOMSTAD



Ramani Reddy



Nita Reddy



Asha Rammohan



Nabila Avais



Vijaya Rangarajan



Priya Asokan



Sharon Dean



Heather Charraudeau

Presidents

Vice-Presidents

Secretaries

Treasurers

Arts & Handicrafts



Nalini Acharya



Deborah Thiagarajan

Cooking Swapshop



Badrunissa Mahadevan



Christine Bomstad

Health & Ecology



Asha Hemdev



Jennifer Meddick

Music & Performing Arts



Chandra Goyal Seoni



Anjali Sacheti

Activity Chairpersons

Book Discussion



Leena Suryaprakash



Jansi Kishore

Current Events



Sudha Shivkumar



Kimberly Owens

History, Culture & Tours



Achu Kurian



Rathi Nilakantan

Philosophy & Religion



Sharmila Ramji



Cecy Kuruvilla

History, Culture & Tours

MESMERISING MYANMAR

A fascinating tour awaits us IWA members.... An 8 nights, 9 days trip to Myanmar covering Yangon, Lake Inle, Mandalay and Bagan. Flying by Singapore Airlines, we arrive at Yangon, soaking in the sights and sounds of Yangon, drinking in the beauty of the Swedagon Pagoda at sunset, going down memory lane in the "House of Memories", the splendid National Museum, discovering the Chettiar connection, shopping in Bogyote market. We partake in a traditional Intha home meal in Lake Inle, checking out the one leg rowers of the Inle Lake, the floating markets and the Jumping Cat monastery; Experience the ancient city of Bagan – A sunset horse carriage ride through the narrow meandering stoned pathways and forested terrain; Cruise on the Irrawady river; Regale in the magnificent city of Mandalay, visiting the Shwenandaw monastery and the Mahamuni Pagoda, with its spectacular Buddha image covered in thick layers of gold leaf. And the icing on the cake - A one night stay at the iconic Strand hotel. A trip to be cherished and treasured forever!

DATE : September 20th to 29th, 2012

APPROXIMATE COST : Around Rs. 1,40,000/-

FOR DETAILS OF THE ITINERARY AND FOR WARNING IN PLEASE CALL:

ACHU KURIAN 98411 44072
 RATHI NILAKANTAN 98410 73060
 RAMANI REDDY 98400 86858
 VIJAYA RANGARAJAN 98410 99363

NOTE: To get a feel of the magical and charming world of Burma, we suggest you read Amitav Ghosh's "The Glass Palace"!

We want to limit the group size to 30. Please warn in before **June 15th** with an advance of Rs. 43,000/-

ACHU KURIAN

RATHI NILAKANTAN

Membership Sub Committee 2012 – 2013

We thank **Amulya Rao** for her valuable contribution to the Membership Committee.

We welcome **Aruna Vijaykumar** as the new General Body Member.

The committee is as follows:

Presidents

Ramani Reddy Vijaya Rangarajan

Immediate Past Presidents

Nina Kothari Cherry Venkatesan

Vice Presidents

Nita Reddy Priya Asokan

Secretaries

Asha Rammohan Sharon Dean

Immediate Past Membership Secretary

Nita Reddy

General Membership

Seema Bhargava Aruna Vijaykumar

Our congratulations to **Prema Kumar** for receiving the "Outstanding Woman Achiever" award in recognition of her exemplary contribution for the upliftment of medically challenged people by The Tamil Nadu Dr. M.G.R Medical University, Chennai by the Vice-Chancellor Dr. Mayilvahanan Natarajan on 8th March, 2012.

Test your Myanmar Quotient



1. Myanmar is widely (and perhaps better) known by its previous name. What is that?

- Burma
- Indo-China
- Siam
- Thailand

2. What is Myanmar's capital?

- Mandalay
- Naypyidaw
- Laos
- Bangkok

3. Part of the Myanmar coastline is on the Andaman Sea. On which body of water is the rest of the coast?

- South China Sea
- Bay of Bengal
- Pacific Ocean
- Yellow Sea

Answers: 1. Burma, 2. Naypyidaw, 3. Bay of Bengal

And for those intrepid travelers, here are some superstitions of the people of Myanmar:



Don't leave a shoe or a slipper upside down. It will cause bad luck.
 Don't hit the pot with a ladle after you stir the curry. It is like hitting your parents' head.
 Don't hit two lids of pots and pans against each other. A tiger may bite you.
 Carrying some hairs of an elephant tail will avoid evil.
 And finally from Amy Tan's popular novel – What do Burmese consider fishing?
 Answer – Saving fish from drowning!