

July at a glance

1 Tue	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee
3 Thu	10.15 ^{AM} History, Culture & Tours
8 Tue	10.15 ^{AM} Music & Performing Arts
10 Thu	10.15 ^{AM} Cooking Swapshop
15 Tue	10.15 ^{AM} Health & Ecology
25 Fri	10.15 ^{AM} Founders Day
31 Thu	10.15 ^{AM} Book Discussion

To learn more, visit the IWA web site: www.iwachennai.com

From the Presidents

Thank you for participating in great numbers for our **Fellowship Morning**. It was a vibrant and colourful event and it was good to see so many people joining in the fun and games. A big thank you also to our Managing and Executive committees who ensured we got the year off to a flying start.

We now look ahead to September when we have an exciting **trip to Japan** planned from September 4th to September 12th. We are encouraged to have had such a positive response from everyone on our choice of destination.

The Music Committee this year is chaired by Rani Ananth, ably supported by Usha Chandrakumar, Jyothi Ganesh and Dominique Rastoin. We wish them all the best in their endeavors in selecting a young talented musician to felicitate on Music Day.

Founders Day is being celebrated on July 25th when we take this opportunity to honour our Founders and Past Presidents who have nurtured and guided IWA and helped turn it into the prestigious organization we enjoy today. We hope to see you there.

An exciting month of meetings is planned for you, do come along and enjoy.

ASHA RAMMOHAN

JO FROGBROOK

1 Tue	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee Platinum Room, Presidency Club Ethiraj Salai, Egmore Chennai 600 008
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Meetings are hosted by **Anjana Sunil** and **Mahavesh Sait**

INTERNATIONAL MUSIC DAY

International Music Day on 1st October, is also the day when we remember and honour our founder Nirmal Seshadri and her love for music. Her family has set up an endowment fund and each year a committee is formed for the specific purpose of recognizing a young and talented musician.

The Music Committee for the year 2014-2015 comprises the following members:-

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|-------------|-------------------|
| CHAIRPERSON | RANI ANANTH |
| MEMBER | USHA CHANDRAKUMAR |
| MEMBER | JYOTHI GANESH |
| MEMBER | DOMINIQUE RASTOIN |

The selected candidate should preferably be under 18 years of age and should have certifications, awards and citations to his/her credit. Members can send in their suggestions and recommend prospective candidates in writing by email (rani_ananth@hotmail.com) to Rani Ananth or call 9840761624 by 31st July 2014, supported by appropriate write ups.

ASHA RAMMOHAN

JO FROGBROOK

3 Thu	<p>10.15 ^{AM} The Pearl Room Presidency Club Commander-in-chief Road Egmore, Chennai 600 008</p>
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Get Lost to Timbuktu

Timbuktu - A city in the West African nation of Mali, situated north of the River Niger on the southern edge of the Sahara desert. Timbuktu was an intellectual and spiritual capital and a centre for the propagation of Islam throughout Africa in the 15th and 16th centuries.

Mr. Ejji .K. Umamahesh, who has travelled extensively, will talk about his travels to Timbuktu. He will highlight on the Budapest Bamako car rally, the Dogon country and the crossing of the Sahara to reach Timbuktu. He will also enlighten us with the history and how the city has evolved today.

We thank **Asha Hemdev** for being our day felicitator.

SHEETAL SHAH

CHRIS BOMSTAD

Hearty congratulations to **Prema Kumar** on having received the **SHEROES AWARD 2014** for Excellence in the field of Education from the CK Family and Naturals.

8^{Tue}	<p>10.15 ^{AM} E Hotel (3rd Floor) Express Avenue Mall, Gate 1 Patullos Road Chennai 600 002</p>
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“All the World’s a Stage....”

The work of Sriram Ayer’s organization NalandaWay, exemplifies the Shakespearean expression –

“All the world’s a stage, and all the men and women merely players”.

Through performance, music, and dance, our speaker gives children in India’s poorest districts a powerful platform in which to express their life experiences. In his enthralling presentation, he will highlight the profound transformations of underprivileged children via performance and music. Moreover, we will be graced with a short performance showcasing the children’s many talents.

We thank **Amulya Rao** for being our day facilitator.

DEEPALI GOYAL

CATHERINE REDDY

 Change of address:

Usha Saravanan
 No.5, Kandaswami Street
 Mylapore, Chennai 600 004
 Ph: 044-28470176

10^{Thu}	<p>10.15 ^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>
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Home baking – cream cheese and mango cheesecake

You often hear of actors with Medical degrees and writers with an Engineering degree. At an age when your educational qualification does not necessarily have a bearing on your career path, **Cindana Manickavel** has used her degree in Public Relations to carve a niche for herself as a home baker.

Despite the wide range of desserts she bakes, her cheesecakes, homemade cream cheese and dessert jars have always been her specialty. Cindana will be showing us how to make a mango cheesecake using easy to prepare cream cheese.

We thank **Saranya Jayakumar** and **Renuka Ishwariah** for sponsoring this meeting.

We thank **Reena Verghese** for being our day facilitator.

ANJANA SUNIL

MAHVESH SAIT

Food Tip for the month: Put a slice of bread in a container of brown sugar to keep it from hardening into lumps.

The Hindu “Metro Plus”

 In the June News letter **Rajini Reddy’s** email was misspelt. Her email ID is rajinicreddy@gmail.com

15^{Tue}	<p>10.15 ^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>
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The psychological well-being of a multitasking woman

Women's mental health is assuming great importance today in the scenario of the increasing violence against women, their multiple roles and responsibilities, the resultant stress and the demands made on them on a daily basis.

Dr.R.Thara Srinivasan a psychiatrist by training with a PhD in Disability in Schizophrenia is our renowned speaker for the day. She is the founder member director of the NGO Schizophrenia Research Foundation (SCARF), devoted to the cause of mental health in India. Amongst her numerous accolades she is responsible for the development of the 'Indian Disability Evaluation & Assessment Scale' (IDEAS) which has been acknowledged by the Govt. of India as the official tool to measure psychiatric disability. She is one of the very few Indians who have been conferred the Hon. Fellowship of the Royal College of Psychiatry, UK.

She will provide a fascinating overview of the mental health issues confronting today's woman. Arm yourselves with questions since she intends to talk less and discuss more.

We thank **Minnie Mathan** for being our day facilitator.

BADRUNNISA MAHADEVAN

TINEKE SYSMANS

Our heartfelt condolences to **Era Kalra** on the loss of her husband

25^{Fri}	<p>10.15 ^{AM} Hotel Park Sheraton T.T.K. Road Alwarpet Chennai 600 018</p>
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Founders Day

This is the time of year when we look back and celebrate the founding of our prestigious organization by seven amazing women. Over the years our past presidents have also played a huge part in building on these firm foundations, together creating a mosaic of cultural diversity and friendship, stimulating and challenging our minds to grow and develop.

Please join us for a morning of celebration!

A warm thank you to **Vijay Goyal, Deepali Goyal, Shashi Malhotra** and **Chandra Seoni** for hosting this special event.

This is a members only meeting.

ASHA RAMMOHAN

JO FROGBROOK

MANAGING & EXECUTIVE COMMITTEES

31^{Thu}	<p>10.15 ^{A.M} Sheetal Parakh's Residence No.6, Tarapore Avenue Harrington Road, Chetpet Chennai 600 031</p>
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The Americans: a novel

Just out from HarperCollins India's literary imprint, Fourth Estate, is this intriguingly named novel by Chennai-based novelist **Chitra Viraraghavan**. Here's your chance to find out who the Americans are in this "smashing debut", as critics are calling it. Viraraghavan's novel is set entirely in the United States, and tells the stories of ten different characters, of different ages, backgrounds, ethnicity, gender and class, whose lives are linked through an eleventh character, Tara, who travels to America from Chennai. Full of drama, and rising at times to the level of a thriller, "The Americans" is a thought-provoking book that anyone who has friends or relatives in the United States will identify with and enjoy. Be there to catch Chitra in conversation with our new IWA member - **Sabina Narayan**.

We thank **Sheetal Parakh** for so graciously opening her lovely home for this meeting.

We thank **Rathi Nilakantan** for being our day facilitator.

Please note :Entry into Harrington Road is via Poonamalle High Road and left after Pachiappas College.

ANITA KOSHY

MASAKO MARUYAMA



IWA expresses its heartfelt condolences to the bereaved family of **Mahmooda Haja Shereef**

Trip to Japan

Japan is one of the most popular travel destinations in the world; a unique blend of traditional and modern, where temples and historic buildings co-exist alongside modern achievements in architecture and technology. Visitors can immerse themselves in Japanese history and culture one day and get a glimpse of the future through technological developments the next. Many of the historical sites are still used for their original purposes while remaining open to the public. The natural beauty of Japan can also be enjoyed all year round.

The places included in the IWA tour are :

Hiroshima

Hiroshima has been the principal city of the Chugoku Region for hundreds of years. After its construction in the 16th century, Hiroshima Castle was the most formidable fortification for miles. Today, Hiroshima is a vibrant city and home to over a million inhabitants.

When the first atomic bomb was dropped over Hiroshima on August 6, 1945, the city became known worldwide for this unenviable distinction.

Itsukushima Shrine is a Shinto shrine on the island of Itsukushima (popularly known as Miyajima) in the city of Hatsukaichi in Hiroshima Prefecture in Japan. It is a UNESCO World Heritage Site.

Osaka

With a population of 2.5 million, Osaka is Japan's third largest and second most important city. It has been the economic powerhouse of the Kansai region for many centuries.

Kyoto

Kyoto was Japan's capital and the emperor's residence from 794 until 1868. It is now the country's seventh largest city with a population of 1.4 million people and a modern face.

Nara

Japan's first permanent capital was established in the year 710 at Heijo, the city now known as Nara. It remains full of historic treasures, including some of Japan's oldest Buddhist temples.

Hakone

Lake Ashi (Japanese: Ashinoko) was formed in the caldera of Mount Hakone after the volcano's last eruption 3000 years ago. Today, the lake with Mount Fuji in the background is the symbol of Hakone. Hakone is part of the Fuji-Hakone-Izu National Park, less than 100 kilometers from Tokyo. Famous for hot springs, outdoor activities, natural beauty and the view of nearby Mt. Fuji.

Tokyo

Tokyo is Japan's capital and the country's largest city. Prior to 1868, Tokyo was known as Edo. A small castle town in the 16th century, Edo became Japan's political center in 1603. Now Edo has grown into one of the world's most populous cities.

As a tourist, it's all about Japanese culture. From the castles, temples and shrines, the authentic restaurants and festivals, experiencing Japanese culture is the number one reason for coming to Japan.

Japan is also one of the foremost technologically advanced countries in the world. To experience this technology for ourselves we will be taking a ride on the bullet train, at 300km/h or more, where it feels more like air travel than rail travel.

We will enjoy some of the delicious, world famous Japanese food, as well as other well known cuisines to ensure we tickle our tastebuds!

So, ladies come, join us and decide for yourself the best things about this wonderful country. Whether it be the hot springs, the breathtaking view of Mount Fuji, or watching the graceful Geisha ladies dance, there is sure to be something that will linger in your memory long after the return to namma Chennai.

Departure : 4th September 2014 from Chennai

Arrival : 12th September 2014

Cost : Rs. 2,29,000 approx, including airfare

First Instalment, to be paid by 5th July: Rs.50,000 – Please note that **Rs.20,000 is non – refundable**

Balance : **5th August 2014**

Last Date to Warn in : **5th July 2014**

Please note the maximum number of people is restricted to 25.

SHEETAL SHAH

CHRIS BOMSTAD