



## A Hearty Welcome to Our Dist. Chairman **Mrs. Sasikala Joy**

### Our District Chairman Speaks...

Dear friends in InnerWheel

Change is inevitable-old giving way to the new. So too is InnerWheel. As the wheel rolls on, the Gavel of leadership is passed on as in a relay that has no finishing point. This relay is intended to commit generations of womenfolk to Friendship and Service. The Gavel of chairmanship of InnerWheel District 320 has passed through the hands of illustrious and dedicated leaders who have left behind a golden legacy. I am humbled by the thought that you dear friends consider me apt to hold this gavel for the coming year. I sincerely hope and pray that I can live up to the task entrusted to me. All this will be possible with you beside me. Thank you for this honor that you have bestowed upon me.

I take this opportunity to offer my heartiest congratulations and appreciation to the outgoing leaders of InnerWheel District 320 led ably by Meena Satish on the commendable way in which all the programs and projects were carried out. The outgoing leaders have been particularly successful in extending InnerWheel throughout the Rotary Districts 3201 and 3202.

Our district is lucky to have an equally efficient and exuberant district team in the coming year to take us to new heights of leadership and service. I wish each and every one of you all success in realizing your visions so that together we can make a difference.

I would like to share my thoughts on a few key issues we intend to focus on in the coming year.

Discrimination of the basis of sex is prevalent in most societies. Here the girl child is born into an unwelcoming world, where her birth is often mourned rather than celebrated; throughout her life she is neglected, marginalized, mistreated and over-burdened with domestic chores. Spending on daughters is

considered a waste, as an investment that is not perceived to bring forth much return. The Girl Child Project was conceptualized by the UNICEF in this scenario. The IIW Social Project for the past three years has also been, "Education of the Girl Child" in tune with the UNICEF. This project was launched to address the needs of girls, especially between the ages of 11 and 18 years, from rural and urban low-income families. We have come to the last leg of this project; kindly consider this as one of your important projects for the year.



The two themes closest to my heart are Women Empowerment and Environmental Conservation. Women's empowerment is meant to be a process in which women gain greater share of control over resources – material, human and intellectual knowledge, information, ideas and financial resources like money – and access to money and control for decision-making in the home, community, society and nation, and thereby to gain 'power'. As empowered women it is our responsibility to help our less privileged sisters to lead a life of dignity. If we as women cannot address this crying need the very purpose of our existence in this organization becomes meaningless.

"When women thrive, all of society benefits, and succeeding generations are given a better start in life". – Kofi Annan

This era has seen the Globe warming up like never before, and man's irresponsible acts are the sole culprit. Let us make amends before it is too late. The World Environment Day slogan for 2008 is "CO<sub>2</sub>, Kick the Habit! Towards a Low Carbon Economy." The least we can do is plant saplings that will as trees absorb the carbon dioxide that we, our cars and gadgets produce. Reduce your carbon footprint. Conserve water for future generations.

*"Don't walk in front of me, I may not follow.  
Don't walk behind me, I may not lead. Just walk beside me and be my friend."*

## EDITOR

**Mrs. Nandhini Lalka**

Dear fellow members,

At the outset let me thank all those of you who have given me this opportunity to bring out this bulletin in InnerWheel.

We at InnerWheel Club of Coimbatore have enjoyed working together to give HOPE to the needy and underprivileged around us and have experienced the immense joy and satisfaction by helping the needy which is seen in our secretary's report.

I once again thank the president and all the committee members for a whole hearted support they have given me.



## OUR PRESIDENT

**Mrs. Anitha Srinivas  
Speaks**

Dear InnerWheel Sisters,

The events of the past few months will be written in everlasting indelible ink in my memory!

Tambola Eve, the fundraising program was a fantastic start, project Drishti-free monthly eye camp, Annadhanam-food for orphanage, Old age homes and needy, Value Education-educational talks for schools and colleges, Community service projects.....

I never thought I was capable of doing all this but now I realize this was because of the true potential of our members who have put their heart and mind to it..."THANK YOU".

The love and friendship that I have gained from members and their families are truly enriching. It is my wish that every member is blessed to partake of this astounding experience.

Money alone is not everything. As the wise words express



## TRY IT BY YOURSELF.....

### SEMOLINA CHEESE CUTLETS

#### INGREDIENTS :

- 2 tbs ghee
- ½ cup semolina
- 1 cup mixed vegetables, chopped finely (capsicum, French beans, spinach, coriander leaves, carrot)
- 1 tbs green chilli paste
- salt to taste
- ½ cup cheese, grated
- Oil for frying

#### How to Proceed:

1. Heat the ghee. Add the semolina and fry for 5 minutes on low flame until golden.
2. Add the vegetables and salt. Fry for 2 minutes.
3. Add 2 cups of hot water and cook till dry. Keep aside till warm.
4. Add the cheese. Mix it well.
5. Shape as desired, deep fry till crisp.

Serve hot with tomato ketchup and coriander chutney.

## MONEY CAN BUY

- A house but not home
- A bed but not sleep
- A position but not respect
- A blood but not life

It is intangible emotions like the wonder in the eyes of a child in an orphanage whom we have managed to serve that make life worth living and more meaningful. Let us fill our lives with many such moments!

Yours in spirit of InnerWheel

**Anitha Srinivasan**

*If you see someone without a smile give them one of yours. Because you are among a few good people who can shine other's lives by just walking with them a few miles.*

**SECRETARY'S REPORT**

**Mrs. Chetna Shah**

Our Inner Wheel year 2008-2009 started with the Installation of Anitha Srinivas as the President. Our chief guest Dr. Saroja Prabhakaran, Vice Chancellor of Avinashilingam University, gave us an inspiring and motivating speech.



Our club is synonymous to **FRIENDSHIP & SERVICE**. We have **73 Active Members and 4 Hon. Members**. All meetings were held with demonstrations and Festive celebrations. 10 new members were inducted this year. ISO Prachi Kikani has communicated with all 44 clubs in Dist. 320 and 2 clubs in Mumbai.

**PROJECTS DONE:**

**COMMUNITY SERVICE** : Project worth Rs.7,500 and Beneficiaries 37.

**SOCIETY IN AID OF HANDICAPPED** : Worth Rs.10,000 and Beneficiaries 10.

**ANNADHANAM TO OLD AGE** : Worth Rs.3,500 and Beneficiaries 400.

**VALUE EDUCATION** : Worth Rs.62,800 and Beneficiaries, Community at large.

Society in aid, Families for Children, Scholarship to Pooja and Shanthi, Computer Education, Scholarship to girl student and Text books to Government Hospital Nursing students, Value education to Angappa Matriculation School, Ramlinga Chettiar High, Sec. School, and say **NO TO SMOKING** at PSG College of Arts and Science where 500 students attended.

**GLOBAL WARMING 88 8 88 LIGHTS OF PROGRAMME** was done by our members.

**EYE CAMP** : Worth Rs.11,000 and Beneficiaries 1400.

4 eye camps were done.

**TOTAL SREENING** : 1400

**TOTAL GLASSES** : 53

**TOTAL CATRACT** : 74

**A TOILET BLOCK** was opened at CSI primary school for Special Children, Avinashi Road by Mrs. Azahagu Annamalai, Association President IWC's India.

**AMOUNT SPENT** : Rs.94,100 and Beneficiaries: Community at large.

**A PICTURE SAYS IT ALL**



Installation 2008



Orange Blossomes



Vegetable Carving Demonstration at on eof our regular meetings ....



A Talk with Swami Ji ....

## I.S.O's REPORT Mrs. Prachi Kikani

It is always great to make new friends, especially friends with common goals and interests. I am truly lucky to have assumed the post of ISO as it opened a whole new world of friendship to me.

I am proud being the ambassador of love and friendship of my club. In this era of electronic communication it does feel good to receive letters by post.

I feel "Realize your Visions and make a difference" in Hindi it can be –

SAPNO KE PANKH LAGA KAR, OONCHE UD JANA HAI

MAITRIBHAV KE HAATH BADHAKAR, DIL KO DIL SE MILANA HAI

SAPNO KO SAKAAR BANA KAR, JAG KO SUNDER BANANA HAI

INNER WHEEL KE PREM RANG MAIN, HUM SABKO RANG JANA HAI...

## A GLIMPSE OF SOUTH ASIAN RALLY by Mrs. Urmila Surana

Mrs. Azahagu Annamalai and Mrs. Sasikala Joy, the Chairman cordially invited us to Kochi, the Queen of the Arabian Sea for Heart 2 Heart the South Asian Rally on 7th and 8th November 2008 at Ramada Resort, Kochi.

The event was memorable. It showcased us the traditional art form of Kerala and TamilNadu namely Kathakali, Theyyam, Mohiniyattam, Kerela,



A warm welcome at Ramada Resort, Kochi.

Natanum, Kalaripayathu, Bharatnatyam, etc. A caparisoned elephant along with folk drummers welcomed us. We made new friends, exchanged the flags and clicked photos with the ISO.



Our Members having a gala time at the south Asian Rally...

The event was unforgettable. We look forward for such magnificent cultural heritage and to build lasting friendship. For me, it was a maiden, excellent, amazing experience as I have just joined the prestigious Inner Wheel. I thank you for the opportunity given to me.



Exchange of Flags ...

# Spa-like Pedicures at Home

**Don't have hours to spend at a salon? We hear you. Try the next best thing: spa-inspired pedicures you can do at home.**

## Positive Pampering

Sure, a pedicure can make you look superb below the ankles — but if you think it's just a self-indulgent treat, check out these facts from the American Podiatric Medical Association: The 8,000-plus steps you take each day exert up to 127,000 pounds of pressure on your poor tootsies — so they need any help they can get. These quick, do-it-yourself versions of two decadent new spa treatments will give your feet a well-deserved vacation.

## To smooth out calluses

Mix 1/2 pint fresh crushed strawberries, 1 cup brown sugar, and 2 tablespoons olive oil into a grainy paste. Scrub it onto your soles with your hands, then rinse off and wrap your feet in warm towels for about ten minutes to seal in moisture. The acids in strawberries have exfoliating properties that will soften rough spots.

## To deeply hydrate

Mix together 5 cups warm milk, 2 tablespoons honey, and 1 tablespoon lavender essential oil. In a separate bowl, melt 1 1/2 cups semisweet chocolate chips in the microwave, then mix in 2 tablespoons honey and 2 egg yolks to create a smooth paste. Soak your feet for 15 minutes in the first mixture, then slather on the chocolate paste and leave on for another 15 minutes. Finally, rinse off with warm water. The milk and the cocoa butter in the chocolate will soothe and moisturize superdry skin.

## For Happy, Healthy Feet

1. To prevent ingrowns, trim toenails straight across and never cut them too short, says Joseph Caporusso, D.P.M., a podiatrist in McAllen, Texas.
2. To freshen up sweaty soles when you can't deal with a messy foot powder, rub on a cream that also has odor-preventing properties. (Try Dr. Scholl's Deodorizing & Moisturizing Foot Cream.)
3. To take the ouch out of sore feet, apply a foot mask containing ginger or peppermint, proven skin stimulators that will rev up your circulation, says New York City podiatrist Stuart Mogul, M.D., author of the book *Perfect Feet*. (Try Bio Solutions PediCare Spa Conditioning Masque.)
4. To relieve heel pain, stand on the edge of a step, let heels drop, and hold for a minute, says Dr. Mogul.





## Tea for a **BEAUTIFUL YOU**

From soothing eyes and feet to giving you lustrous hair, tea can do much more that you ever imagines...

Get gorgeous with these simple beauty tips **By**  
**Juhi Lalka**

### **1 TAKE CARE** of your skin

- Mix 1 teaspoon of fine cornmeal or besan with cooled tea to form a gentle scrub. Let dry, and then gently rub off. Don't use on sensitive skin.
- Make an exfoliating paste using tea and powdered milk. Gently rub on your skin, let dry, and then carefully scrub off before washing.
- Rinse your face with tea. Tea liquor acts as an astringent, so it works well on pimples. Do not was off.
- Get a tea facial. Crush used tea leaves in a heavy face cream and then make circling motions with the cream to polish your skin - it'll appear younger and fresher.
- To cool off during the summer months, pour 1-2 cups of brewed tea liquor into a tepid bath. Relax for about 15 to 20 minutes, allowing the tea-infused bath water to do its magic in refreshing the skin and softening its texture.

## BREW MAGIC

Soothe minor cuts and scrapes, treat sunburns, refresh puffy and fatigued eyes and tone your lips with some cold, rejuvenating tea brew.

To make the brew, mix 1/2 cup of unscented black tea leaves in 4 cups of boiling bottled water for at least 10 minutes. Strain the leaves and set aside. Cool the liquid and refrigerate for approximately 10 days. Here's how you can use it to your advantage:

### From minor cuts and scrapes

Apply cold brew with a pure cotton pad onto minor cuts or abrasions. Leave the cotton pad on the affected area for at least 5 minutes. Do this four times a day.

### Sunburn help

Apply a piece of cotton cloth that's been soaked in cold tea brew to the sunburned area. Leave on for about 15 minutes, or until the burned areas begin to cool. You can repeat this treatment up to four times a day.

### Soothe puffy and fatigued eyes

Forget the cucumber slices! Soak cotton pads in the cold tea brews and lay them on your eyes. Keep the pads on your lids for about 10 minutes. You can also refrigerate your used tea bags and place on your eyes to soothe and make them sparkle.

### Tone your lips

To retain moisture and make your lips appear smooth, apply a used, relatively warm teabag on your lips for a couple of minutes and don't rinse for some time. This is an excellent method to tone your lips just before you step out for an evening out.

## 2 GET healthy hair

- In a small saucepan, warm 1/2 cup olive oil, 2 teaspoons fresh ground lavender or hibiscus, and the dry contents of 2 teabags. Massage into scalp over damp hair. Cover hair with shower cap to keep heat in. Sit in the sun, if possible, for 20 to 25 minutes. Shampoo and rinse hair. Repeat this treatment once a month to nourish and strengthen hair.
- Use weak black tea as a hair rinse to darken hair and add shine.



## 3 CARE FOR your mouth



- Ease toothaches by applying spent tea leaves on the affected tooth until you can visit your dentist.
- Use tea as a mouthwash. Tea is a great natural breath freshener.

## 4 REFRESH your feet

- Walking the beach, hiking in the mountains, or rushing through the city can put stress on your feet. Tea comes to the rescue! Fill up a large pan of warm water, pour in a cup of concentrated, heavily brewed tea, and soak your feet for 10 to 20 minutes. They will be refreshed, and due to the antifungal properties of tea, your feet will also feel clean and fresh.



PHOTO GALLERY

*Diwali Celebrations at Innerwheel*



Our Members sway away to the tunes of "mere angane mein..."the DANCING DIVA's!!!

Members with their Children...  
It was a Memorable Diwali Evening!



Our Members at the Inauguration of the TOILET BLOCK at CSI Primary School for Special Children.

Our President addressing the gathering and enlightening them with her talk on BREAST FEEDING !!



Keep the friendship going....till then.....Buhbye!!!