



IWA
Chennai

Newsletter

SEPTEMBER 2005

SUN	MON	TUE	WED	THU	FRI	SAT
				9.45 a.m. Mtg. Comm. 10.30 a.m Exec. Comm. Mtgs.	2	3
4	10.15 a.m. Philosophy & Religion	6	7	8	9	10
11	10.15 a.m. Music & Performing Arts	13	14	15	16	17
18	10.15 a.m. Cooking Swapshop	20	21	22	23	24
25		27	28	29	30	

IWA NEWSLETTER

Volume XX No. 4

Chennai

SEPTEMBER 2005

Month At A Glance

Thur.	1 st Sept.	Managing Committee Mtg. Executive Committee Mtg.	9.45 a.m. 10.30 a.m.
Mon.	5 th Sept.	Philosophy & Religion <i>Forms of Ganesha</i>	10.15 a.m.
Mon.	12 th Sept.	Music & Performing Arts <i>Commonwealth Musics</i>	10.15 a.m.
Tue.	13 th Sept.	History, Culture & Tours <i>China Speak</i>	4.30 p.m.
Fri.	16 th Sept.	Health & Ecology <i>The Amazing Gut</i>	10.15 a.m.
Mon.	19 th Sept.	Cooking Swapshop <i>Fusion Food</i>	10.15 a.m.
Tue.	20 th Sept.	Current Events <i>Systematic Investment Plans</i>	10.15 a.m.
Wed	21 st Sept	History, Culture & Tours <i>Trip to China</i>	
Thur.	22 nd Sept.	Arts & Handicrafts <i>Amara Linens</i>	10.15 a.m.
Thur.	29 th Sept.	Book Discussion <i>Mira & The Mahatma</i>	10:15 a.m.

FROM THE PRESIDENTS

Dear Friends,

Into the 2nd quarter of our year and racing ahead; also, enjoying every part of it.

Thanks to the untiring efforts of our Chairpersons for the wonderful selection of meetings. We are very happy to see so many of you attending the various meetings.

International Music Day is on Saturday, 1st October 2005. Hope to see you all for this special meeting.

This year's Diwali Mela is around the corner- 15th October 2005 at The Taj Coromandel - an event not to be missed! Tickets priced at Rs.250/- will be available for sale at regular meetings and with Board Members and Activity Chairpersons.

Do remember to use your name badges; don't forget to greet one another and make new friends too!

Looking forward...but for now, China, here we come...

PRINCESS NAIK

RATHI NILAKANTAN

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Thur. 1st Sept.9.45 a.m.

Thur. 1st Sept.10.30 a.m.

Both Meetings hosted by Nalini Panday

at : 6D, 'Ramaniyam Towers'
20-L, Greenways Road,
Chennai 600 028.

FROM THE MEMBERSHIP COMMITTEE

It would be very helpful to the Membership Committee if those members who have not sent in their photos/participation forms would please do so at the earliest. It is truly helpful to be able to put a face to every name and the participation forms do indeed help the various committees and the Board to know each member's interests and level of participation. The Presidents, along with the Membership Treasurer can receive this information and if participation forms have been misplaced, please do get a replacement form from any of them. It would be great to complete the files for IWA and your cooperation in this matter will be much appreciated.

Guidelines at Meetings:

- Please do not leave the meeting before it is adjourned.
- The scheduled time for completion of a meeting is 11:45 a.m.
- At a meeting where there is a speaker, please reserve questions for question time only.
- Please avoid talking while the meeting is in progress
- Please avoid using cell phones during the meeting.

The above have been general observations by several members to us and we are sure that all IWA members will wish to adhere to these guidelines thus enabling the meetings to be more enjoyable and also allow for them to be completed on time.

Thank you for your understanding of this matter.

THE MEMBERSHIP COMMITTEE

Philosophy & Religion

Monday, 5th September, at 10.15 a.m.

At : Vidya Srinivasan's,
"Srinidhi",
3, Satyanarayana Avenue
Chennai 600028.



THE FORMS OF GANESHA

Ganesha Chaturthi, a festival made national by Lokmanya Tilak occurs on September 7th, this year. As a prelude to the festival we bring to you, "Forms of Ganesha".

"Who is Ganesha? what is His hidden meaning? The most popular of the Hindu deities ; an intriguing mythology of an elephant's head atop a plump human body; the appearance of a physical representation offering more iconographic variations than that of any other Indian deity.

Unraveling the mysteries of this religious pantheon, who has fascinated a long and hoary lineage of anthropologists, artists, and religious aspirants, is Tatwamasi Dixit who has imbibed the power and the breadth of the Vedas and is the founder of the Ojas Foundation that promotes the Vedic path to healthy living.

Ganpathi bapa morya pudchavarshi lavakar ya

We thank Vidya Srinivasan for hosting and sponsoring this meeting

RANI ANANTH

BERNADETTE MCEWEN

Music & Performing Arts

Monday, 12th September, at 10.15 a.m.

At : Russian Cultural Centre
(Conference Hall)
74, Kasturi Ranga Road
Chennai 600 018.



THE MUSICS OF THE COMMONWEALTH

The study of Ethnomusicology- a new discipline that has developed in the 20th Century- has produced new insights into our understanding of the musical cultures of the world. The 51 countries of the Commonwealth together demarcate a geographical span in which the various idioms of music that exist in the world are well represented. The strength of music as a medium of unity within the Commonwealth is demonstrated by the various intercultural links that are present among Commonwealth people.

Dr. S.A.K. Durga, Prof. Emiretus, Madras University is an eminent musicologist who has won innumerable accolades and awards for her scholarship and intimate knowledge of world music. She has to her credit six publications, besides her many research papers in national and international publications.

The lecture will be followed by a video presentation of the Musics of the Commonwealth.

We thank Sheetal Shah, Indira Satyamurti, Nisha Sood, Sabita Shetty and Indra Srinagesh for hosting this programme.

GEETA VASUDEVAN

SANDRA LE COZ

History, Culture & Tours

Tuesday, 13th September, at 4.30 p.m.
At: Presidency Club, Pearl Room,
Commander-In-Chief Road,
Egmore, Chennai - 600 008



CHINA SPEAK: HISTORICAL INSIGHT

Titty Philip, Head of History Dept., Women's Christian College Chennai, will enlighten us on China: the old and the new, then and now, past and present.

Two of our own members including Rita Saldanha will share their experiences of their recent trip to China.

We thank Premila Jacob for hosting this meeting.

THAYABAE KAKAR

BONNIE KING

History, Culture & Tours

CHETTINAD - AN EXPERIENCE

Look Out!!! 25th to 29th October 2005.

Must Do!!! This trip is being organised by our own past president Meyyammai Murugappan.

Watch out for the October newsletter.

Health and Ecology

Friday, 16th September at 10.15 a.m
At : Shanthi Verghese's
"Sydenham"
13, 15th Avenue
Harrington Road
Chennai 600 031



THE AMAZING GUT ENSURES HEALTH

The adage "the way to a man's heart is through his stomach" is better stated 'The way to health is through the Gut'.

The small intestine (gut) has amazing architectural intricacy enabling it to optimally absorb nutrients from food. An understanding of its structure and function including adaptation to the tropical environment, ability to conserve trace elements and to absorb food, especially carbohydrates, differentially based on dietary fiber and the glycemic index, will enable us to plan a healthier diet using the marvelous powers of the gut.

The talk by Dr. Minnie Mathan, Fellow and Senior Scientist, Indian National Science Academy, and Former Professor of Pathology and Head of the Department of Gastroenterology, CMC, Vellore, sharing over 40 years of her research experience, will increase our knowledge and ability to plan our diet to ensure better health and avoid life style diseases of the heart, diabetes and obesity.

We thank Shanthi Verghese for hosting this meeting.

MRIDULA SRINIVASAN

JYOTI SOMANI

Cooking Swapshop

Monday, 19th September, at 10.15 a.m.

At : Taj Connemara
Wallajah Road
Binny Road
Chennai 600 002



A MORNING OF FUSION FOOD

Hip Asia, a newly opened restaurant in Taj Connemara is the only place in Chennai which serves Oriental fusion cooking.

Chef Bhera will display three different cuisines by demonstrating a Thai salad, a Vietnamese Curry and Japanese Sushi (Vegetarian and Non Vegetarian).

Do come and taste the flavours of the Orient.

Members only

ANITA KOSHY

MANISHA SINGHEE

CHANGE OF ADDRESS

Sarah Chanda
TA 15/8, V P Colony (North)
Chennai 600 023
98412 71730

Sonia Chadda
8, ICL River View Apartments
No.9, 3rd Avenue
Boat Club Road,
Chennai 600 028

Shweta Mohapatra
Old No. 11, New No. 27
Arch Bishop Mathias Avenue
Chennai 600 028

Current Events

Tuesday, 20th September, at 10.15 a.m.

At : Mowbrays Room
Madras Club
Adyar Club Gate Road
Chennai 600 028



SYSTEMATIC INVESTMENT PLANS.

Sameer Desai is an experienced financial consultant from J.M. Morgan Stanley.

He will talk to us about management of our investments and help us understand the world of finance through a slide presentation.

Come prepared with all your financial queries that need answers.

We thank Sonia Chadda for sponsoring this meeting.

RANI DAS GUPTA

ISOBEL FLINT

CONGRATULATIONS TO

Zubeida Asgarali, Meyyammai Murugappan and Debbie Thiagarajan on the birth of their grandsons.

Arts and Handicrafts

Thursday, 22nd September, 10.15 a.m.

At : Amara Linen Gallery
No : 36 , Second Main Road
Kasturba Nagar
Adyar, Chennai - 600 020.



Location - First right on the road from Adyar terminus to Indra Nagar. (The road opposite to Sony showroom)

AMARA LINENS

Amara manufactures a range of luxury designer bed linen of international quality and have been supplying products to discerning buyers throughout the world including Marks & Spencers and Deluxe 7 star hotels of the Oberoi group.

Amara brought out a new collection last year named "Secrets of the Earth". Their latest collection called "Treasures of the Earth" will be released shortly. This collection has been designed by Dr. K.M.Thiagarajan (Chairman of Amara, a former banker and sculptor) and Rajesh Sunkara who has done Masters of Fine Arts from the college of Arts and Crafts, Chennai.

Both of them will present the design concept behind these two collections and "The Treasures of the Earth" collection will be exhibited. They will also answer your queries on this subject.

We thank Amara for this program.

URMILLA AGARWAL

MERETE KOEFOED

Book Discussion

Thursday, 29th September, at 10.15 a.m.

At : Madras Club,
Moubray's Room.
8, Adyar Club Gate Road,
Chennai - 600 028.



BOOK: "MIRA AND THE MAHATMA" BY SUDHIR KAKAR.

SPEAKER : DR.VIJAY NAGASWAMY

"A love story, made more poignant by the anguish it caused them both" thus writes Mark Tully in his review. Indeed it is a love story and a history lesson. The writer has meticulously researched his book and has gifted us an insight into the persona of India's 20th century saint and the English woman, Madeleine Slade, who followed him with a devotion few would or could sustain during the turbulent years of pre-Independence.

Our speaker this month is the engaging Dr. Vijay Nagaswamy, familiar to IWA for his brilliant review of "A Beautiful Mind" two years ago and more recently for his talk on "Relationships"

We thank Chandra Sankar for her generous sponsorship of this meeting.

PLEASE leave your mobile phone in the car, ...or switch it off during the meeting.

SHALINI BISWAJIT

RADHA GOPALAKRISHNAN

Arts and Handicrafts



We are extremely happy to have discovered a treasure house of talents from our members and in continuation of this spirit, we would like to organize programs where many of our own enthusiastic members can take part.

We invite our membership to come forward and participate in the program, 'IWA TREASURES' on Thursday, 6th October 2005.

We look forward to members wearing their antique jewelry, and sarees of yesteryears, and share a few words about the same, on this day. It could even be a silver piece that has a family story to it.

Do come to admire the artistic beauty of these objects and to know more about them. This will be followed by a short talk on the characteristics of precious stones and maintenance of the antique jewelry by an expert from the field.

We invite members to participate on this day and to give their names before 10th September to

Urmilla Agarwal - 98410 85533
Princess Naik - 98406 77703
Rathi Nilakantan - 98410 73060

URMILLA AGARWAL
MERETE KOEFOED

THE BOARD MEMBERS

Diwali Mela

This year's Diwali get-together will be on the 15th of October, from 10 a.m. to 4p.m. at The Taj Coromandel Hotel.

Chairpersons would keep the tickets priced at Rs.250/- on sale at all the meetings; this being a gala event, we would encourage you to buy the tickets at an early date.

For stall booking, please contact

Shweta Mohapatra - 2434 1413
Mansha Bhatia - 2827 3251, 93821 38879

The stalls would be booked on 'first come first served', basis and each stall would be charged at the rate of Rs.1500/.

Khazana Stall : This year also we do have the most popular Khazana Stall.

We request the members to come forward and give many attractive gifts (worth more than Rs.100, please. Cash also is welcome!) to any of the following members.

Princess Naik	9840677703	Adyar
Rathi Nilakantan	9841073060	T.Nagar
Mridula Srinivasan	24321028	R.A.Puram
Thayabae Kakar	9840766135	Egmore
Darley Mathew	26213439	Annanagar

CHANGE IN PHONE NUMBERS

Mansha Bhatia 93821 38879 / 2827 3251

Then...



A Decade Later...



Founders Day... Now



Founders Day

MANY THANKS !!!

Our special thanks to our Founders and Past Presidents for their presence and support.

To all the members who came in such large numbers and encouraged us; the Board Members and Activity Chairpersons thoroughly enjoyed putting together the entire program.

A very big 'thank you' , to all the participants , who made the event so memorable and enjoyable:

Rani Ananth	Padma Ashok
Mansha Bhatia	Latha Chohan
Rani Dasgupta	Jo Frogbrook
Vandana Ghadiali	Uma Ganesan
Premila Jacob	Shanti Karunakaran
Thayabae Kakar	Pushpa Lakshman
Rashmi Mohindra	Darley Mathew
Bernadette Mcewen	Padmini Natarajan
Fazeela Nurdeen	Sharmila Ramji
Rekha Rangaraj	Leela Ratnam
Anuradha Sachdev	Manisha Singhee
Sheetal Shah	Sheela Sharath
Chandra Seoni	Mridula Srinivasan
Vidya Singh	Leena Surya Prakash
Geeta Vasudevan	Ranjini Venkataraghavan

Elaine Wood

A note of special thanks to Biswajit Balasubramanian for the lovely art work.

Founders Day Song

Raindrops and Roses (Tune)

Wait lists and interests in IWA membership
Admission forms and some dual sponsorships
Nail biting waits and committee decisions
Some get rejected but the lucky get in

Membership numbers
And names on white badges
Fellowship meetings
And first introductions
The thrill of attending an IWA meeting
These are IWA members' favorite things

Members in silks, and designer cut outfits
Art and craft demos and cookery classes
Tours and Debates and music recitals
IWA newsletter tells us everything!

When Chennai's heat burns
When life is so dull
When we're feeling sad
We simply attend and IWA meeting here
And then we don't feel, so bad

"THE TSUNAMI EFFECT" — MAHABALIPURAM

A group of IWA ladies were off to see the Tsunami aftereffects on the shores of Mahabalipuram.

Next to the existing pagoda (the 7th), a new one just popped up and has been fully excavated. Is it the sixth pagoda?? Time will tell.

A ruined temple site has also been excavated close to Tiger Caves. The Tamil inscriptions on a rock at the protected site came to light. Exploration showed a cultural/habituated mound. On the surface - pot shells, brick bats and a Chola coin (10th century) was found. This gave enough proof to dig deeper. This site was awesome. Mr. Tirumorthy of ASI who excavated the site was our guide.

After this sun drenched sojourn we lunched at Fisherman's Cove, watching the calm blue sea and enjoying the cool breeze. The IWA ladies returned home more radiant than before.

HEARTFELT CONDOLENCES TO

- Radha Seshadri on her father's demise.
- Debbie Thiagarajan on the passing away of her mother.
- Eira Doshi on the loss of her father-in-law.

IWA MEMBERS AT MAHABALIPURAM



WARM WELCOME TO NEW MEMBERS:

Victoria Brown
3/2, Murrays Gate Road,
Alwarpet,
Chennai - 600 018

Venezuela
52031379

Asiatl Troubridge
C/O. Real Estate Group
Exceed International
Sri Sai Square,
153, Arcot Road,
Valasaravakkam,
Chennai - 600 087

America
(R) 55513873
(O) 24863700

Sejal Waswani
D-3, Millbank
4, Boat Club Road,
3rd Avenue
Chennai - 600 028

United Kingdom
24355290
98840 52575

NEW ADDITION TO THE EXECUTIVE COMMITTEE

WARM WELCOME TO ARTS AND HANDICRAFTS CHAIRPERSON

MERETE KOEFOED



SPELLBOUND

Special invitation for IWA Members

Sunday, 4th September 2005, 7.00 p.m. to 9.00 p.m.
(Please be seated by 6.45 pm)

At: Museum Theatre,
Egmore,
Chennai - 600 008

The Forum Art Gallery proudly presents Sutra Dance Theatre in 'Spellbound' at Museum Theatre on 4th September 2005 (Program 2: Contemporary Modern).

Artistic Director Ramli Ibrahim is the recipient of the Distinguished Artist Award 1999 and the coveted BOH Fulbright Cameronian Lifetime Achievement Award 2003 and most recently, the J.S.M. (Johan Setia Mahkota) 2004. He is Malaysia's most prominent dancer and choreographer, and is trained in classical ballet, modern dance and Indian classical dance.

Spellbound features Ramli Ibrahim and Sutra Dancers Anushya Nair, Tan Mei Mei, Nishah Devi Govind, Divya Nair, Sivagamavalli Selvarajan and guest artist, Rahul Acharya.

Sutra features an electric contemporary modern work, mainly inspired by Odissi and Bharata Natyam, besides revealing global influences from other streams, both in choreography and choice of music.

Spellbound is a wonderful cross-cultural fertilization between India and Malaysia, with the former as a major source of inspiration.

This is a special invitation for IWA members and their families.

EXECUTIVE COMMITTEE 2005 - 2006**MANAGING COMMITTEE****PRESIDENTS**

Princess Naik	2441 8448 / (O)5205 4989 98406 77703
Rathi Nilakantan	(R) 2822 9932 / 2826 5250 (O) 2811 3691 / 98410 73060

VICE PRESIDENTS

Seema Bhargava	2434 7062 / 2435 6707
Amulya Rao	2499 5434 / 98409 25434

SECRETARIES

Rekha Rangaraj	2499 4756 / 5211 0761
Nalini Panday	2461 0944 / 98410 48629

TREASURERS

Nina Kothari	2827 5859 / 2827 8888
Uma Ganesan	2452 9276 / 98410 34449

ACTIVITY CHAIRPERSONS**ARTS & HANDICRAFTS**

Urmilla Agarwal	2820 5327
Merete Koefoed	5215 4358

BOOK DISCUSSION

Shalini Biswajit	2433 8216 / 2434 0315
Radha Gopalakrishnan	2491 8186

COOKING SWAPSHOP

Anita Koshy	2656 2152
Manisha Singhee	2499 1482 / 2499 1483

CURRENT EVENTS

Rani Das Gupta	2499 1084 / 94440 71084
Isobel Flint	2449 3448

HEALTH & ECOLOGY

Mridula Srinivasan	2432 1028
Jyoti Somani	2432 0797

HISTORY, CULTURE & TOURS

Thayabae Kakar	2826 8018 / 2823 4880
Bonnie King	2461 7482

MUSIC & PERFORMING ARTS

Seeta Vasudevan	2491 5913
Sandra Le Coz	5210 2017

PHILOSOPHY & RELIGION

Rani Ananth	2449 0854
Bernadette Mcewen	5549 7307