



IWA  
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# NEW HORIZON

IWA  
Chennai

March 2008

Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4 00.30 a.m. Mng. Comm. Mg. 10.30 a.m. Exec. Comm. Mg.	5	6 10.15 a.m. Health & Ecology	7	8
9	10	11 10.15 a.m. Arts & Handicrafts	12	13 10.15 a.m. Cooking Swapshop	14	15
16 7.00 p.m. Grand Finale	17	18 10.15 a.m. Music & Performing Arts	19 04.30 p.m. Phil. & Religion	20	21	22
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# IWA NEWS LETTER

Volume XXII No. 10

Chennai

**MARCH 2008**

## MONTH AT A GLANCE

- Tue. 4th Mar. Managing Committee Meeting 09.30 a.m.  
Executive Committee Meeting 10.30 a.m.
- Thu. 6th Mar. Health & Ecology 10.15 a.m.  
*Improve Your "Eye Q"*
- Tue. 11th Mar. Arts & Handicrafts 10.15 a.m.  
*The Chennai Sangamam Experience*
- Tue. 13th Mar. Cooking Swapshop 10.15 a.m.  
*TOFU Temptations*
- Sun. 16th Mar. **GRAND FINALE** 07.00 p.m.
- Mon. 18th Mar. Music & Performing Arts 10.15 a.m.  
*The Tanpura*
- Wed. 19th Mar. Philosophy & Religion 04.30 p.m.  
*Dharma Migu Chennai*
- Tue. 25th Mar. Health & Ecology 10.15 a.m.  
*Plastic Surgery*
- Thu. 27th Mar. Book Discussion 10.15 a.m.  
Current Events  
*Working and writing for CNN*

## FROM THE PRESIDENTS

Dear Members,

By the time the newsletter is in your hands, some of our members who have gone to explore the beauties of Sikkim and neighbouring places, would have returned with abundant and rich experiences and lots of shopping. Welcome back and tell us all about it.

The Grand Finale of the year is round the corner. It is scheduled for 16th March 2008. It is a Sunday, and spouses can accompany you. Please look forward to an evening of fellowship, entertainment and fun, followed by dinner.

You will find nomination forms for nominating the office bearers of IWA for 2008-2009 attached in this newsletter. Please do respond and send in your nominations.

Looking forward to meeting you at all IWA meetings, specially at the Grand Finale at Park Sheraton for all of us to enjoy.

**KAMALA PRASAD**

**RAZIYEH SHEERAZIE**

**MANAGING COMMITTEE**

Tue. 4th March 9.30 a.m.

**EXECUTIVE COMMITTEE**

Tue. 4th March 10.30 a.m.

Both Meetings hosted by  
**Susan Hopper**  
At : **River House,**  
12, Turnbulls Road Extn.  
Chennai - 600 035

## HEALTH & ECOLOGY



Thursday, 6th March at 10.15 a.m.

At: **The Madras Club.**

7, Adyar Club Gate Road,  
Chennai – 600 028.

### Improve Your "Eye Q"

**Dr. Navin Jayakumar**, MBBS; DO; FRCS (Ed), Director Darshan Eye Clinic, Senior Consultant, Vasan Eye Care Hospitals, Chennai; and visiting Honorary Prof. of Ophthalmology at Shantou Medical University, China, will illuminate us on various matters concerning our most precious organ, namely the EYE.

He will share his vast knowledge and experience with us, while removing numerous doubts and misconceptions we may have had regarding eye care. Using audio-visual aids Dr Jayakumar will talk about the research in his field of super-specialization "Neuro-Ophthalmology" and the latest developments in eye surgery.

A must-attend for our members as the topic concerns the well-being of all.

We thank our gracious hostess **Ambika Mammen** for hosting this meeting and **Gayatri Bewoor** for sponsoring the LCD Projector.

We also thank **Sujaya Menon** for sponsoring the LCD projector for the Feb.meeting..

**ASHA HEMDEV**

**BILKIS MOOSA**

*"The health of the eye seems to demand a horizon. We are never tired, so long as we can see far enough". Ralph Waldo Emerson*

## ARTS & HANDICRAFTS



Tuesday March 11th 2008 at 10.15 am

At: **Meenakshi Arunachalam**  
Chamundeswari Baugh  
3 (old 1) Bishop's Garden  
off Greenways Road  
Chennai 600 028

### "THE CHENNAI SANGAMAM EXPERIENCE"

The Chennai Sangamam is a unique event special to this wonderful city in which we live. A joint initiative by Tamil Maiyam and the Department of Tourism and Culture, it showcases the art and culture, and the spirit of Chennai in all its facets. This year it was an outstanding success: "Thiruvizha, Namma Thiruvizha" – a hundred venues, a million eyes, and scores of performers in the streets and parks for everyone to enjoy.

**Father Jegath Gasper Raj** who conceptualized Thiruvasakam in musical masterpieces: Mozart Meet India, Indian Christmas and Vaazhum Valluvam, and co-created Chennai Sangamam will talk to us about the event's successes and its future promise.

We thank **Meenakshi Arunachalam** for graciously hosting this meeting on Chennai Sangamam Experience.

**PRITHIKA CHARY**

**SANJITA SHAH**

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*Chennai Sangamam is all about Chennai and the best of it. The city known for its tolerance, spirit and willingness to experiment deserves to be celebrated. Celebrate the City. Live the Spirit of Chennai.*

## COOKING SWAPSHOP



Thursday, 13th March 08, at 10.15 a.m.

At: **The ACCORD Metropolitan**  
Emerald hall (Basement)  
35, G.N Chetty Road,  
T.Nagar, Chennai-600 017

### TOFU Temptations

This innocent looking block of bean curd, is one of the most remarkable foods in the world that is amazingly versatile. It has very little flavor or smell on its own and can be used in main courses, breads, soups, salads, dressings, dips and even desserts. Tofu blends and mixes easily with various types of herbs and spices. It is used to make Mexican, Mediterranean and Middle Eastern dishes.

Tofu increases the protein of any dish to which it is added. It is low in calories, contains beneficial amounts of iron and has no cholesterol. An additional benefit of tofu is that it is extremely easy to digest. This is because the soybean's fiber is removed during the manufacturing process.

Executive chef **Shridhar.G** of the ACCORD Metropolitan will demonstrate for us, just how versatile Tofu is.

In addition to our Tofu temptation, there will be a surprise secret recipe from the Chef's grandmother's kitchen

We would like to thank **Ms. Chandri Bhatt** for the demo & The Savera group of hotels for hosting the "Specialty Breads" meeting.

Our Special thanks to **Kausalya Jaganmohan** for hosting the Gourmet Food meeting at her residence.

**RAJI RAMESH**

**MEENA NARU**

-----  
*"Have a mouth as sharp as a dagger, but a heart as soft as tofu" Chinese Proverbs*

## MUSIC & PERFORMING ARTS

Tuesday, March 18th at 10.15 am

At: **Rani Ananth's**,  
Sal Villa', Plot No.500  
4th South Main Road,  
Sri Kapaleeswarar Nagar,  
Neelangarai, Chennai 600 041



### THE TAMBURA (TANPURA) the "Jiva" of music

The Tanpura is a unique musical instrument which supports and sustains the melody, by providing a colourful and dynamic harmonic resonance field. It can be likened to the 'jiva' or soul of music. The meaning of the word 'tanpura' is derived from "tana" which means a musical phrase and "purra" meaning fullness or completeness. In tuning the tanpura we try to create a single, unified vibratory system. When tuning the tanpura, the artists attune themselves to the raga that is going to be performed.

Today the tanpura is being increasingly replaced by the electronic substitute tanpura, which can never provide the 'jiva' or soul of music.

**Shri R.Lakshminarayanan** has been a tanpura artist for the past 60 years and has accompanied leading musicians and dancers. Seated unobtrusively in the background, he has been plucking the strings of his tanpura, creating the background for many a music concert and yet has rarely been accorded the importance that he truly deserves. Today IV will accord pride of place to the tanpura and the musician who has become synonymous with his instrument.

Singing to the sound of the tanpura is **Amritha Murali**. Belonging to a family of music connoisseurs, she has gained much acclaim with the music fraternity as a highly talented musician of the younger generation. Winner of several awards and honours, she is one of the rising stars on the music horizon. She is equally talented in playing the violon.

We thank **Rani Ananth** for hosting the meeting.

**GEETA VASUDEVAN**

**PIA OLANDER**

*"Thyagayya pleased the naadhapriyan, Sita Rama by elegantly plucking the string of tanpura immersing himself and his hero in infinite bliss of naadha. If someone has plucked the strings of veena /tanpura continuously for hours, he would know how it hurts to do so".*

## PHILOSOPHY & RELIGION



Wednesday, March 19th, at 4.30 pm to 6:30 pm  
(Please note the duration)

At: **Nina Kothari's**  
"Kothari Bagh"  
18, M.G.Road, Nungambakkam  
Chennai 600034

### Dharma Migu Chennai (Dharma filled Chennai)

Is Chennai a kshetram (spiritual city)? **Dr. Sudha Seshayyan**, a medical doctor by profession, is a brilliant and entertaining speaker, with a special love for her town Chennai, its literary, spiritual and artistic flavour, all growing together and making it a most vibrant city. She would rather refer to it as a conglomerate of kshetrams, a place of spiritual and religious importance and traces its religious and spiritual growth from Tiruvottiyur to Tiruvanmiyur.

**Gayathri Balagurunathan**, is the daughter and disciple of the well known Kalakshetra artist Krishnaveni. A dancer, teacher and choreographer, she will depict in dance and music this wonderful spiritual journey of our city- a visual tour of the religious, spiritual, literary and artistic coming together of the history of our town.

Religion, philosophy, art and culture are all connected and need to be seen complementing each other and this seamless amalgam of the literary, artistic and spiritual is what we want all our members to come and enjoy.

We thank our member **Nina Kothari** for so generously hosting this event at her home.

Please warn in to **Sadiya Khaleel - 98840 50686**

Please note that this is a members only meeting

We thank **Ramani Reddy & Sharmila Ramji** for sponsoring the lights and sound for this meeting

We also wish to thank **Leela Rathnam** for having hosted the January Philosophy & Religion meeting at her home. We thank all the IWA senior members who came forward as speakers and shared their experiences with us - **Mano Bakthavatsalam, Saroj Ramamrutham, Leela Diraviam & Leela Rathnam**. Our thanks to **Surekha Kothari** for being the moderator and to our wonderful singers - **Surekha Kothari, Padmini Subramaniam, Brahada Kameswaran & Pushpa Lakshman**. **Rani Ananth and Mridula Narasimhan** danced extempore to the glorious Bharathiar composition "Aaduvomey palli paaduvomey" a fitting tribute to fellowship!

SADIYA KHALEEL

UMA GANESAN

**CHANGE OF ADDRESS**

**Rita Lal**  
13, Residency Parikrama  
Apt.5, 3rd Floor, 14th Cross Street  
Shastri Nagar, Chennai - 600 020  
Tel : 2491 0138  
Mobile : 09382603650

**BOOK DISCUSSION  
CURRENT EVENTS**



Friday 21st March at 10.15 am

At: **Sharada Khemka**  
4, Rutland Gate, 6th Street  
Chennai 600 006

**Working and writing for CNN**

**Liz Neisloss** was with CNN based in New York City for 18 years covering stories including the 9/11.

She spent nearly 11 years based at the United Nations headquarters, covering stories including the hunt for Iraq's weapons, the run up to the current Iraq war, oil for food scandal and the dispute over North Korea and Iran nuclear programs.

She is now based in Chennai with her husband and two children. She will talk about her experiences with CNN and answer your questions on how a news story is put together.

We would like to thank **Sharada Khemka** for hosting the meeting

**ARCHANA MEIYAPPAN**  
**ANURADHA SACHDEV**

**RUTH LAUGE**  
**BALVEER SINGH**

*"The one function that TV news performs very well is that when there is no news we give it to you with the same emphasis as if it were". David Brinkley*

## HEALTH & ECOLOGY

Tuesday 25th.March at 10.15 a.m.

At: **Bilkis Moosa's**  
16, Cenotaph 2nd. Lane  
Teynampet  
Chennai-600 018,



### Plastic Surgery

Ever wondered how friends go for a "vacation" and come back looking so refreshed? How is it that 60year old+ actors look 40 something? What about the ugly duckling relative who suddenly blossomed into a swan? Are all those people lucky or do they just have good genes? Most likely neither. They probably had cosmetic surgery.

Cosmetic surgery is defined as plastic surgery for improving a person's appearance once the exclusive purview of the rich and famous. Now cosmetic surgery is providing everybody with the chance to feel good by looking better.

Our speaker is **Dr. S. Arumugam**, (better known as Dr.Ari) a world renowned plastic surgeon. He is an American Board certified general as well as plastic surgeon. Dr. Ari is the only member of American Society for Aesthetic Plastic surgery currently practicing in India. For the last 24 years Dr. Ari has exclusively practiced cosmetic surgery in Chicago, and in Chennai. He is currently the Chief medical Officer at Chicago Cosmetic Surgery Group which has centers in Chennai, Coimbatore and Mumbai.

Dr. Ari will give us some insight into the various pcedures in cosmetic surgery

**ASHA HEMDEV**

**BILKIS MOOSA**

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"I was going to have cosmetic surgery until I noticed that the doctor's office was full of portraits by Picasso". Rita Rudner

## Grand Finale

**IWA** Presents:

An evening of music, dance and lots of fun and fellowship.

At : Park Sheraton

On : Sunday 16th March 2008,

At : 7 p.m.

Please grace the occasion with your presence.

Warn in is a must, by **10th March 2008** for all members and their spouses. Spouse charge Rs.850

Please warn in to any of the following:

**Kamala Prasad**                      **Raziyeh Sheerazie.**

**Rani Ananth**                        **Radha Gopalakrishnan.**

**KAMALA PRASAD**

**RAZIYEH SHEERAZIE**

**THE BOARD**

### *The IWA Vellore trip*

Short but sweet would be an apt summing up of our trip to Vellore. The bus with 24 ladies and 3 gentlemen aboard, rolled out of Adyar in good time, and proceeded at a spanking pace down a well kept highway, with medians full of flowering oleander in pink and red — a delight to the eye.



We trooped into the "DARLING" Residency —yes; that was the name of the hotel; but were soon out, enroute to the Sripuram Temple of Gold. Large pictures of the Guru, known as Amma gaze at you from the new and enormous hospital, which is the only building you see. Rather disappointed, we pick our unshod way over stony ground, to iron mesh sheds, and sit awaiting the opening of the gates. In a surprisingly short space of time, this mass of

people, move through several corridors, to a roofed passageway, with well kept, beautiful gardens on either side, and thought provoking texts in Hindi, Tamil and English, at short intervals. In the centre is the stunning gold covered structure, surrounded by a moat. Intricately carved and exquisitely maintained we walked around awestruck. The Deity (Lakshmi) is housed in an all-gold room, and on payment of Rupees 250/- one can sit and have darshan —a remarkable experience.

We were up early next morning to visit the Fort; a most impressive structure from without, but rather shabby within. What is unusual, is the presence of a temple, a mosque and a church within the precinct. The Jalakanteswara Temple is intricately carved, with beautiful pillars. The gopuram is unfortunately covered with white washed cement, which is fortunately wearing away. One hopes it will return soon to its pristine state. The church has a beautiful stained glass oriel window, and is well maintained.

All in all it was a delightfully well organised trip, and even though our guide and speaker suddenly dropped out, Uma and Geetha, with Prithika's help organised a worthy substitute! May such trips abound .

**Rita Saldhana**





## SUNNYSIDEUP

A man was sitting on the edge of the bed, observing his wife, looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her Birthday.

"I'd like to be six again", she replied, still looking in the mirror.

On the morning of her Birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park. What a day!

He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Monster Roller Coaster, everything there was. Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down.

He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake

Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure! Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, "Well dear, what was it like being six again??"

Her eyes slowly opened and her expression suddenly changed. "I meant my dress size, you dumb ass!"

The moral of the story: Even when a man is listening, he is gonna get it wrong.

### *Things to Ponder:*

- SECRET:

Something you tell - one person at a time.

- EGOTIST:

Someone who is usually me-deep in conversation.

- HANDKERCHIEF:

Cold Storage

## *From the Election Committee*

We invite you to nominate persons for each office of the Managing Committee.

### GUIDELINES:

1. Nominees for Presidents shall have served on the Managing Committee For at least two years. They should have been members of IWA for at least 5 years. This may be relaxed in the case of Non-Indians.
2. Nominees for Office Bearers of the Managing Committee (i.e. Vice President, Secretary or Treasurer) should have served as Activity Chairpersons for at least two years. This may be relaxed in the case of Non-Indians.
3. The Election Committee shall present to the members, the names of Indian and Non-Indian nominees who are eligible and willing to stand for election on the Managing Committee. They shall inform the Members of the date, time and venue of the Election.

**This Newsletter carries the Nomination Form. Please fill in the Form and forward to Rani Chada, Chairperson, Election Committee, so as to reach her before 3 p.m. on Friday, 7th March 2008.**

**Rani Chada  
Chairperson, Election Committee,  
IWA,857, Poonamallee High Road,  
Kilpauk, Chennai 600 010.**

*From the Election Committee*

ELIGIBLE MEMBERS WHO HAVE ACCEPTED TO BE  
NOMINATED FOR THE POST OF PRESIDENT,  
VICE-PRESIDENT, SECRETARY AND TREASURER OF  
IWA 2008-2009

INDIANS

Nina Kothari .....  
Rani Ananth .....  
Shoba Hebbar .....  
Mridula Srinivasan .....  
Prithika Chary .....  
Beena Ram Mohan .....  
Fazeela Nurdeen .....  
Asha Hemdev .....  
Shanthi Thomas

NON-INDIANS

Lynne Connor  
Cherry Venkatesan  
Jo Frogbrook  
Sanjita Shah  
Ruth Lauge  
Vijaya Bharathi Rangarajan  
Shanta Narayan  
Prabha Nair

Note: All Non-Indian members are eligible

MEMBERS CAN NOMINATE FOR ALL OR SOME POSTS

IWA

NOMINATION FORM 2008 - 2009

I nominate

No. 329

Indian

Non-Indian

Presidents

Vice Presidents

Secretaries

Treasurers

Signature

Date

Name

(Block Letters)

Please send this to The Registered Office before 3 p.m. on Friday  
7th March 2008

**Mrs. Rani Chada**

Chairperson, Election Committee,  
IWA, 857, Poonamallee High Road,  
Kilpauk, Chennai 600 010

**EXECUTIVE COMMITTEE 2007-2008****MANAGING COMMITTEE****PRESIDENTS**

Kamala Prasad	28283809	99401 41177
Raziyeh Sheerazie	28363687	99400 85532

**VICE PRESIDENTS**

Rani Ananth	24490854	98407 61624
Radha Gopalakrishnan	24918186	

**SECRETARIES**

Shobha Hebbar	26411248	98403 38258
Lynne Connor		98409 75740

**TREASURERS**

Mridula Srinivasan	24321028	98409 31812
Susan Hopper	24333565	98412 21201

**ACTIVITY CHAIRPERSONS****ARTS & HANDICRAFTS**

Prithika Chary	24997878	98400 38752
Sanjita Shah	42105503	98408 57869

**BOOK DISCUSSION**

Archana Melyappan	28473932	98409 98800
Ruth Lauge		98402 35222

**COOKING SWAPSHOP**

Raji Ramesh	24939640	98410 49390
Meena Naru	28362499	98400 81678

**CURRENT EVENTS**

Anuradha Sachdev	28341349	99401 03458
Balveer Singh	24984989	99401 83839

**HEALTH & ECOLOGY**

Asha Hemdev	28278165	98403 43528
Bilkis Moosa	24349934	98840 50450

**HISTORY, CULTURE & TOURS**

Geetha Rajagopal	24984168	98400 52899
Gowri Visvanathan	24332627	98840 68888

**PHILOSOPHY & RELIGION**

Sadiya Khaleel	62591015	98840 50686
Uma Ganesan	24529276	99406 52588

**MUSIC & PERFORMING ARTS**

Geeta Vasudevan	24915913	98843 63550
Pia Olander		98404 58630