

August 2008

Newsletter



Chennai



REACHING OUT IN FRIENDSHIP



EXECUTIVE COMMITTEE 2008- 2009

MANAGING COMMITTEE

PRESIDENTS

Rani Ananth	24490854	98407 61624
Lynne Connor		98409 75740

VICE PRESIDENTS

Shobha Hebbar	26411248	98403 38258
Vijaya Rangarajan	28156588	98410 99363
	(O)28288844	

SECRETARIES

Mridula Srinivasan	24321028	98409 31812
Ruth Lauge	24495199	98402 35222

TREASURERS

Asha Hemdev	28278165	98403 43528
Jo Frogbrook	42110112	98408 91824

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Nabila Avas		9840026665
Ninna Hogedal	65714286	9952965170

BOOK DISCUSSION

Nalini Acharya	26449731	9381174164
Bharathi Nair Gopinath	42120726	9884495778

COOKING SWAPSHOP

Achu Kurian	28365083	9841144072
Balveer Singh	24984989	9940183839

CURRENT EVENTS

Anuradha M. Uberoi	24329728	9841042520
Tineke Sysmans	45066148	9940135888

HEALTH & ECOLOGY

Zainab Kachwaila	28292274	9840853652
Helen De Clercq	24510180	9940688738

HISTORY, CULTURE & TOURS

Leena Suryaprakash	28213067	9840937366
Cherry Venkatesan	28293436	9841023740

MUSIC & PERFORMING ARTS

Ramani Reddy	28353348	9840086858
Angelika Schwering	24490382	9840379471

PHILOSOPHY & RELIGION

Archana K Meiyappan	28473932	9840998800
Lena Heyman	24493222	9444076800

IWA NEWSLETTER

Volume XXIII No. 3

Chennai

AUGUST 2008

MONTH AT A GLANCE

Mon. 4th Aug.	Managing Committee Meeting	09.30 a.m.
	Executive Committee Meeting	10.30 a.m.
Tue. 5th Aug.	Current Events	10.15 a.m.
	<i>Viability of Sethusamudram Project</i>	
Thu. 7th Aug.	Cooking Swapshop	10.15 a.m.
	<i>Bakes & Salads</i>	
Tue. 12th Aug.	Arts & Handicrafts	10.15 a.m.
	<i>Traditional S. Indian Hair Styles</i>	
Tue. 19th Aug.	Health & Ecology	10.15 a.m.
	<i>Alternate Treatment for Heart Disease</i>	
Aug. 19th-22nd	History, Culture & Tours	
	<i>Trip to Yercaud</i>	
Thu. 21st Aug.	Philosophy & Religion	10.00 a.m.
	<i>Dharm: the Movie</i>	
Tue. 26th Aug.	Music & Performing Arts	10.15 a.m.
	<i>Flamenco & Salsa</i>	
Thu. 28th Aug.	Book Discussion	10.15 a.m.
	<i>Review of "Anmi"</i>	

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS



Dear Friends,

What a hectic month July turned out to be! Your attendance at our meetings has been simply overwhelming. Thank you for making every effort to support our Chairpersons, it is very much appreciated.

Founders Day gave us the opportunity to commemorate our Founders and Past Presidents, "embracing the past and bridging the future." We would like to thank all the Founders, Past Presidents, the Board, the Executive Committee and all the members who participated in the celebrations.

This month, we take off to the land of lakes and forests - that's literally what Yercaud means (*yeri* - lake, *kaadu* - forest). If Ooty is the queen of the hills, Yercaud is the princess!

The enthusiasm of the Activity Chairpersons is infectious. They have packed excellent meetings, ranging from the very current Sethusamudram project, long forgotten traditional hairstyles to Salsa and Flamenco. Ole! Ole! Do make a note of the dates on your calendar and we both hope to see you at the meetings.

Finally, a special "thank you," to those of you who have so generously agreed to host and co - host meetings this year.

RANI ANANTH

LYNNE CONNOR

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Mon. 4th Aug. at 9. 30 a. m.

Mon. 4th Aug. at 10. 30 a. m.

Meetings hosted by
Achu Kurian
 At her residence
 9D, Rosemere Apartments,
 18, Harrington Road, Chetpet,
 Chennai - 600 031.

FROM THE TREASURER

Income & Expenditure Statement

1st April 2008 to 30th June, 2008.

Income	Amount Rs.
Membership Subscription	303600.00
New Membership	1750.00
Hostess Contribution	16050.00
Telephone Books	9840.00
Guest Contribution	19700.00
Photographs & Badges	400.00
Savings Bank/Fixed Deposit Income	6178.00
Total Income	357518.00
Expenditure	
AGM Expenses 2007 - 2008	47410.00
Accounting Charges	2000.00
Meetings	34957.60
Printing & Stationary	225.00
Postage & Courier Charges	2497.00
Excess of Income over Expenditure	270428.40
Total	357518.00
Funds Position as on June 30th, 2008	
Opening Balance - 1st April, 2008	
Bank	224417.35
Cash	5604.70
	230022.05
Add: Excess of Income over Expenditure	270428.40
Less: Advance paid to Chairpersons	24000.00
Closing Balance - 30th June, 2008	
Bank	474550.75
Cash	1899.70
	476450.45
Fixed Deposits	
Special Fixed Deposits KD/01/4776	100000.00
Corpus & Entrance Fee FD/01/007158	424354.00
Entrance Fee - FD/01/007178	5419.00
Total Fixed Deposits	529773.00

ASHA HEMDEV

CURRENT EVENTS

Tuesday, 5th August at 10.15 a.m.

At: Madras Club
Mowbrays Hall
Adyar Club Gate Road,
Chennai 600 028



Viability of the Sethusamudram Project

Our speaker, Capt. Balakrishnan has analysed the Sethusamudram Shipping Channel Project purely from a mariner's perspective. He has researched the economic viability of the project *vis a vis* the shipping industry as well as the security dimensions involved.

Capt. Balakrishnan is a specialist in the art of "Anti Submarine Warfare". He has commanded INS Porbander and INS Pondicherry as well as the guided missile frigate, INS Trishul.

After his voluntary retirement from the navy he has served as a Master Mariner in the Merchant Navy for 10 years. Capt. Balakrishnan will share his views on the viability of the Sethusamudram Project with us.

We thank Tina Malhotra for hosting this meeting.

ANURADHA UBEROI

TINEKE SYSMANS

CONSERVE WATER!

Water, the life giver, cleanser and purifier is divine witness to all religious rites. Indian rivers like the Ganga, Yamuna, Narmada, Cauvery or the mythical Saraswathi are all venerated as goddesses. But therein lies the hypocrisy of mankind. Even as we worship we pollute, even as we use we scheme to control and even as we enjoy its abundance, we waste with impunity.

COOKING SWAPSHOP

Thursday, 7th August at 10.15 a.m.

At: Strokeside
Madras Boat Club,
Boat Club Road,
Chennai - 600028.



Bakes & Salads

Baked dishes are tasty and have a unique taste as the food is heated convectionally and cooked slowly, resulting in a special flavour to the food. A very useful feature of these dishes in today's modern world, where time is at a premium, is that they can be prepared in advance, stored in the refrigerator and reheated just before a meal, with the food still retaining an excellent flavour.

Salads, long considered simple starters, have now graduated into exciting and exotic combinations of foods, which are served in many hotels, resorts and gyms, to the health conscious, as a complete meal. Today, salads are an extremely popular food item, being light on the digestive system, a cool food in hot weather and also enjoyable just for the widely varying tastes, depending on the combinations of dressings, garnishes and sauces used.

Cheryl Gonsalves, is the proprietor of a popular boutique, "The Silk Route". She enjoys cooking and is well known among her friends for her cooking prowess. Cheryl imbibed her love for cooking at an early age from her mother, a fabulous cook. Cheryl has expertise in a wide variety of cuisines and she will be sharing some of her cherished and tried and tested recipes with us.

We thank Bina Mathew and Shirley Verghese for hosting this meeting.

ACHU KURIAN

BALVEER SINGH

OUR CONGRATULATIONS TO

Darley Mathew on the wedding of her daughter.

ARTS & HANDICRAFTS

Tuesday, 12th August at 10.15 a.m.

At: Sangeet Chopra's
43, (old 25/1), Ranjit Road
Kotturpuram
Chennai - 600 085.



Traditional South Indian Hair Styles

Hair styles, ranging from the simple and the utilitarian to the elaborate and sophisticated, have been an integral part of India's aesthetic tradition. Indian women have had a wide choice to select from to suit a variety of occasions, both mundane and ceremonial.

They depict our age-old culture and heritage. But, with globalization and the more frequent exposure to other influences, we have gradually lost touch with our heritage and imitated the ways of the developed world in every aspect of life, including our hair styles which tend to change with the latest trends abroad. The many creative and artistically evolved hair styles of our ancestors are in danger of becoming extinct.

Fortunately for us, we have a few committed traditionalists like **H. Sumathi**, who have taken the trouble to record the many splendoured delights of South Indian hairdos over the centuries. She will demonstrate some of the finest hairstyles known to India, using our own members' lengthy dark stresses of hair. Members who would like to volunteer for the demonstration, please call the Chairpersons, **Nabila Avais** at 98400 26665 or **Ninna Hogedal** at 65714286.

We thank Sangeet Chopra for hosting this meeting.

NABILA AVAIS

NINNA HOGEDAL

CONSERVE WATER!

India receives the second highest rainfall in the world with an average annual rainfall of 1,170 mm. Yet we suffer from acute water shortage! Water conservation really starts at an individual level, for there are many simple, cost-effective measures we can adopt in our daily activities which do not call for a drastic change in our lifestyles. So save water today for water security tomorrow.

HEALTH & ECOLOGY

Tuesday, August 19th at 10.15 a.m.

At: Madras Club
Adyar Club Gate Road,
R.A.Puram, Chennai - 600 028



Alternate Preventive Medicine for Heart Diseases

Heart Diseases affect more people than any other disease or illness, and can develop without any symptoms. Some people may not be aware of a heart ailment until an attack, stroke or other health problems.

A growing number of cardiovascular risk factors including diabetes, high cholesterol, high blood pressure and age have been linked to heart attack, stroke and heart failure. These risk factors often lead to stiffer arteries, which increase the work load that the heart must do.

The search for a treatment purely non-invasive but having the benefit of both drug treatment and surgical procedure and safe even in high risk patients, leads to the world's first truly non-invasive treatment.

Dr. Ayaz Akbar, our distinguished speaker's speciality is a unique treatment method called Ozone and Chelation therapy, a non-surgical treatment for cardiovascular diseases. He is a preventive cardiologist and the Chairman of Oxymed Hospitals (P) Ltd.

We thank Shyla K. Rau for hosting the meeting.

ZAINAB KACHWALLA

HELEN DE CLERCQ

We thank **Parvathi Reddy, Anupama Pasari, Anita Reddy, Raji Ramesh** and **Linda Raymonds** for hosting the July 8th meeting at the Boat Club.

HISTORY, CULTURE & TOURS

From August 19th to August 22nd



Trip to Yercaud

The name Yercaud brings to our minds visions that permeate and take our senses over... the mountains, the hills, the tranquility, the sense of complete stillness! What better way than two days and a night spent here detoxifying our bodies, minds and souls which have been saturated with the pollution of our city existence in every way possible.

So, the seventeen ladies who are a part of this experience will be heading to the hills for trekking, walking, yoga, meditation and Relaxation with a capital 'R'. Further, the experience is enhanced with a couple of visits to places of historical importance. We are sure that they will not regret a single moment of this experience! All the best to them.

LEENA SURYAPRAKASH

CHERRY VENKATESAN

We thank Nalini Ramakrishna for sponsoring the LCD equipment for the June meeting on the History of the Olympic torch.

We thank Renu Jalan for sponsoring LCD equipment and projector for the July meeting on Spain.

SAVE WATER

- * Close taps tightly. Regularly check faucets and pipes for leaks and repair promptly.
- * Put a couple of bricks in your toilet tank. A study in the U. S. has estimated that this amounts to a saving of 3,420 litres per household annually.
- * Do not let your overhead tank overflow. Regulate the time.

PHILOSOPHY AND RELIGION

Thursday, August 21st at 10.00 a.m.

At: Madras Boat Club

Boat Club Road

RA Puram, Chennai 600028



Dharm: The Movie

The ancient holy city of Banares is the setting for the film "Dharm". It follows the life of Pandit Chaturvedi, a Hindu Brahmin priest. Fastidiously following the prayers and rituals prescribed by the ancient Hindu scriptures has been the uninterrupted pattern of his life from dawn to dusk each day.

Pandit Chaturvedi adopts an abandoned infant and names him Kartikey. Bringing him up as a good Brahmin fills the Pandit's life with joy and laughter, till the day he is forced by religion to turn Kartikey away. The memories of the four years of Kartikey's childhood challenge the very core of Pandit Chaturvedi's belief in the 4000 years old way of life. The cast includes Pankaj Kapur, Supriya Pathak Kapur, Hrishita Bhatt. It is directed by Bhavna Talwar. The movie has sub-titles in English.

Please note the change in timing. The movie runs for 1 hour 45 minutes.

We thank Suma Eapen, Mohini Gill and Lila Shahaney for sponsoring this meeting.

ARCHANA MEIYAPPAN

LENA HEYMAN

SAVE WATER

- * Do not leave taps running while brushing your teeth or washing hands.
- * Wash vegetables and fruits in a bowl of water. Use this water for your plants.
- * Wash your cars with a bucket and sponge instead of a hose which uses 400 litres of water approximately. By using a bucket, about 300 litres of water can be saved.

MUSIC & PERFORMING ARTS

Tuesday August 26th at 10.15 a.m.

At: Madras Club

Adyar Club Gate Road
Chennai 600028



A Morning spiced with Salsa and Flamenco

With IWA's upcoming trip to Spain and Portugal, we thought that it would be fun to learn a little more about the romance of their dance and music! Spaniards are synonymous with Flamenco and melodiously evocative music....

Flamenco is a Spanish musical genre with strong, rhythmic undertones and is often accompanied by a similarly impassioned style of dance. Kokila Hariram, who hails from a dance oriented family, has successfully integrated Salsa and Flamenco into her varied repertoire. She studied Performing Arts in London and successfully runs her Dance Academy at the Russian Cultural Centre.

She has promised to make this a memorable morning for IWA. So come dressed comfortably, in order to be able to do the Flamenco and the Salsa with Kokila. Perhaps we will see the hidden talents amongst us surfacing!

We thank Jyothi Ganesh and Nandini Srikanth for sponsoring the meeting.

RAMANI REDDY

ANGELIKA SCHWERING

WATER POLLUTION

Water and air, the two essential fluids on which all life depends, have become global garbage cans. -Jacques Cousteau

About 70% of India's surface waters are polluted. As a result, water-borne diseases account for 66% of all illnesses in India. Industrial wastes, discharged into waterways have caused crippling diseases by slow poisoning due to mercury and other metals, which creep up the food chain. It is time for all of us to take action NOW!

BOOK DISCUSSION

Thursday, August 28th at 10.15 a.m.

At: Zubeida Asgarali's

"El Qamar"

14, Sivaganga Road

Nungambakkam, Chennai - 600 034



Ammi - Letter to a Democratic Mother

Saeed Mirza is a pioneer of the new wave progressive cinema in India. His films have won major awards including the national award for film excellence. Mirza trained at the Film and Television Institute of India, Pune. He has lectured widely on Indian Cinema at Universities in India and abroad.

Ammi is Mirza's first novel. It is written as a series of letters from the author to his mother, honouring the political creed she stood for, the egalitarian spirit of democracy she believed in, the faith from which she drew strength. Mirza tells the love story of two extraordinary people by reconstructing the lives of his parents.

Vasanthi Sankaranarayanan, a member of IWA, is an accomplished journalist, novelist, translator and art and film critic. She will discuss the book and read excerpts from it. Do come and listen to Vasanthi as she reviews the book in her own inimitable style.

We thank our gracious hostess Zubeida Asgarali for hosting this meeting.

NALINI ACHARYA

BHARATHI NAIR GOPINATH

CHANGE OF ADDRESS

Reena Nirula
Villa 6, Egret Park,
148, Anand Nagar
Thoraipakkam
Chennai - 600 096.

AVOID WATER POLLUTION

- * Use rechargeable batteries instead of disposable ones. It is not only economical but it also keeps cadmium, mercury, lead and other toxic metals out of groundwater.
 - * Dry cleaning solvents contain carbon tetrachloride and perchloroethylene which pollute our water sources. Buy clothes made of natural fibres that can be washed at home.
 - * Use laundry soaps instead of detergents, because they contain phosphates which, when let into lakes and rivers, encourages the growth of algae which use up huge amounts of oxygen, killing plants and marine life.
 - * Use of shampoos adds to the detergent pollution. Use grandma's recipes using natural products like shikakai.
 - * Wash with unscented, uncoloured body and hand soaps. Dyes and perfumes contribute to the polluting of our waters.
-

ON A LIGHTER NOTE.....

Discussing the environment can get heated, overwhelming and sometimes downright depressing. Its time to take a break from the serious stuff and laugh a little.....

A woman called her husband during the day and asked him to pick up some organic vegetables for that night's dinner on the way home.

The husband arrived at the store and began to search all over for organic vegetables before finally asking the produce guy where they were. The produce guy didn't know what he was talking about, so the husband said, "These vegetables are for my wife. Have they been sprayed with poisonous pesticide?" To which the produce guy replied, "No, sir, you will have to do that yourself."