

September 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

Manohla Srinivasan	24321028	98409 31812
Ruth Louge	24495199	98402 35222

TREASURERS

Asha Hemdev	28278165	98403 43528
Ju Frogbrook	42110112	98408 91824

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Nabila Avais		9840026665
Ninna Hogedal	65714286	9952965170

BOOK DISCUSSION

Nalini Acharya	26449731	9381174164
Bharathi Nair Gopinath	42120726	9884495778

COOKING SWAPSHOP

Achu Kurian	28365083	9841144072
Balvinder Singh	24984989	9940183839

CURRENT EVENTS

Amradha M. Uberoi	24329728	9841042520
Tinche Szymans	45066148	9940135888

HEALTH & ECOLOGY

Zainab Kachwalla	28292274	9840853652
Helen De Clercq	24510180	9940688738

HISTORY, CULTURE & TOURS

Leena Suryaprakash	28213067	9840937366
Cherry Venkatesan	28293436	9841023740

MUSIC & PERFORMING ARTS

Ramoni Roddy	28353348	9840086858
Angelika Schwering	24490382	9840379471

PHILOSOPHY & RELIGION

Archana K. Meiyappan	28473932	9840998800
Lena Heyman	24493222	9444076800

IWA NEWSLETTER

Volume XXIII No. 4

Chennai

SEPTEMBER 2008

MONTH AT A GLANCE

Thu. 4th Sept.	Managing Committee Meeting Executive Committee Meeting	09.30 a.m. 10.30 a.m.
Tue. 9th Sept. <i>Cancelled</i>	Music & Performing Arts Bombay Jayashri	5.00 p.m.
Thu. 11th Sept.	Health & Ecology <i>Healthy Living</i>	10.15 a.m.
Mon. 15th-Fri.25th	History, Culture & Tours <i>Trip to Spain</i>	10.15 a.m.
Tue. 16th Sept.	Arts & Handicrafts <i>Palm Leaf Thoranams</i>	10.15 a.m.
Thu. 18th Sept.	Book Discussion <i>Debate: Diminishing Reading Habits</i>	10.15 a.m.
Tue. 23rd Sept.	Current Events <i>Present Day Diplomacy</i>	10.15 a.m.
Mon. 29th Sept.	Cooking Swapshop History, Culture & Tours Philosophy & Religion <i>Onam Celebrations</i>	11.00 a.m.

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

Dear Friends,

How time flies – the first quarter of the IWA year has come and gone already! Founders' Day was a well attended function. It was wonderful to see so many of you there. This year, in addition to the Founder Members & Past Presidents we normally see, we had a surprise guest – Rewa Singh, another of our Founder members, who now lives in Delhi – and that made it all the more special for us. The dance had the audience spellbound and the skit had them in splits! Thank you to each and every one of our members who entertained us on stage that day.

September also brings a plethora of interesting meetings – from Carnatic Music going Global, to the celebration of Onam. We would like to say "Bon Voyage" to our friends who are off on the IWA trip to Spain & Portugal – land of Flamenco, Salsa & Paella. Have a great time!

October is another busy month with festivals galore. We begin with International Music Day on Wednesday, 1st October followed by the IWA Diwali Celebrations on Saturday, 11th October. Please make a note of these important dates in your diaries. For further details please turn the pages of your newsletter and read on.

Heartfelt thanks from both of us for your continuing support – we're looking forward to seeing you throughout the coming month.

RANI ANANTH

LYNNE CONNOR

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Tue. 4th Sept. at 9. 30 a. m.

Tue. 4th Sept. at 10. 30 a. m.

Meetings hosted by
Asha Hemdev
At The Presidency Club
Platinum Point
Ethiraj Salai, Egmore
Chennai – 600 008



MUSIC & PERFORMING ARTS

Tuesday, 9th September at 5 p. m.

At: **Shrikanta Jhaver's**
21, Santhome High Road,
Chennai - 600004.



Cancelled

Bombay Jayashri : The Globalisation of Carnatic Music

We are very fortunate to have **Bombay Jayashri** agree to perform for IWA. She is among the most respected classical musicians of the present generation and has been performing for the past 25 years. She has used her skills as an expert in both genres of Indian music, Carnatic as well as Hindustani, to compose for dance productions and telefilms. She has sung for films too without compromising on the sheer purity of the classical style.

Jayashri's music has crossed all geographical, cultural and language barriers. She has been a recipient of several national and international awards. She also works with and for the differently abled in our country.

It is our good fortune to have this renowned artiste with us. It will indeed be an enchanting evening! The venue, Shrikanta's home, will only enhance the poignancy of the programme: the perfect setting for a perfect event!

Please note that this is an Evening Programme.

We thank **Shrikanta Jhaver** for her generosity and graciousness.

RAMANI REDDY

ANGELIKA SCHWERING

OUR CONGRATULATIONS TO

Vidya Singh and **Lakshmi Padmanabhan** for winning the First and Fourth prizes, respectively, in the Inter-Club Swimming Event in the Veterans' (over 50) category held at the Madras Club in August.

HEALTH & ECOLOGY

Thursday, 11th September at 10.15 a.m.

At: **Madras Club**

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



"Do I really need to eat right and exercise everyday?"

This is the question that is being asked increasingly today and more so with the awareness of fitness and healthy eating being the new age mantras. How do we motivate ourselves, become aware of the benefits of developing a healthy lifestyle? How do we find out what works best for each of us and try to incorporate all of this into our lives?

To tell us more about how to lead a healthy lifestyle by incorporating these two elements into our lives is our own member **Vidya Singh**. She has been a fitness columnist with the Economic Times, the Indian Express and several magazines. She will share her thoughts on fitness and how, when combined with healthy eating, you can enjoy a better quality of life.

Shalini Biswajit accompanied by **Gayatri Ramamurthy** and **Cherry Venkatesan** will take us through a demonstration of some easy fitness moves that we could definitely use.

Do join us for a fit and healthy morning!!

ZAINAB KACHWALLA

HELEN DE CLERCO

OUR CONGRATULATIONS TO

Latha Chohan on the wedding of her daughter, Vandana.

HISTORY, CULTURE & TOURS



Trip to Spain and Portugal

From 15th September to September 25th

Spain and Portugal The two names immediately conjure up visions of culture, romance and passion; of fine monuments and world heritage cities; of Fado, Flamenco and Fiestas. The excitement is building up for 30 members and their friends as they get ready to set off on a wonderful adventure in these two beautiful countries.

A fascinating tour awaits the members on the trip as they visit Lisbon and Seville, Cordoba and Granada, Madrid and Barcelona. They will visit impressive castles, magnificent churches and wonderful museums; they will absorb the rich cultural heritage of the Iberian Peninsula as they watch Fado and Flamenco and will taste the region's delicious cuisine like Paella and Tapas. We are sure that they are going to enjoy every minute of this exciting trip and will bring back memories to cherish for a lifetime. We wish them Bon Voyage.

LEENA SURYAPRAKASH

CHERRY VENKATESAN

OUR HEARTFELT CONDOLENCES

With a heavy heart we announce the sad demise of our beloved member



LEELA RATNAM

ARTS & HANDICRAFTS

Tuesday, 16th September at 10:15 A.M

At: Renu Jalan's

Jalan House
12, (Old No.34), Kothari Road,
Nungambakkam,
Chennai - 600 034.

Innovative Thoranam Decorations Using Palm Leaf

Decorations of a temporary nature have always been used in India for occasions such as weddings, religious functions, festivals and other celebrations in traditional homes. Many of these practices are not merely decorative. They are generally of a symbolic nature. Originally, almost all of these decorations were done using natural materials such as tender leaves of the coconut palm, mango and banana leaves and fruits.

Kasthuri is a workshop co-coordinator at Dakshinachitra and specialises in innovative decorations using palm and coconut leaves. As a befitting prelude to the advent of the festive season, she will be demonstrating the use of the palm leaf to make beautiful **thoranams** or **thorans** which are related to the décor of entrances for auspicious occasions. Our members can interact with her and learn to make a few **thoranam** designs which are beautiful, actively practiced, simple and utilitarian

We thank **Renu Jalan** for graciously hosting this meeting at her home.

NABILA AVAIS

NINNA HOGEDAL

We thank **Ritika Dhingra** for providing the materials for the traditional South Indian Hair Styles Meeting in August, 2008.

OUR CONDOLENCES TO

Pushpa Chari on the passing away of her mother.

BOOK DISCUSSION

Thursday, 18th September at 10.15 a. m.

At: Madras Boat Club

Strokeside, Boat Club Road
Chennai - 600 028



Has the Electronic Media Diminished the Reading Habit?

Having access to information through the Internet, radio, and television is important; however, reading books is still an absolute necessity in both our lives and our children's lives. The stories in books provide great lessons for kids and facilitate the building of their characters.

But has the present generation forgotten the reading habit? Has electronic media like television, the internet and video parlours diminished the attraction of books among the present generation? Six of our members, forming two teams, will speak for and against the topic, "**The Electronic Media has diminished the reading habits of children**".

Dr. Radha Bhasker, who is a rare combination of musician, musicologist, journalist and organizer of cultural events, will act as the moderator. She will choose the winning team and will lead the discussion which follows the debate with her opinions and observations. It will be an extremely interesting morning where we will also invite audience participation at the end of the debate. So do join us!

We thank our gracious hostess **Bela Mistry Khaleeli** for sponsoring the meeting.

NALINI ACHARYA

BHARATHI NAIR GOPINATH

CHANGE OF TELEPHONE NUMBER

Kanika Parekh: 2821 1630

CURRENT EVENTS

Tuesday, 23rd September at 10.15 a.m

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



Diplomacy and Foreign Policy Making Today

Our country's foreign policy can have a significant bearing on our daily lives. For example, the effect of the Indo-US nuclear deal or our relations with neighbouring countries. The inter-twining of domestic and foreign policies has become more critical in this era of globalisation. Diplomats play a major role, not only in foreign policy formulations, but also in executing foreign policy goals.

For diplomats, attending cocktail receptions and state functions, officiating at events and speaking engagements are just the means to an end, which is to promote bilateral relations, projecting their national interests and safeguarding the welfare of their nationals.

Our speaker, **Ajit Singh**, is the Consul General of Singapore in Chennai. He is a career diplomat with the Singapore Foreign Service and has previously served in Moscow, Washington, Kuala Lumpur, Jakarta and New Delhi. He has also represented Singapore in several regional and international fora, including ASEAN, NAM and CHOGM. He will talk about foreign policy formulations and the challenges of being a diplomat.

We thank **Seema Bhargava**, and **Neena Sanghavi**, for hosting this meeting.

ANURADHA M. UBEROI

TINEKE SYSMANS

COOKING SWAPSHOP HISTORY,CULTURE & TOURS PHILOSOPHY & RELIGION



Monday, 29th September at 11.00 a.m.

At: **Aruna Vijaykumar's**
6A TVS Avenue,
East Coast Road, Akkarai,
Chennai 600 119.

Onam - The Harvest Festival of Kerala

Onam, Kerala's harvest festival falls during the Malayalam month of *Chingam* (August -September) and marks the homecoming of the legendary King Mahabali. It is a celebration of a golden past and a festival that is truly secular in nature. Though legends and rituals associated with it have their roots in Hinduism, the festival is celebrated by one and all. It reflects the values that make Kerala "Gods Own Country".

Onam conjures up pictures of *Pookalams*, floral carpets decorating even the smallest courtyards; happy children in their new clothes on swings specially put up for the occasion; and *Ona Sadya*, a feast of rice served on banana leaves accompanied by more than 10 curries and *Payasam*. Women wear the traditional off-white *Kasavu saree* or *Mundum -Neriyathe* and visit the temple. Women and children engage in *Kaikottikali* or *Thiruvathirakali*, a dance performed around a *Nilavillakku*, *Thumbithullal*, a traditional folk dance and *Oonjalattom*, soaring high on the swing. It is also time for the snake boat races and carnivals.

A short programme depicting Onam will be followed by a Kerala vegetarian brunch at 12 .15 p.m. Please note the change in timing.

Please warn in with **Archana Meiyappan** at 98409 98800 or **Achu Kurian** at 98411 44072

We thank **Aruna Vijaykumar** for offering her lovely home for this celebration.

ACHU KURIAN
LEENA SURYAPRAKASH
ARCHANA K MEIYAPPAN

BALVEER SINGHLEENA
CHERRY VENKATESAN
LENA HEYMAN

FOUNDERS' DAY 2008

We would both like to say a very sincere "THANK YOU" to each and every one of you who contributed to the success of Founders' Day. In today's world it is no mean feat to celebrate 22 years as an organisation. It was wonderful to see so many of our Founder Members & Past Presidents at the Marigold Hall for the occasion – the hall proved the perfect venue. This year we had a rare visitor - Rewa Singh – a founder member, who now lives in New Delhi. Thank you Rewa for joining us & for agreeing to say "a few words"!

Before the programme could begin, tribute was paid to our charismatic member Leela Ratnam with a minute's silence to mark her passing.

The entertainment was of a very high order – performed by our own members for our own members. From our vantage point we could see it was very well appreciated. Special thanks must go to those members who took to the stage that day.

The Invocation: *Brihada Kameswaran*

Friendship & Integration Dance Co-coordinated by: *Surekha Kothari.*

Dancers: *Shalini Biswajit, Jo Frogbrook, Surekha Kothari, Gayatri Ramanurthy,*

Manisha Singhee and Alex Thomson.

The Skit that Ticked the Funny-bone:

Written & Directed by: *Padmini Natarajan.*

Enacted by: *Rani Chandani, Asha Murthy and Raji Ramesh.*

Songs / Poems by: *Pramila Jacob, Brihada Kameswaran, Rita Saldanha & Padmini Subramanian.*

Sunitha Shahaney: For remembering our friends past and present and those who were not able to be present on our special day.

The cake cutting ritual to the tune of "Congratulations" saw the Founders and the Past Presidents take centre stage.

To sum it all up we wish to use the words of Lakshmi Padmanabhan. "I will remember this year's Founders' Day for a long time".

Finally our thanks must go to the Board & Executive Committee for all their help and support in ensuring that everything ran smoothly on the day. **THANK YOU.**

To you our members – thank you for honouring the past, celebrating the present and for giving hope to the future.

RANIANANTH

LYNNECONNOR

INTERNATIONAL MUSIC DAY

Every year we celebrate the birthday of our founder member Nirmal Seshadri as International Music Day. As a fitting tribute to her, we select an awardee for the IWA International Music Day award.

This year, the Music Committee, with Geetha Vasudevan as Chairperson Brihada Kameswaran, Amulya Rao and Ranjani Venkatraghavan went through the biodatas and music cassettes of as many as eleven candidates. After careful consideration and deliberations, they have decided to give the award to R.Sriram, a young and very talented veena artist.

He shall be honoured on International Music Day, Wednesday, 1st October at 10.15 a.m. at Hotel Park Sheraton.

We thank Geetha Vasudevan, Brihada Kameswaran, Amulya Rao, and Ranjani Venkatraghavan for all their commendable efforts.

Please mark the date in your calendar. More on this in the next issue of the Newsletter.

THE BOARD

RESPECT NATURE

Take nothing but pictures.
Leave nothing but footprints.
Kill nothing but time.

-Motto of the Baltimore Grotto, a caving society

DEEPAM

Saturday, 11th October from 10 a. m. to 3 p. m.

At: Ramaswamy Hall,
Mayor Ramanathan Chettiar (MRC) Centre,
Santhome High Road, Chennai.

Come October and it is festival time. Close on the heels of Navratri is Diwali or Deepavali - *Deepa* meaning light and *Avali*, meaning a row. Join us at DEEPAM, and get magnificent ideas to make it a memorable moment for yourself and your loved ones. From the origin of the festival to the latest trends and ideas to exclusive gift items to present to your kith and kin, we update you on everything related to Deepavali.

Tickets are priced at Rs.200/- and will be sold from 1st September at IWA meetings by Board members and Activity Chairpersons.

There will be stalls, the bookings for which are on a first come first served basis. Each stall is priced at Rs.2000/- with one lunch coupon.

For stall bookings contact:

- Archana Meiyappan : 28473932 9840998800
- Achu Kurian : 28365083 9841144072
- Anuradha Sachdev : 28341349 9940103458
- Tina Malhotra : 28333627

The ever popular Khazana stall will also be there. Members are requested to contribute gifts (cash is also welcome) towards the stall. The gifts will be collected at all meetings in September and in the 1st week of October or can be handed over to the following members:

- | | |
|--|---|
| Kilpauk & Anna Nagar: | Nalini Acharya and
Shobha Hebbar |
| Nungambakkam: | Nabila Avais and
Leena Suryaprakash |
| Mylapore & Alwarpet: | Archana Meiyappan and
Tineke Sysmans |
| Besant Nagar, Valmiki Nagar
& Tiruvanmayur: | Radha Gopalakrishnan |
| Beyond Tiruvanmayur: | Rani Ananth and Ruth Lauge |

There will be very interesting entertainment programmes and a sumptuous sit down lunch. So do buy tickets, come with family and friends, play games, shop to your heart's content and partake the lavish *sappad* (lunch), all in the true spirit of the festival.

THE BOARD

WELCOME ABOARD

- | | |
|---|--|
| Jennifer Arun
No 8, Moores Road
Chennai - 600 006 | Jennifer Moore
3, Shanti Samudra
Chinnandi Kuppam Road
Injambakkam
Chennai - 600 041 |
| Elizabeth Aston
9/1C, 'V' Block
Venus Colony
2nd Cross Street
Alwarpet
Chennai - 600 018 | Stephanie Thompson
17, Casuarina Drive
Neelankarai
Chennai - 600 041 |
| Kate Boneham
5, Crescent St
ABMAve
R A Puram
Chennai - 600 028 | |

FOUNDERS DAY



HAPPY BIRTHDAY, IWA

THE DANCE



THE SKIT



A brilliant advertisement from an Eco-store in Sweden:

"Try ecologic food for a week. If you aren't satisfied we'll send you the chemicals by mail."

Global Warming,

"According to a new U.N. report, the global warming outlook is much worse than originally predicted. Which is pretty bad when they originally predicted it would destroy the planet."

—Jay Leno

Origin of the Species

One day the zoo-keeper noticed that the orangutan was reading two books — the Bible and Darwin's Origin of Species. In surprise he asked the ape, "Why are you reading both those books?"

"Well," said the orangutan, "I just wanted to know if I was my brother's keeper or my keeper's brother."