

January 2009

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 Seeniivasan	24321028	98409 31812
Ruth Laugel	24495199	98402 35222

TREASURERS

Asha Hemdev	28278165	98403 43528
Jo 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
Balveer Singh	24984989	9940183839

CURRENT EVENTS

Anuradha M. Uberoi	24329728	9841042520
Tineke Sysmans	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

Ramani Reddy	28353348	9840086858
Angelika Schwering	24490382	9840379471

PHILOSOPHY & RELIGION

Archana K Meiyappan	28473932	9840998800
Lena Heyman	24493222	9444076800

IWA NEWSLETTER

Volume XXIII No.8

Chennai

JANUARY 2009

MONTH AT A GLANCE

Mon. 5th Jan.	Managing Committee Meeting Executive Committee Meeting	09.30 a.m. 10.30 a.m.
Thu. 8th Jan.	Health & Ecology <i>Trip to Vestas</i>	10.15 a.m.
Mon. 12th Jan.	Music & Performing Arts & Philosophy & Religion <i>Pongola Pongal</i>	11.00 a.m.
Mon. 19th Jan.	Current Events <i>My Raj Bhavan Days - C.K. Gariyali</i>	10.15 a.m.
Wed. 21st Jan.	History, Culture & Tours <i>Face to Face with the Dalai Lama</i>	02.00 p.m.
Fri. 23rd Jan.	Health & Ecology <i>Ambassadors of the Ocean</i>	10.15 a.m.
Tue. 27th Jan.	Arts & Handicrafts <i>Films 'n' Fashion</i>	10.15 a.m.
Thu. 29th Jan.	Book Discussion & Cooking Swapshop <i>Demonstration from "Simply South" Cookbook</i>	10.15 a.m.

IWA Blog Site : [www.iwachennai.blogspot.com](http://www.iwachennai.blogspot.com)

## FROM THE PRESIDENTS



Dear friends,

2009 is here. Time to pop-the-balloons, make new resolutions (something that goes in one Year and out the other), cheer yourself hoarse and have a whole lot of fun with all your dear ones! It is the end of one year and the beginning of a brand new one. Our Activity Chairpersons are ready with newer ideas and meetings planned for the year.

We begin the year by taking you on a very interesting trip to Vestas the world's leading supplier of wind power solutions, where we shall see the conversion of wind energy into electricity using wind turbines.

We present a rural festival in urban surroundings as we bring you the flavour of the Pongal festival. We have a humorous insight into life at the Raj Bhavan as the former Secretary to the Governor, Chandra Gariyali, talks to us.

The Dalai Lama, the "spiritual teacher who is spiritually as deep as the ocean", is visiting Chennai. We are elated to have the rare opportunity to meet His Holiness.

We show you ways to protect the endangered sea turtles that are so valuable to the eco system. Then it is the fashion scene in Kollywood as we meet the designers who dress the stars. We end the month on a culinary note as we discuss and sample some of the dishes from a book by one of our members.

We look forward to an exciting 2009 !!!

RANI ANANTH

LYNNE CONNOR

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Mon. 5th Jan. at 9.30 a.m.

Mon. 5th Jan. at 10.30 a.m.

Meetings hosted by  
Mridula Srinivasan & Ruth Lauge  
At: Mowbrays Hall, Madras Club  
Adyar Club Gate Road, Chennai - 600028

## FROM THE MEMBERSHIP TREASURER

The Membership Sub-Committee received applications for new Indian members on October 18, 2008. The applications were reviewed to ensure the correct procedures were followed. The Sub-Committee subsequently held meetings in November to review the applications, and vote. Prior to making selections, each application was thoroughly discussed by all members of the Sub-Committee and each application was judged on its own merit.

Due to the limited number of vacancies in the Indian category, the Membership Sub-Committee could select only six new applicants. The following six candidates were selected for the year 2009-2010:

1. Amita Bhatia
2. Usha Moorthy
3. Jeyasree Ravi
4. Anita Bhatia
5. Sudha Shivkumar
6. Meera N Raghavendra Rao

The sponsors of the six candidates have been informed of the selection of their candidates. We have also asked the sponsors to notify their candidates that they should attend as many meetings as possible during the period January-April 2009 as special guests and pay guest fees. Exceptions are the AGM and those meetings that are for members only. After April 2009, each candidate will be sent her formal acceptance letter.

I would like to take this opportunity to thank each member of the Sub-Committee for the time spent and care taken in the selection process.

JO FROGBROOK

## HEALTH & ECOLOGY

On Thursday, 8th January at 10.15 a.m.



At: Vestas India

298, Old Mahamalipuram Road (OMR)  
Sholingnallur (Map Attached)

### Wind Power - The Modern Energy Source

Wind energy as a power source is today favoured by environmentalists as an alternative to fossil fuels, as it is plentiful, renewable, widely distributed, clean, and produces lower gas emissions. It offers the energy independence demanded by some of the world's largest and fastest growing economies, including India. This is the reason why Vestas calls wind power, "Modern Energy".

With a 23 per cent global market share in 2007, Vestas is the world's largest supplier of wind energy solutions. **Dr Michael Hogedal**, Managing Director of Vestas Technology R&D Chennai, and **Madhu Kumar Boppana**, Senior Manager, Corporate Communications & CSR, will talk to us about the technology and ecological benefits of wind turbines, after which we will be taken on a tour of the factory to get an insight into how the wind turbines are constructed and see these giant structures in operation.

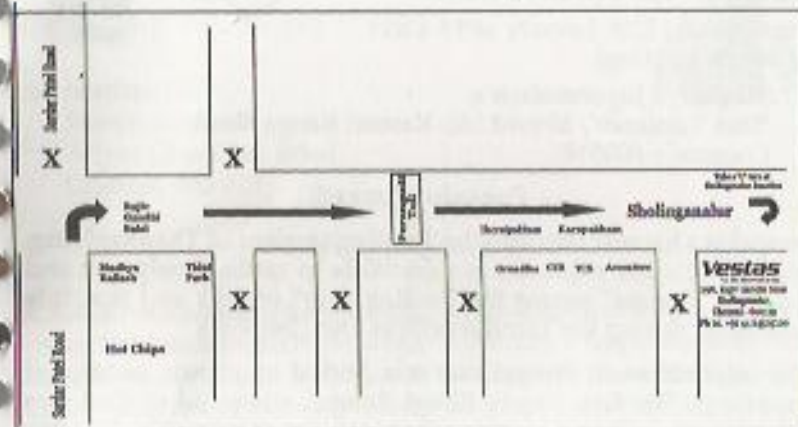
This is a warn-in meeting and limited to 30 members only. Please warn in with **Zainab Kachwalla** at 9840853652 or **Helene De Clercq** at 9940688738. We assemble at **Mridula Srinivasan's** residence and will use a car pool to reach the venue. We leave for Vestas at 9.30 a.m., so please be there on time. Those who wish to come directly to the venue may make use of the road map given on the next page. Please note - only owner driven cars will be allowed to park inside the premises.

We thank Vestas India for hosting this meeting.

ZAINAB KACHWALLA

HELEN DE CLERCO

## Vestas route map



### ADVISORY COMMITTEE

This year **Nanditha Krishna** completes her three year term on the Advisory Committee. She has been guiding and advising us with her charming and pragmatic approach. Thank you Nanditha.

We welcome **Vanitha Mudaliar** on the Advisory Committee. With her years of experience and efficiency we are confident she will be of immense value to the organisation.

The Advisory Committee members are:

**Lily Madhok, Chandrika Chidambaram and Vanitha Mudaliar.**

### WELCOME ABOARD

**Jhansi Kishore** Singapore  
4, Shalom Apartments  
No 1 Josier Street  
Nungambakkam  
Chennai 034.

**Lynn Nicolson** U.K.  
6A, Le Imperial Apartments  
122, Greenways Road  
Chennai - 600 028.

**PHILOSOPHY AND RELIGION  
MUSIC & PERFORMING ARTS**

On Monday, 12th January at 11 a.m.  
(Warm-in meeting)

AT: Kausalya Jaganmohan's  
'Shri Vaishnav', 33 (old 16), Kasturi Ranga Road  
Chennai - 600018

**Pongalo Pongall!**

Pongal is a harvest festival - the Tamil equivalent of Thanksgiving, when the farmer expresses his gratitude to cattle, timely rain and the sun. "Pongal" means the "boiling over" of milk and rice. It is celebrated during the Tamil month of *Thai* (Jan-Feb).

The celebration of Pongal marks a period of plenty, peace and happiness. The first day is *Bhogi Pongal*, when old clothes are thrown away or burnt, marking the beginning of a new life. This day is in honor of Lord Indra, the lord of the clouds that give rain. The second day is known as '*Pongal*' or *Surya Pongal*, the most important day of the entire festival when prayers are offered to the Sun. Next is *Maatu Pongal*, when cattle are washed and their horns painted. *Kanu Pongal*, which falls on the same day, is celebrated by sisters for the welfare of their brothers.

We present folk dances from Andhra Pradesh and a puppet show about Pongal with puppets and shadow play, followed by a traditional Pongal brunch at 12.15 p.m. Please note the change in the timing of the meeting. Warm-in by the 10th of January to Archana Meiyappan at 9840998800

We thank Kausalya Jaganmohan for offering her lovely home. We also thank Nafini Acharya Jhansi Kishore, Lalitha Krishnan, Badrunissa Mahadevan Mridula Narasimhan, Jayanthi Rajaram, Sharada Reddy, Shobhana Reddy, Chandra Sankar, Hemalatha Santhavadanam, Indra Sriganesh and Prema Veeraraghavan.

ARCHANA K. MEIYAPPAN  
RAMANI REDDY

LENA HEYMAN  
ANGELIKA SCHWERING

We thank Prithika Chary for sponsoring the November meeting.

ARCHANA MEIYAPPAN

LENA HEYMAN

**CURRENT EVENTS**

On Monday, 19th January at 10.15 a.m

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

**My Raj Bhavan Days**

C.K Gariyali is one of the senior most IAS officers of the Tamil Nadu cadre. She has authored five books on Women's Empowerment. She has a long association with the Raj Bhavan and she will share with us her experiences of being closely associated with the Raj Bhavan and also with the Government.

She has a vast repertoire of vignettes to share about visiting dignitaries to the Raj Bhavan - Prince Charles, Morarji Desai, Indira Gandhi, to name just a few.

So do join us for a light hearted and fun-filled morning.

We thank Priya Asokan, Kamala Muthiah and Kanika Parekh for hosting this meeting.

ANURADHA M. UBEROI

TINEKE SYSMANS

We thank Kalpana Sonthalia for very graciously hosting the November meeting of Current Events.

We thank Anuradha Bhaskar for sponsoring the flowers and gift for the December meeting of Current events.

**OUR CONDOLENCES TO**

Pushpa Chari on the loss of her husband

## HISTORY, CULTURE & TOURS

On Wednesday, 21st January at 2.00 p.m.  
(Warm-in meeting)



At: University Centenary Auditorium  
Opp. Gandhi Statue, Marina Beach  
Chepauk, Chennai – 600005.

### Face to Face with the Dalai Lama

The Dalai Lama, who is the 14th Dalai Lama, is the revered spiritual leader of the Tibetans. He is the head of the Tibetan government in exile based in Dharamsala, India. Tibetans believe him to be the reincarnation of his predecessors. At the age of fifteen he was formally enthroned as Dalai Lama. In 1959 the Dalai Lama fled through the mountains to India following a failed uprising against the Chinese invaders and the effective collapse of the Tibetan resistance movement.

His Holiness the Dalai Lama's compassion, humility and ability to be 'free in exile' have attracted millions over the world to Tibetan Buddhism. IWA will have the rare opportunity of meeting His Holiness when he visits Chennai to address a public gathering. Details of the meeting have already been posted to members. We stress once again that the gates will be closed at 1 p.m., so please be there at 12.30 p.m. No refreshments will be provided. Please have an early lunch since the meeting may go on till 4.00 p.m. We look forward to seeing you at the meeting.

LEENA SURYAPRAKASH

CHERRY VENKATESAN

We thank Vanitha Rajkumar for sponsoring the LCD equipment for the December meeting on Tibet

LEENA SURYAPRAKASH

CHERRY VENKATESAN

## HEALTH & ECOLOGY

On Friday, 23rd January at 10.15 a.m.



At: Mahmooda Haja Shareef's  
'Nihal', 6 (old no. 17), 1st street, Haddows Road  
Nungambakkam, Chennai - 600 006

### 'Ambassadors of the Ocean'

Sea turtles are one of the Earth's most ancient creatures. Olive Ridley turtle owe their name to the olive colour of their heart-shaped shells. The nesting season falls between the months of December and March. They come to the shore at night during high tide, dig cavities, lay around 120 eggs each and cover the nest with sand. Many species of sea turtles across the world are endangered. Fishermen resort to poaching and also kill these turtles when they get trapped in trawler nets. Other threats include habitat destruction, beach lighting and pollution from urbanisation along the coast. Sea turtles play key roles in two ecosystems that are critical to them as well as to humans—the oceans and beaches/dunes. If sea turtles were to become extinct, the negative impact on beaches and the oceans would be potentially significant.

Supraja Dharini is a commerce graduate and has a masters and a Doctorate in philosophy with a specialisation in aesthetics. Dr. Jane Goodall's National Geographic program on television and her statement 'each and every individual can make a difference' inspired her. She started TREE a registered charitable trust and is its founder and chairperson. Involved in turtle patrol walks at night, she realized that conservation and community development go hand in hand. A short English documentary of 22 mins. duration called 'Ambassadors of the Ocean'- dealing with the life cycle, threats to the turtles and the conservation methods that have been undertaken along the Chennai coast with the fishing community youth, will be screened.

SAVING THE TURTLE IS LIKE SAVING THE WHOLE WEALTH OF THE OCEAN.

We thank Mahmooda Haja Shareef for hosting this meeting.

ZAINAB KACHWALLA

HELEN DE CLERCQ

## ARTS & HANDICRAFTS

On Tuesday, 27th January at 10:15 A.M

At: Madras Club

Adyar Club Gate Road  
Chennai-600 028



### Films 'n' Fashion - Evolvement of Attire in World Cinema

Costume, like architecture, is one of the most visible signs of a civilisation. A clear image of the costumes worn in the past can be picked up from various media like paintings, photographs and cinema. When we reflect on the change of styles from the glorious past to the present time, we realize that the influence of fashion has always been firmly rooted in films. Above all, designing costumes is a true labour of love on the part of the designer.

**Chaitanya Rao**, a renowned designer, has produced creations that reflect his flair for illustrations and pattern making skills. He has styled clothes for leading ladies of Indian cinema, for ad films, Miss India contestants and leather shows. He has 3 successful fashion weeks with Lakme to his credit. He is the only designer from the South who has had his garments photographed in Paris for Vogue India.

**Nalani Sriram** designed costumes for the film "Roja" after which she has become the most sought after costume designer for South Indian films. Stars like Rajinikanth, Kamal, Vijay, Suriya, Gauthami, Revathi and Trisha have been dressed by her.

**Vidya Singh**, our presenter, along with the designers will take us through the evolvement of costumes in world cinema, embracing the creating of artistic yet fashionable costumes for the tinsel screen. **Sureka Kothari** has kindly consented to conduct a talk with the designers to unravel the secrets of their professional success.

We thank **Sulochana Alexander, Jatinder Bahl, Rekha Bhatla, Meera Jayakar, Shantha Narayan and Daksha Sheth** for graciously hosting this meeting.

NABILA AVAIS

NINNA HOGEDAL

## BOOK DISCUSSION COOKING SWAPSHOP

On Thursday 29th January at 10. 15 a.m.

At: Vijaya Rangarajan's

No. 3, (old 2), Bazulla Road,  
T.Nagar, Chennai - 600 017.



### Simply South.....Simply Delicious

In her third cookbook, **Simply South**, the author of **Dakshin** and **Southern Spice**, **Chandra Padmanabhan**, offers a new and exciting range of traditional vegetarian cooking from the kitchens of South India. This book covers rare, unusual but easy-to-follow recipes from Kongunadu, North Arcot in Tamil Nadu, Rajahmundry in Andhra Pradesh and the cuisine of the Hebbar Iyengar community of Karnataka. This book will be welcomed by food historians as well as keen cooks looking to expand their knowledge of vegetarian cuisine.

**Chandra Padmanabhan** is currently working in a book publishing and distribution organization in Chennai. Cooking has been her hobby for over 35 years. Over the years, she has experimented with various styles of vegetarian cooking and ingeniously adapted them to suit every palate. She will be demonstrating two recipes from her latest book, **Tengai Sadam**, a special recipe from her family and **Senai Urunday**, a Kongunadu recipe.

We thank **Vijaya Rangarajan** for hosting the meeting at her lovely home.

NALINIACHARYA  
ACHUKURIAN

BHARATHI NAIR GOPINATH  
BALVEER SINGH

On Thursday, 12th February, we have a special meeting to mark **Valentine's Day**. We invite members to write a love poem or story, or to read their favourite love poem, sing or perform a skit on the power of love. Do participate and join in the fun. Contact either of the chairpersons if you are participating.

NALINIACHARYA

BHARATHI NAIR GOPINATH

## CHRISTMAS BY THE YULETIDE TREE

May we take this opportunity to thank all those members who kindly contributed in so many ways to the success of the meeting held at Cottingley on Wednesday, 10th December. In all, one hundred and fifty six members warned in for the meeting.

Thank you to Radha Gopalakrishnan and Maureen Thadani for looking after the Khazana Stall.

A big thank you to the choir who were led by Premila Jacob – you sounded superb – thank you Suma Eapen, Annelise Hazari, Anita Koshy, Darley Mathew, Maya Mathew and Stephanie Thompson.. Thank you to our three members - Helene de Clercq, Katrien Mestdagh-Hens and Tineke Sysmans - who sang in Flemish, and the three members of the choir who sang in German.

To those of you who read - Susan Abraham, Bimla Bhatla, Prithika Chary, Jo Frogbrook, Vasanthi Sankarayanan, Balveer Singh, Shobana Thomas and Stephanie Thompson – thank you for creating such a wonderful feeling of Christmas spirit.

Finally, and without a doubt, none of this would have been possible without Marina Mathias – she has a charismatic charm which persuades everyone else that anything is possible. We owe you a debt of gratitude for leaving hospital to be with us that morning.

If you would like any of the recipes for the Christmas cakes, biscuits and sweets provided that day – please let Lynne Connor know and she will make arrangements for them to be made available.

RANI ANANTH

LYNNE CONNOR

### THE BOARD

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#### OUR CONGRATULATIONS TO

Rama Rajagopal on the wedding of her grand daughter Aishvarya.

Ramani Reddy on the marriage of her son Abhishek.

Reena Verghese on the marriage of her daughter Amritha.

Anita Reddy on the marriage of her son Kaushik.