

July 2009
Newsletter

IWA
Chennai



**EXECUTIVE COMMITTEE 2009- 2010
MANAGING COMMITTEE**

PRESIDENTS

Shobha Hebbar	26411248	9840338258
Elizabeth Aston	24328590	9094558566

VICE PRESIDENTS

Mridula Srinivasan	24321028	9840931812
Sejal Wasani	24355290	9884052575

SECRETARIES

Ramani Reddy	28353608	9840086858
Manisha Singhee	24991482	9841035003

TREASURERS

Archana Melyappan	28473932	9840998800
Jansi Kishore	28226395	9841589896

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Deepali Goyal	24357752	9840442260
Suzanne de Haes	24352346	

BOOK DISCUSSION

Geeta Rajagopal	24453239	9840052899
Noelene Goonan	43042974	9003283294

COOKING SWAPSHOP

Asha Rammohan	28332006	9840039958
Jennifer Arun	28275032	9880399490

CURRENT EVENTS

Zainab Kachwalla	28292274	9840853652
Jennifer Moore	9940065292	9840892782

HEALTH & ECOLOGY

Nabila Avasi	28264325	9840026665
Bess Simkin	24333565	9791172021

HISTORY, CULTURE & TOURS

Maya Mathew	28281228	9841010080
Nalini Panday	24610944	9841048629

MUSIC & PERFORMING ARTS

Nita Reddy	42030717	9962530717
Sue Cook		9677020407

PHILOSOPHY & RELIGION

Anuradha Uberoi	24329728	9841042520
Tineke Sysmans	45066148	9940135888

IWA NEWSLETTER

Volume XXIV No.2

Chennai

JULY 2009

MONTH AT A GLANCE

Wed. 1st July	Managing Committee Meeting Executive Committee Meeting	09.30 a.m. 10.30 a.m.
Thu. 2nd July	Cooking Swapshop <i>Cooking for your Sukham Ayu</i>	10.15 a.m.
Thu. 9th July	History, Culture & Tours <i>Russia Land of Heritage and Culture</i>	10.15 a.m.
Tue. 14th July	Music & Performing Arts <i>Chords of Passion</i> <i>Piano and Carnatic Music</i>	4.30 p.m.
Thu. 16th July	Current Events <i>Ethnic Conflict and Challenges of Rehabilitation in Sri Lanka</i>	10.15 a.m.
Tue. 21st July	Health & Ecology <i>Essentials of Basic Life Support and First Aid</i>	10.15 a.m.
Thu. 23rd July	Arts & Handicrafts <i>The Art of Design and a Flair for Entrepreneurship</i>	10.15 a.m.
Fri. 24th July	Founder's Day	10.15 a.m.
Tue. 28th July	Philosophy & Religion <i>Celebrating Hindu Festivals</i>	10.15 a.m.
Thu. 30th July	Book Discussion <i>Dreams from My Father</i>	10.15 a.m.

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

Our first month's programme is nearly over and we hope you enjoyed it as much as we did putting it together.

We were delighted to see so many of you at Fellowship Morning where we traditionally meet for the new IWA Year and where so many of us make promises to each other, whether it be to telephone more often or meet more regularly. Hope you are keeping those promises. What better place than IWA to be able to do that!

The red, gold and white colours chosen for the year seem to be a popular choice and we thank you for your feedback.

This year on Friday 24th July, we celebrate **Founder's Day** and this being one of the main meetings in the IWA calendar we hope to see as many of you there as possible.

Last year saw much improved attendances at all meetings and with your support, we hope this will continue. Those of you who have been involved in any aspect of the IWA committees will appreciate the time and effort required to prepare each month's programme and we extend heartfelt thanks to all members of the Managing and Executive Committees for their endless enthusiasm and commitment.

We also thank members who have contacted us with ideas for the coming year and for those who have ideas and have not yet contacted us please do not hesitate to do so.

SHOBHA HEBBAR

ELIZABETH ASTON

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Wed. 1st July at 9.30 a.m.

Wed. 1st July at 10.30 a.m.

Meetings hosted by
Archana Meiyappan
Madras Boat Club, Bow Side
Boat Club Road
Chennai - 600 028



COOKING SWAPSHOP

Thursday, 2nd July at 10.15 a. m.

At: Somna Sachdev's
20 (Old No.10), 4th lane
Nungambakkam High Road
Chennai - 600 034



Cooking for your Sukham Ayu

Did you know?

- The best cooking medium is Cow's Ghee.
- Honey, if used, should not be heated or mixed into anything hot, not even hot water.
- It is a good idea to add spices such as cloves, cardamom and nutmeg to sweets to lighten them.

To know more about the correct balance in lifestyle and eating habits, join us for a discussion and recipe demonstration by **Jigyasa Giri and Pratibha Jain**. The authors of "Sukham Ayu" will share with us their research about the benefits of freshly cooked food, the correct use of spices to enhance taste and good health and the right food combinations that makes any preparation tridoshik or agreeable to all doshas.

Jigyasa Giri and Pratibha Jain are also the authors and publishers of "Cooking at Home with Pedatha", which won them the Gourmand Award from Spain, for "Best Vegetarian Book in the World 2006". Jigyasa is a Kathak Dancer, Choreographer and Teacher and Pratibha has a Doctorate in Philosophy of Language from the University of Madras.

We thank Somna Sachdev for graciously hosting this meeting at her home.

Maximum number: 50 (MEMBERS ONLY)

Please warn in with **Asha Rammohan** (98400-39958) or **Jennifer Arun** (098803-99490) on the 29th and 30th of June only

ASHA RAMMOHAN

JENNIFER ARUN

HISTORY, CULTURE & TOURS

Thursday, 9th July at 10.15 a. m.

At: **Presidency Club**
Pearl Room
51, Ethiraj Salai
Chennai - 600 008



Russia.....Land of Heritage and Culture

You have decided you are going to travel to Russia. You have got your documents, packed your bags and cannot wait to reach your destination. What should you strive to see, do and experience in Russia when you get there?

Russia is full of things to see and dovisiting museums, churches and palaces, going on historic tours, entertainments, shopping and boat cruises . Tourists, foreigners and Russians themselves flock to Moscow and St.Petersburg to see what makes these cities so vibrant. They are busy and fast paced, yet steady and reliable with a rich history, culture and heritage.

Usha and Balaji Moorthy, who lived in Moscow in the mid-nineties, will take you on a wonderful journey through Moscow and St.Petersburg. This will be followed by a Q&A session.

We would like to thank **Premila Jacob** for hosting this meeting.

MAYA MATHEW

NALINI PANDAY

TRIP TO RUSSIA

The date of departure for the trip to Russia has been brought forward. The trip will now be from the 5th of August to the 13th of August.

MUSIC & PERFORMING ARTS

Tuesday, 14th July at 4.30pm.

At: **Music Square**
Sterling Silver Building
24 & 25 Sivaganga Road
off Sterling Road
Nungambakkam, Chennai- 600 034



Chords Of Passion - Piano And Carnatic Music

Anil Srinivasan is a classical pianist who trained in India and the United States. He has recorded and performed with many eminent musicians.

Anil's work is featured in more than 15 albums. He performs regularly in India and abroad and has come to be associated with an entirely contemporary classical sound of his own, combining the best of both Indian and Western classical influences. In addition Anil is a highly acclaimed columnist on music, a professor of management and a consultant.

Anil Srinivasan will talk about the extraordinary journey of the piano through Indian music, presenting a few pieces to illustrate interesting anecdotes through its history. This includes a detailed discussion on the role the piano can play in the interpretation of classical Indian music.

NITA REDDY

SUE COOK

New Non Indian Members

Shalini Shandil - Australia
Flat 1 Srish Building
New No 14, Old No 33
ABM Avenue, Boatclub Road
RA Puram,
Chennai 600 028
Phone: 4211 1103
Mobile: 98405 42855

Sarah E.V. Clark - U.S.A.
11/40 Usha Street
Dr. Seethapathy Nagar
Velachery,
Chennai 600 042
Mobile: 90030 99800

CURRENT EVENTS

Thursday, 16th July at 10.15 a. m.

At: Madras Boat Club
Boat Club Road,
Chennai - 600 028



Ethnic Conflict and Challenges of Rehabilitation in Sri Lanka

The battle for the control of territory between the armed forces of Sri Lanka and the Liberation Tigers of Tamil Eelam (LTTE) has come to an end with the entire leadership of the Tigers, including Prabhakaran, getting killed. The victory represents an end to the military dimension of the fratricidal ethnic conflict, which brought about death, destruction and untold sufferings to thousands of people - Tamils, Sinhalese and Muslims. The war has ended, but the immediate task, equally important, is to win the peace.

Winning the peace is a multi-pronged task; it involves a political solution which can satisfy the aspirations of all ethnic groups; demining the conflict zones and massive rehabilitation of the internally displaced and finally the reconstruction of the war ravaged economy.

Our speaker, Prof. V. Suryanarayan, is one of India's leading specialists in South and Southeast Asian Studies. He combines teaching and research specialisation in history, political science and international relations. He is a member of the National Security Advisory Board.

We thank Raziye Sheerazie and Raheela Kareem for sponsoring this meeting.

ZAINAB KACHWALLA

JENNIFER MOORE

We thank Jatinder Bahl, Seema Bhargava, Kashmira Daruwala and Gowri Viswanathan for hosting the June 18th meeting.

HEALTH & ECOLOGY

Tuesday, 21st July at 10.15 a. m.

At: Madras Club
Adyar Club Gate Road
Chennai-600 028



Essentials of Basic Life Support and First Aid

Learning the essentials of basic life support and first-aid in an emergency should be available to everyone. None of us know when that knowledge might help to save our own life or that of someone else.

Dr. N. Ramakrishnan is highly qualified and experienced in Internal and Critical Care Medicine and is the Director of Critical Care Services at the Apollo Group of Hospitals.

Dr. Nithya Kalyani, is an experienced health care professional and heads the emergency department at Sundaram Medical Foundation.

We are grateful to both doctors who will enlighten and update us on basic life support and first-aid procedures that can be safely administered by the lay person before any professional medical intervention.

We are very thankful to Anuradha Sachdev for generously hosting this meeting.

NABILA AVAIS

BESS SIMKIN

ARTS & HANDICRAFTS

Thursday, 23rd July at 10.15 a.m.

At: 13/6 Kasturi Estate 1st Street,
Poes Garden
Chennai-600 086



The Art of Design and a Flair for Entrepreneurship

Nominated by the National Entrepreneurship Network (NEN) in the Best Startup category, Peek-A-Boo patterns is a unique venture of customized home furnishings for kids of all ages independently started by Garima Agarwal on February 1st, 2005. It has gained tremendous response in a short span of a few years.

Very creatively inclined Garima put together her passion for kids and skills to start something totally new and innovative. Her work ranges from designing rooms for children, holding fashion design workshops for children, printing personalized children stationary with unique accents to forays into furniture. She has over 800 clients in India and abroad and a presence in Sri Lanka, Kolkata and Mumbai.

Garima has successfully used the art of design and a flair for entrepreneurship to find a niche business in the city.

In this talk she will discuss the various design techniques that constitute her work, her attention to detail and her journey to establishing her business venture in the city thus filling a void.

DEEPALI GOYAL

SUZZANE DE HAES

Our sincere condolences to Shanti Karunakaran on the demise of her brother.

Our sincere condolences to Asha Hemdev on the demise of her mother.

FOUNDER'S DAY

Friday, 24th July at 10.15 a. m.

At: The Taj Mount Road
No. 2, Club House Road
Chennai - 600 002



Twenty three years ago on Friday, July 25th, 1986, a small band of women – Nirmal Seshadri, Nancy Dean, Anneliese Hazare, Lakshmi Padmanabhan, Saroj Ramamrutham, Sunita Shahaney and Rewa Singh founded the International Women's Organisation, now IWA. Their untiring efforts and those of the Presidents who followed, have made IWA the vibrant organisation it is today.

This year, on Friday, the 24th of July, we celebrate our history and honour our founders - the founders whose creativity and determination brought our association into existence. As we enjoy the achievements of today, we are grateful to those on whose shoulders we now stand.

The Board of 2009 - 2010 send heartfelt thanks to the Founding members and all past Presidents.

Do be there as we all join in thanks for this wonderful organisation.

For members only

SHOBHA HEBBAR

ELIZABETH ASTON

THE IWA BOARD

PHILOSOPHY & RELIGION

Tuesday, 28th July at 10.15 a. m.

At: Hotel Savera
Maple Hall
146, Radhakrishnan Salai
Chennai -600 004

Celebrating Hindu festivals

Our speaker, **Soumya Aravind Sitaraman**, will be talking about the origins, philosophy, symbols and *raison d'être* of Hindu festivals. Her talk will focus on prominent Hindu festivals. It will be an illustrated talk covering the significance of different aspects of each festival including food, prayers and the choice of the date on which the festival is celebrated.

Soumya is the author of **Follow the Hindu Moon-a Guide to the Festivals of South India**. She illustrated the book **Chachaji's Cup**, published by Children's Book Press, San Francisco, which featured 30 art plates by her. **Chachaji's Cup** will soon be a Broadway production. She won another award for a painting on "Mother Earth" and several other honours.

We thank Princess Naik and Rathi Nilakanthan for graciously hosting this meeting and Renuka Ishwariah for sponsoring the LCD equipment.

ANURADHA M. UBEROI

TINEKE SYSMANS

Hearty Congratulations to Sushila Natraj on the birth of her grandson Harsha.



BOOK DISCUSSION

Thursday, 30th July at 10.15 a. m.

At: Madras Boat Club
Boat Club Road
R.A. Puram, Chennai 600028.

Dreams from My Father

A Story of Race and Inheritance by **Barack Obama** is the book to read if you want to understand Obama's personal background and how it forms his character. It was written while he was still only an obscure State Senator. Therefore it is an honest portrait, made before Obama even intended to run for the US Senate, much less for President.

Son of a white American mother and a black Kenyan father whom he never knew, Obama went to Kenya, to find the world of his dead father, his "authentic" self. Will the truth set you free, Obama asks? Or will it disappoint? Both, it seems. His search for himself as a black American is rooted in the particulars of his daily life; it also reads like a wry commentary about all of us. As well as relating the story of Obama's life, the book includes a good deal of reflection on his own personal experiences with race and race relations in the United States.

With over 25 years of experience in media, of which a substantial portion was with newspapers of national importance, **Chitra Mahesh** is interested and accomplished in music, art, culture and health related issues. She has worked with corporates and social institutions in the areas of music, culture and health and has created value through an amalgam of her media experience and her commitment to social initiatives.

We thank **Lalitha Krishnan** for hosting this meeting.

GEETA RAJAGOPALAN

NOELENE GOONAN



HISTORY, CULTURE & TOURS

Tour of Hampi - Aihole - Pattadakal - Badami

From October 27th to October 31st



The city of Hampi, the imperial capital of the great Vijayanagar Empire, once flourished and rivaled Rome in terms of beauty, magnitude and population. Today, Hampi, "The Pompeii of India" is a dream come true for archaeologists, historians, art lovers and tourists. Forts, palaces, temples, sculptures, baths, irrigation canals, bazaars - ruins of a civilization belonging to a medieval era - are all preserved in stone.

Hampi is now recognized as a world heritage monument by UNESCO who have joined hands with the Archaeological Survey of India for its conservation. Feel the vibrance in the ruins of Hampi, the most powerful 13th century kingdom. At Hampi, stones speak in silence.

Aihole was the capital of the Chalukyan kings between the 4th and 6th centuries AD. Aihole has over 125 temples, all intricately carved and rich in detail.

Pattadakal, the 2nd capital of the Chalukyas, is 22 km from Aihole and was used mainly for the coronation of the kings. Pattadakal, declared by UNESCO as a World Heritage site, was an experimentation ground for temple architecture.

Badami, the Taluk headquarters, is set in picturesque surroundings. It was once the capital of the Chalukyas. The site is a treasure house of architecture and sculpture and marks some of the earliest and finest examples of rock cut caves and free standing temples which provide the blueprints for the later built South Indian temples.

The trip also includes a boat ride across the Tungabhadra River and a visit to Anegundi and Pampa Sarovar.

No. of days: 2 nights / 3 days

Rs. 10,700/- pax for 20 to 25 people

Rs. 10,200/-pax for 25 to 30 people

Package includes:

- Train ticket fare: A / C 3 tier
- Accommodation: At Hotel Mallagai, on twin sharing basis
- Food: From breakfast on day 1 of arrival to dinner on day 3
- Transportation by A / C vehicle
- Mineral water on all three days of the tour
- Entrance fees to all places
- Guide fees for 3 days
- Parking fee and driver's beta
- Porterage / tips

Package excludes:

- Anything which is not mentioned in the above list
- Dinner at Bangalore station on the 1st day of travel, meals during transit or on train
- Laundry expenses
- STD / ISD charges at hotel

Members interested in joining the trip can contact Maya Mathew at 98410 10080 or Nalini Panday at 98410 48629 before the 31st of July.

MAYA MATHEW

NALINI PANDAY

New Non-Indian Member



Sue Cook - U.K.
Flat 20
Kshetra
30 Mahalakshmi Koil St.,
Kalakshetra Colony,
Besant Nagar,
Chennai 600090 - Mobile: 9677020407

Chairperson - Music & Performing Arts

FELLOWSHIP MORNING

We would like to say a big thank you to all the members who so willingly came forward to participate in the Fellowship Morning entertainment, "IWA Mia", a song cum dance cum quiz show that traced a woman's life from two to eighty.

Thank you all.

Writer and Director.

Padmini Natarajan

Participants:

Jennifer Ann

Premila Jacob

Maya Mathew

Asha Murthy

Gayatri Ramamurty

Raji Ramesh

Naina Shah

Ranjani Venkataraghavan

We would also like to thank the large number of members who attended and helped make it such an enjoyable occasion for everyone

SHOBHA HEBBAR

ELIZABETH ASTON

INTERNATIONAL MUSIC DAY

October 1st, as always, is International Music Day. In memory of our founder, Nirmal Seshadri, an endowment has been set up by her family. This fund is used on International Music Day to honour a young artiste in the field of music. A committee is set up to identify a promising young artiste for the award.

The Music Committee this year is as follows:

Jyothi Ganesh	Chairperson
Padmini Subramaniam	Member
Nalini Acharya	Member
Shanta Narayan	Member

The candidate for the award should be, preferably, 18 years of age or under. They should have certificates, awards and citations to showcase their prowess and level of achievement.

If members have any suggestions for recipients for this award, please write to **Jyothi Ganesh** about the candidate with a brief write-up. Your suggestions should reach the committee by July 31st, 2009.

SHOBHA HEBBAR

ELIZABETH ASTON

COMMITTEE TO REVIEW IWA BYE LAWS

IWA became a Society in 2002 and the Bye Laws were re-written in accordance with the Society rules. It has been found subsequently, that there are many grey areas in the existing Bye Laws and it is proposed to form a committee to look into the matter and make the necessary changes. The following members will form the Committee:

Sunita Shahaney
Nanditha Krishna
Vanitha Mudaliar
Chandrika Chidambaram
Lily Madhok
Rupa Kadhiresan
Aruna Vijaykumar
Eira Doshi
Mano Bhakthavatsalam
Sarah Chanda
Kusum Chadda
Princes Naik
Seema Bhargava

If members have ideas to contribute regarding the review of the Bye Laws, please put it in writing. The letter should be addressed to the Presidents and sent to

IWA Registered Office
857 Poonamallee High Road
Kilpauk, Chennai - 600 010

The letters should reach the IWA office by the 15th of August. Copies of the Bye Laws will be available at all meetings from 1st July.

SHOBHA HEBBAR

ELIZABETH ASTON

KEEP TABS ON YOUR ATTENDANCE

Every month jot down the meetings you have attended in the column below. This will help you keep track of whether you have completed your ten meetings.

MEETING	DATE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	