

**August 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 Avais	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.3

Chennai

AUGUST 2009

MONTH AT A GLANCE

Mon. 3rd Aug.	Managing Committee Meeting	09.30 a.m.
	Executive Committee Meeting	10.30 a.m.
Tue. 4th Aug.	Cooking Swapshop	10.15 a.m.
	<i>Delectable Thai Cuisine</i>	
Wed 5th-13th Aug	History, Culture & Tours	
	<i>Russian Holiday</i>	
Tue. 11th Aug.	Arts & Handicrafts	10.15 a.m.
	<i>World Crafts Council-reviving crafts, maintaining inherited traditions</i>	
Fri. 14th Aug.	Current Events	10.15 a.m.
	<i>Face to Face with Vijay Amrithraj</i>	
Tue. 18th Aug.	Health & Ecology	10.15 a.m.
	<i>Pain Relief - A Holistic Approach</i>	
Thu. 20th Aug.	Music & Performing Arts	10.15 a.m.
	<i>Dance as a Way of Life</i>	
Tue. 25th Aug.	Philosophy & Religion	10.15 a.m.
	<i>Significance of Hindu Wedding Rituals</i>	
Thu. 27th Aug.	Health & Ecology	10.15 a.m.
	<i>Conservation of Asiatic Lions</i>	
Mon. 31st Aug.	Book Discussion	10.15 a.m.
	<i>Writings on Madras (Chennai)</i>	

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS



July was a busy month for the IWA Committees with nine meetings including Founder's Day, finalising the visit to Russia (5th-13th August) and planning the Tour of Hampi-Aihole-Pattadakal-Badami (27th-31st October).

Response for the Russia trip has been overwhelming and 48 members and their families will leave on August 5th for Russia. We wish them Bon Voyage.

A reminder to members who have suggestions regarding the review of the Bye Laws that these should be submitted, in writing, by 15th August, 2009

Information for the new Telephone Directory will be taken from the current Newsletter postal details. Please ensure these are correct. If there are changes to your telephone or mobile number, please notify the Vice Presidents.

Our Founders Day saw a big turn out at the Taj Mount Hotel. We thank all members who participated in the entertainment and made the morning so enjoyable.

We have had a tremendous response to all our meetings so far. We thank you and look forward to your continuing support.

SHOBHA HEBBAR

ELIZABETH ASTON

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Mon. 3rd Aug. at 9.30 a.m.

Mon. 3rd Aug. at 10.30 a.m.

Meetings hosted by
Maya Mathew
Presidency Club, Platinum Point
Ethiraj Salai, Egmore,
Chennai - 600 010

FROM THE TREASURER

INCOME AND EXPENDITURE STATEMENT

1st April'09 to 30th June'2009

Income	Amount
Membership Subscription	584000.00
New Membership	2250.00
Membership Contribution	65500.00
Hostess Contribution	4000.00
SavingsBank Interest/Fixed Deposit Interest	10953.00
Total Income	666703.00
Expenditure	
AGM Expenses 2008-2009	70204.00
Accounting Charges	2000.00
Meetings	28950.00
Printing & Stationery	393.00
Postage&Courier Charges	6497.00
Fellowship Morning	24861.00
Total Expenditure	132905.00
Excess of Income Over Expenditure	533798.00
Funds Position as on 30th June'2009	
Opening Balance - 1st April 2009	
Bank - 2,85,002.83	
Cash - 19,169.24	304172.07
Add : Excess of Income Over Expenditure	533798.00
Less: Advance paid to Chairperson	24000.00
Closing Balance - 30th June'2009	
Bank - 8,06,752.83	
Cash - 7,217.24	813970.07
Fixed Deposits	
1287306000014/1	100000.00
12873030000572/1	424354.00
12873033000637/1	5515.00
Total Fixed Deposits with Canara Bank	529869.00

ARCHANA MEIYAPPAN

COOKING SWAPSHOP

Tuesday, 4th August at 10:15 a.m.

At: **The Park**

Sansara, 601, Anna Salai
Chennai 600 006



Delectable Thai Cuisine

Thai Cuisine is an interesting balance of taste and flavours – hot and spicy, sweet and sour with a variety of herbs, spices and fish sauces making it unique in Southeast Asia. It is similar to the Indian and Chinese cuisine in its use of spices and herbs and the methods adopted in preparation. A Thai meal is served all at once as there is no particular order or structure of courses served, thus allowing one to enjoy complimentary combinations of different tastes.

Restaurant Lotus at The Park seeks to retain the same balance of taste and flavours, thereby giving way to a more authentic yet contemporary approach to Thai food. It is listed amongst the finest dining destinations in Asia by the Miele Guide 2008.

Peter Tseng is the Chef de Cuisine at Lotus at The Park, Chennai and has trained under Thai Master Chef Sommai Aksorndee and Chef Prokob Samranruen. His training in International Cuisine has been under Chef Willi and Chef Rajesh. He specialises in Thai and Pan Asian Cuisine with a contemporary approach to presentation and food styling.

A tasting of the recipes will follow the demonstration.

ASHA RAMMOHAN

JENNIFER ARUN

HISTORY, CULTURE & TOURS

Russian Holiday

From 5th August to 13th August



This month the excitement is palpable as 48 of us are off to an awe-inspiring and fascinating visual experience called **Russia**. Now, geared up with a list of information along with passports, warm clothes, windcheaters, medicines and Indian snacks, the IWA members are all set for the trip.

We are sure they are going to have a wonderful holiday as they soak in the mesmerising history and the unforgettable visual impact of **Moscow** and **St.Petersburg**.

We wish them a good time. Bon Voyage.

MAYA MATHEW

NALINI PANDAY

NEW MEMBERS (NON INDIAN)

Karen Krizman (Saurer)

No. 6, Crescent Street,

Boat Club Villa

3rd Floor, RA Puram

Chennai 600 028

Tel: 4211 2251

Janet Haughton Quarshie

33, 3rd Rani Street

Kalyani Nagar

Kottivakkam

Chennai 600 041

Tel: 2451 2401

CHANGE OF ADDRESS

Surekha Kothari

15, Thirumurthy Nagar 5th Street,

Nungambakkam,

Chennai 600 034.

Tel- 2825 7145, 2825 7198

ARTS & HANDICRAFTS

Tuesday, 11th August at 10.15 a. m.

At: Madras Boat Club

Boat Club Road

R. A. Puram, Chennai - 600 028

**World Crafts Council - reviving crafts,
maintaining inherited traditions**

It was a unique honour when at the 16th General Assembly of the World Crafts Council meeting in Hanz Hou, China in November 2008, India was elected to take on the Presidency. Usha Krishna was elected the WCC President. Usha is a Senior Member of the Crafts Council of India and has contributed extensively to the craft sector.

WCC was founded in 1964 by Alleen Osborne Van der Bilt Web (USA) and Shrimati Kamala Devi Chatopadhaya (India) to provide service to craftsmen. WCC is divided into 5 regions, Africa, Asia Pacific, Europe, Latin America & North America.

Mrs Usha Krishna will tell us how WCC has, over the decades, aided crafts people around the world, through workshops and various training programs. It has helped revive some of the world's dying crafts.

Sangeet Chopra, Secretary General, WCC will share the crafts experience with our members with slides of crafts from around the world.

We thank Nirmal Mirza for hosting this meeting.

DEEPALI GOYAL

SUZANNE DE HAES



CURRENT EVENTS

Friday, 14th August at 10.15 a. m.

At: Madras Club

Adyar Club Gate Road

Chennai 600 028

Face to Face with Vijay Amrithraj

Vijay Amrithraj is one of the best Indian tennis players of all time. He has won 16 singles and 13 doubles titles during his career and beaten tennis greats like Rod Laver, Bjorn Borg and John McEnroe. He was the captain of the Indian Davis cup team for much of the late 1970s and 1980s, helping India reach the finals in 1974 and 1987.

Vijay Amrithraj will talk to us about the status, difficulties, and potential of Indian sport. He will also speak about women in sport, overseas travel and work for the spouse on the tennis circuit and the challenges he/she may face. This will be followed by an interactive question and answer session.

We thank our gracious hostess, Shyla Rau for sponsoring the meeting.

ZAINAB KACHWALLA

JENNIFER MOORE

From the Membership Treasurer

Please note that a number of members are signing in using the wrong codes. If you are unsure or have forgotten your code, please check with me.

A record of your attendance from April-August, will be kept for your reference, at all the meetings in September and December. Nevertheless, do keep track of the meetings you attend!

JANSI KISHORE



HEALTH & ECOLOGY

Tuesday, 18th August, 10.15 a. m.



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

Pain Relief - A Holistic approach

Pain is generally considered a protective mechanism alerting the individual a possible problem in the body. Often, acute pain has a cause that can be treated and the pain relieved. Prolonged pain invariably causes gross deterioration in the quality of an individual's life and unless treated, it cannot bring about effective relief.

Dr. Mallika Tiruvadnam has been practicing Anaesthesiology, but her passion is in Palliative Care which uses a holistic approach to caring for patients suffering from various illnesses. It aims to alleviate suffering and optimise and improve the quality of life, physically, emotionally, psychologically and spiritually.

Dr. Subathra Muthukumaran, an MD in Anaesthesiology is currently studying for the Certificate in Palliative Care at Flinders University, Australia.

Both Dr. Mallika Tiruvadnam and Dr. Subathra will highlight important facts about pain and a holistic approach to relieve it.

We are very thankful to Rani Chada and Vanitha Mudaliar for kindly hosting this meeting for us.

NABILA AVAIS

BESS SIMKIN

Sincere Condolences to Usha Chandrakumar on the demise of her father.

MUSIC & PERFORMING ARTS

Thursday, 20th August at 10.15 a. m.



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



Dance as a Way of Life

Dance (from the French word danser) is a sport and an art form that generally refers to the movement of the body, usually rhythmic and to music, used as a form of expression, social interaction or presented in a spiritual or performance setting. Dance has evolved many styles. Every dance no matter what style has something in common. It involves not only flexibility and body movement but also physics.

Mr. Ramash, the director of Raack Academy of Dance is known for his innovative style of choreography, his brilliant sense of creativity and his ability to make anyone dance.

Ramash will brief us about dance, rhythm, fitness and body language in our daily life, and dance as a form of active meditation. He will also demonstrate some basic moves. So ladies, put on your dancing shoes and be ready to shake a leg.

We thank Malini Krishna, Shanthi Thomas and Lakshmi Viswanathan for sponsoring this meeting.

NITA REDDY

SUE COOK

We thank Padma Ashok and Preeya Reddy for hosting the tea on July 14th.

PHILOSOPHY & RELIGION

Tuesday, 25th August at 10.15 a.m.

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



Significance of Hindu Wedding Rituals

In India, every region has its own traditions, customs and rituals that are followed during the weddings. The wedding rituals of different communities have their own significance and meaning.

Our speaker, V.R Anil Kumar is deeply grounded in Hindu traditions. He is doing his Ph.D. thesis on the evolution of Hindu wedding rituals. He will be focussing on Vedic rituals at weddings as well as the rituals of a few communities like the Nattukottai Chettiars of Tamil Nadu, Coorgis of Karnataka, Nairs and Namboodiris of Kerala and Andhra weddings in general.

We thank Anita Bhatia for hosting this meeting and for sponsoring the audio visual equipment.

ANURADHA M. UBEROI

TINEKE SYSMANS

Hearty Congratulations to Chandra Padmanabhan on her book, "Simply South" being awarded the second best vegetarian cookbook in the world by the Gourmand World Cookbook.

HEALTH & ECOLOGY

Thursday, 27th August, 10.15 a. m.

American Consulate General (Auditorium)
Near Anna Flyover
220, Mount Road, Chennai-600 006



Conservation of Asiatic Lions

Dr. Ravi Chellam is the world's foremost expert on Asiatic Lions and Country Director of the Wildlife Conservation Society's India Program in Bangalore. He is amongst the very few, who has retained an abiding interest in the ecology of the highly endangered large cats – the Asiatic Lions in the Gir Forest.

One of the key conservation goals of his work is to translocate and establish a second free ranging population of lions in India.

Dr. Ravi Chellam has lived with lions and has inspired numerous other Indians to take up wildlife research and conservation as a profession and has also raised public support for the conservation of the Asiatic Lions, both within and outside India.

We are very grateful to Bess Simkin for hosting this meeting and Mahin Rabi Khaleeli for hosting our speaker.

- Please be at the venue by 10 a.m. and bring your IWA Newsletter.
- You will need an original Government issued photo ID – such as passport, driving license, voter ID card, PAN card. (no photocopies allowed)
- Due to security restrictions, no cell phones, laptops, cameras or any other digital/ electronic media are allowed inside the Consulate building.
- Please be aware that all individuals and their belongings are subject to search by Consulate Security staff.
- Kindly e-mail or call Nalla between 20th to 25th of August with your name as it will appear on the identification that you plan to bring with you.

email: nallasanycgr@gmail.com

Mob: 9841885504

NABILA AVAIS

BESS SIMKIN

BOOK DISCUSSION

Monday, 31st August at 10.15 a. m.

At: C.P..Ramaswamy Aiyar Foundation
No. 1, Eldams Road,
Chennai – 600 018



Writings on Madras (Chennai)

From the earliest Sarva Deva Vilasa written in the mid 18th century to Love's Vestiges of Old Madras written in the 19th century to the Tamil "Chennaikku Vandan" released in 2008, there has been a plethora of books on the city.

Every August Chennaites celebrate Chennai week when they explore the various aspects of this city – its history, heritage, art and culture. To mark Chennai week, we have invited V. Sriram who will talk to us on "Writings of Madras that is Chennai". The talk will broadly survey some of the books which look at various aspects of the city.

V Sriram, is an ardent follower and exponent of Carnatic Music. He also has a keen interest in history and heritage. He writes columns regularly on Carnatic Music and on the history of Chennai and organises Heritage walks through historic locations in the city.

Appropriately, the meeting will be held in an old heritage building. Members will also be able to view an exhibition of old painted lithos of the Madras Presidency which is on at the venue.

We thank Nanditha Krishna for hosting the meeting.

GEETA RAJAGOPAL

NOELENE GOONAN

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.	