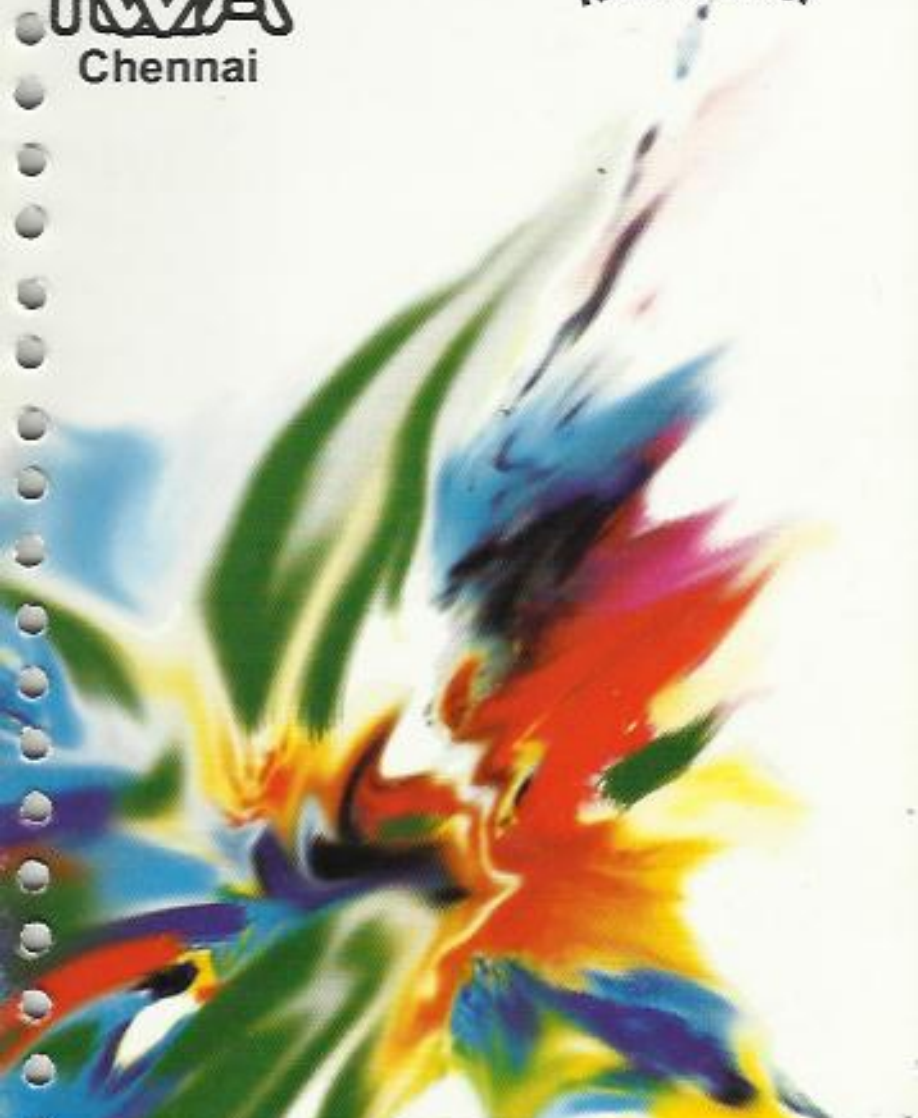




Chennai

November 2010
News letter



vibrantly diverse, yet one.

**EXECUTIVE COMMITTEE 2010 - 2011
MANAGING COMMITTEE**

| | | |
|------------------------|----------------|------------|
| PRESIDENTS | | |
| Mridula Srinivasan | 24321028 | 9840931812 |
| Uma Ganesan | 24472682 | 9940652588 |
| VICE PRESIDENTS | | |
| Prithika Chary | 24997878/ 2310 | 9840038752 |
| Jansi Kishore | 24961145 | 9841589896 |
| SECRETARIES | | |
| Zainab Kachwalla | 28292274 | 9840853652 |
| Jennifer Moore | 9940065292 | 9840892782 |
| TREASURERS | | |
| Archana Meiyappan | 28473932 | 9840998800 |
| Manisha Singhee | 24991482 | 9841035003 |

ACTIVITY CHAIRPERSONS

| | | |
|-------------------------------------|-----------------------|------------|
| ARTS & HANDICRAFTS | | |
| Nita Reddy | 24990717 | 9962530717 |
| Karen Krizman (Saurer) | 42112251 | 9789027090 |
| BOOK DISCUSSION | | |
| Gayatri Krishnaswami | 28331789 | 9444383455 |
| Janet Haughton Quarshie | 24512401 | 9884187719 |
| COOKING SWAPSHOP | | |
| Somna Sachdev | 28330232/ 45043001 | 9841022922 |
| Juliet Meikle | 24531426 | 9566260268 |
| CURRENT EVENTS | | |
| E. Rajeshwari Sathyanarayana | 26211934 | 9443946789 |
| Shanta Narayan | 24421707 | 9840040486 |
| HEALTH & ECOLOGY | | |
| Deepali Goyal | 24313144 | 9840442260 |
| Bess Simkin | 24333565 | 9791172021 |
| HISTORY, CULTURE & TOURS | | |
| Neena Sanghavi | 28362313 | 9381029132 |
| Sue Cook | | 9677020407 |
| MUSIC & PERFORMING ARTS | | |
| Asha Rammohan | 28332006/ 28330858 | 9840039958 |
| Ann Mathew | 2449 4847 | 9840025169 |
| PHILOSOPHY & RELIGION | | |
| Usha Jawahar | 26412688 | 9841025166 |
| Reena Nirula | 24961031 | 9884027722 |

IWA NEWSLETTER

Volume XXV No.6

Chennai

NOVEMBER 2010

MONTH AT A GLANCE

| | | |
|----------------|--|------------|
| Tue. 2nd Nov. | Managing Committee Meeting | 10.00 a.m. |
| | Executive Committee Meeting | 11.00 a.m. |
| Tue. 9th Nov. | Music and Performing Arts <i>Hindi Film Melodies of the 1960's</i> | 10.15 a.m. |
| Thu. 11th Nov. | History, Culture & Tours <i>Celebrating Thanjavur</i> | 10.15 a.m. |
| Tue. 16th Nov. | Arts & Handicrafts/ Health & Ecology <i>Sustainable Fashion</i> | 10.15 a.m. |
| Mon. 22nd Nov. | Philosophy and Religion <i>Vipassana - The Technique</i> | 10.15 a.m. |
| Wed. 24th Nov. | Cooking Swapsop <i>The Iftar Meal</i> | 10.15 a.m. |
| Tue. 30th Nov. | Book Discussion Music & Performing Arts Current Events <i>Rabindranath Tagore</i> | 10.15 a.m. |

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

A stirring performance by the young awardees, Visweswar on the flute and Aswini on the mridangam, set the ball rolling on 1st October at International Music Day for the festive months of October, November and December. The icing on the cake was that this year's awardees were accompanied by last year's awardee Sriram Sridhar on the violin and the camaraderie was amazing!

You would have enjoyed the spirit of Eid and the Eid lunch on September 22nd and we thank all hostesses for that morning.

Festive Splendour on October 23rd was a recap of some of the festivals of August-September and a celebration of *Dussehra and Divali* in a new format for IWA!

We look forward to the Christmas celebration on December 2nd at the Madras Club.

A few spots are available for the trip to Vizag in November from the 23rd-27th—please warn in with Neena Sanghavi, Chairperson, History-Culture-Tours.

The record of attendance will be tabled at all meetings in November.

Thank You!

MRIDULA SRINIVASAN

UMA GANESAN

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Tue 2nd Nov. at 10.00 a. m.

Tue 2nd Nov. at 11.00 a.m.

Meetings hosted by
Asha Rammohan
27, Rutland Gate 4th Street,
Off Nungambakkam High Road
Chennai - 600 006.

FROM THE TREASURER

INCOME AND EXPENDITURE STATEMENT

1st April 2010 to 30th September 2010

Amount

INCOME

Rs. ps

| | |
|--|------------------|
| Member Subscription | 590000.00 |
| New Membership | 30000.00 |
| Membership Contribution | 65450.00 |
| Savings Bank Interest/Fixed Deposit Interest | 42132.00 |
| Guest Charges | 2400.00 |
| Sale of Telebook and Bylaws | 1890.00 |
| Hostess Contribution | 7000.00 |
| Total Income | 738872.00 |

EXPENDITURE

| | |
|---------------------------|------------------|
| AGM Expenses 2009-2010 | 77485.00 |
| Accounting Charges | 9000.00 |
| Fellowship Morning | 20607.50 |
| Advance to Divali Hall | 20000.00 |
| Meetings | 69741.46 |
| Founder's Day Celebration | 76225.00 |
| Postage and Courier | 14938.00 |
| Printing and Stationery | 17573.00 |
| Furniture and Fixtures | 4930.00 |
| Gift Articles | 3400.00 |
| Bank Charges | 88.00 |
| Total Expenditure | 313987.96 |

Excess of Income over Expenditure 424884.04

Funds Position as on 30th September'2010

Opening Balance - 1st April 2010

Bank - 3,82,123.27

Cash - 1,821.24

383944.51

Add : Excess of Income Over Expenditure 424884.04

Less: Advance paid to Chairperson 24000.00

Closing Balance - 30th September'2010

Bank - 7,82,506.31

Cash - 2,322.24

784828.55

Fixed Deposits

1287306000014 100000.00

1287303000572 424354.00

1287303300637 5515.00

Total Fixed Deposits with Canara Bank 529869.00

FROM THE MEMBERSHIP COMMITTEE

The Membership Committee met on October 11th, 2010 to receive the applications of new Indian members from their sponsors/co sponsors. The photographs and the names of these applicants are being published in this Newsletter.

IWA Byelaw No. 8-10 G states "Any written and duly signed objections regarding these applicants shall be intimated to the Membership Committee."

Members are requested to forward their objections, if any, in writing to the Membership Secretary Zainab.A.Kachwalla by 10th November 2010.

Zainab.A.Kachwalla

Membership Secretary, IWA
9/5, Shaffee Mohammed Road
Chennai - 600 006
Mobile : +919840853652
Tel : 044- 28292274; 42142497



Sabah Shirazi



Shanta
Narayanan



Soumithra
Srinivasan



Suchitra Reddy



Sunita Raiha



Leena Shashi



Pooja Singh



Radhika Jain



Radhika Singh



Rene George



Kalpana Aswath



Kausalya
Senthanam



Lakshmi Menon



Niohi Thadani



Jaya Mahbutani

MUSIC AND PERFORMING ARTS

Tuesday, 9th November 2010 at 10:15 A.M.

At: Madras Boat Club
Boat Club Road
Chennai 600 028



Hindi Film Melodies of the 1960's

Hindi film melodies of the 1960's have a haunting, mesmeric appeal that none can resist. Naushad and Shankar Jaikishan, who composed the songs of films from that decade, produced sheer magic, blending creativity with splendid art.

Mr. S.R. Madhu writer-editor with the United Nations, the American Embassy and the Times of India, will be making a presentation of video clips of some of the songs from the 1960's with facts and anecdotes about the films, its stars, singers and composers. A fan of Hindi film music, Mr. Madhu has selected the songs, researched and prepared the commentary and compiled the portraits and images for this presentation.

We thank Meena Muthiah, Leena Suryaprakash and Dolly Prasad for graciously hosting the meeting.

We also thank Jeyasree Ravi for sponsoring the meeting in August.

ASHA RAMMOHAN

ANN MATHEW

HISTORY, CULTURE AND TOURS

Thursday, 11th November at 10.15 a.m.

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



Celebrating Thanjavur

The Big Temple in Thanjavur is a treasure trove of historical facts about the Chola reign and the Nayak and the Maratha dynasties that followed. Rajaraja Chola dedicated this temple in 1010 to Brihadiswara, Lord of the Universe. It is a testimony to the richness of the State's art, culture and heritage. The monument has never ceased to amaze with its simple design, stupendous proportions and grandeur.

Our own IWA member, dancer and author Lakshmi Vishwanathan celebrates the legacy of this 1000 year old temple with us. Her talk will feature different aspects of this monument pertaining to its architecture, inscriptions, patronage and dance with beautiful visions of the temple.

NEENA SANGHAVI

SUE COOK

New Non Indian Member

Gita Rao - USA
3 A, ABM Flats,
32/27 ABM Avenue,
R A Puram,
Chennai - 600 028.

ARTS & HANDICRAFTS / HEALTH & ECOLOGY

Tuesday, 16th November, at 10.15 a.m.

At: Harrison's Hotel
315 Valluvar Kottam High Road
Nungambakkam, Chennai - 600 034



Sustainable Fashion - It's the Latest Trend

Eco-sensitivity vs. looking good; environmentally friendly vs. fashionable; clean and green vs. profitability; fair trade practices vs. production efficiencies. More and more industries and companies are striving to achieve these balances - and it's not easy.

Ethicus, an organic cotton and ethical fashion brand launched late last year, aims to promote sustainable fashion - clothing produced by following fair trade practices with minimal impact on the earth. "Our philosophy is farm to fashion," says Mani Chinnaswamy, managing partner of Appachi Cotton that owns the Ethicus brand.

Vijayalakshmi Nachiar, Mani's wife, is the force behind Ethicus. She is a textile graduate and manages the design and weaving studio, working with the weavers.

Together, Mani and Viji will talk to us about the challenges facing the industry of sustainable fashion - beginning with turning fields into organic cotton enterprises, and ending with the weaver's name and photo on each garment's tag.

Our sincere thanks to our gracious hostess Shobha Mahtani.

NITA REDDY
DEEPALI GOYAL

KAREN SAURER
BESS SIMKIN

PHILOSOPHY AND RELIGION

Monday, 22nd November at 10.15 a.m.

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



Vipassana - The Technique

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation, rediscovered and taught by Gautama Buddha more than 2500 years ago as a remedy for universal ills.

This technique aims for the total eradication of mental impurities and the resultant highest happiness of full liberation. Its purpose is not merely the curing of diseases, but the essential healing of human suffering.

Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body, and that continuously interconnect and condition the life of the mind. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.

Since the time of Buddha, Vipassana has been handed down, to the present day, by an unbroken chain of teachers. Our speaker, Ven. Dr. Bhikkhu Bodhipala, embraced Buddhism under the preceptorship of (Late) Ven.E.Nandiswara Nayaka Thera and under the guidance, of (Late) Ven.Dr.Ananda Kosalyayana Maha Thera of Nagpur. He was ordained a Bhikkhu under the preceptorship of, Ven.Dr.Rastrapala Maha Thera as a teacher of Buddhist Meditation.

Bhikkhu Bodhipala has penned many books and articles both in Tamil and English. He has been awarded a Degree of Doctor of Philosophy by Madurai Kamaraj University. The theme of his

research is Buddhist meditation. Presently he is deeply engaged in teaching Buddhist Meditation.

We thank Sherien Ryan for graciously hosting this meeting.

USHA JAWAHAR

REENA NIRULA

We would like to express our sincerest and warmest thanks to the following members who sponsored and hosted the Eid Milan lunch.

| | |
|-----------------------|-------------------|
| Zainab Kachwalla | Raheela Kareem |
| Zubeida Asgarali | Fazeela Nurdeen |
| Rehane Yavar Dhalla | Farida Majid |
| Fakhira Ayer | Nabila Avais |
| Mahmooda Haja Shareef | Raziyeh Sheerazie |
| Naaz Tyebbhoy | Thayabae Kakar |
| Badrunissa Mahadevan | Fharzana Siraj |
| Mahin Rabi Khaleeli | Bilkis Moosa |
| Bela Mistry Khaleeli | Seema Sait |
| Sadiya Khaleel | |

CHANGE OF ADDRESS

| | |
|--|--|
| Vidya Singh Flat 8C Block 6 Rani Meyammai Towers MRC Nagar, Chennai - 600 028 | Sujaya Menon 50 Beach Road Kalakshetra Colony Besant Nagar, Chennai - 600 090 |
| Cibi Mammen 11 Boat Club Road 3rd Avenue R A Puram Chennai - 600 028 | I. Aasha Reddy No 5/21 Blue Beach Road Neelangarai, Chennai - 600 041 |
| Geeta Rajagopalan 9B Shivas Baggiyam 48 Industrial Estate Salai Okkiam, Thorapakkam, Chennai - 600 096 | Sharmila Ramji Flat - AG No.10 Pushpak 1st St. Jagadambal Colony, Chennai - 600 014 |

COOKING SWAPSHOP

Wednesday, 24th November at 10.15 am

At: Gita Chandrasekaran's,
28 (Old 39), 1st Main Road,
Indira Nagar, Adyar
Chennai-600 020
(The road between Corporation Bank and
Indira Nagar water tank) Tel No: 24421035, 24420235



The Iftar Meal

The Islamic month of Ramadan is when Muslims fast from dawn to sunset. The fast is done during daylight hours for 30 days. Ramadan is more than just refraining from food and drink. It is also about restraining anger, doing good deeds, exercising personal discipline, and preparing one self to serve as a good Muslim and a good person during and after Ramadan. All in all, Ramadan is the spiritual cleansing of the soul through self-restraint.

The *sudhoor* is the light meal eaten prior to daylight. The fast begins after this meal and continues till sun down. The *iftar* is when the fast ends for the day and a halal meal may be eaten. The most popular foods eaten are honey, breads, figs, dates, fruits, and olives. In some cultures it is common for families to host "iftar meals", where families and neighbours come together for the evening meal.

Sameena Lal, a certified Montessori teacher, will demonstrate a few recipes and tell us about the iftar meal.

We sincerely thank Gita Chandrasekaran and Latha Rajan for hosting this meeting and Maya Mathew and Meera Jayakar for sponsoring the video equipment. We also thank Zainab Kachwalla for introducing us to Sameena Lal.

SOMNA SACHDEV

JULIET MEIKLE

BOOK DISCUSSION
MUSIC & PERFORMING ARTS
CURRENT EVENTS

Tuesday 30th November at 10.15 am

At: Madras Boat Club
Boat Club Road
Chennai 600 028

Rabindranath Tagore (1861 - 1941)

This year we celebrate the 150th birth anniversary of Rabindranath Tagore, the Nobel laureate poet, writer, and philosopher who was the ambassador of Indian culture to the rest of the world. He was the first Asian to be awarded the Nobel prize for literature in 1913. Even though he is mainly known as a poet, his multifaceted talent manifested itself in different branches of art, such as, novels, short stories, dramas, articles, essays, music and fine art. Rabindranath Tagore's music is inseparable from his poems - most of which became lyrics for his songs, popularly known as Rabindra Sangeet. He was a social reformer, patriot and above all, a great humanitarian. In 1921, with the money from his Nobel prize, he established Viswabharati University at the family estate of Santiniketan. He was perhaps the only poet who wrote the anthems of two countries - Jana Gana Mana, the Indian National Anthem and Amar Shonar Bangla, the National Anthem of Bangladesh.

Indrani Krishnaier, who will look at Rabindranath Tagore's versatile genius, is an inspired actor and theatre activist. She loves poetry and reading to children and is a free-lance translator of children's stories into Bengali. The seeds for these deep seated passions in her were sown in her childhood in Calcutta where she studied Rabindra Sangeet and was fascinated by the whole being of Rabindranath Tagore or Gurudev as she refers to him.

It would be delightful if you could come dressed in Bengal sarees.

GAYATRI KRISHNASWAMI JANET HAUGHTON QUARSHIE
ASHA RAMMOHAN ANN MATHEW
E. RAJESHWARI SATYANARAYANA SHANTA NARAYAN



THE SYRIA AND JORDAN EXPERIENCE - Sept. 22nd - Oct. 2nd 2010

It is impossible to describe every place, every monument and every incident during our 10 day sojourn to Syria and Jordan!

Syria : When Mohammed was asked why he did not visit Damascus, the Prophet of Islam answered that one cannot go twice to Paradise! Damascus is one of the oldest continually inhabited cities in the world.

The Umayyad Mosque in Damascus with its gilded mosaic portraits was remarkable in that it housed St John the Baptist's Tomb! The Azem Palace built by the Ottoman Governor who acquired the collection of priceless ornate treasures and decorations from private homes and city monuments, is an excellent example of a Damascene traditional house!

St. Ananais' house on a Street called Straight! The Church is one level below ground and according to legend people hid their places of worship underground in order to escape persecution during Byzantine times. St. Ananais baptized Paul the Apostle here.

The Krak Des Chevaliers (Castle of the Knights). The design is a castle within a castle separated by a moat, so impregnable! This is truly a gem in Syrian archaeology. The Latin inscription on the northern pillar translates to "If Grace, Wisdom and Beauty are given to you, Pride all alone tarnishes all these qualities when added to them."

The Temple of Bel: The magnificent pillars in a vista that seems to spread as far as the eye can see! The sacrificial altars with provisions to wash the subject of sacrifice and to drain the blood. The Gods here demanded sacrifice! Interestingly, there are only 3 planets mentioned. The perfectly intact motifs and geometrical patterns of the vaulted ceiling were captured by some of us with 'zoom'!

The Valley of the Tombs: Underground tombs with compact tiered crypts for each family's burial needs. All tombs here point towards the connection of the dead with the living.

The Great Colonnade where we saw the magnificent Theatre and the dramatically balanced Tetracylon. The place where the Senate was held and the Agora and the Market place are still very beautifully preserved.

Hama, with its 17 Norias (water wheels). These wooden wheels have been in existence since the 5th century.

The Museum of Mosaic: The Tree of Life, the panel on Romulus and Remus, the Mosaic Plaque of Ferkyia. The chips are pieces of natural coloured stone and so the effect is uniform from all directions. The mosaic depicting the concept of "Survival of Fittest" was dramatic.

The lovely vision of pink pods of the Pista tree in the plantation along the way!

Aleppo! One of the most fascinating cities of the Middle East; with its roofs and minarets and the lush greenery. The Citadel of the Mamluki Dynasty which withstood several invasions and earthquakes. We went through a beautifully ornate prayer hall with elaborate wood detail.

Maaloula: The only place where Aramaic is still spoken. The Church of St. Sarkis with its memorable iconography, built over the remnants of a pagan temple.

The monastery of St. Takla, The First Martyr: The fugitive Takla was saved by God when she was fleeing from the persecution of her own father! He created a canyon in the mountains (through which we walked) to help her flee! We drank water from the spring which was created to quench her thirst! The caves surrounding the shrine dotting the mountainside are fantastic.

Bosra: The Roman theatre where the first Mosque of the Islamic World was built here. The Nabataean state was highly developed politically, militarily and economically.

Jordan

After a painless immigration, we rushed to Jerash and the Hippodrome where there was an authentically dressed charioteer

on the Chariot who took us for rides (for a fee of course!) Reminded me of Benhur (the movie).

The Amman Citadel with a temple dedicated to Hercules! The remnant of a marble hand is believed to belong to the statue of Hercules. The Archaeological Museum here has exhibits from all the ancient Ages besides a section on the Dead Sea Scrolls.

St. Nebo with its well preserved mosaic. The Mosaic factory with actual demonstration of how they are made. Plentitude of mosaic art where our ladies went berserk buying up everything on retail!

The Greek Orthodox Church with a mosaic depicting our world made up of 2 million tiny chips. There is a rare portrait in the basement of Mother Mary with 3 hands, one hand is blue.

Dead Sea! Ah, Nirvana! The spa was perfect, the view was unforgettable and the floating on the salt-saturated lake was an other-worldly experience! Even people who could not swim found that they could not sink! Of course, we all looked scary with black mud plastered on our faces and bodies. The Poochandi look! Had to hear that this rare marvel at the lowest point on Earth is rapidly disappearing. Suffice it to say more than half the products of Dead Sea mineral origin on the retail shelves were bought up by our ladies!

The Karak Castle came under the control of the Ottomans with D.F. Lawrence's help. Trapezoid in shape with a Speaking Tunnel to communicate through the vast expanse. A magnificent view of the Dead Sea from here.

Petra: The one most defining MOMENT: The vision of the magnificent facade of the Treasury or Al Khazna which rises to a height of almost 40m as we come out of the Siq, the narrow gorge that is a result of the splitting of the mountain!

The beautiful edifice is an ode to the Nabataean brilliance in architecture! The city was built without using slaves! The Dam, Siq, Treasury, the Street of Facades, Theatre, the Royal Tombs, the Colonnaded Street, the Church with well-preserved floor mosaics. Above all, the unbelievable poetic creations of Nature in its infinite

glory: the rock mosaics! Only 27% of Petra has been excavated till now.

Wadi Rum: Lawrence of Arabia's memories! 720 sq. Km of dramatic Desert Wilderness! The ancient inscriptions on rock face, the brilliant bright red sand dunes which some of us actually climbed! The colour variations and surface textures of the mountains rising from the desert are awesome!

"How often, I like a desert, sitting on sands, cannot hear or see anything, yet there is something that breaks the silence. The Beauty of the Desert is having a sound somewhere." Phew!

Observations

The food was excellent in both countries for non-vegetarians. The desserts were varied and delicious. The favourite was *OMALI* which is a different version of the Shahi Tukda. The lamb was succulent and fresh at every place we ate.

Women were always fully covered with veils and only seen in the souks. People (read men) are friendly and curious about India. Everything was inexpensive in Syria but prohibitive in Jordan. The economy of Jordan appeared strong even though the guide insisted that it was a poor country! The American dollar is widely welcomed everywhere.

The Guides were all very knowledgeable and proud of their heritage! One guide, in fact, was an Avionics Engineer!

A few of us mastered the Bedouin style head gear. The white cotton shawls are a must in the heat! The freshly squeezed pomegranate juice, the yoghurt provided at most meals which was promptly converted to buttermilk with plenty of salt, were surefire heat-stroke busters!

Of course, we are thankful to have survived 10 days of punishing schedules since the heat was a scorching proposition. But it was Fantastic like all IWA expeditions!

IWA Ladies, you rock in every kind of situation!

RAMANI REDDY

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. | |