



IWA
CHENNAI

NEWSLETTER
SEPTEMBER 2003

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9.45 a.m. Managing Comm. Mtg. 10.45 a.m. Exec Comm. Mtg.	2 10.45 a.m. Managing Comm. Mtg. 10.45 a.m. Exec Comm. Mtg.	3 10 a.m. - 12 noon Music & Performing Arts and Arts & Handicrafts	4 10.15 a.m. Cooking Swapshop	5 10.15 a.m. Health & Ecology and Book Discussion	6
7 10.30 a.m. Philosophy & Religion	8	9	10	11 11 a.m. History, Culture & Tours	12	13
14	15 10.15 a.m. Cooking Swapshop	16	17	18	19	20
21	22 10.15 a.m. Current Events	23	24	25	26	27
28	29	30				

IWA NEWSLETTER

Volume XVIII No. 4

Chennai

SEPTEMBER 2003

MONTH AT A GLANCE

- Tuesday 2nd Sept *Managing Comm. Meeting* 9.45 a.m.
Executive Comm. Meeting 10.45 a.m.
- Thursday 4th Sept *Music and Performing Arts & Arts and Handicrafts* 10 a.m. - 12 noon
Rukmini Devi Arundales' Temple of Art
- Monday 8th Sept *Philosophy & Religion* 10.30 a.m.
More than a visit to the Gurudwara
- Friday 12th Sept *Health and Ecology & Book Discussion* 10.15 a.m.
Heart to Heart with Reeba Shetty
- Tuesday 16th Sept *Cooking Swapshop* 10.15 a.m.
Pan and the Betel nut
- Thursday 18th Sept *History, Culture & Tours* 11 a.m.
IWA Endowment Lecture - The Pre-history of South India
- Tuesday 23rd Sept *Current Events* 10.15 a.m.
Srilanka - the ethnic divide

FROM THE PRESIDENTS

Congratulations and thanks to our Activity Chairpersons on their interesting and enjoyable programmes. Thanks also to all the members whose assistance has made this possible. Meetings are always pleasant social occasions and an opportunity to catch up with old friends. We would also encourage everyone to introduce themselves to some "new friends". To make this easier please remember to wear your name badge.

Our guest speakers honour us by graciously taking the time and effort to accept our invitation to address our meetings. Generally the meeting timetable is tea and socialising from 10.15 until 10.45 followed by the guest's talk from 10.45 until 11.30 and then questions and follow-up discussion until 11.45. If you urgently need to depart early it would be courteous to do so if there is a pause for thanks between the speech and question time, however please try to stay until the end.

This month we have another good selection of meetings and we look forward to seeing you there.

Sushil Natraj

Elaine Wood

THANK YOU VERY MUCH!!!

Founders' Day celebrations went off very well - thanks to the many people who worked to make it so. Our sincere thanks to:

- ❖ Our Founders - for getting into the spirit of things, and contributing a very interesting programme.
- ❖ Our Past Presidents for their presence and support.
- ❖ Rani Chada and Shalini Virmani for their stellar performances, Rita Saldanha for crisp direction of the play, and Gayathri Krishnaswamy for all the background work.
- ❖ Angelika Mandaiker, Marina Mathias, Premila Jacob, Princess Naik and Shobana Thomas for ushering in the year so melodiously.
- ❖ Naina Shah and her team for all the floral decorations.
- ❖ And our trusty Managing Committee Members and our Chairpersons for assisting in ways too numerous to mention.

DIWALI MELA

The Diwali Mela will be held on Saturday, 18th October, 2003, at the Connemara Hotel, from 10.00 a.m. to 4.00 p.m. with lunch.

Tickets will be available at all regular meetings.

As before, we will have 'stalls' (tables) selling and displaying all kinds of everything, and the ever popular Khazana Stall.

Stall booking:

For booking a table, please call:

Rajni Sabherwal - 2499 2239 or 2499 3475

or

Neena Sanghavi - 2836 3277 or 2836 3973

Rent for one table - Rs.1,000/-. First preference will be given to IWA members who call before 15th September, 2003. After this date, tables will be allotted on a first come, first served basis, as a limited number of tables is available.

Khazana Stall:

We welcome gifts for the Khazana Stall. This lucky dip stall has always proved to be a huge draw. The attractive gifts that you have given have always been appreciated. Please hand in gifts (each worth not less than Rs.100) to one of the following members. Contributions in cash are welcome too - we will use the money to buy gifts: (Please call before dropping off gifts!!!)

Nalini Acharya	- 2644 9731 or 2647 7301	(Kilpauk)
Latha Baratan	- 2499 0996 or 2499 2934	(Music Academy)
Rekha Bhatla	- 2499 4354	(R.A.Puram)
Renuka Ishwariah	- 2836 1112	(Chetpet)
Naaz Tyebbhoy	- 2442 0657 or 2445 5786	(Adyar)

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

MEETING

MEETING

Tuesday 2nd Sept, 9.45 a.m. Tuesday 2nd Sept, 10.45 a.m.

Both Meetings at:

Rekha R.Rangaraj

"Sai Griha" 38, Poes Garden, Cathedral Road,
Chennai 600 086.

FROM THE MEMBERSHIP SUB-COMMITTEE

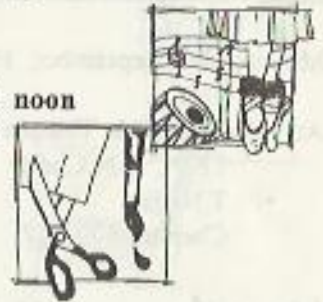
The last date for receiving renewal forms is behind us, and we are now in a position to invite a few new members into IWA. The procedure for introducing a member is listed clearly below. Please follow the instructions carefully.

1. A new member will have to be sponsored and co-sponsored by two active members of IWA, who have been members for over two years, and who have not sponsored any candidate who has been accepted into IWA in the last 3 years. Members of the Managing Committee and the Membership Sub-Committee may not sponsor or co-sponsor a candidate.
2. The sponsor must write to the Membership treasurer, Malini Krishna, to reach her before 15th September, 2003.
3. The letter should include the name and address of the candidate, the name and address of the ^{sponsor &} co-sponsor and some details about the candidate.
4. The Membership Sub-Committee will review all the letters received, and will send out application forms to the sponsors.
5. The sponsors must fill in these forms, which will have to be signed by the candidate, sponsor and co-sponsor, and return them to the Membership Treasurer, to reach her before 15th October, 2003.
6. The sponsors will be informed about further procedures.

MUSIC & PERFORMING ARTS AND ARTS & HANDICRAFTS

Thursday, 4th September, 10 am - 12 noon
(assemble at 9.45 am)

At: **Kalakshetra Office**
Kalakshetra Road
Thiruvannamiyur
Chennai 600 041



Rukmini Devi Arundale's "Temple of Art"

Kalakshetra, the internationally renowned residential centre for the teaching and performing of classical dance and music was established by the legendary **Rukmini Devi Arundale**. She is a national treasure with a vision far ahead of her times and which has made Kalakshetra a premier arts institution in the world. Set in sylvan surroundings, classes in classical music, dance, nattuvangam and formal education are conducted in the gurukula style.

This being **Rukmini Devi Centenary Year**, a visit to Kalakshetra is of particular significance. The new Rukmini Devi Museum has been opened which houses her singular collection of antique art, jewellery and other artefacts.

Students of Kalakshetra will take us on a guided tour of the classes (in session), the Museum and the Kalamkari printing and weaving section.

There will be a nominal entry fee of Rs.25/- per head for Non-Indians only.

Please warn-in to the Chairpersons; 40 members only.

Visit to Classes and Auditorium; 30 minutes, visit to Museum; 30-40 minutes, Visit to Printing and Weaving; 30 minutes.

Seema Bhargava
Uma Ganesan

Mansha Bhatia
Josie Newman

PHILOSOPHY & RELIGION

Monday, 8th September, 10.30 a.m.

At: **The Sikh Temple (Gurudwara)**
127A, G.N.Chetty Road
T.Nagar
Chennai 600 017



More than a visit to the Gurudwara

The sikhs share their lives in Chennai with diverse communities of India and like others, have made Chennai their home. The **Gurudwara** is where you will see them congregate in large numbers.

Sangeet Chopra, our very own member will give us a talk on Sikhism, its cultural background, religious festivals and ceremonies.

We will visit the Gurudwara where we will listen to **Kirtan** (singing of the shlokas from the Guru Granth Sahib). After the service, **Langar (lunch)** will be served at 11.30 a.m.

Members are requested to cover their head with a scarf/dupatta while inside the Gurudwara.

Anuradha Uberoi

Anita Kapoor

HEALTH AND ECOLOGY & BOOK DISCUSSION

Friday, 12th September, 10.15 a.m.

At: **The Madras Boat Club**
R.A.Puram
Chennai 600 028



Heart to Heart with Rekha Shetty

The Way to a Healthy Heart is a book free of medical jargon which introduces you to the **Zero Heart Attack Path (Z H A P)** - an innovative, drug-free, scientifically designed package which tells you how your heart functions and how you can keep it in perfect working condition. **Rekha Shetty** is professionally qualified as a medical and psychiatric social worker with academic training in sociology and management. She has been closely involved in programmes for preventive healthcare and is the **founder of Mindspower, an organisation that helps people lead healthier lives.**

Emotionally, physically, figuratively and lyrically the heart is the centre of our lives. So if you wish to be heartwhole and fancyfree join us for a heartwarming time!

We would like to thank **Jayashree Prabhakar** for hosting this meeting. We would also like to thank **Usha Chandrakumar, Chandra Padmanabhan** and **Sharadha Rajamani** for sponsoring the audio visual equipment.

Rekha R Rangaraj

Saranya Jayakumar

Isabelle Badrinath

Cecile Malet Peterson

COOKING SWAPSHOP

Tuesday, 16th September, 10.15 a.m.

At: **Anjana Sunil**
15, Taylors Road
Kilpauk
Chennai 600 010



Pan and the Betel Nut : *An after-dinner "must-have"!*

It is the traditional end to every satisfying Indian meal - those deliciously tasty concoctions that double up to act as mouth fresheners and digestives.

Sonal Nanavati, an innovative homemaker, will talk to us about pan (betel leaf) and supari (betel nut). She will also demonstrate a few quick recipes that are a far cry from the readymade pan masalas, tastefully combining flavours and colours to make meal endings tasty.

There will also be on display a variety of pandaans (pan containers) from private collections.

We are thankful to **Anjana Sunil** for hosting this meeting.

Urmilla Agarwal

Bilkis Moosa

HISTORY, CULTURE & TOURS

Thursday, 18th September, 11.00 a.m.

At: **The Government Museum Theatre**
Pantheon Road
Egmore
Chennai



IWA Endowment Lecture - "The Pre-history of South India"

The IWA Endowment was made to the Government Museum to mark the 10th anniversary of IWA. Through the years, eminent historians and archaeologists have delivered the Endowment lectures on a wide variety of topics.

Dr. Shanthi Pappu will deliver this year's lecture entitled, "**The Pre-history of South India.**" Founder of the Sharma Centre for Heritage Education and a holder of the Homi Bhabha Fellowship and the Charles Wallace Fellowship of Cambridge University for research in prehistoric archaeology, she has conducted extensive excavations in prehistoric sites in Tamil Nadu where the first stone tool in South Asia was discovered. Who were the early hunters of this region? What was their culture like? When did they live here? Dr. Pappu will attempt to deal with some of these complex questions in her talk.

Guests are welcome.

Shalsha Hebbar

Libby Meyer

CURRENT EVENTS

Tuesday, 23rd September, 10.15 a.m.

At: **Meenakshi Meyyappan**
'Sabrina'
118, Santhome High Road
Chennai 600 028



Sri Lanka - the Ethnic Divide

Beneath the beauty and serenity of this lovely island country lies a history of ethnic unrest. **S.Muthiah, well known author, writer and historian** unravels the intricacies of the problem, through a well researched study of Sri Lanka's historical background. The talk will give us an insight into the complexities which make it difficult for people there to live in harmony.

We are thankful to **Meenakshi Meyyappan** for hosting the meeting.

Nina Kothari

Amulya Mandava Rao

CONGRATULATIONS TO

Bala Rao for being nominated as 'advisor' to the Lioness Council of the Lions Club International Dist.324 A-1.

BE AWARE !

Water! Or rather - the scarcity of it! Isn't it scary ?

An issue of 'India Today' should give us sleepless nights!

Time to act.

- *Have you had a rainwater harvesting system set up in your house?*
- *Ensure that you have no leaky taps and cisterns.*
- *Reuse water used for swabbing the house or other non-detergent purposes - your plants will be happy for the drink.*
- *Encourage domestic help and family members to treat water with respect. The tap does not have to be running while soaping your face or hands or brushing teeth or scrubbing vessels. Nor does the shower need to be on while you are using soap.*

Little drops of water saved do mean a lot in our present situation! Spread the word!

CELL PHONES...

... are useful devices. But we request you to turn them off during IWA meetings. In spite of repeated requests, almost all of our meetings are disturbed by a high-pitched ringing from someone's handbag. This is disrespectful to the speaker.

PLEASE CO-OPERATE - SWITCH OFF YOUR MOBILE PHONES - PLEASE!

CHANGE OF TELEPHONES

Padma Ashok	2833 0235 2833 2801
Dhun Dalal	2836 1606 2836 3275
Kashmira Daruwala	2836 0767 2855 2656 (O)
Padmini Natarajan	2835 2305
Anupama Pasari	2436 4512 2436 4202
Sharada Reddy	2836 3684 2836 5308
Nina Sanghavi	2836 3973 2836 3277
Vimal Shivdasani	2836 3911 2836 3881 2833 3815 (O)

CHANGE OF ADDRESS

Kashmira Daruwala "Amber Ville" Apt 2B, 2nd Floor 7, Spurtank Road Chepet, Chennai 600 031.	Anupama Pasari 91 (New) Chamiers Road R.A.Puram Chennai 600 028.
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EXECUTIVE COMMITTEE 2003 - 2004

MANAGING COMMITTEE

PRESIDENTS

Sushila Natraj	2498 2435 / 2467 1796
Elaine Wood	2447 1356

VICE PRESIDENTS

Vidya Singh	2433 8782 / 2435 9035
Sheela K Sharath	2493 8524

SECRETARIES

Princess Naik	2441 8448
Suk Hee Lee	2435 9144

TREASURERS

Gita Chandrasekaran	2442 1035 / 2442 0235
Malini Krishna	2447 4830 / 2447 1046

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Mansha Bhatia	2827 3251 / 2827 3189
Josie Newman	2434 3910

BOOK DISCUSSION

Saranya Jayakumar	2826 1942
Cecile Malet Peterson	2431 5848

COOKING SWAPSHOP

Urmilla Agarwal	2820 5327 / 2821 4586
Bilkis Moosa	2434 9934 / 2434 9932

CURRENT EVENTS

Nina Kothari	2827 5859 / 2827 8888
Amulya Mandava Rao	2499 5434

HEALTH & ECOLOGY

Rekha R Rangaraj	2499 4756 / 5211 0761
Isabelle Badrinath	2447 1677

HISTORY, CULTURE & TOURS

Shobha Hebbar	2641 1248
Labby Meyer	2433 9112

MUSIC & PERFORMING ARTS

Seema Bhargava	2435 6707
Lina Ganesan	2491 9276

PHILOSOPHY & RELIGION

Anuradha Uberoi	2820 2467 / 08623-242170
Anita Kapoor	2825 6484 / 2825 6474