



IWA  
CHENNAI

NEWSLETTER  
OCTOBER 2003

SUN	MON	TUE	WED	THU	FRI	SAT
		30 <sup>th</sup> September 9.45 a.m. Manag. Comm. Mtg 10.45 a.m. Exec. Comm. Mtg	1 10.00 a.m. Music & Performing Arts	2	3	4
5	6 10.15 a.m. Cooking Swapshop	7 10.15 a.m. Cooking Swapshop	8 10.15 a.m. Health & Ecology	9	10	11
12	13 10.15 a.m. Current Events	14 10.15 a.m. Current Events	15	16	17	18 10 a.m - 4 p.m. Diwali Mela
19	20 10.15 a.m. Book Discussion	21 10.15 a.m. Book Discussion	22	23	24	25
26 10.15 a.m. Arts and Handicrafts	27	28 10.15 a.m. Philosophy and Religion	29	30	31	

## IWA NEWSLETTER

Volume XVIII No. 5

Chennai

OCTOBER 2003

## MONTH AT A GLANCE

- Tuesday 30<sup>th</sup> Sept *Managing Comm. Meeting* 9.45 a.m.  
*Executive Comm. Meeting* 10.45 a.m.
- Wednesday 1<sup>st</sup> Oct *Music & Performing Arts* 10.00 a.m.  
*International Music Day*
- Tuesday 7<sup>th</sup> Oct *Cooking Swapshop* 10.15 a.m.  
*Delicacies of Paneeer*
- October 8<sup>th</sup> - 15<sup>th</sup> *History, Culture & Tours.*
- Thursday 9<sup>th</sup> Oct *Health and Ecology* 10.15 a.m.  
*The Philosophy of Exercise*
- Tuesday 14<sup>th</sup> Oct *Current Events* 10.15 a.m.  
*A Woman of Substance*
- Saturday 18<sup>th</sup> Oct *Diwali Mela* 10.00 a.m.-  
4.00 p.m.
- Tuesday 21<sup>st</sup> Oct *Book Discussion* 10.15 a.m.  
*The World of Books*
- Monday 27<sup>th</sup> Oct *Arts & Handicrafts* 10.15 a.m.  
*The Developing Picture*
- Wednesday 29<sup>th</sup> Oct *Philosophy and Religion* 10.15 a.m.  
*Harmony in Married Life*



## FROM THE PRESIDENTS

October is set to be yet another busy, interesting and entertaining month. It begins with **International Music Day** held in memory of **Nirmal Seshadri, our founder president.**

**Bon voyage** to the group setting off on the History and Tours trip to Egypt. We look forward to seeing your photos and hearing your tales when you return.

We celebrate **Diwali on Saturday, the 18th, with a fun-filled mela** of glitter and glamour and delicious food, to which we encourage you to invite your friends and family.

**Thank you for switching off your phones during meetings.** The difference has been noticeable and is appreciated.

On another small note of etiquette - when you warn in for a meeting, please honour this commitment. If you are unable to do so, kindly call the Chairpersons, so that your spot can be given to someone else. It is frustrating to turn people away and then be short of numbers at the meeting.

*Sushi Natraj*

*Elaine Wood*

## MANAGING COMMITTEE MEETING

Tuesday, 30th Sep., 9.45 a.m.

Both Meetings at:

**Sheela K. Sharath**

"Sharan" 29/63 (New), Bishops Garden,

R.A. Puram, Chennai 600 028.

## MUSIC & PERFORMING ARTS

Wednesday, 1st October, 10.00 a.m.

At : **Park Sheraton Hotel & Towers**  
Mowbrays Room  
Chennai 600 028



## *International Music Day - in memory of* *Nirmal Seshadri*

The Seshadri family's generous endowment will be awarded for the first time to a young, promising musician - **K. Sathyanarayanan.**

Sathya is 8 years old and a wizard of the keyboard. His repertoire includes pure Carnatic music, Western classical music, and a range of light music. He has already recorded a cassette which is available in music shops. He has picked up numerous honours and awards in a very short span of time.

The Music sub-committee deliberated over two sessions and chose Sathya from the suggestions received from our members.

IWA is proud to honour this brilliant little master, and wishes him much success in the future.

Please do come in large numbers to make this day a memorable one for all concerned.

We thank Vijay Goyal, Dipali Goyal, Shashi Malhotra and Shalini Virmani, for hosting this meeting.

*Seema Bhargava*

*Uma Ganesan*

### AT THIS MEETING :

- ◆ Please hand in gifts for the Khazana Stall.
- ◆ Buy your Diwali Mela tickets (Rs.250).
- ◆ Please hand in your passport photograph.
- ◆ IWA Cookbooks will be on sale (Rs.300).

## COOKING SWAPSHOP

Tuesday, 7th October, 10.15 a.m.

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



## *Delicacies of Paneer*

Diwali brings forth thoughts of diyas, festivities, family gatherings and special foods and sweets.

Vineeta Vivek will demonstrate some mouth watering and easy to make delicacies made out of paneer-CHENA PAYESH, JAGGERY SANDESH and CHENA PANTUA.

We are thankful to **Bharathi Suresh** for hosting this meeting.

*Urmilla Agarwal*

*Bilki Maara*

### HEARTFELT CONDOLENCES TO

**Urmilla Agarwal** on the loss of her mother.

## HISTORY, CULTURE & TOURS

October 8th - 15th.



## *Egypt: A journey down the Nile*

The trip to Egypt has been finalized and we are all ready for take off! A group of 46, comprising of 37 IWA members and 9 non-members will be leaving for Egypt on the 8th of October and returning on the 15th.

We will be spending 2 days in Cairo and the rest on a cruise down the mighty Nile visiting Aswan, Kom Ombo, Edfu, Karnak and Luxor; the Aswan dam, the Valley of the Kings, the Valley of the Queens, the Colossi of Memnon; many ancient temples and the Sphinx and the mighty pyramids, one of the ancient wonders of the world. And, of course, we will be shopping at the Khan el Khaleeli bazaar!

*Shabha Helbar*

*Libby Meyer*

We thank **Nanditha Krishna** for providing the audiovisual equipment for the IWA Endowment Lecture at the Government Museum Theatre.



## HEALTH & ECOLOGY

Thursday, 9th October, 10:15 a.m.

At : **The Forum Gallery**  
57, 5th Street  
Padmanabha Nagar  
(Off Besant Ave)  
Adyar  
Chennai 600 020.



### *The Philosophy and Physiology of Exercise:*

As we all know physical activity improves the quality of life. Lucky for us becoming more physically active is a cinch! It is just a matter of incorporating a few simple changes into our daily routines.

Exercise is necessary for improving our cardio-vascular and cardio-respiratory functions. Strength training increases muscular strength and the flexibility of the joints.

**Mr. C. Dev, Fitness Expert, Aero - Gym, Chennai,** will speak to us on the importance of building mobility, strength and stamina through a fitness routine.

This will be an interactive session, so please come prepared with queries.

We thank Shalini Biswajit for hosting this meeting. We also thank Sherna Irani, Geetha Iyengar and Zainab Kachwalla for sponsoring the audio-visual equipment.

*Rekha R Rangaraj*

*Isabelle Badrinath*

## CURRENT EVENTS

Tuesday, 14th October, 10.15 a.m.

At : **The Cricketer**  
Madras Cricket Club  
1, Bells Road  
Chepauk  
Chennai 600 005.



### *A Woman of Substance : Face to Face with Jayanthi Natarajan*

Listen to the controversies, happenings and challenges of politics in India. Hear about the role of women in politics, the link between cinema and politics, the see-saw of political fortunes and the contribution of the citizen to politics.

All this and more ... from **Jayanthi Natarajan, Member of Parliament.** A seasoned politician and a leading lawyer.

Our sincere thanks to **Jayshree Manradiar** for graciously hosting the meeting.

*Nina Kothari*

*Amulya Mandava Rao*

Thank you!

Sushi Natraj for sponsoring the gifts for the folk artistes at Dakshinachitra. Seema Bhargava and Uma Ganesan for sponsoring Ambika Bhuj's troupe. Josie Newman for contributing to the snacks at Kalakshetra.



## DIWALI MELA

Saturday, 18th October, 10 a.m. to 4 p.m.  
Lunch buffet - 12 noon to 2.30 p.m.

At : **Connemara Hotel**  
Binny Road  
Chennai



### Glitter & Glamour!

This Diwali, dress in your festive best and join us as we celebrate this festival of lights.

- ◆ Witness a dazzling **Jewellery & Fashion show**
- ◆ Shop at the varied stalls - for clothes, handicrafts, linen, gift articles and a host of other goodies.
- ◆ Try your luck at the '**Khazana**' Stall - win attractive gifts!
- ◆ Visit the **fortune teller, palm reader, mehndiwali (henna artist), bangle seller, etc.**

COME WITH YOUR FAMILY AND FRIENDS! THERE WILL BE SOMETHING FOR ALL AGES!

**Donor passes : Rs.250/- per head - includes lunch**  
Available with Managing Committee members and Chairpersons at all meetings.

GET INVOLVED! In the Diwali Mela

**Contribute gifts** for the **Khazana Stall**. Raid your cupboards for pretty things that you do not think you will use! Anything worth Rs.100 or more is welcome. Hand over gifts to Chairpersons at any of the monthly meetings.

**Help in booking stalls.** If you or someone you know would like to display and sell products, IWA offers you this opportunity to do so at the Diwali mela, where the festive mood encourages good business! Call **Rajni Sabherwal** (2499 2239/2499 3475) or **Neena Sanghavi** (2836 3277/2836 3973) to book a stall @ Rs.1,000 per table.

**Help in the sale of tickets.** A 'mela' is best enjoyed with a large crowd! So bring along family and friends!

## BOOK DISCUSSION

Tuesday, 21st October, 10.15 a.m.

At : **Visalakshi Ramaswamy**  
"Shantushthi"  
20, Ganapathy Colony, 1st Lane,  
Alwarpet,  
Chennai 600 018.



### The World of Books

Have you ever wondered about what goes on behind the scenes before a book is released? The strategies employed, the publicity hype about the staggering sums paid as advance along with tantalizing bits of information about the author and the book, the interviews and photographs - all this and much more has become the norm these days to ensure brisk sales.

We are fortunate to have two eminent personalities from the book trade talk to us about the fascinating world of books - **KS Padmanabhan, MD East West Books (P) Ltd.**, a leading Publisher and Distributor of books and **Hemu Ramaiah, Partner, Landmark** - the bookshop which is a success story of our times.

We are thankful to **Visalakshi Ramaswamy** for hosting this meeting.

*Saranya Jayakumar      Cecile Malet Peterson*



## ARTS & HANDICRAFTS

Monday, 27th October, 10.15 a.m.

At : Nalini S. Acharya  
Gayatri  
6 Mandapam Road  
Kilpauk  
Chennai 600 010



### *The Developing Picture-How to get better results from your camera*

Angela Ford is an Associate of the Royal Photographic Society and is the immediate past president of Bromley Camera Club in England. Her interest in photography spans over 25 years and she enjoys working in monochrome and likes to take pictures of people in their surroundings, often using infra-red photography. Places like Cuba and India have also inspired her to take colour prints and slides.

Angela judges photographic competitions and exhibitions in the UK and also successfully enters photographic salons and exhibitions. A recent success this year was a Gold Medal.

This will be an illustrated talk to give some hints and tips on the use of your camera, looking at how to take more interesting shots and develop the way in which you see everyday images.

Angela will be giving some practical advice about how to increase your awareness of composition and make the camera work for you. Whether you are interested in taking holiday shots or developing your seeing eye, this talk will enable you to start improving your photography.

We are grateful to Nalini Acharya for hosting the meeting.

*Mansha Bhatia*

*Josie Newman*

## PHILOSOPHY & RELIGION

Wednesday, 29th October, 10.15 a.m.

At : The Park  
Nungambakkam High Road  
Chennai 600 034



### *Harmony in Married Life*

In our modern day existence the stresses of being pulled in various directions - be they home, work or society are immense. Our homes are the support systems from which we face the outside world and also provide a stable emotional environment to bring up our children in.

We could all benefit from an articulation of what part emotions play in our marriages - how to strengthen the bonds of marriage. And how to relieve ourselves from the pressures of marriage.

Sunandaji, the daughter and disciple of Swami Parthasarathy, is an accomplished Philosopher who has dedicated her life to the research and propagation of Vedanta. She will talk to us on increasing harmony in married life.

We thank Shobha G. Mahtani for hosting this meeting.

*Anuradha Uberoi*

*Anita Kapoor*

### CHANGE OF TELEPHONE

Meena Naru	28362499
	52138679
Mahin Khaleeli	25137263
Josie Newman	24334758

## 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 2433 4758

#### **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  
Libby Meyer 2433 9112

#### **MUSIC & PERFORMING ARTS**

Seema Bhargava 2435 6707  
Uma Ganesan 2491 9276

#### **PHILOSOPHY & RELIGION**

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