



IWA  
Chennai

Newsletter  
October 2004

SUN	MON	TUE	WED	THU	FRI	SAT
31					10.15 a.m International Music Day	2
3	4	Mng. Comt. Mtg. 5 9.45 a.m Executive Comt. Meeting 10.30 a.m	10.15 a.m Arts and Handicrafts	7	8	9
10	11	12	10.15 a.m Health and Ecology	14	10.00 a.m Current Events	16
17	18	6.00 p.m History, Culture & Tours	20	10.15 a.m Music & Performing Arts	22	23
24	25	10.15 a.m Philosophy & Religion	27	10.15 a.m Book Discussion	10.15 a.m Cooking Swapshop	30

## IWA NEWSLETTER

Volume XIX No.5

Chennai

OCTOBER 2004  
MONTH AT A GLANCE

Friday	1 <sup>st</sup> Oct	International Music Day	10.15 a.m.
Tuesday	5 <sup>th</sup> Oct	Managing Comm. Meeting	9.45 a.m.
		Executive Comm. Meeting	10.30 a.m.
Wednesday	6 <sup>th</sup> Oct	Arts & Handicrafts	10.15 a.m.
		<i>Japanese Tea Ceremony</i>	
Wednesday	13 <sup>th</sup> Oct	Health and Ecology	10.15 a.m.
		<i>Anaemia</i>	
Friday	15 <sup>th</sup> Oct	Current Events	10.00 a.m.
		<i>Film : Kaya Taran</i>	
Tuesday	19 <sup>th</sup> Oct	History Culture & Tours	6.00 p.m.
		<i>Navaratri Celebrations</i>	
Thursday	21 <sup>st</sup> Oct	Music & Performing Arts	10:15 a.m.
		<i>Appreciation of Bharatanatyam</i>	
Tuesday	26 <sup>th</sup> Oct	Philosophy & Religion	10:15 a.m.
		<i>Relationships in the 21st Century</i>	
Thursday	28 <sup>th</sup> Oct	Book Discussion	10:15 a.m.
		<i>The Da Vinci Code</i>	
Friday	29 <sup>th</sup> Oct	Cooking Swapshop	10:15 a.m.
		<i>The Magic of Cashew</i>	

## From the Presidents

Friends,

September has gone by in a flash!! There have been great meetings during this month and we really have appreciated the feedback we have been getting from all of you. The trip to Benares, Lucknow and Allahabad was a great success and throughly enjoyed by those that took the trip.

It was great to note that the IWA Committee bag has been appreciated and that so many of you wanted one! October begins with our special day, in remembrance of our Founder President Nirmal Seshadri - we celebrate International Music Day. We do look forward to seeing all of you at our October meetings - all of them look interesting and varied.

It is with deep regret that we inadvertently missed thanking Padmini Natarajan for her contribution in directing and enacting the special event on Founders' Day. We thank her again from all of us.

*Vidya Singh*

*Padma Ashok*

### MANAGING COMMITTEE MEETING

Tuesday, 5<sup>th</sup> Oct., 9.45 a.m.

### EXECUTIVE COMMITTEE MEETING

Tuesday, 5<sup>th</sup> Oct., 10.30 a.m.

Both Meetings at:

Anjana Sunil's  
15, Taylors Road  
Kilpauk  
Chennai 600 010.

## IWA Welcomes

### Activity Chairpersons

HEALTH &  
ECOLOGY



Jorun Hasmo

MUSIC &  
PERFORMING ARTS



Anita Kapoor

### New Members

- ◆ Lesley Crompton (U.K.)
- ◆ Philippa Flynn (Australia)
- ◆ Jorun Hasmo (Norway)
- ◆ Ann Mathew (U.S.A.)
- ◆ Trudy Mccaull (Australia)

## From the Membership Treasurer

Guests are allowed to attend only four meetings during a year. This does not apply to our IWA family members.

The charges are Rs. 50 for homes, Rs. 100 for clubs, Rs. 150+ for hotels.

Please print your names and the guest names clearly.

*Cherry Venkatesh*

## Change of Address / Telephone Number

- Brahada Kameshwaran  
'Raja Bhavan'  
81, Royapettah High Road,  
10th Floor, Apartment 'A', Chennai 600 014.  
Tel : 2811 1233 / 1211 1255 / 5217 7330
- Malek Begum Lalji Tel : 2241 3086
- Teresa Parry  
A-6, Mallakas, Pycrofts Garden Road,  
Nungambakkam, Chennai 600 006. Tel : 2831 1009



## INTERNATIONAL MUSIC DAY

Friday, October 1st, 10.15 a.m.

At : Park Sheraton Hotel & Towers,  
Chamiers Road, Chennai - 600 028.

### Remembering Nirmal

IWA pays homage to our Founding Member Nirmal Seshadri and is delighted to honour seven-year-old prodigy Siddarth Nagarajan who plays the drums, with the Music Award for 2004.

Siddarth young as he is, already finds a place in the Limca Book of Records and will play for us this morning.

So do come and liven up your spirits and enjoy the pulsating rhythmic vibrations of the drumbeat.

We are grateful to Vijay Goyal, Deepali Goyal, Shashi Malhotra and Chandra Seoni for graciously hosting this event.

MEMBERS ONLY

Vidya Singh

Padma Ashok



Arts & Handicrafts

at 10.15 a.m.  
on Wednesday, 6th October

At: American International School Chennai,  
Black Box Theatre, 100ft. Road,  
Taramani, Chennai - 600 13.

### Japanese Tea Ceremony

An introductory video of the Japanese Tea Ceremony will be shown followed by an actual tea ceremony given by Members of the Japanese Community in Chennai.

The tea ceremony called '*chanoyu*' in Japanese is an aesthetic pastime unique to Japan that features the preparing and drinking of matcha, a powdered green tea.

IWA members will be cleared by AISC security, so please wear your nametags. If you plan to bring a guest, for security purposes please notify Peggy Dwyer (Ph : 98400 1905) of the guest's name later than October 3rd. Mr. Barry Clough, Head of the School will give a tour of the AISC campus following the programme.

Thank you to the Japanese Consulate for the loan of the video and to members of the Japanese Community who made this program possible, in particular, Mrs. Kaneda, Mrs. Kobayashi, Mrs. Tsuchikawa, Mrs. Kitazawa, Mrs. Suyama, Mrs. Shimizu, Mrs. Sasaki and Mrs. Osamura.

Nina Kothari

Peggy Dwyer



## Health and Ecology

at 10.15 a.m.  
on Wednesday, 13th October

At: Madras Cricket Club, 1, Babu Jagjivan Ram Road,  
Chepauk, Chennai.

### *Anaemia - can we prevent nutritional anaemia?*

Dr. Revathi Raj a haematologist from the U.K., presently with Apollo Hospitals, deals with people with blood-related illnesses ranging from simple nutritional anaemia to blood cancer. She will be talking to us about how we can eat healthy to prevent anaemia.

Thank you to Prem Batra, Suchitra Prasad, Bina Rammohan, Jayanthi Rajan and Rekha Rangaraj for hosting this meeting

*Anjana Sunil*

*Jorun Hasmo*

### *Congratulations*

- Lily Malhan on the birth of her grandson Ishaan Kanwar.
- Nalini Acharya on the birth of her grandson Aryaman.



## Current Events

at 10.00 a.m.  
on Friday 15th, October

At: South India Film Chamber of Commerce,  
Anna Salai, Chennai 600 002.

### *Kaya Taran (Chrysalis): A Film by Sashi Kumar*

Kaya Taran is set against the backdrop of the two riots that broke out after Prime Minister Indira Gandhi's assassination in Delhi in 1984 and the Godhra carnage in Gujarat in 2002. The film does not frontally engage with either. It is a distanced look at the dilemma of nurturing one's identity in a multicultural society that borders on the volatile.

Kaya Taran is based on the short story "When Big Trees Fall" by N.S. Madhavan and has received favourable reviews in the press. Sashi Kumar, the Director; a print, TV Journalist, a leading TV News Anchor, who has set up a premier institute for Journalism education in the south-east region will be present on the occasion to introduce the film (10.30 to 10.45 a.m.).

Duration of Film : 1hour, 40minutes

Guest Charges : Rs.50/-.

*Rekha R Rangaraj*

*Nalini Panday*



History  
Culture & Tours

at 6.00 p.m.  
on Tuesday, 19th October,

At : Rani Ananth's "Sai Villa", Plot No.500,  
4th South Main Road, Sri Kapaleeswarar Nagar,  
Neelangarai, Chennai 600 041.

*"The Bomma Kolu" Navaratri  
Celebrations*

NAVARATRI is the popular festival when Goddesses Durga, Lakshmi and Saraswathi ; signifying valour, wealth and learning, are worshipped. It culminates on the tenth day that is called Vijaya Dasami or Dussehra. It is celebrated in Tamilnadu and Andhra Pradesh as "Bomma Kolu." The traditional format includes keeping dolls, icons and other colourful objects in a tiered format. But over the years, the arrangements have transformed into thematic ones. What is perhaps heartening is despite unbanization and modernization this tradition continues.

Rani Ananth has a collection of dolls that are nearly a 100 years old. This year she opens her house for IWA members to have a look at her collections. She will talk to us on the significance of the festival.

We thank Rani Ananth for hosting this meeting.

*Kausalya Apparao Jagannathan      Sandra Le Coz*

Our sincere gratitude to our sponsors for the Bronze Museum visit:

Susan Abraham, Fakhira Ayer, Jatinder Bahl,  
Rani Chada & Lata Chohan

Our sponsors for the Korean Film Show :

Rithika Dhingra, Mohini Gill, Radha Gopalakrishnan & Renu Jalan



at 10.15 a.m.  
on Thursday, 21st October,  
At: Meenakshi Chitharanjan, 6, Bhaktavatsalam Road,  
(Lane opp Devaki Hospital) Mylapore, Chennai 600 004.

*Appreciation of Bharatanatyam*

Bharatanatyam the classical dance style of Tamil Nadu is a synthesis of the first letters *Bha-Bhava* (emotion) *Ra-Raga* (melody) and *ta-tala* (rhythm) and *natyam* means (dance). It is not a mere release of physical energy through movement but a highly cultivated art aimed to appeal to the body, mind and soul.

**Meenakshi Chitharanjan**, a renowned performer and dedicated teacher has kindly consented to give a talk with appropriate demonstration by her students at her dance school Kaladiksha which will give you a basic insight to this wonderful art form.

*Urmilla Agarwal*

*Anita Kapoor*

# PHILOSOPHY & RELIGION

at 10.15 a.m.  
on Tuesday, 26th October,

At: Madras Club, Adyar Club Gate Road,  
Chennai 600 028.

## *Relationships in the 21st Century*

There are many kinds of relationships, and if we are fortunate, our lives are enriched and made peaceful, by our interactions with others. To help us understand and appreciate our families, friends, colleagues and acquaintances, we have asked Dr. Vijay Nagaswami to speak to our members.

Dr. Nagaswami is an eminent psychiatrist, specializing in schizophrenia. Since 1997 he has concentrated his energies on individual and marital psychotherapy and has written a best-selling book "Courtship and Marriage; A guide for Indian couples." In January this year his book "The splintered Mind, understanding schizophrenia" was launched in Chennai.

We thank Jyothi Ganesh for hosting this meeting

*Shalini Biswajit      Radha Gopalakrishnan*



## Book Discussion

at 10.15 a.m.  
on Tuesday, 28th October,

At : Asha Hemdev's, Jai Prabhu Niwas  
27,1st Street, Haddows Road,  
Nungambakkam, Chennai 600 006.

## *The Da Vinci Code : Dan Brown*

The Da Vinci Code is an exhilarating brainy thriller revolving around the experiences of Harvard Professor Robert Langdown and a gifted French Cryptologist Sophie Neveu in unravelling the answer of the Da Vinci Code that dwells deep in the vaults of history.

The Book received rave reviews from the New York Times. The author Dan Brown is a graduate of Amherst College and Philips Exeter Academy.

This Book has been on the best sellers list since the advent of Harry Potter. Our Member Vasanthi Sankaranarayanan who is a well known journalist and writer will review this book.

We are thankful to Asha Hemdev for hosting this meeting.

*Bharathi Suresh      Bharati Nair Gopinath*



## Cooking Swapshop

at 10.15 a.m.  
on Friday, 29th October,

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

### *Cashew Ka Kamaal: (The Magic of Cashew)*

Cashew, native to South America came to Goa, Portugals' main settlement in the East Indies between 1560 and 1565. The English name 'Cashew' is derived from the Portugese name of similar pronunciation 'Caju'.

This kidney shaped fruit has become an integral part of Indian cuisine not only as a snack, garnish or thickener but as a main ingredient in exotic curries and gravies, sweets and as a side dish.

Nalini Acharya along with Mira Mathew will share with us some traditional and innovative receipes using cashew.

We thank Prabha Nair, Shanta Narayan, Sushil Natraj, Fazeela Nurdeen, Menaka Prabhakar, Dolly Prasad and Kamala Prasad for hosting this meeting.

*Sharmila Ramji*

*Teresa Parry*

## *Indeed a Bodhi 'high'...*



It was a calm batch of women who left Egmore station on the 15th August for the Bhodi Zendo Ashram at Perumalmalai.

Once we reached the foothills, the air was fresh and cool, trees thick but alas no gurgling stream and waterfall in sight!

The Ashram sat tranquilly in green plantations, with bursts of vividly coloured wild flowers all around!

The day began with a wake up bell at 5.30 a.m. and a scramble to reach the Meditation Room, before the door shut by 6 a.m. We lived by bell, gong, clapper and silence. Meals were simple, vegetarian and tasty. As many of us were novices sitting in lotus pose or just cross-legged was hard, but the ladies persisted. Even those who hadn't seen mop, bucket or rake in years, had to do a stint of community labour each morning. The emphasis was on being eco-conscious!

Three days later we left for Kodaikanal and Shalini's gracious hospitality-snacks and high tea were most refreshing, a delightful lunch at Cinnabar and then the long ride to Kodai Road station, Once there all the ladies munched on "light supper" that Nirmal Mirza so thoughtfully provided. Our co-passengers watched open-mouthed, but we weren't daunted. A good ending to a great trip.

Thanks Radha and Shalini for a superlative trip !

*Rita Saldanha*





Invites you to the  
 "Diwali... Let there be Light  
 Extravaganza"

Ritzy Stalls, fun shopping,  
 delectable food and much,  
 much more!

MRC CENTRE, Santhome High Road,  
 Chennai - 600 028  
 on Saturday, 6th November  
 10.30 a.m. - 3.00 p.m.

Lunch : 12.30 p.m. to 2.00 p.m.

Donation Rs.225 \*

(\*Entry permits are available with all Activity Chairpersons)

#### *Khazana Stall*

We would appreciate gifts for this stall. Members can hand over gifts (unwrapped) each worth a minimum of Rs.100, to any of the following committee members:

Padma Ashok : 2833 0235 / 2833 2801 - (Nungambakkam)

Radha Gopalakrishnan : 2491 8186 - (Kalakshetra)

Kausalya Jaganmohan : 2498 6522 / 2499 0201 - (Poes Garden)

Princess Naik : 24418448 - (Adyar)

Fazeela Nurdeen : 2626 0674 - (Anna Nagar)

Vidya Singh : 5204 8782 / 2435 9035 / 98410 30737 - (Boat Club)

## EXECUTIVE COMMITTEE 2004 - 2005

### MANAGING COMMITTEE

#### PRESIDENTS

Vidya Singh 5204 8782 / 2435 9035  
 98410 30737  
 Padma Ashok 2833 0235 / 2833 2801

#### VICE PRESIDENTS

Princess Naik 2441 8448  
 Sheela K Sharath 2493 8524 / 2461 6280

#### SECRETARIES

Fazeela Nurdeen 2626 0674  
 Amulya Mandava Rao 24995434 / 98410 25434

#### TREASURERS

Seema Bhargava 2435 6707 / 2434 7062  
 Cherry Venkatesan 2829 3436

### ACTIVITY CHAIRPERSONS

#### ARTS & HANDICRAFTS

Nina Kothari 2827 5859 / 2827 8888  
 Peggy Dwyer 98400 19015

#### BOOK DISCUSSION

Bharathi Suresh 5204 8090 / 5203 1997  
 Bharati Nair Gopinath 2442 0026

#### COOKING SWAPSHOP

Sharmila Ramji 2447 1200  
 Teresa Parry 98412 65129

#### CURRENT EVENTS

Rekha R Rangaraj 2499 4756 / 5211 0761  
 Nalini Panday 2461 0944 / 98410 48629

#### HEALTH & ECOLOGY

Anjana Sunil 2660 0262  
 Jorun Hasmo

#### HISTORY, CULTURE & TOURS

Kausalya Jaganmohan 2499 0201  
 Sandra Le Coz 5210 2017

#### MUSIC & PERFORMING ARTS

Urmilla Agarwal 2820 5327 / 2821 4586  
 Anita Kapoor 2825 6484

#### PHILOSOPHY & RELIGION

Shalini Biswajit 2433 8216 / 2434 0315  
 Radha Gopalakrishnan 2491 8186