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NEW HORIZON

IWA

Chennai

August 2007

Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10	11
	10.15 a.m. History, Culture & Tours	9.30 a.m. Mtg. Comm. Mfg. 10.30 a.m. Exec. Comm. Mfg.	10.15 a.m. Health & Ecology	10.15 a.m. Cooking Swapshop		
12	13	14	15	16	17	18
		10.15 a.m. Philosophy & Religion & Music & Performing Arts		11.00 a.m. Music & Performing Arts	10.15 a.m. Current Events	
19	20	21	22	23	24	25
		10.15 a.m. Arts & Handicrafts				
26	27	28	29	30	31	
				10.15 a.m. Book Discussion		

IWA NEWS LETTER

Volume XXII No. 3

Chennai

AUGUST 2007

MONTH AT A GLANCE

Thu.	1st Aug.	Managing Committee Meeting Executive Committee Meeting	09.30 am 10.30 am
Thu.	2nd Aug.	Cooking Swapshop <i>Lebanese Cuisine</i>	10.15 am
Tue.	7th Aug.	History Culture & Tours <i>Royalty for a week</i>	10.15 am
Wed.	8th Aug.	Health and Ecology <i>Taking Charge of Your Health</i>	10.15 am
Thu.	16th Aug.	Music & Performing Arts <i>Celebrate Onam with Song & Dance</i>	11.00 am
Fri.	17th Aug.	Current Events <i>Life is a pitch ...</i>	10.15 am
Tue.	21st Aug.	Philosophy & Religion & Music & Performing Arts Sufi - Experience and Ecstasy	10.15 am
Tue.	28th Aug.	Arts and Handicrafts <i>IWA Photo Competition</i>	10.15 am
Thu.	30th Aug.	Book Discussion <i>Pottermania</i>	10.15 am

FROM THE PRESIDENTS

Dear Friends,

Great Excitement over Founders Day programme preparations until it was decided to just entertain, make you to relax and enjoy the morning.

We hope you have done exactly what we wanted you to do, just relaxed and enjoyed.

A big thank you to the Founder Members, the Past Presidents and all the members for your gracious presence, and we look forward to the same cooperation in the coming months.

Over the last two months our Chair Persons have been organising good programmes and we hope you are enjoying the same.

May we remind you to wear your badges for the meetings, so that the interaction becomes better. Please keep to the timings of the meetings. 10.45 AM is the cut off time as you all know. The register is closed after that. Please do cooperate.

Our thanks to **Saroj Ramamrutham** for so graciously coming forward to sing the invocatory song at the Fellowship morning.

Thank you Sarah Chanda for your response to the film - An Inconvenient Truth.

It was a wonderful thought of suggesting Car Pool System to reduce carbon emissions.

As suggested by Sarah, dear members, let us start the Car Pool System.

KAMALA PRASASD

RAZIYEH SHEERAZIE

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Wed., 1st August 9.30 a.m.

Wed., 1st August 10.30 a.m.

Both Meetings hosted by

Asha Hemdev

At :The Presidency Club

Platinum Point,

No:51 Ethiraj Salai, Egmore- 600 008

FROM THE TREASURER

INCOME AND EXPENDITURE STATEMENT

1st April'07 TO 30th June'2007 Amount
Rs.

INCOME

To Membership Subscription	312400.00
To Hostess Contribution	31000.00
To Telephone Books,Byelaws&Photographs	11765.00
To Guest Contribution	11600.00
To SavingsBank Interest/Fixed Deposit Interest	6056.00
To New Membership	1000.00
To Photographs and Badges	2440.00
To Membership Contribution	300.00
Total Income	<u>376561.00</u>

EXPENDITURE

By AGM Expenses 2006-2007	33890.00
By Fellowship Morning	17164.00
By Printing & Stationery	4995.50
By Postage & Courier Charges	4215.00
By Legal and Professional Fees	2245.00
By Meetings	1100.00
By Founder's Day Celebration	1840.00
By Accounting Charges	2000.00
By Bank Charges	26.00
Total Expenditure	<u>67475.50</u>

Excess of Income over Expenditure 309085.50

Funds Position as on 30th June'2007

Opening Balance - 1st April 2007 171572.64

Add : Excess of Income Over Expenditure 309085.50

Less: Advance paid to Chairpersons 24000.00

Closing Balance

Bank 454538.84

Cash 2119.30

Fixed Deposits

Special Fixed Deposit KD/01/4776 100000.00

Corpus & Entrance Fee FD/01/007158 424354.00

Entrance Fee-FD/01/007178 5419.00

Total Fixed Deposits 529773.00

Mridula Srinivasan

COOKING SWAPSHOP

Thursday, 2nd August at 10:15 am

At: **Senator Hall (Lower Level)**
The Residency Towers
Sir Thyagaraya Road
Chennai – 600 017



LEBANESE CUISINE

Lebanese cuisine or foods from Lebanon are considered a Mediterranean delicacy, consisting of a variety of fresh vegetarian recipes, salads and stews, all seasoned with a flavoursome combination of herbs and spices. One of the better known Lebanese specialties is called Maza, also written "Mezze", which is a selection of appetisers, olives and cheeses.

Lebanese food combines the sophistication of European cuisine with the excitement of eastern spices, and it is Lebanon's culinary contributions that have been the greatest influence on modern Arabic cuisine.

As with most Mediterranean cuisines, Lebanese cuisine is considered to be a very balanced, healthy diet.

Executive Chef **Sundaramoorthy** will be demonstrating a few popular Lebanese dishes.

We would like to thank Chef **Sheetharam Prasad**, Chef **Jacob, Natraj** & the **GRT group of Hotels** for sponsoring our Ancient Dynasty Food Meeting.

Our Special thanks to **Geeta Vasudevan** and the **IWA cookbook committee**

RAJI RAMESH

MEENA NARU

"Lebanese food is a blaze of glory for the buds". - Misty Tosh

HISTORY, CULTURE & TOURS

Tuesday 7th August at 10.15 a.m

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



Royalty For A Week

Inaugurations and invitations,
race meets and sumptuous suites,
book launches and luncheon cruises with live music.....

Lets see how the First Ladies live!

Geeta Rajagopal, our own IWA member who spent a week as the personal guest of the President and the First Lady of the Czech Republic will speak to us about her experiences....

We thank **Princess Naik** and **Rathi Nilakantan** for hosting this meeting.

We would also like to thank **Menaka Prabhakar**, **Aruna Prasad**, **Geeta Rajagopal** and **Gowri Visvanathan** for hosting the meeting on 10th July

GEETA RAJAGOPAL

GOWRI VISVANATHAN

"Prague shimmers with youthful energy and the seductive power of fleeting possibilities." — Time Out New York

OUR CONGRATULATIONS TO



● **Prabha Nair** on the birth of her grandson

HEALTH AND ECOLOGY

Thursday, 8th August at 10:15 a.m.

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



Taking Charge of Your Health

Remember it is not enough to live long, it is important to live long and healthy. The key words here are quality of life. Only if we concentrate on wellness can we ensure a good quality of life.

Dr. Gita Arjun, the Director and Obstetrician and Gynaecologist at E.V.Kalyani Medical Centre- a 58 year old institution dedicated to women's health is also a Diplomat, American Board of Obstetrics and Gyneacology and Fellow of American College of Obstetricians and Gyneacologists. Soon after completing her training in Obstetrics and Gyneacology in the US she chose to return to India to share the knowledge she had access to, during her studies in U S A.

Dr. Gita Arjun, lays emphasis on the synergy between good nutrition, exercise and being healthy. She will also discuss stress busters because emotional well-being is an important ingredient of health.

We thank our hostesses **Lily Malhan, Mina Malhotra, and Jaya Menon**

P.S. : This will be a 1 hour meeting.

ASHA HEMDEV

BILKIS MOOSA

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

Spanish Proverb

MUSIC & PERFORMING ARTS

Thursday, 16th August, at 11.00 a.m.

At: **Dakshinachitra**
Muttukadu, East Coast Road,
Tel : 2747 2603



CELEBRATE ONAM WITH SONG AND DANCE AT DAKSHINACHITRA !

Each year at harvest time King Mahabali visits his loyal subjects in 'God's own country' to reassure himself of their wellbeing. His subjects celebrate the annual 'visit' with floral 'kolams', special feasts and through song and dance.

Dakshinachitra celebrates the flavour of fascinating Kerala during Onam with traditional folk performances, Kerala cuisine, pookolam, special crafts, textiles and workshops.

A visit to this unique heritage centre near Chennai, is a must during festival time, when the centre bursts with activity and life !

An additional bonus is 'MAZHE JAATRE'-celebrating the Monsoon Magic. This festival celebrates the monsoons and also offers native tips on how to keep healthy during the rains with a 'Marundu Kada' or traditional medicine exhibition. Come let us celebrate the coming of Mahabali at Dakshinachitra.

We thank **Debbie Thiagarajan** for hosting the meeting.

P.S. : Transport arrangements : For those of you who would like help with transportation, a bus would depart at 10 am from the residence of Mridula Srinivasan at 2B, 'Bougainvillea', 5 Adyar Club Gate Road, Chennai-28. Please give in your names with Rs.100/- before August 14 to Geeta Vasudevan or either of the Presidents. The bus has a capacity of 32; therefore it will be on a first come basis.

The others, please car pool

GEETA VASUDEVAN

PIA OLANDER

"Maveli Nadu, Vaneedum Kalam, Manusharellarum onnu pole..."
:"When Maveli, our King, rules the land, People from one casteless race".

"Onashamsakat" !! Wish a happy Onam !!

CURRENT EVENTS

Friday 17th August, at 10.15 a.m.

At: **Shanti Karunakaran's**

New No.102, Old No.108, Sterling Road
(Past Loyola College Gate before Sub-way)
Nungambakkam
Chennai - 600 034.



Life is a pitch...

Life is a pitch one, from which we learn so much on a constant basis. Just like life itself, the game of cricket has rules, some easy to follow some difficult to decipher. Does any game for that matter help one cope better with life?

Let's hear it from our very own **Krishnamachari Srikanth**- former Indian Cricket Captain, swashbuckling opener, part of the World Cup Team 1983 and currently a media personality anchoring cricket shows on CNN-IBN, sport shows etc. His talk will be interspersed with anecdotes of his personal moments, in his inimitable, humorous style. Thereafter the floor will be open for Questions & Answers.

We thank **Shanti Karunakaran** for hosting the meeting and the tea.

ANURADHA SACHDEV

BALVEER SINGH

"When life throws a pitch you haven't ever seen, don't walk off the field, stay and practice until you know how to hit it." Colton

PHILOSOPHY & RELIGION MUSIC & PERFORMING ARTS



Tuesday, August 21st at : 4 pm. to 6 pm.
(please note the time)

At: **'Amir Mahal'**

Pycrofts Road, Royapettah
Chennai 600014

Sufi - Experience and Ecstasy (a very special IWA evening!)

Sufism is a mystic tradition within Islam which emerged in the Middle East during the 8th century. Today, it encompasses other religions and its adherents are found all over the world. Sufi is a name for the inner and esoteric dimension of an individual where he or she surrenders his thoughts, feelings, perceptions and consciousness in excessive love to his Lord.

For some Sufis, poetry and music are a means to ecstasy. This language of ecstasy describes the divine experience in a variety of ways - as intoxication, love, passion, sleep and death. In frenzy the Sufi looks for absolute beauty, absolute love and absolute bliss. Sufi poetry and music can be traced to Khwaja Moienudeen Chishti, strengthened and nurtured by Khwaja Nizamuddin Aulia and Hazrat Amir Khusro. The precepts of the Prophet found an expression in the Qawwali.

Jyoti Nair Belliappa - professor of literature and musician will give us an overview of Sufism and this will be followed by an evening of Sufi Qawwali, presented by the members of **Amir Khusro Sangeet Academy**.

Warm in - Sadiya: 98840-50686 Geeta: 98843-63550

Members & guests welcome.

SADIYA KHALEEL
GEETA VASUDEVAN

UMA GANESAN
PIA OLANDER

We thank **Vijaya Bharathi Rangarajan, Sharada Rajamani, Sherien Ryan, Malathi Ramachandran, Bala Rao, Leena Suryaprakash and Sheela Sharath** for sponsoring this meeting.

We thank **Rekha Rangaraj, Jayanti Rajaram, Raji Ramesh & Linda Raymond** for sponsoring the June Philosophy & Religion meeting.

"Suron ke phool, tarraam ke haar laaye hain; Ham apne saath ghazal ki bahaar laaye hain"

"I have brought with me garlands of melody and poetry; I have brought with me the splendour of ghazal poetry"

ARTS AND HANDICRAFTS

Tuesday August 28th at 10.15am

At: Amethyst

14/30 Padmavathi Road,
Jeyapore Colony, Gopalapuram,
Chennai 600 086



IWA Photo Competition - Theme "Chennai, as I see it"

We are organizing a photo competition to showcase the talents of our own members.

Chennai is today one of India's most sought after cities to live in. We would like to see how IWA members see Chennai through their photographic lens. Raja Ponsing who runs the photo academy "Ambitions 4", will be judging the competition. There are exciting prizes to be won. So grab your cameras and snap away.

Raja Ponsing will also give a brief talk on "Hints and tips using digital cameras" followed by prize presentation.

Entry forms with rules were sent out to all IWA members in mid-July. For further details please contact Prithika Chary 98400 38752 or Kamala Prasad 99401 41177.

The closing date for entries is Wednesday 15th August and winners will be announced on Tuesday 28th August.

We thank Sulochana Alexander and Kiran Rao for sponsoring this meeting.

We thank Shalini Biswajit for sponsoring the July meeting on Art Therapy.

SANJITA SHAH

PRITHIKA CHARY

A good snapshot stops a moment from running away.

Eudora Welty

BOOK DISCUSSION

Thursday, 30th August at 10.15 a.m.

At : Zubeida Asgarali's

El-Qamar'
14, Sivaganga Road,
Nungambakkam
Chennai 600034



Pottermania

It's the time of magic again. J.K. Rowling's Harry Potter novels have bewitched and enthralled the minds of a whole generation of young readers. Now the beloved fantasy series has ended with the release of the seventh volume, "Harry Potter and the Deathly Hallows."

In a web update J K Rowling wrote, "While each of the previous Potter books has strong claims on my affections, 'Deathly Hallows' is my favourite, and that is the most wonderful way to finish the series"

Mukund Padmanabhan, Senior Associate Editor, The Hindu, will give his views on the book .He will also analyse the phenomena that is Harry Potter.

The book will be available with Archana Meiyappan (98409 98800) from 22nd of July.

We thank Zubeida Asgarali for hosting the meeting.

ARCHANA MEIYAPPAN

RUTH LAUGE

Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.

Albus Dumbledore In Harry Potter and the Prisoner of Azkaban,

OUR HEARTFELT CONDOLENCES TO

- Lily Madhok on the passing away of her beloved father.



SUNNY SIDE UP

- "Wild horses couldn't drag a secret out of a woman. However, women seldom have lunch with wild horses."
- An officer wrote a leave letter to his boss:
"I am suffering from fever, please declare one day holiday."
- A man receives a phone call from his doctor.
The doctor says, "Have some good news and some bad news."
The man says, "OK, give me the good news first."
The doctor says, "The good news is, you have 24 hours to live."
The man replies, "Oh no! If that's the good news, then what's the bad news?"
The doctor says, "The bad news is, I forgot to call you yesterday."

CHANGE OF ADDRESS

Jyothi Ganesh
No. 5A Valliammal Achi Road
Kotturpuram
Chennai 600 085
Tel: 2447 18176

Leelamani John
"The Cottage", Madras Club,
Adyar Club Gate Road,
Chennai 600 028,
Mobile : 94449 60679
Madras Club
Operator : 24321482

EXECUTIVE COMMITTEE 2007- 2008

MANAGING COMMITTEE

PRESIDENTS

Kamala Prasad	26283609	99401 41177
Raziyeh Sheerazie	28363687	99400 85532

VICE PRESIDENTS

Rani Ananth	24490854	98407 61624
Radhya Gopalakrishnan	24918186	

SECRETARIES

Shobha Hebbar	26411248	98403 38258
Lynne Connor		98409 75740

TREASURERS

Mridula Srinivasan	24321028	98409 31812
Susan Hopper	24333665	98412 21201

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Prithika Chary	24997878	98400 38752
Sanjita Shah	42105503	98408 57869

BOOK DISCUSSION

Archana Meiyappan	28473932	98409 98800
Ruth Lauge		98402 35222

COOKING SWAPSHOP

Raji Ramesh	24939640	98410 49390
Meena Naru	28362499	98400 81678

CURRENT EVENTS

Anuradha Sachdev	28341349	99401 03458
Balveer Singh	24984989	99401 83839

HEALTH & ECOLOGY

Asha Hemdev	28278165	98403 43528
Bilkis Moosa	24349934	98840 50450

HISTORY, CULTURE & TOURS

Geetha Rajagopal	24984168	98400 52899
Gowri Visvanathan	24332627	98840 68888

PHILOSOPHY & RELIGION

Sadiya Khaleel	62591015	98840 50686
Uma Ganesan	24529276	99406 52588

MUSIC & PERFORMING ARTS

Geeta Vasudevan	24915913	98843 63550
Pia Olander		98404 58630