

June 2008

Newsletter



Chennai



REACHING OUT IN FRIENDSHIP



## EXECUTIVE COMMITTEE 2008- 2009

### MANAGING COMMITTEE

#### PRESIDENTS

Rani Ananth	24490854	98407 61624
Lynne Connor		98409 73740

#### VICE PRESIDENTS

Shobha Hebbar	26411248	98403 38258
Vijaya Rangarajan	28156588	98410 99363
	(O)28288844	

#### SECRETARIES

Mridula Srinivasan	24321028	98409 31812
Ruth Lauge	24495199	98402 35222

#### TREASURERS

Asha Hemdev	28278165	98403 43529
Jo Frogbrook	42110112	98408 91824

### ACTIVITY CHAIRPERSONS

#### ARTS & HANDICRAFTS

Nabila Avais		9840026665
Ninna Hogedal	65714286	9952965170

#### BOOK DISCUSSION

Nalini Acharya	26449731	9381174164
Bharathi Nair Gopinath	42120726	9884495778

#### COOKING SWAPSHOP

Achu Kurian	28365083	9841144072
Balveer Singh	24984989	9940183839

#### CURRENT EVENTS

Anuradha M. Uberoi	24329728	9841042520
Tineke Sysmans	45066148	9940135888

#### HEALTH & ECOLOGY

Zainab Kachwalla	28292274	9840853652
Helen De Clercq	24510180	9940688738

#### HISTORY, CULTURE & TOURS

Leena Suryaprakash	26213067	9840937366
Cherry Venkatesan	28293436	9841023740

#### MUSIC & PERFORMING ARTS

Ramani Reddy	28353348	9840086858
Angelika Schwering	24490382	9840379471

#### PHILOSOPHY & RELIGION

Archana K Meiyappan	28473932	9840998800
Lena Heyman	24493222	9444076800

## IWA NEWSLETTER

Volume XXIII No. 1

Chennai

JUNE 2008

### MONTH AT A GLANCE

Thu. 5th June	Managing Committee Meeting	09.30 a.m.
	Executive Committee Meeting	10.30 a.m.
Mon. 16th June	Fellowship Morning	10.15 a.m.
Wed. 18th June	Arts & Handicrafts <i>Talk on Jewellery</i>	10.15 a.m.
Tue. 24th June	History, Culture & Tours <i>History of the Olympic Torch</i>	10.15 a.m.
Thu. 26th June	Music & Performing Arts <i>Padma Subrahmanyam</i>	10.15 a.m.
Mon. 30th June	Cooking Swapshop <i>Thai Cooking</i>	10.15 a.m.

IWA Blog Site : [www.iwachennai.blogspot.com](http://www.iwachennai.blogspot.com)

## FROM THE PRESIDENTS

Dear Friends,



As someone once said "If you come home as happy as you leave, you have had a good vacation". Having returned from our holidays we would like to say welcome back to all our existing members and a very warm welcome to those of you who are new members.

Our theme for the year "Reaching out in Friendship" was announced at the AGM along with this year's colours - cream, olive green and terracotta. Those members present at the AGM also got a preview of the 2008 - 2009 newsletter cover.

Indians consider the Banyan tree as 'Kalpa Vriksha', the tree that fulfills all your wishes. The mighty Banyan tree, the tree of knowledge, the tree of life is considered immortal and is probably the biggest and friendliest of all trees. The tiny swans running across the page symbolize purity, love, beauty, grace, wisdom and elegance, making it the stuff of myths.

The team making up this year's Managing & Executive Committees look forward to welcoming you on Monday, the 16th June at The Madras Club. The year begins with Fellowship Morning and we will be "Reaching out in Friendship" to you all. Should you find you have something in your wardrobe that fits the bill do join us in wearing the cream, green and terracotta colours of this IWA year.

We'll sign off this month with a Chinese proverb: "Keep a green tree in your heart and perhaps a singing bird will come".

RANI ANANTH

LYNNE CONNOR

## FROM THE VICE PRESIDENTS

Every year is a year of new beginnings and cherished moments. It beckons to us all. Come, join us under the fold of the Banyan tree for fifty two promising weeks, twelve transformative months full of beautiful possibilities.

As our presidents have set the tone, let us all "reach out in friendship" to warm conversations, lively banter and regular rendezvous with all our friends.

This year, in keeping with our presidents' emphasis on the eco-friendly, our cover is printed on recycled paper and we will be including eco-friendly facts, tips and jokes in every issue

We hope you enjoy the issues of this year's newsletter and promise you that it will reach you promptly every month. If you have announcements regarding congratulatory or condolence messages, awards or citations, do email or write to us.

The page on the Amendments to the Bye laws has been added as a tear off page so that you can attach it to your copy of the IWA Bye laws.

Your Vice Presidents look forward to a year of renewing old friendships and making new ones.

"The only way to have a friend is to be one".

SHOBHA HEBBAR

VIJAYA RANGARAJ

-----  
*There is a sufficiency in the world for man's need but not for man's greed.*

- Mohandas K. Gandhi

## FROM THE SECRETARIES

Welcome back to yet another interesting year with IWA, and a warm welcome to our new members! The secretaries will do all we can to make sure that you will thoroughly enjoy the new IWA year and all the meetings by forwarding the newsletter on time and in perfect condition!

If you do not receive the newsletter by the 5<sup>th</sup> of each month, however, please contact Ruth Lauge on 98402 35222 or Mridula Srinivasan on 98409 31812 between 10 am and 6 pm on weekdays.

Also, if you change your address or telephone number, please inform either of us or the Membership Treasurer.

Looking forward to meeting you all.

MRIDULA SRINIVASAN

RUTH LAUGE

-----  
MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Thur. 5th June at 9.30 a.m.

Thur. 5th June at 10.30 a. m.

Meetings hosted by

**Balveer Singh**

At her residence

9, Poes Garden Road, Teynampet,  
Chennai - 600 086.

Directions: Take Binny Road from Cathedral Road and then the second left lane.

## FROM THE TREASURERS

Welcome to the new 'eco-friendly' IWA year!

Firstly, a reminder to those who have not yet returned their renewal forms and payment, either by cheque for Rs 1100 made payable to 'IWA Chennai' or, in the case of Non-Indian members without an Indian bank account, the cash equivalent.

The closing date for renewals is 30th June 2008.

- No cheques/cash will be accepted without the form, and vice versa
- Those who do not wish to renew their membership, or wish to change it to senior or outstation member, should inform the Membership Treasurer in writing as soon as possible.

I know many members are familiar with the guidelines, but for those of you who have just joined us, and for those that need clarification, they are as follows:-

- The IWA year commences on April 2008 and culminates on March 31st 2009
- All IWA members must attend a minimum of 10 meetings (see below)
- All activity meetings will commence at 10.15 a.m. Members are requested to sign the attendance registers to record their presence. The attendance will close at 10.45 a.m. and anyone signing in after this time will not be credited with an attendance
- For clarity, members are asked to PRINT their name and code number. The membership code can be found on their monthly newsletter address label
- To keep track of their attendance record members will find an attendance chart will be provided at all activity meetings in the months of September and January
- Members are encouraged to bring guests along but please note that guest attendance is restricted to four meetings per

year for each specific guest attending the same. Please sign in guests on the guest register sheet. The charges are as follows:-

- \* Home meeting - Rs 50/guest
- \* Club meeting - Rs 100/guest
- \* Hotel Meeting - As per actuals

I would also like to draw everyone's attention to the amendment to the Bye law as passed at the AGM on 24th April 2008.

Membership can be terminated as follows:-

- \* Dues are not paid within the stipulated period
- \* A member acts in a manner detrimental to the interest of the Society
- \* Members use IWA to promote their own commercial or business interests
- \* Members are guilty of offences defined in the Act and Rules
- \* A member does not attend ten meetings in an IWA calendar year without a valid reason.

Senior members, as always, will be exempted from the 10 meeting rule, but all other members will be expected to comply with this rule which takes effect from the 2008-2009 IWA calendar year.

Thank you, and we look forward to meeting you all in the upcoming events.

ASHA HEMDEV

JO FROGBROOK

-----  
*"How far must suffering and misery go before we see that even in the day of vast cities and powerful machines, the good earth is our mother and that if we destroy her, we destroy ourselves?"*

- Paul Bigelow Sears

## FELLOWSHIP MORNING

Monday, June 16th at 10.15 a.m.  
At: **The Madras Club,**  
Adyar Club Gate Road,  
R.A. Puram, Chennai 600 028



### Reach out in Friendship

"In the sweetness of friendship let there be laughter and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed". (Khalil Gibran)

We can hardly believe it's time once again to rekindle friendships, meet up with old friends and have the pleasure of making new ones. This morning is also an ideal opportunity for you to get to know your new Managing and Executive Committees. A time of togetherness, that is so unique to IWA.

Let's start the IWA year with a morning of bonhomie, fun and laughter. We have an "eco - friendly programme" planned for you and yes, you do have time between now and then, to swot up on the subject!

As we said earlier in our letter do try and wear the colours of this IWA year - cream, green and terracotta. You may walk away with a prize for doing so. A special request from us - please wear your name badges so that new members are not at a disadvantage. Should you have put it somewhere so safe you can't find it, tell us! Thank you.

**This meeting is for members only**

RANI ANANTH

LYNNE CONNOR

THE MANAGING & EXECUTIVE COMMITTEES

## MANAGING COMMITTEE

### PRESIDENTS



Rani Ananth



Lynne Connor

### VICE - PRESIDENTS



Shobha Hebbar



Vijaya Rangarajan

### SECRETARIES



Mridula  
Srinivasan



Ruth Laue

### TREASURERS



Asha Hemdev



Jo Frogbrook

## ACTIVITY CHAIRPERSONS

### ARTS & HANDICRAFTS



Nabila Avais



Ninna Hogedal

### BOOK DISCUSSION



Nalini Acharya



Bharathi Nair  
Gopinath

### COOKING SWAPSHOP



Achu Kurian



Balveer Singh

### CURRENT EVENTS



Anuradha  
M. Uberoi



Tineke Sysmans

### HEALTH & ECOLOGY



Zainab Kachwala



Helene De Clercq



Leena Suryaprakash



Cherry Venkatesan

### HISTORY, CULTURE & TOURS

### MUSIC & PERFORMING ARTS



Ramani Reddy



Angelilka  
Schwering

### PHILOSOPHY & RELIGION



Archana K  
Melyappan



Lena Heyman

## ARTS & HANDICRAFTS

Wednesday, 18th June at 10.15 a.m.

At: Rasvihar  
17a, Sterling Avenue  
Nungambakkam  
Chennai - 600 034



### Crafting of Timeless Exquisite Jewellery

Ahalya has been hailed as "one of the most exciting artists working in jewellery today". She is a charming synergy of traditional grandeur and contemporary minimalism. Her work is startlingly original and manages to inspire admiration from purist and iconoclast alike. She strongly believes that the process of designing jewellery is a very personal experience and undoubtedly a true reflection of this belief is to enjoy a journey through the personal space of this nouvelle venture.

Ahalya will talk on "A Timeless Journey into an Age Old Skill of Crafting Exquisite Jewellery", at Rasvihar, which in Sanskrit means "abode of aesthetic appreciation". Rasvihar is truly an enriching experience, with gentle inviting interiors that encourage and warmly welcome you with a sense of relaxation and help to rejuvenate you. It is here, where she practices a strange alchemy that she likes to call 'jewellery therapy', urging the senses to respond.

We thank Ahalya for hosting the meeting and graciously throwing open her lovely premises for us.

NABILA AVAIS

NINNA HOGEDAL

## HISTORY, CULTURE & TOURS

Tuesday, 24th June at 10.15 a. m.

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



### History of the Olympic Torch

The torch relay is an Olympic symbol of peace and brotherhood. Its origins lie in the ancient Greek Olympics when a fire was kept burning throughout the Games. The torch, which was re-introduced in 1928 at the Summer Olympics, is still lit by the sun's rays at Olympia in Greece. The choice of the athlete who lights the flame is always a sporting symbol of the host country.

Dr. Nanditha Thakkar is a brilliant orator and a multi-talented personality with varied interests. Her husband, Ashok Thakkar, is a keen sportsman and a member of the Royal Madras Yacht Club with an avid interest in sailing. They will talk to us about the origins, history and the modern day symbolism of the Olympic torch.

Ladies, do join us as we take you back in time to Greece and the history of the torch.

We thank our hostesses Kusum Chadda, Sharada Reddy and Shobha Hebbar.

LEENA SURYAPRAKASH

CHERRY VENKATESAN

## MUSIC & PERFORMING ARTS

Thursday, June 26th at 10.15 a. m.

At: Padma Subrahmanyam's  
Old No. 6, 4th Main Road  
(near Grand Sweets)  
Gandhinagar, Adyar,  
Chennai - 600 020



### "Jatayu Moksham" to Tchaikovsky's "Overture to Romeo and Juliet"

There have been two strands in the fusion of dance styles in India. One is to dance to Western melodies in one's own medium. The other is to mix two or more styles.

We commence our activity this year with a lecture demonstration accompanied by an audio-visual presentation by Dr. Padma Subrahmanyam who terms her dance style "Bharatanrityam". She has choreographed "Jatayu Moksham" to the strains of Tchaikovsky's "Overture to Romeo and Juliet".

Dr. Padma is a rare blend of dancer, research scholar, choreographer, music composer, teacher, author and Indologist. In this presentation, Padma successfully attempts a fusion of Western classical music with Bharatanatyam where she has not followed the strict grammar of Bharatanatyam but has adopted a free approach to movements which are no doubt graceful. Please make sure you come and enjoy this unique experience.

We would like to thank Padmini Subramaniam, Ranjani Venkataraghavan, Geeta Vasudevan, Rama Rajagopalan, Vijaya Balu, Brihada Kameswaran and Naina Shah.

RAMANI REDDY

ANGELIKA SCHWERING

## COOKING SWAPSHOP

Monday, 30th June at 10:15am

At: Wallajah Hall  
Taj Connemara  
Binny Road,  
Chennai - 600002



### Hip Asia - Thai Cuisine

Thai food is internationally famous. Harmony is the guiding principle behind each dish - be it chilli hot or bland. The ideal Thai meal is a harmonious blend of the juicy, the subtle, the sweet and sour. It is meant to be equally satisfying to the eye, nose and palate. Thai food is known for its use of fresh herbs and spices, Kaffir lime leaves, Galangal, lemon grass and Thai basil as well as fish sauce.

**Chef Samir Mulaokar**, Executive Chef of the Taj Connemara, will demonstrate a few Thai dishes for us. He is the man behind Taj Connemara's trendy and illustrious outlets such as Hip Asia and Rain Tree and the ubiquitous Verandah. He has astutely changed the city's food space by introducing a plethora of different cuisines.

**Members only.**

Please warn in early, as there are only 65 places available. You can warn in from June 6th with Achu Kurian at 98411 44072 or Balveer Singh at 99401 83839,

ACHU KURIAN

BALVEER SINGH



## HISTORY, CULTURE & TOURS



### Trip to Yercaud August 16th, 17th & 18th

Yercaud lies in the Servarayan or Shevroy range in the Eastern Ghats and derives its name from the lake located at its centre and from two Tamil words, "yeri" meaning lake and "kaadu" meaning forest". David Cockburn discovered Yercaud and his house "The Grange", an imposing castle-like building built in the 1820s, is the oldest one in the town.

The town boasts of the Emerald Lake, the Japanese Garden, the Orchadurum, and the Rose Garden. The famous ninety year old Montfort school with its old world granite and wood architecture is situated here. There is the Servarayan temple, which is the highest point in Yercaud, the Bear caves, the Killiyur falls, the view of Salem and much more.

Robert Clive, the commander of the British forces in India was miserable and homesick when he first came to India. But his frequent trips to Yercaud helped him recover his sanity and saved him from perennial depression. Such is the rejuvenative power of Yercaud!

We are accommodating 20 members only. So, to avoid disappointment, do hurry up and call Leena Suryaprakash at 9840937366 or Cherry Venkatesan at 28293436. The last date for check-in is June 10th.

The cost of the trip is Rupees 6800, which includes:

- Accomodation at Hotel Shevroy on twin sharing basis
- All meals
- Train ticket by A/C 2 tier from Chennai/Salem/Chennai
- Deluxe Non-A/C coach for transfers and sightseeing
- English speaking guide during sightseeing
- Entrance fees at monuments for Indians

LEENA SURYAPRAKASH

CHEERY VENKATESAN

## MEMBERSHIP SUB-COMMITTEE

2008 - 2009

Jo Frogbrook	Membership Treasurer
Asha Hemdev	Treasurer
Susan Hopper	Immediate Past Membership Treasurer
Rani Ananth	President
Lynne Connor	President
Shobha Hebbar	Vice President
Vijaya Rangaraj	Vice President
Kamala Prasad	Immediate Past President
Raziyeh Sheerazie	Immediate Past President
Lalitha Krishnan	General Body
Radha Gopalakrishnan	General Body

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## WELCOME ABOARD

Anika Herrman (H7)  
668a Baywatch Blvd  
Kottivakkam  
Chennai 600 041

## THINK GREEN!

Planting trees is one of the most important things you can do to save the environment because trees purify the air by releasing oxygen during photosynthesis and absorb dust and pollution. Did you know that it takes 625 square feet surface area of vegetation to produce the daily oxygen required for one person?

Plant trees in your garden. Three mature trees near the house can reduce air-conditioning expenses by almost as much as it costs to run your refrigerator for a year. If your garden is too small for trees, have potted plants and creepers instead for they help to reduce the carbon dioxide we are spewing out into the atmosphere.

A lawn does not absorb as much carbon dioxide as plants so, when planning your garden opt for more plants. If you live in an apartment, have a terrace or balcony garden or even window boxes made, not out of wood, but of cement, metal or discarded plastics.

Most environment problems arise out of public apathy. Most people say, "What can I do alone?" One environmentalist's reply is, "We are alone together". So, stand up for the environment. Make saving it a personal commitment.

## AMENDMENT TO THE IWA BYE LAWS

The following amendments to the IWA Bye laws were passed as a Special Resolution at the ANNUAL GENERAL MEETING held on Thursday, April 24th at the GRT Convention Centre, 120, Sir Thyagaraja Road, Chennai - 600 017.

IWA Bye laws Page 3, item no. 6 amended to include the following:

**Resolved that "meeting" means general meeting / programme / activity organized by IWA which any or all IWA members may attend**

Bye law 10H amended to include the following:

**Resolved that an Active Member is a member in good standing. An Active Member must attend a minimum of ten meetings in a year. In case of inability to attend the required number of ten meetings a member must inform the Membership Treasurer of the reasons for such inability in writing.**

Bye law 10P amended to include the following:

**Resolved that a member can be terminated if a member does not attend ten meetings in an IWA calendar year without valid reason.**