

September 2009  
Newsletter



**EXECUTIVE COMMITTEE 2009- 2010  
MANAGING COMMITTEE**

**PRESIDENTS**

Shobha Hebbar	26411248	9840338258
Elizabeth Aston	24328590	9094558566

**VICE PRESIDENTS**

Mridula Srinivasan	24321028	9840931812
Sejal Wasani	24355290	9884052575

**SECRETARIES**

Ramani Reddy	28353608	9840086858
Manisha Singhee	24991482	9841035003

**TREASURERS**

Archana Meiyappan	28473932	9840998800
Jansi Kishore	28226395	9841589896

**ACTIVITY CHAIRPERSONS**

**ARTS & HANDICRAFTS**

Deepali Goyal	24357752	9840442260
Suzanne de Haes	24352346	

**BOOK DISCUSSION**

Geeta Rajagopal	24453239	9840052899
Noelene Goonan	43042974	9003283294

**COOKING SWAPSHOP**

Asha Rammohan	28332006	9840039958
Jennifer Arun	28275032	9880399490

**CURRENT EVENTS**

Zainab Kachwalla	28292274	9840853652
Jennifer Moore	9940065292	9840892782

**HEALTH & ECOLOGY**

Nabila Avasi	28264325	9840026665
Bess Simkin	24333565	9791172021

**HISTORY, CULTURE & TOURS**

Maya Mathew	28281228	9841010080
Nalini Panday	24610944	9841048629

**MUSIC & PERFORMING ARTS**

Nita Reddy	42030717	9962530717
Sue Cook		9677020407

**PHILOSOPHY & RELIGION**

Anuradha Uberoi	24329728	9841042520
Tineke Sysmans	45066148	9940135888

**IWA NEWSLETTER**

Volume XXIV No.4

Chennai

SEPTEMBER 2009

**MONTH AT A GLANCE**

Tue. 1st Sept.	Managing Committee Meeting	09.30 a.m.
	Executive Committee Meeting	10.30 a.m.
Wed. 2nd Sept.	Cooking Swapshop	10.15 a.m.
	<i>Healthy Cooking - "Grilled" or "On the Rocks"</i>	
Fri. 4th Sept.	Book Discussion	10.15 a.m.
	<i>WOW Monologues</i>	
Tue. 8th Sept.	Arts & Handicrafts	05.00 p.m.
	<i>Puppetry - An Art for and a Medium for Social Activism</i>	
Thu. 10th Sept.	History, Culture & Tours	11.00 a.m.
	<i>Monsoon Steel: early metallurgical developments in Sri Lanka and wider Asian technological traditions</i>	
Fri. 11th Sept.	Music & Performing Arts	10.15 a.m.
	<i>Art Of Set Design</i>	
Mon. 14th Sept.	History, Culture & Tours	10.15 a.m.
	<i>The Story of Udaipur</i>	
Thu. 17th Sept.	Health & Ecology	10.15 a.m.
	<i>Achieving a Dynamic Balance of Mind &amp; Body</i>	
Tue. 22nd Sept.	Philosophy & Religion	10.15 a.m.
	<i>Syrian Christians-their Religion, History and Culture</i>	
Fri. 25th Sept.	Book Discussion	10.15 a.m.
	<i>The Palace of Illusions</i>	
Thu. 1st Oct.	International Music Day	10.15 a.m.

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



## FROM THE PRESIDENTS

Welcome back everyone who recently went on the visit to Russia. We are delighted to hear it was such an enjoyable and memorable visit and on your behalf say thanks to the organisers and supporters for all their efforts.



Our thanks, on behalf of IWA, to Rani Ananth for her continued upkeep of the IWA blog site. The information has been extended to include not only the activity and venue for each meeting but also the heading and sometimes photographs/graphics for the activity. We feel this will be particularly useful to members who might not have received their newsletter. In addition, Rani includes Sudoku and a monthly calendar.

International Music Day will be held on Thursday, 1st October at the Sheraton Park Hotel at 10.15 a. m. We thank the Music Committee, who identified a promising young artiste, Srirani Sridhar, to honour on that day.

Preparations for Deepmala, this year's Diwali Mela are well under way and we look forward to seeing as many of you as possible at the MRC Hall on Saturday 3rd October, 10.30 a.m. – 3.00 p.m. As well as the tried and tested favourites, we have included even more attractions this year. Do join us for a morning of sheer enjoyment as we celebrate the festival of lights.

SHOBHA HEBBAR

ELIZABETH ASTON

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Tues. 1st Sept. at 9.30 a.m.

Tues. 1st Sept. at 10.30 a.m.

Meetings hosted by

Nita Reddy

At her residence

12, Subburaya Avenue, Alwarpet,

Chennai - 600 018.

## COOKING SWAPSHOP

Wednesday, 2nd September at 10:15 a. m.

At: SHERATON PARK HOTEL

Mowbrays

132 T.T. K.Road

Alwarpet

Chennai 600 018



### Healthy Cooking – “Grilled” or “On the Rocks”

Today we have started appreciating the importance of healthy food. Though some of us have a weakness for junk food because of its convenience, there is an increasing awareness of changing our food habits so that we can keep health risks at bay. A healthy cooking method is grilling which is the mainstay of the restaurant, “On the Rocks at Sheraton Park”. The restaurant offers two kinds of dining options, an a-la-carte menu from the grill called the “Grill Platter” and the new sensational cooking on ‘Hot Volcanic Rocks’ at the guests’ table.

Chef Nikhil Nagpal, also the Manager of “On the Rocks”, was involved in conceptualising and executing the opening of the restaurant. Being creative and innovative, he drives the concept of customised cuisine on lava rocks. Chef Nagpal will speak about the Hot Lava Rock and the demonstration will be from the grill. Food Stylist Chef Suprita will demonstrate how to prepare some delicious snacks. A tasting of the recipes will follow the demonstration.

We would like to thank Deepali Goyal for organising the event.

ASHA RAMMOHAN

JENNIFER ARUN

## BOOK DISCUSSION

Friday, 4th September at 10.15 a. m.

At: The Madras Club  
Adyar Club Gate Road  
Chennai - 600 028



### WOW Monologues

What is a monologue? The Webster's dictionary definition of a monologue is a "dramatic sketch performed by one actor". The monologue "piece" is usually a sole character speaking directly to an audience and showcases his/her acting prowess.

WOW (Women on Women) Monologues is from a collection edited by Tori Haring-Smith. The Monologues speak of women's concerns in our society which allows such different kinds of power to people in different walks of life.

The Monologues will be read out by well known theatre actors of Chennai -

Anuradha Ananth, Anushka Ravishankar, Gayatri Krishnaswami, Geetha Lakshman, Nikhila Kesavan, Susan Thomas, Tehzeeb Katari, Vishalam Ekambaram and N. S. Yamuna.

Our grateful thanks to Usha Chandrakumar for hosting this meeting.

GEETA RAJAGOPAL

## ARTS & HANDICRAFTS

Tuesday, 8th September at 5.00 p. m.

At: Sheraton Park Hotel  
Elliot's Hall  
132, T.T.K. Road  
Chennai - 600 018.



### Puppetry - An Art form and a Medium for Social Activism

Anurupa Roy, our speaker, is a highly qualified puppeteer with degrees from the University of Stockholm, the School of Traditional Glove Puppetry, Naples and a research fellowship from the Institute International de la Marionette, France. She is a recipient of the Ustad Bismillah Khan Yuva Puraskar, 2007 for her contribution to puppet theatre; a Fellow of Peace WISCOMP for 2005 and a lecturer at UCLA, all at the age of 32.

Her devotion to the art of puppetry led her to become a founder and managing trustee of the Kat-Katha Puppet Arts Trust that works to promote and teach puppetry and use it as a medium for social communication and behavioural change especially in the field of gender, HIV/AIDS and adolescence. She will talk on Puppet Theatre in India and her interesting and colourful experiments with puppets as a medium for social activism. Her Production, 'Almost Twelfth Night' will be staged in Chennai on the 9th and 10th of September.

DEEPALI GOYAL

SUZANNE DE HAES

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Hearty Congratulations to Alagu Muthu on the wedding of her son Ramanathan.



## HISTORY, CULTURE & TOURS

Thursday, 10th September at 11 a. m.

At: Madras Museum Theatre  
Pantheon Road  
Egmore, Chennai - 600 008



### Monsoon Steel: Early metallurgical developments in Sri Lanka and wider Asian technological traditions

The annual IWA Endowment Lecture, instituted several years ago invites eminent speakers in Archaeology and History to deliver the lecture.

This year, we are fortunate to have Dr. Gill Juleff, who is in India for a short visit and will present the IWA Endowment Lecture.

Dr Gill Juleff (Department of Archaeology, Exeter University, UK) has long-standing research interests in the early metallurgy of South Asia. From the first field surveys at Samanalawewa, central Sri Lanka, in the late 1980's that identified a previously unknown iron industry based on a unique wind-powered furnace design, to the smelting experiments which demonstrated that these furnaces were capable of producing the high-grade sarandibi steel traded with the Islamic world for sword-making in the first millennium AD. This lecture will describe a chapter of Sri Lanka's past that has put the island on the global technological map and changed international perceptions of metallurgical development.

Dr. Juleff is in India on a new collaborative project, entitled 'Pioneering Metallurgy', which aims to explore the iron metallurgy of southern India for evidence of similar technological traditions.

Please note the change in timing. The meeting starts at 11 a.m. Do be present as we honour an eminent scholar.

MAYA MATHEW

NALINI PANDAY

## MUSIC & PERFORMING ARTS

Friday, 11th September at 10.15 a. m.

At: Sathyam Cinemas  
8, Thiru-vi-ka Road  
Royapettah  
Chennai-600 014



### Art Of Set Design

Various artists may create or develop specific parts of an art piece or scene, but a sole art director unifies the vision. In particular, the art director is in charge of overall visual appearance and how it communicates visually, stimulates moods, contrasts features and psychologically appeals to a target audience.

Mr Thota Tharrani is one of the most creative people of our times. He has been involved in the art of set design since he was 12 years old. In addition to his illustrious career in set design he is also a renowned artiste. Being a man of several interests he manages to excel in whatever he does. Be it the creation of a realistic set of the 'Dharavi' slums or the colourful transparent bus in 'Kaadhalan', Mr Tharrani succeeds in creating the right ambience and the right tone.

Mr Thota Tharrani will give us an insight into designing and creating sets for films through a talk and visual presentation.

We would like to thank Vidya Singh for helping in organising this event.

Ample space for parking cars is available.

NITA REDDY

SUE COOK



## HISTORY, CULTURE & TOURS

Monday, 14th September at 10.15 a. m.

At: **Taj Mount Hotel**  
No. 2, Club House Road  
Chennai - 600 002



### The Story of Udaipur

Udaipur, known as the Venice of the East, was voted the world's best city for travellers in 2009 in an online poll by Travel & Leisure magazine. Situated on the banks of the Pichola and Fateh Sagar lakes, it has over a dozen beautiful palaces, the most famous being the Lake Palace.

Udaipur was the capital of the Rajput kingdom of Mewar, ruled by the Sisodia clan. Being a mountainous region and unsuitable for heavily armoured Mughal horses, Udaipur was the only kingdom that remained unmolested from Mughal influence. Maharana Fateh Singh of Udaipur was the only royal who did not attend the Delhi Durbar for King George V in 1911. This fierce sense of independence earned them the highest gun salute in Rajasthan, 19 against the 17 each of Jaipur, Jodhpur, Bundi, Bikaner, Kota and Karauli.

Arvind Singh is the 76th descendant of the Sisodia dynasty - the world's longest current royal line. IWA has the rare opportunity of meeting him. He will speak to us of Udaipur's colourful history, its magnificent palaces and forts and of the wildly successful transition from royalty to entrepreneurship.

We thank Manisha Singhee for hosting the meeting.

MAYA MATHEW

NALINI PANDAY

## HEALTH & ECOLOGY

Thursday, 17th September at 10.15 a. m.

At: Kausalya Jagannathan's  
'Shri Vaishnav'  
33 (Old 16) Kasturi Ranga Road  
Chennai - 600 018.



### Achieving a Dynamic Balance of Mind & Body

Have you marveled at the powerful grace and muscular control of skilled practitioners of ballet, yoga and gymnastics - their apparent easy and effortless movements. Even in the most difficult positions that seem to defy the laws of gravity, they seem to maintain a calm stillness as if grounded by a mysterious force within!

This mysterious force in fitness terminology is called, Core Strength or Core Stability - a deep, internal strength that is naturally present in every one of us and can be experienced only by regular physical exercise. The best way to become aware of your core strength is to explore, maintain and stabilise your mind and body by a practice of **Pilates & Functional Yoga**. Core stability is also a very big part of the *asanas* practiced in yoga.

Nita and Santhosh, are senior fitness experts, certified by Stott Pilates, internationally renowned for quality training with exercises using stability tools. They will be demonstrating the secret of a sculptured body and 'flat abs' but, more importantly, fitness through Pilates.

We thank Kausalya Jagannathan for graciously hosting the meeting.

NABILA AVAIS

BESS SIMKIN



## PHILOSOPHY & RELIGION

Tuesday, 22nd September at 10.15 a. m.

At: Café Evo

Russian Cultural Centre  
74, Kasturi Rangan Road  
Chennai -600 018



### Syrian Christians-their Religion, History and Culture

The Christian community in Kerala is not a homogenous entity. However, most Kerala Christian groups follow certain common practices derived from local cultural influences such as wedding customs and use of Malayalam language in liturgy. Most groups also believe in the St. Thomas tradition.

The origin of Kerala's Christians dates back to 52 AD, when St. Thomas came to the region landing in the port of Cranganore near Cochin. He visited different parts of Kerala and converted local inhabitants including many from the upper sect known as Namboodiri Brahmins.

Susan Abraham, will speak about the religion, history, customs and traditions of the Syrian Christian community.

We thank Aruna Prasad and Chandra Sankar for graciously hosting this meeting.

ANURADHA M. UBEROI

TINEKE SYSMANS

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#### CHANGE OF ADDRESS

Asha Mohan  
C - 6, "Blue Mont"  
No. 136 to 139, Poonamallee High Road  
Kilpauk  
Chennai - 600 010

## BOOK DISCUSSION

Friday, 25th September at 10.15 a. m.

At: Usha Saravanan's

"Rajeshwari"  
2, AVM Avenue,  
Dr.Radhakrishna Salai,  
Mylapore, Chennai - 600 004.



### The Palace of Illusions

For over 20 years, Chitra Banerjee Divakaruni, based in California, has been writing women oriented stories. Her women have shown grit, delusion, doubts, despair and yet have been lyrical, memorable and even magical.

Divakaruni returns to a fantasy that is relevant to today's war-torn world in **The Palace of Illusions**. The book, half history, half myth, yet magical, tells the story of Draupadi in The Mahabharata. It is the epic story narrated from the view point of Panchaali, the wife of the legendary five Pandava brothers. It traces the life of the queen from her miraculous birth in fire as the daughter of a king who is driven by revenge and ends with her final journey towards death. Above all, it is a feminist interpretation of the epic story.

Padmini Natarajan needs no introduction. She will lead the discussion on this amazing book, having been a lecturer in English Literature as well as Business Communication in Bombay. She has also been a freelance journalist and is actively involved in theatre and pursues activities with social causes.

We thank Usha Saravanan for hosting the meeting in her lovely home.

GEETA RAJAGOPALAN



## INTERNATIONAL MUSIC DAY

Thursday, 1st October at 10.15 a.m.

At: Sheraton Park Hotel  
132, T. T. K. Road  
Chennai - 600 018

International Music Day on October 1st is also, by a happy coincidence, our Founder Member Nirmal Seshadri's birthday. Her family has instituted an award to a young talented musician in her memory.

Every year a Music Committee is set up to choose a talented young musician. This year the Music Committee members are **Jyothi Ganesh**, Chairperson, **Nalini Acharya**, **Shantha Narayan** and **Padmini Subramaniam**. They have studied the biodatas and heard cassettes of many candidates before selecting this year's young awardee, **Sriram Sridhar**, a highly talented young violinist.

He will be honoured on International Music Day on Thursday, October 1st at Hotel Park Sheraton.

Please mark the date on your calendar and be there to encourage the young awardee. More on this in the next issue of our newsletter.

### THE BOARD

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**Padmini Natarajan** along with her co-author **Viji Varadarajan** has won the prestigious Special Jury Gourmand Award for their cookbook, 'Classic Tamil Brahmin Cooking'. It was presented in Paris on July 1<sup>st</sup>, 2009.

Last year their book 'A Healthy Taste of Indian Culture - Cooking with Yoghurt' was runner up in the World's Best Cookbook category and 'Samayal' and 'Festival Samayal' were awarded Best Cookbook in the National category.

## DEEP MALA

It is celebration time once again as IWA celebrates the festival of lights - Diwali. This year the event, "Deep Mala" will be held on Saturday the 3rd of October from 10.30 a.m. to 3.00 p.m. at the Mayor Ramanathan Chettiar Hall.

We promise you a morning of fun and enjoyment with games and interactive dances like *Ghoona* and *Bhangra*. There will also be the usual shopping and the ever popular Khazana stall. Other attractions include Nail Art, Cartoonist, Tarot reader and a Palmist. Enjoy some fabulous, mouth - watering foods from the various regions of the north.

The bookings for the stalls will be on a "first come first served" basis. Each stall will be priced at Rs. 2,000 with one lunch coupon given to the stall holder. We will be giving first preference for members. We are having very limited stalls this year so do book your stalls at the earliest to avoid disappointment.

For stall bookings contact

<b>Achu Kurian</b>	9841144072
<b>Nita Reddy</b>	9962530717
<b>Usha Chandrakumar</b>	9884496450

As always, we request members to donate gifts or cash for the immensely popular Khazana stall. The gifts will be collected at all meetings in September or can be handed over to the following members:

<b>Archana Meiyappan</b>	Mylapore, Alwarpet, R. A. Puram
<b>Geeta Rajagopal</b>	Besant Nagar, Tiruvanmiyur, Valmiki Nagar
<b>Nabila Avais</b>	Nungambakkam, Chetpet
<b>Anjana Sunil</b>	Kilpauk, Egmore
<b>Fazeela Nurdeen</b>	Anna Nagar



In recognition of your valued support we are offering every member free entry for the day. Please warn in by 25th of September with any of the following.

Mridula Srinivasan	9840931812
Ramani Reddy	9840086858
Manisha Singhee	9841035003

The event will be ticketed for everyone else attending the Mela. Tickets priced at Rs.250/- will be available with all Committee members throughout September.

*Our grateful thanks to Visalakshi Ramaswamy for allowing us the use of the hall.*

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**Committee to Review IWA Bye-Laws**

The first meeting took place on Monday 17th August.

We thank those who sent letters with their suggestions.

## FOUNDER'S DAY

Our sincere thanks to Founder Members, Past Presidents and all the members who came to celebrate IWA's birthday on Friday, 24th of July at the Taj Mount Hotel. Your presence and participation lent colour and grace to the occasion. Your enjoyment of the programme has been very encouraging for us.

We would like to specially thank all the members who participated in the programme. Thank you for giving IWA your time, talent and energy.

### Invocation

Surekha Kothari

### The Oprah Winfrey Show

Written & Directed by

Rekha Rangarajan

Oprah Winfrey

Rekha Rangarajan

J. Jayalalitha

Prithika Chary

Indra Nooyi

Uma Ganesan

Sonia Gandhi

Chandra Seoni

Angela Merkel

Jennifer Moore

Hillary Clinton

Raziyeh Sheerazie

Kiran Bedi

Naina Shah

Introduction and idea conceived by

Sushi Natraj

### Dance - Conflict and Harmony: The Dancers

Concept by

Surekha Kothari

Janet Haughton

Jansi Kishore

Aseel Mathur

Rashmi Mohindra

Manisha Singhee

Rashmi Mohindra

Practices hosted by

A very big thank you to the Board and Executive Committee for their ideas and help and being there for us always.

SHOBHA HEBBAR

ELIZABETH ASTON

## FOUNDER'S DAY



LIGHTING  
THE LAMP



THE DANCERS



THE OPRAH  
WINFREY SHOW

## KEEP TABS ON YOUR ATTENDANCE

Every month jot down the meetings you have attended in the column below. This will help you keep track of whether you have completed your ten meetings.

MEETING	DATE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	