

March 2010
News letter

IWA
Chennai



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	24313144	9840442260
Suzanne De Haes	24352346	9840933138
BOOK DISCUSSION		
Geeta Rajagopal	24453239	9840052899
Janet Haughton Quarshie	24512401	9884187719
COOKING SWAPSHOP		
Asha Rammohan	28332006	9840039958
Jennifer Arun	28275032	9880399490
CURRENT EVENTS		
Zainab Kachwalla	28292274	9840853652
Jennifer Moore	9940065292	9840892782
HEALTH & ECOLOGY		
Nabila Avais	28264325	9840026665
Bess Simkin	24333565	9791172021
HISTORY, CULTURE & TOURS		
Maya Mathew	28281228	9841010080
Nalini Panday	24610944	9841048629
MUSIC & PERFORMING ARTS		
Nita Reddy	24990717	9962530717
Sue Cook		9677020407
PHILOSOPHY & RELIGION		
Anuradha Uberoi	24329728	9841042520
Tineke Sysmans	45066148	9940135888

IWA NEWSLETTER

Volume XXIV No.10

Chennai

MARCH 2010

MONTH AT A GLANCE

Mon. 1st Mar.	Managing Committee Meeting Executive Committee Meeting	9.30 a.m. 10.30 a.m.
Tue. 2nd Mar.	Arts & Handicrafts <i>Artistic Expressions from IWA Members</i>	10.15 a.m.
Thu. 4th Mar.	Cooking Swapshop <i>Zara-Tapas All The Way</i>	10.15 a.m.
Thu. 11th Mar.	History, Culture & Tours <i>Machu Picchu - The Lost City of the Incas</i>	10.15 a.m.
Mon. 15th Mar.	Book Discussion Music and Performing Arts <i>Dramatic Reading</i>	10.15 a.m.
Thu. 18th Mar.	Current Events <i>Planning a Wedding</i>	10.15 a.m.
Tue. 23rd Mar.	Health & Ecology <i>How to Sleep Well</i>	10.15 a.m.
Sat. 27th Mar.	Grand Finale	7.30 p.m.
Tue. 30th Mar.	Philosophy & Religion <i>An Introduction to Vaishnavism in Tamil Nadu</i>	10.15 a.m.

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

Welcome back to all the members who went on the tour to Maharashtra last month. We are delighted with your feedback and look forward to future IWA tours.



The year seems to have flown by so quickly! It is time for the Grand Finale which will be held on Saturday 27th March 2010 at 7.30pm at the Residency Towers. Details are included in the newsletter.

We hope as many of you as possible will join us for the last big event of this IWA year with your husband/partner.

The Election Sub Committee has prepared the list of candidates for election to the Managing Committee for 2010-2011 and the nomination form is included in this newsletter. We urge all members to complete and send in their forms to **Alagu Muthu**, Chairperson, Election Committee.

The proposed amendments to the Bye-Laws are being finalised by the Bye-Laws Committee. The EGM date and venue will be notified to all members shortly.

SHOBHA HEBBAR

ELIZABETH ASTON

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Mon. 1st March. at 9.30 a.m.

Mon. 1st March at 10.30 a.m.

Meetings hosted by
Geeta Rajagopal
Madras Boat Club
Boat Club Road
Chennai - 600 028.

FROM THE MEMBERSHIP TREASURER

From among the applications received by the Membership Sub Committee this year, the following have been selected as Special Guests:

Sanyuktha Gill
Radhika Krishna Mohan
Lalitha Naidu
Raena Reddy
Fharzana Siraj

I thank each member of the Sub Committee for the time spent and care taken in the selection process.

JANSI KISHORE

CONDOLENCES

Sincerest condolences to **Fakhira Ayer** on the passing away of her husband.

Sincerest condolences to **Sucharita Prasad** on the passing away of her husband.

Sincerest condolences to **Sunita Shahaney** on the passing away of her mother.

ARTS & HANDICRAFTS

Tuesday, 2nd March at 10.15 a.m.

At: Madras Club

Adyar Club Gate Road
Chennai - 600 028



Artistic Expressions from IWA members

There are many amongst us who are passionate about an art or craft. Be it painting, quilt-making, stained glass, tapestry-weaving, Ikebana or doll-making, we've got a great line-up being presented by our members.

So here is a morning that showcases these arts and crafts while these talented ladies talk about their skills and their efforts at self-expression. Let us applaud our members' hidden talents!

DEEPALI GOYAL

SUZANNE DE HAES

COOKING SWAPSHOP

Thursday, 4th March at 10.15 a.m.

At: Zara - Tapas Bar & Restaurant
74, Cathedral Road
Chennai 600 086



Zara - Tapas All The Way

Welcome to the world of Spanish Tapas culture. Tapas, extremely popular in Spain and uniquely Spanish are small bite size morsels of tasty food. Tapas are served in Spanish Bars and Cafes throughout the day and are not intended to be a meal nor do they form the first course of a meal as do hors d'oeuvres, the simplest being a bowl of salted almonds, olives or cubes of cheese.

Zara - the Tapas Bar is located on Cathedral Road. The Resto-Bar's enticing menu and exotic variety of Cocktails and Mocktails make it a cool hangout.

Aji Joseph is the Executive Chef at Zara - Tapas Bar & Restaurant and has been with Zara since its inception. Having worked with the Taj Group of Hotels and Cruise Lines, he has worked with Chefs from all over the World. He will be recreating the flavours of Spain's Tapas.

Sebastian Galvez Bunge, General Manager, Zara Tapas Bar & Restaurant also with Zara since its inception, started his career at The Hard Rock Café in Buenos Aires, Argentina and has since worked in several Cocktail Bars in Argentina, Uruguay, Scotland and Spain. His thirst quenching Mocktail and Cocktail recipes will be handy during the fast approaching summer months.

We thank **Badrunissa Mahadevan** for her help in organizing and graciously hosting this event.

MEMBERS ONLY, WARN-IN MEETING, LIMIT 100

Please Warn-in at the earliest with **Asha Rammohan** (98400-39958).

ASHA RAMMOHAN

JENNIFER ARUN

HISTORY, CULTURE & TOURS

Thursday, 11th March at 10.15 a. m.

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



MACHU PICCHU - THE LOST CITY OF THE INCAS

Perched atop a mountain crest, mysteriously abandoned more than four centuries ago, Machu Picchu, the "Lost city of the Incas" is the most famous archaeological ruins in the western hemisphere. This iconic symbol of power and prowess was declared a Peruvian historical sanctuary in 1981 and a UNESCO World Heritage Site in 1983.

Machu Picchu is a demanding destination. Reaching this Inca site at 8000 ft above sea level requires time, effort and above all fitness. A passionate mountaineer, motorcyclist, wildlife enthusiast and a self-taught musician, Badri Vijayaraghavan, Executive Director (Marketing) of Brakes India Ltd, will give us an insight into the Inca civilization along with an account of his trekking trip to Machu Picchu.

MAYA MATHEW

NALINI PANDAY

Change of Address

Jansi Kishore
6A, Oakridge Enclave
Thirumalai Nagar Annexe
3rd Main Road
(next to Abacus School)
Perungudi
Chennai 600 096

BOOK DISCUSSION MUSIC AND PERFORMING ARTS

Monday, 15th March at 10.15 a. m.

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



Dramatic Reading

'Beastly Tales from Here and There' is a 1991 collection of fables in poetry by Bikram Seth.

In his own words he says "The first two come from India, the next two from China, the next two from Greece and the next two from Ukraine. The final two come directly from the Land of Gup".

And from the 'Land of Gup', the fable 'The Elephant and the Tragopan' is all about the selfish manner in which man ruins the ecological system with no thought of other beings. The Ballad of Bingle Dale shows how the animals can rise up to the occasion and try to counter the dreadful and rapacious behaviour of mankind.

Our talented IWA members will dramatically narrate this fable.

GEETA RAJAGOPAL
NITA REDDY

JANET HAUGHTON QUARSHIE
SUE COOK

CURRENT EVENTS

Thursday, 18th March at 10.15 a.m.

At: Madras Club
Boat Club Road
Chennai 600 028



Planning a Wedding

In the modern day rat race that we live in, the old joint family with relatives in plenty has given way to the nuclear family, where everyone works, lives in different cities yet want to adhere to the tradition of having a wedding in their hometowns. With increasing cross-cultural influences and access to global trends, weddings have become pan Indian. Families today want to enjoy their weddings! From simple, efficient weddings, the trend has moved on to 3 to 5 day gala affairs. The wedding planner has become a necessity today.

Vidya Singh and Rekha Rangaraj have put a system into place that make weddings seem extraordinarily easy! They will talk on wedding planning as carrier option and take us through their journey spanning 4 years explaining the nuances of planning a picture perfect wedding.

Enjoy the morning over a cup of tea/coffee and cookies.

ZAINAB KACHWALLA

JENNIFER MOORE

HEALTH & ECOLOGY

Tuesday, 23rd March at 10.15 a.m.

At: Gandhi Nagar Club
73, 4th Main Door
Adyar (Behind Malar Hospital)
(Near Adyar Depot), Chennai-600 020.



How to Sleep Well

Do you snore loudly? Do others tell that your snoring is sometimes loud and on other occasions it almost looks like you stop breathing? If this sounds familiar, you may already know that it can be the first sign of a serious disorder, Obstructive Sleep Apnea! What causes obstructive sleep apnea? What will a health care professional need to know about you? Is help available? Sleep isn't just "time out" from daily life. It is an active state important for renewing our mental and physical health each day. Improper sleep leads to a lowered quality of life and reduces personal health and concentration, making you forgettable, irritable, anxious or even depressed. Sleep disorders, if left untreated, can be life threatening but if diagnosed and treated by a sleep specialist can improve and provide a great deal of relief to the problem.

Dr. N. Ramakrishnan, is an American Board Certified Sleep Specialist, who has been practicing in this field for over 10 years and is currently, a senior consultant in critical care and sleep medicine at the Apollo Group of Hospitals. He is the brain behind Nithra Institute of Sleep Sciences, the first of its kind in India, dedicated to the diagnosis and management of sleep disorders. He will be giving us guidelines and information on how to improve our quality of sleep and the risk factors and consequences of untreated sleeping disorders.

We are thankful to Deepika Goyal, Beena Mathew and Naina Shah for hosting this meeting.

NABILA AVAIS

BESS SIMKIN

GRAND FINALE

Saturday, 27th March at 7.30 p.m.

At: The Residency Towers
Sir Thyagaraja Road
Chennai - 600 017



As yet another IWA year draws to a close, we, the Presidents and the Board of 2009-2010 present to you this year's Grand Finale on Saturday, March 27th, 2010 at the Residency Towers Hotel.

We have planned an evening of fun and fellowship with a Supper Theatre in which the Madras Players will perform comic episodes from Neil Simon's "The Good Doctor". This will be followed by a grand buffet supper.

The programme will be as follows:

7.30 p.m. : Fellowship and Welcome Drink
8.00 p.m. : The Madras Players
9.00 p.m. : Dinner

Tickets will be available at all IWA meetings from the 22nd of February.

Cost of ticket: Rs. 350

Limit: 140

Drinks will be available at the bar. We invite you to bring your spouse/partner for what should be an enjoyable evening. We hope to see as many of you as possible for this, the last major event of the IWA calendar, 2009-2010

SHOBHA HEBBAR

THE BOARD

ELIZABETH ASTON

PHILOSOPHY & RELIGION

Tuesday, 30th March at 10.15 a.m.

At: Madras Club
Adyar Club Gate Road
Chennai 600 028



Romancing the Blue God - An Introduction to Vaishnavism in Tamil Nadu.

Vishnu is one of the most popular gods of the Hindu Pantheon. The Worship of Vishnu is as old as the Vedas and his worship in the Tamil country is older than the birth of the Christian era. The lecture will examine some of the key concepts and trends of Vishnu worship in Tamil Nadu. The talk will cover -

The forms of Vishnu and references to him in ancient (1ACE - 700ACE) Tamil Literature

The 12 saints and their sacred texts on Vishnu

Unique Vaishnavite iconography in Tamil Nadu

The key Vaishnavite sub sects

Sacred temples and rituals for a Vaishnavite in Tamil Nadu

Our speaker Pradeep Chakravarthy is a graduate of the London School of Economics. Pradeep works in leadership training in a large, well known IT company based in Madras. He fulfills the need for a link between the expert archaeologist who can recite dates in his sleep and the layman who wonders whether there is any connection between the past and the present. His focus is always on looking at how ancient institutions grappled with the problems we grapple with today as well. Pradeep also lectures frequently on this topic and on Vaishnavism.

Some of you may have attended his tour with IWA of the Kalahasthi temple.

ANURADHA MUBEROI

TINEKE SYSMANS

Trip to Maharashtra

6th February - 13th February

6th February 2010, 7.30 a.m. saw sixteen of us congregate in Chennai Airport to embark on a weeklong trip to Maharashtra.

Aurangabad

Ajanta Caves, 105 km from Aurangabad, were created from the 2nd century BC to 6th Century AD. The sculptors were from the Gandhara and Mathura Schools of Art, and the paintings depict various facets of Gouthama Buddha.

We were awestruck from the moment we entered the huge bowl of Ajanta Valley, at the sheer inaccessibility of the place.

Our guide Ayaz was extremely interesting when he spoke about the details on the ceilings and how the motif of the flora and fauna were repeated in paintings as well as carvings. After all these centuries some of the colours seem unreal for their ability to have survived in such clarity. Cave No.16 had this amazing recessed ceiling in parallel, horizontal design in a 3D effect and the Buddha was seated in all his perfection right below the dome. The essence of every aspect of human nature seems to have been covered by the artists and these are based on the Jataka tales that enumerate the day-to-day rituals of people during the 4th and 6th Centuries. We saw paintings like the Padma Pani Avalokiteshvara, the wet hair on the Bodhisattva's shoulders and the lustre of the pearls in the jewellery.

We came out of the caves with bemused expressions of wonder at so much beauty that man is capable of creating!

That afternoon we visited the **Bibi-Ka-Maqbara** where Aurangzeb's wife rests. This is a replica of the Taj Mahal in Agra and was built in 1679.

Ellora Caves

Three different faiths are represented here: Buddhism, Hinduism and Jainism. It is the richest repository of rock cut art in India. The Kailshanatha Temple is the gem among them. The colours and techniques are similar to Ajanta This rock cut temple constantly reminds the visitor of the celestial mountain abode of Shiva – Mount Kailash.

There is a rare statue of Shiva as Panigrahi. We saw carvings of Ganesha, Karthikeya, Gajalakshmi, Vishnu and Garuda, Krishna raising Mount Govardhan, beautiful friezes of the story of Ramayana and the Mahabharata and Ravana shaking Mount Kailash.

Cave No.32 – The Jain shrine has Mahavira seated in half lotus posture. There is a triple tiered umbrella signifying right faith, right conduct and knowledge.

Grushneshwar Temple, which has one of the twelve jyothirlingas, was very important since Shivarathiri was just a few days later.

This was followed by a brief visit to **Aurangzeb's mosque**, which was very austere like the life he led.

Daulatabad Fort is designed like a circular maze to confuse the enemy. The tower, **Chand Minar** is the second highest in India after Qutab Minar.

On the 9th we visited the holy shrine at **Shirdi** and had a darshan of Sai Baba. His piercing eyes seem to follow the devotee in whichever direction he or she faces.

Nasik was our next destination. **Kalaram Temple** with beautiful images of Rama, Sita and Lakshman has Rama with one hand on his heart to indicate that he takes care of his devotees.

Thrimbakeshwar: It is believed that offering prayers here can mitigate some doshas in one's kundali. Architecturally beautiful, it is one of the twelve jyothirlingas. The Three Lords of the Pantheon

Brahma, Vishnu and Maheshwar are represented in a triangular form inside a hollow.

That afternoon we went to the Coin Museum in Nasik and after that to the Sula Winery. A conducted tour of the facility where there was wine tasting followed by lunch.

The next morning, an unexpected bonus was a visit to the Artillery museum. The Chief of the facility took us around the various exhibits, which included surveillance instruments, replicas of famous battles and a live demo of archery and shooting. The thrill of being exclusively escorted by uniformed defenders of our Nation is something else!

The 11th and 12th saw the group in Alibaug. Radisson Hotel and Spa was easily the "Piece de resistance" of this trip – the last word in luxury and ambience! We loved wallowing in the decadence.

Janjira Fort: The magic number here seems to be 22, the lucky number of the Siddhi kings of Ethiopian origin who built the fort on 22 Acres with 22 Watch Towers, 22 Steps etc. This is the only fort in India which has never been conquered, though repeated attempts were made by the Marathas, the British and the Portuguese.

Ferry to Mumbai – Gateway of India: We arrived in Mumbai by ferry from Alibaug and had a magnificent view of the Mumbai skyline. Then it was a ferry to the Elephanta Caves where the most beautiful image was the Maheshamurti rock sculpture.

After lunch at the Jazz by the Bay we departed for the airport. 9.30 p.m. saw us back in Chennai with a sense of gratitude, for a lovely trip.

Ramani Reddy



At Ajanta



At Ellora



Bibi-ka-Maqbara - mini Taj of the Deccan



Chaitya - Ajanta



Kailash Temple - Ellora

FROM THE ELECTION COMMITTEE

We invite you to nominate persons for each office of the Managing Committee.

GUIDELINES:

1. Nominees for President, Indian, shall have served on the Managing Committee for at least 2 years. They should have been members of IWA for at least 5 years. This may be relaxed in the case of Non-Indians.
2. Nominees for office bearers of the Managing Committee (i.e., Vice President, Secretary or Treasurer) should have served as Activity Chairpersons for at least 2 years. This may be relaxed in the case of Non-Indians.
3. The Election Committee shall present to the members the names of Indian and Non-Indian nominees who are eligible and willing to stand for election on the Managing Committee, keeping in mind their proven ability to fulfill their responsibilities and work as a team. They shall inform the members of the time, place and venue of the election.

This newsletter carries the nomination form. Please fill the form and forward it to Alagu Muthu, Chairperson of the Election Committee at the following address:

"Beau Rivage"
97, Santhome High Road
Chennai - 600 028

Please ensure that your nomination form reaches Alagu Muthu's residence before 3 p.m. on Wednesday, March 10th, 2009.

ALAGU MUTHU
KAMALA PRASAD
SHEELA SHETTY
MEYYAMMAI MURUGAPPAN
ANGELIKA SCHWERING

FROM THE ELECTION COMMITTEE

Following in alphabetical order is the list of eligible members who have agreed to be nominated for the various posts on the Managing Committee for 2010-2011 – Presidents, Vice Presidents, Secretaries and Treasurers.

Indians	Non-Indians
Nabila Avais	Uma Ganesan
Prithika Chary	Jansi Kishore
Kausalya Jaganmohan	Juliet Meikle
Zainab Kachwalla	Jennifer Moore
Nina Kothari	Shanta Narayan
Archana K. Meiyappan	Janet Haughton Quarshie
Geeta S. Rajagopal	Sabine Salaam
Mridula Srinivasan	Karen Krizman Saurer
Shanthi Thomas	Manisha Singhee

Note: Non-Indians are all eligible. However, only the above mentioned members have agreed to be nominated.

Members may vote for all posts or only those they wish to vote for.

ALAGU MUTHU
KAMALA PRASAD
SHEELA SHETTY
MEYYAMMAI MURUGAPPAN
ANGELIKA SCHWERING

IWA

NOMINATION FORM – 2010 – 2011

I nominate	No.	
	Indian	Non-Indian
Presidents	_____	_____
Vice Presidents	_____	_____
Secretaries	_____	_____
Treasurers	_____	_____

Signature: _____

Date: _____ Name: _____

(Block letters)

Please send this to Alagu Muthu before 3 p.m. on Wednesday, 10th March, 2010.

Alagu Muthu
Chairperson, Election Committee
"Beau Rivage"
97, Santhome High Road
Chennai – 600 028

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.	