



Chennai

March 2011  
News letter



vibrantly diverse, yet one.

**EXECUTIVE COMMITTEE 2010 - 2011  
MANAGING COMMITTEE**

**PRESIDENTS**

Mridula Srinivasan	24321028	9840931812
Uma Ganesan	24472682	9940652588

**VICE PRESIDENTS**

Prithika Chary	24997878/ 2310	9840038752
Jansi Kishore	24961145	9841589896

**SECRETARIES**

Zainab Kachwalla	28292274	9840853652
Jennifer Moore	9940065292	9840892782

**TREASURERS**

Archana Meiyappan	28473932	9840998800
Manisha Singhee	24991482	9841035003

**ACTIVITY CHAIRPERSONS**

**ARTS & HANDICRAFTS**

Nita Reddy	24990717	9962530717
Karen Krizman (Saurer)	42112251	9789027090

**BOOK DISCUSSION**

Gayatri Krishnaswami	28331789	9444383455
Janet Haughton Quarshie	24512401	9884187719

**COOKING SWAPSHOP**

Somna Sachdev	28330232/ 45040001	9841022922
Juliet Meikle	24531426	9566260268

**CURRENT EVENTS**

E. Rajeshwari Sathyanarayana	26211934	9443946789
Shanta Narayan	24421707	9840040486

**HEALTH & ECOLOGY**

Deepali Goyal	24313144	9840442260
Bess Simkin	24333565	9791172021

**HISTORY, CULTURE & TOURS**

Neena Sanghavi	28362313	9381029132
Sue Cook		9677020407

**MUSIC & PERFORMING ARTS**

Asha Rammohan	28332006/ 28330858	9840039958
Ann Mathew	2449 4847	9840025169

**PHILOSOPHY & RELIGION**

Usha Jawahar	26412688	9841025166
Reena Nirula	24961031	9884027722

**IWA NEWSLETTER**

Volume XXV No.10

Chennai

**MARCH 2011**

**MONTH AT A GLANCE**

Fri.	4th Mar.	Managing Committee Meeting Executive Committee Meeting	10.00 a.m. 11.00 a.m.
Tue.	8th Mar.	Arts & Handicrafts <i>Origami &amp; Stories</i>	10.15 a.m.
Thu.	10th Mar.	Cooking Swapshop <i>The Mediterranean Journey</i>	10.15 a.m.
Tue.	15th Mar.	Cooking Swapshop <i>A day in the life of a Chef</i>	10.15 a.m.
Sat.	19th Mar.	Year End Celebration Under the stars ...	7.30 p.m.
Thu.	24th Mar.	Current Events <i>Consumer Empowerment in the Digital Era</i>	10.15 a.m.
Tue.	29th Mar.	Health & Ecology/ Philosophy & Religion <i>Aura Photography</i>	10.15 a.m.
Thu.	31st Mar.	Book Discussion <i>The Goat, the Sofa and Mr.Swami</i>	10.15 a.m.

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

## FROM THE PRESIDENTS

Dear Friends,

The penultimate newsletter from us with new guidelines to be communicated and printing deadlines to be met have kept us on our toes in a nail-biting photo finish!

Our eager beaver travellers would be returning by March 2nd from their trip to Karnataka and Goa and will have lots to share—photographs, experiences, nostalgic memories, shopping, souvenirs and more!

The final event of the year, the finale will be on **Saturday, March 19<sup>th</sup> 2011** at the **The Park POD** at 7.30 p.m. Please see details in this newsletter. We look forward to seeing you there.

The Nomination form for nominating office-bearers for election to the Managing Committee 2011-2012 is attached in this newsletter. As per the Bye-laws 11M (viii):

“The Election Committee shall present to the members, the names of Indian and non-Indian candidates, who are eligible and willing to stand for election to the Managing Committee along with a photograph and posts held in IWA...”

Please send your completed nomination forms to **Nirmal Mirza**, Chairperson, Election Committee.

The AGM will be held in the last week of April. The exact time, date and venue will be notified in the April newsletter. Please be aware of Bye-law 10Q (vi) on termination of membership being applicable to “A member who does not attend three consecutive meetings of the General Body without leave of absence in advance in writing”.

MRIDULA SRINIVASAN

UMA GANESAN

## MANAGING COMMITTEE

Fri 4<sup>th</sup> March at 10.00 a.m.

## EXECUTIVE COMMITTEE

Fri 4<sup>th</sup> March at 11.00 a.m.

Meetings hosted by  
**Gayatri Krishnaswami**  
and  
**Nita Reddy**

at  
Madras Boat Club  
Boat Club Road  
Chennai - 600 028

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## New Non Indian Member

**Jennifer Buhr B12** UK  
AHL Quarters, G-2  
40/2 Mount Poonamallee Road  
St Thomas Mount  
Chennai

## Change of address:

**Meera Jayakar**  
“Saraswati Krishna”  
B-2, 1/75  
Abhiramapuram, 4<sup>th</sup> Street  
Alwarpet  
Chennai 600 018

**Anita Kapoor**  
No. 3, Masilamani Road  
Balaji Nagar  
Royapettah  
Chennai 600 014  
Tel: 4347 1010



## ARTS & HANDICRAFTS

Tuesday, 8<sup>th</sup> March at 10.15 a.m.

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



### ORIGAMI & STORIES

**Origami** is the traditional Japanese art of paper folding. The goal of this art is to create a representation of an object using geometric folds and crease patterns without the use of gluing or cutting the paper.

**Story - Origami** is the art of combining paper folding (origami) with story telling.

**Latha Subramaniam** is a Mathematics graduate who started off her career with a five year stint as a pre-school coordinator. She is a firm believer of the maxim - "Every child must be treated like an adult and be given due importance". The idea of becoming a professional story teller came about when she decided to explore how story telling can be used as a tool to understand children. She was introduced to the concept of coupling story telling with origami by world-renowned story teller Ruth Stotter.

Latha will talk to us about and demonstrate Origami and how she combines it with story telling to improve communication skills in children.

We thank **Kanika Parekh** for graciously hosting the meeting.

**NITA REDDY**

**KAREN SAURER**

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Our sincere condolences to **Shanta Narayan** on the demise of her mother-in-law.

## COOKING SWAPSHOP

Thursday, 10<sup>th</sup> March at 10.15 a.m.

At: **Azulia**  
GRT Hotel  
T.Nagar  
Chennai 600 017



### The Mediterranean Journey

It's time for another culinary trip to the land of sunny beaches, rich culture, healthy food and happy people....the Mediterranean.

**Chef Ethem** at Azulia, will take you on a trans-continental gastronomic journey, covering three continents-Asia, Africa and Europe. He will demonstrate the signature dishes from this region, rich in history, art and culture.

Chef Ethem's career spans over 28 years and he has worked in the famous hotels in Istanbul and from there, gone on to work in Saudi Arabia, Georgia, Russia, Uzbekistan and Albania.

A light meal will be served after the meeting.

**SOMNA SACHDEV**

**JULIET MEIKLE**

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Congratulations to **Aditi Narayan**, grand daughter of **Geetha Iyengar** on her being placed 12<sup>th</sup> in Category 1 of the International Round of the **MaRRS Spelling Bee Competition** held at Kuala Lumpur on Feb.13. She is ranked as a "Budfling Star".

Congratulations to **Renuka Ishwariah** on the birth of her grand daughter.

## COOKING SWAPSHOP

Tuesday, 15th March at 10.15 a.m.



At: **The Rassa**

(Behind Shri Krishna Sweets; adjacent to Tirupati Balaji Temple)  
Venkata Narayana Road  
T.Nagar  
Chennai 600 017

### A day in the life of a Chef

When you think of the last time you dined out at a restaurant, what are the things that you remember most? Is it the food, either good or bad, that leaves a lasting impression, determining whether or not you will return in the future? Is it the service that was offered? Was it the interior design and the ambience? Or was it the price? All of these are questions to be expected, and the answers to most are just as common. But have you ever really thought about what goes into the plate of food that is brought to your table?

One chef said his career "is only for the very crazy. It is hard work, it is gruelling work, it is important work, and still, I would do nothing else." Being a chef is only for the passionate and hardworking. It is both physically and mentally demanding. You have to take care of a plethora of things from menu development, budgeting, employee training, spoilage and waste control, to the overall ambience. Did you expect this?

Our speaker, **Chef Jacob**, started his career in 1997 and he is now the Researching and Consulting Chef with the Shri Krishna Sweets group. He will tell us about a day in his life and share a few of his favourite recipes.

Our sincere thanks to **Usha Saravanan** for her help in organizing this meeting.

Valet parking available.

SOMNA SACHDEV

JULIET MEIKLE

## UNDER THE STARS....

Saturday 19<sup>th</sup> March 2011

At: **The Park POD**

23/13, Khader Nawaz Khan Road  
Nungambakkam, Chennai 600 006



Cocktails and music-7.30 p.m. Dinner - 8-30 p.m. more music!

The IWA board invites you to the year end celebration which, this year, celebrates the conviviality, grace and elegance that IWA members embody.

We have planned an open-air/ indoor evening of fine cuisine and music for your enjoyment at the unique and stylish Park POD. A gourmet dinner is planned by Chef Rajesh, with a menu that should satisfy a variety of palates.

Your entertainment has been carefully planned as well. To set the perfect mood for this special dining experience, we have, for your listening pleasure, a Jazz and Rhythm and Blues group as your musical accompaniment. The group, *Agenda*, comprising four exciting musicians from Chennai and Pondicherry - Sunitha Sarathy, Matt Littlewood, Mishko Mba and Rahul Gopal will entertain us.

We will have the invitations available for you from February 27<sup>th</sup> onwards. They will be available with the committee chairpersons and with the management committee. Please call for your invitations early as, in order to maximize your enjoyment of the evening, the numbers are restricted to 150. Let us come together for a memorable finale to this IWA year.

Cost per person : Rs. 700/- Cost per couple (spouse or daughter/son) : Rs. 1400/-

For further information, please feel free to call :

Mridula: 98409 31812 Uma : 99406 52588 Archana: 98409 98800

MRIDULA SRINIVASAN

UMA GANESAN

THE BOARD



## CURRENT EVENTS

Thursday 24<sup>th</sup> March at 10.15 a.m.

At: **Russian Cultural Centre**  
74, Kasturi Rangan Road  
(near Chola Sheraton Hotel)  
Chennai 600 018



### Consumer Empowerment in the Digital Era

Given that it's possible to give feedback and get a reaction, in real time, in today's world, the power of the individual voice is being heard and felt and that is affecting the traditional dynamics of the marketer-customer relationship.

**Saroja Kannan** is a Marketing professional with over 20 years of experience across Digital Marketing, Direct Marketing Communications and brand building. A keen planner & strategist, she has worked in the verticals of Telecom, Insurance, Charity/Fund Raising, Financial Services, FMCG, Education and IT sectors and managed independent business units. She has been awarded several major international awards, including the Cannes Direct, Echo and Asian Effie's, for her work across brands.

She is an Economics graduate from Delhi University and has a management degree from IIM Calcutta.

**E.RAJESHWARI**  
**SATHYANARAYANA**

**SHANTA NARAYAN**

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Congratulations to **Rashmi Mohindra** and **Usha Umaphathy**  
on the marriage of Rashmi's daughter to Usha's son.

## HEALTH & ECOLOGY / PHILOSOPHY & RELIGION

Tuesday, 29<sup>th</sup> March at 10.15 a.m.

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



### Aura Photography – Live Demonstration

Aura layers or bio-plasmic sheaths are blueprints of the body, surrounding and interpenetrating the physical body. It protects the body from external contamination through expulsion, while drawing in required *prana* or life force from nature through air, water, sun and earth. It is very common in daily life to refer to a person's 'aura', which denotes the state of mental and physical power of the individual. Colours and intensity of the aura, especially around and above the head, have special meanings. It shows our true nature and is our spiritual signature. Using special cameras this aura can be photographed as the energy field surrounding a physical body. Our program this morning is to demonstrate healing of a person by taking their aura photograph and then validating change in aura/energy fields with certain meditational practices.

Our speaker is **Padmini Ramesh**, a Pranic healing practitioner and devoted spiritual teacher who has been holding workshops and practicing pranic healing for many years at the Pranic Healing Home that she founded and *e4a* that she co-founded. She has invited **Shankar** from Coimbatore to take the aura photographs.

We thank **Lily Malhan** for graciously hosting this meeting for us.

**USHA JAWAHAR**  
**DEEPALI GOYAL**

**REENA NIRULA**  
**BESS SIMKIN**

## BOOK DISCUSSION

Thursday, 31<sup>st</sup> March at 10.15 a.m.

At: **The Presidency Club**  
Ethiraj Salai, Egmore  
Chennai - 600 008



### **The Goat, the Sofa and Mr. Swami**

This novel is a parable of our times. Rooted in the absurdities of modern India, it takes a wicked dig at the pretensions of people who matter. The Pakistani Premier's sudden decision to invite himself to a cricket series to be played in India triggers uncertainty, panic and bureaucratic gamesmanship in New Delhi. It is left to the resourceful ingenuity of Joint Secretary Swami to keep Government in office. And he does this by always finding a radical solution that is craftily designed to defuse every diplomatic crisis and help him advance his own career.

**R. Chandrasekar** was born in Madras and studied at Mayo College, Vivekananda College-Madras, the Delhi School of Economics and the University of Chicago. He has researched and managed portfolios, taught, and run a financial research centre. He lives with his family in the city formerly known as Madras. This is his first novel.

**GAYATRI KRISHNASWAMI**

**JANET HAUGHTON  
QUARSHIE**

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Our heartfelt condolences to **Javanti Singaram** on the demise of her father.

## 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 7 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 Nirmal Mirza, Chairperson of the Election Committee at the following address:

15, Casuarina Drive  
Neelankarai  
Chennai - 600 041

Please ensure that your nomination form reaches Nirmal Mirza's residence before 3 p.m. on Thursday, 10<sup>th</sup> March, 2011.

Chairperson : Nirmal Mirza  
Members : Seema Bhargava  
Mridula Narasimhan  
Padma Ashok  
Jaya Tambay-Patwardhan



## 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 2011-2012 - Presidents, Vice Presidents, Secretaries and Treasurers.

### INDIANS



Urmilla Agarwal

- 03-04 Cooking Swapshop
- 04-05 Music & Performing Arts
- 05-06 Arts & Handicrafts
- 06-07 Treasurer



Nabila Avais

- 08-09 Arts & Handicrafts
- 09-10 Health & Ecology



Deepali Goyal

- 09-10 Arts & Handicrafts
- 10-11 Health & Ecology



Kausalya  
Jaganmohan

- 92-93 Arts & Handicrafts
- 93-94 Music & Performing Arts
- 04-05 History, Culture & Tours



Zainab Kachwalla

- 08-09 Health and Ecology
- 09-10 Current Events
- 10-11 Membership Secretary



Nina Kothari

- 03-04 Current Events
- 04-05 Arts & Handicrafts
- 05-06 Treasurer
- 06-07 Vice President



Fazeela Nurdeen

- 99-00 Health & Ecology
- 00-01 Cooking Swapshop
- 04-05 Secretary





Asha Rammohan

09-10 Cooking Swapshop  
10-11 Music & Performing Arts



Nita Reddy

09-10 Music & Performing Arts  
10-11 Arts & Handicrafts



Ramani Reddy

02-03 Music & Performing Arts  
08-09 Music & Performing Arts  
09-10 Secretary



Shanti Thomas

02-03 Arts & Handicrafts  
06-07 Cooking Swapshop

## NON - INDIANS



Jennifer Arun

09-10 Cooking Swapshop



Priya Asokan

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Bharathi Nair  
Gopinath

04-05 Book Discussion

08-09 Book Discussion



Shanta Narayan

10-11 Current Events



Debbie Thiagarajan

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Cherry Venkatesan

- 01-02    Cooking Swapshop
- 02-03    Health & Ecology
- 04-05    Membership Treasurer
- 08-09    History, Culture & Tours

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

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

- Chairperson :    Nirmal Mirza
- Members     :    Seema Bhargava
- Mridula Narasimhan
- Padma Ashok
- Jaya Tambay-Patwardhan

### 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.	