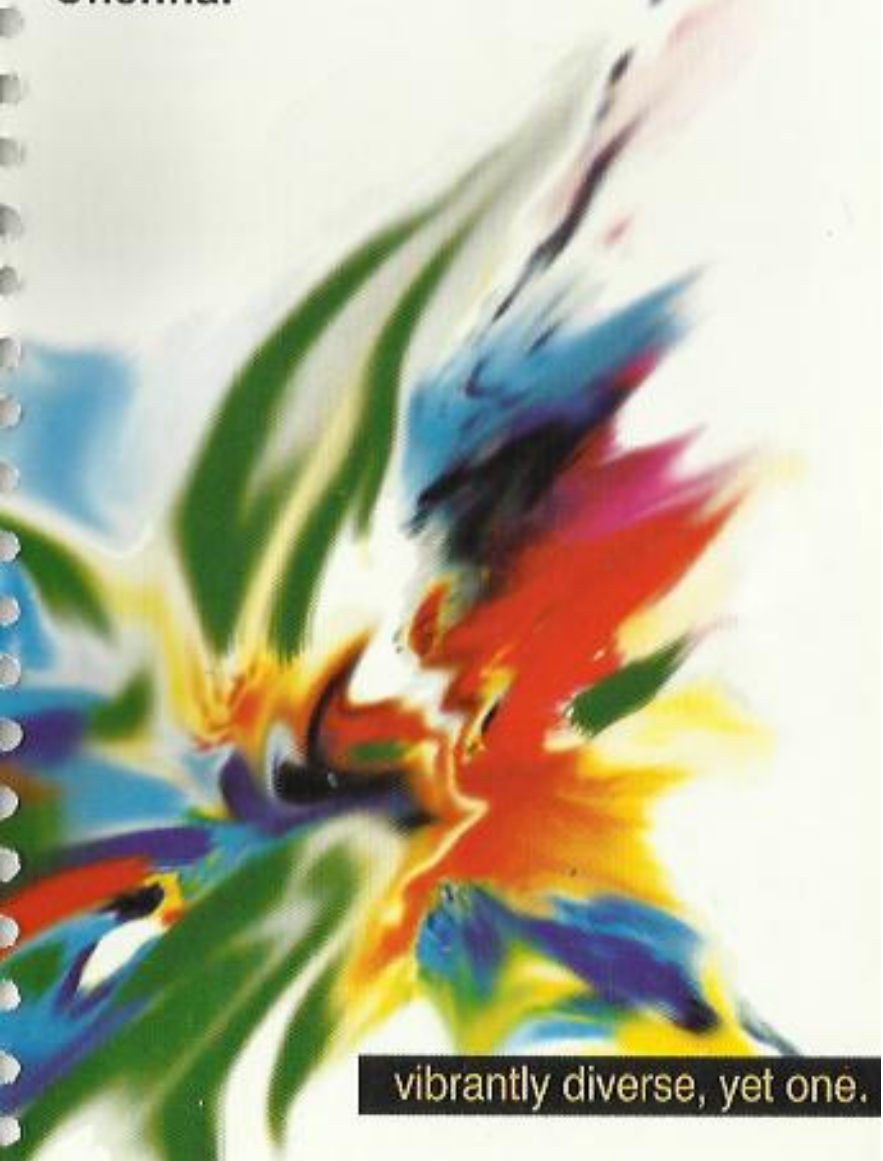




Chennai

July 2010
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	28331769	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
Anna Mathew	24494847	9840025169

PHILOSOPHY & RELIGION

Usha Jawahar	26412688	9841025166
Reena Nirula	24961031	9884027722

IWA NEWSLETTER

Volume XXV No.2

Chennai

JULY 2010

MONTH AT A GLANCE

Fri. 2nd July.	Managing Committee Meeting	10.00 a.m.
	Executive Committee Meeting	11.00 a.m.
Mon. 5th July	Arts & Handicrafts <i>Vegetable Carving</i>	10.15 a.m.
Thu. 8th July	Book Discussion <i>Wolf Hall by Hillary Mantel</i>	10.15 a.m.
Tue. 13th July	Philosophy and Religion <i>Hypnotherapy and Past Life Regression</i>	10.15 a.m.
Thu. 15th July	Current Events <i>The future of reading is digital</i>	10.15 a.m.
Mon. 19th July	Music & Performing Arts <i>Kathak</i>	10.15 a.m.
Tue. 20th July	Health & Ecology <i>Reclaim Our Beaches: Reclaim Democracy</i>	10.15 a.m.
Thu. 22nd July	Cooking Swapshop <i>Healthy North Indian Snacks</i>	10.15 a.m.
Mon. 26th July	Founder's Day	10.15 a.m.
Thu. 29th July	History, Culture & Tours <i>Incredible India - Tamil Nadu</i>	10.15 a.m.

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

Dear Friends,

Fellowship Morning has traditionally been the first meeting for each IWA year.



This year too it was a pleasant morning of Fellowship and to quote Aristotle: "A friend to all is a friend of mine." and that is what we aspire to be in IWA. Keeping in tune with the colours chosen for the year it was a pleasure to see all of you dressed in a myriad of colours.

Sincere thanks to Radha Gopalakrishnan who has completed her term of office on the Membership committee for her guidance, advice and mentorship. We welcome Amulya Rao in her place.

The trip to Syria and Jordan for some IWA members in the month of September holds a lot of promise. Do warn in with the Chairpersons of History, Culture & Tours.

The Music Committee chaired by Padmini Natarajan will be ably supported by Chandra Padmanabhan, Usha Saravanan and Sushu Goklaney. We wish them all the best in their endeavour to find a suitable awardee.

This year on Monday 26th July we celebrate Founder's Day and this being one of the main meetings in the IWA calendar we hope to see as many of you there as possible.

Bye for now!

MRIDULA SRINIVASAN

UMA GANESAN

MANAGING COMMITTEE
Fri. 2nd July at 10.00 a.m.

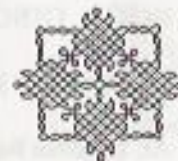
EXECUTIVE COMMITTEE
Fri. 2nd July at 11.00 a.m.

Meetings hosted by
Ann Mathew
Madras Boat Club
Boat Club Road
Chennai - 600 028.

ARTS & HANDICRAFTS

Monday, 5th July at 10.15 a.m.

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



Vegetable Carving

There is magic that runs through her fingers. Give her bits of fabric and watch her transform them into colourful flowers and cathedral quilts, or give her vegetables and see her convert them into flowers and birds. That is Srilakshmi Mohan Rao.

Craft is something Srilakshmi grew up with and the same passion saw her start a craft school at home. Today as the Director of P.Obul Reddy vocational training centre of the Andhra Mahila Sabha, Srilakshmi imparts training in various crafts to young women from the privileged and underprivileged sections of society.

Srilakshmi will demonstrate vegetable carving for us. Those interested *can get your knives* and try your hand at this beautiful craft. Vegetables will be provided.

NITA REDDY

KAREN SAURER

BOOK DISCUSSION

Thursday, 8th July, at 10.15 am

At: Madras Boat Club
Boat Club Road
Chennai - 600028.



Wolf Hall by Hillary Mantel

Hillary Mantel won the 2009 Man Booker Prize for *Wolf Hall* described as that very rare thing: a truly great English novel, one that explores the intersection of individual psychology and wider politics. It peels back history to show us Tudor England, in the time of Henry VIII, as a half-made society moulding itself with great passion and suffering and courage. It is the story of the rise to power of Thomas Cromwell, son of a blacksmith, a political genius, a briber, a bully and a charmer who picks his way deftly through a court where 'man is wolf to man.'

Hillary Mantel, the author of eleven books including *Beyond Black*, which was shortlisted for the 2006 Orange Prize, has been described as one of literature's greatest living talents.

Geeta Doctor, who reviews this book for us, is a well-known writer. She describes herself as a lifestyle journalist whose commentaries on life, literature and society have always sought to be provocative and controversial. She writes regularly for major newspapers and journals.

GAYATRI KRISHNA SWAMI

JANET HAUGHTON
QUARSHIE

PHILOSOPHY AND RELIGION

Tuesday, 13th July at 10.15 a.m.

At: Presidency Club
Pearl Room
51, Ethiraj Salai
Chennai - 600 008.



Hypnotherapy and Past Life Regression

How powerful is the mind? Can we really access and tap into the vast bank of information already in our mind? Recent research and experiments prove that the mind has a power far beyond what physics can explain.

The talk will outline the philosophy and techniques of Hypnotherapy, Past Life Regression and Healing which today's counselors use as diagnostic tools to rectify or access the source of many psychological or physical problems and support the counseling and therapy process.

Dr Vasudha Prakash is a psychotherapist and counselor and an active practitioner of Hypnotherapy and Past Life Regression. She is the Founder-Director of V-Excel Educational Trust, a center dedicated to providing special education to children with disabilities. She also conducts workshops on relationship management and effective parenting and teaching practices for Corporates and Schools.

USHA JAWAHAR

REENA NIRULA

CURRENT EVENTS

Thursday, July 15th at 10.15 a.m.

At: Presidency Club

Pearl Room

51, Ethiraj Salai,

Egmore, Chennai - 600 008



The future of reading is digital

10 years ago, everybody used music cassettes. 5 years ago, everybody used music CD's. Today, everybody uses MP3s. The same sequence is already happening with books. It's an innovation set to transform the way Indians read, catering especially to the huge appetite of Indians who read regional languages. Whether we like it or not, the future is digital. A future where newspapers, magazines, books from local publishers, digital content in regional languages, textbooks, education material and more will be available on the ebook. Reading an ebook gives the reader an experience akin to the one while reading a paper book.

Infibeam is the first company in India to introduce ebooks and ebook readers (the "Pi") in India. Mr. Raghavendra Rajanna from Infibeam.com will talk to us about the state and future of this technology and the publishing industry - about ebooks, about e-ink technology which is used in all ebook readers, and about the usefulness of ebooks from specific features such as highlighting and bookmarking to overwhelming features such as durability, flexibility, the ability to carry thousands of books in a single ebook reader, and much more.

RAJESHWARI SATHYANARAYANA

SHANTA NARAYAN

MUSIC & PERFORMING ARTS

Monday, 19th July at 10.15a.m.

At: Madras Club

Adyar Club Gate Road

Chennai - 600 028.



Kathak

Kathak is the enigmatic, energetic, classical dance form of Northern India. It has traversed a long journey from the temples of India to the courts of the Mughal rulers, even the *mehfils* of the *baljis*, to films, yet always retaining its essence - flowing ... lucid ... graceful. Originating in Lucknow, Jaipur and Benaras, Kathak got maximum patronage during the Mughal era; therefore the exotic Persian influence.

Devaniya is the Kathak dance school founded and headed by Jigyasa Giri. She is a Kathak dancer, teacher & choreographer. Jigyasa has taught at Bangkok and Mumbai and has now been teaching in Chennai for the past nine years and has been recognized by the Guild of Women Achievers for bringing about a cross-cultural synergy in the field of dance.

Devaniya presents at IWA an interesting amalgam of different aspects of this energetic, yet subtle dance form while gently introducing the audience to its finer nuances.

Our sincere thanks to Usha Chandrakumar for hosting this meeting.

ASHA RAMMOHAN

ANN MATHEW

HEALTH & ECOLOGY

Tuesday, 20th July at 10.15 a.m.

At: Bess Simkin's,
'Riverhouse', 12, Turnbolls Road Extension
Nandanam, Chennai-600 035



Reclaim Our Beaches: Reclaim Democracy

Reclaim our beaches (ROB) is a youth-led initiative comprising college and school students from across the city and committed volunteers like our speaker **Sharada Shankar** who believe in reclaiming the public spaces across the city. They believe that public spaces such as beaches should be solely owned by the public and are sensitizing people to the responsibilities of maintaining these spaces by having weekly cleanups, doing research and fact finding about the garbage on the beach and the waterways. They are also creating awareness about source segregation in schools and colleges, documenting the heritage of the fishing communities and helping them compost at their own premises, helping the fishing hamlets get basic infrastructure so the beaches will be clean and protected and creating awareness about the elevated highway proposed on the beach from light house to Kottivakkam (Save Chennai Beaches Campaign).

Reclaim our beaches (ROB) is an initiative to reclaim democracy.

We thank Bess Simkin, for hosting the event for us.

Members only, Warn in Meeting

Kindly warn in with **Deepali Goyal (9840442260)** before 15th July with your full names as they appear on your photo ID.

Members must carry their original ID card and IWA Newsletter. Photocopies of valid identification are not acceptable.

- We request that the Madras Club parking be used.
- Those who need to park inside Riverview have to warn in with their full name, driver's name, car make and number.

DEEPALI GOYAL

BESS SIMKIN

COOKING SWAPSHOP

Thursday, 22nd July at 10.15 a.m.



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

Healthy North Indian Snacks

In today's health conscious society we are reminded daily about the necessity of reducing salt, fat and sugar in our diets. How do we do that whilst still retaining the flavours that are so evocative of our sometimes very rich traditional North West Indian dishes?

As the name suggests **Beyond Indus** pulls together cuisine from the river that meanders through India and its neighbouring countries to create a fusion of flavours deriving in particular from the Punjab, Rawalpindi & Sindh regions but all with an eye on the health aspect for it's globally influenced clientele.

By using the Tawa and Tandoor, **Chef Manish Singh** will demonstrate delicious snacks using ingredients synonymous with the Indus river region whilst working with clever introduction of healthier cooking techniques. This results in dishes still bursting with flavour whilst keeping our waistlines trimmer.

Members only. Warn In Meeting. Limit 50.

Kindly warn in after **July 15th** between 10a.m. & 5 p.m. by text to: **Mridula Srinivasan** at 98409 31812 or call between 6p.m. to 8p.m.

SOMNA SACHDEV

JULIET MEIKLE

FOUNDER'S DAY

Monday, 26th July at 10.15a.m.

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



On Friday 25th July 1986 Nirmal Seshadri and Nancy Dean along with Lakshmi Padmanabhan, Saroja Ramamrutham, Sunita Shahaney, Anneliese Hazare and Rewa Singh founded this wonderful organization International Women's Association, now known as IWA.

This year, on Monday the 26th of July, we remember and honour the Founders who laid the foundation for this great organization and all our past Presidents for nurturing and growing IWA to what it is today—from 7 founding members to about 300 members from all over the world. Our heartfelt thanks to our Founders and all our past Presidents.

From the many traditions of India to the many cultures of the world, we are surrounded by vibrant, inspiring diversity. Diversity, in all its splendour, is IWA's theme for 2010. Join us for this special morning to remind us of the diverse founders who imagined and created IWA and the diverse membership that is IWA today.

For members only.

MRIDULA SRINIVASAN

UMA GANESAN

IWA BOARD

HISTORY, CULTURE & TOURS

Thursday, 29th July at 10.15 a.m.

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



Incredible India—Tamil Nadu

Tamil Nadu, our own state is home to many archaeological sites, grand Hindu temples, heritage sites, hill stations, beach resorts and many natural resources. Discover Tamil Nadu is a show hosted on NDTV Hindu, which takes us to such roads less travelled.

For our speaker Gibran Osman it's the journey that matters and not the destination. He travels on his trusted vehicle, Bajaj Discover and will share with us his experience on the show Discover Tamil Nadu.

Neena Sanghavi

Sue Cook

Change of address

Shweta Mohapatra

1A, "Shrish"

New No 14, ABM Avenue,
Off Adyar Club Gate Road,
Chennai 600028

Rama Rajagopalan

2/2 Arihant Raja Bhavan
No 81(old no 40) Royapettah
High Road, Chennai 600014
Telephone No 42080868
Mobile 98414-40939

Shalini Shandil

Flat 2, Meenakshi Building
New No. 17, Old No. 8
ABM Ave, RA Puram
Chennai 600 028
Tel: 4211 1103

Uma Ganesan

No.1, Riverview Road
Apt.No.1A, Kotturpuram
Chennai - 600 085
Tel: 2447 2682

International Music Day



International Music Day, which falls on 1st October, is also the day when we remember and honour our founder **Nirmal Seshadri** and her love for music. Towards this, her family has set up an endowment fund and a committee set up for this chooses a young and promising musician.

The Music Committee for the year 2010-2011 has the following members

Chairperson **Padmini Natarajan**
Member **Chandra Padmanabhan**
Member **Usha Saravanan**
Member **Sushi Goklaney**

The selected candidate should preferably be under 18 years of age and should have certifications, awards and citations to their credit. Members can send in their suggestions and recommend prospective candidates in writing or by email(padmininatarajan@gmail.com) to **Padmini Natarajan** or call 2835 2305/98412 76980 by 31st July 2010, backed with appropriate write ups

MRIDULA SRINIVASAN

UMA GANESAN

FELLOWSHIP MORNING

We would like to thank all members who came forward to participate in speaking about "IWA and Me" and to thank **Padmini Natarajan** and her Merry Women : **Maya Mathew, Premila Jacob** and **Asha Murthi** for the pleasant morning of memorable songs composed specially for the IWA Fellowship Morning.

MRIDULA SRINIVASAN

UMA GANESAN

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.	