



Chennai

August 2010  
News letter



vibrantly diverse, yet one.

EXECUTIVE COMMITTEE 2010 - 2011  
MANAGING COMMITTEE

<b>PRESIDENTS</b>		
Mridula Srinivasan	24321028	9840931812
Uma Ganesan	24472682	9940652588
<b>VICE PRESIDENTS</b>		
Prithika Chary	24997878/ 2310	9840038752
Jansi Kishore	24961145	9841589896
<b>SECRETARIES</b>		
Zainab Kachwalla	26292274	9840853652
Jennifer Moore	9940065292	9840892782
<b>TREASURERS</b>		
Archana Meiyappan	28473932	9840998800
Manisha Singhee	24991482	9841035003

ACTIVITY CHAIRPERSONS

<b>ARTS &amp; HANDICRAFTS</b>		
Nita Reddy	24990717	9962530717
Karen Krizman (Saurer)	42112251	9789027090
<b>BOOK DISCUSSION</b>		
Gayatri Krishnaswami	28331789	9444383455
Janet Haughton Quarshie	24512401	9884187719
<b>COOKING SWAPSHOP</b>		
Somna Sachdev	28330232/ 45040001	9841022922
Juliet Meikle	24531426	9566260268
<b>CURRENT EVENTS</b>		
E. Rajeshwari Sathyanarayana	26211934	9443946789
Shanta Narayan	24421707	9840304086
<b>HEALTH &amp; ECOLOGY</b>		
Deepali Goyal	24313144	9840442260
Bess Simkin	24333565	9791172021
<b>HISTORY, CULTURE &amp; TOURS</b>		
Neena Sanghavi	28362313	9381029132
Sue Cook		9677020407
<b>MUSIC &amp; PERFORMING ARTS</b>		
Asha Rammohan	28332006/ 28330858	9840039958
Ann Mathew	2449 4847	9840025169
<b>PHILOSOPHY &amp; RELIGION</b>		
Usha Jawahar	26412688	9841025166
Reena Nirula	24961031	9884027722

IWA NEWSLETTER

Volume XXV No.3

Chennai

AUGUST 2010

MONTH AT A GLANCE

Tue. 3rd Aug.	Managing Committee Meeting	10.00 a.m.
	Executive Committee Meeting	11.00 a.m.
Tue. 10th Aug.	Cooking Swapshop <i>Greek / Cypriot Cuisine</i>	10.15 a.m.
Thu. 12th Aug.	History, Culture & Tours / Book Discussion <i>The Lost River - On The Trail of Sarasvati</i>	10.15 a.m.
Tue. 17th Aug.	Arts & Handicrafts <i>Experiencing Art</i>	04.00 p.m.
Thu. 19th Aug.	Music & Performing Arts <i>Fusion Music</i>	10.15 a.m.
Tue. 24th Aug.	Philosophy and Religion <i>Isha Life</i>	10.15 a.m.
Thu. 26th Aug.	Current Events <i>Green Challenges</i>	10.15 a.m.
Tue. 31st Aug.	Health & Ecology <i>Sweet'Nothings</i>	10.15 a.m.

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

## FROM THE PRESIDENTS

Dear Friends,



We hope you enjoyed the Founder's day programme which was intended to entertain you and make you relax. We thank the Founder members, the past Presidents and all IWA members for their presence on this, IWA's special day.

The Committees are working hard to put together exciting meetings for you. We thank members who have come forward with suggestions for speakers.

The IWA trip to Andaman & Nicobar islands is planned for the fourth week of November. Please warn in with the History, Culture and Tours Chairpersons.

MRIDULA SRINIVASAN

UMA GANESAN

MANAGING COMMITTEE

Tue. 3rd Aug. at 10.00 a.m.

EXECUTIVE COMMITTEE

Tue. 3rd Aug. at 11.00 a.m.

Meetings hosted by

Usha Jawahar  
Madras Boat Club  
Boat Club Road  
Chennai - 600 028.

## FROM THE VICE PRESIDENTS

Kindly inform the Vice Presidents Dr Prithika Chary and Jansi Kishore if there is any change of address. You may email us at [chennaiprithika@gmail.com](mailto:chennaiprithika@gmail.com) and [jansi\\_k@hotmail.com](mailto:jansi_k@hotmail.com)

If you do not receive your newsletters in time, please inform Manisha Singhee (98 410 35003).

PRITHIKA CHARY

JANSI KISHORE

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Change of address

Latha Rajan  
A3, Sai Dwaraka  
No.1, Abhiramapuram 1st Street  
Abhiramapuram  
Chennai - 600018

Rita Lal  
9 (new 29), Shreshta  
Ashirwad  
4<sup>th</sup> Floor, 5th Avenue,  
Besant Nagar,  
Chennai - 600 090

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New Non-Indian Members

Anitha Nazareth - Singaporean  
179-181, St Mary's Road  
Alwarpet (next to Raintree Hotel)  
Chennai - 600 018  
Mobile - +91 9500040299  
Phone: 42815014

Wendy Catherine - Australian  
Flat No. 2, 8 Crescent Street,  
Arch Bishop Mathais Avenue  
Chennai - 600 028  
Mobile - +91 9003126670  
Phone: 42074994

## FROM THE TREASURER

### INCOME AND EXPENDITURE STATEMENT

1st April '10 TO 30th June 2010

	Amount
	Rs. ps
<b>INCOME</b>	
Member Subscription	566000.00
Membership Contribution	85450.00
Savings Bank Interest/Fixed Deposit Interest	11284.00
<b>Total Income</b>	<b>662734.00</b>
<b>EXPENDITURE</b>	
AGM Expenses 2009-2010	77485.00
Accounting Charges	3000.00
Fellowship Morning	20607.50
Diwali Hall charges	20000.00
Meetings	19692.18
Postage and Courier	5090.00
Printing and Stationery	415.00
Gift Articles	3400.00
<b>Total Expenditure</b>	<b>149689.68</b>
Excess of Income over Expenditure	513044.32
Funds Position as on 30 <sup>th</sup> June 2010	
Opening Balance - 1st April 2010	383944.51
Add : Excess of Income Over Expenditure	513044.32
Less: Advance paid to Chairpersons	24000.00
Closing Balance - 30th June 2010	
Bank - 8,53,372.59	
Cash - 19,616.24	872988.83
Fixed Deposits	
1287306000014/1	100000.00
1287303000572/1	424354.00
1287303300637/1	5515.00
<b>Total Fixed Deposits with Canara Bank</b>	<b>529869.00</b>

ARCHANA MEIYAPPAN

## COOKING SWAPSHOP

Tuesday, 10<sup>th</sup> August at 10.15 a.m.



At: **Kryptos** by Willi

24, Kadar Nawaz Khan Road , (basement)

(Corner of KNK & Wallace Garden 3<sup>rd</sup> Cross Street),

Nungambakkam, Chennai.

### Greek/Cypriot Cuisine

The island of Cyprus located in the eastern corner of the Mediterranean Sea is governed by two influences, the Greek Cypriots in the south and the Turkish Cypriots in the north. Its cuisine reflects the two dominant populations, in particular Greek Cypriot food derived from the Greece mainland and its associated islands. Given the geography and history of Greece, this style of cooking has influences from Italian, Balkan and Middle Eastern cuisine.

*Kryptos* translating from Greek to mean "hidden", is the latest addition from the well known Chennai based New Zealander Chef **Willi Wilson** of Toscana Italian restaurant and before that, the Park Hotel. In essence Chef Willi's latest adventure into the Chennai restaurant scene will bring for the first time a Gyros restaurant specialising in Cypriot cuisine. Gyros mean spinning meat which is slowly cooked and served with tomatoes, onions, *tzatziki* & pita bread. Along with traditional Cypriot ingredients such as olives, *halloumi* and feta cheese and the famous Cypriot meze (a large collection of small dishes of varied food brought to the table as a progression of tastes and textures) he aims to demonstrate some dishes that dominate the menus in Cyprus and around the world.

**Members only. Warn in meeting. Limit 60.**

Kindly warn in with Somna Sachdev - 98410 22922 or Juliet Meikle - 95662 60268

SOMNA SACHDEV

JULIET MEIKLE

## HISTORY, CULTURE AND TOURS / BOOK DISCUSSION

Thursday, 12<sup>th</sup> August at 10.15 a.m.

At: Shobana Reddy's  
'SreeLatha'  
New 9, 4<sup>th</sup> Street,  
Rutland Gate,  
Chennai - 600 006.



### The Lost River – On The Trail Of Sarasvati.

Sarasvati was the most sung about mythical river in the Rig Veda. The last battle of the Mahabharata was fought on the banks of the Sarasvati, yet the Mahabharata describes her as a disappearing river and the Puranas refer to the place where she vanished as *Vinashana*. Did the mythical river Sarasvati actually exist? Where and how did she vanish?

In the past 200 years, many historians, archaeologists (both foreign and Indian) have tried to unravel the mystery of the lost river. One such person is Michel Danino, an Indologist and author of the above book. A French by birth, he made India his home at the age of 21 and is currently based in Coimbatore. He will talk to us about this fascinating tale of exploration and his quest for the lost river.

We sincerely thank Shobana Reddy for hosting this meeting.

Members only. Warn in meeting. Limit 50.

Kindly warn in with Neena Sanghavi (93810 29132) / Gayathri Krishnaswami (94443 83455).

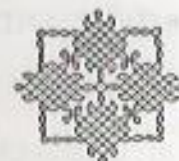
NEENA SANGHAVI  
GAYATHRI KRISHNASWAMI

SUE COOK  
JANET HAUGHTON  
QUARSHIE

## ARTS & HANDICRAFTS

Tuesday, 17<sup>th</sup> August at 4.00 p.m.

At: Lakshana Art Gallery  
Old no 8, New no 17  
Judge Jambulingam Street  
(opp Hotel President) Radhakrishna Salai  
Mylapore, Chennai - 600 004



### Experiencing Art

Art is all around us. Splendid works of art from all over the world are on display in numerous museums and galleries, sculptures stand in public places and impressive architecture grace our cities. But any work of art is incomplete without active participation and reaction. Hence an experience of art is a part of living.

Art is a symbolic communication and resides in the intention of the artist. The talk 'Experiencing Art' will address concerns of appreciation, styles and cultural expressions and principles of art. Our speaker Ashrafi.S.Bhagat, M.A, M.Phil, Ph.D is an art historian, critic and an author. She is an associate professor and a former Head of the Department of Fine Arts, Stella Maris College, Chennai. She has been teaching Art history and design from 1977.

We thank Anjana Sunil for sponsoring the tea and snacks and Bala Rao for sponsoring the audio equipment.

NITA REDDY

KAREN SAURER

## MUSIC AND PERFORMING ARTS

Thursday, 19<sup>th</sup> August, 10.15 a.m.

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



### Fusion Music

Indian fusion music was introduced by Ali Akbar Khan, when he performed in the United States, in 1955. It was only in the 60's and 70's that the fusion of traditional Rock & Roll and Indian music came into being. The trend grew in popularity, both in vocal and instrumental music, indicating that multi-culturalism and globalization were influencing creativity, and were expanding horizons in the music world.

Sri Mantra, a fusion band, has been performing in Chennai for the past five years. The band's compositions and music blend traditional Indian instruments and melodies with western influence and musical styles. The exotic sounds of Sri Mantra's music will help the audience develop a new appreciation for the art of music.

Sri Mantra presents their interpretation of Fusion Music to IWA members.

Tea, Coffee and Biscuits only meeting.

ASHA RAMMOHAN

ANN MATHEW

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Hearty Congratulations to Jennifer Arun on the birth of her son.

Hearty Congratulations to Geetha Vasudevan on the birth of her grandchild.

## PHILOSOPHY AND RELIGION

Tuesday, 24<sup>th</sup> August, 10.15 a.m.

Isha Life Fitness System Pvt Ltd  
Old No 50, New No. 117  
Luz Church Rd, (Nr Nageshwara Rao Park)  
Mylapore, Chennai - 600 004



### Isha Life

*Angamardhana* translated literally means gaining complete mastery (*Mardhana*) over the limbs, organs or other body parts (*Anga*). *Angamardhana* is a unique yoga discipline, developed and taught at the newly-opened Isha Life Fitness Centre in Mylapore.

Isha Life yoga trainers will demonstrate Angamardhana yoga, highlighting its unique qualities as well as their philosophy and their holistic approach to life and health, encapsulated by their mantra "Fitness for Life".

Warn in meeting. Members only. Limit 50.

Contact Usha Jawahar (98410 25166) or Reena Nirula (98840 27722) before 15<sup>th</sup> August.

We sincerely thank Balveer Singh for co-sponsoring last month's meeting.

We thank Fharzana Siraj for her help in coordinating with last month's speaker.

USHA JAWAHAR

REENA NIRULA

## CURRENT EVENTS

Thursday, August 26<sup>th</sup> at 10.15 a.m.

At: Sapphire Room, Presidency Club  
Ethiraj Salai,  
Egmore, Chennai - 600 008



### Green Challenges

The green cover is shrinking! Trees become the first casualties when it comes to road expansion and other developmental projects. Towns and cities are being designed by the laws of supply and demand and not by the laws of Nature. It is time we realized the vital role well grown, healthy trees play in restoring a beneficial balance.

Shobha Menon an ardent advocate of social environment issues is the Founder Trustee of *Nizhal*, an NGO well known in the green circles of Chennai. *Nizhal* seeks to promote tree culture in urban areas, organizes tree walks and carries out sensitive planting projects.

Shobha Menon, a regular contributor on matters of social and environmental significance to *The Hindu* and the *Madras Musings*, will be sharing with us thoughts and experiences on the greening work *Nizhal* has been involved with. She will also talk about the challenges one faces in caring for growing saplings, the abuses that mature trees face in the urban areas and the strange apathy of people around.

Our sincere thanks to *Thayabae Kakar* for hosting this meeting.

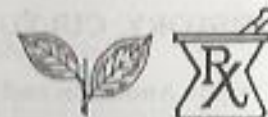
- The Sapphire room is on the first floor and can be accessed by the guest rooms lift.

RAJESHWARI SATHYANARAYANA      SHANTA NARAYAN

## HEALTH & ECOLOGY

Tuesday, 31st August at 10.15 a.m.

At: 'Wallace'  
Park Sheraton Hotel & Towers  
132 TTK Road  
Chennai - 600 018



### Sweet Nothings

Diabetes is a crippling chronic disease, killing millions, and maiming more. Unfortunately, India is poised to become the diabetes capital of the world by 2020. Along with obesity, an equally important disease surging upwards in the urban Indian population, diabetes (the combination is known as diabetes) is all set to create havoc in the Indian health care scenario.

Newer surgical options fortunately are now available which suggest that diabetes may actually be curable by an intestinal operation.

*Dr. J.S. Rajkumar* is the chairman of *Lifeline Hospitals*, a pioneer in Laparoscopic Surgery and has performed more than 250 bariatric surgeries, the highest in the south. He is also the recipient of the *Vaidya Ratna Award*, from former president *Dr. A.P.J. Abdul Kalam*, and the *Dr. K. S. Sanjivi* award given to young doctors with social commitment. He will discuss the options and latest trends in the management of diabetes, which might well change the way the world responds to this disease.

DEEPALI GOYAL

BESS SIMKIN

## HISTORY, CULTURE AND TOURS



### Trip to Andaman and Nicobar Islands

Andaman and Nicobar Islands are a veritable garden of Eden and a naturalist's haven. The clean environment, roads, greenery as well as fresh air attract all nature lovers. The tropical rain forests and waters of Bay of Bengal are home to a vast variety of flora and fauna and marine life. The islands are hilly in places, fringed with coconut palms and covered with tropical jungle and interspersed with flat stretches of crescent shaped beaches. Andaman offers "Nature at its best"!

In November, IWA plans a trip to Andaman Islands & we will be visiting Port Blair, Ross Island, Havelock, Chidiya Tapu, etc.

**DURATION** : 04 Nights / 05 Days

**DATE OF TRAVEL** : November 23-27

**GROUP SIZE** : Min 25 , Max 30

**HOTELS** : Fortune Bay Island Resort and  
Silver Sands

#### Total Package Cost per person

Ex Chennai - Rs.28,200 per person on Twin occupancy  
Rs.36,370 per person on single occupancy

The above rates excludes a GST @ 2.58% on final bill and Portage

With a tax of 2.5% which amounts to Rs.735/- approx., the total cost works out to about Rs.29,000/- per head, inclusive of all meals.

Members can warn in with Neena Sanghavi (93810 29132) & Sue Cook (96770 20407)

NEENA SANGHAVI

SUE COOK

## 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.	