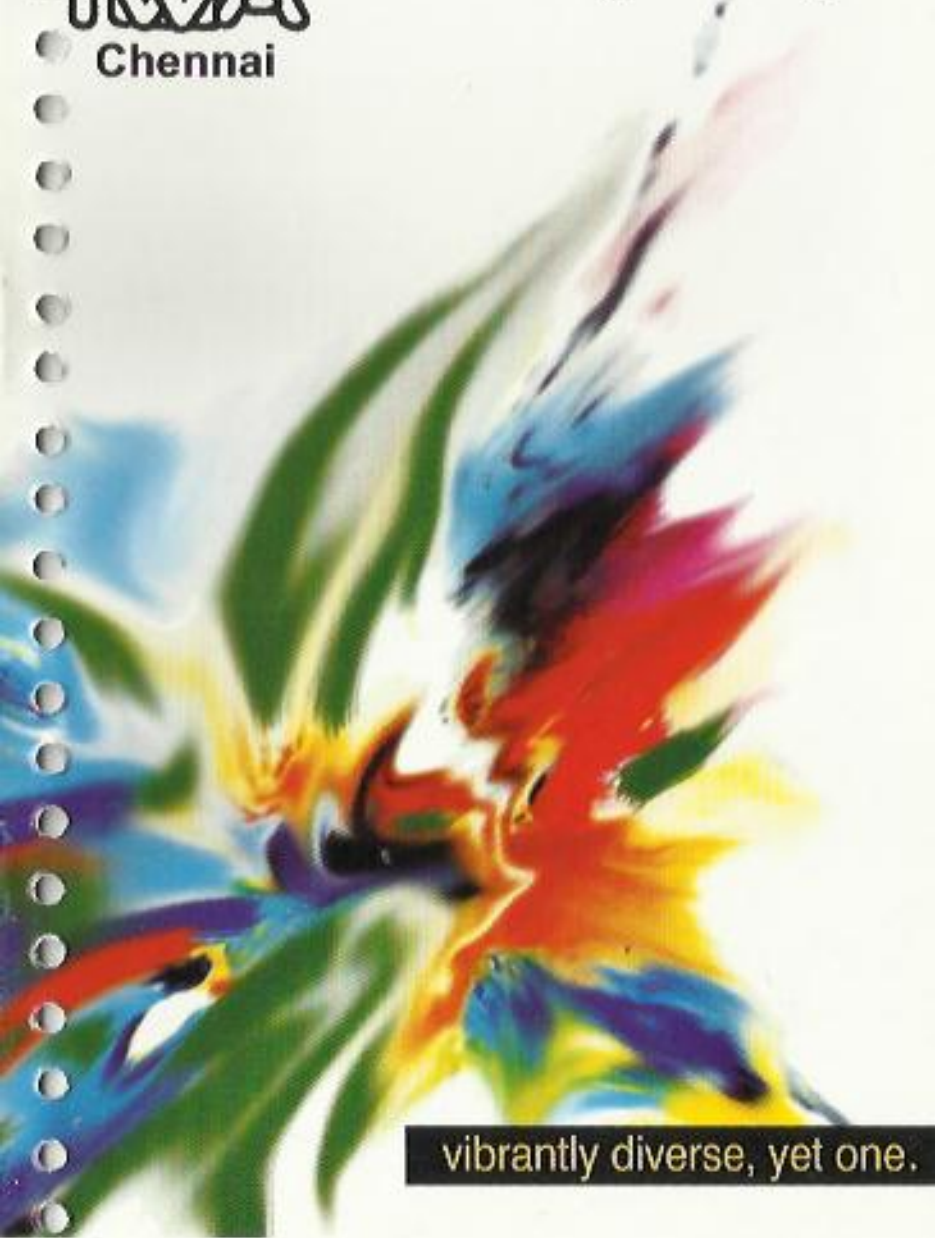




Chennai

September 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	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	24494847	9840025169
PHILOSOPHY & RELIGION		
Usha Jawahar	26412688	9841025166
Reena Nirula	24961031	9884027722

IWA NEWSLETTER

Volume XXV No.4

Chennai

SEPTEMBER 2010

MONTH AT A GLANCE

Thu. 2nd Sep.	Managing Committee Meeting	10.00 a.m.
	Executive Committee Meeting	11.00 a.m.
Tue. 7th Sep.	Cooking Swapshop <i>Japanese Sushi</i>	10.15 a.m.
Tue. 14th Sep.	Music & Performing Arts <i>Musical Potpourri</i>	10.15 a.m.
Wed. 15th Sep.	Arts & Handicrafts Book Discussion <i>Petals and Palette</i>	10.15 a.m.
Thu. 16th Sep.	History, Culture & Tours Endowment Lecture <i>Art Heritage of the Chalukyas</i>	11.00 a.m.
Sat. 18th Sep.	Health & Ecology Philosophy and Religion <i>Buddha's Way</i>	04.15 p.m.
Wed. 22nd Sep.	Philosophy and Religion <i>Celebrating Eid Milan</i>	11.30 a.m.
Tue. 28th Sep.	Current Events <i>Justice-A Distant Dream</i>	10.15 a.m.
Thu. 30th Sep.	Book Discussion <i>A Patchwork Life</i>	10.15 a.m.

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

Dear Friends,

We will be celebrating International Music Day on 1st October and will be honouring an upcoming and deserving artist in memory of Founder President Nirmal Seshadri. Mr. P.S. Seshadri has confirmed that the award may be given to any deserving artist and is not restricted by economic status or type of music. We hope that all our members will turn out to welcome our promising young artists at the awards recital.

Thank you for your cooperation on *warn-in meetings* as there are genuine space constraints for the organisers. Please *warn-in* to the concerned Chairpersons *during* the time band mentioned in the blurb. If you have confirmed warn-in but cannot make it for some reason, please inform the Chairperson/s so that somebody else can be accommodated for the event.

The trip to Syria and Jordan is well poised and we wish our 'world travellers' Bon Voyage!

Finally, a very special event is planned for -
Saturday, October 23rd. Please mark this date on your calendar!

We are organizing a celebration of festivals this year, rather than an exclusive Diwali festival. Our committees are working hard to make it exciting, fun and inclusive. We welcome you all to participate in and enjoy the festivals, and of course, the feast that will follow.

MRIDULA SRINIVASAN

UMA GANESAN

MANAGING COMMITTEE

EXECUTIVE COMMITTEE

Thu. 2nd Sep. at 10.00 a.m.

Thu. 2nd Sep. at 11.00 a.m.

Meetings hosted by
Rajeshwari Sathyanarayana
Madras Boat Club
Boat Club Road
Chennai - 600 028.

COOKING SWAPSHOP

Tuesday 7th September at 10.15 a.m.

At: **The Park Hotel**
601, Anna Salai,
Chennai 600 006



Japanese Sushi

Sushi is the most famous Japanese dish outside of Japan, and one of the most popular dishes among the Japanese themselves. In Japan, sushi is usually enjoyed on special occasions, such as a celebration.

Its origins can be traced back to Muromachi Period of 1336-1573 and referred to as *Narezushi*. This consisted of vinegared rice which was topped with other ingredients mainly seafood and fish.

The more contemporary version known as 'Sushi' was created by Hanay Yohei in the early 18th century and still remains today the most common form in Japan.

The main ingredient, Sushi Rice, along with tofu, seafood and fish makes this cuisine low in fat, high in Protein, Carbohydrates, Vitamins and minerals. In addition it contains relatively high levels of Omega-3 fatty acids.

Chef Peter Tseng who has been with **The Park Hotel** in Chennai since its inception will be demonstrating the art form that Sushi has become. A solid feature on the menu and its reputation amongst the local Japanese and Korean community are demonstrated when they come in their droves to sample Peter's wonderful creations on a regular basis.

Members only. Warn in meeting. Limit 80

Kindly warn in on 2nd and 3rd September by text only to: Somna Sachdev - 98410 22922 or Juliet Meikle - 95662 60268 or call between 10 a.m.-12 p.m. on 2nd and 3rd September.

SOMNA SACHDEV

JULIET MEIKLE

MUSIC AND PERFORMING ARTS

Tuesday, 14th September at 10.15 a.m.

At: Madras Club

Adyar Club Gate Road

Chennai 600 028



Musical Potpourri

Jananiy the versatile talented young musician, disciple of Dr.M. Balamuralikrishna and Isaiperoali Neyveli Santhanagopalan started training in classical music at the tender age of three. Her first concert was at the age of five. To date she has performed in about 650 music programs in 11 languages. She is adept at the keyboard and plays carnatic classical and western classical music. She is also learning Hindustani classical music and enjoys playing the veena and violin.

Jananiy a second year student in Stella Maris College, Chennai has been recognized for her musical talent and has received several awards including the "National Award" for exceptional achievement in the field of Classical Music (vocal) and the "Kalaimamani Award" from the Tamilnadu Government. She has performed at various Music Sabhas in Chennai including the prestigious Music Academy and the Naradha Gana Sabha. She has about 9 music albums to her credit. This rising star on the music horizon performs a potpourri of her musical talent.

We thank Ambika Mammen for graciously hosting the meeting.

ASHA RAMMOHAN

ANN MATHEW

ARTS & HANDICRAFTS / BOOK DISCUSSION

Wednesday, 15th September at 10.15 a.m.

At: Beyond Indus

The Taj Mount Road

No.2, Clubhouse Road

Chennai - 600002



Petals And Palette

Art in any form is the magic of the mind. The book, *Petals and Palette* is a fusion of the creative expressions of artists of two different media.

Rekha Reddy an Ikebana Master created floral equations to M.F. Husain's vibrant palette. It seems paradoxical that Rekha's zen-like aesthetics strike a connection with the flamboyant raw art of M.F. Husain.

Ikebana is the Japanese art of flower arrangement. Rekha Reddy is an Associate First Master of the Ohara School of Ikebana. She has been doing Ikebana for the last 25 years and teaching, holding workshops and demonstrations for adults and children for several years.

Rekha will talk about Ikebana and painting and also depicting of other art forms and cultures through flower arrangement. She will give us a brief on Ikebana through a couple of demonstrations.

We sincerely thank Banu Singh for hosting this meeting.

Members only. Warn In Meeting. Limit 50.

Kindly warn in after September 5th between 10 a.m. and 5 p.m. to Nita Reddy at 99625 30717 or Karen Saurer at,97890 27090

NITA REDDY

KAREN SAURER

GAYATRI KRISHNASWAMI JANET HAUGHTON QUARSHIE

HISTORY, CULTURE AND TOURS

Endowment Lecture

Thursday, 16th September, at 11 a.m.

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



Art Heritage of the Chalukyas

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

This year for the Endowment Lecture we are honoured and fortunate to have a speaker who has frequently delivered lectures on temple art and architecture, **Dr. Chithra Madhavan.**

Dr. Chithra Madhavan with a doctorate from the Department of Ancient History and Archaeology, from the University of Mysore, will talk to us on the contribution of the Chalukyas to art and architecture emphasising on the sculptures, rock cut and structural edifices with main reference to the three sites of Badami, Aihole and Pattadakal in present day Karnataka.

NEENA SANGHAVI

SUE COOK

HEALTH & ECOLOGY PHILOSOPHY & RELIGION

Saturday, 18th September at 4.15 p.m.

At: Hall - Madras 2
Le Meridien Hotel
1 GST Road, St. Thomas Mount
Chennai - 600 016



Buddha's Way

Tibetan Medicine is the essence of the teaching of Buddha. It is a unique system where medical science & spirituality are blended harmoniously together to offer total health to all. What is true healing and how can people be healed?

What mental attitude should we have? What lifestyle should we have to be healthy? How can we maintain a healthy mind and body in our busy modern life?

We will learn views of body and life from the perspective of Tibetan Medicine.

Our esteemed speaker Dr. Dorjee Raptan Neshar is one of the senior doctors of Tibetan Medicine who is now living in India. He has acquired most of his medical initiations & practical experience into the more profound level of health & healing through late Dr. Tenzin Cheodrak (the former chief physician to His Holiness the Dalai Lama). Dr. Dorjee is the chief medical officer in charge at the Tibetan Medical Centre in Bangalore and visits Chennai seeing almost 100 patients a day. The number of people who get cured of cancer, Parkinson's, asthma, hypertension and diabetes increases every month. With over 18 years of dedicated service in the practice of Tibetan Medicine, he has attended many National & International Conferences; won many awards and accolades and presented many papers on positive healing benefits of Tibetan Medicine on stomach cancer and diabetes and has a number of published articles to his credit.

We thank Pushpa Chari for bringing Dr. Dorjee Neshar to us.

Please note this is an evening meeting.

DEEPALI GOYAL

USHA JAWAHAR

BESS SIMKIN

REENA NIRULA

PHILOSOPHY AND RELIGION

Wednesday, 22nd September at 11.30 a.m.

At: YWCA

1086, Poonamallee High Road,
EVR Periar Salai, Chennai - 600 084



Celebrating Eid Milan

"Eid- ul- Fitr" is celebrated at the end of the customary fasting period during the month of Ramzan. "Eid" is an Arabic word meaning "Festivity", while "Fitr" means "to break the fast" and so symbolizes the breaking of the fasting period.

Join us in celebrating 'Eid' and devoting this day to the spirit of love, sharing, peace and sisterhood.

Wishing you all "Eid Mubarak" (Blessed Eid)!

This meeting is for Members only.

USHA JAWAHAR

REENA NIRULA

FOUNDERS' DAY

We convey our appreciation to our Founder Members Lakshmi Padmanabhan, Sunita Shahaney and Saroj Ramamrutham for sharing their thoughts with the members and to Annaliese Hazare for participating in the event. To the Past Presidents who attended the occasion and to our participating members, our sincere thanks. Our grateful thanks also to :

- Padmini Natarajan for her delightful poem "Let us Celebrate"
- Sushi Natraj for the "IWA Serenade" sung along with Sanyukta Gill, Premila Jacob, Prema Kumar and Maya Mathew, soon to be known as "The IWA Quintet!"
- Rani Dasgupta and Jennifer Moore for raising a toast to IWA
- The unstinting support and assistance of the IWA board and the executive committee.

Mridula Srinivasan

Uma Ganesan

CURRENT EVENTS

Tuesday, 28th September at 10.15 a.m.

At: Madras Boat Club

Boat Club Road,
Chennai - 600 028



Justice - A Distant Dream?

The Judiciary remains the most honest and trusted of the three Governmental organs and acts as the Custodian of the rights of the common man. But the question in the minds of the people is: does the Indian Justice system deliver justice at all in the majority of the cases? The main reason behind the wounded credibility is the delay in the justice delivery system.

Justice. S. Jagadeesan, former Judge, High Court, Madras, served as the Judge of the Madras High Court from 1994 to 2003. Justice.S.Jagadeesan is well known for several landmark judgments on removal of encroachments as well as Public Interest Litigation (PIL).

Justice.S.Jagadeesan will be sharing with us the problems of delays and the reasons behind the accumulation of huge arrears of cases and the new frontiers challenging the capability and way of functioning of the judiciary.

RAJESHWARI SATHYANARAYANA

SHANTA NARAYAN

BOOK DISCUSSION

Thursday 30th September at 10.15 a.m

At: Mahmooda Haja Shareef's
"Nihal" 6 (old 17) 1st Street
Haddows Road, Nungambakkam
Chennai 600 006



Leela : A Patchwork Life

This autobiography or rather memoir by the actor Leela Naidu (written with journalist Jerry Pinto) is charming, idiosyncratic and recounted with a deliciously wry humour. As the daughter of Indian scientist Dr Ramaiah Naidu and French journalist Marthe Mange, Leela straddled continents and cultures and grew up in a world full of interesting people and events. She was listed as one of the five most beautiful women in the world by Vogue magazine but she was much more than that - she was the fine - boned haunting face in Hrishikesh Mukherjee's Anuradha, in Merchant-Ivory's The Householder and in *Shyam Benegal's Trikaal*. Jean Renoir taught her acting and Salvador Dali used her as a model for the Madonna. Leela was married to Tikki Oberoi, the mother of twins and divorced before she was twenty. She later married Dom Moraes, was his unpaid secretary, his best friend and, when he was interviewing Indira Gandhi, his translator (interpreting "his mumbling questions")

Leela completed this book shortly before her untimely death in August 2009.

Padmini Natarajan who will review this book needs no introduction. Writer, poet, actor, director and storyteller she is an active member of IWA.

GAYATRI KRISHNASWAMI JANETHAUGHTON QUARSHIE

INTERNATIONAL MUSIC DAY

Friday, 1st October 10.15 a.m.

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

International Music Day is also the birthday of our Founder President Nirmal Seshadri. In her memory, her family has instituted an award to be given to a deserving and promising young musician from any discipline of music and from any economic strata.

This year's Music Committee was chaired by Padmini Natarajan, supported by Sushi Goklaney, Chandra Padmanabhan and Usha Saravanan. All the nominations were in the discipline of Carnatic music. There were five candidates for vocal and five for instrumental. After listening to and reviewing the performance of all the candidates, the Music Committee unanimously decided that the award should go to two performers who were of equal merit.

Master N. Visweshwar Age 14 Flautist

Kumari Aswini Age 12 Mridangist

These young artists will be honoured on International Music Day and will perform together for the pleasure of our members. We urge you all to attend this special day and encourage our young awardees.

The Music Committee wishes to thank Vijaya Balu, Sujaya Menon and Vanitha Mudaliar for their assistance.

This meeting is for Members only.

THE BOARD

FESTIVE SPLENDOUR !

Save this Date: Saturday, October 23rd 2010
from 11.00 a.m. – 2.30 p.m.

It is the season of festivals – a season for families and friends. So let us come together to enjoy and share in the festivities. *Ganesha Chaturthi, Janmashtami, Navarathiri, Durga Puja and Diwali* – let us wander into different states of India and celebrate these festivals. Let us hear about the legends surrounding them, listen to and visualise the stories and the music. Come dressed in your traditional festival best and immerse yourselves in a feast for your eyes, your senses and your palate! Come with your families and partake of a splendid feast–the traditional '*yellai sappadu*' (feast on a banana leaf) and in true Diwali tradition, try your luck at the *Khazana* stall. And then there's more!

Please contribute generously in cash or kind to the *Khazana* stall. All the committee members will accept your contributions at all meetings in September. We request that you pack the gifts so they are contained and we can avoid damage. Our volunteers will gift wrap them.

Tickets will be available at all meetings from September 14th.

Adults - Rs.250, Children under 12 years- Rs. 100, Children under 6 – no charge.

The season has begun friends. We look forward to welcoming you all.

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.	