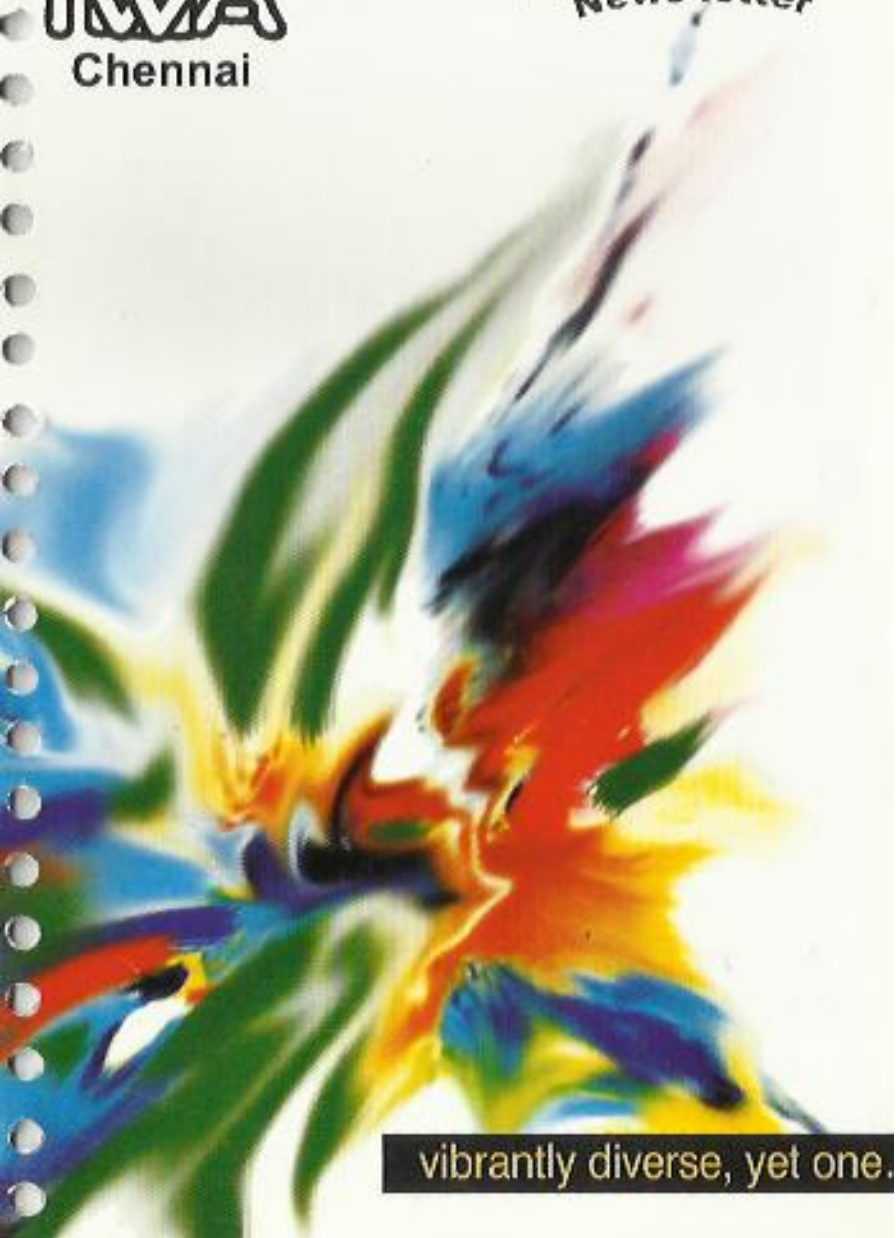




December 2010
News letter



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	2449 4847	9840025169
PHILOSOPHY & RELIGION		
Usha Jawahar	26412688	9841025166
Reena Nirula	24961031	9884027722

IWA NEWSLETTER

Volume XXV No.7

Chennai

DECEMBER 2010

MONTH AT A GLANCE

Wed. 1st Dec.	Managing Committee Meeting Executive Committee Meeting	10.00 a.m. 11.00 a.m.
Thu. 2nd Dec	IWA Celebrates Christmas	11.00 a.m.
Tue. 7th Dec.	Philosophy and Religion <i>Where was your mind when you saw it last?</i>	10.15 a.m.
Thu. 9th Dec.	Cooking Swapshop <i>Home Style Punjabi Cooking</i>	10.15 a.m.
Tue. 14th Dec.	Music and Performing Arts <i>A young Musical Talent</i>	04.00 p.m.
Thu. 16th Dec.	History, Culture & Tours/ Current Events <i>Terrorism</i>	10.15 a.m.

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

It is time for Thanksgiving and Christmas and the annual music festival in Chennai in the month of *Margazhi*.



After a burst of rain, Chennai settles down to its coolest period and we may even see a few shawls making their appearance! Christmas is memorable here even without the snow, as people get together for carol singing and greet one another in a spirit of friendship. It is another opportunity for stars, smiles, plum puddings and gifts as Santa Claus hands over the baton to a New Year.

We wish you a Merry Christmas and Happy New Year.

Our sincere thanks to **Chandrika Chidambaram** who has completed her term of office on the Advisory Committee. We welcome **Meyyammai Murugappan** in her place.

MRIDULA SRINIVASAN

UMA GANESAN

MANAGING COMMITTEE

Wed 1st Dec. at 10.00 a. m.

EXECUTIVE COMMITTEE

Wed 1st Dec. at 11.00 a.m.

Meetings hosted by
Neena Sanghvi
Madras Cricket Club
Bells Road, Triplicane
Chennai - 600 005.

IWA CELEBRATES CHRISTMAS

Warn in meeting (Members Only)

Thursday, 2nd December at 11.00 a.m.
(Programme begins at 11.30 a.m.)

At: **Madras Club**

Adyar Club Gate Road
Chennai-600 028.



Christmas is around the corner....

So let us get together and celebrate this festival with music, stories, 'sing-along' and the traditional Christmas feast.

We have some of our international members sharing their thoughts about Christmas celebrations in their countries.

Our own member **Dorothy Saldanha** will deliver the Christmas message.

This year, IWA will have an interesting and eclectic blend of music. We have a special group of young singers who are training at the **KM Music Conservatory, Chennai** - set up and run by **A.R. Rehman**. They are training in various genres of music, including western and Indian classical, contemporary, gospel, etc. It will be "music unplugged" - an exciting fusion of Christmas and holiday music, uniquely put together by these young musicians of the future. Of course, IWA's own special singers and other members will join in for a sing along.

And as always, after the celebrations, we will all of us share in a Christmas lunch.

So do come for this annual celebration- **come dressed in the colors of Christmas** and let us enjoy the beginning of the holiday season together.

We look forward to celebrating the Christmas spirit together.

Please note that this is a warn in meeting (Members Only). Please indicate your choice of *vegetarian or non-vegetarian*.

Please warn in by 30th November by SMS or call Mridula Srinivasan (98409 31812) or Uma Ganesan (99406 52588) or Archana Meiyappan (98409 98800).

MRIDULA SRINIVASAN

UMA GANESAN

THE BOARD

WE WISH YOU ALL

A MERRY CHRISTMAS

AND

A VERY HAPPY NEW YEAR

PHILOSOPHY AND RELIGION

Tuesday, 7th December at 10.15 a.m.

At: Pearl Room, Presidency Club,
Ethiraj Salai,
Egmore, Chennai – 600 008.

Where was your mind when you saw it last?

Have you forgotten your mind? - that ceaseless wanderer and creator of desires and everyday dramas. Is this mind, seldom understood and harnessed, a power by itself or is it something that can be yoked, guided and brought to align with a larger purpose and journey in life? We take care of our bodies, our homes, offices and even our environment, but do we take enough care of our minds? We allow it to run wild here and there and collect a lot of irrelevant experiences and influences that we find difficult to free ourselves from later.

In this talk, the eternal relevance of thought direction, of ceaseless awareness of oneself and how these exercises can be pleasurable rather than irksome are explained. For this we need to understand the nature of the mind and learn how it can be made a friend of rather than an enemy. The talk will describe two simple forms of contemplation to rid ourselves of sorrow and stress.

Based mainly on the observation of the teachings of Sri Sathguru Swami Gnanananda Sarasvathi, *Yoga Sutras* and *Tao Te Ching*, our speaker Gurubhai Shrihariprasad is first and foremost a disciple of Her Holiness and a sishya of Sri Vishnu Mohan. Growing up under the divine guidance of his Guru, Her Holiness Sri Sathguru Swami Gnanananda Sarasvathi, Shrihari has spent years in *sadhana* and *parayanam*, leading a life of utmost discipline and a strict regime. He has a deep and philosophical understanding of India's traditions and spiritual foundations by virtue of his Guru and the tutelage of Sri Vishnu Mohan. Shrihariprasad is the Managing Trustee of the Sri Vishnu Mohan Foundation and the Managing Editor of *Jnanagni*.

USHA JAWAHAR

REENA NIRULA



COOKING SWAPSHOP

Thursday, 9th December at 10.15 a.m.

At: Deepali Goyal's,
3(Old 2), ABM Avenue,
RA Puram (Boat Club area)
Chennai-600 028.



Home Style Punjabi Cooking

Punjabi cuisine comes from the Punjab region of northwestern India and eastern Pakistan. Punjabi cuisine can vary significantly, with restaurant-style cooking using large amounts of clarified butter or *ghee*, cream and butter while home cooking concentrate upon low fat oils, whole wheat and other ingredients flavoured with spices.

Our member, Praveen Mehra, will be the chef of the morning. Praveen is a trained graduate from Lady Irwin College, Delhi with a degree in Home Science. She has also done the Housewives course in catering from The College of Catering and Hotel Management, Delhi. In addition to these, she has also completed several smaller courses conducted by the Food Corporation of India, including food preservation, jam and fruit squash making. Praveen is a housewife and enjoys cooking for her family.

We sincerely thank Deepali Goyal for hosting this meeting at her home and Elizabeth Aston and Ritika Dhingra for sponsoring the video equipment.

SOMNA SACHDEV

JULIET MEIKLE

Congratulations to Geeta Vasudevan on the birth of her grand daughter, Ambaalika.

MUSIC AND PERFORMING ARTS

Tuesday, 14th December at 4.00 p.m.

At: The Madras Club
Adyar Club Gate Road
Chennai 600028



Anahita - A young Musical Talent

Anahita Ravindran, a talented young musician, disciple of Neyveli Santhana Gopalan, T G Badri Narayanan and Tiruppugazh Maamani Subramaniam started training in Carnatic Music at a very early age. She had her maiden performance at the age of 9 and since has had many music performances to her credit. Her first guru was her paternal grandmother Smt. Shanthi Jayaraman. She is also learning to play the *Chitravina* and is training with musician, composer, director Chitravina N. Ravikiran and has participated in many of his concerts.

16-year-old Anahita will be graduating from high school in April 2011. A recipient of Government of India Scholarship-Carnatic Music, Anahita has won many a musical competition including compositions of Annamacharya, Tyagaraja and Tiruppavai to name a few, by organizations like Narada Gana Sabha, Rasika Ranjini Sabha and Tirumala Tirupathi Devasthanam. Recently she has been singing for Padmashree Dr. Vijayanthimala Bali's dance programs.

In this year's selection for the IWA music award, Anahita was short-listed along with the winning candidates.

We thank Jayashree Manradar for graciously hosting the meeting.

Please Note: This is an evening meeting.

We thank Anuradha Uberoi for introducing Mr. S.R. Madhu who made a presentation on Hindi Film Melodies of the 1960's on 9th November.

We thank Susan Abraham and Prema Kumar for sponsoring the 30th November Music & Performing Arts meeting.

ASHA RAMMOHAN

ANN MATHEW

HISTORY, CULTURE & TOURS / CURRENT EVENTS

Thursday, 16th December at 10.15 a.m.

Venue: **The Presidency Club**
Sapphire Room
51, Ethiraj Salai,
Chennai-600 008.



Terrorism

Terrorism is hard to ignore. Almost everyday television news, newspapers, magazines run and re-run pictures of dramatic acts of violence carried out by ferocious looking terrorists or claimed by shadowy militant groups. It is often hard not to be scared when we see people like us killed or maimed by terrorist attacks at fast food restaurants, in office buildings, on public buses and trains or along normal looking streets.

So, what is terrorism? What do we mean when we use the term? Is one man's terrorist another man's freedom fighter? Is terrorism new, a kind of asymmetrical warfare just invented at the beginning of 21st century? Or, does terrorism have a long history stretching back over centuries? Does it ever end?

Dr. Geetha Madhavan, a Chennai based lawyer, is a Phd. in International Law from the University of Madras is the first woman in Asia to be awarded a doctorate for her research on International Terrorism by the Hague Academy of International Law. Dr. Madhavan's talk will cover the above aspects.

We thank Era Kafra for graciously agreeing to host this meeting.

Our sincere thanks to Chandra Lulla, Darley Mathew, Kala Bhashyam and Rani DasGupta for hosting the November meeting of History, Culture and Tours.

NEENA SANGHAVI
RAJESHWARI
SATHYANARAYANA

SUE COOK
SHANTA NARAYAN

FESTIVE SPLENDOUR

Our appreciation and thanks to:



Visalakshi Ramaswamy – for her generosity in setting up the most elegant and beautiful décor for Festive Splendour. The 'natural' *Ma Durga* was simply beautiful and created the perfect backdrop and atmosphere for the celebrations.

Rama Rajagopalan for her gorgeous traditional 'mav' kolams – she was there at the crack of dawn to create the perfect welcome for all the guests.

Asha Ram Mohan who organized to create the beautiful colour *Kolams* for us.

Jansi Kishore and her friends who created the lovely Kerala 'poo kolam' at the entrance, welcoming IWA members to the event.

Jyothi Ganesh and her team who gave us the delightful *Kolu* display in the hall that gave all of us a sense of tradition and pride in our family culture. She was also most generous in sharing the beautiful stone Ganesha from her home, which graced the *mandapam* onstage for the celebration.

Shrikanta Jhaver for the gorgeous decorated Krishna for the *mandapam* onstage. He added a lustre to the event.

Sushi Natraj, who, in her quiet and efficient way, was there early to provide any help or support that was necessary to make sure that all was ready for the festivities.

Shoba Mujumdar, Shweta Mohapatra & Sue Cook for bringing our little Ganesha in procession for the auspicious beginning of the festivities.

All members who contributed gifts for the *khazana* stall, especially Urmilla Agarwal, Nabila Avais, Shobha Hebbar and Rashmi Mohindra.

Deepali Goyal for coordinating the packing of the gifts for the *khazana* stall.

Usha Jawahar and Shanta Narayan for being on their toes and running the *khazana* stall through the morning's function.

All members who contributed towards the Door Prizes — Prithika Chary, Deepali Goyal, Somna Sachdev, Chandra Padmanabhan, Badrunissa Mahadevan.

All our Committee members who cheerfully took on so many tasks, a very big thank you for your enthusiasm, assistance and cooperation.

And to so many IWA members who came, thank you indeed. We hope that you enjoyed the festivals, the fun and the feast!

MRIDULA SRINIVASAN

UMA GANESAN

From the Managing Committee

Members are reminded that guests may attend only 4 meetings during the IWA year, irrespective of which member signs her in.

HISTORY, CULTURE AND TOURS



KARNATAKA & GOA

February 2011, we plan a trip to Karnataka and Goa. Karnataka is blessed with time-less temples, pristine beaches, world heritage sites, spectacular waterfalls.

Goa is one state which plunges you into a world of azure water, glistening sand and beaches, old churches and much more.

In Karnataka we plan to visit:

1. SHARAVANABELOGOLA - an important Jaina centre to see the world's largest mono-lithic statue (57 feet) of Sri Bahubali.
2. BELUR - The main attractions here being the Cheenakeshwara temple which is a marvellous specimen of Hoysala architecture.
3. HALEBEEDU - meaning 'City of Ruins', again famous for Hoyaleswara Temple carved out of soapstone which took 105 years to complete and has innumerable figures carved on the walls. It is considered a 'Gem of Indian Architecture'.
4. UDIPI - the Konkani city which lends its name to the Kannada vegetarian cuisine and is famous for its Krishna Mutt.
5. KOLLUR - Mookambika temple - an ancient temple situated at the banks of the never drying river Samparnika dedicated to Goddess Paravathi.
6. Jog Falls - created by the Sharavathi River is the highest plunge waterfalls in India.
7. MURUDESHWARA - built on the Kanduka hill surrounded by Arabian Sea is dedicated to Lord Shiva and has the tallest 20 storied gopura in the world.
8. GOKARNA - famous for its beautiful beaches and landscapes, specially Ohm beach which is shaped like the Ohm symbol.

We end our trip in GOA, where we will visit the Bom Jesus Basilica (which holds the mortal remains of St. Francis Xavier) and Se Cathedral, Dona Paula and beaches of Anjana, Varca. We will also visit the temples and the flea market.

Terms and conditions:

COST per person is Rs.31,000/- (twin sharing) and Rs.39,000/- (single).

DURATION: 7N/8D (including 1 night in the train)

DATE OF TRAVEL : 20th Feb. to 27th Feb.

GROUP SIZE : 23 minimum, 32 maximum

TRANSFERS : We travel to Mysore by the overnight train. Mysore to Goa by AC coach. Goa to Chennai by air.

THE ABOVE RATES INCLUDE:

2 nights at Hassan(Hotel Hoysala village), 1 night at Udipi(at Paradise Isle Beach Resort),1 at Gokarna (Om beach Resort) and 2 nights at Goa (at Bambolin Beach Resort). 7 breakfasts, lunches and dinner. Tips, taxis, tour leader, guide at Belur, Halebeedu are also included.

Does not include personal expenses, laundry, telephone, etc.

IMPORTANT: Since we plan to fly back and the airfare keeps increasing, people who warn in have to pay up Rs.10,000/- IMMEDIATELY as we need to block the seats. Also the air fare keeps increasing every 3 days so it is better to get the tickets as soon as possible.

Last date to warn in 10th December.

Please call Neena Sanghavi (9381029132) or Sue Cook (9677020407).

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.	