

7 Mon	09.30 ^{AM} Managing Committee 11.30 ^{AM} Executive Committee
11 Fri	10.30 ^{AM} History, Culture & Tours
21 Mon	10.15 ^{AM} Health & Ecology
23 Wed	10.15 ^{AM} Book Discussion & Cooking Swapshop
29 Tue	10.15 ^{AM} Current Events
31 Thu	11.00 ^{AM} Cooking Swapshop

To learn more, visit the IWA web site: www.iwachennai.com

From the Presidents

Dear Friends,

Happy New Year from every one of us on the committee.

There is a nip in the air.

The music season which is a yearly jewel in Chennai's crown, has enriched our days.

The Christmas festivities and the seamless shift into the New Year of 2013 have happened.

We did have our share of good tidings as well as bad tidings which once again reminded us of the balance of life.

We commence 2013 with the Endowment Lecture during which Ms. Indira Peterson talks about the influence of European sculpture and architecture during the time of King Serfoji II. We are grateful to Nanditha Krishna for graciously connecting us to Ms. Peterson.

The Tranquebar weekend trip remarkably relaxed & rejuvenated our ladies!

Christmas at a new venue 'Raintree' was an unqualified success. Our thanks and appreciation to all our members who helped organize the event.

The Membership committee conducted the new member selection process in a thoroughly efficient manner. We express our gratitude to every one of them. A warm welcome to those who will be joining IWA as Special Guests.

The Advisory Committee bids adieu to Shyla K Rau. Our thanks go to her for her valuable contribution. We welcome Javanthi Singaram who will be a perfect asset to the committee with her quiet, efficient manner.

Thank you all for being with us all the way through 2012.

Yours in IWA,

RAMANI REDDY

VIJAYA RANGARAJAN

From the Presidents

ADVISORY COMMITTEE

Shyla K. Rau has completed her three year term on the Advisory Committee. She has been guiding and advising us and has been an invaluable member of the Advisory Committee. Thank you Shyla.

We welcome **Javanthi Singaram** on to the Advisory Committee. With her years of experience and her quiet efficiency, we are confident that she will be of immense value to the Committee.

The Advisory Committee members are:
Meyyammai Murugappan, Sushi Natraj and Javanthi Singaram.

RAMANI REDDY VIJAYA RANGARAJAN

From the Membership Secretary

From among the applications received by the Membership Committee, the following have been selected as Special Guests:

Kaety D. Dalal
Padmavathy Gunashekar
Mallika Venkatramani

I thank every member of the Membership Committee for the effort and time spent and the care taken in the selection process.

ASHA RAMMOHAN

7 Mon	09.30 ^{AM} Managing Committee 11.00 ^{AM} Tea & Snacks 11.30 ^{AM} Executive Committee Hanu Reddy Residences 39/18, Binny Road Poes Garden, Chennai 600 086
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Meetings hosted by **Asha Hemdev**

Grateful Thanks

Our grateful thanks to the following for their generosity and for putting the "Merry" into our Christmas celebrations!

Susan Abraham, Sulochana Alexander, Elizabeth Aston, Chris Bomstad, Savithri Carter, Heather Charraudeau, Leila Diraviam, Suma Eapen, Amala Emmanuel, Monica Holly, Renuka Ishwariah, Premila Jacob, Shanti Karunakaran, Anita Koshy, Susan Koshy, Achu Kurian, Ambika Mammen, Minnie Mathan, Ann Mathew, Bina Mathew, Darley Mathew, Maya Mathew, Marina Mathias, Jennifer Meddick, Dominique Rastoin, Linda Raymond, Sherien Ryan, Phyllis Stathis, Shanthi Thomas, Shobana Thomas, Cherry Venkatesan, Reena Verghese, Shanthi Verghese and Lalitha Zachariah.

Deck the halls...Fa la la la la, la la la la...Our thanks to the following wonderful carolers for bringing alive the Yuletide spirit!

Eira Doshi, Rupa Kadhiresan, Shanthi Karunakaran, Anita Koshy, Prema Kumar, Minnie Mathan, Marina Mathias, Darley Mathew, Maya Mathew, Sushi Natraj, Shobana Thomas and Reena Verghese.

And finally, a big thank you to **Lita Srinivasan** for her generous donation of the gift hampers for the prizes and the marvelously unique take home Christmas trees which left the morning etched in our memories!

Notes

We welcome:

Cecile Ezvan-Dufen France
 7 C, Jagajivanram Nagar
 Injambakkam
 Chennai 600041
 Landline: 24490014
 Mobile: 8939630992

Please note the following changes in telephone numbers:

Bina Mathur 24980407
 43324740

11 Fri	10.30^{AM} Madras Museum Theatre Pantheon Road, Egmore Chennai 600 008
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IWA Endowment Lecture

The Monuments of King Serfoji II: European Sculpture & Architecture at the Thanjavur Maratha Court.

This year we are fortunate to have **Dr. Indira Viswanathan Peterson**, David B Truman Professor of Asian Studies, Mount Holyoke College, USA, who is in India on a short visit, to deliver the lecture. Indira Peterson is a leading scholar of classical Sanskrit literature and Hinduism, Tamil literature and South Indian religion, performing arts, and cultural history. She has held fellowships from the National Endowment for the Humanities, the German government's Alexander Von Humboldt Foundation, and other foundations for scholarly research.

Serfoji II of Thanjavur (r. 1798 - 1832) is well known for his innovations in European and Indian cultural forms in several fields, including music, dance, education, medicine and printing. This lecture will illuminate aspects of Serfoji's pioneering engagement with European sculpture and with the European culture of public monuments at a very early period of their deployment in India by the English East India Company itself. Drawing on original research conducted at Thanjavur, the Tamil Nadu State Archives, the British Library and The Royal Institute of British Architects, the lecture also comments on Serfoji's exchanges with Europeans on the subject of Indian and European architecture.

The meeting starts at 11.00am.

We request everyone to be seated by 10.45am.

ACHU KURIAN

RATHI NILAKANTAN

21 Mon	10.15^{AM} Hanu Reddy Residences (From Kasturi Rangan Road go past Ente Keralam and turn left) 39/18, Binny Road Poes Garden, Chennai 600 086
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How to Make Your Home Green...

What does it take to make your existing home green?

Ms. Deepa Sathiam will discuss how to transform your home from a toxic energy guzzler to an efficient, cost effective, earth friendly home. Her talk will cover solar energy for homes, water use reduction, green materials, waste management and improving the quality of your home. Our lifestyle has become so dependent upon energy, it is important to take stock of the earth's health for solutions to reduce the burden on its finite resources. It is imperative that we reduce our carbon footprint.

Ms. Sathiam is the Executive Director of En3 Sustainability Solutions Pvt. Ltd. She is a leading international sustainable design expert working on diverse projects and creating sustainable habitats in India, USA, Europe and the Middle East. She is a trained expert in conformity assessment and has conducted numerous assessments of certifying bodies, laboratories and inspection agencies.

We thank our sponsor **Shanthi Thomas** for graciously hosting this meeting.

We thank **Rekha Bhatla** for the AV support.

We thank **Anita Koshy** for being our day facilitator.

ASHA HEMDEV

JENNIFER MEDDICK

23 Wed	10:15 ^{AM} Sangeet Chopra's Residence 43 (Old 25/1), Ranjit Road Kotturpuram, Chennai 600 085 Tel: 24470759
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Southern Flavours

What is a healthy vegetarian diet? What are the benefits of vegetarianism? How do we get the best nutrition from a vegetarian diet? Which are the vegetables that give the necessary nutrients?

Chandra Padmanabhan, an IWA member of many years and author of three best selling South Indian vegetarian cookbooks, will answer these questions and more, in an interactive session with **Aparna Karthikeyan**, a freelance writer, who writes about the people and places of Chennai, besides contributing articles on lifestyle and books.

The international edition of Chandra's first book, 'Dakshin', by Harper Collins was a worldwide best seller. She has won the International Gourmand award for the second best cookbook in 2009. She will also talk about her fourth and latest book, 'Southern Flavours', which is a summary of her previous works and includes 50 new recipes.

Our sincere thanks to **Sangeet Chopra** for graciously opening up her home for the meeting.

LEENA SURYAPRAKASH
BADRUNISSA MAHADEVAN

JANSI KISHORE
CHRIS BOMSTAD

Our heartfelt condolences to **Ambika Mammen** and **Cibi Mammen** on the loss of their mother-in-law.

Our heartfelt condolences to **Maya Mathew** on the loss of her mother.

29 Tue	10.15 ^{AM} Hanu Reddy Residences (From Kasturi Rangan Road go past Ente Keralam and turn left) 39/18, Binny Road Poes Garden, Chennai 600 086
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United States Presidential Election 2012

David J. Gainer is the Public Affairs Officer at the U.S. Consulate General, Chennai. David joined the Foreign Service in January 2003. More recently, he joined as the Cultural Affairs Officer at the U.S. Embassy in Prague, Czech Republic. He has been awarded five Meritorious Honor Awards and a Superior Honor Award for his overseas work.

The US Presidential election and its outcome has captured the attention and interest of people throughout the world and more so that of our own IWA members. With Europe mired in its deepest-ever crisis and China absorbed by development challenges, U.S. leadership in the economic sphere remains essential. Will the United States continue to over-spend, incurring trillion dollar deficits? Will there be sweeping entitlement reform? Or will there be four years of gridlock? David will assess the likely impact of the elections on U.S. economic policy and the potential repercussions for the rest of the world.

We thank our sponsors **Anjana Sunil** and **Sudha Shivkumar** for hosting this meeting.

We thank **Nalini Pandey** for being our our day facilitator.

SUDHA SHIVKUMAR

KIMBERLEY OWENS

31^{Thu}	11.00^{AM} 'Lakshmi' 23, VGP VI, Golden Beach South Panayur, Chennai 600119 Tel: 98400 84158
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IWA'S BETTY CROCKER

Betty Crocker has been a cultural icon, a part of families' food traditions in America and not to mention, a trusted source for recipes and homemaking know-how for more than 90 years.

Chris Bomstad is fondly referred to by her family and friends as 'Betty Crocker'. Inspired by her grandmother, even as a young girl, baking was and has always been a passion and a hobby for her. She will demonstrate some scrumptious and delectable American confections such as Pumpkin Bars, Peanut Blossoms, Banana bread and Peanut Butter Rice Krispies. All the recipes are easy to follow and some do not even require baking!

Please car pool and make this road trip for a memorable morning followed by a delicious lunch.

Please note this meeting starts at 11.00am.

Directions to the venue: On ECR go past the Police check post at the Link road, go past the Kipling Café sign, half a kilometre from here watch for a small sign in Tamil which reads '**VGP Drive**' and a blue '**Pit Stop**' sign, turn left here, 2nd right and left again. Look out for the balloons.

We thank **Jennifer Meddick** for being our day facilitator.

BADRUNNISA MAHADEVAN

CHRIS BOMSTAD

Tranquebar trails...

It was Saturday 8 December 2012 and 28 ladies were ready bright and early for a weekend getaway in Tranquebar. After the usual bustle of hugs and greetings, and last minute arrivals we boarded the coach and were off with Gopi as our guide and Jeeva to help him keep us entertained over the weekend. Having started early we made good time and we soon reached Hotel Mamalla for a sumptuous breakfast of fresh coffee, hot idlis, crisp vadais and pongal and kesari that slid down our hungry throats. The vadais, accompanied by delicious chutneys vanished rapidly. We were on the road again, a little sleepy after the heavy meal, and heads soon began to nod and silence descended for a while.

Tranquebar or Tarangambadi, which translates as the 'land of the singing waves' lies 290 km south of Chennai on the coast. The journey by road is roughly 6 to 7 hours, or even more, depending on the traffic. An overnight stop on the way at Pondicherry would make the journey more comfortable as it is only 124 km from there. When we passed the four gopurams of Chidambaram we knew we were close to our destination. It was nearly 1.30pm when we passed the gateway into Tranquebar. Our initial attempts to go through the gate had to be aborted as the ancient builders had not envisioned that coaches of great height and width would pass through them one day. We were accommodated in two separate heritage buildings—the Bungalow on the Beach and the Gate House; both impressively restored and run by the Neemrana Group as 'non-hotel hotels'!! Our rooms were charming and comfortable, furnished in period style and with stunning views. No two rooms were identical and each had its own character. We had such fun exploring them.

After lunch, a short nap and tea, we were ready to explore the town. Tranquebar, which was once an important Danish settlement, is a small town and the historic area is best explored by foot. Guided by Gopi, Jeeva and our local guide, Aditya, we walked across to the Fort, which was just in front of the Bungalow on the Beach, separated by the Parade ground. We saw quaint glass lanterns lining the footpaths and learnt that they were modelled on the lights in Copenhagen.

The success of the British East India Company encouraged Denmark to send a fleet of ships to India and establish the Danish East India Company

in 1620. A small tract of land was granted by the Rajah of Tanjavur to Captain Ove Gjedde and his men to establish their settlement. They built Fort Dansborg with a moat to fortify their settlement and to house the soldiers, the Governor, the Church and its priest. Tiny cells to accommodate the soldiers and large rooms to store food, wine and items of trade were built inside the fort. As the local water and food did not agree with the Danes' constitution, they ate food from Denmark and drank only wine. A ramp took us up to the first floor of the Church and Governor's residence, where a museum showcasing bits of Danish pottery, coins, ship parts and a copy of the original charter given by the Rajah of Tanjavur has been set up. From the ramparts adjoining the museum we got a wonderful view of the sea and the crumbled walls of what was once the moat. The waves did dance and sing on the narrow sandy beach and their intoxicating sound and the cool breeze made us flop down on the ramparts to enjoy the view.

The goldsmith's street had many old homes with the quintessential thinnai and pillared verandah. They were all neatly painted and well maintained. The narrow street separating the houses was swept clean and we were transported into the world of a fairy tale picturesque village. As the quaint lights came on and the shadows lengthened, wearied by our slow walk we returned to the Bungalow for a relaxed evening on the veranda—clearly the favourite haunt of our group. Jeeva now took over and kept us enthralled with her talent for storytelling.

The next morning we went down King's Street, which runs from the Town Gate. It is lined with heritage buildings, plastered in stucco or sudai, with tall and wide pillars, first floor verandas and cool interiors. It was heartening to see that many of these have been restored or are in the process of being restored and used for public purposes such as schools, hostels and the tourism office.

An imposing statue of Bartholamaus Ziegenbalg stood at the corner of King's Street. Ziegenbalg and Heinrich Pluetschau, German Protestant missionaries arrived in 1705 to establish a Protestant Church. They started a paper mill, a printing press and translated the Bible into Tamil. They also gave us the Tamil fonts. The printing press and Ziegenbalg's home still survive. The Zion Church and the New Jerusalem Church and schools started by missionaries within the fort area show the

predominance of Christianity over there. The Danish settlement slowly grew beyond the confines of the fort. The Danish however, unlike the British, were not such good traders and could not maintain a continuous supply of the goods they traded. There reached a point when they could not pay the taxes for their expanded settlement and even sold the artillery and iron bars of windows to support themselves. Eventually they had to leave. Malays and Arabs also traded from Tranquebar, which being on the coast and enjoying a salubrious climate that was known to heal diseases, attracted many traders from across the seas in its heyday and was a prosperous little town. The many grand buildings stand testimony to this.

After lunch we set off back to Chennai. The journey took longer this time, due to a minor holdup on the road and the rush of other travellers getting back to Chennai after their own weekend break. The friendly company, a bagful of snacks, and more hot coffee and snacks at Hotel Mamalla saw us home safe and sound, with many pleasant memories of a weekend gone too soon.

Thank you Achu and Rathi, Gopi, Jeeva and Aditya for a thoroughly enjoyable weekend.

Javanthi Singaram

