

March at a glance

3 Mon	10.00 ^{AM} Managing Committee 11.30 ^{AM} Executive Committee
4 Tue	10.15 ^{AM} Arts & Handicrafts Music & Performing Arts
11 Tue	10.15 ^{AM} Cooking Swapshop
13 Tue	10.15 ^{AM} Current Events
18 Tue	10.15 ^{AM} Health & Ecology
20 Thu	10.15 ^{AM} Philosophy & Religion
25 Tue	10.15 ^{AM} Book Discussion
27 Thu	4.00 ^{PM} Grand Finale

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

From the Presidents

Dear Friends,
Spring has sprung!!!
Our "pretty in pink" IWA woman ushers in warmer climes and the remainder of our year.
With what seems like the blink of an eye, it is time for the **Grand Finale!** Please join us at 4PM on **March 27th** at the Grand Chola for an afternoon of merriment. This is a **members only** event.
The Election Sub-Committee has prepared a list of candidates for election to the Managing Committee for 2014-15 and the nomination form is included in this newsletter.
As per the Byelaws 11m (viii):
"The Election Committee shall present to the members, the names of Indian and non-Indian Candidates, who are eligible and willing to stand for election to the Managing Committee along with a photograph and posts held in IWA..."
We urge you to complete and send in the forms to **Rani Chada**, Chairperson, Election Sub-Committee by **March 10th**.

NITA REDDY

PRIYA ASOKAN

3 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Tea & Snacks 11.30 ^{AM} Executive Committee Achu Kurian's Residence Old No. 11 /New No.21, 2nd Avenue Harrington Road, Chetpet, Chennai 600 031
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Meeting are hosted by **Achu Kurian**

4 Tue	<p>10.15^{AM} ITC My Fortune (Old Chola Sheraton) Cathedral Road Chennai 600 086</p>	
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Art and music from across the ocean

– Australian Aboriginal Art and the Didgeridoo

Australian Aboriginal Art has been tagged the most exciting contemporary art form of the 20th Century.

The Aboriginal culture is the longest surviving, therefore the ‘most successful’ the world has seen. Aboriginal art is based on important ancient stories and symbols centered on ‘the Dreamtime’ – the period in which Indigenous people believe the world was created. The Dreamtime stories are up to and possibly even exceeding 50,000 years old, and have been handed down through the generations virtually unchanged for all those years. Because Aboriginal Art reflects the earliest period of this ancient culture, it has both artistic and anthropological value.

The Didgeridoo is a wind instrument developed by Aboriginal Australians around 1,500 years ago and still in widespread use today. It is a natural wooden trumpet or “drone pipe” and is played with continuously vibrating the lips to produce a drone while using a special breathing technique called circular breathing.

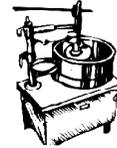
Please join us for this exciting meeting, in conjunction with the Australian High Commission. **Vedanth Bharadwaj**, singer, composer and guitarist of Sama Veda Sangam will play the Didgeridoo.

We thank **Bharathi Suresh** for graciously sponsoring this meeting.

We thank **Jayanti Rajaram** for being our day facilitator.

AMITA BHATIA
 JEYASREE RAVI

FARAH BANGERA
 RIGMOR EKSTRAND

11 Tue	<p>10.15^{AM} L'amandier, The Bistro 57, 2nd Main road (Next to Cream Centre) R.A.Puram Chennai 600 028</p>	
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The Art & Science of Plating

Join us for a morning of European cooking; some starters and entrees made home style at Chennai’s first European Bistro. The chefs at **L’amandier** will demonstrate not just cooking but also balancing a dish with its accompaniments while at the same time monitoring the nutritive value of each plate. They will display the techniques of plating because cooking is truly the only art which enralls all the five senses. Celebrate the senses with a touch of European spring at L’amandier.

We would like to thank **Nidhi Thadani** for so graciously sponsoring this morning’s meeting.

This meeting is for members only.

URMILLA AGARWAL

GAY WEIR

Please note the following change of addresses:

Sarah Chanda
 C/o Shakuntala Chanda
 19, Krishnapuri First Street
 R.A. Puram
 Chennai 600 028

Sharmila Ramji
 Door No. 2B, 9th South Cross Street
 Neelankarai
 Chennai 600 041

Heather Charraudeau
 ITC Grand Maratha
 Sahar
 Mumbai 400 099
 Landline: +22 2830 3030
 Mobile: 77188 48133

13^{Tue}	10.15 AM E Hotel Express Avenue Mall Gate No 1, Pattulos Road Chennai 600 002	
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The 2G Controversy Revisited



With the recent conclusion of another 2G spectrum auction and the AAP claiming there's fresh evidence in the 2G scam; the 2G scam is making headlines again. We have with us **Mr. Shanmugasundaram**, a Designated Senior Advocate and an eminent criminal lawyer, to give us an informed perspective of all the different dimensions of the 2G case. He will highlight facets of the case which seldom get reported in the mainstream news media.

Mr. Shanmugasundaram was the Public Prosecutor for Tamil Nadu from 1996 to 2001. He was a DMK Member of Parliament from 2003 to 2009. He currently practices in the High Court of Madras and the Supreme Court of India. He is an authority on Corruption Laws in India.

We thank **Lita Srinivasan** for being our day facilitator.

USHAJAWAHAR

DOMINIQUE RASTOIN

18^{Tue}	10.15 AM Amethyst Whites Road Royapettah Chennai 600 014	
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Do you have the guts?

"We are what we eat" goes the saying. Gut health is of prime importance, whether you want to build muscle, lose weight or experience overall wellness. The Gut is often given a step-motherly treatment until it really makes noise and churns you inside out.

To reveal the factors that affect gut health, how to fix it with right eating, how to maximize nutrient absorption and optimize gut function, we have with us **Shiny Chandran**, a sports and preventive nutritionist with international accreditations. Through her writing and health lectures she educates corporates, school children, college students and the general public.

We thank **Kiran Rao** for graciously hosting this meeting.

We thank **Kashmira Daruwala** for being our day facilitator.

FHARZANA SIRAJ

JULIE MADRE

Our deepest condolences go to **Uma Ganesan** on the loss of her mother.

20^{Thu}	<p>10.15^{AM} Srikanta Jhaver's Residence 21 Santhome High Road Chennai 600 004 Tel: 4357 7400</p>	
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Swami Vivekananda

-the Ramakrishna Mission and his views on Hinduism

Swami Vivekananda, born Narendra Nath Datta, was the chief disciple of Sri Ramakrishna. Swami Vivekananda founded the Ramakrishna Math and the Ramakrishna Mission. He was instrumental in introducing Vedanta and Yoga to the Western world and is credited with raising interfaith awareness. He is best remembered for his rousing speech which began, "Sisters and brothers of America ...," in which he introduced Hinduism at the Parliament of the World's Religions in Chicago in 1893.

In this his 150th birth anniversary year, **Toya Jackshi** will share Swami Vivekananda's views on Hinduism. She is a retired government official and disciple of Swami Chinmayananda. She has a long association with the Ramakrishna Math in Chennai.

We would like to thank **Srikanta Jhaver** for opening up her beautiful home and graciously hosting this meeting.

We thank **Rita Lal** for being our day facilitator.

SHEETAL SHAH

CECILE DUFEU

We thank **E. Rajeshwari** for sponsoring the audio visual equipment for the Korean cuisine meeting in February.

Hearty congratulations to **Mehmooda Haja Shareef** on the birth of her great grandson.

25^{Tue}	<p>10.15^{AM} E Hotel Express Avenue Mall Gate No 1, Pattulos Road Chennai 600 002</p>	
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Advantage Hollywood

-Ashok Amritraj

A memoir of an extraordinary life; a life marked by grit, determination and success. This book is a remarkable story of a young man's journey from Chennai to the tennis circuits of the world and onwards to a very successful career in Hollywood.

Ashok Amritraj is an internationally renowned, award winning, film producer. Currently the CEO of Hyde Park Entertainment in the United States, Ashok has produced over a hundred films in a career spanning 30 years and 4 continents.

He also serves as the CEO of National Geographic Films and is also on the Advisory Board of the Dodge Film School at Chapman University. In addition to his work, he spends much of his time on philanthropic endeavours world wide.

Ashok Amritraj will be with us this morning to talk about his story. Do join us to listen to a remarkable story of success from a person who belongs to our city.

We thank **Marina Mathias, Valli Murugappan** and **Veena Swamy** for so graciously sponsoring this meeting.

We thank **Padmini Subramaniam** for sponsoring the audio visual equipment.

We thank **Lalita Naidu** for being our day facilitator.

LAKSHMI MENON

ANJALI SACHETI

27^{Thu}	4.00 ^{PM} Rajendra ITC Grand Chola 63 Mount Road, Guindy Chennai 600 032
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ARE YOU READY?

Are you ready for IWA's Grand Finale?

We present an afternoon of exciting entertainment preceded by a sumptuous high tea at the Grand Chola!!!

We're divulging nothing more...

Watch your mail for further details...

Please note this is an evening meeting for members only.

NITA REDDY

THE BOARD

PRIYA ASOKAN

IWA's Trip to Vietnam & Cambodia

Arriving in Hanoi, we were met by our guide and historian T'hoi who lead us through backstreets, down by-lanes and into small restaurants, all the while regaling us on the local culture, history from 900 C.E., politics and religion (or lack of) that left us slightly reeling. He was a font of information always ready to help.

Hanoi is home to Ho Chi Minh's Mausoleum, where silence is maintained as the great leader appears to sleep. A visit here is, I believe, un-missable! T'hoi led us from Temple, to lake to temple and finished with a flourish at a water-puppet show. Shopping was not on the itinerary for the evening but everything is possible for an IWA traveller! Street life was fast and vibrant at any time of the day or night and the shops and stalls were packed with novelties, strange fruits and original delicacies, it was too much temptation!

We headed to Halong Bay and a cruise around the many islands. The scenery was quite magnificent and, a pleasant change to sitting on the bus, we could walk around while we navigated the bay. Climbing up and down into the limestone caves was arduous but worthwhile; the empty caverns were washed in beautiful colours and sparkled with natural light! After a quick dip in the chilly sea we were back to the ship where a night of sleep gently rocked by the ocean waves awaited, readying us for the dawn Tai Chi exercises on the morrow!

Next day saw us flying again, this time to Hue. We changed our guide and now asked questions of Hew, a bright young man who showed us all the important sites and even allowed one of our team to captain the river boat a short distance. Meals so far have been good, authentic Vietnamese food, the vegetarians amongst us were suffering somewhat as the restaurateurs believe vegetarian means tofu. Even I know that there is only so much bean-curd that any human can take!!

We drove from Hue to Da Nang and Hoi An, through areas which had been totally devastated by so many years of war. Being the narrowest part

of the country and with the densest forest, a lot of bombing took place here; remarkably the forest now is thick and lush. The coast is washed by turbulent waves, making the view from the hill-top passes awe-inspiring, so it came as no surprise that the French had built homes for the hot summer months on the hills between the sea and Cambodia, they did have an eye for land development.

Stopping in Hoi An was quite lovely, the river flowed along the main road and the streets were hung with lanterns, charmingly antiquated. A busy town with a teeming downtown night market area that attracted quite a number of our team to shop until the early hours. Numerous boxes tied up with string started appearing early morning to be secreted away in the bus until our next airport check-in. The shopping bug had bitten deeply, suitcases were beginning to bulge and handbags overflowed!!

Next stop Saigon, where immediately the tone changed to up-market boutiques and big brand shops. Cafés and pavement restaurants rubbed shoulders with bookshops and designer clothes stores, the mood was light-hearted after so much cold weather and Communism, but we quickly readjusted to the harsher side of Southern Vietnam with a trip down to the Cu Chi Tunnels. Violence, death, suffering and heartbreak were all too evident in the booby traps, narrow passages and bunkers. We were suffering too, yet another lunch of "Spring Rolls, Shrimp and Pork", some were even suffering nightmares of an army of spring-rolls advancing wearing watermelon hats and crying "Shrimpok, shrimpok,!" Our latest guide Ahleung, better known as Larry King, explained what Saigon was famous for and took us for a dinner cruise up the Mekong where we all danced as the boat rocked and the band sang, with not an iceberg in sight.

We slowly and efficiently assisted the Vietnamese economy on the road to recovery through a concerted effort of all our team, so by our departure day the boxes and bags and cases lined the pavement hunting for space inside the bus! It was Au'revoir Vietnam and look out Cambodia!

Siam Reap airport greeted us with efficiency and a new guide who smiled and giggled all the time, his name was Chieu, and like all the tour guides in Siam Reap wore a uniform.

Our time here was limited and we were out early and back late with temple visits and hiking up a mountain to see the 1000 lingam river bed, where I nearly gave up half way, but even those of us less surefooted made it to the top and down again and wouldn't have missed the views. The jungle temple known as Ta Promh (the setting for Lara Croft's Tomb Raider movie) visited in the afternoon was fantastic and surreal, Ankor Wat has to be seen to be believed but most of all Ankor Thom with its magnificent, huge carved faces is sublime especially as the sun light begins to fade and the shadows lengthen, you are never quite sure if it's an illusion or those eyes really are following you.

Vietnam was fantastic, Cambodia was incredible and IWA is marvellous. Such camaraderie and fun, sharing stories, hints, food and life. It's more than a hand to help you up or a laugh to raise your spirits, travelling with IWA is the company of life! Thank you IWA for taking me away and bringing me back safely!!!

HEATHER CHARRAUDEAU



From the Election Committee

We invite you to nominate persons for each office of the Managing Committee:

GUIDELINES:

1. **Nominees for President, Indian shall have served on the Managing Committee for at least 2 years.** They should have been members of IWA for at least 7 years. This may be relaxed in the case of Non-Indians.
2. **Nominees for office bearers of the Managing Committee (i.e. Vice President, Secretary or Treasurer) should have served as Activity Chairpersons for at least 2 years.** This may be relaxed in the case of Non-Indians who have been members of IWA for three years or less.
3. The Election Committee shall present to the members the names of Indian and Non-Indian nominees who are eligible and willing to stand for election on the Managing Committee, keeping in mind their proven ability to fulfill their responsibilities and work as a team. They shall inform the members of the time, place and venue of the election.

This newsletter carries the nomination form. Please fill out the form and forward it to Rani Chada, Chairperson of the Election at the following address.

**207 Defence Colony
Chennai 600 097**

Please ensure that your nomination form reaches Rani Chada's residence before 3.00 p.m. on Monday, 10th March, 2014.

Chairperson : Rani Chada

**Members : Eira Doshi
Kausalya Devi Jaganmohan
Meera Jayakar
Rathi Nilakantan**

From the Election Committee

Following in alphabetical order is the list of eligible members who have agreed to be nominated for the various posts on the Managing Committee for 2014-2015 – Presidents, Vice-Presidents, Secretaries and Treasurers.

INDIANS



Prithika Chary

2001-02 Health & Ecology (EC)
 2002-03 Philosophy & Religion (EC)
 2007-08 Arts & Handicrafts (EC)
 2010-11 Vice President (MC)



Usha Jawahar

2010-11 Philosophy & Religion (EC)
 2013-14 Current Events (EC)



Achu Kurian

2008-09 Cooking Swapshop (EC)
 2012-13 History, Culture & Tours (EC)
 2013-14 Treasurer (MC)



Asha Rammohan

2009-10 Cooking Swapshop (EC)
 2010-11 Music & Performing Arts (EC)
 2011-12 Treasurer (MC)
 2012-13 Secretary (MC)



Beena Ram Mohan

2001-02 Cooking Swapshop (EC)
 2002-03 Health & Ecology (EC)



Somna Sachdev

2010-11 Cooking Swapshop (EC)
 2011-12 History, Culture & Tours (EC)



Anuradha Uberoi

2003-04 Philosophy & Religion (EC)
 2006-07 History, Culture & Tours (EC)
 2008-09 Current Events (EC)
 2009-10 Philosophy & Religion (EC)

EC – Executive Committee (Activity Chairperson)
 MC – Managing Committee

From the Election Committee

NON-INDIANS



Syeda Farah Bangera

2013-14 Arts & Handicrafts (EC)



Jo Frogbrook



Malini Krishna

2002-03 Arts & Handicrafts (EC)
2003-04 Treasurer (MC)
2006-07 Cooking Swapshop (EC)



Phyllis Stathis

2011-12 Cooking Swapshop (EC)

Note: Non-Indians are all eligible. However, only the above mentioned members have agreed to be nominated.

Members may nominate for all posts or only those posts they wish to nominate for.

Chairperson : Rani Chada

Members : Eira Doshi

Kausalya Devi Jaganmohan

Meera Jayakar

Rathi Nilakantan

IWA

NOMINATION FORM – 2014 – 2015

I nominate

	Indian	Non-Indian
Presidents	_____	_____
Vice Presidents	_____	_____
Secretaries	_____	_____
Treasurers	_____	_____

Signature: _____

Date: _____ Name: _____

(Block letters)

Code No.: _____

Please ensure your nomination form reaches **Rani Chada** before 3 p.m.
on Monday, **10th March, 2014.**

Rani Chada
Chairperson, Election Committee
207 Defence Colony
Chennai 600 097