

<b>1 Thu</b>	09.30 <sup>AM</sup> Managing Committee 10.30 <sup>AM</sup> Executive Committee
<b>5 Mon</b>	10.15 <sup>AM</sup> Health & Ecology
<b>7 Wed</b>	<b>03.45 <sup>PM</sup></b> Current Events
<b>9 Fri</b>	<b>03.45 <sup>PM</sup></b> Music & Performing Arts
<b>12 Mon</b>	10.15 <sup>AM</sup> Book Discussion
<b>13 Tue</b>	<b>03.45 <sup>PM</sup></b> Cooking Swapshop History, Culture & Tours
<b>15 Thu</b>	10.15 <sup>AM</sup> Merriment.Joy.Peace.Love. Christmas with the Nutcracker Suite!

To learn more, visit the IWA blog site: [www.iwachennai.blogspot.com](http://www.iwachennai.blogspot.com)

**From the Presidents**

Dear Friends,

It's the most wonderful time of the year  
 There be much mistletoe-ing  
 And hearts will be glowing  
 When loved ones are near  
 It's the most wonderful time of the year

This year we celebrate Christmas at a very special location never before seen by IWA—the serene and beautiful Freemason’s Lodge. It promises to be an enjoyable morning with excerpts from the ballet, The Nutcracker Suite, followed by the IWA tradition of carol singing. The festive buffet, featuring delicacies from the kitchens of our very own IWA members plus a scrumptious Christmas feast, will add to the joyful celebrations.

We thank the members for their generous cash donations that will go towards a surprise return favour and for sharing their treasured culinary skills at the sumptuous brunch. Thank you for joining in the festive spirit and adding good cheer!

We look forward to seeing you dressed in your Christmas colours as we usher in the festive season, a time of joy and togetherness! On behalf of the Managing and Executive Committees we wish you all a Merry Christmas and a very Happy New Year. We hope the New Year brings you the very best!

NINA KOTHARI

CHERRY VENKATESAN

<b>1 Thu</b>	9.30 <sup>AM</sup> Managing Committee 10.30 <sup>AM</sup> Executive Committee  Kryptos by Willi 24, Khader Nawaz Khan Road Chennai - 600 006
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Meetings are hosted by **Bharathi Nair Gopinath**

<b>5 Mon</b>	<p>10.15 <sup>AM</sup>                  Deepika Goyal's Home                  203, St. Marys Road, Chennai 600 018                  Landmark - near Raintree Hotel</p>
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## Ayurveda and Spirituality

Ayurveda is the Veda of life and good living and is enscorced within the folds of Indian Philosophy. It outlines the principles of good living to be adopted and practiced in the spirit's journey through physical bodies. It is the fountainhead and the source of all esoteric sciences.

This life science details life, the purpose of life, fundamentals of life and principles of good living. Let us explore these aspects of Ayurveda and interact on aspects lesser known about this life science.

**Sujatha Ramachandran** is the Founder Partner of Prakriti Ayurvedic Center. Her family runs the world-renowned Arya Vaidya Sala at Kottakkal, Kerala. Sujatha's natural interest in Ayurveda and its practices translated into pursuing the subject at an academic level, and she has been the creative head of Prakriti since its conception.

We thank **Deepika Goyal** for graciously sponsoring the meeting.

We thank **Latha Rajan** for being our day facilitator.

USHA MOORTHY

MALINI BALAKRISHNAN



Change of Address

Anuradha M Uberoi  
 37, Dhandayuthapani Nagar,  
 1st Street, Kotturpuram  
 Chennai 600 085  
 Ph.: 24474728

Cecy Kuruvilla  
 II Block, 9E, Ceebros  
 Shyamala Gardens  
 136, Arcot Road  
 Saligramam, Chennai 600 093  
 Mobile: 8939923232

<b>7 Wed</b>	<p><b>03.45<sup>PM</sup></b>                  Elliot's                  Sheraton Park Hotel                  132, TTK Road, Chennai 600 018</p>
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## India ten years from now Conversation with Mr Gopalkrishna Gandhi

IWA is fortunate to have the opportunity of conversing with **Mr. Gopalkrishna Gandhi** on 'India ten years from now'. Mr Gandhi is a former member of the Indian Administrative service. He served as secretary to the President of India, High commissioner to South Africa and Sri Lanka and was Governor of West Bengal. He is a renowned author. Mr. Gopalkrishna Gandhi is the grandson of Mahatma Gandhi and C. Rajagopalachari (Rajaji). Ladies, we are indeed fortunate to have this honour-who better to have a talk with on India ten years from now.

We thank our sponsors **Anneliese Hazari, Koshu Lalchand, Rita Lal, Lily Madhok, Shobha Mahtani, Mina Malhotra, Aseel Mathur, Bina Mathur** and **Archana Meiyappan** for graciously hosting the meeting.

We thank **Sushi Natraj** for being our day facilitator.

Please note this is an evening meeting.

AMBIKA MAMMEN

ANGELIKA SCHWERING

<h1>9 Fri</h1>	<p><b>03.45 PM</b>                  Kausalya Jaganmohan's                  'Shri Vaishnav',                  33,( old 16) Kasturi Ranga Road,                  Chennai 600 018</p>
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## Subhadra Kalyanam

(Subhadra's Marriage)

Therukoothu performance by all-girls troupe

The story of how Krishna manipulates his brother, Balarama, who has promised to marry their sister, Subhadra to the affluent Duryodhana, and succeeds to get her married to the love-of-her-heart, Arjuna. This episode is performed in the Therukoothu style (traditional street theatre) of Tamil Nadu.

**Subhadra Kalyanam** uses a unique musical style and brings out the richness of the Tamil language. Through virtuoso singing and word play, denial of what has been said and questioning of what has not been said, the young girl performers- assisted by a female clown- create a playful and humorous version of Krishna's famous '**kapata natakam**'.

**Kattaikuttu Gurukulam** plays a ground-breaking role in addressing the stigma faced by professional women performers in rural areas.

**Dr. Hanne de Bruin** of the Gurukulam will introduce the performance in English.

We thank **Kausalya Jaganmohan** for graciously hosting the meeting.

We thank **Kiran Rao** for sponsoring the performance and for providing logistic support to the artists.

We thank **Meera Jayakar** for being our day facilitator.

**Please note this is an evening meeting.**

GEETA VASUDEVAN

KIRAN RAO

Our sincere thanks to **Jayasree Ravi, Lalitha Naidu** and **Geeta Vasudevan** for sponsoring the technical support for the Music & Performing Arts program held on the 16<sup>th</sup> of November.

<h1>12 Mon</h1>	<p>10.15 AM  <b>Presidency Club</b>                  Ethiraj Salai, Egmore                  Chennai 600 008</p>
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## The Spoken Word

Story telling seems to be, in families at least, a predominantly female art. Many of us have early memories of being told stories by our mothers, grandmothers and aunts. Hearing a story told is always an emotional experience. Never more so, than when it is told by **Jeeva Raghunath**, for she doesn't just *tell* the story, she *becomes* the story. Her body becomes a wonderful instrument channeling the people, birds and animals she talks about, and one finds oneself drawn irresistibly into her magic circle. Jeeva travels the world enchanting adults and children alike with her stories, but IWA members only have to go as far as Ethiraj Salai for this thrilling encounter. Do come!

Our thanks to **Asha Ram Mohan** for generously sponsoring this event.

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

TEHNAZ BAHADURJI

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 Our deepest condolences to **Raji Ramesh** on the demise of her father in law.  
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### Hemalatha Santhavadanan

**Hema** our proactive, perfectly adorable and enthusiastically globe-trotting 'Penguin': who enhanced IWA with her profound positivism is no longer with us. She must be brightening up the Heavens with her cheerful presence! We miss you dear Hema.



<b>13<sup>Tue</sup></b>	<p><b>03.45<sup>PM</sup></b>                  Hijackk, Plot No 404,                  Uthandi, ECR Road, Kottivakkam                  Chennai 600 041</p>
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### “Dinner on the go”

The **'Moving Cart'** is a state of the art Double Decker mobile bus restaurant. A unique dining concept for the first time in Chennai! Hijackk-ing people for fun, food and entertainment; a one of its kind experience! Covering 30kms on the scenic ECR - OMR Road at a comfortable speed of 20kmph, delivering a one and a half hour ride. Great ambience created by variations of lights and serene music, relish 'dinner on the go', an array of fusion food in a luxurious, fully air conditioned lower deck. The upper deck offers open air dining, live music, adventure and excitement all packed together. A multi course dinner will be provided on board starting from a mocktail, culminating in dessert.

Kindly **'Warn In'** with **Nabila Avais 9962525558, Somna Sachdev 9841022922 or Banu Singh 9841018886** before December 10th between 10am - 4pm (state your preference upper or lower deck)

**03:30 pm Assemble at Tuscana on Chamiers by Willi, 89, Chamiers Road, Nandanam, Chennai-35**

- 04:00 pm Depart to Uthandi by transport arranged
- 05:00 pm Hijackk ride "dinner on the go"
- 07:00 pm Return to Tuscana on Chamiers by Willi

We thank **Nabila Avais** for graciously hosting the meeting.  
 We thank **Surekha Kothari** for sponsoring the transport facility.  
 We thank **Banu Singh** for being our day facilitator.

**Warn in evening meeting - 40 persons only**

NABILA AVAIS  
 SOMNA SACHDEV

PHYLLIS STATHIS  
 LIZ ASTON

<b>15<sup>Thu</sup></b>	<p>10.15<sup>AM</sup>                  Freemason's Lodge, 87, Ethiraj Salai,                  Opp. P.O. Commander in Chief Road                  (behind Shivalaya Building), Chennai 600 008</p>
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### Merriment. Joy. Peace. Love. Christmas with the Nutcracker Suite!

It's the season for good friends to come together and enjoy some holiday merriment. Please join us for IWA's Christmas celebration. Our program features excerpts from the holiday favourite, **Nutcracker Suite**, performed by students of the **School of Ballet and Contemporary Dance, Chennai**. Let yourself be transported to a snowy Pine Forest as the Snowflakes dance around Clara and her Prince! Allow the handsome Cavalier and the Sugar Plum Fairy to entertain you with their Pas de deux.

Christmas just wouldn't be the same without the joyful rendition of carols; **sing along with our enthusiastic choir**. Do come and ring in the magical Yuletide spirit!

The morning's programme will be followed by a **festive brunch**.

Ladies, please come dressed in christmas colours

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 Our congratulations to **Mano Bakthavatsalam** for receiving the "Rani Lady Meiyammai Achi" Award on 11<sup>th</sup> October 2011.

Our congratulations to **Vidya Gajapati Raj Singh** who won 3 gold medals in the Inter Club Swimming Competition held at the Madras Cricket Club Pool on 25<sup>th</sup> September 2011. She won gold for 25 meters free style, 25 meters breast stroke and the 100 meters relay.

## TRIP TO MUMBAI AND JAMNAGAR DURING JANUARY 2012

An excellent itinerary for 6 days; 3 nights in Mumbai and 2 nights in Jamnagar, has been planned for the IWA trip.

**Mumbai Magic:** The best way to experience the city at our own pace in just three days. We will put together an interesting list of things to do and see. Multi-faceted Mumbai requires one to dig below its surface in order to appreciate it. We are hoping to include fascinating tours in order to offer a unique opportunity to really get to know the city.

We will be interacting with members of Indus.

Some of the proposed tours which are organized by a trio of ladies comprising three generations will select destinations like the famous **Mahalakshmi Dhobi Ghat, Haji Ali, Siddhi Vinayak Temple, Kala Ghoda** - the art district of Mumbai, **Prince of Wales Museum**, and the famous **Dabbawalas** who were acknowledged and feted by Prince Charles of England.

**Jamnagar** the jewel of Kathiawar is on the Gulf of Kutch. It has pristine beaches and fantastic bird and marine sanctuaries and holy temples. A trip to Dwaraka will be arranged.

We have the rare opportunity to visit the Reliance Petroleum's Greenfield refinery. This is considered the largest grass roots refinery and petrochemical complex in the world. The project is of titanic proportions equipped with highly advanced machinery of unbelievable sizes, surrounded by lush greenery.

The approximate cost of the trip (subject to airfares) is about **Rs.37,000/-**

**This trip is for IWA members only.**

**The duration is from 8<sup>th</sup> – 13<sup>th</sup> January 2012.**

**Payments in cash to be paid in full, by the 10<sup>th</sup> of December 2011.**

**Please Warn in with Cherry Venkatesan at 9841023740.**

SOMNA SACHDEV

LIZ ASTON

**ACKNOWLEDGEMENTS**

We thank the following members for their time and effort in preparing and sharing their culinary delights as part of the Christmas Brunch Celebration:

Zubeida Asgarali, Nabila Avais, Rani Chada, Sharon Dean, Deepali Goyal, Deepika Goyal, Nina Kothari, Rita Lal, Fazeela Nurdeen, Nita Reddy, Ramani Reddy, Nisha Sood, Phyllis Stathis, Olga Suihkonen, Anjana Sunil, Anuradha Uberoi.

We thank the following members for their generous cash donation towards the Christmas Brunch Celebration: Susan Abraham, Jennifer Arun, Priya Asokan, Elizabeth Aston, Fakhira Ayer, Mano Bakthavatsalam, Malini Balakishnan, Seema Bhargava, Anuradha Bhasker, Mansha Bhatia, Rani Chandani, Prithika Chary, Leila Diraviam, Deepali Goyal, Saranya Jayakumar, Mahin Rabi Khaleeli, Nina Kothari, Ambika Mammen, Jayashree Manradiar, Darley Mathew, Maya Mathew, Meenakshi Meyyappan, Usha Moorthy, Valli Murugappan, Ramani Reddy, Anjali Sacheti, Chandra Sankar, Sheela Sarath, Padmini Subramaniam, Nidhi Thadani, Geeta Vasudevan, Cherry Venkatesan, Shanti Verghese.

**ADVISORY COMMITTEE**

We would like to thank **Vanitha Mudaliar** for her invaluable contribution as a member on the Advisory Committee and bid her adieu with deep gratitude.

We welcome **Sushi Natraj** on the Advisory Committee. We look forward to her guidance and advice.

Members on the Advisory Committee:

1. Meyyammai Murugappan
2. Shyla Rau
3. Sushi Natraj

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Those members who did not get 'The IWA Story' (book), can please collect their complimentary copy from Cherry Venkatesan (9841023740) and Liz Aston (24328590).

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**From the Membership Committee:**

As per the Bye-Laws the ratio of Indian members to Non-Indian members should be 3:1. In spite of taking in 13 Non-Indian members this year there is still a shortfall of Non-Indian members to maintain this ratio because of a large number of resignations. Hence we are unable to take in new Indian members.