

<b>3 Mon</b>	09.30 <sup>AM</sup> Managing Committee 11.30 <sup>AM</sup> Executive Committee
<b>4 Tue</b>	10.15 <sup>AM</sup> Arts & Handicrafts
<b>6 Thu</b>	10.15 <sup>AM</sup> Health & Ecology
<b>10 Mon</b>	10.15 <sup>AM</sup> Book Discussion
<b>11 Tue</b>	10.15 <sup>AM</sup> Music & Performing Arts
<b>13 Thu</b>	10.15 <sup>AM</sup> Christmas Celebration
<b>14 Fri</b>	<b>04.30 <sup>PM</sup></b> History, Culture & Tours

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

**From the Presidents**

Dear Friends,

Ananda Deepam was a complete joy thanks to all of you. It is wonderful to receive positive feedback after an event, which has seen so much planning and hard work. Our appreciation and thanks to:

**Visalakshi Ramaswamy** for her overwhelming generosity in providing the perfect venue, with every assistance, in order to ensure that Deepavali is always memorable for IWA.

**Uma Ganesan** for facilitating the Avigna Dance Ensemble and for all her help on and off stage.

**Meena Muthiah** for the beautiful Tanjore painting of Rama Pattabhishekham, which was displayed on stage and provided the perfect backdrop.

**Deepali Goyal** and **Usha Jawahar** for their unstinted support and hard work in categorizing and packing innumerable gifts for Khazana. Our thanks to all those of you who contributed gifts for the Khazana stall.

Finally, thanks to our Board and Executive Committees for their tireless enthusiasm in ensuring every meeting is a success.

'Nilam' was kind and spared Chennai from its wrath. The air is cooler welcoming the Margazhi music season. We look forward to our exciting fortnight of meetings before we break for the winter. Tranquebar is waiting for us! We wish our ladies a relaxing weekend in the "Place of the singing waves".

It is Yuletide time once more – the 26<sup>th</sup> time for IWA. Nostalgically we remember the beautifully poignant Christmases that IWA has celebrated during all these years! Come help make this another memorable **Christmas on the 13<sup>th</sup> of December.**

On behalf of the Managing and Executive Committees, we wish every one of you a **Merry Christmas and a wonderfully, Happy 2013!**

God Bless you All!

Yours in IWA,

RAMANI REDDY

VIJAYA RANGARAJAN

**From the Membership Secretary**

The record of attendance will be tabled at all meetings during December 2012 and once again in February 2013. Please take note of your individual tally and make up any short fall during the following months. Please remember that the attendance of 10 meetings during the IWA year has to be completed by the 31<sup>st</sup> of March, 2013. April 2013 meetings count towards attendance for the 2013-14 IWA year.

Members are reminded that guests may attend **only four** meetings during the IWA year irrespective of which member signs them in.

<b>3 Mon</b>	09.30 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Tea & Snacks 11.30 <sup>AM</sup> Executive Committee <b>Nabila Avais' Residence</b> 'Qasr-e-Naz', 19 Kothari Road Nungambakkamm, Chennai 600 034 Tel.: 99625 25558
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Meetings hosted by **Nabila Avais**

<b>4 Tue</b>	10:15 <sup>AM</sup> Tara Publications Plot No. 9, CGE Colony Off Kuppam Beach Road, Thiruvanmiyur Chennai 600 041
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**Working with Artists and Art Forms...**

**Tara Publishing** is widely regarded as one of India's finest independent publishing houses. Their books are particularly visual and they work with a range of artists and art forms. At the premises of Tara Publishing one can view ongoing exhibitions, watch artists at work or simply relax with a book.

**Gita Wolf**, founder and CEO, welcomes you to Tara Publications' new office in Thiruvanmiyur. She will give a brief history and philosophy of Tara Publications and introduce you to the many wonderful books they have done in collaboration with tribal artists of India and describe how they work with the artists and what they have set out to achieve.

For those who are interested and have more time, you can go on a guided tour of their printing facility on the OMR after the main session. Their process is slightly different from regular printers since they often use handmade paper and are reproducing original art as art.

**Directions to Tara Publications venue:** Turn left at the fruit stand in the middle of the road by the Thiruvanmiyur temple, Tara Books is at the end of the second left. Contact Pallavi: 89393 75812.

We thank **Vijaya Balasubramaniam** for sponsoring the tea, coffee and cookies for this meeting.

We thank **Tineke Sysmans** for being our day facilitator.

NALINI ACHARYA

DEBORAH THIAGARAJAN

<b>6<sup>Thu</sup></b>	<p>10:15<sup>AM</sup>                  Hanu Reddy Residences                  (From Kasturi Rangan Road go past Ente Keralam                  and turn left) 39/18, Binny Road                  Poes Garden, Chennai 600 086</p>
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## A New Frontier. . . Whole Body Cryotherapy

For the first time in India, **Dr. S. Ravi Subramaniam Soundarapandian**, has introduced whole body cryotherapy as an alternative to traditional medical treatments for various illnesses and injuries.

Whole Body Cryotherapy is where the body enters a chamber and is exposed to minus 110 degree Centigrade temperature for three minutes or less at each session. Please join us as Dr. Ravi discusses this new therapy, its uses and the benefits of these treatments. **Could this be the treatment you have been waiting for?**

Dr. Ravi is an Orthopaedic Surgeon with specialization in Plastic and Reconstructive Hand surgery. He is currently the Director of Soundarapandian Bone and Joint Hospital & Research Institute.

We thank our sponsors **Shweta Mohapatra, Shobha Mujumdar, Sushi Natraj** and **Anita Reddi** for graciously hosting this meeting.

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

ASHA HEMDEV

JENNIFER MEDDICK

<b>10<sup>Mon</sup></b>	<p>10:15<sup>AM</sup>                  Meyyammai Murugappan's Residence                  "The Laurels"                  New 9, Old 4, Chittaranjan Road                  Teynampet, Chennai 600 018</p>
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## Vayu Naidu and the Art of Story Telling

**Vayu Naidu's** art of storytelling comes from the Indic oral tradition. Its energy comes through the telling, not reading, of a story to create dense imagery and triggering emotional resonances. She is a wonderful raconteur, a modern-day Scheherazade who has her audiences spell bound with her stories.

Vayu will be giving a specific performance element to the IWA audience, while looking at a central concern of oral narratives that are handed down and how through it new fiction writing is born. She will focus this talk about storytelling around her new novel, **"Sita's Ascent"**.

Born in Chennai and now living in the U.K., Vayu Naidu says she would "like to dedicate the event to my beloved mother who was a lifelong member of IWA - Mrs. Jayarukmini Naidu. She gave me thirst for listening and engaging with the content of well told myths".

We thank **Meyyammai Murugappan** for so readily and graciously opening her lovely home for this meeting.

We thank **Umayal Chettyappan** for sponsoring the AV support.

LEENA SURYAPRAKASH

JANSI KISHORE

We thank **Raji Ramesh** for sponsoring the audio-visual equipment for the Book Discussion meeting, "Saris: Splendour in Threads".

<b>11</b> Tue	10:15 <sup>AM</sup> Free Mason's Hall 87, Ethiraj Salai (Commander-in-Chief Road) Behind Shivalaya Building Egmore, Chennai 600 008
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## A Glimpse into the world of Kuchipudi

**Kala Ratna Deepika Reddy** – an eminent Kuchipudi dancer, a creative choreographer and a dedicated guru, will present a lecture interspersed with lively excerpts from dance items highlighting some of the unique aspects of the Kuchipudi repertoire.

The objective of the presentation is to give a brief introduction to the nuances of Kuchipudi covering basic aspects of nritta, nritya and natya.

We thank **Mridula Srinivasan** for graciously hosting the meeting.

We thank **Anuradha Bhaskar** for being our day facilitator.

CHANDRA SEONI

ANJALI SACHETI

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Our congratulations to **Vidya Gajapathi Raju** for winning gold medals for the 50m and 100m breast stroke events and silver medals for the 50m and 100m freestyle events in the Ninth National Aquatic Championships held in Bhopal from October 28th to 30<sup>th</sup>, 2012.

<b>13</b> Thu	10:15 <sup>AM</sup> The Raintree Hotel 120, St. Mary's Road Alwarpet, Chennai 600 018
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## IWA Christmas Party

The cold nip in the air heralds the Christmas Season. Join us in festive spirit of fellowship to celebrate this lovely season. Come in your Christmas colours, Green, Red and Gold, for entertainment, music and games and of course the sumptuous Christmas Lunch.

Please call or SMS and intimate your preference for Vegetarian or Non-vegetarian lunch to **Darley Mathew** at **9841182481** or **Anita Koshy** at **9840911747** before December 10<sup>th</sup>.

We thank our members comprising the Christian community of IWA for their enthusiastic organization, participation and support in spreading the Yuletide spirit!

RAMANI REDDY

VIJAYA RANGARAJAN

THE BOARD

<h1 style="margin: 0;">14<sup>Fri</sup></h1>	<p><b>04.30 PM</b>                  Asharaa                  No. 5, Gajapathi Road, Off Barnaby Road                  Kilpauk, Chennai 600 010</p>
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## BE INSPIRED

**Lakshmi** and **Saraswathi**, nieces and disciples of Dr. Padma Subramaniam, will present inspiring tales in a theatrical presentation.

**Natya** or **Total Theatre** is a form where dance, music, and mime blend seamlessly to convey a story.

In a format flowing freely between song, dance, verse and narration, the dancer traverses through the journeys that these great women (**Goddess Andal, Draupadi, Rani of Jhansi and a true life story of a young girl**) have undertaken, suffering their sorrows, living their dreams and finally emerging victorious to remain etched in people’s memory forever.

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

**Directions to Asharaa:** Once you comedown Chetpet Bridge, take a right at Ega Signal on to Poonamallee High Road. Just after the Fire Station, take a left on to Barnaby Road which leads to Gajapathi Road. Asharaa is on the left side of Gajapathi Road.

We thank **Roopa Shetty** of **Asharaa** for the venue.

We thank **Anupama Pasari, Kamala Prasad, Beena Ram Mohan, Meena Rao, Raziye Sheerazie** and **Aruna Vijaykumar** for graciously sponsoring this meeting.

We thank **Lakshmi Menon** for being our day facilitator.

ACHU KURIAN

RATHI NILAKANTAN

We welcome:

**Michele Segala** France  
 51, Chamiers Road  
 Nithyashree Apartments 1A  
 R.A. Puram, Chennai 600 028  
 Landline: 24330051  
 Mobile: 9840543997

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 Please note the following change of addresses:

**Bina Mathur**  
 D-2, Sunciti Apartments  
 9-10, Santhome High Road  
 Chennai 600 004

**Jansi Kishore**  
 4, Shalom Apartments  
 No. 1, Josier Street  
 Nungambakkam, Chennai 600 034  
 Tel: 28226395

**Geetha Iyengar**  
 5B/1, Balaji Flats  
 6th Cross, CIT Colony  
 Chennai 600 004

**The ABC's (well almost!) of Christmas**

1. Which of the following did Charles Dickens write?
  - a. A Christmas Song
  - b. Angels from the Realms of Glory
  - c. Away in the Manger
  - d. A Christmas Carol
  
2. Canada, The U.K., and most other Commonwealth countries officially celebrate the day after Christmas as a holiday. What is the holiday called?
  - a. Britain's Day
  - b. Boxing Day
  - c. Bearer's Day
  - d. Beer Day
  
3. In the animated TV special, "Twas the Night Before Christmas", the townsfolk create a song to attract Santa back. According to the song, what is calling Santa?
  - a. Calling birds
  - b. Christmas bells
  - c. Chimneys asunder
  - d. Comet and Cupid
  
4. Which of the following is NOT one of Santa's reindeer?
  - a. Dancer
  - b. Duster
  - c. Donner
  - d. Dasher
  
5. This milk-based beverage is available around the Christmas holidays and comes in both alcoholic and non-alcoholic versions.  
 Answer: (Clue - two words)
  
6. How do you say "Merry Christmas" in Spanish?
  - a. Felipe Nochos
  - b. Fuego y Feliciano
  - c. Feliz Nativity
  - d. Feliz Navidad

7. Who tries to stop Christmas from coming by stealing all things Christmas from the Whos?
  - a. Garfield
  - b. Green Goblin
  - c. Grinch
  - d. Ghost of Christmas present
  
8. What Christmas song has the line "I don't know if there'll be snow, but have a cup of cheer"?
  - a. Here Comes Santa Claus
  - b. Here We Come a Wassailing
  - c. Have Yourself a Merry Little Christmas
  - d. Holly Jolly Christmas
  
9. Similar to tinsel, these long strips of shiny foil are used to decorate a Christmas tree. What are they called?
  - a. Igloos
  - b. Ichu
  - c. Iceland
  - d. Icicles
  
10. What song does Lucy ask Schroeder to play on his piano in "A Charlie Brown Christmas"?
  - a. Jesu
  - b. Joy to the World
  - c. Jingle Bells
  - d. Jolly O' Saint Nicholas
  
11. Which of the following is often given as Santa's birth name?
  - a. Karl Kana
  - b. Kenneth Kusco
  - c. Kevin Krinkle
  - d. Kris Kringle
  
12. On the tenth day of Christmas, what does my true love give to me?
  - a. Lights a-twinkling
  - b. Ladies dancing
  - c. Lords a-leaping
  - d. Lovebirds flying

Answer Key: 1d, 2b, 3b, 4b, 5 Egg Nog, 6d, 7c, 8d, 9d, 10c, 11d, 12c