

October at a glance

1 Wed	10.15 AM International Music Day 12.00 PM Managing Committee 01.00 PM Executive Committee
7 Tue	10.15 AM Cooking Swapshop
9 Thu	10.15 AM Arts & Handicrafts
13 Mon	04.00 PM Deepavali
15 Wed	10.15 AM Music & Performing Arts
16 Thu	10.15 AM Health & Ecology
21 Tue	03.45 PM Current Events

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

28 Tue	10.15 AM Philosophy & Religion
29 Wed	10.15 AM History, Culture & Tours
31 Fri	10.15 AM Book Discussion

From the Presidents

September saw the first of our four workshops 'An introduction to gardening in small spaces'. We'd like to thank everyone who helped put the workshop together and also to everyone who took part in this interactive and hands on event. It was a highly informative and enjoyable morning and we look forward to seeing the fruits (or vegetables) of your labours in the near future!

This month sees us come together on a special day in the IWA calendar, **October 1st** when we remember our Founder President, **Nirmal Seshadri** and celebrate **International Music Day** and her birthday on the same day.

We would like to thank this year's **Music Committee** comprising of **Rani Ananth** (Chairperson), **Usha Chandrakumar**, **Jyothi Ganesh** and **Dominique Rastoin** for identifying the talented awardee.

We are very pleased to announce that **Mr Seshadri** and noted Carnatic vocalist **Sikkil Gurucharan**, with both be present at this special event.

This is also the time of year where we gather to celebrate **IWA Deepavali** which is being held on **Monday, October 13th**. We look forward to welcoming you, along with your family and friends, to this much anticipated event. As always we will have the ever popular **Khazana stall** which is only made possible by your generous donations year on year. We kindly request that you hand over your contributions, in cash or kind, to any member of the Board, or drop them off at the nominated members' residences.

We're also happy to bring you details of our exciting short trip to Trivandrum. Please book early to avoid disappointment!

We wish you all much joy and prosperity in the festive season.

ASHA RAMMOHAN

JO FROGBROOK

From the Membership Secretary

Reminder: Applications are being invited for new Indian members who reside within the postal zones of Chennai, including Kanchipuram and Thiruvallur districts.

The date for accepting applications is **Wednesday, October 8th 2014, between 10 am and 12 noon at Madras Boat Club, Boat Club Road, Chennai 600 028**. The sponsor and/or co-sponsor of the applicant must come in person to hand in the application.

For more details on the guidelines for membership please refer to the **September newsletter**. If you need a copy of the newsletter, please call **Farah Bangera** on **80562 79520**.

USHA JAWAHAR

1 Wed	12.00 ^{PM} Managing Committee
	01.00 ^{PM} Executive Committee
The Park Anna Salai Chennai 600 006	

1 Wed	10.15 ^{AM} The Park 601, Anna Salai Chennai 600 006
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International Music Day

1st October is an important date in the IWA calendar. It is International Music Day, and as the world celebrates music, we also celebrate the birthday of our Founder member, **Nirmal Seshadri** who was passionate about music and the performing arts.

After considering all the applications carefully, the Music Committee, comprising of **Rani Ananth** (Chairperson), **Jyothi Ganesh, Usha Chandrakumar** and **Dominique Rastoin**, has selected **S.Adithyanarayanan**, an exponent of Carnatic music as this year's winner. The young artiste will give us a brief recital on different genres of music, including- Carnatic, Hindusthani and Fusion.

We are very pleased to announce that **Mr Seshadri** and noted Carnatic vocalist **Sikkil Gurucharan**, with both be present at this special event.

We invite you to come along and join in the celebration and to encourage this year's talented winner.

This is a member's only meeting.

ASHA RAMMOHAN

JO FROGBROOK

THE BOARD

7 Tue	10.15 ^{AM} E Hotel Express Avenue Mall, Gate 1 Patullos Road Chennai 600 002
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VEGAN – Culinary ideas without borders

Neelima Sriram's passion for cooking started simply from her home. Over the years she has developed an in depth knowledge of spice selection and combination.

Prior to moving to Canada in 2005, Neelima successfully ran her own catering business for over five years in Central Asia (Uzbekistan) serving diplomats, Embassy events for the UN and large MNC's. She began her business 'Mindful Chef' and shares her knack of cooking that comes together in Vegan and Vegetarian offerings.

It will be an enjoyable interactive meeting about the goodness and variety of Vegan fusion food.

We thank **Cibi Mammen** for sponsoring the meeting.

We thank **Shobha Hebbar** for being our day facilitator.

ANJANA SUNIL

MAHVESH SAIT

Food Tip for the month: When sautéing onions, add a pinch of baking soda. It speeds up browning and cuts cooking time by half.
Susan Voisin

9^{Thu}	<p>10.15 ^{AM} Tulsi's Arterior 6, Rutland Gate 4th Street Nugambakkam, Chennai 600 034 (Opp. Taj Coromandel Hotel)</p>
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On the Verge of Extinction: Kashmiri Carpets

If you visit any palace you will see on display, along with all the gold and silver riches, plush carpets. Carpets are valued highly and seen as symbols of luxury. The lushness and beauty are not only practical for helping cope with the cold winters, but also add charm and distinction to any room. The Kashmiri carpets in particular are known for their superior workmanship and aesthetic. However, for the last 15 years, and especially over the past 4 years, this craft has been sadly on the decline.

Sheikh Mohammed Tariq, who's been part of this industry since 1986, is in the process of finding out what has caused this downturn in the industry.

He and his son **Zeeshan Tariq**, will explain to us the plight of the rug weavers of Kashmir and how they are trying to prevent the art from dying out completely.

There will be many unique carpets displayed, as well as a rug weaver who will explain the process of making a carpet.

We thank **Pushpa Chari** for making this meeting possible.

JEYASREE RAVI

ANJALI SACHETI

13^{Mon}	<p>04.00 ^{PM} Mayor Ramanathan Chettiar Centre 75/2, Santhome High Road M.R.C. Nagar Chennai 600 028</p>
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Deep Utsav - A Festival of Light

On this festive occasion of **Deepavali** we are delighted to bring you an evening that will appeal to all of your senses; from the colour and vibrancy of our entertainment to the perfume of the wonderful flower decorations and the array of exciting stalls, there will surely be something to tempt you! Come dressed in your colourful leheriya's and bandhini's and be part of **Deep Utsav** - a festival of light.

A sumptuous **high tea** will be served between **4.30 pm** and **6.00 pm** followed by our entertainment programme. We would kindly request that everyone be in their seats by **6.00 pm**.

Tickets for members and guests are **Rs. 450** and will be available for sale at all meetings.

We look forward to welcoming you, along with your friends and family, and would like to wish you all much happiness and prosperity in this festive season.

Our heartfelt thanks to **Visalakshi Ramaswamy** for graciously sponsoring the hall.

Please note this is an evening meeting.

ASHA RAMMOHAN

THE BOARD

JO FROGBROOK

15^{Wed}	<p>10.15 ^{AM} Madras Club 8, Adyar Club Gate Road R.A. Puram Chennai 600 028</p>
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Candid with Aysha...

"Creative thinking is not a talent, it is a skill that can be learnt....." Edward de Bono

And the Arts help you to do exactly that, think creatively!

Learn how to think creatively with **Aysha Rau**, playwright, author, global ambassador (TIAW) for India, managing trustee, EC member (Assitej India), World of Difference 100 awardee for 2013; copywriter and social entrepreneur as she discusses the why and how of setting up the Little Theatre Group in Chennai in 1991.

The Little Theatre not only aims to help children overcome the stress of schoolwork through high quality theatre productions but it is also a great platform to help discover their hidden talents and overcome their inhibitions by participating in creative workshops and by acting in their annual productions.

Come and enjoy theatre exercises as she stresses on the importance of art in our lives.

We thank **Malini Krishna** for being our day facilitator.

DEEPALI GOYAL

CATHERINE REDDY

Congratulations to **Kamala Prasad** for being awarded the Golden Volunteer award for 50 years of meritorious service at the YWCA.

Congratulations to **Dr Shanti Karunakaran** for receiving the Lifetime Award for valuable contribution to Psychiatry from the Indian Psychiatric Society.

16^{Thu}	<p>10.15 ^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>
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Harnessing Gold from Waste

Dr. Saranya Narayan is the medical co-founder and director of Jeevan Blood Bank and Research Centre. She has an MD in microbiology from the Madras Medical College and is a noted speaker in conferences worldwide on blood banking, cord blood banking, medical ethics and microbiology. She is also an advocate for safe transfusion practices and blood donation.

Umbilical cord blood, the blood remaining in the placenta and umbilical cord after a baby's birth, commonly referred to as the 'after birth' is a rich source of stem cells. This, which is routinely discarded after birth, is a proven cure for a variety of blood related disorders especially leukaemia and certain genetic illnesses. Transplanting these cells depends on proteins which are dependent on ethnicity. It is essential that every country builds up its inventory of donated stem cell.

Let's get empowered and build ours in whatever way we can!

We thank **Julie Madre, Lily Malhan** and **Sushila Natraj** for graciously sponsoring this meeting.

We thank **Thayabae Kakar** for being our day facilitator.

BADRUNNISA MAHADEVAN

TINEKE SYSMANS

21 Tue	<p>03.45 PM Amethyst Whites Road, Near Corporation Bank Royapettah, Chennai 600 014</p>
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The Green Room

IWA is fortunate to have a pioneer in the world of Indian fashion **Wendell Rodricks**; the man who gave us minimalism, resort wear and eco-friendly clothing long before these words became fashionable. In 1990 he established his own label in Goa with clothes that made women feel beautiful. Today he is considered one of the most influential designers in the country and has also received international acclaim for his work. He was duly awarded the Padmashri by the Indian Government in the category of art.

Wendell is a man who wears many hats, from designing clothes for the likes of Meg Ryan, Lisa Ray, Freida Pinto, to name but a few; to writing books on the history of Goan culture and reviving the Kumbi saree. He's also an avid traveller, photographer and writer who is passionate about art, music, food and Goa's environment.

His recent book, *The Green Room*, is a candid and sparkling piece of writing. He will be speaking on this fascinating topic and we will get to hear his insights and experiences on the 'Business of fashion behind the glitz and glamour'.

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

We also thank **Nita Reddy** for being our day facilitator.

Please note this is an evening meeting.

ASHA MURTHI

DAWN WILLIAMSON

29 Wed	<p>10.15 AM E Hotel Express Avenue Mall, Gate 1 Patullos Road Chennai 600 002</p>
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Trick or Treat – Give Me Something Good To Eat!

The season of fall is fast approaching in parts of the United States and with it comes not only the cool crisp air and radiant colours of the leaves, but several festivals and holidays. October brings harvest celebrations, American football games and Halloween.

Halloween is traditionally celebrated on October 31st. In ancient times it was referred to as All Hallows Eve; a Celtic festival known as Samhain (pronounced "sah-win") when pagans would take stock of their harvest for the winter months.

Today, however, American children and those of other countries as well, eagerly await dressing up in costumes and going door to door shouting the familiar "Trick or Treat" - loading up their plastic Halloween pumpkins with sweets and candy.

Chris Bomstad will share with us how the celebration has changed from the past and share some of her favourite treats and games.

Come in costumes if you dare.....ghosts, goblins and witches – beware !

We thank **Anita Kapoor** for kindly sponsoring the event.

We thank **Naina Shah** for being our day facilitator.

This is a warn in meeting. Numbers are restricted to 60. Please ring **Chris Bomstad** on **98400 84158** from **13th to 18th October** between **10am and 6pm.**

SHEETAL SHAH

CHRIS BOMSTAD

<h1 style="margin: 0;">31</h1> <p style="margin: 0;">Fri</p>	<p>10.15 ^{A.M}</p> <p>E Hotel Express Avenue Mall, Gate 1 Patullos Road Chennai 600 002</p>
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Longing Belonging

“Calcutta was no longer an old piece of furniture in the attic. It was an antique whose value I had realised.” With these words **Bishwanath Ghosh** embarks on an exploration of Calcutta; a city that, as a probashi – a non resident Bengali - he has only recently fallen in love with.

Ghosh takes us along on his journey as he attempts to discover and understand Calcutta – through the eyes of its inhabitants – some famous and others faceless. It is through these accounts that he pieces together his own unique view of the city.

Bishwanath Ghosh, author of the toplisted books - Chai Chai and Tamarind City will be in conversation with Ms. Ranjitha Ashok a freelance writer and columnist, on his latest book “Longing Belonging”.

We thank **Kaety Dalal, Kashmira Daruwala, Rani Chandani, Sara Chanda** and **Umayal Chettyappan** for graciously hosting this meeting.

We thank **Shirley Verghese** for being our day facilitator.

ANITA KOSHY

MASAKO MARUYAMA

Trip to Trivandrum

History, Culture & Tours is happy to announce the details of our short trip - November 19th – 21st

We will depart on November 19th to **Anantya** Resorts, Trivandrum. Set in a beautiful location you won't want to miss this exciting three day adventure....Day 1 will include indoor/outdoor games, swimming, plantation tour, trekking and cycling. Day 2 is a tour of Thiruvahar Temple, Padmanabapuram Palace, Neyyar Dam, Lion Park, Deer Park, boating and Aquarium visit. Day 3 will be breakfast and checkout with a 4 pm flight back to Chennai.

If all this activity sounds too much for you, there is also the option of simply enjoying the resort and pampering yourself at the spa!

The estimated cost is Rs 25,000, based on twin sharing, return flight, 2 breakfasts, 2 lunches and 2 dinners. Please mark your calendars ladies!

More details will follow shortly but if you would like to join us, please warn in before **10th October**.

SHEETAL SHAH

CHRIS BOMSTAD

Konnichiwa, IWA !

Japan has many iconic splendours that we all know - Buddhist and Shinto temples, beautiful gardens with water and bridges and rocks and trees, splendid palaces in Osaka, Kyoto and Tokyo, the sad bombed out ruins of the domed building in Hiroshima, and the poetically beautiful Mt Fuji. We traveled between them all by bullet train, and ferry and cable car and coach. We ate sushi and sashimi, okonomiyaki, teppan and tonkatsu, or pretended to eat them, and then passed around the theplas and cup-o-bissibella surreptitiously.

We learnt to wrap our tongue around the Japanese language, even though we had some hilarious results. Arigato gozimas or thank you very much, transformed itself into Origami Gonzalez and finally into Oregano Alzheimer's. We were warned to remember to pack a day's clothing in our hand baggage, or to be reduced to wearing our old 'stink' clothing. We wondered why we were visiting a tadpole in Osaka, until we realised it was a temple. And we pondered over the 'Pisa Romani', until we figured it was the Tea Ceremony. We also experienced the highest degree of technology in the smallest room in the house, the, ahem, washroom.

But if we learnt the Japanese way, we were eager and willing to share the Indian way too. We taught them a new style of making queues, the knot style, not the old fashioned line style. And we startled our ESG, otherwise known as an English Speaking Guide, by the Indian capacity to carry and eat enormous quantities of fried spicy food, in spite of three main meals every day. We taught them the concept of Indian time, 15 minutes this way or that way not being very relevant, but only after trying the Japanese way of on-the-dot, and finding it unsatisfactory. We contributed honourably to the Japanese economy, many of us carrying back extra baggage in cartons, and feeling the warm glow of knowing that we have spread happiness in Japan by our purchases.

We enjoyed the formal and delicate beauty of the Tea Ceremony, with its gentle culture and deep philosophy, the ladies and gents formally dressed in kimonos and hakama pants, even though the actually-green tea tasted and smelled like raw chlorophyll. But we also sat enthralled in a sumo Dojo, watching the young wrestlers training with their seniors. Pushing, grunting and sweating in an evidently exhausting routine, slapping themselves and tumbling across the small ring to revive their flagging energies. Akahibara with its glowing neon signs, Gion with its Geishas, the gardens with their serene beauty, the illustrated instructions everywhere on how to use the Japanese style toilet or the Western style one, the hot springs with their steaming therapeutic waters, the majestic towering presence of Mount Fujiyama with its garland of fluffy white clouds, the sudden hush around the Hiroshima Dome, getting nipped in the butt by eager deer at the deer park when they see you buying food for them, the teenagers in Tokyo crazily dressed in what they call cosplay, never once seeing baked beans at breakfast the whole 9 days - everyone of these and many more little and large things contributed to making IWA Japan such a delightfully memorable trip, it was hard to say Sayonara.

And last, but perhaps the most important - the friendships, old ones renewed, and new ones freshly baked. Travel with IWA is such a rewarding experience because you not only get to fly like a bird and see the whole wide world, but you can also cherish the little nest and your fellow fledglings getting to know them as never before.

Keep soaring, IWA.

TEHNAZ BAHADURJI