

1 Thu	10.15 AM International Music Day 12.00 PM Executive Committee 01.00 PM Managing Committee
5 Mon	10.15 AM Philosophy & Religion
6 Tue	10.15 AM Music & Performing Arts
8 Thu	03.15 PM Cooking Swapshop
13 Tue	03.30 PM Arts & Handicrafts
15 Thu	10.15 AM Current Events
20 Tue	10.15 AM Health & Ecology
28 Wed	04.00 PM Deepavali
30 Fri	10.15 AM Book Discussion

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

From the Presidents

Dear Friends,

We remember our Founder President, **Nirmal Seshadri**, as we celebrate **International Music Day** and her birthday on Thursday, **October 1st**. We thank the Music Committee comprising of **Lakshmi Viswanathan, Sharada Rajamani, Rekha Rangaraj** and **Tineke Sysmans** for identifying the young and talented singer **Pooja Shree Rajagopalan** to receive the award. We are privileged to have the presence of **Mr Seshadri** to give away the award.

"Adeep", the **IWA Deepavali** celebration is on Wednesday, **October 28th**, from **4 pm to 7 pm**, at the Mayor Ramanathan Chettiar Hall. We look forward to seeing you, at this much anticipated event, with your near and dear ones.

Our **Khazana stall**, which is popular, has lovely gifts given by you or funded by your generous contributions. Those who would like to contribute in cash or kind are requested to hand over the same, to any of the Board Members or Activity Chairpersons before October 15th.

ACHU KURIAN

MALINI KRISHNA

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 7th 2015, 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 **Nalini Panday** on **98849 58629**.

BADRUNNISA MAHADEVAN

1 Thu	12.00 ^{PM} Executive Committee
	01.00 ^{PM} Managing Committee
Hotel Park Hyatt 39, Velachery Road Chennai 600 032	

1 Thu	10.15 ^{AM} Hotel Park Hyatt Velachery Road Chennai 600 032
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International Music Day

International Music Day is a special day for IWA as it is also our Founder **Nirmal Seshadri's** birthday.

Remembering her love for music, her family has instituted an award to be given to a young and talented musician.

Our Music Committee this year comprising of **Lakshmi Viswanathan** (Chairperson), **Sharada Rajamani, Rekha Rangaraj** and **Tineke Sysmans** received various applications. After reviewing the performances of all the candidates, the Music Committee has chosen 16 year old **Pooja Shree Rajagopalan**, a promising young singer of Carnatic music as this year's winner. The young artiste will be honoured by IWA and she has agreed to give a brief performance for our members.

Ladies, we invite you to join in the celebration and encourage this year's talented winner.


We thank **Priya Wurm** for graciously hosting this meeting.

This is a **members only** meeting.

ACHU KURIAN

THE BOARD

MALINI KRISHNA

5 Mon	10.15 AM Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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Dussera, a festival dedicated to the Divine Mother – Shakthi

A time to rethink 'empowerment of women'

The spirit behind a festival, many a times, gets lost in the ritual connected with it. This is as true of Dussera as with any other festival. Mere performance of rituals and practices of a festival, with no understanding of the spirit behind the rituals, robs the festival of its spirituality.


Maya Gaitonde will give us some insights into the religious and cultural traditions connected with Dussera, pan-India. Why do we worship Lakshmi, Saraswathi and Durga, and in that order, during Dussera? What does this teach us about true empowerment of women? What is the significance of the rituals of worship we practice every day? How much richer will be our experience if we understood what they meant!

Maya Gaitonde is the Honorary General Secretary of the Bala Mandir Kamaraj Trust and Secretary of Bala Mandir Research Foundation. She co-ordinates the Secretariat of the Network for Information on Parenting and holds workshops on parenting. She is the co-author of "Living in Harmony" – Value and Peace Education series.

We thank **Jayashree Manradiar** for sponsoring the meeting.

MALLIKA VENKATARAMANI

SHARON ILES

6 Tue	10.15 AM E-HOTEL Express Avenue Mall Gate 1 Patullos Road Chennai 600 002	
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.....of Pillars that recite Poetry and Sculptures that Dance.....

"The twin arts of dance and sculpture developed hand in hand and side by side under the divine shade of the temples in India. Beauty has always been associated with divinity, giving it a stamp of permanence. These arts have influenced each other's growth enriching their common themes and forms. The dancer was a delectable source of inspiration for the sculptor. The sculpture thus created had also been a silent guide to generations of dancers. This is how the two arts have been helping each other in the process of their mutual refinement." - Dr. Padma Subramaniam.

The temples of South India were primarily constructed for worship. In addition, they were also economic and social hubs and important centres of cultural activities. Dancers and musicians were attached to these institutions as the performing arts were part of temple worship.

Reflecting this ethos are the sculptures on the walls and pillars of temples, of dancers and also musicians playing on different musical instruments. These carvings are like a photographic gallery which offers us a peep into the world of the performing arts over the ages.


The audience is spell bound by her lectures and is in awe when she reveals less-known facts about temples and their history. Dates, periods, dynasties are all at her finger tips. Every small temple means something to her. **Dr.Chithra Madhavan** is the speaker and this lecture, illustrated with dozens of slides, will be of such sculptures found in temples big and small in different parts of South India.

We thank **Dr. Vijaya Bharathi Rangarajan** for sponsoring the event.

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

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

8^{Thu}	<p>03.15 PM ITC Grand Chola 63 Mount Road, Guindy Chennai 600 032</p>	
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Stir-up Thursday

What do cashews, raisins, plums, dates, walnuts, pistachios, cognac, rum along with spices such as cinnamon and nutmeg have in common? Why, the mixing of the Christmas Pudding, of course!

Please join us and let us together start the countdown for Christmas as we waggle a spoon on this age old ceremony called Cake-Mixing. The idea is to spread cheer and joy as this process is believed to be a harbinger of Good Tidings.

Some adaptations include this children’s rhyme,

“Stir-up, we beseech Thee, the pudding in the pot, And when we get home, we’ll eat the lot!”

As per tradition, a Christmas cake is made with 13 ingredients to represent Christ and his disciples. It is always stirred from east to west in honour of the 3 wise men. Every family member must give the pudding a stir and make a secret wish.

From mixing, maturing and sitting there’s more to plum cake than meets the eye!

Chef Ajit Bangera (senior Executive chef) and his team at **ITC Grand** have got this Stir -up Thursday for us and let us get the right mix of a little bit of spice, a dash of soaked-in-wine sweetness, in a luscious dark slice of plum cake!

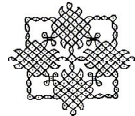
We have to limit the cake mix to 60 members. Please **warn in** with **Asha Murthi** at **98410 20710** between **October 1st** and **5th** from **10am to 5pm** only.

We thank **Rashmi Bharath** for being our day facilitator.

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

ASHA MURTHI

CHUNG MEE

13^{Tue}	<p>03.30 PM Residence of Usha Moorthy 1st Floor, Sreshta Panchajanya 25/51, Arundale Beach Road Besant Nagar, Chennai 600 090</p>	
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Old Curiosity Shop - Antiques

An antique is vintage collectable item - desirable for its age, beauty, rarity and emotional connection. Generally an antique object is at least 100 years old.

Our IWA members will have in their homes exquisite antique sarees, jewellery, bronzes, maps, paintings, artifacts, sculptures, furniture and so on. It would be wonderful for all to see, understand and experience these unique pieces. This meeting is to give an opportunity to IWA members to bring, display and give a 2 minute talk on their antique piece for the enjoyment of all.


Please **warn in** with **Usha Moorthy** on phone **98400 74196**, **October 2nd to 4th, 10am to 4pm** or by email with a picture of your chosen item to ushabmoorthy@gmail.com **before the 4th October**. We will choose about 12 pieces for uniqueness and variety to be presented at the meeting.

Our own member **Vidya Singh** will introduce the topic and lead the meeting. We thank her for the same.

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

USHA MOORTHY

SANYUKTA GILL

15^{Thu}	<p>10.15 ^{A.M} Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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The Film Industry... An Insider's View

The Indian film industry is not just huge- it is also hugely popular. It entertains large audiences and also provides employment to many.

Talking to us about this will be **Ashwatha Naik**.


Ashwatha Naik is the Head of Films and Licensing Division at CAA Kwan (one of India's leading talent and entertainment agencies). He has experience in various aspects of the feature film business. During his interaction with IWA he would like to share some anecdotes and insights from his experiences in the film and entertainment business, and also with some of the "stars" who light up the sky of Bollywood.

We thank **Priya Asokan, Meenakshi Dhamija** and **Bala Rao** for so graciously hosting this meeting.

We thank **Fharzana Siraj** for being our day facilitator.

LAKSHMI MENON

ANJALI SACHETI

20^{Tue}	<p>10.15 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Fragile X

Fragile X is a genetic condition that can impact individuals in an entire family across many generations. It is the world's leading cause of inherited mental impairment. It is also the cause of a Parkinson-like condition and a cause of premature ovarian failure in some female carriers.

Shalini Kedia, founder and chairperson of the Fragile X Society of India will enlighten us about the not-so-rare genetic condition that affects millions worldwide.

We thank **Anita Kapoor** for sponsoring the meeting.

BANU SINGH

SUSHI GOKLANEY

28 Wed	04 00 PM Mayor Ramanathan Chettiar Centre 75/2, Santhome High Road, M R C Nagar Chennai 600 028
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Adeep- A Celebration of Light

Deepavali, the Festival of Lights, is a joyous celebration of the victory of good over evil and light over darkness. Do join us for IWA's Deepavali celebration and enjoy an evening of fun, shopping and the mouth-watering High Tea. Feel free to indulge in some festive shopping as there will be stalls galore to satisfy your every whim and fancy. We also have our ever popular **Khazana stall**.

Ladies, grab your seats early for a wonderful entertainment programme which is being put together by our members. The **entertainment programme** starts at **5 pm** and will be followed by a sumptuous **High Tea**.

We look forward to seeing you dressed in your festive splendor.

Tickets for members and guests are priced at **Rs. 500** and will be available with the Management Committee members and Activity Chairpersons. Please remember that this event is **open to all** and so we look forward to having you there with your friends and family.


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

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

ACHU KURIAN

THE BOARD

MALINI KRISHNA

30 Fri	10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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Generation at a 'Crossroads'

Padmini Natarajan is a story teller, poet, columnist, blogger, editor and journalist. She has specialized as a Culinary Editor as well as edited and collaborated on Cookbooks. She won the Gourmand Special Jury Award in Paris in 2009 as co-author of "Classic Tamil Brahmin Cuisine".

Our very own IWA ladies will read excerpts from Padmini's book "**Crossroads**", her first book of fiction. It is a collection of stories about South Indian middle class families and individuals trying to harmoniously bridge traditions with modern day lives and demands. The stories reflect the changes and adaptations that people have introduced into work-life balances, gender issues and community living.

A big thanks to **Urmilla Agarwal** and **Amita Bhatia** for co hosting the meeting.

NIDHI THADANI

AMULYA RAO