

<b>1</b> Fri	09.30 <sup>AM</sup> Managing Committee 11.30 <sup>AM</sup> Executive Committee
<b>5</b> Tue	<b>04.15 <sup>PM</sup></b> Arts & Handicrafts
<b>7</b> Thu	10.15 <sup>AM</sup> Cooking Swapshop
<b>9</b> Sat	<b>07.30 <sup>AM</sup></b> Cooking Swapshop Philosophy & Religion
<b>12</b> Tue	10.15 <sup>AM</sup> History, Culture & Tours
<b>14</b> Thu	10.15 <sup>AM</sup> Health & Ecology
<b>20</b> Wed	10.15 <sup>AM</sup> Book Discussion
<b>26</b> Tue	10.15 <sup>AM</sup> Current Events

**Election Sub-Committee**

The Managing Committee has appointed the following members to serve on the Election Sub-Committee for the election of the IWA Office Bearers for 2013-2014:

- Chairperson : Kusum Chadda
- Members : Usha Chandrakumar (Indian)  
Dhun Dalal (Indian)  
Elizabeth Aston (Non Indian)  
Raziyeh Sheerazie (Non Indian)

<b>1</b> Fri	09.30 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Tea & Snacks 11.30 <sup>AM</sup> Executive Committee <b>Madras Boat Club</b> No.2, 3rd Avenue, Boat Club Road R.A. Puram, Chennai 600 028
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Meetings hosted by **Sudha Shivkumar**

The January Committee meetings were jointly hosted by **Asha Hemdev** and **Jennifer Meddick**.  
Thank you Asha and Jennifer!

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

**From the Presidents**

Dear Friends,

The nip in the air is fast disappearing! The heat is slowly manifesting itself.

It was wonderful to see so many familiar faces from our IWA family at the music and dance events during the season. It endorses the fact that our ladies are artistically sensitive besides their myriad other abilities and capabilities.

The last quarter of our tenure has commenced. We take this opportunity to thank every one of you for your enthusiastic support, encouragement and endorsement of the programmes we have planned for IWA. We hope that you will all continue to encourage us for the remaining months.

Please check your attendance tally and endeavour to make up any shortfall by the 31<sup>st</sup> of March 2013. Those of you, who have been notified by the Membership Secretary, please make an extra effort to complete your ten meetings.

The IWA Endowment Lecture by Indira Peterson was very well received.

Before we realize, it is time for the Election Committee to be set in place. We welcome the new committee and we wish them all the very best in their efforts to select the most appropriate team for the next IWA year.

Our IWA ladies with wheels on their feet are ready to take off to the peace & tranquility of Ananda and Hrishikesh & Haridwar. We wish them a safe trip.

Finally, on a somber note: Let us pledge that we will do our bit to prevent horrifying crimes being perpetrated on innocents like Nirbhaya!

We look forward to your sustained commitment & spirited involvement in the final quarter!

Yours in IWA,

RAMANI REDDY

VIJAYA RANGARAJAN

**From the Treasurer**

**RECEIPTS & PAYMENTS FOR THE PERIOD 01.04.2012 TO 31.12.2012**

<b>RECEIPTS</b>	<b>Amount</b>	<b>Amount</b>
To Opening Balance - Cash	9222.24	
To Opening Balance - Canara Bank SB14396	168263.81	
To Opening Balance - FD	1029869.00	
		<b>1207355.05</b>
To Member Subscription		594000.00
To Non Refundable New Membership Fees		55000.00
To Fixed Deposit/SB Interest		75596.00
To Bank Charges		293.00
To Guest Charges		20030.00
To Telephone Directory,Badges		7025.00
To Hostess Contribution		151832.00
To Anandha Deepam (Diwali Celebration)		24227.00
	<b>TOTAL</b>	<b>2135358.05</b>
	<b>PAYMENTS</b>	
By AGM Expenses 2011-2012		68358.00
By Printing and Stationery		46811.00
By Fellowship Morning		32843.00
By Accounting Charges		18000.00
By Bank Charges		542.00
By Gift Articles		30905.00
By Meetings		162776.00
By Founder's Day Celebration		10494.00
By International Music Day		31929.00
By Christmas Celebration		30000.00
By Postage and Courier		13237.00
By Closing Balance - Cash	24139.24	
By Closing Balance - Canara bank SB 14396	571454.81	
By Closing Balance-FD -1287306000014/2(MD.28.06.13)	100000.00	
By Closing Balance-FD -12873000572/2(MD.14.07.13)	424354.00	
By Closing Balance-FD -128730300637/2(MD.26.08.13)	5515.00	
By Closing Balance-FD -1287303300572/3(MD.23.01.13)	500000.00	
By Closing Balance -Advance paid to Chairpersons	64000.00	
		<b>1689463.05</b>
	<b>TOTAL</b>	<b>2135358.05</b>

NABILA AVAIS

<b>5</b> Tue	<b>04.15<sup>PM</sup></b> Asha Murthi's Residence 10, Krishnama Road Nungambakkam, Chennai, 600 034 Tel: 28279115
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## Kolam

### From the Heart to the Hearth

A **Kolam** is a geometrical line drawing composed of curved loops, drawn around a grid pattern of dots. It is an antiquated Dravidian geometrical decoration. It is an everyday ritual in which ladies get up early morning before sunrise and clean up the area with water. The Kolams are then made on the wet floor with the use of rice powder. The Kolam is not just a delicate art. The fascinating patterns of Kolam also signify happiness and success and are thought to bestow prosperity to homes. Kolams are regionally known by different names in different parts of India.

An insight into this fascinating art will be given by our own member and past President **Rani Ananth**. She is a graduate in Psychology & Sociology from St. Xavier's College, Mumbai. Being a dancer and deeply involved with the fine arts, she is very passionate about the art forms and traditions of South India.

Some of our members, **Jayanti Rajaram, Rama Rajagopalan, Brahada Kameshwaran, Usha Chandrakumar** and **Meera Jayakar** will also showcase their talents in drawing kolams, pookolams and alpanas.

We thank **Asha Harish Murthi** for graciously opening up her home to us for this meeting.

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

NALINI ACHARYA

DEBORAH THIAGARAJAN

<b>7</b> Thu	<b>10.15<sup>AM</sup></b> ITC GRAND CHOLA 63, Mount Road, Guindy Chennai 600 032
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## Walk the Talk

In the midst of Chennai's industrial district, ITC Grand Chola is an oasis of quiet splendour. Built in a palatial design that pays homage to one of South India's greatest empires, it subtly integrates the ancient resplendence of the Chola dynasty with contemporary styles and facilities.

**Chef Ajit Bangera**, a silent stalwart of the culinary world, holds many honours in his long and distinguished career. Today he brings his expertise to the ITC Grand Chola to recreate the culinary glory of the Chola Empire and transcend the dining standards established by this competitive industry. He and his team will 'walk the talk' (in your comfortable footwear) of the ITC Grand Chola's 10 restaurants offering dining options that transcend national boundaries ranging from South Indian to East Asian and Italian.

We will experience this insight into their kitchens and understand Indian hospitality which makes ITC Grand Chola not just a hotel, but a cultural & environmental institution.

We sincerely thank **ITC Grand Chola** for graciously hosting this event.

We thank **Naaz Tyebbhoy** for being our day facilitator.

Please note this meeting is restricted to **members only** and the tour starts at **10.45am sharp**.

BADRUNISSA MAHADEVAN

CHRIS BOMSTAD

<b>9</b> Sat	<p><b>07.30<sup>AM</sup></b>                  Bhagavath Krupa                  Nayakan Kuppam Road                  Uthukadu (3kms before Wallajahbad)                  Kancheepuram District</p>
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## Day Trip to Uthukadu

The farmhouse aptly named '**Bhagavath Krupa**' located in Uthukadu village is a great showcase of eco-living using the traditional Indian philosophy of living in harmony with nature as the backdrop. It is designed to harness nature's resources using modern day technology of solar power and conserving and reusing/recycling to reduce waste and decrease the carbon footprint.

Our day trip in an A/C bus will start at 7.30am from Chennai with breakfast on the bus. We will be arriving at the farmhouse by 9.30am. After a tour of the beautifully laid out home, we will get involved with the village women who will cook Pongal using the traditional village custom of earthen pots. This will be followed by '**Gummi**' which is a traditional folk dance in celebration.

The fun part would be a bullock cart ride of about 500m or so to the local Ellai Amman (Seema Devi) temple. We will then return to a wonderful spread of vegetarian lunch and a demonstration of '**Kozhukottai**' steamed in palm leaves and enjoy '**Puli Vesam**', folk dance entertainment.

Come enjoy the beautiful open spaces, gorgeous old fruit trees, flowering plants, medicinal herbs, all organically grown and participate in the pooja at the temple.

Our return is planned for 3.30pm back to Chennai.

Do hurry to reserve your place. **Limited to 30.** Please call **Sharmila Ramji** at **9840360735** or **Badrinissa Mahadevan** at **9884348463** between **February 2nd and 6th from 11am to 5pm.**

We thank **Lalitha Krishnan** for opening up her farm house to us and hosting the activities.

We thank **Vijaya Rangarajan** for hosting the breakfast on the bus.

SHARMILA RAMJI  
 BADRUNISSA MAHADEVAN

CECY KURUVILLA  
 CHRIS BOMSTAD

<b>12</b> Tue	<p>10.15<sup>AM</sup>                  Residence of The Japanese Consul                  5B, Chittaranjan Road, Teynampet                  Chennai 600 018</p>
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## Japanese Tea Ceremony

**The Japanese Tea Ceremony** captures all the elements of the Japanese philosophy and artistic beauty and interweaves four principles - harmony (with people and nature), respect (for others), purity (of heart and mind) and tranquility. The Japanese Tea Ceremony is a cultural activity involving the ceremonial preparation and presentation of "**matcha**", powdered green tea. It is a choreographic ritual of preparing and serving Japanese green tea together with traditional Japanese sweets to balance the bitter taste of the tea. Preparing tea in this ceremony means pouring all one's attention to predefined movements. The whole process is not about drinking tea, but is about aesthetics, preparing a bowl of tea from one's heart. The host of the ceremony always considers the guests with every movement and gesture. There are various styles of tea ceremonies and it is recognized that each one is a singular experience that will never occur again in exactly the same way and so every aspect of the tea ceremony is savored.

Our sincere thanks to **Keiko Nakano** for graciously opening up her home for this meeting.

**Please note this is a members only meeting.** We have to limit this meeting to **40 members.** Please warn in with **Achu Kurian** at **98411 44072** or **Rathi Nilakantan** at **98410 73060** from **February 4th to February 7th.**

**Please bring a photo ID. Entry to the residence is permitted from 10.15 am to 10.45 am.**

We thank **Cherry Venkatesan** for enabling this meeting for IWA and for being our day facilitator.

ACHU KURIAN

RATHI NILAKANTAN

<b>14<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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## Food . . . Deliciously Healthy vs. Delhi Belly

Have you ever eaten anything that looks and smells scrumptious only to end up with an upset stomach or worse? Ever wondered what the nutritional labels on food packages really mean? Is it healthy or not?

Come join us as **Dr. V. Pasupathy** will discuss in detail how to store food properly, detect the signs of food spoilage, kitchen hygiene and safety. He will also teach us the meaning of those mysterious food labels, therefore making it easier for us to choose well balanced foods for our families.

Dr. V. Pasupathy is a food scientist and he has Doctorate degrees in immunology, microbiology, biochemistry and neuro endocrinology. Dr. Pasupathy 's scientific achievements are numerous. He also spends time working with two orphanages, 57 schools and various other organizations. Currently he is Consultant Advisor to more than 26 properties which include leading hotels.

We thank **Rani Das Gupta** for being our day facilitator.

ASHA HEMDEV

JENNIFER MEDDICK

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Our hearty congratulations to **Anjali Sacheti** on giving birth to a baby boy!

Our hearty congratulations to **Geeta Rajagopal** on the birth of her grandson.

<b>20<sup>Wed</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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## The Secret Wish List

Does true love really exist or is it just a cliché? Can a single kiss really change your life? **'The Secret Wish List'** traces the life of sixteen year old Diksha, who like any girl her age, finds her life revolving around school, boys and endless hours of fun with her best friend. But one day, all that changes. What starts as an innocent crush explodes into something far beyond her control. Eighteen years later, she finds herself at the crossroads of life. Urged by a twist of events, a wish list is born. But can a wish list help her piece back her life together?

**Preeti Shenoy**, author of four other novels, poet, essayist and artist, weaves an extraordinary story that tugs at the heartstrings, with insight and wisdom, as she explores the delicate matters of the heart. It strikes a chord in every woman's heart and is a captivating, engrossing, racy tale about following your heart, chasing your dreams and the meaning of friendship.

Preeti Shenoy will be present to discuss the book and her literary journey.

LEENA SURYAPRAKASH

JANSI KISHORE

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We thank **Somna Sachdev** for printing the invitation cards for the IWA Endowment Lecture in January.

<b>26<sup>Tue</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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## Indian Politics - a family business?

Family power in politics is nothing new to south Asia, where dynasties like the Gandhis, Bhuttos and Hasinas have held clout for generations. But with a family name more important in politics than individual qualities or merits in India, it strikes at the very core of democracy.

**M.R. Venkatesh** is a Chartered Accountant who addresses the business concerns relating to economic policies, international trade and business strategies. He is a regular contributor to prestigious publications in India. He has also authored several books.

We thank our sponsors **Surekha Kothari** and **Sujaya Menon** for hosting this meeting.

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

SUDHA SHIVKUMAR

KIMBERLY OWENS

Our heartfelt condolences to **Vanitha Mudaliar** on the loss of her husband **Mr. A. L. Mudaliar**.

Our heartfelt condolences to **Jansi Kishore** on the loss of her father-in-law.

### Change of Address:

**Muriel Dutton**

15, Crescent Street  
 3B, Sundari Apt.  
 Boat Club Road  
 Chennai 600 028

### We welcome the following new members:

**Julie Madre**

France

12 Melrose Park  
 Sundeep Road  
 Neelankarai  
 Chennai 600 041  
 Mobile: 8939638013

**Farah Bangera**

Australia

D1 Powhattan  
 11 Boat Club Road  
 R.A.Puram  
 Chennai 600 028  
 Mobile: 8056279520

**Rigmor Ekstrand**

Sweden

Grayshott Apartment J 401  
 Bishop Garden Ext.  
 R.A. Puram  
 Chennai 600 028  
 Landline: 24933222  
 Mobile: 9500031499