

<b>3<sup>Fri</sup></b>	10.00 <sup>AM</sup> Managing Committee 11.30 <sup>AM</sup> Executive Committee
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<b>17<sup>Fri</sup></b>	10.15 <sup>AM</sup> Fellowship Morning
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<b>21<sup>Tue</sup></b>	10.15 <sup>AM</sup> Health & Ecology
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<b>23<sup>Thu</sup></b>	<b>04.00 <sup>PM</sup></b> Cooking Swapshop
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<b>28<sup>Tue</sup></b>	10.15 <sup>AM</sup> Philosophy & Religion
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<b>30<sup>Thu</sup></b>	10.15 <sup>AM</sup> Music & Performing Arts
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**From the Presidents**

Dear Friends,

We wish you a **Happy New Year** and welcome you back to what we hope you will find interesting and engaging meetings in 2014.

Our weekend trip to Sethumadai was relaxing and we all returned energized for the holiday season.

The “Holly Jolly Christmas” had a huge turnout and was enjoyed by all, particularly ‘Twas the night before Christmas’ enacted “Chennai ishstyle” by our members!

We begin the New Year with a fun filled Fellowship morning which will give everyone the opportunity to catch up with friends and exchange notes on the most well intentioned resolutions made!

We wish all the members going on our overseas trip to Vietnam and Cambodia a wonderful holiday. Bon Voyage!

Thank you for encouraging us through 2013, we look forward to your continued support in the New Year.

NITA REDDY

PRIYA ASOKAN

<b>3<sup>Fri</sup></b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Tea & Snacks 11.30 <sup>AM</sup> Executive Committee <b>Presidency Club</b> Platinum Point Room Ethiraj Salai, Egmore Chennai 600 008
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Meetings are hosted by **Urmilla Agarwal** and **Gay Weir**

**From the Presidents**

**ADVISORY COMMITTEE**

**Meyammai Murugappan** has completed her three year term on the Advisory Committee. She has offered us invaluable guidance and advice and been a real asset to the committee. Thank you Meyammai!

We welcome **Maureen Hudson Murari** on to the Advisory Committee. With her years of IWA experience and her quiet efficiency, we are confident that she will be of immense value to the committee.

The Advisory Committee members are:

**Sushi Natraj, Maureen Hudson Murari and Javanthi Singaram.**

NITA REDDY

PRIYA ASOKAN



We would like to pass on our most sincere condolences to **Tehnaz Bahadurji** on the demise of her mother-in-law.

We offer our deepest condolences to **Jyothi Ganesh** on the demise of her father.

Our heartfelt condolences go out to **Kalpana Sonthalia** on the demise of her mother-in-law.

<p><b>17<sup>Fri</sup></b></p>	<p>10.15 <sup>AM</sup>                  Nina Kothari's Residence                  "Kothari Bagh"                  18 Nungambakkam High Road                  Chennai 600 034 Tel : 2827 8888</p>	
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At the beginning

One fat Major

Lucky Bachelor

Up to tricks...

Have we got your attention yet???

Ladies, welcome back for a fun fellowship morning and a game of pure luck (Any bells ringing now? in case you haven't figured it out – these are lesser known ways to call out Tambola numbers!). Here's your opportunity to catch up with friends post the holidays, relax and enjoy yourselves.

Do come dressed in shades of blue to echo the mood of our winter IWA woman.

We thank **Nina Kothari** for so graciously opening up her home and hosting this meeting.

**Please note this is a members only meeting.**

NITA REDDY

PRIYA ASOKAN

THE BOARD AND ACTIVITY CHAIRPERSONS

<h1>21<sup>Tue</sup></h1>	<p>10.15<sup>AM</sup>                  Hotel Savera                  146 Dr. Radhakrishnan Salai                  Chennai 600 004</p>	
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## Epilepsy - How much do you know?

Hippocrates wrote the first book on Epilepsy, 'On the Sacred Disease', around 400 BC, recognising that it was a brain disorder and claiming that people with epilepsy did not have the power of prophecy. In 2400 years, we have travelled a long way ahead. The knowledge has increased, but the stigma still not removed!

To throw more light on Epilepsy (recurrent seizures, convulsions, fits) we have our very own member, **Dr. Prithika Chary**, a prominent neurologist and neurosurgeon talk to us. She will tell us, as a society, how we could enable people afflicted with Epilepsy to lead a full life, with everyone, like everyone...

We thank **Dr. Prithika Chary** for graciously hosting this meeting.

FHARZANA SIRAJ

JULIE MADRE

<h1>23<sup>Thu</sup></h1>	<p>04.00<sup>P.M</sup>                  Alagu Muthu's Residence                  "Beau Rivage"                  97 Santhome High Road                  Chennai 600 028</p>	
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## Appetizers Galore

How many times have you wished you knew how to make a quick appetizer for unexpected company, or you need a simple dish to take to a party? Well, we have good news for you! Enjoy the evening as we take you on an appetizer journey.

IWA members are going to demo recipes, share useful tips and offer a taste of some of their quick and easy appetizers. **Angela McIntyre, Naina Shah, Raziye Sheerazie** and **Gay Weir** amongst others, are ready to tantalize your taste buds.

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

We thank **Alagu Muthu** for generously opening up her home and sponsoring this meeting.

We thank **Jessica Elias** for being our day facilitator.

URMILLA AGARWAL

GAY WEIR



We would like to thank **Heather Charraudeau** for hosting our Mixology meeting at The Grand Chola in December.

<b>28<sup>Tue</sup></b>	<p>10.15 <sup>AM</sup>          Hanu Reddy Residences          39/18 Binny road          Poes Garden          Chennai 600 086</p>	
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## Aurobindo & The Mother: their gifts to future humanity

Living very near Pondicherry and Auroville, we certainly have seen or heard about the heritage of Sri Aurobindo, the ashram he founded and his philosophical works. Did you know that Sri Aurobindo also expressed his spiritual thought in poetry? 'Savitri: A Legend and a Symbol' is an epic poem by Sri Aurobindo, based upon the theology from the Mahabharata.

We are very happy to welcome at IWA, **Dr. Prema Nandakumar**, whose PhD on Sri Aurobindo's Savitri, opened the way for many subsequent studies on this topic. Dr. Nandakumar, who has been conducting workshops on the writings of Sri Aurobindo and The Mother for more than thirty years, is also an acclaimed critic and translator and has been recognized with several awards for her contributions to Indian literature.

Do come and learn more about Sri Aurobindo's thoughts from an authority on the subject!

We thank **Radhika Krishnamohan** for so graciously sponsoring the meeting.

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

SHEETAL SHAH

CECILE EZVAN DUFEU

<b>30<sup>Thu</sup></b>	<p>10.15 <sup>AM</sup>          Kausalya Jaganmohan's Residence          "Shri Vaishnav"          Old No.16 (New No.33)          Kasturi Ranga Road Chennai 600 018</p>	
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## "Music is in my blood" – Dr. B.M. Sundaram

-A talk on Nottuswara Sahityas

**Dr. B.M. Sundaram**, a musicologist, a linguist and a light hearted conversationalist, has written the rarest of books detailing 3600 raga scales intricately. According to The Hindu, "His friends call him 'best musicologist' Sundaram because of his prowess in music. His love for music grew into a passion to conduct research on music." A winner of many awards including the Kalaimamani Award, he is a visiting professor of music at Wesleyan University in Connecticut and Norton College at Massachusetts.

He will speak to us about the precious legacy handed over by Muthuswami Dikshithar, a compendium of Nottuswara Sahityas - a genre of music that was born when he wrote Sanskrit lyrics to western tunes, a set of magical compositions to inspire and educate young minds on melody & rhythms.

We thank **Kausalya Jaganmohan** for opening up her home for the meeting.

Thank you to **Mansha Bhatia** for being our day facilitator.

JEYASREE RAVI

RIGMOR EKSTRAND

## IWA's Visit to Banyan Tree Farmstay

An hour's flight to Coimbatore and another two hour's drive towards the Western Ghats and we were in Sethumadai, the small hamlet where Banyan Tree is located. Winding our way past a local temple and the surrounding greenery we reached our destination in time for lunch.

Our hosts Mr. and Mrs. Prabhu were waiting to welcome us to their beautiful farmhouse. Built in an ethnic fashion and tastefully decorated, there was light and air everywhere in the house. We were escorted to our rooms across a small wooden bridge and treated to a wonderful lunch, the highlight of which was the tender coconut curry!

Banyan tree is located in pristine acres of verdant landscape. We spent the afternoon roaming around the property. There were so many varieties of fruit trees - fig, star gooseberry, lemon and tamarind to name a few. Many of us saw our first cocoa plant. Who knew that the fruit of the cocoa tree was edible and tasted like custard apple? A waterfall at the end of the property (where some of the ladies "frolicked" Liril style!) and a stream nearby completed the pretty picture.

In the evening we set out for a leisurely walk along the canal at the edge of the forest. Once we reached the forest boundary, we beat a hasty retreat acting on good advice, when we were told that the sounds of rustling leaves we could hear were the result of a lone elephant having an afternoon snack! Some of the intrepid ladies travelled in an open jeep, while others followed sedately in the Tempo Traveller. What a sight it was - acres and acres of cultivated land at the foothills of the Western Ghats!

Next morning, we drove to the Anamalai forest and the Parambikulam tiger reserve. The forest, which is protected by the government, was filled with so many varieties of flora, fauna and water bodies. The beauty of the forest and the deep silence all around was truly awe inspiring. We spotted deer, langurs, bison, boars and the malabar squirrel, not to mention the varieties of butterflies that made a city dwellers heart very

happy! Unfortunately, the elusive tiger eluded us completely even though we tried returning to the forest in the evening to catch sight of her.

We returned the next day to Chennai. Good food, great company, sights and sounds of rural India - it was a truly enjoyable weekend!

LAKSHMI MENON



## A Note of Thanks

IWA's Christmas programmewould not have been possible without the generosity of several of our members. Their contribution, be it their time, dedication or otherwise, was a testament to the all powerful "I do it for IWA" spirit!

The scrumptious high tea was courtesy of **Kangan Bhalla, Jennifer Datta, Buddy Mahadevan, Somna Sachdev** and **Radhika Wakharkar**. Thank you all for your generosity!

Our thanks to **Premila Jacob, Anita Koshy, Darley Mathew, Maya Mathew, Princess Naik, Lita Srinivasan** and **Shobhana Thomas** for the delicious Christmas cake which everyone took home with them.

Our performers and entertainers for the afternoon generously contributed their time, showing up for several practice sessions, despite the million other things competing for their attention. For this, we owe a big thank you to:

**Chris Bomstad, Heather Charraudeau, Rigmor Ekstrand, Jo Frogbrook, Radha Gopalakrishnan, Sharon Iles, Rupa Kadhiresan, Shanti Karunakaran, Anita Koshy, Prema Kumar, Buddy Mahadevan, Minnie Mathan, Darley Mathew, Maya Mathew, Marina Mathias, Jennifer Meddick, Angela McIntyre, Rita Saldanha, Tineke Sysmans, Reena Verghese, Gay Weir and Sylvie Wright**

Thank you ladies!

Many thanks to **Prema Kumar** for graciously providing us with valuable rehearsal space including daily afternoon tea!

We would also like to thank our hot shot photographer, **Naina Shah** for capturing the afternoon's festivities with her camera.

## A Holly Jolly Christmas!

