

March at a glance

2 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee
3 Tue	10.15 ^{AM} Arts & Handicrafts
5 Thu	10.15 ^{AM} Cooking Swapshop
10 Tue	10.15 ^{AM} Music & Performing Arts
13 Fri	09.30 ^{AM} Workshop
19 Thu	03.45 ^{PM} Current Events
24 Tue	10.15 ^{AM} Book Discussion

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

26 Thu	10.15 ^{AM} Grand Finale
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2 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee Hanu Reddy Residences 39/18, Binny Road, Poes Garden Chennai 600 086
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Meetings are hosted by **Usha Jawahar**

From the Presidents

March is already upon us and it's time for the **Grand Finale!** We invite you to join us at **10.15am on March 25th** at the Madras Club for a morning of fun and fellowship. Please note this is a **members only** event.

This month we bring you the last of our four workshops and the topic is photography; we're looking forward to another informative and engaging session. Remember ladies to warn-in early as places fill up quickly!

Also in the newsletter this month, the Election Sub-Committee has prepared a list of candidates for election to the Managing Committee for 2015-2016. You can find the nomination form at the end of your newsletter.

As per the Byelaws 11m (viii):

"The Election Committee shall present to the members, the names of Indian and non-Indian candidates, who are eligible and willing to stand for election to the Managing Committee along with a photograph and posts held in IWA..."

Please send in your completed forms to **Seema Sait**, Chairperson Election Sub-Committee by **March 10th**.

The **AGM** will be held on **Monday 27th April**. The time and venue will be notified in the April newsletter. Please be aware of Bylaw 10Q (vi) on termination of membership, if "A member does not attend three consecutive meetings of the General Body without leave of absence in advance in writing."

We look forward to seeing you at our March Meetings.

ASHA RAMMOHAN

JO FROGBROOK

3Tue

10.15 ^{AM}
Amethyst
Whites Road, Next to Corporation Bank
Royapettah
Chennai 600 014

Wabi Sabi – An Aesthetic Philosophy

Wabi sabi is a Japanese aesthetic philosophy that dates back to the tea ceremony and could be considered the artistic mouthpiece of the Zen movement. It is a philosophy that informs Japanese aesthetics via the tea ceremony, ikebana, haiku, garden designs and Noh theatre.

Today's talk will explore wabi sabi from its use in ikebana and look to understand its relevance in the modern context.

Ambika Chandrasekar holds an MA in Psychology from the University of Madras. She works full time as VP Research and Planning in RKSBBDO. She is also a lover of nature and an ikebana artist who is passionate about the environment and conservation.

We thank **Sharmilee Nielsen** for being our day facilitator.

JEYASREE RAVI

ANJALI SACHETI

5^{Thu}	10.15 ^{AM} E Hotel Express Avenue Mall, Gate 1 Patullos Road Chennai 600 002
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Health Cakes

Our member, **Princess Naik**, will be talking to us about three easy to make cake recipes. She will be conducting a demonstration displaying the various stages of making the cakes and will also be talking to us about how to use healthy ingredients suitable for our life style.

Princess will demonstrate the making of a chocolate cake with olive oil, an extra chocolate cake with almond powder and finally a health cake made with carrots, bananas and almonds. There will also be a display of unusual homemade cakes made by master chefs of IWA for us to taste.

We thank **Veena B Swamy** for being our day facilitator.

ANJANA SUNIL

MAHVESH SAIT

10^{Tue}	10.15 ^{AM} Sathyam Cinemas 8, Thiru-vi-ka Road Royapettah Chennai 600014
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Private screening of TM Krishna's "One"

Carnatic vocalist **T.M. Krishna**, has unveiled a unique Carnatic music movie titled "One," a presentation of the artist in a variety of serene woodland settings in India, blending mellifluous ragas with the very voice of nature.

Speaking to The Hindu, Mr. Krishna explained the conceptual process behind "One," saying, "I do think this is the first time that such a project has been done with any kind of music. The magic is that nothing is artificial in what you hear. The sound is as it was... in the woods and hills at early hours and through the day, [and I was] physically, emotionally and intellectually responding to what is around [me]. To add to that you hear every leaf, the wind, water all being a part of the music itself."

Make the most of this unique opportunity to enjoy TM Krishna's music in the amazing Dolby sound of Sathyam Cinemas and let the magic of his voice overtake you.

We thank **Vidya Singh** for organizing the event and the refreshments.

We also thank **Princess Naik** for the concept of this meeting and also for her help in putting this event together.

We thank **Hemu Ramiah** for being the day facilitator.

DEEPALI GOYAL

CATHERINE REDDY

13^{Fri}	09.30 AM - 01.00 PM Amethyst Whites Road, Next to Corporation Bank Royapettah Chennai 600 014
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An Introduction to : Photography

Mr Sukesh, Mr Sripad and **Mr Ignatius** from Evaneence studios , a film company specializing in the delicate art of communication ,will introduce to us the fundamentals of photography.They will explain the power of mobile phone cameras and how to use them effectively.The workshop will include the following ;

1. Fundamentals of photography - the exposure triangle
2. Know your digital camera
3. Composition basics - followed by a exercise around Amethyst
4. Lighting and how to use available light to photograph - also includes time for field exercise

The session will be concluded with a discussion, and one on one Q&A session

Please ensure you bring one of the following as this is an interactive work shop:

1. Smart phones with cameras
2. Point and shoot pocket cameras
3. DSLR cameras

We would like to thank **Shanthi Thomas** for sponsoring the audio visual equipment.

Please note this is a members only meeting.

Members are kindly asked to warn in. Numbers are restricted to 50. Please ring Achu Kurian on 9841144072 from 6th to 10th March between 10 am and 6 pm.

19^{Thu}	03.45 PM Madras Club 8, Adyar Club Gate Road R.A. Puram Chennai 600 028
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Indian Healthcare-Where Are We Heading?

India now occupies an enviable position as a haven for those seeking quality and affordable healthcare. Our well certified medical professionals who offer impeccable services are at par with the best international standards. It's no surprise that India is placed among the top three medical tourism destinations in Asia.

Today's talk with **Dr. Prithvi Mohandas MD**, MIOT International, will explore Indian healthcare and where it's headed. Dr. Prithvi holds a medical degree from Madras Medical College and from Manchester Royal Infirmary, UK. During this period he developed a keen interest in hip surgery and hip reconstruction. He went on to do a three year fellowship purely in the surgery of the hip joint at the Royal National Orthopaedic Hospital in Stanmore. On his return to India he was appointed Director of hip arthroplasty at the MIOT Hospitals. He has delivered keynote addresses on healthcare at the House of Lords and in seminars all over the world. Recently, as joint Managing Director, he organized both a diabetes summit and the largest ever oncology summit with 20 UK and 60 top Indian oncologists in Chennai.

Presently, he divides his time between training young orthopaedic surgeons in hip surgery and his administrative duties as Managing Director of MIOT International.

My thanks to **Jyothi Ganesh** for sponsoring the refreshments and the audio equipment.

My thanks to **Padmavathy Gunashekar** on being the day facilitator.

ASHA MURTHI

24^{Tue}	<p>10.15 ^{A.M} E Hotel Express Avenue Mall, Gate 1 Patullos Road Chennai 600 002</p>
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“Fall Like a Rose Petal”

Come, listen to an inspirational talk by **AVIS Viswanathan**, one of India’s leading speakers, based on the true story of his life. Entitled “Fall Like a Rose Petal” this is a tale of his spiritual journey which is also available in book form.

“What if you have 25+ years of work and business experience behind you; what if you are intelligent, sincere and hardworking, but still have nothing material left with you? *No cash! No assets! No work!* And yet you must survive, lead a family, repay a mountain of debt and rebuild a bankrupt firm!! What do you do when you don’t know what to do?”

AVIS will share how he and his wife Vaani braved fear and pennilessness, and found happiness and contentment, while learning to live without money!

This talk will inspire you to look at your life differently.

We thank **Bharati Suresh** for being our day facilitator.

ANITA KOSHY

MASAKO MARUYAMA

26^{Thu}	<p>10.15 ^{A.M} Madras Club 8 Adyar Club Gate Road Chennai 600 028</p>
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Please mark the date in your calendar for our **Grand Finale** when we will bring you a morning of fun and entertainment followed by a sumptuous lunch.

We are pleased to welcome the Madras Players to perform for us followed by our very own membership interactive entertainment.

Ladies, come dressed in your vibrant butterfly colours and celebrate this special event with us.

- 10.15am – 10.45am : Fellowship
- 10.45am – 11.15am : Madras Players
- 11.15am – 12.15pm : Interactive Entertainment
- 12.15pm : Lunch

Please note this is a members only meeting.

ASHA RAMMOHAN

JO FROGBROOK

THE BOARD

Kutch Rann Utsav Trip “The White Desert”

We just about landed in Bhuj and lo and behold we took off again! An aborted landing... WOW! A first for me and certainly something to write home about! This was the exciting start to the Rann Utsav trip for the 15 IWA members and 6 others who comprised the group who became collectively known as the “21”

After checking into our hotel in Bhuj we immediately went off to taste the delicious “dabeli”, something like pav bhaji, and do some shopping. The next day we visited the Prag Mahal, boasting the second tallest tower among Indian heritage places. The energetic amongst us climbed the 160 steps of the 45 meter bell tower for a view of the city. Next door was the Aina Mahal or Hall of Mirrors, built in the middle of the 18th century by artists Ramsinh and Gaidhar Devshi. Old photos gave us an idea of the grand palace it once was. We were told that a single point of light was sufficient to light up the rooms embedded with mirrors on the walls, pillars and ceiling; reflecting and magnifying. It must have been mesmerizing with the water, fountains, and music. It reminded us of days gone by when we had time to “stand and stare”, becoming heady just viewing and listening to the beauty for the eyes, ears and soul.

Our next stop was the Shree Swaminarayan Temple built in 1823. The temple had been destroyed by the Bhuj earthquake in 2001. It took 7 years, 600 sculptors and thousands of devotees working 15 million hours to rebuild it. Our timing was perfect, the doors to the sanctum opened soon after our arrival and we were fortunate to witness the Aarti.

Our home for the next two nights, the Rann Utsav tent city, was beautifully laid out. Rann of Kutch means “wet and dry” as the area is underwater for 8 months and then dries into hard white sand. The three day Shan-e-Sharat has now been extended for 3 months. We watched an enchanting sunset after a jolly ride on a camel cart! Star

gazing and viewing the moon and Jupiter through a telescope brought our evenings to a close.

Some of the early birds went off for a spectacular sunrise on the Rann while several of the fearless ladies enjoyed paramotoring as they flew over the Rann and tent city in a motorized parachute.

Next day we visited the only family which continues the tradition of Rogan work. The process uses boiled castor oil mixed with powdered minerals to form a paint that craftsmen use to paint with a blunt metal needle on cloth. When half the painting is complete, the cloth is folded over and the picture is transferred making an identical image on the other half.

We also saw many birds flying in formation over the marshes, which was a pleasing interlude. At the ship building yard in Mandvi we were also fortunate to be able to see flamingos at very close quarters. Our next stop was the Vijaya Vilas Palace which we had been admiring from afar. No longer lived in by the royal family, it is now open to the public and has also been featured in some famous movies such as Lagan. Finally on our last day we feasted on an authentic Gujarati thali at the Prince Hotel and explored the bandni bazaar for those last minute bargains. We then bid goodbye to Heena, our travel agent, in Mumbai and flew home to talk about the beauty we had seen and the wonderful handicrafts we had purchased as a lasting memory of our trip.

C. PREMA KUMAR

From the Election Committee

We invite you to nominate persons for each office of the Managing Committee:

GUIDELINES:

1. **Nominees for President, Indian shall have served on the Managing Committee for at least 2 years.** They should have been members of IWA for at least 7 years. This may be relaxed in the case of Non-Indians.
2. **Nominees for office bearers of the Managing Committee (i.e. Vice President, Secretary or Treasurer) should have served as Activity Chairpersons for at least 2 years.** This may be relaxed in the case of Non-Indians who have been members of IWA for three years or less.
3. The Election Committee shall present to the members the names of Indian and Non-Indian nominees who are eligible and willing to stand for election on the Managing Committee, keeping in mind their proven ability to fulfill their responsibilities and work as a team. They shall inform the members of the time, place and venue of the election.

This newsletter carries the nomination form. Please fill out the form and forward it to Seema Sait, Chairperson, Election Committee at the following address.

**Gatsby Village
359 East Coast Road
Neelangarai, Chennai 600 115**

Please ensure that your nomination form reaches Seema Sait before 3.00 p.m. on Tuesday, 10th March, 2015.

Chairperson : Seema Sait

**Members : Premila Jacob
Prema Kumar
Amulya Rao
Vidya Singh**

From the Election Committee

Following in alphabetical order is the list of eligible members who have agreed to be nominated for the various posts on the Managing Committee for 2015-2016 – Presidents, Vice-Presidents, Secretaries and Treasurers.

INDIANS



Nabila Avais

EC Arts & Handicrafts	2008-2009
EC Health & Ecology	2009-2010
EC Cooking Swapshop	2011-2012
MC Treasurer	2012-2013



Asha Hemdev

EC Philosophy & Religion	2006-2007
EC Health & Ecology	2007-2008
MC Treasurer	2008-2009
EC Health & Ecology	2012-2013
MC Vice President	2013-2014



Usha Jawahar

EC Philo & Religion	2010-2011
EC Current Events	2013-2014
MC Secretary	2014-2015



Zainab Kachwala

EC Health & Ecology	2008-2009
EC Current Events	2009-2010
MC Secretary	2010-2011

EC – Executive Committee (Activity Chairperson)
MC – Managing Committee



Anita Koshy

EC Cooking Swapshop 2005-2006
EC Book Discussion 2014-2015



Surekha Kothari

EC Music & Performing Arts 1988-1998
EC History, Culture & Tours 1991-1992
EC Philosophy & Religion 1999-2000
MC Vice President 1992-1993



Achu Kurian

EC Cooking Swapshop 2008-2009
EC History, Culture & Tours 2012-2013
MC Treasurer 2013-2014
MC Vice President 2014-2015



Buddy Mahadevn

EC Cooking Swapshop 2012-2013
EC Health & Ecology 2014-2015



Jayasree Ravi

EC Music & Performing Arts 2013-2014
EC Arts & Handicrafts 2014-2015



Somna Sachdev

EC Cooking Swapshop 2010-2011
EC History, Culture & Tours 2011-2012
MC Treasurer 2014-2015

From the Election Committee

NON-INDIANS



Jansi Kishore

MC Secretary 2009-2010
MC Vice President 2010-2011
EC Book Discussion 2012-2013



Malini Krishna

EC Arts & Handicrafts 2002-2003
MC Treasurer 2003-2004
MC Vice President 2014-2015



Nalini Panday

MC Secretary 2005-2006
EC History, Culture & Tours 2009-2010



Mahvesh Sait

EC Cooking Swapshop 2014-2015

Note: Non-Indians are all eligible. However, only the above mentioned members have agreed to be nominated.

Members may nominate for all posts or only those posts they wish to nominate for.

Chairperson : Seema Sait
Members : Premila Jacob
Prema Kumar
Amulya Rao
Vidya Singh

IWA

NOMINATION FORM – 2015 – 2016

I nominate

	Indian	Non-Indian
Presidents	_____	_____
Vice Presidents	_____	_____
Secretaries	_____	_____
Treasurers	_____	_____

Signature: _____

Date: _____ Name: _____

(Block letters)

Code No.: _____

Please ensure your nomination form reaches **Seema Sait** before 3 p.m. on **Tuesday, 10th March, 2015.**

Seema Sait
 Chairperson, Election Committee
 Gatsby Village
 359 East Coast Road
 Neelangerai, Chennai 600 115