

<b>1 Mon</b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee
<b>4 Thu</b>	10.15 <sup>AM</sup> Arts & Handicrafts
<b>9 Tue</b>	10.15 <sup>AM</sup> Cooking Swapshop
<b>16 Tue</b>	10.15 <sup>AM</sup> Book Discussion, Health & Ecology
<b>18 Thu</b>	10.15 <sup>AM</sup> Current Events
<b>23 Tue</b>	10.15 <sup>AM</sup> Philosophy & Religion
<b>26 Fri</b>	10.00 <sup>AM</sup> Workshop

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

**From the Presidents**

This month sees the introduction of the first in a series of four workshops; each workshop will cover a different subject and will be a short introduction to the topic in question.

Our first workshop will be 'An introduction to gardening in small spaces', a subject which many of us have a keen interest in. Although large gardens are slowly becoming a thing of the past we can still enjoy growing our own vegetables, fruit and flowers, albeit in pots and on verandahs.

October is a very important month in the IWA calendar with two major events coming up. The first is **International Music Day** on **October 1st**, which is also our Founder Nirmal Seshadri's birthday. We mark this day by honoring a promising young artist in her memory.

The second event is **Deepavali** on **October 13th** at **MRC Hall**. We look forward to welcoming you to what is sure to be a fun and festive evening.

Please mark your calendars and join us for these two special events next month.

Finally, for those of you who are leaving on the exciting Japan trip on September 4th we wish you a safe trip and look forward to reading all about it in the October newsletter!

ASHA RAMMOHAN

JO FROGBROOK

<b>1 Mon</b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee  Platinum Room, <b>Presidency Club</b> Ethiraj Salai, Egmore Chennai 600 008
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Meetings are hosted by **Buddy Mahadevan** and **Tineke Sysmans**

### From the Membership Secretary

#### Guidelines for IWA Membership

##### Indian Members

1. An applicant must have 2 sponsors (who are well acquainted with her) and submit a brief resume of her background, interests and hobbies. The applicant should attach one passport sized photo to her resume and should have no objection to this photo being published in the IWA Newsletter. Any written and duly signed objections regarding applicants should be intimated to the Membership Secretary by **10 November, 2014**.

Usha Jawahar,  
2/75 II Cross Street,  
Off Blue Beach Road,  
Neelankarai  
Chennai 600 041  
Mobile No : 9841025166

2. In addition, the applicant in her letter should specify whether she has a relative who is an IWA member. If so, provide the name and relationship of the member/members.
3. Applications cannot be carried over to the following year and must be re-submitted each year.
4. The Membership Sub-committee makes decisions regarding membership by majority vote. The Managing Committee will ratify the new members.
5. Applicants should be made aware that a member must attend at least 10 meetings in the IWA year. A new member is expected to be a Day Facilitator at an IWA activity meeting, and contribute

her time, energy and expertise. The applicant is expected to serve on the Executive Committee once she is eligible to do so.

##### Non-Indian Members

1. Non-Indians interested in joining IWA should contact the Membership Secretary. Applicants will be invited to attend an IWA meeting to 'meet' with a Board representative. The Membership Secretary will provide the applicant with an application form once this formality is completed. Sponsors are not required for this category of membership.
2. Applicants will be admitted throughout the year depending on vacancies available. Preference will be given to those in the consular community and to those who are in Chennai on short term basis.
3. Applicants should be made aware that a member must attend at least 10 meetings in the IWA year. A new member is expected to be a Day Facilitator at an IWA activity meeting, contribute her time, energy and expertise and serve on the Executive Committee.

USHA JAWAHAR

**From the Membership Sub-Committee**

IWA REGISTERED OFFICE ADDRESS:  
 Traders & Traders, RA Building Annexe, First Floor,  
 74 Marshalls Road, Egmore, Chennai 600 008

We invite applications for new Indian members who reside within the postal zones of Chennai, including Kanchipuram and Thiruvallur districts. The procedure for sponsoring applicants is given below. Please read the instructions carefully and follow the same. Incomplete applications will not be entertained.

- a. A new applicant will have to be sponsored and co-sponsored by two active members of IWA who have been members for at least 7 years.
- b. The sponsor and co-sponsor may not have sponsored any candidate who has been accepted into IWA in the last three years.
- c. The applicant should include the following details in her bio-data:
  - Name
  - Date of birth
  - Profession
  - Designation
  - Address (residence and office)
  - Telephone Number (residence, office and mobile)
  - Email ID
  - Husband's name, profession and designation.
  - In addition, her letter should specify whether she has a relative who is an IWA member. If so, the name and relationship of the member/members
- d. The sponsor and co-sponsor should write a covering letter introducing the candidate and giving adequate reasons why they think their candidate would be suitable for IWA. This letter should be signed by both the sponsor and co-sponsor. This letter and the biodata of the applicant are a MUST for an applicant to be considered for membership.

- e. Both the sponsor and co-sponsor should personally be well acquainted with the candidate.
- f. Members of the Managing Committee, Membership Committee and Advisory Committee may not sponsor or co-sponsor a candidate.
- g. The sponsor and/or co-sponsor must come in person to the **Madras Boat Club, Boat Club Road, Chennai 600018** on **Wednesday, October 8, 2014** between **10 am and 12 noon**.  
**Applications for new members will be accepted only on this date and at the place and time specified.**
- h. The Membership Sub-Committee will scrutinize all the applications received and will inform the sponsor of the procedure to be followed thereafter.

USHAJAWAHAR \_\_\_\_\_

**SAVE THE DATE**

<b>Oct 1<sup>Wed</sup></b>	<p><b>10.15<sup>AM</sup></b>  <b>The Park Hotel, Chennai</b>  <b>International Music Day</b></p> <p><b>October 1st is International Music Day and our Founder Nirmal Seshadri's birthday.</b></p>
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<b>Oct 13<sup>Mon</sup></b>	<p><b>04.00<sup>PM</sup></b>  <b>Mayor Ramanathan Chettiar Centre, Chennai</b></p> <p><b>Deepavali</b></p>
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<b>4<sup>Thu</sup></b>	10.15 <sup>AM</sup> Amethyst Whites Road, Next to Corporation Bank Royapettah, Chennai 600 014
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## Look Again: Fostering Art Education

Everywhere you turn, there is a unique expression of art. It could be something as mundane as the design of your toothbrush or something as extravagant as the architecture of a five star hotel. Most of us pass by not noticing the aesthetics of our surroundings, however, **Sara Vetteth**, founder of Rainbow Fish Studios, strives to create this observation and appreciation for art and design in children. Competing with iPads and tablets, she has managed to formulate a curriculum that draws children away from passive reception into a world of creative interaction. She is in the process of implementing this curriculum in various schools throughout the city. Today Sara will share her experiences and discuss the change she is spearheading.

Sara's artistic pedigree boasts of a master's degree and a teaching stint at Parsons. She was also invited to participate in the artist-in-residence programme at the Bauhaus school in Germany.

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

We thank **Mansha Bhatia** for being our day facilitator.

JEYASREE RAVI

ANJALI SACHETI

<b>9<sup>Tue</sup></b>	10.15 <sup>AM</sup> Lavash - Mediterranean Cuisine 9, Oyster Bay Building Khader Nawaz Khan Road Chennai 600 006
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## Bursts of Mediterranean Flavour

**Tabouleh**  
**Roasted Tomato Soup with Coriander Pesto and Fennel Bulbs**  
**Falafel with Tahini Sauce**

Executive Chef **Muneer Mangalan**, who works his magic at Lavash, has been working overseas for more than a decade. Over this period of time he has gathered considerable hands on experience with Mediterranean cuisine. His recipes can also be paired up with locally available ingredients and still yield a genuine Mediterranean flavor. To see how this is done, come along and learn how to make these three classic Mediterranean dishes.

We thank **Lavash** for hosting this meeting.

We thank **Darley Mathew** for being our day facilitator.

ANJANA SUNIL

MAHVESH SAIT

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**Food Tip for the Month:** For the smoothest mashed potato, roast the potatoes with their skin. Peel and then pass it through a sieve.

Rishim Sachdeva - - Chef

<b>16<sup>Tue</sup></b>	<p>10.15 <sup>AM</sup>                  E Hotel                  Express Avenue Mall, Gate 1                  Patullos Road                  Chennai 600 002</p>
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## Get Size Wise

**Dr. Sheela Nambiar** is an Obstetrician & Gynaecologist, consulting in her family run hospital in Ootacamund. Her interest in fitness grew out of her own passion and was further enhanced by her daily interactions with women from all walks of life. She realized that their lack of fitness, poor eating habits and resultant obesity impeded their 'quality of life'. She went on to train as a Fitness and Lifestyle Consultant from the National Association of Fitness Certification, USA, and began using it as an extension of her medical profession.

Her latest debut, her book '**Get Size Wise**' focuses primarily on the psychology of fitness, especially for women. Our speaker will give us an intellectual insight into how to gain a better and more holistic perspective of fitness.

Let's get into shape and stay healthy!

We thank **Usha Chandrakumar, Prithika Chary, Dhun Dalal** and **Rathi Nilakantan** for graciously sponsoring this meeting.

We thank **Lalita Naidu** for being our day facilitator.

BADRUNNISA MAHADEVAN  
 ANITA KOSHY

TINEKE SYSMANS  
 MASAKO MARUYAMA

<b>18<sup>Thu</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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## Gender Based Violence

Gender based violence is an every day reality in Chennai and most parts of the world.

Women are vulnerable to it in different phases of their life-from before they are born (foeticide ), in their teens (sexual harassment), in their professional domain (workplace harassment) and when they get married (domestic violence dowry-related ). It is essential that women have an understanding on how to recognize and respond to this. The session will also discuss the silent ways in which violence manifests itself and the support group services and legal measures that are available for those in need of it.

Addressing this issue is our speaker **Anupama Srinivasan**, who is the Programme Director of the Gender Violence Research and Information Taskforce at Prajnya in Chennai. Over the last five years she has trained several batches of students, corporate employees and health care professionals on how to deal with harassment and violence.

She also consults with REACH, a non profit organization on tuberculosis issues. Anupama is currently enrolled in Public Health Masters Programme.

We thank **Raheela Kareem** for graciously sponsoring this meeting.

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

ASHA MURTHI

DAWN WILLIAMSON

<b>23</b> Tue	10.15 <sup>AM</sup> 'Kalavardhini' No 6, Second Main Road Kottur Garden, Kotturpuram Chennai 600085
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### Prayer: A Universal Approach

IWA is fortunate to have the renowned singer **Anuradha Sriram**, who has been a student of Swami Dayananda Saraswati for the last twenty years. Anuradha has sung over 4000 songs in 13 Indian languages. Anuradha also sings for diverse religious spaces.

She will talk to us about 'prayer'; how it is defined by The Vedanta School of Thought, how she puts it into practice and what role it has played in her life and in her illustrious career.

Anuradha Sriram will also captivate us with a beautiful Bhajan.

We thank **Valli M. Ramaswami** of **Kalavardhini** for all her support and for sponsoring this meeting.

We thank **Rani Chandani** for being our day facilitator.

**Please note that there is a flight of steps to climb at the venue.**

BANU SINGH

SYLVIE WRIGHT

<b>26</b> Fri	Timings: 10am – 1pm Old 26, New 24 1st Cross Street, Sterling Road Chennai 600 034
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### An Introduction to Gardening in Small Spaces

The first workshop in our series of 'An introduction to'....is gardening in small spaces. Facilitating the workshop are **Era Kalra** (IWA member), **Priya Gopalen**, founder of the Magic Bean and co founders **Archana Meiyappan** (IWA member) and **Kavita Ramakrishnan**.

Have you ever wondered how you can grow organic vegetables of your choice in your garden, your balcony or on your terrace? In this hands on workshop you will learn how easy it is to do so by using various growing media, some readily found around us in garbage and others that can be sourced from shops. The workshop will cover lasagna gardening, perma culture-in-a-pot, soil-less growing and traditional pot growing as well as some natural and organic methods of pest control.

Our speakers will discuss some specific dos and don'ts in planting seeds and how each one of us can compost organic waste and join hands in effective waste management for a better world.

Era is a self taught environmentalist and is passionate about plants and nature. She heard a talk on composting kitchen waste and was so inspired she decided to try it out. Watching kilos of vegetable and fruit waste transform itself into nutrient rich manure gave her immense joy. The home made manure, when added to plants on her terrace garden, made her plants come alive.

Priya Gopalen is an urban policy researcher, who stumbled upon happiness in growing her own food as she researched food security. She discovered the joy, excitement and learning she could bring to children as

she introduced them to growing their own food. Her organization Magic Bean seeks to connect children, learning, environment and food. She is also a volunteer at the Cancer Institute Chennai, where she along with other volunteers are converting waste land into a growing, sustainable, food producing, perma culture garden.

There will be hands-on demos and participants will get a list of links and resources to “grow-your-own” together with a pen and notebook to take down those all important hints and tips that our knowledgeable speakers will be sharing with the group.

**Participants are requested to bring a small pot (any dimensions, plastic or terracotta) to the workshop.**

We would like to thank **Leena Surya Prakash** for kindly hosting this event.

We thank **Rigmor Ekstrand** for being our Day Facilitator.

We would also like to thank **Sabina Narayan** for her help in coordinating this workshop.

**This is a warn in meeting. Numbers are restricted to 50.** Please ring **Jo Frogbrook** on **9840891824** from **8th to 12th September** between **10 am and 6 pm.**

### **IWA Diwali – Save The Date!**

IWA's Deepavali celebration will be held on **Monday, October 13th**, at MRC Hall. As always we request members to donate gifts or cash for the ever popular **Khazana stall**. We request that you kindly donate gifts with a minimum value of Rs. 200/- or higher. The gifts can be handed over to any one of the Board representatives at any meeting **before September 30th**, or alternatively they can be dropped off at the following members residences :

#### **Tineke Sysmans**

Ceebros Pooja Apts  
2nd Floor, 47/50 Beach Road  
Besant Nagar  
Chennai 600 090

#### **Asha Rammohan**

27 Rutland Gate  
4 th Street, Chennai 600 006

#### **Anjana Sunil**

New 15 Taylor's Road  
Kilpauk  
Chennai 600 010

#### **Syeda Farah Bangera**

D 1 Powhattan  
11 Boat Club Road  
R A Puram  
Chennai 600 028

#### **Jeyasree Ravi**

7/5 Nana Street  
T Nagar , Chennai 600 017

## WELCOME TO OUR NEW MEMBERS

**Ms. Chung Mee Kim**                      Korea  
12 Ragahva Veera Road  
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**Ms. Samar Raad**                              USA  
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