

5 Tue	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee
18 Mon	11.00 ^{AM} Fellowship Meeting
21 Thu	10.15 ^{AM} History, Culture & Tours
22 Fri	10.15 ^{AM} Arts & Handicrafts
25 Mon	03.30 ^{PM} Music & Performing Arts
27 Wed	10.15 ^{AM} Book Discussion
28 Thu	10.15 ^{AM} Philosophy & Religion

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

From the Presidents

Dear Friends,

With a heavy heart, we had to cancel all the IWA meetings in December, including our much awaited Christmas meeting, partly due to the heavy rains and partly as a mark of our respect and concern for the many in Chennai, who were devastated by the recent floods. As the rains have eased, we can look forward, in the true Christmas spirit of love and hope, to better days ahead.

On behalf of the Committee we wish you a **Happy New Year** and look forward to seeing all of you at some very interesting meetings in 2016.

We begin the New Year with a Fellowship Meeting where you can catch up with friends over games and lunch.

Our thanks to the Membership Committee for the smooth and efficient processing of the new member selection. A warm welcome to those selected to join IWA as Special Guests.

Please check your attendance tally which will be available at all meetings in January. We trust that those of you, who have been notified by the Membership Secretary, will make an extra effort to complete your ten meetings within the prescribed period.

Thank you for being with us in 2015 and we look forward to your continued support in 2016.

ACHU KURIAN

MALINI KRISHNA

From the Presidents

ADVISORY COMMITTEE

Javanthi Singaram has completed her three year term on the Advisory Committee. She has been advising and guiding us and has been an invaluable member of the Advisory Committee. Thank you Javanthi.

We welcome **Seema Bhargava** on to the Advisory Committee. With her years of experience and her quiet efficiency, we are confident that she will be of immense value to the Committee.

The Advisory Committee members are:

Seema Bhargava, Rupa Kadhiresan and Maureen Hudson Murari.

ACHU KURIAN

MALINI KRISHNA

<p>5 Tue</p>	<p>10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee</p> <p>Madras Club 8, Adyar Club Gate Road Chennai 600 028</p>
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Meetings are hosted by **Banu Singh** and **Sushi Goklaney**

From the Membership Secretary

From among the applications received by the Membership Committee, the following have been selected as Special Guests.

Rinku Mecheri

Parvathy Nayar

Deepam Ravindran

Nandi Shah

Nirupa Sundaravadanan

I thank every member of the Membership Committee for the effort, time and care taken in the selection process.

BADRUNNISA MAHADEVAN



We are happy to welcome our new Non-Indian member

Shobha Jesudasen (Singapore)
 8, Valliammai Achi Street
 Kotturpuram
 Chennai 600 085
 Mobile: +91- 98400 22610
 Landline: 044- 2447 4650 ; 2447 5820
 Email: sjesudasen@hotmail.com

18 Mon	11.00^{A.M} The Raintree Hotel 120, St Mary' s Road, Alwarpet Chennai 600 018	
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Fellowship Meeting

We wish you a Happy New Year filled with peace, joy and all things beautiful.

A New Year is like a blank book. The pen is in our hands and this is our chance to write a beautiful new story for ourselves.

Let's start the New Year by strengthening our bonds of friendship and goodwill.

We therefore invite you to a Fellowship Meeting- another chance for us to get together,

Catch up with friends,

Play a few games,

Enjoy a **delicious lunch**.

It will be lovely to see all of you dressed in **Shades of Green**, our **dress code** for what is going to be a most enjoyable event .

We thank **Rajini Reddy** for generously sponsoring the event.

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

ACHU KURIAN

MALINI KRISHNA

THE BOARD

21 Thu	10.15^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai-600 014	
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Madurai – The City of Resilience, Through the Times

Easily one of the oldest cities in India and the world, continuously inhabited for more than two millennium, Madurai was once an important link in the ancient maritime Spice Route or what the Chinese call as the Maritime Silk Road, and hence for a major part of its history was one of the most prosperous cities. As the capital city of the Pandya Kings, Madurai nurtured Tamil with the aid of Sangams or the academic guilds.

Mr Anwar started his career as a freelance journalist and photographer with *Aside*, an English fortnightly published from Madras. A keen interest in South Indian history has enabled Anwar to evolve into an independent researcher. Anwar was commissioned by the Archaeological Survey of India to make a series of short films on the Big Temple at Thanjavur. His latest documentary film, 'Yaadhum', explores his Tamil Muslim identity and history. The film has won awards in India and abroad.

Let us hear from Anwar more on how Madurai survived and thrived despite the city being ravaged time and again.

We thank **Zainab Kachwalla, Brahada Kameshwaran, Fazeela Nurdeen, Anupama Pasari** and **Rama Rajagopalan** for graciously hosting this meeting.

We thank **Neena Sanghavi** for being our day facilitator .

USHAJAWAHAR

VIKKI TIPPET

22 Fri	<p>10.15^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai- 600 014</p>	
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Wrap It Up

Gift wrapping and gift giving is a universal custom with a long history. Whenever you have a gift to give, you are likely to wrap it up. Some people go to great lengths with this, coming up with original, home made wrapping ideas to show the present off. Have you ever wondered where the tradition of wrapping gifts came from?

The first time gifts were wrapped was in ancient China, where gift giving has always been part of their tradition. Wrapping, as a practice, has been around for ages. The Japanese Furoshiki, the reusable wrapping cloth is still in use today as a faithful rendition of the version that has been around for ages. In the West, using paper as a covering for gifts has been a long standing, if largely luxury- oriented practice.

Today's talk is on the Japanese art of gift wrapping which predominantly uses reusable wrapping cloth. Wrapping paper, though extremely pretty, generates a lot of waste considering the industry is worth 2.6 billion dollars annually. Our own IWA member, **Masako Maruyama** from Japan, will explain the Japanese art of gift wrapping as well as demonstrate the art for us.

We thank **Cherry Venkatesan** for sponsoring this meeting.

USHA MOORTHY

SANYUKTA GILL

Our heartfelt condolences to **Usha Moorthy** on the demise of her mother.

25 Mon	<p>03.30^{PM} LUZHOUSE 176, Luz Church Road, Luz, Mylapore, Chennai 600 004 Phone:044- 6565 1361</p>	
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Kalari.....Martial Art or Dance Form?

Kalaripayattu is a Martial art which originated as a style in Kerala during 3rd century BC to the 2nd century AD. The word kalari first appears in Sangam literature to describe both a battlefield and combat arena. Each warrior in the Sangam era received regular military training. It is considered to be one of the oldest fighting systems in existence.

Kalaripayattu techniques are a combination of steps (Chuvatu) and postures (Vadivu). Chuvatu literally means 'steps', the basic steps of the martial arts. Vadivu literally means 'postures' or stances which are the basic characteristics of Kalaripayattu training. Named after animals, they are usually eight in number. Styles differ considerably from one tradition to another. Not only do the names of poses differ, the masters also differ about application and interpretation. Each stance has its own style, power combination, function and effectiveness. These techniques vary from one style to another.

Kalari artiste **Vasanth Kumar**, trained in Kalari under Mr. Shaji and Mr. Sunil of the renowned institution, CVN Kalari, Kerala. He also trained in Yoga at the International Sivananda Yoga Vedanta Centre. He is both a professional Bharatanatyam dancer and a Contemporary Dance exponent. He and his students will perform the Martial Art to the rhythm of Music!

We thank **Shrimathi Gopika Varma** for introducing the artiste for this event.

We thank **Urmila Devi Prakash** for sponsoring the event.

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

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

<h1>27^{Wed}</h1>	<p>10.15 ^{A.M} The Folly, Amethyst Whites Road, Next to Corporation Bank Royapettah, Chennai- 600 014</p>	
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Runaway Writers

Indu Balachandran had a 30 year career in advertising, growing from copy-trainee to Executive Creative Director at J Walter Thompson. Her best-selling first book "Don't Go Away, We'll Be Right Back-The Oops and Downs of Advertising" took readers on a roller coaster ride through the world of advertising. Indu switched to travel writing, and has published articles in Travel Plus, The Lonely Planet, iDiva, The Sunday Times and reviewed seventy eco-friendly destinations all over India for Travel To Care. Her writings feature in five anthologies of short stories.

Meet the Chennai based author as she discusses her latest novel- **Runaway Writers**.

A big thanks to **Asha Rammohan** for sponsoring the meeting.

We thank **Somna Sachdev** for being our day facilitator.

NIDHI THADANI

AMULYA RAO

Our deepest condolences to **Samar Raad** on the demise of her mother.

<h1>28^{Thu}</h1>	<p>10.15 ^{A.M} The Folly, Amethyst Whites Road, Next to Corporation Bank Royapettah, Chennai- 600 014</p>	
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The Swinging Pendulum

In a world of a myriad pulls, how does one find the right balance, address the right issues at the right time, without feeling that one has dropped the ball on another area of one's life. Balance is the vaunted ideal; tilted scales, often the pragmatic end. Is there an acceptable middle ground?

Rev. Dr. Cecil Clements, a theologian with a doctorate in Leadership and Management Excellence and founding Pastor of The Church at Powai in Mumbai will address us on the topic.

We thank **Anuradha Uberoi** for sponsoring the meeting and being our day facilitator.

MALLIKA VENKATARAMANI

SHARON ILES

Change of Address

Sheetal C. Shah
 Laurels Apartment
 B Block , Flat No. 1204
 12th Floor
 81/83 C. P. Ramaswamy Road
 Alwarpet
 Chennai 600 018

12 SHADES OF TERRA-VERTE

On 20th November 2015 a group of IWA ladies left for a tiny holiday to the charming district of Wayanad, Kerala. Nestled amidst the sylvan setting of mist laden mountains, verdant coffee plantations and jungle trails, Wayanad boasts of historical legends and mountain caves which date back to the Indus Valley Civilization.

We reached Calicut on the morning of the 20th and were greeted by Sabu Varghese, our enthusiastic guide who immediately set us on a journey of 3 ½ hours by road to our resort on a coffee plantation called Tranquil Resort, ensconced within a large area of 400 acres. The owners, a young couple Mrs & Mr Ajay Mathulla, along with their 4 dogs, welcomed us and gave us a brief history and background of the property. The resort had a freshness and a rustic charm of its own. After checking in we went on to have a meal in the common dining area which served a mixture of western fare and Indian cuisine.

Soon after, we left to the Banasura Sagar Dam, which is the largest earth dam in India and the second largest in Asia. The dam extends across 1700 hectares surrounded by 19 islands. According to an ancient legend the dam is named after King Mahabali's son, Banasura, who did severe penance atop these hills. The speed boats which traversed the enchanting man-made lake set against the picturesque mountain backdrop was an enthralling experience.

In the afternoon, we were given the option of visiting a tea plantation or the 13th Century Jain Temple. We decided on the temple visit which is known for an architectural style of the Vijayanagar period. Interestingly, the temple was used for various purposes- as a shrine, a commercial trade center and even a store house for ammunition by Tipu Sultan's army and therefore this town was termed as Sultans Battery. Symbolically carved pillars and etchings represented Jain culture abundantly. We also visited the local bakery and tried the mouth watering local snacks. That evening before dinner, we lazed around the campfire and chatted.

The next day dawned and some of us ventured on a walk around the resort drinking in the wilderness around us. Our canine guide, the boxer, tried to egg us on to more unknown territories. After our breakfast, we were eager to get going for a trek to the Edakkal Caves as our first tourist spot. The climb uphill on a civilized road took close to an hour. Just when

we thought we had enough we had to climb 300 odd steps more to reach the top. It was an exhausting climb but what greeted us atop was a unique prehistoric cave. Perched on the Ambukutty Hill, these Neolithic Caves are covered with rock engravings (Petroglyphs), with graphic images of human figures, animals, trees and flowers ,wheeled carts and geometric symbols. These date back to 3000 years, the only one in South India with Stone Age carvings. We were given an interesting insight into the identity of the carvings by our guide. Our climb down hill was sooner and we returned to our resort suitably hungry. Lunch was a gastronomic Kerala Sadhya complete with two payasams. Energized again, we decide to venture out to the bamboo making industry where we saw bamboo artifacts being made. Some of us managed to shop in the store where simple and elegant trays, coasters, lamp shades and boxes were sold.

Returning back, we did a quick packing and chose to have our mock tails around the outdoor bar sharing information on various topics profane and mundane and after another spread at dinner we retired to lounge around and share a bit about ourselves. The lazy sharing created a bond and we discovered that in our differences of appearance, age and thought process we were all similar as only women can be. The resort had an informal ambience which added to its charm. The drive back to Calicut on 22nd morning was as noisy as ever. We boarded and were back in Chennai in the afternoon.

THEJOMAYE MENON

