

<b>2<sup>Mon</sup></b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee
<b>3<sup>Tue</sup></b>	10.15 <sup>AM</sup> Cooking Swapshop
<b>5<sup>Thu</sup></b>	10.15 <sup>AM</sup> Arts & Handicrafts
<b>13<sup>Fri</sup></b>	<b>03.45 <sup>PM</sup></b> Music & Performing Arts
<b>17<sup>Tue</sup></b>	10.15 <sup>AM</sup> Health & Ecology
<b>19<sup>Thu</sup></b>	10.15 <sup>AM</sup> Current Events
<b>24<sup>Tue</sup></b>	10.15 <sup>AM</sup> Philosophy & Religion
<b>26<sup>Thu</sup></b>	10.15 <sup>AM</sup> Book Discussion

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

## From the Presidents

Dear Friends,

**South Africa** was truly spectacular! From the beautiful Victoria Falls on to Kruger Park, where we spotted the Big Five and then to Scenic Cape Town - we enjoyed it all and had a lovely holiday. Our next destination is a weekend in **Wayanad** from November 20th to 22<sup>nd</sup>. Our members can look forward to a relaxing, rejuvenating and enjoyable weekend.

Pooja Shree Rajagopalan, our young awardee for Music Day on October 1st, enthralled us with her performance. We wish her all the best for a bright future.

Applications for prospective new candidates were received and the Membership Committee is processing the same.

It was wonderful to see so many of you at **"Adeep"**, our Deepavali celebration, where we shopped and feasted on some good food. Our thanks to **Visalakshi Ramaswamy** for her overwhelming generosity in sponsoring the venue. Our appreciation and thanks to **Rekha Rangaraj, Sushila Natraj** and all the members who participated in the entertainment programme which was enjoyed by all.

Our Activity Chairpersons have planned some interesting meetings this month too. We request you to attend as many meetings as possible. As we are nearing the middle of the IWA year, may we remind you to check on your attendance, which will be tabled at all the meetings in December.

We wish you all a **"Happy Deepavali"**.

ACHU KURIAN

MALINI KRISHNA

### From the Membership Secretary

The Membership Committee met on October 7<sup>th</sup> 2015 to receive the applications of new Indian members from their sponsors and co-sponsors. The photographs and names of these applicants are being published in this newsletter.

IWA bye law No 10 G under the heading MEMBERSHIP on page 7 states, " Any written and duly signed objections regarding these applicants shall be intimated to the Membership Committee".

Members are requested to forward their objections, if any, in writing to the Secretary, Badrunnisa Mahadevan **before November 9<sup>th</sup> 2015**.

#### **Badrunnisa Mahadevan**

24, Park Road West,  
Shenoy Nagar,  
Chennai 600030

Mobile: 98843 48463

Meeting the candidates (other than those for whom we receive letters of objection) is scheduled for **Wednesday, November 18<sup>th</sup>, 2015**.

BADRUNNISA MAHADEVAN

<b>2 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 **Usha B. Moorthy** and **Sanyukta Gill**



Rinku Mecheri



Parvathi Nayar



Rachna Kumar



Maya Kothari



Deepam Ravindran



Sangeetha Krishna



Prakriti Goenka



Nirupa  
Sundaravadanan



Parveen Papa



Nandi Shah



Molly George

**From the Treasurer**

**RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD  
1st April 2015 To 30th September 2015**

<b>RECEIPTS</b>	Amount	Amount
To Opening Balance -Cash	5712.00	
To Opening Balance-Canara Bank	387992.61	
To Opening Balance-Fixed Deposits	1229869.00	
<b>Sub Total</b>		<b>1623573.61</b>
To Membership Subscription		608000.00
To New Membership Fees		50000.00
To Guest charges		17850.00
To Telephone Directory,Books, Bye-laws and Badges		2640.00
To Interest on Fixed Deposits		59507.00
To Interest on Savings Bank		12236.00
To Bank Charges		505.00
<b>TOTAL</b>		<b>2374311.61</b>
<b>PAYMENTS</b>		
By AGM Expenses 2014-2015		108000.00
By Fellowship Morning		41062.50
By Gift and Mementoes		23250.00
By Meetings	83300.00	
By Founder's Day Celebration		16500.00
By Badges	1100.00	
By Bank Charges		576.00
By Salary to Accountant		36000.00
By Printing and Stationery		16159.00
By Postage and Courier		11952.00
By Closing Balance-Cash in Hand	17082.00	
By Closing Balance-Canara bank SB	743509.11	
By Closing Balance-Fixed Deposits	100000.00	
By Closing Balance-Fixed Deposits	424354.00	
By Closing Balance-Fixed Deposits	200000.00	
By Closing Balance-Fixed Deposits	500000.00	
By Closing Balance-Fixed Deposits	5515.00	
By Advance paid to Chairpersons	40000.00	
By Tax Deducted at Source	5952.00	
<b>Sub Total</b>		<b>2036412.11</b>
<b>TOTAL</b>		<b>2374311.61</b>

ANITA KOSHY

3 Tue

10.15 <sup>AM</sup>  
 EEST Asian Restaurant  
**The Westin Chennai**  
 154 Velachery Main Road  
 Chennai 600 042



## Festive Favourites to Relish

The festive season always brings out the best in a chef's creativity!

It is that time of the year when we are faced with the challenges of coming up with innovative and appealing festive delights.

**Chef Saravanan** whose mantra authenticity is the key ingredient for fine food, will be demonstrating to us **Diwali** recipes which are a favourite all over the country and will be a hit in your homes. Since every festival calls for a wild array of delicious treats, here's rolling out some tasty and easy recipes to suit your palate and to bring in the festival of lights.

### Demonstrated Dishes

1. **Kachori** - An Indian answer to French shortcrust pastry. This pastry is stuffed and deep fried with a filling that can be savoury or sweet.
2. **Elaneer Payasam** - This must be the easiest no-cooking sweet from South India that can be done in just 15 minutes. Good quality tender coconut is the only requirement.
3. **Jalebi** - A sweet made throughout India, Pakistan and the Middle East. A traditional dish that is usually a part of every celebration and consists of batter similar to a funnel cake, which is then soaked in sugar syrup.

Let us through this medium of food celebrate the vibrant, colourful and joyous occasion of Diwali.

Hearty thanks to **Radhika Wakharkar** and the team of Westin Chennai for graciously organizing and hosting this event .

We thank **Meena Naru** for being our day facilitator.

ASHA MURTHI

CHUNGMEE KIM

<b>5<sup>Thu</sup></b>	<p>10.15<sup>AM</sup>  <b>Residence of Rani Ananth</b>          Sai Villa, Plot 500, 4th South Main Road          Kapaleeswarar Nagar, Neelankarai          Chennai 600 041 (On ECR after Vasam Eye Care          turn left into Kapaleeswarar Nagar Arch, then          take the 3rd right)</p>
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## Chola Bronzes

The Cholas came to power in the 9th century and until the late 13th century they ruled most of South India from Thanjavur. While they constructed enormous stone temples, the best known artistic remains from this period are the bronzes that were commissioned for each temple.

These large bronzes were created to be carried outside the temple to participate in daily rituals, processions and temple festivals while the huge stone sculptures of Gods could not be moved from inside the temple.

The illustrated talk will look at how the bronzes are made, their purpose and their uniqueness.

Our speaker **Pradeep Chakravarthy** is passionate about the history and heritage of Tamil Nadu with special focus on the role it played in society then and that it continues to play now. He has authored several books and written articles in newspapers.

This is a **warn in meeting** with a limit of 50 members. Please warn in with **Sanyukta Gill on 98404 15677** from **1st to 3rd November** between **12 noon and 5 pm**.

We thank **Rani Ananth** for sponsoring this meeting in her beautiful home.

We thank **Gowri Visvanathan** for sponsoring the audio visual equipment.

We thank **Urmila Devi Prakash** for being the day facilitator.

13<sup>Fri</sup>

3.45PM

**LUZHOUSE**176, Luz Church Road, Luz  
Mylapore, Chennai 600 004  
Phone:044- 6565 1361

## 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.

We thank **Sujaya Menon** for being our day facilitator.

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

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

<b>17<sup>Tue</sup></b>	10.15 <sup>AM</sup> <b>The Folly, Amethyst</b> Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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## How We Remember And Why We Forget!

**Dr. Ennapadam S Krishnamoorthy** is an internationally recognized Neuropsychiatrist with special interests in epilepsy and dementia; integrative medicine; models of comprehensive care and rehabilitation. He has founded a hub-spoke model of comprehensive care for chronic diseases in Chennai that blends western objectivity with eastern mindfulness; modern scientific knowledge with ancient clinical wisdom and the fine art of patient care.

Dr Krishnamoorthy will enlighten us about how memory works and what we can do to preserve and enhance our memory.

We thank **Rashmi Mohindra** for sponsoring the meeting.

BANU SINGH

SUSHI GOKLANEY

**19<sup>Thu</sup>**10.15<sup>AM</sup>**Amethyst**

Whites Road

Next to Corporation Bank

Royapettah, Chennai 600 014



## Remaining Relevant in Society

As we age, society changes, technologies update, improve and innovate. Life seems increasingly challenging.

Talking to us today on how to handle this and remain an active member in society is **Mr Chandu Nair**, who has over 30 years experience in Industry, Consultancy, Media and Information Services. He has been an entrepreneur for over 25 years and has also helped in creating other enterprises.

A post graduate of IIM Ahmedabad, he has been a part of several industry panels in India and abroad as well as visiting faculty in various Business Schools.

We thank **Lalitha Krishnan** and **Sherien Ryan** for so graciously hosting this meeting.

LAKSHMI MENON

ANJALI SACHETI

<p><b>24</b> Tue</p>	<p>10.15 <sup>AM</sup>  <b>E-Hotel</b>          Express Avenue Mall Gate 1          Patullos Road, Chennai 600 002</p>	
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## Rebuilding a Gift Culture

Flying in the face of conventional economic theory, which assumes that people only want to maximise their self-interest, a group of college kids started a series of experiments with the opposite idea — that people are drawn to behave selflessly.

What began with four friends in the Silicon Valley as ServiceSpace has now spread to millions around the globe, and is birthing some radically unique designs. Projects like Karma Kitchen, a restaurant with no prices on the menu, where your bill has already been paid by a previous diner and you are invited to donate for the guests after you.

When our systems rely on our innate kindness towards each other, it unlocks a profound inner transformation that changes our way of being and relating to each other. That inner transformation, coupled with Internet's capacity, connects small, loosely-knit pieces of goodness and gives birth to micro "gift economies" that reconnect ancient values with modern application.

In this talk, **Nipun Mehta**, will share some of the pioneering experiments of "giftivism", speak about the lessons he's learned from his personal practices, and brainstorm ideas for creating a broader gift culture in our societies.

We thank **Radhika Krishnamohan, Lily Madhok** and **Javanthi Singaram** for sponsoring the meeting.

We thank **Kashmira Daruwala** for being our day facilitator.

26<sup>Thu</sup>10.15<sup>AM</sup>**Amethyst**

Whites Road

Next to Corporation Bank

Royapettah, Chennai 600 014



## Ladies of the Raj: A Look Back

Wilhelmina Hardy came to India in 1846 to join her husband Joseph. Thus she embarked on an overwhelming and exciting adventure as a memsahib at the height of the British Raj. Over the years she wrote in a book which was part diary and part recipes. The book was added to by subsequent generations of Hardy women in India and provided not only recipes but glimpse into the fascinating time in history known as "The days of the Raj".

Though born and brought up in England, **Jenny Malin** grew up hearing her Anglo Indian mother whisper about ingredients like jeera, haldi etc. Being a direct descendent of Wilhelmina she came into possession of the book that dated back to 1850. She decided to honour these remarkable women who had made their life in the exotic land of India by publishing a coffee table book based on Wilhelmina's original book.

Join us as the author herself speaks about her labour of love that mingles the history of her family when they lived in India with her grandmother's recipes passed down through the generations. The book is **"A Grandmother's Legacy: A memoir of Five Generations who lived through the Days of the Raj"**.

NIDHI THADANI

AMULYA RAO

## Trip to North East - Assam & Meghalaya

Join us to visit two of the **"Seven Sister States"**.

**Assam** - A hospitable population, a cuisine with its own distinctive aromas and flavors, a vibrant artistic heritage marked by exotic dance forms, and a string of elegant Hindu temples top its list of innumerable attractions, and no permits are required. The archetypal Assamese landscape is a picturesque golden-green vista of jigsaw-like rice fields and manicured tea estates, framed in the distance by the blue mountains of Arunachal in the north and the highlands of Meghalaya and Nagaland to the south.

**Meghalaya** - Separating the Assam valley from the plains of Bangladesh, hilly Meghalaya – the 'abode of clouds' – is a cool, pine-fresh mountain state set on dramatic horseshoes of rocky cliffs. Cherrapunjee and Mawsynram are statistically amongst the wettest places on earth; most of the rain falls between June and September, creating very impressive waterfalls and carving out some of Asia's longest caves.

Lets tour and experience the unspoiled nature and vibrant indigenous culture of both states.

The tour includes:

**Guwahati** - The Gateway of North-East, situated on the south bank of River Brahmaputra with beautiful green hills surrounding it.

**Kamakhya temple** – It is situated at the top of the Nilachal hill at about 800 feet above the sea level. It is one of the oldest of the 51 Shakti peethas.

**Sankardeva Kalakshetra** – Located in a beautifully landscaped setting, named after the most honored Vaishnava saint and the greatest integrator of Assamese society Srimanta Sankardeva.

**Pobitora Wild life sanctuary** - It has a dense population of the Great Indian one-horned Rhinoceros and also home to more than 2000 migratory birds and various reptiles.

**Village of Mayong** – Land of Black Magic.

**Mighty Brahmaputra River Cruise** - Feel the Mighty River Brahmaputra on a country boat. Enjoy the breathtaking surroundings, possible sightings of the endangered River Dolphin.

**Treasured wheels ( Vintage Museum)** - Treasured Wheels Museum features vintage cars, motorcycles, bi-cycles, musical instruments, clocks and watches from the early part of 20<sup>th</sup> century.

**Kaziranga National Park** - In the heart of Assam, covering an area of 430 sq km, is inhabited by the world's largest population of one-horned rhinoceroses, as well as many mammals, including tigers, elephants, panthers and bears, and thousands of birds. In 1985, it was declared a World Heritage Site by UNESCO for its unique natural environment.

**Shillong – Meghalaya** – British referred to it as “Scotland of the East”.

**Cherrapunjee** - The wettest place on the earth and also visit the famous Elephant Falls and Shillong Peak.

**Mawlynnong Village** - Dubbed the cleanest village in India by Discover India Magazine, paved walkways and beautiful flowerbeds all along, mark the village, with waterfalls, **a living root bridge**, hilly rivulets, acacia plantation and an excellent view of the faraway plains of Bangladesh.

So, Ladies lets Explore the paradise unexplored.

**Departure: 8<sup>th</sup> Feb 2016** from Chennai.

**Arrival: 15<sup>th</sup> Feb 2016**

**Cost** : Approximately **Rs 42000.00 (+ Air fare)**

**Last day to warn-in – 30<sup>th</sup> Nov 2015**

Please note the maximum number of people is restricted to 20 only.

Please warn-in as early as possible to get better air fare rates.

USHAJAWAHAR  
9841025166

VIKKI TIPPET  
8939892138

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### **Change of Address**

**Ms. Lily Swami**

C/o Gita Chandrasekaran

Tulip, 4<sup>th</sup> Floor,

28, First Main Road,

Indira Nagar,

Adyar,

Chennai 600 020

Landline: 044-4260 2407

**Molly Jacob**

B 9 Flat 1202, Park Infinia

Bhekhrai Nagar

Phursungi

Pune 412 308

Landline: 020-2695 5400

Email: [jacobjohnk36@hotmail.com](mailto:jacobjohnk36@hotmail.com)

**We are happy to welcome our new Non – Indian Members****Jennifer Eldred** (UK)

Classic Retreat,  
Classic Farms Avenue,  
Sholinganallur,  
Chennai 600 096  
Mobile: +91-99629 61000  
Landline: (Off) 044-4953 1740  
Landline: (Res) 044-4351 5201  
Email: jennieeldred@gmail.com

**Marie Therese Trent** (New Zealand)

Apt 2, 6/8 2<sup>nd</sup> Cross Street,  
Sterling Road,  
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Chennai 600 034  
Mobile: +91-8939 812432  
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