

<b>1</b> Thu	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee
<b>2</b> Fri	10.15 <sup>AM</sup> Book Discussion
<b>6</b> Tue	<b>04.30</b> <sup>PM</sup> Arts & Handicrafts
<b>7</b> Wed	10.15 <sup>AM</sup> Current Events/Music & Performing Arts
<b>8</b> Thu	10.15 <sup>AM</sup> Cooking Swapshop
<b>12</b> Mon	10.15 <sup>AM</sup> Current Events
<b>14</b> Wed	<b>03.00</b> <sup>PM</sup> <b>IWA Christmas - 2016</b>

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

**From the Presidents**

**Deck the halls with boughs of holly  
Tis' the season to be jolly  
Sing we joyous, all together  
Headless of the wind and weather  
Fa la la la la, la la la la**

Chill December brings the sleet, blazing fires and Christmas treats. Jingle and mingle to embrace the true spirit of **IWA Christmas 2016** for it is surely going to be exciting and eventful. **Chennai Equitation Centre** is putting up a fabulous performance by their skilled riders on horsebacks to give you a taste of dressage, show jumping and polo at the **"The Santa Sway"**.

IWA's Christian fraternity will be tickling your taste buds, waving their magic wands at the festive fellowship to spread out a delicious pot luck high tea accompanied by the merriment of carol singing and a brief tableau. Members are welcome to join in the choir and help decorate the **"IWA Xmas Tree"**. Your generous gifts will add smiles and cheer to the poor/needly in keeping up with the sharing - caring spirit of Christmas.

**"December Bonanza"**, hat-trick of 3 celebrity meetings has come our way. Legendary Indian fashion designer **Ritu Kumar**, Magsaysay award winner - Carnatic musician **TM Krishna** and Internationally acclaimed Senior Executive Chef, ITC Grand Chola, **Ajit Bangera** will be interacting with our members...all-in-a-row meetings, not to be missed.

Our Taj Madikeri, Coorg weekend was a rejuvenating experience; panoramic lush green view of the rain forest, splendid sightseeing and the extraordinary Taj hospitality made it an idyllic hilly getaway.

**Heart of India** trip to **Khajuraho, Orchha, Gwalior** coming up early **February**, promises to be an exciting enrichment of culture, cuisine, couture. Do warn in asap with our chairpersons as it is fast filling up.

Hope you enjoyed the special meetings in November- IWA's Global Tea Party, stately Kingsley ambiance and interaction with "The Venerable Tenzin Priyadarshi"? We look forward to your presence at **"The Santa Sway"** and all our December meetings planned especially for **"YOU"**.

Our Managing and Executive committees join us in wishing all IWA members a **"Merry Christmas"** and **a very Joyous, Healthy, Happy and Prosperous 2017.**

**From the Membership Secretary**

The record of attendance will be tabled at all meetings during December 2016 and once again in February 2017. Please take note of your individual tally and make up any short fall during the following months. Please remember that the attendance of 10 meetings during the IWA year has to be completed by the 31st of March 2017. April 2017 meetings count towards attendance for the IWA year 2017-2018.

Members are reminded that guests may attend **only four** meetings during the IWA year irrespective of which member signs them in.

ANITA KOSHY

**From the Membership Committee**

**This year we will not be taking in Indian Members as there is no vacancy.**

**- Membership Committee**

<b>1 Thu</b>	10.00 AM Managing Committee
	11.00 AM Executive Committee
<p><b>L'amandier</b> 57, Chamiers Road, R.A. Puram Chennai 600 028</p>	

Meetings hosted by **Usha Moorthy** and **Rigmor Ekstrand**

**2 Fri**

10.15 AM  
**Madras Club**  
8, Adyar Club Gate Road  
R.A. Puram  
Chennai 600 028



**Have you ever wondered if life is a matter of fate ..... Or faith?**

**Join us in conversation with Author Ashwin Sanghi over his new book of fiction – The Sialkot Saga....**

The trajectories of Arvind and Arbaaz, both 'businessmen' of a kind whose lives are unwillingly intertwined, ricochet off one another while they play out their sinister and murderous plots of personal and professional one-upmanship, breaking every rule in the book. However, they are unaware that what they seek and fight over is the very obstacle in realising an ancient secret that dates back to a time long forgotten.

**Ashwin Sanghi**, master storyteller leaves you dangling ceaselessly over the cliff with this chilling multi-layered narrative, keeping you guessing till the end whether it's a matter of faith... or fate?

Author of three bestsellers - **The Rozabal Line, Chanakya's Chant and The Krishna Key** - he is counted among India's highest-selling English fiction authors. He has also co-authored a crime thriller, **Private India**, along with James Patterson, the world's highest-selling writer. He was included by Forbes India in their Celebrity India 100 Rankings.

We thank **Cibi Mammen** for graciously sponsoring this meeting.

HEMU RAMAIAH

EVELYN MUELLER

Heartiest congratulations to **Rashmi Mohindra & Usha Umapathi** on the birth of their grand daughter **Aindri**.

Heartiest congratulations to **Jaya Mahbubani** on the birth of her grand daughter **Ayaana**.

<b>6</b> Tue	<p><b>04.30<sup>PM</sup></b>  <b>Kalpana Sonthalia's Residence</b>                  43, Harrington Road                  Chetpet                  Chennai 600 031</p>	
--------------	---	--

## Style, glamour, fashion ..... meet celebrity textile designer Ritu Kumar

**Ritu Kumar**, the legendary pioneer of fashion in India, is one of the largest designer-wear brands in the country today. Ritu's understanding of ancient designs, along with innovative use of traditional crafts, the distinctive use of colours, quality of fabrics, intricate embroideries and a gloriously rich Indian aesthetic has created a new classicism and a distinctly unique style of fashion wear.

Ritu began her career in 1969, starting with just four hand block printers and two tables in a small village near Calcutta. Today her brand has grown to retail through several stores across the country and abroad. She has pioneered the term 'fashion' in the Indian context and demonstrated that hand-made products can be as profitable and even more glamorous than those made by machines. Having built her business on the patronage of craftspeople, she has made a significant impact in creating employment in underdeveloped areas.

Ritu Kumar patrons include Indian stars such as Aishwarya Rai, Priyanka Chopra, Lara Dutta and Dia Mirza to name a few, as well as international celebrities such as the late Princess Diana, Mischa Barton and Anoushka Shankar.

Ritu has been the recipient of numerous awards including the Padma Shri in 2013, the country's fourth highest civilian award, for her exceptional and distinguished service in the field of fashion, textile and craftsmanship.

Our sincere thanks to **Kalpana Sonthalia** for hosting this meeting and kindly opening her home for us.

**Please note this is an evening meeting, ending at 6.15 p.m.**

**Please come dressed in Ritu Kumar creations if possible.**

THEJOMAYE MENON

FARAH BANGERA

<b>7</b> Wed	<p>10.15 <sup>AM</sup>  <b>Sagari</b>  <b>My Fortune</b>                  Cathedral Road                  Chennai 600 086</p>		
--------------	---	---	---

## T M Krishna - the Singer, the Teacher, the Preacher

All of us know **T M Krishna**, the highly acclaimed Carnatic singer. He's also celebrated for his skills in imparting musical education to his audiences. He has a magnificent and powerful voice, both for singing and for oratory. And now he has chosen to raise this wonderful instrument he has been blessed with, to bring about betterment and improvement, as he sees it, in society.

This year, we cheered and applauded as TMK received the Ramon Magsaysay Award (2016) for showing that music can indeed be a deeply transformative force in personal lives and society, and for his forceful commitment as an artist and advocate of Art's power to break social barriers and to unleash what Music has to offer, not just for some but for all. His advocacy of this subject is not new, and he has earned both brickbats and bouquets for his stance. But he has never been one to back down from a principled stand and his firmly held beliefs.

He joins us at IWA to share his worldview, his beliefs and strongly held commitments on the subject of social inclusiveness and the equal rights of all before the Arts.

**Rani Dasgupta, Jo Frogbrook, Valli Murugappan, Rama Rajagopalan, Beena Rammohan and Rukku Seshasayee** are our generous hostesses for this morning.

JEYASREE RAVI  
 TEHNAZ BAHADURJI

JENNIFER ELDRED  
 SHOBHAJESUDASEN

<b>8</b> Thu	10.15 <sup>AM</sup> <b>The Ottimo, ITC Grand Chola</b> 63, Mount Road Chennai 600 032	
--------------	--	--

## An Indian Season of Contemporary-Traditional Christmas Fare

Come December and diehard Chennaites savour the cities' changing weather, the strains of music in the air and its gastronomical feasts.

Come and join us on a culinary journey - a demonstration by the chefs of the ITC Grand Chola of traditional Christmas fare with contemporary Indian seasoning.

True to the adage "The proof of the pudding lies in its tasting" the session will be followed by whetting your taste buds with a melody of flavours!

Christmas - a spirit of love, laughter, joy and happiness - cannot but have had a more significant start!

**This is a warn in meeting for a maximum of 60 members. Please warn in on 2&3 December from 10am to 4pm with Usha Moorthy by sms/whatsapp at 9840074196 or mail to ushabmoorthy@gmail.com.**

We are indeed grateful to **Senior Executive Chef Ajit Banger**, of the ITC Grand Chola for hosting this meeting.

USHA MOORTHY

RIGMOR EKSTRAND

---

Our heartfelt condolences to **Susan Koshy** on the loss of her husband.

<p><b>12</b> Mon</p>	<p>10.15 <sup>AM</sup>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p>	
----------------------	--	---

## Of Shoes and Ships and Sealing Wax, Of Cabbages and Kings.....

After a long hiatus, IWA members can again take part in a quiz prepared specially for us. The Folly will be rearranged to accommodate teams of members, pitting themselves against each other, and it's going to be a festival of fun and friendly rivalry on a motley variety of Current topics.

Our Quizmaster, **Dr Navin Jayakumar**, is the founder of the Quiz Foundation of Chennai, which already makes him sound very intimidating. But he is also our bit of "*ghar-ki-murghi*", because he's the son of fellow IWA member **Saranya**, which reveals him in a more approachable light. He's a busy ophthalmologist, and works long hours at his day job, intensely "looking into people's eyes" he says. And yet he has to devote 80 hours or so to preparing each quiz. We hope he spends a little less time on preparing the IWA quiz, especially since we aren't all mainstream quizzers. But he says a good quiz is one in which the quizmaster doesn't have to give the answers, so our luck is in.

Come cross swords with each other, and challenge your long and short term memory at the same time, all in a typical IWA atmosphere of learning and fellowship.

This celebration would not be possible without the generous contributions of **Latha Baratan, Lily Malhan, Sindhura Mommaneni, Nisha Sood and Cherry Venkatesan**.

TEHNAZ BAHADURJI

SHOBHA JESUDASAN

---

Our heartfelt condolences to **Indira Srinagesh** on the loss of her mother.

<h1>14<sup>Wed</sup></h1>	<p><b>03.00<sup>PM</sup></b>  <b>Chennai Equitation Centre</b>                  130, Old Mahabalipuram Road                  (Near ICICI Bank, just before Infosys)                  Sholinganallur, Chennai 600 119</p>
---------------------------	--

## “The Santa Sway”

Rudolf, the red nosed reindeer will have elite company galloping with him this Christmas. Dasher, Dancer, Prancer, Vixon, Comet, Cupid, Donnar and Blitzen..beautiful breed of horses performing feats - especially for IWA members ...whilst the sounds of Christmas carols merge with the cool sea breeze, yummy home made tea-time delicacies and pass arounds prepared by our gracious Christian member hostesses will add a special flavour to the festivities of evening fellowship and fun.

Come dressed in your evening best....dresses/ball gowns/hats tinged with Christmas colours for it's time to be seated in the stands that surround the ring, inside which the horses will perform. The horses will have to show their obedience and availability and the riders their skill- combinations of the two put together will surely be packed with excitement and frolic as you, the spectators, CLAP N CHEER them on.

**IWA CHRISTMAS 2016** is sure to delight one and all.

Heartfelt **APPRECIATION and THANKS** to the following members for preparing and sharing yummy culinary delights, generous cash contributions and partaking in the joyous Christmas entertainment - making IWA Christmas 2016 unique and special.

**Sulochana Alexander, Suma Eapen, Premila Jacob, Shobha Jesudasen, Anita Koshy, Achu Kurian, Ambika Mammen, Cibi Mammen, Minnie Mathan, Ann Mathew, Maya Mathew, Marina Mathias, Evelyn Mueller, Princess Naik, Sharmilee Neilson, Linda Raymond, Sherien Ryan, Lita Srinivasan, Shanti Thomas, Shobana Thomas, Vicky Tippett, Marie Therese Trent, Darley Verghese and Reena Verghese.**

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

NABILA AVAIS

JANSI KISHORE

THE BOARD

## Save the Date - “The Santa Sway”



### History of Show Jumping

**Show jumping** was born in Paris in 1866 when the first class for show jumpers began and it didn't make its way to England for another 15 years. When it first arrived on our shores it was known as a Lepping competition.

Show jumping, also known as “stadium jumping”, “open jumping” or simply “jumping”, is a part of a group of English riding equestrian events that also includes dressage, eventing, hunters, and equitation. It is one of the most popular horse events around the world and takes place in many different countries. It enjoys its place both nationally and internationally as one of the most popular and perhaps most recognisable equestrian events, aside from Thoroughbred horse racing. At its highest competitive level, show jumping is recognised as one of the three Olympic equestrian disciplines alongside both dressage and eventing. Essentially, what pole vaulting, high jump and hurdles are to track and field. Show jumping is the only sport where two living beings compete together: a horse and a rider. The horse is the fruit of the long and patient work of the breeders who have carefully studied genetics before producing him. Show jumping horses are mainly born in France, Germany, the Netherlands and Belgium. The rider is not just any fellow sitting on the horse. He/she is more than a pilot. On the course, the eye of the rider and his ability to make quick decisions are as important as the skill of the horse, his physical aptitude, his carefulness, etc.

**Wednesday, December 14th, 3pm @ Chennai Equitation Centre, 130 Old Mahabalipuram Road, Near ICICI Bank, just before Infosys, Sholinganallur, Chennai 600 119.**

**Members are requested to carpool with friends.**

### Ghungroo - 2016



### Global Tea Party

History, Culture & Tours and Cooking Swapshop would like to thank all the members who participated whole heartedly in "IWA's Global Tea Party" event.

**A big Thank you to the Non Indian member community for generously coming forward and setting the stalls with tea and treats.**

We are grateful to all the members who shared their tea sets and tea wares with us, making the display tables come alive.

We would also like to thank **Umayal Chettyappan, Brahada Kameshwaran, Sujaya Menon, Mridula Narasimhan, Jaya Patwardhan, Anuradha Sachdev and Sunanda Sundaram** for sponsoring the decoration of the Indian Tea Kadai and audio visual equipment for the "Global Tea Party" meeting.





### 8 Things that Happy People Do Differently

1. **Express Gratitude** - never let the things you want make you forget the things you have.
2. **Savor Life's Joys** - The real beauty of life is in each precious moment. Stop and smell the Roses.
3. **Commit to your Goals** - most people who fail at reaching their dream, fail not from lack of ability but from lack of commitment.
4. **Cultivate Optimism** - Stay Positive-When it rains, look for rainbows..when it's dark , look for stars.
5. **Stop Overthinking** - Thinking too much only complicates your life and creates a problem that didn't exist in the first place.
6. **Avoid Social Comparison** - Most of our insecurities come from comparing our behind-the-scenes with other people's highlight reel.
7. **Increase Flow Experiences** - Flow is a state where you are so focussed, it feels like time stands still. Doing what you love, and challenging yourself is how you get there.
8. **Nurture your Relationships** - The happiest people alive have deep meaningful relationships. Nurture them and watch them grow, You can Start Right Now.... for,

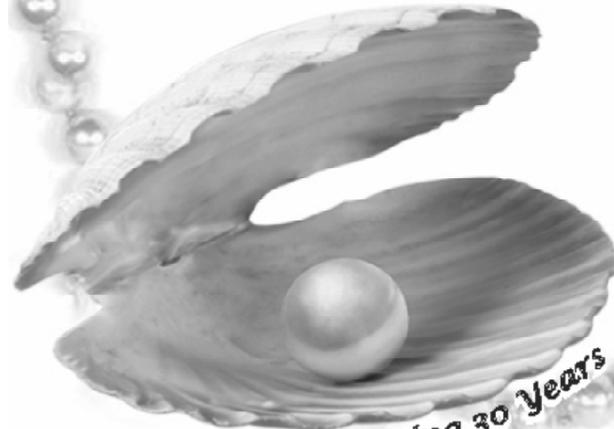
**Happiness Starts With You**

**'Whatever most captures your mind controls your life'.**

**Kare Anderson**

## Our String of 1997 - 2006

<i>Rashmi Mohindra</i> 2005	<i>Vanitha Rajkumar</i> 2004
<i>Shanta Narayan</i> 2002	<i>Raji Ramesh</i> 2000
<i>Nalini Panday</i> 2000	<i>Asha Rammohan</i> 2005
<i>Geeta Rajagopalan</i> 2004	<i>Vijaya R Rangarajan</i> 2003
<i>Latha Rajan</i> 2001	<i>Amulya Rao</i> 2000
<i>E Rajeshwari</i> 2006	<i>V Kiran Rao</i> 2002
	<i>Linda Raymond</i> 2001



*Celebrating 30 Years*

## Precious Pearls DECEMBER-2016

<i>Aasha Reddy</i> 2005	<i>Lita Srinivasan</i> 2001
<i>Preeya Reddy</i> 2001	<i>Padmini Subramaniam</i> 1997
<i>Ramani Reddy</i> 2000	<i>Sunanda Sundaram</i> 1997
<i>Sharada Reddy</i> 2001	<i>Leena Suryaprakash</i> 2003
<i>Somna Sachden</i> 2000	<i>Veena B Swamy</i> 2006
<i>Chandra G Seoni</i> 2004	<i>Noorz Thebbhoy</i> 2001
<i>Devyani Shah</i> 2001	<i>Debbie Thiagarajan</i> 2002
<i>Chandra Sankar</i> 2003	<i>Shanthy Thomas</i> 2001
<i>Vidya Singh</i> 1997	<i>Usha Umapathi</i> 2005
<i>Nisha Sood</i> 1998	<i>Ranjani Venkataraghavan</i> 2002
<i>Indira Sunagesh</i> 2001	<i>Gowri Viswanathan</i> 2003