

<b>1</b> Tue	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee
<b>8</b> Tue	<b>03.45 PM</b> History, Culture & Tours / Cooking Swapshop
<b>10</b> Thu	<b>04.30 PM</b> Arts & Handicrafts
<b>15</b> Tue	10.15 <sup>AM</sup> Current Events
<b>22</b> Tue	10.15 <sup>AM</sup> Philosophy & Religion
<b>1</b> Tue	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee  <b>L'amandier</b> 57, Chamiers Road, R.A. Puram Chennai 600 028

Meetings hosted by **Bharathi Suresh** and **Amulya Rao**.

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

**From the Presidents**

The systematic and integrated working of IWA has enveloped and touched every aspect of our lives, teaching us to share certain core values, helping to shape our personalities as responsible individuals of the unmatched IWA culture.

After the exhilarating journey across the globe to South America, we have emerged with one bright thought - "**nothing is ever impossible, whatever the mind can conceive and believe, it can achieve, regardless**".

Be it the biggest shower of our lives, under the **Iguazu falls**, seated in a small rafting boat, or so far away from civilization tucked away in the **Amazon Rain Forest** with zero connectivity or daring the rocky heights of the enchanting Incas, **Machu Picchu**, cruising the stormy waters of **Lake Titicaca, Puno**, situated at 13,000 ft, exploring the mystic floating **Reed Islands**, it was truly well worth pushing our energy levels to the maximum to attain the most unforgettable gratifying wholesome experience..... read on for more details on the **South American Sojourn** as interestingly penned by a few of our traveller members.

Our little awardee maestro, less than 4ft tall, **Lydian Nadhaswaram** excelled and enthralled the audience with his impressive inborn musical talent on **International Music Day**. Here's wishing little Lydian a bright and prosperous musical career ahead.

**Khana-Khazana** was a great success ...watching the stalls fill up with soul tempting wares, last minute "rocket shooting" of ticket sales, **Roshini Raju's** outstanding classical dance performance, devouring Rajasthani savories at high tea. Thank you members for your lively presence and for contributing generously towards the ever popular Khazana stall. Hope you all enjoyed the fun and frolic evening as much as we enjoyed putting it together for you.

**Personalised membership directories** have been well received and your appreciation is very encouraging and means a lot to us dear members. **Mid year ponderings**, you are reminded to keep a check on your attendance, which will be tabled at all meetings in December.

**Our string of Precious Pearls** .... happy to list the names of members who had joined IWA in the **second decade 1996-2006**, more to follow.

Do not miss the exciting meetings planned especially for you in November by our ever enthusiastic activity chairs.

**Relax, Rejuvenate and Rejoice on the weekend trip to Taj Madikeri, Coorg on 26th - 28th November. We invite you to join in.**

**May the festive season fill your lives with divine light, joy and enlighten your souls with everlasting peace and contentment.**

**Stay Blessed Always!**

NABILA AVAIS

JANSI KISHORE

**The Universe**

Is not punishing you.  
It is not blessing you.  
It is not controlling you.

The universe responds to the vibration you are creating. Think happy and happiness will come to you. Think negatively and negativity will come to you. What we put out into the universe, we will get back like an echo.

**From the Treasurer**

**RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD  
1st April 2016 To 30th September 2016**

<b>RECEIPTS</b>	Amount	Amount
To Opening Balance - Cash	25192.00	
To Opening Balance - Canara Bank	502409.11	
To Opening Balance - Fixed Deposits	1229869.00	
<b>Sub Total</b>		<b>1757470.11</b>
To Membership Subscription		604000.00
To New Membership Fees		50000.00
To Guest charges		14100.00
To Interest on Fixed Deposits		44697.00
To Interest on Savings Bank		15178.00
To Bank Charges		172.00
<b>TOTAL</b>		<b>2485617.11</b>
<b>PAYMENTS</b>		
By AGM Expenses 2015-2016		57564.00
By Fellowship Morning		52000.00
By Meetings	58680.00	
By Founder's week		53000.00
By Gift Items	24000.00	
By Printing and Stationery		52861.00
By Postage and Courier		12686.00
By Salary to Accountant		30000.00
By Bank Charges		241.00
By Closing Balance - Cash on Hand	35175.00	
By Closing Balance - Canara Bank SB	835070.11	
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	4471.00	
<b>Sub Total</b>		<b>2144585.11</b>
<b>TOTAL</b>		<b>2485617.11</b>

ASHA HARISH MURTHI

<b>8</b> Tue	<p><b>03.45<sup>PM</sup></b>  <b>The Park</b>                  601 Anna Salai                  Near Gemini Flyover                  Nungambakkam, Chennai 600 006</p>	
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## It's Always Tea Time...Somewhere – IWA's Global Tea Party

Some say it is like a warm hug in a cup. Some say it is liquid wisdom. Most agree that tea is not simply a beverage. It is a culture. It is defined by the way it is made, the way it is consumed, the way a person interacts with it. While some countries have a formal ceremony surrounding tea, other cultures have a more casual approach, catching a quick cup at a tea stall.

Please join us on a journey of the taste buds around the IWA world as we experience tea culture from the countries of our members.

We will have a 15-20 minute presentation of the history of tea along with interesting tit-bits about this famous and sometimes infamous leaf. We will break for tea right after.

We would like to thank **our membership** for supporting us with this meeting. We would not be able to execute this without their help.

**Please note this is an evening meeting. The talk will commence at 4pm and tea and refreshments will be served after the talk.**

NIDHI THADANI  
 USHA MOORTHY

ANJALI SACHETI  
 RIGMOR EKSTRAND

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Heartiest congratulations to **Nabila Avais** on the birth of her grand son **Mohammed Arad**.

<b>10</b> Thu	<p><b>04.30<sup>PM</sup></b>  <b>Kingsley</b>                  60 Spur Tank Road                  M.S. Nagar, Mukta Gardens                  Chetpet, Chennai 600 031</p>	
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## The glory of blending traditional and contemporary designs in Saris and Jewellery

In the charming courtyard of Kingsley, a 100-year-old bungalow that has been transformed into a trendy store that doubles up as a cultural space, it's creator **Ahalya S** will share her sensibilities and passion for creation and curation. Ahalya is the founder and curator of brand Kanakavalli, and at the helm of Ahalya jewellery.

In a free wheeling conversation with journalist **Akhila Krishnamurthy**, Ahalya will open up and share thoughts and ideas on how the sari inspires her and how she makes the classic Kanjivaram a very contemporary statement. She will also talk about how she creates jewellery that is a reflection of one's identity. In addition, Ahalya will touch upon ideas of social currency, luxury, identity... and how what we wear is who we are.

Our sincere thanks to **Kingsley** for sponsoring the venue.

We also thank **Jansi Kishore, Aruna Prasad, Parvathi Reddy, Sherien Ryan, and Anjana Sunil** for the high tea.

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

THEJOMAYE MENON

FARAH BANGERA

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**Music & Performing Arts** would like to thank **Alagammai Alagappan** and not Archana Meiyappan as one of the sponsors for the 19<sup>th</sup> September meeting at Social. This error is sincerely regretted.

<p><b>15</b> Tue</p>	<p>10.15 <sup>AM</sup>  <b>The Folly, Amethyst</b>                  Whites Road,                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p>	
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## Driverless Cars - is there a future in India?

Everyone's first response when you mention driverless cars and India in the same breath, is a cynical laugh. 'In India?', they say, dismissively. Not a chance! Well may be there is, or may be there isn't, but the subject is compelling enough for an examination anyway. What exactly does 'driverless' mean, when all the reports talk about a person being behind the wheel nevertheless? The talk of dramatically fewer accidents - that has to be a good thing! Singapore has boldly taken on the role of guinea pig, with its driverless taxi programme, and Pittsburg has a driverless Uber programme, so we should have some kind of an answer soon.

To lead us to this exciting new frontier, is **Mr Maini**. The Maini group is the founder promoter of the **Reva** car, India's first electric car, and still the largest selling electric car in the world, now available in 26 countries worldwide. Currently immersed in driverless car studies and innovation, all forms of motor vehicles are a passion. But far from the thrills of high speed racing, the whole point of driverless cars is their enhanced safety. And that would be an entirely desirable thing, in India or anywhere.

**Sabina Narayan** is our generous hostess for the morning.

TEHNAZ BAHADURJI

SHOBHA JESUDASEN

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**Current Events** would like to thank **Ramani Reddy** for sponsoring the Audio-Visual equipment for our September event

<p><b>22</b> Tue</p>	<p>10.15 <sup>AM</sup>  <b>My Fortune, Chennai</b>                  Cathedral Road                  Chennai 600 086</p> 
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## Becoming a Better Version of Yourself

By most accounts, **The Venerable Tenzin Priyadarshi** is an innovative thinker, a philosopher educator, a philanthropist, a polymath and a monk. He is the Founding Director of The Dalai Lama Center for Ethics and Transformative Values at the Massachusetts Institute of Technology, Boston, a center dedicated to inquiry, dialogue, and education on the ethical and humane dimensions of life. As a collaborative and nonpartisan think tank, its programs emphasize responsibility and examine meaningfulness and moral purpose between individuals, organizations, and societies.

We are honored to have him as our guest speaking about "Becoming a Better Version of Yourself".

We thank **Bharathi Suresh** for sponsoring this meeting.

We are grateful to **Aasha Reddy** for helping us organize the speaker.

BHARATHI SURESH

AMULYA RAO

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Our heartfelt condolences to **Kalpna Sonthalia** on the loss of her mother.

## Heart of India - a showcase of history art and architecture!

**Madhya Pradesh** has been home to the rich cultural heritage of several religions evidenced through the innumerable monuments, exquisitely carved temples, stupas, forts and palaces dotted all over the state.

The **temples of Khajuraho** are a true blue amalgamation of art and architecture. Visit the Western and Eastern group of temples including **Chausath Yogini Temple** dedicated to goddess Kali, the **Vishwanatha Temple** with impressive stone entrances and the three headed image of Lord Brahma and the **Chitragupta Temple** dedicated to the Sun God shown driving a horse drawn chariot.

**Orchha** with its complex of well - preserved temples and palaces, offers a glimpse of the golden age during the first half of the 17th century. These temples date back to the 17th century and are still in use today and visited regularly by thousands of devotees; some of the temples that we will visit are the **Lakshmi Narayan temple** with its well preserved murals and the **Chaturbhuj temple**.

Surrounded by beautiful hills on three sides, the city of **Gwalior** allows an up close look at ancient history through stops at its landmark sights. The history of Gwalior can be traced back to a legend in the 8th century AD when a chieftain known as **Suraj Sen** was struck by a deadly disease and cured by a hermit-saint **Gwalipa**. In gratitude, he named the city after him. Many great dynasties ruled the city of Gwalior during which the city gained new dimensions from the warrior kings, poets, musicians, and saints who contributed to making it renowned throughout the country. Visit sites like the **Sas Bahu Temple, Gwalior Fort, Man Mandir Palace, Jai Vilas Palace and Museum**.

Join us as we take you on a journey that showcases the best of history, art and architecture - Wind up at vibrant **Old Delhi**, with its chaotic, winding alleys, crammed with cycle rickshaws, colourful shops and noisy street traders. A **food trail** in the busy streets of "**purani dilli**" will be the perfect way to end this holiday to the heart of India.

**Sign up for the Heart of India tour.**  
**Dates -4th February 2017 - 10th February 2017**  
**Cost -55,000/- per head on twin sharing.**  
**Last date- November 25th**

**Please call the chairpersons to sign up-**  
**Anjali Sacheti - +91 98840 56000**  
**Nidhi Thadani - +91 89390 76660**

## South American Sojourn

### Brazil

On the 9<sup>th</sup> of September, 24 IWA ladies and friends board a flight to Abu Dhabi and thereon to Rio via São Paulo.

The next morning we set off to view a modern wonder – Christ the Redeemer on Corcovado Hill. The magnificent art deco statue installed to commemorate the centenary of independence took ten years to be completed. The head and hands were sculpted in soapstone by sculptors in France. The majesty of Christ's outstretched arms blessing the older parts of Rio is unbelievably beautiful. There is a tiny chapel at the base of the statue.

Post lunch, we drive around the city, seeing the beaches – Copacabana, Leblon and Ipanema . And a visit to a local flea market. Shopping!! Some of us visited the warehouse for Rio Olympics merchandise.

Dinner includes a cultural show of dances and music. And a chance to taste the local wines and food.

Day 2 - begins with a visit to Sugarloaf Mountain. At the summit is a viewing gallery that permits a 360 degree view of the bay and the city as it has spread.

Day 3 - at Iguazu begins with souvenir shopping at a huge store called the Chocolate Factory.

Next stop – a helicopter ride to have an aerial view of the falls on the border of Brazil and Argentina. We get a spectacular view of the upper and lower Iguazu rivers, divided by the majestic falls.

We then visit the bird park across the street to see an unimaginable variety of birds.

On to the falls - At the sight of the first stretch of water we all gasp and stop. The bemused guide urges us on and says this is nothing. Nearing the main falls, the sound of the gushing water and the chill of the breeze are exhilarating. The end of the walkway lands you almost in the middle of it all - you are sprayed with water from all sides.

After lunch - a speedboat ride that takes you directly under a small stretch of the falls! The boat yaws and sways, drenching us! Thrice under the falls was the experience of a lifetime! What a climax!

Back to land and to the hotel. And a sense of satisfaction that we had seen the best that Brazil had to offer.

SUSHILA NATRAJ

## Braving The Jungle

Our tryst with "Sandoval Lake Lodge" described as "off the beaten path" was certainly no exaggeration! We took a motorized boat ride down the Madre De Dios River, walked on a dusty lop-sided trail, transferred to canoes and rowed through the Amazon tributary to the lake. That our destination was no Sheraton, was apparent. The design of the eco-friendly cabana was curious. No ceiling to the rooms, only a common roof. Resulting in no raised voices, no warring couple outbursts (as even a whisper carried!)

Imagine ..... no wi-fi, no t.v., no civilization for miles surround... sounds idealistic? Get real people! We were in the heart of the Peruvian Jungle. (Lights were turned off at 10. p.m) Sounds like Boot camp... you bet!

On our woodsy trail into the Inkaterra Reserva Amazonica we identified several medicinal plants and trees... the Pamicho, the Cinchona, the Brazil Nut and the Strangler Fig; while we gingerly avoided treading on the fiery bullet ants and stick insects..

The highlights of our canoe trips at dawn and dusk were...the surreal silence on the lake; encounters with the endangered giant river otters as they squabbled over fish, spotting the sloth, aguti, capuchin monkeys, the exotic toucans and the red-bellied macaws..... but the piece de resistance was... drifting alongside the 2-metre long black caiman with its "here's-looking-at-you-babe" eyes before it submerged. Phew.... that felt like a close encounter of the worst kind!

The Tarzans in our group returned from the Rainforest-by-Night excursion with video evidence of Tarantulas and other nocturnal species. At nightfall the psychopathic red howler monkeys kept up a continuous cacophony that sounded like jet engines at take-off. Sinister sounds those!

We woke to grunting sounds of the capybara (the largest rodents that could grow upto 45 kgs) outside our window... must have sniffed the tepals, podis and pickles that kept our taste buds alive at mealtimes. Menus were interesting, the ubiquitous Quinoa appeared in several avatars. Portions were huge and attractively plated and always served with a smile!

The lodge resounded with bonhomie sounds as we played dumb charades and Antakshari. The men spent many happy hours nursing Pisco Sours while card players were lost to their surrounding.

It was with mixed feelings that we bade goodbye to Sandoval; Love it or hate it.... It was indeed the once-in-a-lifetime jungle adventure that most people dream about and we were doubly blessed to have experienced it!

SHEELA K SARATH

## Peru

Peru, with its headlined highlights, the Amazon Basin and the Incas' Machu Picchu, was the main event on our itinerary both in terms of time spent and its attractions.

We started out early from Lima and took a multi modal route to the Sandoval Lake Lodge and the Amazon basin - plane, bus, canoe and foot. The region's lush and variegated flora and fauna lives up to its billing though we would have loved to have seen more of the wildlife, there is a reason they call it wild, they are hard to find in the wild! Nature walks acquainted us with the fig tree, the Brazil nut tree, banana plant, parasite plants, snake tree, monkey brush tree and the walking palm. We learnt about the otters that travel in packs and eat piranha and crocs, and squads of squirrel monkeys who are nature's acrobats and also hunt in packs. Noisy and colorful birds were a treat.

We also reached Machu Picchu by multi modal means from Cusco - bus, a spectacular train ride, and a drive through unusual mountain formations, past bubbling streams and colorful cornfields. The Incas purposefully built their city on the hill so it is difficult to get to and hoped the Spanish would never find them. How they built it is an enduring mystery. Everything about this World Heritage site spells spectacular.

Full immersion in Andean culture took us to Cusco, Pisac, Puno and finally Lima, the capital. These cities are marked by their heritage architecture, cobbled lanes, colorful dresses and diverse populations, there is a large contingent of Japanese and Mr. Fujimori was a former Prime Minister. Striking sites are Cusco's Koricancha temple (colonial architecture) and its lively city center which even had a Hare Krishna contingent. IWA women proved their mettle by cleaning out stores of Kuna outlets of their alpaca wool garments.

Important notes about Peru- baby Llamas are irresistible, a luxury PeruRail ride to Puno is not to be missed, respect advice on habits for high altitudes so you do not have to succumb like I did, and most importantly ask for the guide Juan Carlos who is charming and knows how to do the impossible - keep every IWA woman happy!

Arid landscapes abut lush greenery. Lake Titicaca situated amid two distinctive mountains was strenuous to get to but its reed islands, the island of Uros, the local arts and crafts, and the hike to the top of Taquile Hill, were well worth the effort. We were treated to a rare halo around the sun which looks like an eclipse but is caused by a natural phenomenon involving ice crystals in clouds at high altitudes.

RAMANI REDDY

### South American Sojourn

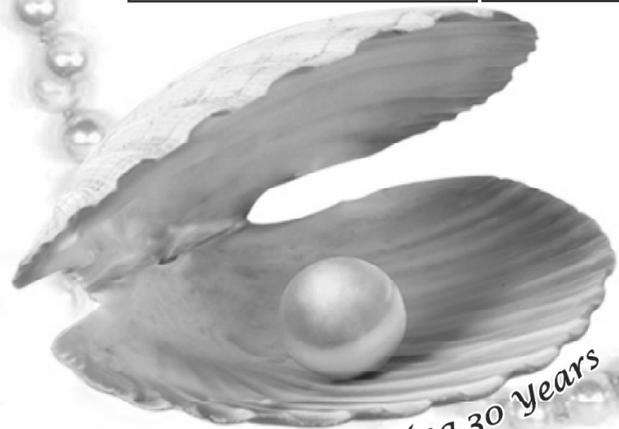


**“A Journey of a thousand Mile begins with a Smile”**

**Be Crazy, Be Silly, Be Weird, Be Whatever-Because life is too Short to be anything but Happy.** The secret of being **HAPPY** is accepting where you are in life and making the most out of **Everyday**. Now and then it's good to pause in our pursuit of happiness and just relax and be peaceful. Someday you will look back and understand why it all happened the way it did. Enjoy the present without anxious dependence on the future. Happiness is like a lost object which shows up in the most unexpected way. If you search too hard, unlikely that you will find it..for most smiles are started by another SMILE.

## Our String of 1997 - 2006

<i>Nabila Awaiz</i> 2003	<i>Rani Chandani</i> 2001
<i>Jehnaz Darius Bahadurji</i> 2004	<i>Kashmira Daruwala</i> 1998
<i>Kala Bhashtyam..</i> 2000	<i>Rehane Yavar Dhala</i> 1997
<i>Anuradha Bhaskar</i> 2004	<i>Suma Eapen</i> 2005
<i>Amita Bhatia</i> 2009	<i>Uma Ganesan</i> 2003
<i>Rekha Bhatla</i> 2001	<i>Jyothi Ganesh</i> 2004
<i>Shalini Biswajith</i> 1997	<i>Bharathi N Gopinath</i> 2003



*Celebrating 30 Years*

## Precious Pearls NOVEMBER - 2016

<i>Radha Gopalakrishnan</i> 2001	<i>Achu Kurian</i> 2004
<i>Deepali Goyal</i> 2003	<i>Pushpa Lakshman</i> 2002
<i>Deepika Goyal</i> 2001	<i>Chandra Lulla</i> 2003
<i>Kanta Gupta</i> 1997	<i>Tina Malhotra</i> 2005
<i>Asha Hemdev</i> 1999	<i>Cibi Mammen</i> 2006
<i>Kausalya Jaganmohan</i> 1997	<i>Jayashree Manradiar</i> 2003
<i>Saranya Jayakumar</i> 1998	<i>Minnie Mathan</i> 2006
<i>Anita Kapoor</i> 2000	<i>Ann Mathew</i> 2004
<i>Susan Koshy</i> 2005	<i>Maya Mathew</i> 2006
<i>Nina Kothari</i> 2001	<i>Praveen Mehra</i> 2001
<i>C Prema Kumar</i> 2001	<i>Archana Meiyappan</i> 2004