

<b>1</b> Thu	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee
<b>2</b> Fri	<b>09.45 <sup>AM</sup></b> Book Discussion
<b>6</b> Tue	10.15 <sup>AM</sup> Philosophy & Religion
<b>8</b> Thu	10.15 <sup>AM</sup> Cooking Swapshop
<b>15</b> Thu	10.15 <sup>AM</sup> Current Events
<b>19</b> Mon	<b>04.15 <sup>PM</sup></b> Music & Performing Arts
<b>22</b> Thu	10.15 <sup>AM</sup> Health & Ecology
<b>26</b> Mon	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**

**The woods are lovely, dark and deep, but I have promises to keep, and miles and miles to go before I sleep. - Robert Frost**

At quarter past..gallantly marching onwards, astounding success of 30th Year Founder's Week Celebrations, heartwarming congratulatory messages received from so many of our past presidents, some from across the globe, well attended plethora of meaningful meetings, our activity chairs unfurling their very best....Gratification Galore to one and all for encompassing us with positivity, the encouraging warmth of your supportive presence and radiant smiles.

August showered us with some special evening meetings in addition to the regular ones. Sufi evening at Amir Mahal, artist Seema Kholi's Golden Womb and Janmashtami were well enjoyed and appreciated by all who attended.

Come September, some of us are ready to embark on the much awaited "South American Sojourn". Whilst we adapt wings and fly far away, our regular meetings are interesting and will continue to allure.

Set out in the magnificent green biosphere of virginal rainforest, **Taj -Madikeri, Coorg**, our South India trip is in the brewing - November end. Do hope to have many of you join us.

October 1st, International Music Day falls on a **Saturday** this year. Not to be missed, please save the date. Our able Music Committee has left no stone unturned in sourcing an extremely talented awardee **Lydian Nadhaswaram**, who will be enthralling you with his unusual recital of piano/drums combination.

**Khana -Khazana** a befitting pre Diwali tribute is on 22nd October at MRC Centre. An unusual array of exotic "KHANA "stalls, to blend with the seasonal festivities.

Contact Asha Murthi and Badrunnisa Mahadevan for food stall bookings.

A fabulous cultural performance-Ringing in the festive bells-"Ghungroo" and much more..tickets priced @ Rs 500 will be available at our regular meetings and with all committee members.

Your generous gift contributions, in cash/kind towards the ever popular KHAZANA "lucky dip stall are most welcome. Drop off points listed below :

**Kotturpuram /Adyar- Shobha Jesudasan, Farah Bangera**

**Anna Nagar/Kilpauk- Tehnaz Bahadurji /Badrunnisa Mahadevan**

**Alwarpet /Poes Garden- Manisha Singhee**

**T Nagar/Nungumbakkam - Anjali Sacheti**

Centrespread, Our String of Precious Pearls -we are still covering the first decade 1986-1996; so if your name hasn't yet appeared, rest assured it will, in alphabetical order according to your year of joining IWA.

Remember to wear your name badges to meetings for easy acquaintance.

**Rejoice and Relish the Exotic Flavours of IWA.**

NABILA AVAIS

JANSI KISHORE

**Telephone Directories are printed and ready. They will be couriered to you on payment of Rs.300/-.**  
Thank you

<b>1</b> Thu	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
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Meetings hosted by **Nidhi Kapoor Thadani** and **Anjali Sacheti**

**Regular Meeting Schedule**

**Tea/Socialising - 10.15am to 10.45am**  
**Welcome /Introduction of Speaker - 10.45am**  
**Talk - 10.50am to 11.35am (45mins)**  
**Vote of thanks**  
**Followed by Q & A session**  
**Meeting ends 11.45am**

**Request to all Members,**

We appreciate you attending our meetings in large numbers. Please do keep coming as the year unfolds!

As you are aware, organising an IWA meeting involves a lot of hard work and toil. Sourcing eloquent speakers, making excellent arrangements at the venue etc, all this and more is undertaken by the Activity Chairpersons only for enriching your experience.

Please show your appreciation for our Activity Chairpersons' efforts by NOT walking out in between the meeting, before the speaker's talk formally ends.

Your presence until the **"Vote of Thanks"** at the formal end of the meeting will be much appreciated.

Attendance signing will close at the start of the meeting.

**Members may be reminded that leaving a meeting before the vote of thanks will nullify their attendance.**

Thank you members for your kind understanding.

**Save the Date**

<b>Oct</b>  <b>1</b> Sat	10.15 <sup>AM</sup> <b>International Music Day - Our Founder Nirmal Seshadri's birthday</b>  <b>Raintree, Anna Salai, Chennai 600018</b>
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<b>Oct</b>  <b>22</b> Sat	03.00 <sup>PM</sup> <b>"Khana Khazana" - Deepavali Celebration</b>  <b>Mayor Ramanathan Chettiar Centre</b>
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<p><b>2</b> Fri</p>	<p><b>09.45<sup>AM</sup></b>  <b>Studio-5 Sathyam Cinemas</b>                  Chennai 600 014</p>	
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## Books – Movie – Popcorn

### The Reluctant Fundamentalist

The courage of The Reluctant Fundamentalist is in the telling of a story about a Pakistani man who makes it and then throws it away because he doesn't want it anymore, because he realizes that making it in America is not what he thought it was or what it used to be. He finds himself embroiled in a conflict between his American Dream, a hostage crisis, and the enduring call of his family's homeland. The monologue form allows for an intimate conversation, as the reader and the American listener become one.

**The Movie, The Reluctant Fundamentalist (2012)** is a political thriller drama film based on the 2007 novel by Mohsin Hamid, directed by Mira Nair, starring Riz Ahmed and Kate Hudson in lead. The Reluctant Fundamentalist is a post-9/11 story about the impact of the Al Qaeda attacks on one Pakistani man and his treatment by Americans in reaction to them.

The film received several awards, most of them honoring the film's efforts to address tolerance and xenophobia.

Join us for a short discussion, review and introduction to the book followed by the screening of the movie and watch the book come alive through the eyes of the director...

We thank **Prithika Chary, Rigmor Ekstrand, Kanta Gupta, Princess Naik** and **Dominique Rastoin** for graciously hosting this meeting.

**Agenda:**

- 9:45am to 10:00am : Registration**
- 10:00am to 10:20am : Book Review and discussion**
- 10:20am to 12:20: Movie Screening**

HEMU RAMAIAH

EVELYN MUELLER

<p><b>6</b> Tue</p>	<p>10.15 <sup>AM</sup>  <b>The Theosophical Society</b>                  Durgabai Deshmukh Road,                  Opp. Fortis-Malar Hospital, Adyar                  Chennai 600 020</p>	
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## Theosophy in the Modern Era

The world headquarters of the Theosophical Society is located in Adyar and is a peaceful retreat in the heart of Chennai. We all must have passed by it many times but how many of us have been inside?

And what exactly is theosophy?

The term **"Theosophy"** comes from the Greek theosophia, which is composed of two words: **theos** (god) and **sophia** (wisdom). Theosophia, therefore, may be literally translated as the "wisdom of the gods". So is it a religion, a science, a philosophy... It is actually all those things and more. It is a holistic spiritual practice that includes study, meditation, and service.

General manager **S. Harihara Raghavan** will give an overview of theosophy and its basic tenets in the beautiful, sprawling campus of the Theosophical Society.

After the meeting interested members may go for a walking tour to the Huddleston Gardens and the 450 year old Great Banyan Tree.

**This meeting is limited to 35 members.**

Please warn in with **Bharathi Suresh 9840048090** or **Amulya Rao 9840925434** from **September 1st-4th between 9am-5pm.**

BHARATHI SURESH

AMULYA RAO

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Hearty congratulations to **Sushila Natraj** on the birth of her grandson **Ahimsa**.

<h1>8</h1> Thu	<p>10.15 <sup>AM</sup></p> <p><b>Chili's Restaurant</b>              Express Avenue Mall, 3rd Floor              Pattulos Road              Chennai 600 002</p> 
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## Tex Mex or Mex Tex - that is the question

Chili's has been a global ambassador to this cuisine, whichever name you choose. They are now in our very own Chennai and **Mr. Mohammed Tayyab, Chili's India culinary head** will come specially to demonstrate a few of their signature dishes to us. Chili's says they cater to **"young at heart who want experiences that are fun, entertaining, creative and self indulgent."** Perhaps very apt, — it seems to fit our IWA members perfectly! Well, come and find out if Chili's are true to their claim.

The demo will reveal how to do tex-mex the authentic way, as well as how to make-do with ingredients available in India. The dishes include 1) fajitas 2) nachos 3) quesadilla 4) fresh mex bowl and 5) jambalaya. Each of these dishes has a big story behind it. Come and find out the story, the method, and experience the taste.

A big thank you to **Senora Hemu Ramaiah** for graciously hosting this meeting for us.

USHA MOORTHY

MEENA NARU

### For our October Meeting

Not many countries can compare with India when it comes to the variety of sweets we make ! More importantly, how we have region specific and festival specific treats for the palate! We would like to invite some of our own IWA LADIES to come forth with recipes and a two minute talk on the significance and the region renowned for them .

Please indicate your interest and send details of what you wish to talk about to **Usha Moorthy** or **Meena Naru by 30th September.**

**Usha** - ushabmoorthy@gmail.com. **Mobile - 9840074196**

**Meena** - meenanaru1@yahoo.com **Mobile - 9840081678**

<p><b>15<sup>Thu</sup></b></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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## Brexit, the New PM and the Road Ahead

How does the UK plan to manage this divorce and still remain best friends with the EU? Will Brexit cause a break-up of the EU? Will it be followed by a Grexit and a Fraxit, as is ominously predicted? Could the United Kingdom be no longer united, with Scotland and Northern Ireland talking about striking out on their own? How will it affect us here in India? And what can we expect of Prime Minister Theresa May, who has plainly declared that “we cannot let Brexit consume us”?

To address these and other associated issues, we have **Mr Bharat Joshi**, British Deputy High Commissioner, Chennai. The ever-popular Mr Joshi is a self-declared Indophile, who was delighted with his India posting because it gave him a chance to understand how the complex machinery of India works. And now he can help us to see how the seemingly well-ordered British system came almost to the brink itself, and what it must do to fight back from there.

Our thanks to our generous sponsors, **Lakshmi Menon** and **Leena Suryaprakash**.

TEHNAZ BAHADURJI

SHOBHA JESUDASAN

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**Sunrise Musings- Kalakshetra Foundation**  
**Our heartfelt thanks to the multi faith chanting group**  
**Jayshree Mandradiar, Thejo Menon, Prema Kumar, Fazeela Nurdeen , Sadiya Khaleel, Jasmine Kabrajee, Kashmira Daruwala, Era Kalra, Praveen Mehra, Princess Naik, Vicki Tippet, Evelyn Mueller, Marie Therese Trent, Rinku Mecheri, Masako Maruyama and Radha Gopalakrishnan.**

A special thank you to **Somna Sachdev** and **Anita Kapoor** for kindly sponsoring the outdoor stage, sound and light equipment.

<b>19</b> Mon	<p><b>04.15 PM</b>  <b>Social</b>                  94, Somerset Greenways,                  Satyadev Avenue, MRC Nagar                  Raja Annamalai Puram, Chennai 600 028</p>	
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## Switch off your mind, the show is about to begin

Presenting the Indian Cinderella! She has been practising Carnatic vocals from the tender age of 3 and was no stranger to medals and distinction either. She aced her grades and flew to Pune to pursue her Masters in the most coveted B-School, Symbiosis. Probably, on her way to corporate stardom, she takes a turn and the 20 years of nourished talent seizes her for good.

Meet the vocalist, the MBA graduate and a young music mentor, **Shilpa Natarajan!**

One rainy night, she sang the epic “Munbe Vaa” mashup to an unwavering 100 music lovers. Drenched and soaked in rhythms, she chooses to become a singer and nothing more.

She has worked with prestigious musicians like G.V. Prakash, Girishh Gopalakrishnan and Vishal Chandrasekhar and has also experimented much on mash-ups and song-writing. She caught Chennai’s attention with her parody band “Beef Sappad Trio” and ever since, she has graced the most premium events in Chennai as a stage bearer!

Sway to her musical genius as she steadies the mike to sing some pop, jazz and desi classics with the famed Bertie Ashley on keys.

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

JEYASREE RAVI

JENNIFER ELDRED

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We thank **Sabine Erlich Salam** for sponsoring the sound system for our August 10th meeting.

<b>22</b> Thu	<p>10.15 AM  <b>Presidency Club</b>                  Pearl Room                  Ethiraj Salai, Egmore                  Chennai 600 008</p>	
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## Osteopathy – The Art of Manipulation

Osteopathy is based on the idea that health is closely related to the structure of the body. The main principle behind Osteopathy is that the wellbeing of an individual depends on their bones, muscles, ligaments and connective tissue functioning smoothly together. The medicinal therapy focuses on improving a patient’s mobility or functions of their internal systems by administering various massages, physical manipulation and stretching techniques allowing free flow of blood through the body and specific organs.

**Dr. Shahul Hameed**, a musculoskeletal osteopath will share with us how Osteopathy is used as a drug-free manual medicine, that focuses on total body health by treating and strengthening the musculoskeletal framework.

Osteopathy mainly facilitates the recuperation process of the body. Working on the root cause of the dysfunction and not on the symptoms, it’s now used as a complementary form of healthcare.

We thank **Shobha Hebbar** for sponsoring this meeting.

We also thank **Archana Meiyappan** and **Geeta Rajagopalan** for sponsoring the sound system.

GEETA RAJAGOPALAN

MARIE THERESE TRENT

<p><b>26</b> Mon</p>	<p>10.15 <sup>AM</sup>  <b>Residence of Vanitha Rajkumar</b>            98, Poonamallee High Road            Kilpauk, Chennai 600 010</p>	
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## Subashree In Conversation with Dilip Kumar – The Tamil Story: Through the times, Through the tides

Spanning close to a century, this pioneering anthology deftly traces the evolution of the Tamil short story, a genre that the Tamils have subsumed effortlessly to create illuminating glimpses of life. Like all timeless masterpieces, the eighty-eight finely etched stories will both hold you spellbound and jolt you out of your complacency as they traverse through the changing landscapes of different times, highlighting at once the uniqueness and the universality of life.

Rooted in realism and fantasy, framed on folklore and myth, steeped in irony and angst, underscored by humour and pathos, there is a story for every reader, a story which will surely leave an indelible imprint on the mind.

Join **Subashree Krishnaswami** – editor, translator and writer, in conversation with the author - **Dilip Kumar**, as they take us through the book that reflects nearly all the aesthetic and political perspectives that make up the Tamil short story.

We thank our gracious hostess **Vanitha Rajkumar** for opening her home to us.

HEMU RAMAIAH

EVELYN MUELLER

## South India Calling - Kodagu / Coorg

The coffee capital of India.. The most picturesque hill district.. green therapy. There are many adjectives given to this beautiful hill station in Karnataka.

Join us as we explore a little bit of all these aspects at **The Taj Madikeri, Coorg**. Perched like an elusive bird in the bush, Taj Madikeri is 4000 feet above sea level and situated on an idyllic hillside.

With panoramic views of the rainforest this two night retreat promises to be a rejuvenating experience for the body and soul.

Experience the turning of prayer wheels, the chanting of spiritual texts, the flutter of prayer flags and a myriad rays of positive energy as we explore the **Bylakuppe Namdroling Monastery** on our way to the resort. Sightseeing day in Coorg would include **Abbey Falls, Madikeri Fort and Omkareshwara Temple**. Interact with the gentle giants at the **Dubare Elephant camp** and let the stories of Gods wash over you as we visit **Talacauvery - the birthplace of the sacred Cauvery**.

At the resort enjoy a walk exploring the bio-system of the rainforest or a relaxing swim at the indoor pool with stunning views, or just a cup of coffee watching the valley drop away. Pre dinner enjoy the vibrant folk dance and a specially organized talk by **C.P Belliappa** - noted **historian of Coorg** and compelling author, as he blends anecdotes with facts, legend and folk-lore and leads you into stories of war and strife, of growth and triumph of Coorg. Explore the **Vivanta Conservatory** which is a living chronicle of the land of the valiant Kodavas.

**Departure - 26th November**, by train to Mysore, followed by mini bus to Coorg.

**Return - 28th November**, by train.

**Cost - Rs.26000/- all inclusive.**

**Please Note - the group size is restricted to 20 so we request warn ins before September 25th, to Anjali Sacheti - 9884056000 and confirmations with payment by October 5th - Nidhi Thadani 8939076660**

NIDHI THADANI

ANJALI SACHETI

**Sharing with our IWA family - Excerpts from some of the lovely letters received from Past Presidents.**

"I will be in India in June of next year for the high school graduation ceremony of my granddaughter, Olivia Lenius. Ironically, it was her mother, Amy (then still in college in the U.S. but in Madras for her summer holiday) who lit the lamp during the ceremony that signified the official establishment of the IWA.

Again, thank you for the invitation, and I'll be thinking of you and all the rest of the IWA members on the 25th and 27th."

**- Nancy Dean** (Founder President)

"Love the pearl theme and think that your sunset and sunrise celebrations sound like a wonderful idea. The manner in which IWA fosters friendship and cultural understanding is truly very special and if there were more such institutions I have no doubt we would have a better and more tolerant world. I wish you all the very best for a fabulously festive celebration and for the years to come."

**- Elaine Wood**

"I am sorry that I will be unable to join you as I am in the UK. I hope that your Founder's Day events go well.

With best wishes to you and all IWA members and looking forward to another 30 years of IWA."

**- Janet Picken**

"Reading your email immediately brought back so many memories of my time with IWA and the involvement we all had and I wish both you and all at IWA every happiness in this your special year.

Although I am no longer in India I have such wonderful memories of my time with IWA and never tire of reliving them.

I will be in Italy at a wedding during the Founder Day celebrations but will be with you in spirit and Keith and I will drink a toast to you all."

**- Liz Aston**

"I know you will have a Splendid Day. Aruna has promised to sing on my behalf. With warm regards to all the members of the IWA."

**- Margaret Sekharan**

"Thank you for the invite. It's done beautifully and will be a fabulous program. I really am going to miss the show and all of you.

Thank you again for all the thought in putting it all together.

My best wishes to you and the team who have put this together."

**- Kusum Chadda**

"Thank you for a lovely week - enjoyed catching up with you all and all the other IWA members.

Remember to enjoy the year, as soon it will be over."

**- Raziye Sheerazie**

"Thank you very much to you & your team for all the amazing programmes during the founders week celebrations. You have left no stone unturned by way of organisation, design and detail. I have noted with great joy that you have embraced the essence of IWA by showering all of us with your warmth & friendship."

**- Chandrika Chidambaram**

**Happiness is a Choice, Not a result.  
Nothing will make you happy, until you choose to be happy.  
No person can contribute to your happiness. It is entirely your personal conscious decision.  
Happiness will not come to you, it can only come from you.  
Accept life the way it comes, with cheer for  
Happiness Starts With YOU.**

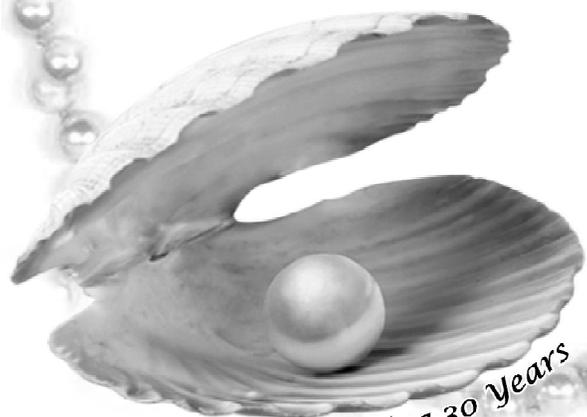
**Happiness isn't about getting what you want all the time, it's about loving what you have and being grateful for it.**

## Our String of 1986 - 1996

<i>Chandra Padmanabhan</i> 1991	<i>Kamala Prasad</i> 1992
<i>Lakshmi Padmanabhan</i> 1986	<i>Sucharitha Prasad</i> 1992
<i>Kanika Parekh</i> 1988	<i>Rama Rajagopalan</i> 1996
<i>Anupama Pasari</i> 1993	<i>Sharadha Rajamani</i> 1988
<i>Aruna Prasad</i> 1994	<i>Jayanthi Rajaram</i> 1991
<i>Dolly Prasad</i> 1988	<i>Beena Ram Mohan</i> 1990

## Precious Pearls SEPTEMBER-2016

<i>Malathi Ramachandran</i> 1986	<i>Anita Reddi</i> 1992
<i>Saroja Ramamrutham</i> 1986	<i>Parvathi Reddy</i> 1995
<i>Visalakshi Ramaswamy</i> 1992	<i>Shobana Reddy</i> 1990
<i>Sharmila Ramji</i> 1988	<i>Urmila Reddy</i> 1987
<i>Shilu Ranganathan</i> 1992	<i>Sherien Ryan</i> 1990
<i>Rekha Rangaraj</i> 1989	<i>Rajni Sabherwal</i> 1989
<i>Nita Reddy</i> 1993	<i>Seema Sait</i> 1987
<i>Shyla K. Rau</i> 1986	<i>Sabine Erlich Salam</i> 1990
<i>Bala Rao</i> 1996	<i>Rita Saldanha</i> 1986



*Celebrating 30 Years*