

<b>1 Fri</b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee	
<b>1 Fri</b>	<b>04.00 <sup>PM</sup></b> Cooking SwapShop	
<b>7 Thu</b>	10.15 <sup>AM</sup> Health & Ecology	
<b>12 Tue</b>	<b>10.30 <sup>AM</sup></b> <b>Christmas Festivity</b>	

<b>1 Fri</b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee  <b>Presidency Club</b> Platinum Room, Fairlawns 51, Ethiraj Salai, Chennai 600 008	
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Meetings hosted by **Lakshmi Menon** and **Rigmor Ekstrand**

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

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**From the Presidents**

The festive spirit is in the air despite the unpredictable weather prevalent in our city. December always brings gifts of time and love being the basic ingredients of a truly merry Christmas. In keeping with this tradition, please join us to celebrate this special time of the year on **December 12th**, at **The Raintree Hotel** and help us realize that there is always something to be happy about!

We have an exciting **India Trip** planned for you in February to **Odisha**. Please warn in as early as possible for this blissful cultural experience.

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

As the year draws to a close, do check on your attendance, which will be available at our meetings in December.

On behalf of the Board and Activity Chairpersons, we wish you and your loved ones a **Merry Christmas** and a **Happy New Year**.

BADRUNNISA MAHADEVAN

FARAH BANGERA

## From the Presidents

### Advisory Committee

**Rupa Kadhiresan** has completed her three year term on the Advisory Committee. She has been advising and guiding us, as always, in her most efficient and punctilious manner and has been an invaluable member of the Advisory Committee. Thank you very much Rupa.

We warmly welcome **Alagu Muthu** on the Advisory Committee. With her years of experience and her innate efficiency and wisdom, we are confident that she will be of immense value to the Committee.

The Advisory Committee members are:

**Alagu Muthu, Seema Bhargava** and **Aruna Vijaykumar.**

BADRUNNISA MAHADEVAN

FARAH BANGERA

### Election Procedure

At the AGM held on 24th April 2017, it was mentioned that the Election Procedure as laid down in our Bye-Laws does not conform to rules as per the Tamilnadu Societies Act. In this regard the Company Secretary and a lawyer were consulted and they assured us that the Election Procedure as laid down in our Bye-Laws does not infringe on the provisions of the Tamilnadu Societies Act. At the same AGM it was also mentioned that some eligible members were not consulted regarding their willingness to serve on the Managing Committee.

At a meeting of the Managing Committee and the Advisory Committee, it was suggested that in order to avoid a similar situation, names of all the eligible candidates be published in the Newsletter along with their photographs and the posts held earlier by them.

**Members would then find it easy to nominate candidates for various posts; members are also free to nominate themselves.**

On receipt of nominations the Election Committee should request the nominated members to clearly state the post they wish to stand for. After receiving the acceptance letters from those willing to serve on the Managing Committee, the Election Committee will present the slate to the General Body in the Newsletter to proceed with the Elections. This procedure is well within the frame work of our Bye-Laws.

BADRUNNISA MAHADEVAN

FARAH BANGERA

## From the Membership Secretary

The record of attendance will be tabled at all the meetings during the month of December 2017 and once again in February 2016. Please take note of your individual tally and make up any shortfall during the following months.

Please remember that attendance of 10 meetings during the IWA year must be completed before 31st March 2018. Meetings in April count towards attendance for the IWA year 2018-2019.

Members are also reminded that guests may attend only four meetings during the IWA year irrespective of which member signs them in. Daughters and daughters-in-law are exempt from this rule. Letters regarding leave of absence should be addressed to the Membership Secretary to the address below.

Thank you for your co-operation.

### **Nidhi Kapoor Thadani**

2nd Floor, 'Ceebros Krishna Raj'  
Crescent Street , Off ABM Avenue  
Boat Club, R A Puram  
Chennai 600 028

### From the Membership Secretary

From among the applications received by the Membership Committee, the following have been selected as Special Guests and will continue in the same status until April 2019. In our Bye-Laws Rule 10 Clause L regarding special guests, the amended No:8 of the guidelines to Membership Committee under Annexure 1 shall apply.

**Nussret Cassam**

**Raksha Mehta**

**Deepa Ramprasad**

I thank every member of the Membership Committee for their dedication, effort and meticulousness in the selection process.

NIDHI THADANI

### We are happy to welcome our new Non-Indian members

**Alamelumangai** (Singapore)

H58, Vedam Ambujam Apts

Anna Nagar East

Chennai 600 102

Mobile: +91 98400 41066

Landline: 044-2628 7748

Email: mangai96@hotmail.com

**Swati Reddy** (USA)

18, Subba Rao Avenue

College Road

Chennai 600 006

Mobile: +91 98841 77777

Email: swati\_reddy@yahoo.com

**01** Fri

**04.00 P.M**

**Amdavadi Restaurant**

23/A, North Boag Road

T Nagar, Next to Kovai Pazhamudir Nilayam

Chennai 600 017



## Healing through Food!

*The key to transforming our world is changing ourselves, living authentically; remembering that the spirit expresses itself in the flesh in a way it cannot otherwise, so keep the garment for the spirit in good order.” – Bettina Zumdick*

**Bettina Zumdick** is the founder of the Culinary Medicine School. She is a former, much sought after senior teacher of Kushi Institute, Massachusetts and counselor who has helped thousands of people to regain and retain their health and vibrancy. She has over 30 years of experience in the field of holistic health, wellness and macrobiotics.

Our very own IWA member Nandi Shah, a blogger, photographer, chef and founder of Re:store, who is also a graduate of the Kushi Institute, where she trained in the science of Macrobiotics, will be in conversation with Bettina Zumdick on **holistic nutrition and how to heal through food.**

We thank **Nandi Shah** for graciously sponsoring this meeting.

We thank **Amita Bhatia** for being our day facilitator.

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

SHEETAL PARAKH

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**Philosophy and Religion & Cooking Swapshop** is extremely grateful to **Sangeet Chopra** for making the **Gurdwara meeting** possible, with her time, guidance, support and co-ordination resulting in a wonderful experience.

<h1>07<sup>Thu</sup></h1>	<p>10.15 <sup>A.M</sup>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p>	
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## RED ALERT: Does your liver have nine lives?

Most of us may not know what the liver does, or that it is so crucial for health, almost like a second heart. With liver diseases on the rise in our environment, we need to keep ourselves informed.

**Dr. Anouk Dev** is the Deputy Director of Gastroenterology at Monash Health, Melbourne and Associate Professor in the Faculty of Medicine at Monash University. She is an expert in the field of liver disease, and will be enlightening us on how to keep this vital organ healthy through simple lifestyle habits. She will also talk about liver transplantation in the Indian context, in comparison to the West.

We thank **Achu Kurian** and **Malini Krishna** for graciously hosting this meeting.

We thank **Shweta Mohapatra** for being our day facilitator.

TULSI REDDY

SHOBHA JESUDASEN

<h1>12<sup>Thu</sup></h1>	<p>10.30 <sup>A.M</sup>  <b>The Raintree</b>                  636, Anna Salai, Teymanpet                  Chennai 600 035</p>	
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## Christmas Festivity

**'May your Christmas be wrapped in happiness and tied with love'**

We are delighted to bring you a morning of Christmas cheer, when we bond together in fellowship to celebrate this special occasion. Come dressed in Christmas colours of **red, gold** and **green**. Enjoy the scrumptious, gastronomic benevolence of The Raintree, Anna Salai.

We are eagerly looking forward to seeing all of you at a fun filled morning of festive splendour.

As the saying goes 'Christmas is not so much about opening presents, as opening our hearts'. We profusely thank **Rajini Reddy** for most graciously opening her heart to sponsor this event.

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

BADRUNNISA MAHADEVAN

FARAH BANGERA

THE BOARD

**Memories of Navdeep**





### Tips to boost your mental health

- **'What lies before us and what lies behind us** are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen.' – Henry David Thoreau
- **Be a tourist in your own town.** Often people only explore attractions on trips, but you may be surprised to discover what cool things are in your backyard.
- **Try prepping your lunches or picking out your clothes for the work week.** You'll save some time in the mornings and have a sense of control about the week ahead.