

1 Thu	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee	
5 Mon	10.15 ^{AM} History , Culture & Tours	
7 Wed	10.15 ^{AM} Music & Performing Arts	
9 Fri	10.15 ^{AM} Cooking Swapshop	
15 Thu	04.15 ^{PM} Arts & Handicrafts	
22 Thu	10.15 ^{AM} Current Events	
27 Tue	11.00 ^{AM} Wellness Conclave	

To learn more, visit the IWA web site: www.iwachennai.com

From the Presidents

"Time flies over us, but leaves its shadow behind.'
— Nathaniel Hawthorne

It seems just like yesterday we started in June 2017 with music in the air and ended the year on a similar note along with a marvelous message '...to mend a quarrel. Seek a forgotten friend. Dismiss suspicion and replace it with trust... Decry complacency. Express your gratitude...', articulately conveyed by **Gayatri Krishnaswami**. We began 2018 with these profound words and more, pronounced by **Rupa Khadiresan**, 'The dawn of a New Year is a moment for reflection and the counting of blessings... Thank you God for life itself without which the universe would have no meaning...' Our members be decked in shades of vibrant orange participated with fervor in a wonderful exercise of camaraderie and bonding. We are always appreciative of your participation to have made it a memorable morning.

A humungous thank you to **Deepam Ravindran** for most graciously hosting this meeting. Our sincere gratitude to our Managing Committee and Activity Chair Persons for their assistance and a very special thank you to **Anjali Sacheti** who formulated the theme of 'Ice Breakers' and the table topics.

As this IWA year is coming to a close, the time has come to choose a new team to lead in the year to come. The Election Sub-Committee has been constituted and they have been entrusted with the task of identifying candidates for the IWA year 2018-2019.

The exciting trip to **Odisha – The Land Divine** has been planned this month and those travelling eagerly await to discover consecrated shrines and hidden cultural treasures.

We would like to remind you to check your attendance and to make up any shortfall by March 31st 2018. We trust those of you who have been notified by our Membership Secretary will complete your ten meetings at the earliest.

Our Activity Chair Persons have scheduled interesting meetings notably the '**Wellness Conclave**' on **Tuesday the 27th February**. We look forward to seeing you in large numbers expressing your support.

From the Treasurer

RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD
1st April'2017 To 31st December'2017

RECEIPTS

	Amount	Amount
To Opening Balance -Cash on Hand	23975.00	
To Opening Balance-Canara Bank SB A/c	526586.61	
To Opening Balance-Fixed Deposits	1229869.00	
Sub Total	1780430.61	
To Membership Subscription	1435000.00	
To Guest Charges	50300.00	
To Hostess Contribution	5000.00	
To New Membership Fee	20000.00	
To Deepavali Celebration	16410.00	
To Other Receipts	210750.00	
To Interest on Fixed Deposits	60463.00	
To Interest on Savings Bank	31213.00	
TOTAL	3609566.61	

PAYMENTS

By AGM Expenses 2016-2017	67375.00
By Fellowship Morning	115561.00
By Meetings	263222.00
By Founder's Day Celebration	13300.00
By Gift and Memontoes	23030.00
By International Music Day	76400.00
By Christmas Celebration	24400.00
By Bank Charges	3400.00
By Printing and Stationery	54521.00
By Legal and Professional Charges	28050.00
By Postage and Courier	21081.00
By Salary to Accountant	72000.00
By Other Receipts/Payments	193500.00
By Closing Balance-Cash on Hand	40217.00
By Closing Balance-Canara bank SB A/c	1377584.61
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 Tax Deducted at Source	6056.00
Sub Total	2653726.61
TOTAL	3609566.61

JEYASREE RAVI

Election Sub – Committee

The Managing Committee has appointed the following members to the **Election Sub- Committee** for the election of the IWA Office bearers for 2018-2019

Chairperson : **Sushi Natraj** (Indian)
 Members : **Padma Ashok** (Non Indian)
Lalitha Krishnan (Indian)
Kamala Prasad (Indian)
Phyllis Stathis (Non Indian)

From the Election Committee

All members who are eligible to be nominated to a post on the Managing Committee 2018-2019 will receive an email and/or message by SMS or WhatsApp, to verify whether they are willing to be nominated for such a post. Please respond at the earliest, according to the instructions given in the message.

If you are eligible, but you do not receive a message by **2nd February, 2018**, please call any member of the Election Committee.

Sushi Natraj – 98840 72433
 Padma Ashok – 94440 01390
 Lalitha Krishnan – 94444 01853
 Kamala Prasad – 99401 41177
 Phyllis Stathis – 99520 12061

1 Thu

10.00 AM Managing Committee
 11.00 AM Executive Committee

Writers Cafe

98, Peters Lane, Royapettah
 Chennai 600 086

Meetings hosted by **Sadiya Khaleel** and **Masako Maruyama**

5 Mon	10.15 AM The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 018	
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Breathtaking anecdotes of spirited women from the History of Madras!

Venkatesh Ramakrishnan is a bilingual author who writes in Tamil and English. Of the three historical novels he has written in Tamil, **Kaviri Maindan** – 'The Son of Kaveri' – is a sequel to the greatest Tamil historical novel ever written – Kalki's Ponniyin Selvan. **Gods, Kings and Slaves** - The Siege of Madurai published by Hachette is his first novel in English. He writes a weekly column in DT next paper on interesting tales from Madras in the decade of 40's. Having a Degree in Agriculture he spent some time dabbling in organic agriculture and still continues to have a deep interest in environmental issues.

Today, he will enchant us with unheard of stories such as - the Queen from Alwarpet, the Ukrainian who started a secret society, the woman who threw a stone at 10 Downing Street, the first Indian lady novelist to write in English, the girl who prevented Nehru from entering a meeting he was to preside over, the first PG Physician in the world, the lady Doctor who worked with Netaji and many more... Unbelievably they lived in Madras.

We thank **Maya Mathew** for being our day facilitator.

LAKSHMI MENON

RIGMOR EKSTRAND

7 Wed	10.15 AM Amir Mahal Durbar Hall Bharathi Salai Royapettah, Chennai 600 014	
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Diabolus in Musica!

Diva Performing Arts is the Arts Company of France headed by music impresarios **Christian** and **Miriam Ledoux**. They will be presenting **Diabolus in Musica**.

Diabolus in Musica has done great work in reviving ancient music and performing as a group to audiences worldwide. **Antoine Guerber** is the founder and leader of this unique group. It consists of talented professional singers and instrumentalists.

The group is open to collaboration with many styles of music all over the world. Songs of the troubadours and polyphonies with men's voices from 12th century up to the Renaissance is their forte. This year they bring to India the Diabolus ensemble for a six - city tour – **Mystic Breath**!

They have taken to Paris and for European audiences several musicians including **Charumathi Ramachandran**, the acclaimed classical Chennai vocalist, for operas and concerts. They will enthrall us with a lecture demonstration of this musical production for 45 minutes.

What other venue could be more appropriate than the **Amir Mahal**, the residence of the Prince of Arcot Nawab Mohammed Ali for this ethereal musical experience! We thank him profusely for opening his heart and home.

We thank **Leena Surya Prakash** for being our day facilitator.

SADIYA KHALEEL

MASAKO MARUYAMA

9 Fri

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



How good is your knowledge of food?

Think you know your pulaos from your biryanis, your enchiladas from your empanadas, your matcha from your sencha, your mince pie from your shep'herd's pie, sweet bread from sugar bread, pear and pare...

All those hours of watching Master Chef, reading food magazines and writing food blogs...

The new restaurants... all the travels and of course home cooks who love to experiment...

Well, we are going to put it to test!

So, put on your thinking cap instead of your chef's hat and come have a fun filled morning at the **Cooking Swapshop Food Quiz**.

We thank **Thejomaye Menon** for being the day facilitator.

SHEETAL PARAKH

Our hearty congratulations to **Viswanathan Anand**, son-in-law of **Rani Ananth** for becoming FIDE World Rapid Chess Champion.

15 Thu

04.15 PM
Alagammai Alagappan's Residence
 10, Chittaranjan Road
 Teynampet
 Chennai 600 018



Fragrances and the Human Psyche!

Why do certain fragrances appeal to us, while others do not? Why do fragrances bring back memories? What impact do fragrances have on our emotions?

Ahalya Matthan, is a perfumer trained in fragrance and perfumery at ISIPCA, one of the premium institutions in France. Born and raised with fragrances surrounding her, Ahalya went on to set up Ally Matthan Creations Pvt Ltd and Areev, a business that encompasses spa and hotel supplies and bespoke fragrance creation. She is also well known as the co-starter of the famous **#100 Saree Pact**, a pact between two friends to wear their sarees 100 times in 2015 and share their saree stories, that became a catalyst for many more to join from all over the world.

In Ahalya's words, "Being a perfumer involves telling stories through the medium of fragrances: and this has what has always driven me!" **Please wear your favourite saree and perfume and join us for an interesting evening of fragrances and conversation.**

We thank **Alagammai Alagappan** for most graciously sponsoring this meeting.

We thank **Usha Umapathi** for being our day facilitator.

SHARMILEE NIELSEN

CAROLINE VANG KRISTENSEN

22 Thu

10.15 AM
The Folly, Amethyst
 Whites Road
 Next to Corporation Bank
 Royapettah, Chennai 600 018



Human - Animal Conflict

Janaki Lenin – familiar to all the readers of The Hindu as the writer of the delightful series of articles titled "**My Husband and Other Animals**" – is more than just a writer. She is a documentary film maker, editor, script writer, at times, the camera person, author and co-author of books and a publisher.

Although she wears so many hats, all the facets of her work embrace the core values of conservation and the preservation of our environment and of our flora and fauna.

This presentation deals with the tragic and devastating human-animal conflict that is now so frequent in our land-hungry path to progress.

We thank **Brahada Kameshwaran** for being our day facilitator.

JASMINE KABRAJEE

SANYUKTA GILL

27 Tue

11.00 AM
Mena Hall
 101. Dr. Radhakrishnan Salai
 Mylapore
 Chennai 600 004



The Midlife Rollercoaster!

The changing physical and emotional needs associated with the **big 'M'** can be stressful and confusing. This morning's program is aimed at empowering and providing coping strategies to face the challenges of menopause, midlife and more.

We have a panel of three speakers who bring their expertise and wealth of knowledge in this field.

Dr Jaishree Gajaraj, is a **Senior Obstetrician & Gynaecologist**, practicing in Chennai. She did her undergraduate and post-graduate education from the University of Madras and higher training in the UK. She has the distinction of being a member of the Royal Colleges of both Obstetricians & Gynaecologists and Surgeons. Her areas of expertise include Pelvic Endoscopy, Gynaec Oncology and Preventive Oncology in women, high risk obstetrics and menopausal health. Among her notable achievements is that she is the Founder Secretary of the Indian Menopause Society, Chennai Chapter.

Our own member, **Didem Atahan-Fabig** is a **Psychotherapist** and research scholar in Psychology. Her focus is on cross cultural psychotherapy, women, domestic violence and trauma. After completing her B.S. in Psychology at Middle East Technical University in Turkey, she went on to a graduate program in Cognitive Behaviour Therapy at Louvain-la-Neuve, Belgium. She has completed a clinical fellowship in Gestalt therapy in New York and has a Masters degree in Gender and Public Health from Freie Universitaet, Berlin. She has worked for the Red Cross Luxembourg as a psychologist working with migrant children; in Harlem, New York with underprivileged children and her current research focus is on domestic violence and burn survivors.

Keerthana Kumaraswamy is a **Yoga Instructor** from the Rutland Gate Yoga Studio. Keerthana has been learning, practicing and experimenting with yoga since a young age and this gave her the strong foundation needed to develop it into a career. She completed her P.G.D.Y.N(Post Graduate Diploma in Yoga and Naturopathy) & M.Phil Yoga. She is the recipient of **Yoga Rathna** and **Yoga Maharatna** awards from Divine Life Society. She has more than a decade's experience instructing students and helping them discover the magic of yoga.

Each is an expert in her own journey and this is a morning to bring to this topic our wisdom and wit, to be earnest and irreverent and engage in an open-hearted discussion.

We thank **Nirupa Sundaravadanan** for conceptualizing and moderating this event.

We profusely thank **Usha Saravanan** for sponsoring this meeting.

This meeting will be for a little more than an hour followed by lunch.

BADRUNNISA MAHADEVAN

THE BOARD

FARAH BANGER

Our heartfelt condolences to **Seema Bhargava** on the loss of her father.

Ice Breakers



Tips to boost your mental health

- **Feeling stressed? Smile** - It may not be the easiest thing to do but smiling can help to lower your heart rate and calm you down.
- **Send a thank you note** - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.
- **Do something with friends and family** - have a cookout, go to a park or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.