A little consideration, a little thought for others makes all the difference
-A. A. Milne

If undelivered please return to:
Badrunnisa Mahadevan, 24 Park Road West,
Shenoy Nagar, Chennai 600 030

Registered Office:
Talking Technology Pvt. Ltd, 857 Poonamallee High Road
Kilpauk, Chennai 600 010

Some people give time, some money
some their skills and connections,
some literally their life's blood.
But everyone has something to give.

-Barbara Bush

Executive Committee

2017 - 2018

Managing Committee

Presidents	Badrunnisa Mahadevan	2626 2885 / 98843 48463
	Farah Bangera	80562 79520
Vice Presidents	Usha Jawahar	98410 25166
	Mahvash Sait	2829 0329 / 98406 24875
Secretaries	Nidhi Kapoor Thadani	4203 0842 / 89390 76660
	Anjali Sacheti	4206 9726 / 98840 56000
Treasurers	Jeyasree Ravi	2432 3334 / 92821 05070
	Manisha Singhee	2499 1482 / 98410 35003

Activity Chairpersons

Arts & Handicrafts	Sharmilee Nielsen	94446 86630
	Caroline Vang Kristensen	89398 08462
Book Discussion	Hemu Ramaiah	98412 89637
	Gowri Visvanathan	2433 2627 / 98840 68888
Cooking Swapshop	Sheetal Parakh	2836 3123 / 98400 27222
Current Events	Jasmine Kabrajee	2836 1055 / 98407 41900
	Sanyukta Gill	4210 1513 / 98404 15677
Health & Ecology	Tulsi Reddy	2827 4169 / 98401 70863
	Shobha Jesudasen	2447 4650 / 98400 22610
History, Culture & Tours	Preeya Reddy	2499 1050 / 99402 11120
	Rigmor Ekstrand	95000 31499
Music & Performing Arts	Sadiya Khaleel	98840 50686
	Masako Maruyama	90436 10866
Philosophy & Religion	Ritu Sahi	2819 0799 / 93828 81478
	Catherine Reddy	73583 87519

Founder Members

Nirmal Seshadri
Saroja Ramamrutham
Reva Singh
Lakshmi Padmanabhan
Anneliese Hazari
Nancy Dean
Sunita Shahaney

Former Presidents

1986 - 1988	Nirmal Seshadri	Nancy Dean
1988 - 1990	Vanitha Mudaliar	Barbara Clarkson
1990 - 1991	Sunita Shahaney	Janet Picken
1991 - 1992	Nirmal Mirza	Stina Vasu
1992 - 1993	Malini Vijayaraghavan	Maureen Hudson Murari
1993 - 1994	Nanditha Krishna	Aruna Vijaykumar
1994 - 1995	Lily Madhok	Margaret Sekharan
1995 - 1996	Zubeida Asgarali	Khinthida Lwin
1996 - 1997	Alagu Muthu	Poonam Lalchand
1997 - 1998	Rupa Kadhiresan	Anneliese Hazari
1998 - 1999	Shyla K. Rau	Megan Utley
1999 - 2000	Gayatri Bewoor	Chandrika Chidambaram
2000 - 2001	Javanthi Singaram	Eira Doshi
2001 - 2002	Rani Chada	Seema Sait
2002 - 2003	Kusum Chadda	Meyyammai Murugappan
2003 - 2004	Sushila Natraj	Elaine Wood
2004 - 2005	Vidya Singh	Padma Ashok
2005 - 2006	Princess Naik	Rathi Nilakantan
2006 - 2007	Seema Bhargava	Amulya Rao
2007 - 2008	Kamala Prasad	Raziyeh Sheerazie
2008 - 2009	Rani Ananth	Lynne Connor
2009 - 2010	Shobha Hebbar	Elizabeth Aston
2010 - 2011	Mridula Srinivasan	Uma Ganesan
2011 - 2012	Nina Kothari	Cherry Venkatesan
2012 - 2013	Ramani Reddy	Vijaya Rangarajan
2013 - 2014	Nita Reddy	Priya Asokan
2014 - 2015	Asha Rammohan	Jo Frogbrook
2015 - 2016	Achu Kurian	Malini Krishna
2016 - 2017	Nabila Avais	Jansi Kishore

June at a Glance

1 Thu	10.00 AM Managing Committee 11.00 AM Executive Committee	
16 Fri	10.15 AM **Fellowship Morning**	
20 Tue	10.15 AM Arts & Handicrafts	
28 Wed	10.15 AM History, Culture & Tours	
30 Fri	10.15 AM Health & Ecology	

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

IWA Newsletter Volume XXXII No.1 Chennai

From the Presidents

June heralds a hearty welcome to all our members to yet another electrifying & enlightening IWA year. We acknowledge with gratitude the confidence that you have lodged in us & we look forward to your exuberance & strength to see us through this year.

The spirit of 'Giving' being the heart and soul of our illustrious organization, our dynamic & competent Activity Chairpersons will be formulating wonderful meetings through the year & your presence at these will be the keystone for our success. In keeping with the tradition of IWA our assemblies will be informative, interactive at times, fostering the spirit of camaraderie & bonhomie. Also forthcoming will be topics of wellness in body, mind & spirit during the course of the year which will most certainly be revealing & beneficial.

The digital information on IWA maintained by Rani Ananth year after year in the most methodical & effectual manner is just a click away at **www.iwachennai.com**. Please check this out in the eventuality of not receiving or misplacing your newsletter. For your convenience, we have added a column in the **monthly 'at a glance'** page to keep a tab of your attendance for your convenience.

'Gratitude is one of the most medicinal emotions we can feel. It elevates our moods and fills us with joy.'

- Sara Avant Stover

With this feeling let's all come together to usher in a new IWA year!

BADRUNNISA MAHADEVAN FARAH BANGERA

From the Vice Presidents

We are starting this year with a hope that the spirit of friendship and good health stays with us forever.

We wish that everyone will participate and enjoy all the upcoming IWA events and meetings planned for the year.

If have any news or personal announcements or any significant events in your lives please send us an email to **ushajavi@gmail.com** and **slp.sait@gmail.com**, so we may publish them in the newsletter.

Looking forward to a colorful and healthy year.

USHA JAWAHAR MAHVASH SAIT

1 Thu	10.00 AM Managing Committee 11.00 AM Executive Committee Writers Cafe 98, Peters Lane, Royapettah Chennai 600 086

Meetings hosted by **Jasmine Kabrajee** and **Sanyukta Gill**

From the Secretaries

After a hot sizzling summer, we welcome you back to another cool exciting IWA year. There are lots of wonderful meetings planned and as secretaries, it is our responsibility to make sure that you are informed of all that is happening each month through the timely delivery of the newsletters. Sometimes, however, the delivery is delayed by some unexpected incidences over which we have no control. If you do not receive the newsletter by the 5th of the month, please feel free to contact either of us so that we may figure out what went wrong and get the newsletter to you as quickly as possible.

Traveling? Unable to attend meetings? Changing your membership category? Please let us know so that we may update our database and ensure you keep receiving relevant communication.

Looking forward to a great year!

NIDHI THADANI ANJALI SACHETI

From the Treasurers

A great year needs a great start and we are thrilled to present another year of fun, learning and pure entertainment.

We are elated to receive a total number of 217 renewals and we request all the remaining members to renew your membership on or before June 30th 2017. We request the Indian members to pay by cheque to "IWA CHENNAI" and non-Indian members can avail cheque and cash payment.

From the Treasurers

Please note:

- No cheque /cash will be accepted without the renewal form and vice-versa.
- Members are requested to print their name and code number on the reverse of their cheque.
- All IWA members must attend a minimum of ten meetings per year except senior members who are exempt from this rule.
- When attending meetings, for clarity, members are asked to print their name and code number on the attendance sheets in addition to their signature.
- To keep track of their attendance record, members will find an attendance chart at all activity meetings in the months of December and February. Please try and keep a personal record of the meetings you attend.
- A member may bring guests to IWA activities, except when stipulated otherwise. However each guest may attend only four IWA meetings in a financial year, subject to payment of the stipulated guest charge paid by the member. The charges are as follows

1. Home meeting - Rs. 200/- per guest
2. Clubs/Other Venues - Rs. 300/- per guest
3. Hotel meeting - As per actuals

Please inform **manisha@singhee.in** or **98410 35003** in case of any change in address, telephone numbers, e-mail address or if new badges or IWA Bye-Law books are required.

Looking forward to your active participation.

JEYASREE RAVI MANISHA SINGHEE

IWA Helpline

If you...	E-mail/Call
Do not receive your newsletter by the 5th of each month	Anjali Sacheti - 98840 56000 anjali456@gmail.com
Need to change your membership category (Outstation, Senior) or need to inform us that you will be unable to attend meetings for a length of time	Nidhi Thadani - 89390 76660 nidhithadani@gmail.com
Need a new badge or a copy of the IWA Bye-Laws book	Manisha Singhee - 98410 35003 manisha@singhee.in
Have a change of address, telephone or email and need to inform us	Manisha Singhee - 98410 35003 manisha@singhee.in
Would like to check on your attendance	Manisha Singhee - 98410 35003 manisha@singhee.in
Would like to make an announcement in the newsletter. Please email, do not SMS	Usha Jawahar - 98410 25166 ushajavi@gmail.com
Have ideas for a meeting or would like to sponsor a meeting	Concerned Activity Chairpersons / Presidents
Would like to offer your home or help for meetings	Mahvash Sait - 98406 24875 slp.sait@gmail.com

Please call between 10AM and 6PM from Monday through Saturday

It's hard to forget someone who gave you so much to remember! - Anonymous

IWA expresses its heartfelt condolences to the family of **Vidya Srinivasan**. May her soul rest in peace.

IWA expresses its heartfelt condolences to the family of **Prema Kumar**. May her soul rest in peace.

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

'I've learned that everyday you should reach out and touch someone. People love a warm hug or just a friendly pat on the back.'

– Maya Angelou

After this summer break, we warmly welcome you, reach out & touch base with you at this morning of Fellowship. What better a forum could we ask for to rejuvenate ourselves with music in the air amongst companions who are 'soul food' for us!

Come bedecked in the color **green**, the color of life, renewal, nature and energy.

This is a **members only** meeting.

BADRUNNISA MAHADEVAN FARAH BANGERA

THE MANAGING AND EXECUTIVE COMMITTEES

Congratulations to **Lakshmi Viswanathan** on being conferred the title **Utsav Nritya Rathna** for her splendid 50 years in dance.

20 Tue	10.15 A.M **E Hotel** Gate No.1, Express Avenue Mall, Patullos Road Chennai 600 002

Art musings with Gita Hudson

Trained in Art with a Masters degree in Psychology, **Gita Hudson** has been showcasing her paintings in India and abroad since early 90's. She is also a documentary film maker since 2005. Gita regards filmmaking as an extension of fine arts, and has documented famous contemporary Indian artists and eminent painters of the 'Madras Art Movement' such as Yousef Arrakal and Dr.Alphonso Arul Doss. Her documentaries also span other diverse subjects such as the string puppeteers of Tamil Nadu, the Kurumba tribes of the Western Ghats, etc. Gita is also the Program Officer for Dakshinachitra, and has done retrospective exhibitions of eminent artists.

Gita will talk to us about her journey from art to filmography and share anecdotes and selected clips from her films, offering us a glimpse of the personalities behind the art.

We thank **Nirupa Sundaravadanan** for being our day facilitator.

SHARMILEE NIELSEN CAROLINE VANG KRISTENSEN

28 Wed	10.15 A.M **The Folly, Amethyst** Whites Road Next to Corporation Bank Royapettah, Chennai 600 014

Medieval Castles and Sapphire Waters

'Travelling: it leaves you speechless, then turns you into a story teller.'

- Ibn Battuta

Who better to tell us the story of two fascinating countries- than **Charukesi Ramadurai** : a freelance journalist and author whose byline has appeared in The New York Times, South China Morning Post, National Geographic Traveller, Forbes, Destination, Outlook Traveller, Conde Nast to name a few.

Slovenia is the world's first country to be declared as a green destination. It is a destination that's elegant and wild at the same time. It's a country with unexpected revelations. From the soaring peaks of the Julian Alps and the subterranean magic of Postojna and Škocjan Caves, to sparkling emerald-green lakes and rivers and the Adriatic coast, Slovenia has it all.

Croatia - precariously poised between the Balkans and Central Europe, this land has been passed between competing kingdoms, empires and republics for millennia. If there's an upside to this continual dislocation, it's in the rich cultural legacy that each has left behind Croatia's glittering waters and picture perfect coastal towns.

Join us as Charukesi Ramadurai regales us with her stories of these two countries while taking us along on a virtual and visual treat of these Jewels of the Mediterranean. She writes on travel, food, books, arts & culture, gender and development issues and the joys of social media and net working.

We thank **Nandi Shah** for being our day facilitator.

PREEYA REDDY RIGMOR EKSTRAND

30 Fri	10.15 A.M **Hanu Reddy Residences** 39/18 Binny Road Poes Garden Chennai 600 086	

Innovation Towards Saving our Planet

Siddharth Hande is the founder of **Kabadiwalla Connect**, an award winning social enterprise in the field of waste management. Using technology, they build end-to-end solutions for the responsible management of waste from small and medium waste generators in Chennai.

A spatial data analyst by training, Siddharth is highly involved in social entrepreneurship, technology, the environment and urban planning in India.

Find out more about Kabadiwalla Connect, and how it fits into our day to day waste management at home. Let's work towards our common goal of protecting the environment!

We thank **Deepam Ravindran** for being our day facilitator.

TULSI REDDY SHOBHA JESUDASEN

Our heartfelt condolences to **Premila Jacob** on the loss of her brother.

Our heartfelt condolences to **Vimal Shivdasani** on the loss of her husband.

Our heartfelt condolences to **Somna Sachdev** on the loss of her parents.

Membership Sub Committee 2017 – 2018

We thank **Vidya Singh** for her valuable contribution to the Membership Committee.

We welcome **Ramani Reddy** as the new General Body member.

The committee is as follows:

Presidents
Badrunnisa Mahadevan Farah Bangera

Immediate Past Presidents
Nabila Avais Jansi Kishore

Vice Presidents
Usha Jawahar Mahvash Sait

Secretaries
Nidhi Kapoor Thadani Anjali Sacheti

Immediate Past Membership Secretary
Anita Koshy

General Membership
Ramani Reddy Uma Ganesan

Managing Committee

Presidents

Badrunnisa Mahadevan

Farah Bangera

Vice-Presidents

Usha Jawahar

Mahvash Sait

Secretaries

Nidhi Kapoor Thadani

Anjali Sacheti

Treasurers

Jeyasree Ravi

Manisha Singhee

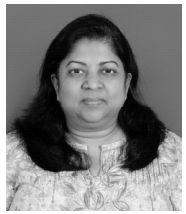
Activity Chairpersons

Arts & Handicrafts

Sharmilee Nielsen

Caroline Vang Kristensen

Book Discussion


Hemu Ramaiah

Gowri Visvanathan

Cooking Swapshop

Sheetal Parekh

Current Events

Jasmine Kabrajee

Sanyukta Gill

Health & Ecology

Tulsi Reddy

Shobha Jesudasen

History, Culture & Tours

Preeya Reddy

Rigmor Ekstrand

Music & Performing Arts

Sadiya Khaleel

Masako Maruyama

Philosophy & Religion

Ritu Sani

Catherine Reddy

Jewels of the Adriatic

Prepare to embark on a fascinating adventure, revealing the old-world European charm. Discover medieval towns, celebrated cities, and UNESCO World Heritage sites on your journey through the countries of **Slovenia, Croatia** and **Montenegro**; no place is more beautiful, few locations as welcoming, and none more captivating than the enchanting **Dalmatian Ethno Village**!

Travel back in time to a rich cultural heritage dating from prehistoric ages in the capital city of **Zagreb**, be awed by the sprawling Roman ruins in **Split**, warm up to the old world charm of **Dubrovnik** – the crown jewel of Croatia and the Adriatic coast; explore the evergreen **Plitvice National Park** punctuated by gurgling lakes and thundering cascades and admire historical monuments in **Zadar**.

Unveil the hidden charms of the stunning Istrian peninsula as you enjoy the salubrious coastal town of **Rovinj** and the cultural Mecca of **Pula**; unwind at the gorgeous resort town of **Opatija**; fall in love with the breathtaking hill town of **Groznjan**.

In Slovenia, soak up historic **Ljubljana**, take a cruise on scenic **Lake Bled** and slip into the limestone caves of **Postojna**. Then, visit the one of the most ethnically diverse cities – **Mostar** with its majestic Old Bridge; the walled city of Kotor and Budva's medieval Citadel in **Montenegro**.

Allow yourself to be serenaded by expert guides and historians who unveil the wondrous natural beauty and enriching histories of the cities.

Savour the delicacies and wines of the region and shop for the most rustic of art and craft. Lying in peaceful serenity, inviting you to surrender to their beckoning call, here, you will find a place to lose yourself – and find yourself at the same time….

Join us for this bespoke journey **'along the Adriatic'**. Sign up today as seats are limited.

Dates - **03rd to 15th September 2017**
Cost - **Rs 2,95,000/-**

To sign up please call:
PREEYA REDDY - 9940211120
BADRUNNISA MAHADEVAN - 9884348463

We would want to limit the group size to 30, so please do sign up at the earliest with a cheque of Rs. 50,000/- at the Fellowship morning or by calling the above mentioned by the 01 July 2017

PREEYA REDDY RIGMOR EKSTRAND

Change in email:

Nita Reddy
nitareddy13@gmail.com

Change in Address:

Usha Jawahar
123/63, G-B
Orchard Court
Pon Muthuramalingam Road
R.A. Puram
Chennai 600 028

Tips to boost your mental health

- **Start your day with a cup of coffee**. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of caffeine, try another good-for-you drink like green tea.
- **Track gratitude and achievement with a journal**. Include 3 things you were grateful for and 3 things you were able to accomplish everyday.
- **Set up a getaway**. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness upto 8 weeks.