

2 Mon	10.00 ^{AM} Managing Committee @ Writer's Cafe 11.00 ^{AM} Executive Committee
6 Fri	10.15 ^{AM} Health & Ecology @ E Hotel Keep Calm and Carry on IWA Journey 
9 Mon	10.15 ^{AM} Music & Performing Arts @ E Hotel Born to Dance !
12 Thu	03.45 PM Cooking Swapshop @ Hanu Reddy Residences A Peek into Parsi Cuisine Evening Meeting
17 Tue	10.15 ^{AM} Arts & Handicrafts @ Hanu Reddy Residences Traditional Crafts and the Modern Touch
20 Fri	10.15 ^{AM} Health & Ecology @ Hanu Reddy Residences Friendly Neighbourhood Spiders of the Western Ghats
25 Wed	10.15 ^{AM} Philosophy & Religion @ Dhenupureeswarar Shiva Temple, Madampakkam Journey towards a Thousand Year Old Temple IWA Journey  Warn-in

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

27 Fri	10.15 ^{AM} Book Discussion @ Hanu Reddy Residences The Philosophy of Dr Seuss
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2 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee Writer's Cafe 98, Peters Lane Royapettah Chennai 600 086
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Meetings hosted by **Somna Sachdev** and **Sheela K Sarath**

Save the Date

Oct 1 Tue	10.15 ^{AM} International Music Day Madras Club 8, Adyar Club Gate Road R.A. Puram Chennai 600 028
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Oct 15 Tue	10.15 ^{AM} Deepavali Celebrations Mayor Ramanathan Chettiar Centre 75/2, Santhome High Road R.A. Puram Chennai 600 028
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From the Presidents

Dear Friends,

You might have noticed that some of our meeting descriptions display an airplane icon denoting it as an "IWA Journey" meeting. What that means is that the meeting is either an excursion or a member-led meeting where we get a chance to discover more about our peers and their individual journeys. If you have a suggestion for a "Journey" meeting, please do let us know.

Speaking of journeys, bon voyage to the ladies headed out to Uzbekistan! We look forward to hearing about their incredible adventures, and seeing their exotic purchases... oops, pictures. (A slip of the tongue!) For those who missed out on this trip, we have another lovely IWA holiday planned in November to Kabini.

This month we will continue to update member contact information in preparation for the IWA directory. If you have not checked your data at a meeting, we urge you to do so at the earliest. We also require a current passport-sized photograph with your name and code written on the back. You may hand this over at a meeting or alternatively may email a digital copy to iwainchennai@gmail.com (A big thank you to those who have already done the needful!)

Everything you need to know about September is in the following pages, so here is a heads up about major IWA events in October. We hope it will make it easier to plan your month.

October 1st is International Music Day, an annual event in the IWA calendar, celebrating the birthday of Founder Nirmal Seshadri. On this day, we honor a promising young musician.

October 15th is IWA Deepavali at MRC Hall. We are collecting gifts for the ever-popular Khazana stall.

Whether you are attending a meeting or globetrotting with your IWA friends, embrace the journey!

NIDHI KAPOOR THADANI

ANJALI SACHETI

From the Membership Secretary

Guidelines for IWA Membership Application

Indian Members

1. Each applicant must have 2 sponsors (who should know her well) and submit a brief resume of her background, interests and hobbies. She should include a passport size photo, and be aware that it will be published in the IWA Newsletter.
2. If she has any relatives already in IWA, she should provide names and relationship details.
3. The Membership Sub-committee makes decisions regarding membership by majority vote, (secret ballot). The Managing Committee will ratify new members **only in 2021**. Until then, they may attend IWA meetings as **special guests**.
4. Applicants should know that members need to attend at least 10 meetings in the IWA year. A new member is expected to volunteer as a Day Facilitator for IWA Activity meetings, and otherwise contribute her time, energy and expertise, and also to serve on the Executive Committee when she is eligible to do so.
5. Applications are not carried over to the following year, so applicants may re-apply each year if they wish to.

Non-Indian Members

1. **Permanent Non-Indian** applicants follow the same procedure as Indian members.
2. Non-Indians interested in joining IWA in the **Temporary** category, may attend an IWA meeting to **meet a board representative**. The Membership Secretary can provide such applicants with an application form. **Sponsors are not needed for Temporary Non-Indian category of membership**.
3. Non-Indians in Chennai on a short term basis can be admitted throughout the year in the Temporary category, depending on vacancy.
4. Applicants should know that members need to attend at least 10 meetings in the IWA year. A new member is expected to volunteer as a Day Facilitator for IWA Activity meetings, otherwise contribute her time, energy and expertise, and serve on the Executive Committee.

TEHNAZ BAHADURJI

From the Membership Sub-Committee

Members often bemoan the fact that entry of new members into IWA is very strictly controlled. This is occasioned by the rules that govern IWA, that require the Board to maintain the unique international and intercultural character of the organisation. The only way to welcome more new Indian members, is to bring in more new Non-Indian members. As you know, this Committee has worked hard to do exactly that, but the shortfall still persists.

Now is the time for all of us to see how best we may serve IWA, by bringing to its ranks capable and talented ladies, both in the Indian and Non-Indian category. We invite applications from within the postal zones of Chennai, Kanchipuram and Thiruvallur districts.

It is essential that sponsors should know their candidate personally. **Please note** that members of the Managing Committee, Membership Committee and Advisory Committee may not sponsor or co-sponsor an applicant.

The **procedure for application** is detailed below.

- a. A new applicant should be sponsored and co-sponsored by **two Active members** of IWA who have been members for **at least 7 years**, and who know the applicant well.
- b. The sponsor and co-sponsor should not have sponsored any IWA-accepted candidate in the **last three years**.
- c. The applicant should furnish these details in her **bio-data** :
 - * Name
 - * Date of birth
 - * Profession
 - * Designation
 - * Address (residence and office)
 - * Telephone Number (residence, office and mobile)
 - * Email ID
 - * Husband's name, profession and designation
 - * Any relatives who are IWA members, giving their name and her relationship to them
- d. The **sponsor and co-sponsor** should together write and co-sign one **covering letter introducing the candidate** and

giving reasons why she would be suitable for IWA. This letter and the bio-data of the applicant are both **essential** for an applicant to be considered for membership.

- e. The sponsor and/or co-sponsor should hand over **both these documents** personally to the Membership Sub-Committee

ONLY at The Boat Club
 on Friday, **October 4, 2019**
 between **10AM and 12 Noon**
Incomplete applications will not be accepted. Candidates should NOT attend this meeting.

TEHNAZ BAHADURJI

From the Membership Secretary

We are happy to announce three new entrants in the TNI category. We welcome them and look forward to seeing them often at our IWA get-togethers.

Sabine Mungenast (M-38) **Germany**
 East Coast Road, Gentle Tide
 Plot 28, No 6, Injambakkam
 Chennai – 600 115
 Mobile : 78239 50369
 Email : die.mungenasts@t-online.de

Aysegrul Karahan Ertugrul (E-1) **Turkey**
 E170, 6th Avenue
 Elliots Beach Road, Besant Nagar
 Chennai – 600 090
 Mobile : 93840 67644
 Email : karahan.aysegul@gmail.com

Anasuya Muralikrishnan (M-41) **Australia**
 B2, Usha Enclave
 15, Chinnaya Street
 T Nagar, Chennai - 600 017
 Mobile : 75380 31315
 Email: anasuya.med@gmail.com

TEHNAZ BAHADURJI



IWA expresses heartfelt condolences to the family of **Dolly Prasad**, member since 1988. May her soul rest in peace.



IWA expresses heartfelt condolences to the family of **Jatinder Bahl**, member since 1992. May her soul rest in peace.

<p>6 Fri</p>	<p>10.15^{AM} E-Hotel Express Avenue Mall Gate 1, Pattulos Road Chennai 600 002</p> 
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Keep Calm and Carry On

Now and then, many of us feel a little anxious, whether it is before a medical examination, or perhaps due to problems in the workplace, or any other stressful situation. However, there may be some who experience anxiety so acutely that it can be overwhelming and disabling. This is no ordinary anxiety. It is, in fact, a condition known as an Anxiety Disorder. With awareness and treatment, many people can manage those feelings and get back to a fulfilling life.

Our member, **Amanda Pilmore-Bedford**, will talk about the importance of mental health with a focus on anxiety disorders. She is the wife of the British Deputy High Commissioner and has lived in the UK, Belgium, Singapore, Russia, Malaysia and USA before moving to India.

Amanda has completed a BSc (Hons) in Psychology and holds graduate membership of the British Psychological Society and the British Association of Counselling and Psychotherapy. Her research interests have included context-dependent memory, the identity and the lived experience of international assignments on the diplomatic spouse, and the association between attachment, personality, and love addiction. She recently qualified as a Mental Health First Aid MHFA India Instructor.

We would like to thank **Shirley Verghese** for being our day facilitator.

NIRUPA SUNDARAVADANAN

SWATI REDDY

9 Mon	10.15 ^{AM} E-Hotel Express Avenue Mall Gate 1, Pattulos Road Chennai 600 002	
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Born to Dance!

Srinwanti Chakrabarti was only 5 years old when the dancing bug bit her and she decided to dedicate her life to Odissi!

Over 30 years later, under the tutelage of Guru Kelucharan Mohapatra, her unwavering dedication to this dance form from the eastern part of India, can be recognized not only through her numerous performances all over the world, but also by the lecture-demonstrations she conducts in various universities and institutions.

Today, she will be performing three pieces from her repertoire which capture the diversity of her dance style.

We thank our day facilitator **Sharmilee Neilsen**.

We kindly thank **Era Kalra** and **Jyoti Ganesh** for part sponsoring this event.

NALINI PANDAY

NANDI SHAH

Please handover your **passport size photos** with **your name and code number written** on the back, to any of the Managing Committee members by **September 15th**, to enable printing of the IWA Directory. Alternatively, you may email a copy with the same information to **iwainchennai@gmail.com**. Also check your data for the directory at any of the IWA meetings by September 15th.

12 Thu	03.45 ^{PM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086	
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A Peek into Parsi Cuisine

Reflecting the community's zest for life, Parsi cuisine is robust, full of flavours absorbed from its 2 millennia history in India and is unapologetically oblivious of calories!

Sherry Batliwala will take us through a short culinary history of this fun-loving community and home cook **Dolly Jila** and IWA member **Kaety Dalal** will demonstrate some Parsi recipes.

Parsi cuisine diet tip – don't diet!

This meeting is being sponsored by the Parsi members of IWA.

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

Please note that this is an evening meeting

JASMINE KABRAJEE

MASAKO MARUYAMA

<h1>17^{Tue}</h1>	<p>10.15 ^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>	
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Traditional Crafts and the Modern touch

In this fast-changing world where technology rules every aspect of our lives, traditional crafts cannot afford to lag behind. How can crafts be promoted using Information Technology? How is IT providing visibility for artisans online, helping design intervention, and marketing their products?

Dr. Santhosh Babu, IAS, Principal Secretary, Information Technology Department, Government of Tamil Nadu, and former Chairman and Managing Director of the Tamil Nadu Handicrafts Development Corporation(Poempuhar), has done path-breaking work in this field. He will tell us how IT has brought about a transformation in the crafts sector in the State.

Santhosh Babu is a medical doctor who belongs to the 1995 batch of the Indian Administrative Service. His passion is to raise standards of governance to the highest levels using modern management practices and the tools that IT provides. He has 150 plus transformational initiatives to his credit. He is a Chevening Gurukul Scholar from the London School of Economics and is the recipient of numerous prestigious awards. In 2017, Poempuhar won the National E-Governance award under his leadership.

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

KAUSALYA SANTHANAM

MANGAI KAMAL

<h1>20^{Fri}</h1>	<p>10.15 ^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>	
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Friendly Neighbourhood Spiders of the Western Ghats

The Western Ghats are a biodiversity hotspot. Once covered with dense forests, it now faces the threat of degradation. Research on the tropical rainforests in the Western Ghats has focused on different plants, birds and animals. Our speaker has a soft spot for spiders and has studied spider populations and their relation to alterations in the rainforests. She has helped raise a nursery for rainforest seeds and saplings for restoration and enjoys interacting with people to help them find interest and excitement in the natural world.

Vena Kapoor has a Masters in Ecology from Pondicherry University and an MPhil in Conservation Leadership from the University of Cambridge, UK. She has been involved in conservation research and practice since 1998. She currently works with the Nature Conservation Foundation based in Bangalore and is actively involved in its education and public engagement programme.

We would like to thank **Lalitha Naidu** for being our day facilitator.

NIRUPA SUNDARAVADANAN

SWATI REDDY

25 Wed	10.15 AM Dhenupureeswarar Shiva Temple Suyambu Lingam Madambakkam Main Road Madambakkam (Between Velachery & Tambaram), Chennai 600 126	
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Journey towards a Thousand Year Old Temple

The tour of the **Madambakkam Shiva temple** will look at this Chola era temple from the angle of history and how it can teach us about the Chola empire - their bureaucracy, water management and taxation strategies. It will explain how temples are structured to help us find peace and happiness in our relationships. All of us can have a shot at a traditional board game popular on the floors of many Chola temples in Chennai, and the enthusiastic can learn a Tamil verse on the temples (transliterated in English script)!

Pradeep Chakravarthy, who is a Behaviourist, will conduct this temple tour. A student of The School, he studied at MCC, JNU and then LSE, he worked for many years in Infosys and McKinsey in the learning and development space. Now, with Devdutt Pattanaik and others, Pradeep has begun to look at how corporates can look at learning and development from Indian rather than western models, especially inspired by Indian history and philosophy.

Madambakkam is a village in between Velachery and Tambaram and the driving time is little over an hour. Continuing our endeavor to be kind to the environment, we request you to kindly carpool with other members.

Please **warn in latest by 22nd Sept** to help us make arrangements for lunch and share directions to the temple. Guests are welcome, charges will apply on actuals.

Warn in - Sheetal 9840027222 or Gowri 9884068888

SHEETAL PARAKH

GOWRI VISVANATHAN

27 Fri	10.15 AM Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086	
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The Philosophy of Dr Seuss

Joanne Saldanha, popularly known as "**Myth Aunty**" will share with us her insights on Dr. Seuss' stories. A Story and Library educator for the past 15 years, she strongly believes that stories and books are the best tools to open minds, spark imagination and develop critical thinking.

Dr Seuss' stories have captivated adults and children alike for decades. His whimsical characters and charming tales are more than just catchy poems; they explore meaningful philosophy and ethics. Simple language and fun characters lead the reader to investigate complex concepts like belief and experience, diversity and discrimination, greed and the environment, life courage and perseverance, besides many other very important life values and issues. This session with Joanne promises to be fun, informative and enlightening.

We thank **Banu Singh** for being our day facilitator.

SABINA NARAYAN

SUSHI GOKLANEY

Leave the City life behind ...**Experience much more than the wild at KABINI !**

Take a much needed weekend break ... catch the **Shatabdi Express to Mysore**. Drive two hours through riotous green foliage to reach **REDEARTH KABINI**, pegged as a **"Rustic Luxury EEscape"** located on the backwaters of the River Kabini.

Share cosy rooms in homey cottages with your private Jacuzzi or take a swim in an outdoor pool overlooking the lake. Indulge in flavourful buffet spreads with an added plus ... organically grown fruits and vegetables.

There are a plethora of things to do. Go on a **Jungle safari**, spot wild animals grazing ... get lucky ... sight a panther or a tiger on the prowl. Take a "must-do" **Coracle ride**, and a **Motor boat ride** to the age-old **Ravi Rameswara Temple**. Begin the morning with a **nature walk** with a 'naturalist' and end the day watching a **tribal dance**; a **documentary wild life film** or simply unwind by the bonfire!

Best time to visit Kabini is after the monsoon ... **Its eco-tourism at its best.**

So if you are game ... Join in !

November 8th – 10th

Cost Rs.24,000/-

On Twin sharing basis all inclusive !

Total Pax 20

**Warn in with a non refundable deposit of INR 10,000/-
Last date -September 5th 2019.**

Call

SOMNA SACHDEV

98410 22922

SHEELA K SARATH

98840 33336

IWA Deepavali - Khazana Stall

IWA is celebrating Diwali on Tuesday, October 15th at the MRC Hall. As we prepare for the popular 'Khazana' stall, we request members to donate gifts with a minimum value of ₹ 200 or higher, by the end of the month. You may hand over your contribution to any of the Board representatives at any meeting, or alternatively, you may drop the gift off at any of the following locations:

Chetpet

Sheetal Parakh's Residence
6 Tarapore Avenue,
Harrington Road
Chetpet, Chennai 600 020

Alwarpet

Anjali Sacheti's Residence
228 JJ Road
Alwarpet, Chennai 600 018

R.A. Puram

Nidhi Kapoor Thadani's Residence
Ceebros, Krishna Raj 2nd Floor
12/14 Crescent Street, Off ABM Avenue
R.A. Puram, Chennai 600 028

GLIMPSES OF FOUNDERS' DAY MORNING





DESTINATION FOR WOMEN SUNDAY



IWA IS...
 This wasn't a surprise at all..
 Friendship and learning were out two top most answers. And that's the essence of IWA - friendship and laughter with a lot of learning along the way making our lives richer.
 We also had another thought provoking answer- good food!! Hmmm food does make an important part of our meetings. Cheers to our sorority that enriches our lives with friends food and learning

What do you think India is famous for?
 You would think that the answers would begin with the Taj Mahal and go somewhere towards Bollywood..
 Think again!
 Our peers at iwa believe that India is famous for its intelligent people (good call there!) Apart from other things like colour, forts, textiles and even unexpected ones like noise and Mr. Modi

Vedanta-
 When we asked our speaker on how she deals with stress- see said what stress?! But all of us aren't that lucky yet to be above being affected by stress. Watching TV is a stress buster and so is listening to music. We knew that spending time with friends is always relaxing but some find a glass of whiskey just as much of a stress buster.
 Looking for a new way to deal with stress- try any of these
 Walking, Watching TV, Spending time with grand children, Listening to music, Gardening, Vedanta, Meditation/ yoga and Reading

How many glasses of water do you drink in a day-
 7-8 : 18 people
 6 : 7 people
 The maximum was 20 glasses and minimum was 10
 Speaker- 10 glasses.
 The doctor practises what he preached- he said he drank 10 glasses of plain water a day which seems to be the amount you should be drinking everyday. Drink up ladies!
 Did you know- 2nd Thursday of March is world kidney day

Do re Me fa so la ti do
 Hit a note and IWA ladies will sing right along with you. On our antakshari meeting we found out that
 28 said a big yes to sing and 23 said yes to Dance! This includes those who believe why just restrict yourselves to one and would sing and dance!
 But then we always knew that the iwa woman is full of joie de vivre