

<b>1<sup>Tue</sup></b>	12.00 noon Executive Committee @ <b>Madras Club</b> 01.00 <sup>PM</sup> Managing Committee
<b>1<sup>Tue</sup></b>	10.15 <sup>AM</sup> <b>Inaternational Music Day</b> @ <b>Madras Club</b> <b>Members only</b>
<b>3<sup>Thu</sup></b>	10.15 <sup>AM</sup> <b>Cooking Swapshop</b> @ <b>Hanu Reddy Residences</b> A Taste of the Mediterranean! <b>IWA Journey</b> 
<b>10<sup>Thu</sup></b>	<b>04.30<sup>PM</sup> Philosophy &amp; Religion</b> @ <b>Srikanta Jhaver's Residence</b> Shubho Pujo, Understanding Navratri in Bengal <b>Members only, Evening Meeting</b>
<b>15<sup>Tue</sup></b>	<b>05.00<sup>PM</sup> Diwali @ Mayor Ramanathan Chettiar Centre</b> <b>Dil-wali Diwali!</b> <b>Evening Meeting</b>
<b>18<sup>Fri</sup></b>	10.15 <sup>AM</sup> <b>Current Events @ Madras Club</b> "Beyond Belgian Chocolates... to Gender Equality and Feminism"
<b>22<sup>Tue</sup></b>	10.15 <sup>AM</sup> <b>Health &amp; Ecology &amp; Current Events</b> @ <b>Luz House</b> Trimming The Big Fat Wedding

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

<b>24<sup>Thu</sup></b>	<b>06.00<sup>PM</sup> Music &amp; Performing Arts</b> @ <b>Museum Theatre</b> A Hundred Strings, Wooden Mallets and Music <b>Evening Meeting</b>
<b>31<sup>Thu</sup></b>	10.15 <sup>AM</sup> <b>Book Discussion</b> @ <b>Hanu Reddy Residences</b> A Writer's Journey
<b>1<sup>Tue</sup></b>	12.00 noon Executive Committee 01.00 <sup>PM</sup> Managing Committee <b>Madras Club</b> 8, Adyar Club Gate Road, R.A. Puram Chennai 600 028

### From the Presidents

Dear Friends,

The festive time is finally here, and we are ready for a month of music and merriment!

We start off by remembering Founder Member Nirmal Seshadri and celebrating her love for music with International Music Day, on October 1st.

The festivities continue with our Durga Puja meeting, on October 10th. Experience Navratri Bengali style!

IWA's Dil-wali Diwali follows soon after on October 15th. It is a family affair with food from members' homes, games and entertainment. We encourage you to bring your youngest family members for a fun-filled (also prize-filled) carnival. We are still accepting member contributions for our communal table. If you are interested in participating in the Great Big IWA Potluck, please get in touch with any of the board members.

Rounding off our music filled meetings is a Santoor performance at the Museum Theatre on October 24th.

We look forward to celebrating with you this month and wish you joy and prosperity in the festive season! Embrace the Journey!

NIDHI KAPOOR THADANI

ANJALI SACHETI

### From the Membership Secretary

Hello Ladies,

If you're planning on sponsoring a worthy candidate for IWA, do remember to be present with all necessary documents at **The Boat Club on Friday, October 4, 2019 between 10AM and 12 Noon**

Please check the September Newsletter for full details. Incomplete applications will not be accepted.

The sponsor and/or co-sponsor should carry these documents to the stated venue and hand them over personally.

We look forward to this wonderful opportunity to include vibrant personalities in our unique and special organization.

TEHNAZ BAHADURJI

<b>1</b> Tue	10.15 <sup>AM</sup> <b>Madras Club (Shamiana Hall)</b> 8, Adyar Club Gate Road, R.A.Puram Chennai 600 028
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## International Music Day

International Music Day has been a fixture in the IWA calendar for over 30 years. Initially, there were performances by members and well-known artists. In 2003, **Nirmal Seshadri's** family instituted an award to be given to a young talented musician in her memory. Since then, IWA has been encouraging and honoring the future custodians of the musical arts on October 1st, International Music Day and also Nirmal Seshadri's birthday. A fitting tribute for someone so passionate about music and the performing arts!

After considering all the applications carefully, the Music Committee comprising of **Shanthi Thomas** (chairperson), **Padma Ashok**, **Sadiya Khaleel** and **Malini Krishna**, has selected **Christina Beryl Edward**, a talented 12 year old vocalist who has already released 2 albums and has a fan following of over 31,000 people for her YouTube channel. She started her solo career at the age of 3 and has won many awards, both musical and academic.

Please join us as we honor the talented young artist, who will perform for us.

We thank **Nina Kothari** for generously sponsoring this meeting.

**This is a members only meeting.**

NIDHI KAPOOR THADANI

THE BOARD

ANJALI SACHETI



<b>3</b> Thu	10.15 <sup>AM</sup> <b>Hanu Reddy Residences</b> 39/18, Binny Road Poes Garden Chennai 600 086	
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## A Taste of the Mediterranean!

There are two important philosophies in Mediterranean houses:

1. The first building blocks of a Mediterranean kitchen are bread, wine and olive oil. (This is advice given to newlyweds.)
2. The way to a person's heart is through the stomach.

It comes as no surprise that one of **Phyllis Stathis's** interests is cooking, which she views as a "moral obligation for Greek wives."

The most common ingredient in any Mediterranean cooking is the mighty olive oil. Phyllis not only grew up around olive groves on the island of Lesvos, but she is also married to an olive oil aficionado!

Today, Phyllis will give us an insider's view of Mediterranean culture, with emphasis on the Greek culinary journey. She will help us navigate the multiple categories of olive oil and explain how they may be used.

Accompanying her talk will be a demonstration of one or two healthy dishes that incorporate olive oil.


While Phyllis is really excited to give this talk, she hopes that you will find it interesting and that it will not be Greek to you!

JASMINE KABRAJEE

MASAKO MARUYAMA

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Congratulations to **Seema Bhargava** on the birth of her grand daughter **Mirai**

<b>10<sup>Thu</sup></b>	<p><b>04.30<sup>PM</sup></b>  <b>Srikanta Jhaver's Residence</b>          21, Santhome High Road, Mylapore          Chennai 600 004</p>	
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## Shubho Pujo, Understanding Navratri in Bengal

Durga Puja, an annual festival during Navratri turns the city of joy, Kolkata into a grand creative Wonderland imbued with the spirit of joyful celebration.

There is much symbolism and meaning associated with this festival. The accomplished **Monali Bala**, a multi faceted musician, singer, lyricist, composer, teacher and performer will share with us the significance of this festival for the Bengalis. Founder & Academic Director of 'The School of Music', Adyar, Chennai, she is also the lead vocalist of the contemporary folk and classical music band, '*Tuning Folk*'.

IWA members are in for an engaging treat with a sampling of music and dance by Monali to fully immerse us in the spirit of Durga Puja.

This meeting is generously hosted by our IWA member **Srikantha Jhaver** at her beautifully appointed home. A delicious menu to temporarily transport us to Kolkata awaits!

We thank **Anita Reddy** for being our day facilitator.

**This is an evening meeting with High Tea for members only.**

SHEETAL PARAKH

GOWRI VISVANATHAN

<b>15<sup>Tue</sup></b>	<p><b>05.00<sup>PM</sup></b>  <b>Mayor Ramanathan Chettiar (MRC) Hall</b>          75/2, Santhome High Road          M.R.C. Nagar, R.A. Puram          Chennai 600 028</p>
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## Dil-wali Diwali!

This year in our **Dil-wali Diwali** (Diwali of the heart), we are celebrating the idea of togetherness and family. Bring your son, daughter, husband, grandchild, or anyone you would like to celebrate with, for a fun-filled Diwali carnival where everything is about sharing!

Share laughs as you watch our **entertainment program**, especially created by this year's board members.

Share smiles as you introduce your loved ones at home to your loved ones at IWA.

Share moments as you admire the festive clothes of friends and take a selfie.

Share memories as you reminisce about the time you played the same **carnival games** in your childhood at the beach.

Share food at the **"Great Big IWA Potluck!"**

The "Great Big IWA Potluck" is a community buffet table where the food has been generously shared by our members. For those interested in participating, please let a board member know. We invite contributions of sweet or savory snacks, for a minimum of **50 people**, preferably homemade and carrying your affection for the members of this vibrant community.

Please note:

Food and stalls will be open for the entire duration of the event.


**Guest charges** of ₹ 300 are applicable for guests above the age of 12 years.

Our heartfelt thanks to **Visalakshi Ramaswamy** for graciously sponsoring the hall and to all the members who have contributed to the "Great Big IWA Potluck!"

NIDHI KAPOOR THADANI

ANJALI SACHETI

THE BOARD

<h1>18<sup>Fri</sup></h1>	<p>10.15<sup>AM</sup>  <b>Madras Club</b>                  8, Adyar Club Gate Road,                  R.A.Puram                  Chennai 600 028</p>	
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## “ Beyond Belgian Chocolates... to Gender Equality and Feminism ”

Our guest speaker is the Consul General of Belgium to South India, **Mark Van de Vreken**. Dynamic and driven, Mark has been in Chennai for a couple of years now and has adapted to our culture and cuisine amazingly well. He believes that South India and Belgium have many similarities and has been leading several initiatives to foster ties between the two in the areas of culture, cuisine, social issues and industry.

A firm advocate of women’s rights, he will share his views on “She Decides”, a feminist movement in Belgium and the importance of Gender Equality in her foreign policy, his experiences in India and how South India can collaborate further with Belgium.

We thank **Amulya Rao** for being our day facilitator and **Deepam Ravindran** for being our sponsor.

RINKU MECHERI

<h1>22<sup>Tue</sup></h1>	<p>10.15<sup>AM</sup>  <b>Luz House</b>                  176, Luz Church Road                  Mylapore                  Chennai 600 004</p>	
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## Trimming The Big Fat Wedding

Weddings are a time for joyous reunion and exuberant celebration. But accounts of food wastage and environmental pollution have many questioning the way celebrations are carried out. It is important that the resources of the community are used responsibly at every stage.


**Kanika Subbiah**, Founder, Wedding Wishlist, shares her expertise on how to have a smart, waste-free wedding while still making it a memorable and beautiful experience for the couple and their guests. Digital invites, donating excess food and no single-use plastics are some easy ways. With a gift registry, couples can choose to receive gifts that are meaningful to them, or towards experiences or charities. Kanika tells us how having a waste-free wedding is not just easy and cost-friendly but welcomed by guests across the board!

We thank our sponsors, **Nirmal Mirza** for the refreshments and **Urmila Devi Prakash** for the venue.

We would like to thank **Veena Swamy** for being our day facilitator.

RINKU MECHERI  
 NIRUPA SUNDARAVADANAN

SWATI REDDY

<b>24<sup>Thu</sup></b>	<b>06.00 P.M</b> <b>Museum Theatre</b> Museum Compound Pantheon Road Chennai 600 008	
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## A Hundred Strings, Wooden Mallets and Magic

The santoor is a folk instrument native to Jammu and Kashmir and was referred to as the "shathatantri veena" (100-stringed veena) in ancient Sanskrit texts. Made of wood, it produces a bell-like and beautiful sound that has been likened to the dulcimer.

A former rock musician who trained in Western drums and led a band for five years, Mumbai-based Japanese musician, **Mr. Takahiro Arai's** musical journey turned to the santoor when he experienced a chance meeting with Mr. Setsuo Miyashita, a santoor exponent and senior disciple of Pandit Shivakumar Sharma.

Instantly drawn to the instrument, Mr. Arai began to learn how to play it, eventually relocating to Mumbai from Japan in 2007. He has since honed his gift for the rare santoor under the tutelage of Pt. Shivkumar Sharma and become one of its most sought-after players.

Join us for a magical evening of music at the Museum Theatre.

Guests are welcome at no extra cost if accompanied by an IWA member.


**Please be seated by 5:45 p.m. as the recital will start at 6:00 p.m.**

**No refreshments will be served.**

We express our gratitude to **Anjali Sacheti** for generously sponsoring this event.

NANDI SHAH

NALINI PANDAY

<b>31<sup>Thu</sup></b>	<b>10.15 AM</b> <b>Hanu Reddy Residences</b> 39/18, Binny Road Poes Garden Chennai 600 086	
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## A Writer's Journey

**V Sanjay Kumar**, winner of the 2018 Bridport Prize for Short Fiction, is author of the novels *Artist*, *Undone*, *Virgin Gingelly* and *The Third Squad*.

Growing up in the Madras of the 60's and 70's, he stayed on Mowbrays Road and studied in convents. After an MBA degree he set up and managed businesses in investment banking, stockbroking, banking software and contemporary art in the city of Mumbai. Currently a Director at Sakshi Gallery, Bangalore, he became a full-time writer in 2010.

A clever story-teller he situates his stories in the two cities he knows well, Chennai and Mumbai. His stories are written in a fluent style with oodles of wit peppered with biting candor and can sometimes be surprisingly poetic.

Join us as he takes us through his journey to finding the writer within.

We thank **Era Kalra** for being our day facilitator.

SABINA NARAYAN

SUSHI GOKLANEY