

2 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee @ Sheetal Parakh's Residence
3 Tue	10.15 ^{AM} Philosophy & Religion @ Folly Antaranga Sadhana, Journey to becoming our Best Selves
5 Thu	10.15 ^{AM} Cooking Swapshop @ Hanu Reddy Residences Souper Thursday! IWA Journey 
10 Tue	10.15 ^{AM} Christmas Celebration @ The Raintree (Anna Salai) Lunch Meeting Members only
12 Thu	10.15 ^{AM} Health & Ecology @ Folly How Green is My Tally IWA Journey 
16 Mon	04.00 PM Arts & Handicrafts @ Qasr-e-Naz Six Yards of Pure Elegance Evening meeting
17 Tue	09.30 AM - 12.30 PM Cooking Swapshop & Music & Performing Arts Marghazi Sabha Hopping - IWA Style Pick up at Crowne Plaza Warn-in IWA Journey 

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

From the Presidents

Dear friends,

December is always such an exciting month. 'Tis the season of fewer mosquitos, cooler weather, and the amazing Chennai Music Season! 'Tis also the month of IWA's Christmas morning.

This year our Christmas celebration will take place on **December 10th** at the Raintree Hotel. There will be music! There will be sumptuous feast! And there will be tons of laughter because whenever IWA women convene, there will be merriment!

This certainly was the case for our trip to Kabini. We spent a relaxing weekend spotting animals, dancing, and eating delicious food. The merriment will continue on our next IWA getaway to the interiors of Rajasthan in February. Please warn-in as soon as possible.

December is also when members start wondering about their attendance. This information will now be available at our meetings.

On behalf of the Executive and Managing Committees, we wish you a Merry Christmas and a Happy New Year!

No matter where you are or what you are doing during the holidays, always remember to embrace the journey!

NIDHI KAPOOR THADANI

ANJALI SACHETI

2 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee Sheetal Parakh's Residence 6, Tarapore Avenue Harrington Road, Chetper Chennai 600 031
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Meeting hosted by **Sheetal Parakh** and **Gowri Visvanathan**

From the Membership Secretary

Dear Members

We are well past the half way mark of the IWA year, and this is a good time to check attendance records. The Activity Chairs have many excellent meetings planned, so if you are short, don't worry, it will be a breeze to make up the mandatory 10 meetings by March 2020. Please note that April meetings always go towards attendance in the new year. The attendance records will be available for members to check at all meetings throughout December.

Let me also remind members that guests may attend only 4 meetings a year, even with multiple hosts. This does not apply to daughters and daughters-in-law, who may attend as often as they like with the member.

Any other membership doubts and queries may be addressed to the undersigned.

Warm regards,

TEHNAZ BAHADURJI

From the Membership Secretary

The Membership Committee convened on November 13th to meet prospective candidates for IWA membership. Two applicants, **Suguna Anumolu** and **Rajshri Linesh Sundrani**, have been accepted as Special Guests, and can enjoy the relevant privileges till April 2021.

Many thanks to the Membership Committee for their time and diligent service through this crucial process.

TEHNAZ BAHADURJI

Ride on the Sands of Time

Travel with us to the Land of Kings. **Rajasthan** is a fabulous realm of maharajas and their majestic forts and lavish palaces. The remnants of a rich and romantic past, either in evocative ruins or restored to former splendour.

We will begin our journey with **Ranakpur** which hosts one of India's biggest and most important Jain temple complexes. The magnificent structure has 1444 dissimilar pillars where the play of light n shade is awe-inspiring.

The Mighty **Mehrangarh**, the muscular fort that towers over the **Blue City of Jodhpur**, is a magnificent spectacle and an architectural masterpiece. Get lost exploring the old city which is a jumble of Brahmin-blue cubes.

Take a break at the **Samsara Desert camp** set in the Thar. Stay a night in a **luxury tent**, spend a magical evening on the dunes, set against the backdrop of mesmerizing folk singers and graceful dancers.

Bikaner, a dust-swirling desert town with a fabulous fort and an energising outpost feel, will be our next stop. Lip smacking cuisine and the famous 'Bikaneri Bhujia' will tantalize your taste buds.

Stopover at the village of **Mandawa**, which lies in the heart of the Shekhawati region of Rajasthan. This is where many rich merchant families lived in the 18th century and their Havelis still stand whispering stories of the grandeur of that era. End the trip with a free day in **Jaipur's busy markets** and fly back home with bags full of beautiful things and a heart full of beautiful memories.

8 NIGHTS AND 7 DAYS - 4th to 11th February 2020

- Stay in 5 star & heritage hotels
- Luxury tent and Camel Safari
- Includes all meals and sightseeing
- Travel in exclusive A.C. Coach
- Royal Rajasthani Dinner
- Return Airfare from Chennai
- Guide, Porter, tips
- Water bottles - All inclusive Rs.92,500/- (a steal!)

Max Pax 20- due to the tents and other accommodation the group size is limited.

Warn-in with Non-returnable Advance of Rs.35,000/- to be paid by 10th December.

Contact:

SHEELA K SARATH
98840 33336

SOMNA SACHDEV
98410 22922

Prayer Meeting in Memory of Rupa Kadhiresan



Rupa Kadhiresan - member since 1989

Rupa Kadhiresan was one of IWA's strong pillars. Crisp, correct and conscientious. She was a regular at IWA meetings, and a staunch guardian of IWA's enshrined values. We will miss her steady presence.

Friends wishing to say a last farewell to Rupa will get a chance to, at a Memorial meeting hosted by **Chandrika Chidambaram**.

At **The Folly, Amethyst**
On **Friday, Dec 13, 2019**
From **4.00 PM** onwards



IWA expresses heartfelt condolences to the family of **Shoba Mujumdar** member since 1990. May her soul rest in peace.

3 Tue	<p>10.15^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Antaranga Sadhana, Journey to Becoming our Best Selves

We recognize our manifest emotions, anger and fear, but not the underlying subtle emotions which affect our choices.

Antaranga Sadhana helps us explore, discover and master our inner self with the help of ancient Indian texts, the Puranas.

Parthasarathy is a yoga therapist, trainer and coach who continues his studies (which began 7 years ago) with Saraswathi Vasudevan of Yoga Vahini & Raghu Anantanarayanan of Ritambara, in the lineage of Sri Krishnamacharya. A software engineer by training, he is passionate about taking yoga to rural India.

Partha will take us through an experiential reflective session to look at some of the underlying, not so obvious emotions that heavily and subconsciously influence our choices.

We hope to recognize the importance of emotional self-discovery in the journey of being and becoming the best we can be.

We thank **Eda Deriner** for being our day facilitator.

SHEETAL PARAKH

GOWRI VISVANATHAN

5 Thu	<p>10.15^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>	
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Souper Thursday!

Although Namma Chennai doesn't enjoy a chilly winter, December is just the right month to showcase a variety of soups contributed by our very generous members.

Join us for an interactive **Souper Trivia Quiz** and a Souper tasting.

We would like to thank our members who brought their best soup forward:

Nabila Avais, Kaety Dalal, Beena Ram Mohan, Masako Maruyama, Usha B. Moorthy, Hemu Ramaiah, Tulsi Reddy, Ritu Sahi, Naina Shah.

A big thank you to **Tehnaz Bahadurji, Sherry Batliwala, Dhun Dalal, Kaety Dalal, Kashmira Daruwala** and **Sheetal Parakh** for sponsoring this event.

We would like to thank **Usha Saravanan** for being our day facilitator.

JASMINE KABRAJEE

MASAKO MARUYAMA

Congratulations to **Dr. Vijaya Bharathi Rangarajan** on receiving the **'Lifetime Achievement Award'** from Health Minister of Madhya Pradesh

10^{Tue}	10.15 ^{AM} The Raintree 616, Anna Salai Teynampet Chennai 600 035
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The Merry Little Christmas Party!

It's December! And time for our very own IWA Christmas celebration.

Join us in colors of **Red, Gold** and **White** and let's have a merry little party.

Nothing marks Christmas like laughter, friends, gifts and good food, and we have all of that lined up for you at the IWA Christmas Party. Come prepared to step out of your comfort zone and engage in some fun challenges.

We thank **Ambika Mammen** and **Achu Kurien** for their contributions towards this event.

We are ever grateful to **Rajini Reddy** for graciously hosting the Christmas Lunch.

Please note that this is a members only meeting.

THE BOARD

12^{Thu}	10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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How Green Is My Tally

Universally, the topic that takes centre stage in discussions today is the degradation of the environment. Activists everywhere are painting dismal pictures of the future of our earth. Individuals and groups are using every known method to arrest the decay. Greta Thunberg has caught everyone's attention with her fiery speeches. But many of us consider these distant events over which we have no control and therefore issues in which we have no part to play.

Join us in the discussion with our beloved member, **Sushi Natraj**. Let us plot our ECO scores, and work on improving them in the days to come. We will try to see if there are indeed ways, albeit small, in which we as individuals can make a difference. Sushi, Past President of IWA, wears many hats. Among other things, she is a passionate crusader against the abuse of plastics. She has been slowly making inroads into persuading friends to work against environmental degradation in some simple ways.

We thank **Kashmira Daruwala** for being our day facilitator.

NIRUPA SUNDARAVADANAN

SWATI REDDY

Our heartfelt condolences to **Beena Mathur** on the loss of her daughter-in-law

16 Mon	<p>04.00^{PM} Qasr-e-Naz 19, Kothari Road Nungambakkam Chennai 600 034</p>	
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Six Yards of Pure Elegance

Rama Rrebbapragada, a Hyderabad based designer and founder of Studio Rama, has been interested in textile art from her early teens. A B.Com graduate, she went on to do her articles in CA and get married. It was only later in life, that she turned her innate connection with textiles and fashion into a career.

In 2000, she started a tailoring unit in Hyderabad, working with various traditional textiles including Mangalgiri, Ikat, Chanderi and Maheswari. In the last 20 years of her career, she has worked remotely with numerous craftsmen and intermediary crafts people around India. One of her creative experiments was to combine the block printed Peddana style of Kalamkari with the Narsapur crochet on Chanderi from Madhya Pradesh. These sarees were presented at the show held at the ITC Grand Chola in 2015 by the Crafts Council of India, Chennai.

Through her designs, Rama has combined vintage design aesthetics with modern colour palette to ensure the colours are festive, bright and cheerful. Amala Akkineni, Maria Goretti and Jhansi are a few among her many celebrity and prominent clientele. Rama looks forward to talking about her Kalamkari craft and demonstrating some saree drapes for the IWA ladies of Chennai

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

We are grateful to **Nabila Avais** for graciously hosting this meeting at her residence.

We thank **Ritu Sahi** for being our day facilitator.

We would also like to thank **Rani Chandani, Anita Bhatia** and **Kashmira Daruwala** for sponsoring the materials for our Paint with Thejo meeting.

KAUSALYA SANTHANAM

MANGAI KAMAL

IWA Journey 	
17 Tue	<p>09.30^{AM} - 12.30^{PM} Bus Pickup - Hotel Crowne Plaza 132, T T K Road Alwarpet Chennai 600 018</p>
	 

Marghazhi Sabha Hopping – IWA Style

The Music Season is one of the biggest events in Chennai's arts and music calendar. However, It's not just music that brings rasikas to the Sabhas. It's also the promise of scrumptious South Indian food. Many of the major sabhas have fully operational canteens or 'pop up' restaurants that serve a variety of dishes.

Hop on to the **IWA bus** as we go Sabha hopping in an attempt to sample some of the lip-smacking delicacies. We will assemble at Hotel Crowne Plaza and go to 2-3 venues that are famous for their food during this season.

We hope to catch a recital or dance performance as an interval between breakfast and lunch. Food and music compete with the fun of sharing this experience with your IWA buddies.

This is a 40-seater bus, so warn in please. **Warn-in** for the bus by messaging **Nandi – 9884070014** any time between **9:00 am- 6.00 pm**.

You do have the option of following the route in your own car.

This meeting is longer than normal and is scheduled to end around **12.30pm**.

JASMINE KABRAJEE
 NANDI SHAH

MASAKO MARUYAMA
 NALINI PANDAY

Coracle Rides and Tiger Stripes

They say when the jungle calls you, there is only one thing to do, go to it! So loud and powerful was the call for 19 of our ladies, that they felt the urge to answer it. They planned an extended weekend on the banks of the Kabini river, not far from the jungle. The Red Earth, a verdant resort on the backwaters of the Kabini river, was the chosen destination. It is situated at the very edge of the backwaters of the Kabini river. Nagarhole and Bandipur Forest reserves are adjacent to the backwaters and just a short distance from Red Earth.

IWA trips stand for fun and fellowship, both of which commenced as soon as we boarded the Shatabdi Express to Mysore. On arriving in Mysore we transferred what seemed like a 100 pieces of luggage to the van that would take us to Red Earth. The drive from Mysore to Kabini took us past lush green fields planted with crops of every kind, paddy fields, sugarcane and much more. The silvery gleam of the Kabini River soon framed the whole scene and stayed with us until we reached the Red Earth, where it became a vast expanse of water surrounding the resort as far as the eye could see. A hot and delicious buffet awaited the weary travellers. True to its name, the Red Earth resort had earth coloured cottages with thatched roofs and a profusion of exotic red flowers. Each cottage came with its own personal jacuzzi and some members had a relaxing soak. Pathways lined by thick foliage and multi-hued blooms connected the cottages to the rest of the resort. We delighted in the fresh crisp air.

There was plenty to occupy us over the weekend. The Wonky-Monkey Cafe at the very edge of the backwater was the perfect spot for bonding over a cup of chai. A documentary on Nagarhole was both an education and a warning. It opened a window into the wildlife that lived in the jungle and also the factors that threatened their survival. We were very excited about the soon to be taken jungle safari and what we would see there. A bonfire and folk dances were organised in the evenings to keep the guests entertained. Some of our members joined the tribal dancers in a mesmerizing slow dance. We enjoyed the most delicious meals. There was such a large spread from breakfast to dinner every day. The shop at the resort, brought a gleam to the eyes of our shoppers and some heavy purchases were made. On the early morning nature walk, aided by the naturalist, we saw a variety of birdlife such as spotted doves, purple sunbirds, green bee eaters, starlings, mynas, kingfishers, egrets, sparrows and much more.

The jungle safari was the high point of our weekend. Only government jeeps and vans are allowed into the Nagarhole Forest Reserve. We were divided into 3 groups. As we took off into the jungle, our eyes darted from side to side hoping to catch sight of a big cat or two. During the first hour we saw plenty of spotted deer, peacocks, jungle fowl and langurs. At last we spotted a young elephant and a larger one behind it. It looked like they were about to emerge from the foliage and cross the road to the other side of the jungle. The sound of the vehicle had halted them in their tracks. Our jeep soon turned off the road into the mud tracks that took us on a rather bumpy ride deeper into the forest. Another hour went by and a Brahmini kite and a Serpent snake were sighted. Disappointment was high in our jeep. Our sincere driver and naturalist kept peering in every direction to show us what we had come to see. Suddenly the jeep slowed down and they signalled us to remain very quiet. We heard what sounded like a horn. It was a warning cry from a sambar that a big cat, a tiger or leopard, was in the vicinity. The sound came closer and louder and an adult sambar and two young ones came rushing out of the forest. After more slow driving and peering, a tiger was spotted lying down at the end of a narrow clearing in the bushes. We could only see the head and shoulders as the cat yawned and licked itself. Some of our co-travellers on the jeep had massive zoom lenses and allowed us to view their pictures. We saw a handsome golden yellow tiger partially hidden in the tall grass. A good vantage point to spring the next prey. Mission accomplished and it was time to get back to human territory. Dusk had fallen and the jungle rose like a dark wall on either side of the road. Our friends in the other vehicles sighted wild dogs and boars, and gaur. We all had pictures to share and delight in.

The next morning, before we left the Red Earth, there was more fun awaiting us. There were bullock cart and corricle rides for everyone. Bidding farewell to the Red Earth and the very hospitable staff, we drove to Mysore and once again boarded the train to Madras. It was yet another exciting and enriching IWA holiday. Thank you Nidhi, Anjali, Somna and Sheela for your efficient and endearing planning and organizing. They shepherded and mothered us both gently and firmly, an art known only to them. We loved them for it and got to know each other the better for it.

JAVANTHI SINGARAM

Kabini Trip

