



On-line

The monthly Newsletter of the Indian Association of Secretaries and Administrative Professionals, Tamil Nadu Chapter

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AUGUST 2018

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Words of Wisdom



Dear Members,

The first Sunday of August is the day for Friends. All of us around the globe who are remotely aware of the day, indulge in a joyous celebration of Friendship Day.

Friendship is one precious possession which can neither be bought nor to be sold. The essence of friendship germinates from the heart and it can be ended the day it starts depending on the materialistic possessions. It is always important to know and note that true friends are the actual happiness of our life.

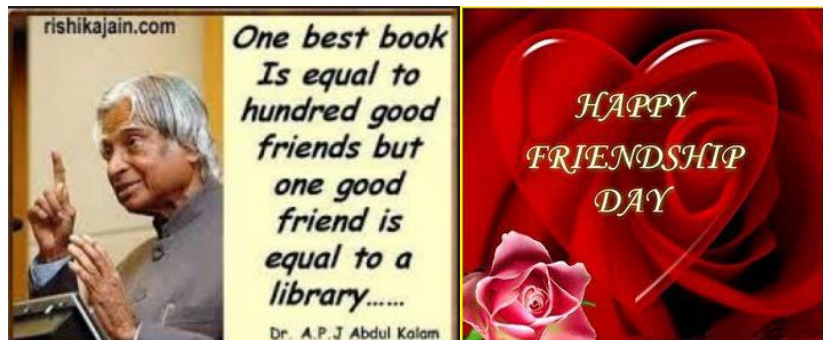
A friend is a gift you give yourself. It is a relation of love and affection towards other people. Difficult times are the best time to realize who your true friends are. It does not matter now many friends you have, what matters is how many true friends you have.

One should realize that "There is no growth of the person without any friend". This is true and it's my personal experience too.

When everything seems to be going wrong and when things pull us down, all we need is someone to sit beside and say, "That's OK, things will be right soon". This will make us feel better and gives us the moral support. So, this Moral Support is very important to bring us back to the right track. They are the one who lift us when we feel low.

We may be busy in today's world but talking to our friends make us to cherish our memories with them. Just make a call and tell them how important they are in your life.

So, you are one of them in my life. – HAPPY FRIENDSHIP DAY



Priya Balaji



The June 2018 meeting was held at the E Hotel (Express Avenue Mall) on 23rd. The afternoon was severe with the heat soaring and the members trying to reach on time, another good session to remember.

The meeting started with the introduction of the new committee members for 2018-2019. Everybody gave them a huge applause and welcomed them for the current year.

The next agenda for the afternoon commenced with Ms. Nandita Pandey, Personal Branding Coach of Prismatic Consulting who enthusiastically and elaborately encouraged us with the confidence of how to approach ourselves and our self-esteem. Ms. Pandey was ensuring that our identities were confident enough to face the hurdles at office and personally.

The five most important qualities one should possess is, one should be appreciated in your absence, understand the mind to let go negativity and avoid possessing a wrong mindset, take credit to what you've done and what you are. We fear success and not failure, let us try to break the perfection paradigm and go with the flow.

Ms. Pandey took us to different levels of personal skill advancements. Also, she is an author of the book DRESSOLOGY, the science of power dressing. Personality is just not what comes from within oneself, but appearances do make a difference. "A woman can be over dressed but never over elegant". She recommended to read her book when time permits.

After which I had given the "Thank you" speech to Ms. Pandey and the meeting followed with the usual agenda of felicitating the birthdays of our members & announcements. The meeting ended with EA Hotel's sumptuous hi-tea, which stimulated all of us to get back to our doings in high spirits.

~ Karen Peterson

Some pics of the June Meeting



Encouragement

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on holiday.

And every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every colour of the rainbow. Grand old trees graced the landscape and a fine view of the city skyline could be seen in the distance.

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Continued.....

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band - he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words. Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch and, after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside. Finally, he would have the joy of seeing it for himself. He strained to slowly turn to look out the window beside the bed.

It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you."

10 Things that Require ZERO TALENT But can still Lead to Success

1. Being on time
2. Making a Bigger Effort
3. Improving your Health and Energy
4. Having a Positive Attitude
5. Living with Passion
6. Using Powerful Body Language
7. Willing to Learn
8. Going that Extra Mile
9. Being prepared for Anything
10. Having a Strong Work Ethic



Here's wishing all the Members celebrating their Birthdays in August & September 2018

AUGUST

- 2nd Carmen Shunker
- 2nd Nisha Menon
- 5th Surekha Johnson
- 6th Shirley Heldt
- 8th Sheryl Stevenage
- 9th Ann Pereira
- 12th Claire Bentley
- 12th Geetha Sampath Kumar
- 12th Suzanne D'Monte
- 13th Theresa Maria Kennedy
- 15th Sheela Glory
- 15th Priya Balaji
- 20th Rama Ranganathan
- 21st Treasure Henderson
- 21st Geraldine Thamba
- 24th Anne Parameswaran
- 24th Christine Luker
- 25th Averil Rodrigues
- 25th Kanchanamala P
- 26th GERALYN STEPHENS
- 28th Cheryl Dique
- 31st Usha Reddy

SEPTEMBER

- 4th Sandra Smith
- 11th Arasi Shanmugam
- 12th Mala Manishankar
- 15th Vidhya Sivakumar
- 16th Emelia Geer
- 16th Perpetua Frantz
- 19th Shanthi Chandrasekaran
- 25th Vijayalakshmi V
- 26th Vijayalakshmi L N
- 28th Marie Baskaran
- 28th Rebecca Patrick

MEETING

- **DATE** : 18th August 2018
- **TIME** : 2.30 p.m.
- **VENUE** : E Hotel (Enrich Hall-2nd Floor)
Gate-1, Express Avenue Mall
Pattullos Road, Chennai - 2
- **HIGHLIGHT** : SEE NOTICE BOARD
- **Charges** : Rs.125/- Guests-Rs.150/-
- **RSVP** : 14th August 2018 (office hours)

RECIPE CORNER



RICE & POTATO CUTLETS

Ingredients

- 1 cup rice (cooked)
- 1 cup potatoes (boiled, peeled, and shredded)
- 1/2 tsp salt
- 1/2 tsp cumin seeds (jeera)
- 1 Tbsp green chili (chopped)
- 1 tsp ginger (finely chopped)
- 2 Tbsp cilantro (finely chopped hara dhania)
- 1/4 tsp fresh lemon juice

Method

1. In a bowl mash the rice, rice should be semi mashed. Add potatoes and mix it well. Add all the other ingredients - salt, cumin seeds, green chilies, ginger, cilantro and lemon juice. Mix should be firm and will be consistency of a sticky dough.
2. Grease your palm and divide them into 12 portions, make them in small sizes and shape them into cutlets.
3. Heat the oil in a frying pan on medium heat. Oil should be moderately hot. Test the oil by putting a small piece of mix, this should rise right away. Drop the cutlets slowly into it, taking care not to overlap them.
4. Fry the cutlets until they are golden brown, turning occasionally. This should take about 5 minutes. Take them out and put them over a paper towel.
5. For best taste serve them hot. Cutlets taste great with cilantro chutney or tomato ketchup.



1. Women Empowerment in Finance – Mrs. Prasanna Ashok, Max Life Insurance
2. Stress Management – A 360^o Approach – Mr. Karthik - Ananthaa Consulting

A REQUEST

Request members to refer any sponsorships / speakers for the October meeting.

UBUNTU

UBUNTU is a very nice story from Africa...
The motivation behind the Ubuntu culture in Africa...
An Anthropologist proposed a game to the African tribal children...

He placed a basket of sweets near a tree
And made the children stand 100 meters away.
Then announced that whoever reaches first
would get all the sweets in the basket.
When he said 'ready steady go!'...

Do you know what these children did?
They all held each other's hands, ran together
towards the tree, divided the sweets equally
among themselves, ate the sweets and enjoyed
it.
When the Anthropologist asked them why
they did so,
They answered... "Ubuntu."

Which meant -
'How can one be happy when the others
are sad?'

Ubuntu in their language means -

"I am because we are"
A strong message for all generations.

Let all of us always have this attitude and
spread happiness wherever we go.

Let's have a "Ubuntu" Life...

I AM BECAUSE WE ARE



Wishing all the Members celebrating their
Wedding Anniversary in Aug. & Sept. 2018

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