



# On-line

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

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FEBRUARY 2018

## Managing Committee (2017-2018)

### **Chairperson**

Priya Balaji  
Tel: 98840 98157

### **Vice Chairperson**

Rekha Sathy  
Tel : 96000 88426

### **Honorary Secretary**

Treasure Jacob  
Tel: 98408 50348

### **Honorary Treasurer**

R B Sudha  
Tel: 94441 71413

### **Imm. Past Chairperson**

Gita Rajamani  
Tel: 044 24553282

## Committee Members

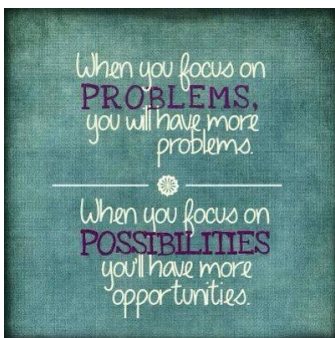
### **Indra Prabha**

Tel: 98844 76914

### **Jayalakshmi Murali**

Tel: 92810 57038

## **Words of Wisdom**



~ Ziglar

Dear Members,

Happy New Year

Each time you watch TV, read a news magazine or even happen to listen to a gossip it has always been stories of cruelty on women in every conceivable formats. But... that's never true. It never does occur us that how very blessed we are.

I am able to witness a world of harmony both at professional and domestic fronts. Most people extend hands of support when we are in trouble. In the last three years Chennai did face multiple hardships in terms of natural, political and economical disruptions. But people displayed a very high degree of solidarity and stood through the times of test without any bias on gender.

I often hear from women groups, that women must fight for their rights and I can't help laughing. Come on... This is a period of absolute emancipation and men support women as never before and the help comes from various titles like father, brother, husband, son or even a fellow employee or passenger. In total, there have not been better times as we do enjoy now.

Ergo, I suggest to strengthen the bond with everyone who does matter to you in life and stride ahead. Let this fresh year be the vivacious beginning of our lives with refined thoughts and deeds.

On behalf of the Managing Committee, I wish you all A Happy Valentine's Day.



~ Priya Balaji



It's Christmas time again and it's that time of the year when we are all set to party. This year it was at E-Hotel, (Express Avenue) on 16<sup>th</sup> December 2017.

The party had a mix of fun, games and dance and we were served with a welcome drink as we entered.

Our Emcee for the show was Jayalakshmi Murali and she did a good job by conducting the games and explaining it to our little kids and grown ups, who were all so excited to participate in the games.

Priya welcomed the gathering. The party started with our very own members and the children singing carols. After which was the games for children, guests and members. We had a lot of prizes for the winners of the games, distributed to the children, guests and members.

Quite a number of members, guest and even children danced to the beat of some nice music. The lovely spread of snacks and dessert was a treat one would not want to miss and it was delicious too.

The highlight of the evening was our secret Santa, all lively with energy to keep the crown excited. The secret was finally revealed – Santa Mama was none other than me (Treasure Jacob). They had already guessed it was me when they seen me shake and dance. This was the first time I was Santa and I hoped that they enjoyed my act.

It was a very enjoyable afternoon, well spent with lots of fun & frolic. For those members who were not present, you sure did miss a good party.

I'd like to thank all my lovely ladies on the Managing Committee and our members who were present at the party with their families and friends and making it a memorable event.

Your loving Santa ☺

~ Treasure Jacob

## A few pictures of the Christmas party

### Carol singing



### Games



### Santa and prize distribution





As Dr. Wayne Dryer put it best in his book **“The Power of Intention:** “What you may fail to see inside is a result of how you choose to process everything and everyone in your world. Here are seven ways to raise your positive vibrations. Let’s get high, people!

**1. Become conscious of your thoughts** - There is a popular saying that goes, “Thoughts become things. Choose the good ones.” Every single thought that comes into your head has an impact on you.

**2. Become conscious of what your music is telling you** - Lyrics of hate, pain, violence, drama and fear send messages to your subconscious. If you want to attract love, listen to songs about real love.

**3. Be aware of your home environment** - You're in your home a lot, which will affect your vibration. Prayers, paintings, photographs, crystals, statues, rocks, mantras, books, magazine, flowers, plants, the colors on the wall, all create energy.

**4. Become aware of the vibrational levels of your acquaintances, friends, and extended family** - You can raise your own energy levels by hanging out with people who vibrate highly.

**5. Practice random acts of kindness and expect nothing in return** - Give some money to someone less fortunate than you. Donate to a cause you believe in. Donate clothing to a shelter. Don't do it for the thank you and don't expect one. Do it out of the kindness of your heart.

**6. Practice compassion and forgiveness** - Forgiving and having compassion for someone who hurt you may be the hardest thing for you to do on this list, but it's one of the most important.

**7. Reduce the amount of low-vibrational television you watch** - shows on TV are violent dramas that focus on the real world. It's a constant stream of negativity brought directly to your home.



## FEBRUARY

6<sup>th</sup> Judith Nair  
7<sup>th</sup> Iona Besterwitch  
9<sup>th</sup> Delphene Lawrence  
9<sup>th</sup> Theresa Maria Kennedy  
12<sup>th</sup> Lorraine Lobo-Bernard  
14<sup>th</sup> Vallerie Yourey  
16<sup>th</sup> Kalpana Ashok  
16<sup>th</sup> Rekha Sathy  
16<sup>th</sup> Vinita Thomas  
19<sup>th</sup> Sankari Suja  
24<sup>th</sup> Hema Vinod  
27<sup>th</sup> Ruth Thomas  
28<sup>th</sup> Ronella Shane

## MARCH

5<sup>th</sup> Arnava Sugunesan  
6<sup>th</sup> T. Jayalakshmi  
8<sup>th</sup> Usha Radhakrishnan  
9<sup>th</sup> Juliet Ramamurthy  
14<sup>th</sup> Jessie Osman  
17<sup>th</sup> Farzana Thomas  
18<sup>th</sup> Karena Toner  
18<sup>th</sup> Patricia Gomes  
21<sup>st</sup> Amutharani M  
21<sup>st</sup> Arlene Correya  
23<sup>rd</sup> Fabiola Fernanadez  
26<sup>th</sup> Barbara Dubier  
28<sup>th</sup> Barbara Frantz  
28<sup>th</sup> Hemalata V  
28<sup>th</sup> Michelle Mitchell  
29<sup>th</sup> Loretta King  
29<sup>th</sup> Penelope Smith



#### MEETING

- **DATE** : 23<sup>rd</sup> Feb to 25<sup>th</sup> Feb 2018
- **VENUE** : Poovar Island Resort  
K.P. VII/911, Pozhiyoor  
Trivandrum, Kerala - 695513
- **HIGHLIGHT** : Weekend trip to Kerala
- **RSVP** : Closed

#### RECIPE CORNER



#### PANEER AND CHEESE BALLS

##### Ingredients (serves 4)

- Paneer – 200 gms
- Boiled potato -1 (grated)
- Cornflour – 2 tbsp
- Salt to taste
- Fresh coriander – 1 tbsp (chopped)
- Cheddar cheese – 2-3 cubes (cut into small pieces)
- Oil for frying

##### Instructions

- Mix paneer, boiled potato, cornflour, salt and fresh coriander in a bowl
- Make small balls from this mixture and flatten over your palms
- Keep a few pieces of cheddar cheese in the centre and bring back the ends together
- Roll to make a ball
- Heat the oil in a non-stick pan
- When the oil is hot, simmer the heat to medium and fry the balls till golden brown from all the sides.
- Serve hot with ketchup.



**Wishing all the Members celebrating their  
Wedding Anniversary in February 2018 & March  
2018**



#### 1. Weekend Trip – Kerala

Participants who are attending the trip will be receiving a separate e-mail with details of the program/agenda

#### 2. ASA Congress at Papua New Guinea

- Date : 24th - 28th September 2018
- Duration of Congress - 4 nights/5 days
- Registration fee - 650 US\$ per person based on twin sharing room
- Program Brochure to the members will be sent as soon as details are received from HO.
- Other relevant information relating to Visa, transportation, accommodation, weather, clothing etc are still awaited from HO.

##### Editor's Address:

##### TREASURE JACOB

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