



On-line

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

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Words of Wisdom

Every
positive
thought is a
silent prayer
which will
change
your life.

Bryant McGill

Dear Members

“Christmas is the season of joy, of gift-giving, and of families united.”

People love everything about Christmas Day - the nativity scene, caroling, scripture reading and concerts. November onwards, it is impossible to forget that Christmas is coming. Colored lights decorate many town centers and shops, along with shiny decorations, and artificial snow painted on shop windows. During the season people take the time to enjoy, the city or town when it is all decorated.

The Tradition of Christmas have combined from over half a dozen cultures and accumulated over the centuries. An in-depth look into its tradition and one is moved with all the sentiments, symbols and meaning associated with Christmas. All of which combine to give a touch of liveliness and harmony to the season of celebrations. However, no matter which part of the world you are in, the tradition of Christmas blossoms with fun and celebration and carries along with it faith, hope and love.

Celebrating Christmas has nothing to do with spending a lot of money and having elaborate parties. The biggest celebrations are the most personal ones spent with people whose company we love. A simple thing as watching a beautiful Christmas movie with a special someone can be all it takes. Or maybe share a home cooked meal with friends in front of the decorated Christmas tree.

Christmas is a wonderful time of the year when joy, hope, generosity, goodwill, and fellowship abound, and is one of the most exciting and festive holiday.

Let's all join together and celebrate this festival of Love.

Wishing you and your family members a Very Merry Christmas!

May the spirit of
Christmas bring you peace,
The gladness of Christmas
give you hope.
The warmth of Christmas
grant you love.



Yours
Sudha RB

HAPPENINGS

Nearly 43 members gathered at Novotel Hotel in great enthusiasm as that day's meeting had a very interesting agenda. After 15 years Tamil Nadu Chapter had brought the crown from the All India Administrative Professional Contest (AIAPC) held at Pune in October this year. Hence, we had a large number of members to meet, greet and felicitate the winner Maria and also the new member Chitra who had made it to the finalists.

Chairperson, Sudha welcomed the members and gave us a gist of the happenings at the Pune Convention. She informed us that our members won several prizes besides the crown. Indraprabha, Padma Bhatia, Vidhya SP & Sandhya SP did unrehearsed dance which was much appreciated and Vidhya SP and Sandhya SP won the prize!!!! We are indeed very proud!!!! TN team's uniform saree was much admired, as it looked so elegant.

Maria was felicitated with a bouquet and gift from our Chapter. Chitra and other participants of the cultural program were also felicitated.

Sudha announced the Christmas party date and the venue has been shortlisted and in the verge of finalization and then we dispersed for lunch.

Then Chitra shared her experience at Pune. At the foremost, Chitra is a new member - just a month's old with IASAP, said that she was very happy to be a part of it. She said she became comfortable with the first session itself and throughout the training period provided by the committee and sub committee.

- Lalitha Veeramani

After a scrumptious lunch, we sat down to a very interesting and an eye-opening session by Dr Sheela, a family physician, from the Apollo group of hospitals. Dr. Sheela specializes in preventive health care and gave us insights into the Apollo Pro Health initiative a first of its kind, comprehensive preventive health care program. Apollo hospitals has brought back the concept of the 'family doctor', a concept which was first seen as early as 1960s and 70s.

Dr Sheela and a team of doctors of Apollo Pro Health work as Health Mentors in identifying, tracking and guiding people to gain better health. She emphasized the importance of CARE in Healthcare. She spoke about the increase in life style diseases or rather NCD (non- communicable diseases). Cancer, diabetes, obesity etc. are impacting our lives even at a very young age. Ironically, 80% of NCD mortality is preventable. She told us that Apollo offers a personalized health management program, which helps detect illness at an early stage.

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Dr Sheela stressed the need for periodical health check-ups and change to healthy eating habits. She encouraged us ladies to go for regular screenings and also carry out self-examination to detect breast cancer at the early stage. The session was very useful and succeeded in us realizing the fact that we can buy a new house or a new car, we can carry out repairs and overhauling respectively, but we cannot buy additional years to our life. Life is priceless and let us treat it that way.

- Maria Renaux





10 SYMBOLS OF CHRISTMAS AND WHAT THEY MEAN

1. Angels - The angels proclaimed the news of the Savior's birth. They sang, "Glory to God in the highest" and proclaimed the good news on that first Christmas night.
2. Bells - Bells ring out to guide lost sheep back to the fold. The Christmas bell signifies that all are precious in His eyes and He will help you.
3. Evergreen Trees - The evergreen Christmas tree stays green all year and reminds us of the everlasting hope and life eternal, because of Jesus Christ we can have eternal life. It also points up to heaven reminding us to look to God in all things.
4. Gifts - The Christmas gift reminds us of how God gave us the gift of His Son and that Jesus Christ gave us the greatest gift of all. Giving gifts is meant to be a symbol of love and kindness and remembrance of the gift of eternal life made possible by the Savior.
5. Holly - The holly plant represents immortality, as well as the crown of thorns worn by our Savior. The red holly berries represent the blood shed by Him for us.
6. Wreath - The Christmas wreath is a symbol of the never ending love of God—having no beginning and no ending. Wreaths are in circles made with evergreen which symbolizes eternal life.

7. Santa Claus - St. Nicholas went from home to home giving gifts and celebrating the Savior by showing love as he did. He wears red, the first color of Christmas. He brings good will and love to all, like the Savior.

8. Candles - The Christmas candle reminds us that Jesus is the light of the world. He is the light we should follow and through Him we will find our way in the darkness of life.

9. Candy Cane - The candy cane is in the shape of a shepherd's crook used to bring lost lambs back to the fold. The Savior is often thought of as the Good Shepherd, guiding us back to His fold. The white on the candy cane represents the purity of Jesus, and the red stripes symbolize the blood He shed for us.

10. Star - The Christmas star represents the first star of Bethlehem that shone on the night Jesus was born. It also symbolizes the Christ is the light of the world and is a shining hope to all mankind.

DECEMBER

- 4th Roselyn Joseph
- 9th Audrey Greenwood
- 9th Gita Rajamani
- 15th Padma Priya Venkatakrishnan
- 26th Lorraine D'Cruz
- 29th Beena Anand G
- 30th Erin Mckillop
- 30th Dianna Brisson
- 31st Jeanette Suresh

JANUARY

- 2nd Meena Suresh
- 5th Deborah D'Souza
- 7th Nalini Raghavan
- 9th Bernadine Highland
- 10th Honorine Franswah
- 11th Marie Correya
- 12th Charmaine Fernandez
- 12th K. Chitra
- 16th Sujatha Parameswaran
- 16th Sripriya Giridhar
- 18th Geetha R V
- 19th Dorathy Sukumar
- 20th Padma Bhatia
- 23rd Karon Vieyra
- 28th Judaline Srinivasan
- 28th Michelle Gabriel



Date : 14th December 2019

Time : 2.30 pm onwards

Venue : The Westin
Velacherry
Chennai – 600 042.

Highlights : Rocking around the
Christmas Tree

Charges : Please see the Notice
Board

RSVP : 3rd December 2019
(office hours)



Red Velvet Cake

Ingredients - Cake:

- 3 cups all-purpose flour
- 3 cups granulated sugar
- 1/2 cup cornstarch
- 1/2 cup unsweetened cocoa powder
- 1 tablespoon baking soda
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 4 large eggs
- 1 1/2 cups buttermilk
- 1 1/4 cups warm water
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 teaspoon distilled white vinegar
- 2 tablespoons red food coloring

Frosting:

- 16 ounces cream cheese softened
- 1 cup butter softened
- 4 cups powdered sugar
- 1 teaspoon vanilla extract

Instructions

Preheat oven to 350 degrees. Butter three 9-inch cake rounds. Dust with flour and tap out the excess. Mix together flour, sugar, cornstarch, cocoa, baking soda, baking powder, and salt in a stand mixer using a low speed until combined. Add eggs, buttermilk, warm water, oil, vanilla, vinegar, and food coloring. Beat on a medium speed until smooth. This should take just a couple of minutes. Divide batter among the three prepared pans. Bake for 30-35 minutes until the cake meets the toothpick test (stick a toothpick in and it comes out clean). Cool on wire racks for 15 minutes and then turn out the cakes onto the racks and allow to cool completely before frosting. Make the frosting. In a large bowl, beat together butter and cream cheese until fluffy. Use a hand mixer or stand mixer for best results. Add in vanilla extract. Beat until combined. Beat in powdered sugar, 1 cup at a time until frosting is smooth. Assemble and frost the completely cooled cake.

Wishing all the Members celebrating their Wedding Anniversary in December 2019 & January 2020



CHRISTMAS PARTY

Please fill-in complete details in the attached Excel sheet and send along with the payment, before the rsvp date, to your respective committee member. Payment by cheque in favour of "IASAP Tamil Nadu Chapter" or for wire transfer - please contact your committee member for details.

Please mention your name in the remarks column while transferring.

Rates: - Rs.300/- (Members)

- Rs.250/- (Children/Grand Children 1-10 years only, irrespective of relationship)

- Rs.350/- (Children/Grand Children 11 years & above / Spouses / Guests)

FEBRUARY OUTING

Please look for updates regarding the outing. Right now feasibility studies are going on. Intimations will be sent out in a day or two but please note that only a short notice will be given for receiving the RSVPs as we need to get the tickets organized. So please look for email updates regarding February 2020 outing.

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