



# On-line

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

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FEBRUARY 2019

## Managing Committee (2018-2019)

### Chairperson

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### Committee Members

#### Indra Prabha

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### Words of Wisdom

#### LOVE IS A VERB.

It's an action requiring your involvement and your active participation. You cannot sit back and expect the world will serve it to you. You cannot expect that your relationship will continue to provide love while you're not putting in any effort. Love has to be earned and must be continually fought for.

- Stephen Covey -

Dear Members,

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. – Hal Borland

It's a New Year! It is like a sunrise of hope, prosperity, of happiness, a new signing of thoughts, words and action! There is an old saying that goes, "Don't cry because it is over, smile because it happened". Let us give thanks and continue to commit ourselves to providing help and creating hope for us, to enable us to realize our full potential. So, as we enter the second month of 2019, let's reflect on the things we did well and celebrate, reflect on the things we can improve on and dedicate to doing so, enjoy the comfort of family and friends and look forward to rising to the challenges in 2019 and having great success that will surely follow.

Let us re-dedicate ourselves and commit to follow the Objectives of the IASAP. We shall also take a pledge on the 4 R's issued by our Government to avoid Plastics.

**REFUSE:** Say 'NO' to single use plastic whenever you can. Retailers will try to force you to take plastic bags. Take reusable shopping bags. If you go for a drink refuse the straws. If suppliers insist that products have to be wrapped up, ask if they have an alternative.

**REDUCE:** Look at the plastic that you use. Do you need to buy bottled water, or could you use a refillable solution? Are there any alternatives to the plastic products you are using, if so try them out.

**REUSE:** There are many products out there that are reusable rather than disposable. Look for cutlery, straws and packaging that can be used again and again. Not only will it help the oceans, it will probably save you money as well.

**RECYCLE:** If you have tried to refuse and reduce and there are no reusable items available you may need a plastic product. Make sure you check that it can be recycled when you have finished with it. Then don't forget to recycle it.

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

~~ Priya Balaji



# HAPPENINGS

It's that time of the year when we are all Joyful and eager to party. Our Christmas party was held at The Westin Chennai Velachery on 15<sup>th</sup> December 2018.

The party had a mix of carols, fun & games and was a very entertaining and enjoyable one.

We were served with a welcome drink and as we entered, we were so happy to see all the children in their best outfit and happily playing and awaiting Santa Claus.

Our Chairperson welcomed everyone and our Emcee for the show, Treasure Jacob did a wonderful job conducting & explaining the games to our children, who were all excited to participate in the games.

The Party started off with our very own members and children singing carols. After which the games started for our children, guests and members. A little boy had shown his talent in dancing with "Selfie Pulla" a Tamil song. The next round was age group 9-12 year children where they had to throw a few balls into a bucket from a distance. The Balloon in the Air was a fun game for our 16 years & above children. The last game "musical chairs" were played by the IASAP members and everyone enjoyed their games with enthusiasm & excitement. Prizes were given to All the Winners. It was a very fun event to be part of.

Then came the most awaited person for this Christmas "Santa." He got some goodies and distributed to all the children who were so happy to see Santa. Santa also gave gifts to each and every one at the party.

The event ended with Hi-Tea and the big spread of snacks & desserts were a delicious treat to all. It was an enjoyable afternoon, well spent with lots of fun and lots of love.

~ Payal Bhagat

A few photos of the Christmas Party



## Mayonnaise Jar

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar.....and the beer.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cans of beer from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things -- your family, your children, your health, your friends, your favourite passions, God -- things that if everything else was lost and only they remained, your life would still be full.

"The pebbles are the other things that matter like your job, your house, your car. The sand is everything else -- the small stuff.

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. Take your partner out to dinner. There will always be time to clean the house and fix the disposal. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the beer represented. The professor smiled. "I'm glad you asked," he said.

"It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers." Cheers !!!



Here's wishing all the Members  
celebrating their Birthdays in  
February & March 2019

### **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** : 16<sup>th</sup> February 2019
- **TIME** : 8.00 am to 6.30 pm
- **VENUE** : Esthell Hotels & Resorts  
No.93/8, Sadras Road  
Egairathinapuram Village  
Thirukazhukundram, Kanchipuram
- **HIGHLIGHT** : Day Trip to Kanchipuram
- **Charges** : Rs.500/-
- **RSVP** : 8<sup>th</sup> February 2019 (office hours)

#### RECIPE CORNER – MALPUA



200 gm maida flour  
1 teaspoon fennel seeds  
1 teaspoon powdered green cardamom  
1 cup ghee  
250 ml water  
50 gm khoya  
100 gm semolina  
1/2 teaspoon baking powder  
500 ml milk  
250 gm sugar

To prepare the sugar syrup, place water in a pan over medium flame. Add sugar in it and stir until fully dissolved. Then add 2-3 tsp milk and stir again, after a few minutes remove the scum that rises to the top. Once the sugar syrup is thick, remove the pan from the flame and keep aside.

Mix maida, rava, khoya, baking powder, fennel seeds, cardamom powder and milk. Ensure that the mixture has a pourable consistency and is not too thick. Once the batter is ready, keep it aside for few minutes so that the flavour of spices and herbs are fully absorbed.

Now heat ghee in a pan over low flame. Pour a ladleful of the mixture and spread evenly. Keep the flame low and cook till it is light brown on both sides. Remove the cooked malpua and drain the excess ghee. Drop the malpua in sugar syrup and allow it to soak for 10 minutes. Repeat the same with the remaining batter. Drain the malpuas from the syrup, garnish with pistachios and serve hot.



Wishing all the Members celebrating their Wedding Anniversary in February & March 2019.



#### Trip to Kanchipuram

Separate email sent for February outing.

#### Pune Convention

The 16<sup>th</sup> All India National Convention to be held in Pune from Oct.11-14, 2019.

The Agenda, Tariff and other details will follow soon



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