



On-line

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

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MAY 2019

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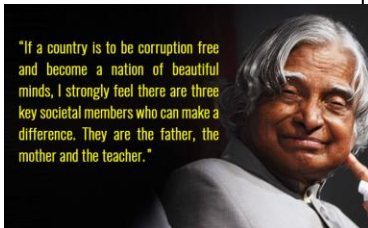
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Words of Wisdom



Dear Members,

I sincerely hope all of you had a good time at the Secretaries Day Celebration on April 27th.

The Committee had worked tirelessly to put together this show from the time of inception to the execution. I would like to place on record my appreciation and gratitude for their co-operation in meeting up for discussions after long hours at work. We thank the members who called and appreciated our efforts. It made it all worth the hard work.

There is nothing in this world that is quite as strong and enduring as a mother's love. A mother is often your number one supporter in life, from the moment you're born and every day that follows. She nourishes you in every way she can and will go to the ends of the earth just to see that you are happy and healthy. A mother offers her invaluable wisdom and advice when you need it most, even if you don't realize that you do. I can gratefully say that I have a mother of my own who has been all this for me and so much more. That is why I wanted to take the time and dedicate this piece to her, even though a few loving words are the least I can do in comparison the person that she is. I think the world deserves to know a bit about this monumental woman that I have the privilege to call Mom.

If you take anything away from this, think about your own mother or someone similar in your life. We must never take for granted the wonderful people in our lives, because without them, there's no way we would be where we are today. I know for a fact that if I become half the woman that my mother is, then I must be doing something right.

I would like to wish a very Happy Mother's Day to all the wonderful Mothers and I truly see God's Grace and protection for them so that they keep up with their Challenging role always.



✍️ Priya Balaji

HAPPENINGS

I am delighted to post the 'Happenings' in this edition of our Newsletter. 27th April was Fun Day as 60 of us gathered to celebrate Administrative Professionals' Day at Novotel Hotel. Members started trekking in from 10 AM and we were welcomed with a refreshing cool drink. Forenoon session consisted the entertainment segment. Karen organized the 'Glam Girl' ramp walk which many members participated in. It was a lovely pageant with the members vying with each other in their glamorous outfits. The winners were 1st Arasi (Murugapa), 2nd Christine Luker (Raheja Group) and 3rd Ramya (Ford). Arasi dressed as Mastani (aka Deepika Padukone) worked on her attire with great detail. Next was the nightingale's session by our Helen Mary, Shanthi Chandrasekaran & Padmini Sivakumar. The songs selected were very peppy and from the '80s too. Members really enjoyed their rendering. The next was a 7-member group dance choreographed by Rosalin (AVT). They danced to Rajinikanth's Petta and Dhanush's Rowdy Baby songs. It was a whistle blowing entertainer. And it was fun to watch the members hooting and encouraging the dancers. Karen again... choreographed a beautiful Diya (lamp) dance - 12 members danced to the song from Taal. Elegantly and uniformly dressed in magenta anarkalis, the group swayed away holding lighted candles. They were a vision! The entertainment session ended with a feisty number 'Ek Do Teen' (remix) by Roslin, Arasi and Jacintha. Needless to say, members just enjoyed watching them dance in abandon.

Then came the surprise... this year we were hosted to a sumptuous lunch, desserts (must mention-the tender coconut payasam was just lovely). The post lunch session was more educative. We had doctors from Apollo: Dr.Yamunadevi who spoke to us on the topic "Infectious Disease & Control" and Dr. Elan Kumaran, Surgical Gastroenterologist who spoke to us on "Love your Liver". The Q&A session with the Apollo doctors were well utilized by the members.

Sudha, Vice Chairperson made the announcements with regard to the Pune Convention and the AGM to be held this month. Contd.>>>>

Finally, the Committee distributed the member gifts and AVT Nachos and Parrys Amrit sugar. Before leaving the hall, we had a refreshing tea/coffee break too. It was a lovely day at Novotel and Members left only after meeting up and speaking with others - with warm camaraderie and bonhomie.

~ Anne Parameswaran

A few Photos of Admn. Professional Day Celebrations



No More Self Doubt

You may have heard from some so-called friends that what you have been striving for is not within your reach. Have you ever heard words like these or maybe they have come to you from supervisors through annual review of your work performance? The question is, do you believe them and alter your dreams or goals?

Throughout the centuries, so called significant or important people have told people of various walks of life, that they have no chance to succeed. In a lot of cases, many people cower from these kinds of comments and start to believe that they cannot succeed, or that they do not have the intelligence to accomplish a goal or a dream. They doubt themselves.

If you choose to believe these types of comments, you are engaging in what is often called a self-fulfilling prophecy, or, in other words, you start to believe what others say about you. If you do adopt as real or true what others have said about you, this means you have given control of your life, your destiny, to the opinions, thoughts and failings of others.

A Lady with a Dream

A lady at a local craft market wanted to branch out further in her life by starting to expand her own, small home business. She worked daily for a group home as a day provider but wanted to establish better control of her destiny. She was hesitant to do it alone, afraid that she wouldn't be able to make enough money to quit her boring day job. Her biggest challenge to succeed was not her ability, it was her belief in herself.

For her, most of her friends and acquaintances doubted her ability to be a business owner or suggested to her that she should just forget about her business idea and keep her job telling her that jobs were hard to come by. Fortunately for her, though, she did not want to totally give up her idea. And, while she continued to have nagging doubts about what she really wanted to do, her goal was totally supported by a new business acquaintance.

Her business acquaintance gave her encouragement, made time available whenever she needed questions or suggestions, or just to talk about business issues. And though she had all the right plans and the ability to succeed, she remained her own worse obstacle. The good news is that she continued even though struggling with self-doubt but persevered and quit her day job to do it alone.

What she conquered was more than issues around developing her business; she conquered her own apprehension, her own self-doubt. She succeeded because she did not listen to the naysayers; she succeeded because she overcame the greatest obstacle – her own belief in herself.

RECIPE CORNER



Potato Lollipops

Ingredients

- Boiled Potato : 2-3 or 1 ½ cup
- Bread crumbs: ½ cup
- Fine chopped onions: ¼ cup
- Fine chopped coriander leaves: 2-3 tbsp
- Ginger garlic paste: 1 tbsp
- Red chilly powder: ¼ tsp
- Coriander powder: 1 tsp
- Amchur powder or lemon juice: ½ tsp
- Salt to taste
- All purpose flour (maida): 2 tbsp
- Bread crumbs: ¼ cup
- Italian seasoning: 1 tsp
- Chilly flakes: 1 tsp
- Oil for deep frying
- -----For dip:
- Mayonnaise: 3 tbsp
- Thick curd or yogurt: ¼ cup
- Sugar: 1 tsp
- Salt a pinch
- Black pepper
- Coriander leaves for garnishing

Instructions

1. In a small bowl take all-purpose flour and add little water at a time and make a runny, smooth slurry and keep it aside.
2. In a small plate mix together bread crumbs, chilly flakes and Italian seasoning and keep it aside.

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MEETING

- DATE : 25th May 2019
- TIME : 02.30 pm.
- VENUE : The Residency
G N Chetty Road
T. Nagar, Chennai.
- HIGHLIGHT : Annual General Meeting
- Charges : NIL
- RSVP : 17th May 2019 (office hours)

Recipe Corner (contd.)

3. In a mixing bowl grate potato.
4. Add onions, coriander leaves, bread crumbs, ginger-garlic paste, red chilly powder, coriander powder, amchur powder and salt.
5. Mix them nicely and make small size balls out of it.
6. Now heat the oil at medium heat.
7. Once you are ready to fry take potato balls dip them in slurry.
8. Take them out and roll them in bread crumbs.
9. Now roll each ball between your palms so that bread crumbs stick properly and don't come out while frying.
10. Fry them till they are golden brown.
11. To make a dip mix together mayonnaise, yogurt, salt, sugar.
12. Garnish with fine chopped coriander leaves.



Wishing all the Members celebrating their Wedding Anniversary in April & May 2019



Here's wishing all the Members celebrating their Birthdays in April & May 2019



To the notice of Hard Copy Members:

As discussed during the General Body meeting, the practice of sending hard copy of the Newsletters, AGM papers, other correspondence etc. will be discontinued effective 31st May 2019. Only soft copies will be circulated. Therefore, you are requested to create an email id or Whatsapp account and communicate the same to Priya Balaji - "gsPRIYA@gmail.com". Thanks for understanding.

The Names of the Hard Copy Member:

Ms. Barbara Frantz
Ms. Carmen Shunker
Ms. Cheryl Janagaraj
Ms. Clair Bentley
Ms. Eanswede Netto
Ms. Iona Besterwitch
Ms. Meenakshi S
Ms. Molly D'Cruz
Ms. Naaz Tyebbhoy
Ms. Patricia Gomes
Ms. Tessie Morris

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