



On-line

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FEBRUARY 2020

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BOARD OF WISDOM

*Sometimes when you innovate, you make mistakes. It is best to admit them quickly, and get on with improving your other innovations.”
Steve Jobs*

Dear Members,

Hope all of you had a very Merry Christmas, Happy New Year and a Very Happy Pongal!

New Year is considered to be the most important and wonderful day. A new calendar year begins during this time. It is customary to have New Year Resolutions and on this New Year's Day too shall we aim to have some resolutions like

1. Earlier to bed and rise early
2. Get organized
3. Learn something new
4. Exercise regularly
5. Eat healthy foods
6. Enjoy every moment of life
7. Help others, specially needy people
8. Reducing unproductive use of time

These are easy to practice and good for each one of us if we practice.

February is a month dedicated to Valentines. On behalf of the Managing Committee, I wish you all a Very Happy Valentine's Day!

Yours
Sudha RB



Home of “HAPPY MIND”

*Create your identify in such a way where people surely realize that ignoring or leaving you is only their loss.
Live with uniqueness and dignity.*

HAPPENINGS

The Christmas Party is the most looked-forward-to event of IASAP. The only event where members, children, grandchildren and guests of member congregate to have some fun in the true Christmas spirit. Westin----- was the ideal venue with and the large Hall was filled with children screaming in joy and anticipation of the games lined up for them . The venue was all dressed up with balloons and the decorated Christmas tree. The Chairperson welcomed the gathering and the evening started with carol singing by the nightingales of our chapter. This set off the festive mood. Having children of different ages, we had games for them age-wise. While toddlers had to race to their mommies, the next category of kids had to challenge their memory. It was fun watching the teenagers who had balloons tied to their legs trying to protect from the others. Guests enjoyed the musical chair game. Members' game was 'finding your partner' but the clever members got their partners in seconds.

Christmas is not complete without Santa.... and Santa did come in with 'jingle bells' in the background and with his bag of goodies to entertain the children. Santa gave out the gifts to the children and all present. The evening ended with Tea and memories to last till the next Christmas party.

Surekha Johnson





The Ten Golden Rules on Living the Good Life

Examine life, engage life with vengeance; always search for new pleasures and new destinies to reach with your mind.

Worry only about the things that are in your control, the things that can be influenced and changed by your actions, not about the things that are beyond your capacity to direct or alter.

Treasure Friendship, the reciprocal attachment that fills the need for affiliation. Friendship cannot be acquired in the marketplace but must be nurtured and treasured in relations imbued with trust and amity.

Experience true pleasure. Avoid shallow and transient pleasures. Keep your life simple. Seek calming pleasures that contribute to peace of mind. True pleasure is disciplined and restrained.

Master Yourself. Resist any external force that might delimit thought and action; stop deceiving yourself, believing only what is personally useful and convenient; complete liberty necessitates a struggle within, a battle to subdue negative psychological and spiritual forces that preclude a healthy existence; self-mastery requires ruthless cadour.

Avoid excess. Live life in harmony and balance. Avoid excesses. Even good things, pursued or attained without moderation, can become a source of misery and suffering.

Be a responsible human being. Approach yourself with honesty and thoroughness; maintain a kind of spiritual hygiene; stop the blame-shifting for your errors and shortcomings.

Don't be a prosperous fool. Prosperity by itself, is not a cure-all against an ill-led life, and may be a source of dangerous foolishness. Money is a necessary but not a sufficient condition for the good life, for happiness and wisdom.

Don't do evil to others. Evil doing is a dangerous habit, a kind of reflex too quickly resorted to and too easily justified that has a lasting and damaging effect upon the quest for the good life. Harming others claims two victims—the receiver of the harm, and the victimizer, the one who does harm.

Kindness towards others tends to be rewarded. Kindness to others is a good habit that supports and reinforces the quest for the good life. Helping others bestows a sense of satisfaction that has two beneficiaries—the beneficiary, the receiver of the help, and the benefactor, the one who provides the help.

Panos Mourdoukoutas



FEBRUARY

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

MARCH

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



MEETING

DATE : 21st Feb to 23rd Feb 2018

**VENUE: Mookanana Resorts
Sakleshpur, Bangalore**

**HIGHLIGHT : Weekend trip to
Sakleshpur**

RSVP : Closed

RECIPE CORNER



Peanut Butter Cutout Cookies

Ingredients:

1 cup creamy peanut butter
3/4 cup sugar
3/4 cup packed brown sugar
2 large eggs
1/3 cup 2% milk
1 teaspoon vanilla extract
2-1/2 cups all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
Vanilla frosting
Red food coloring
Assorted colored sprinkles

Directions

- In a large bowl, cream peanut butter and sugars until light and fluffy, about 4 minutes. Beat in the eggs, milk and vanilla. Combine the flour, baking powder and baking soda; add to creamed mixture and mix well. Cover and refrigerate for 2 hours or until easy to handle.
- On a lightly floured surface, roll out dough to 1/4-in. thickness. Cut with 2-in. to 4-in. cookie cutters. Place 2 in. apart on ungreased baking sheets.
- Bake at 375° for 7-9 minutes or until edges are browned. Cool for 1 minute before removing from pans to wire racks to cool completely. Frost cookies and decorate as desired.



Wishing all the Members celebrating their Wedding Anniversary in February & March 2020



Weekend Trip – Sakleshpur, Bangalore

Participants of Feb outing, please read the entire mail communication sent on a separate note and revert to your respective committee member for any clarifications.

ASA Congress at Sri Lanka

- Date : 24 to 28 September 2020
- Duration of Congress - 4 nights/5 days
- Registration fee - USD 650 for double occupancy and USD 950 for single occupancy
- 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.

During the last meeting, as the Christmas Party started late and due to paucity of time, we could not announce the birthdays.



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