

# Summer specials

Summer, as the word brings to mind, is that hot sultry time of the year when most people like to get away to cooler weather. And for the foodie, perhaps it is not as exciting a time as the winter months. These days, however, it hardly makes a difference as modern science has thought us to grow cauliflowers, or a juicy crunchy carrot or the likes of other winter vegetables all year round. Summer used to have its own food that gave us the required levels of nutrients, hydrants and calories: cucumber, ladyfingers, most kinds of gourds and melons and the mango were classic summer foods, among others.

One big plus of these summer foods was that they served as a source of hydrants to keep our body cool and control its temperature. It is a fact that we have lost the sensibility of our food which is every bit related to seasons, and just as much regional. There can be talk of feeding one billion people and putting science in agriculture versus what is right, but that is a totally different subject. What I am trying to say is that in summer months nature has provided us enough food that brings the value that our body needs as a nutrient and for the senses to be tickled. The mantra is to have as much of food in its raw form since the water content is retained and it contains enough calories to sustain. So, soups, salads, juices, squashes are what is to be preferred during these hot days. Cooked food, though, not totally avoidable, should be cooked in a manner that does not kill its value.

Here are two recipes that you can try for the summer. Enjoy the summer and happy eating!

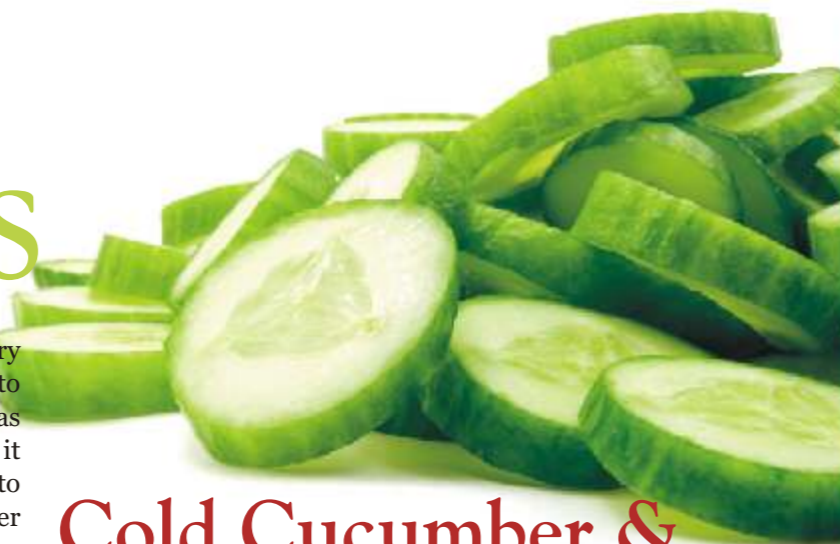
## Baked Tomatoes stuffed with Tuna and Rice

### Ingredients

- 200gms / (1/2 can) Light Tuna, packed in oil
- 1/2 cup cooked fragrant rice, such as Jasmine or Basmati
- 6 Black Olives, drained, sliced and coarsely chopped
- 1 Tomato, cut into 1/2-inch cubes
- 1 teaspoon, minced Garlic
- 1/2 teaspoon White Wine Vinegar
- 1 tablespoon, fresh Thyme, chopped fine
- Salt and pepper to taste
- 4 large Tomatoes Lemon wedges

### Preparation

Preheat oven to 220 deg C. Coat a square baking dish with non-stick cooking spray. Set aside. In medium bowl, combine tuna, rice, all but one teaspoon of the olives, chopped tomatoes, minced garlic, vinegar and thyme. Add salt and pepper to taste.



## Cold Cucumber & Dill Soup

### Ingredients:

- 1 large, Cucumber, peeled & de-seeded. & grated coarse
- 1 spring Dill, fine chopped
- 2 cups, Yogurt
- 1/2 cup, Single Cream
- Seasoning as per taste
- Spring Mint
- Ice Cube

### Method of Preparation:

In a pan with salt water cook to al dente the grated cucumber. Strain, do a cold wash under running tap in the mesh strainer and keep aside.

Shred the dill from its stalk and fine chop.

Blend in the yogurt, cream and dill. Add the cooked cucumber and blend again.

Pour it into a bowl. Season it as desired and whisk it to blend it all in. Chill for 30 minutes.

**Serve:** Garnish with small sprigs of mint. (Ice cubes optional.)

Slice top off 4 large tomatoes and scoop out the flesh and seeds. Use a teaspoon to do this, it is convenient. Fill to top with tuna and rice mixture. Place tomatoes in baking dish.

Bake stuffed tomatoes in oven for 12-15 minutes or until filling is hot. Remove, garnish with chopped olives and a squeeze of fresh lemon juice.

**Serve** Hot to warm.



# The BUZZ at Chamiers

A Bi-monthly newsletter of 'Chamiers'

## CIRCLE



A wrap up of events you may have enjoyed...or missed at Full Circle.

## GIFTING



Myriad possibilities in jewellery and accessories to please the most exacting tastes.

## AMETHYST



Kishmish and Pero - two distinctive collections to spice up this summer at Sundar Mahal.

# Freshly Yours

Summer seems to us the perfect season to launch a hot new edition of your favourite newsletter from Chamiers. Note the new look of pages and features, designed to make things more friendly and informative for you. Please write in with your responses and requests to [feedback@chamiersshop.com](mailto:feedback@chamiersshop.com).

Travel is probably on your agenda at this time, and you may want to pick up great gifts for friends and family you are visiting from the gift shop. Check out the latest collection from Anokhi, revival of a timeless classic, and the seasonal individual labels on show at Sundar Mahal.

Tarot comes in a new format, and the guest

column features something that is a regular happening at the café, if not previously highlighted in our pages - an interview with a well-known artiste. If the wrap up of events we have been having in these last few weeks at Full Circle do not make you seriously regret not being there, we will be forced to eat our (figurative) hats!

Hope The Buzz at Chamiers helps you to stay more connected than ever with the shop, café, and Anokhi! Do write in with encouragement.

# T.M. Krishna in conversation with Anuradha Ananth



I hastily put the hot, cheese-centered dynabite back onto the plate when TM Krishna walks into Chamier's Eco café. He looks like he's easily lost about 15 kgs and his closely cropped hair and new beard gives him an almost rakish look. When he settles down with a garden trio juice, he confides that he woke up one day and didn't like the way he looked. So he went off sugar, cut down his intake of rice and voila! 15kgs fell off his person in 6 months.

"So do you think this new level of fitness makes a difference to your singing?" I ask.

"It definitely does. Singing seems like a very passive activity. But its not", he says emphatically. "It involves a lot of physicality. It requires a lot of stamina and lung power. I'm young now so there's no problem but I don't want to be dealing with weight issues later on. I have seen a lot of overweight musicians and I don't want to get there", he says with a twinkle in his eyes which matches the light which flashes from his earring.

"Ah, the earring", he laughs. " My wife said, if you want to wear an earring, then you must first grow a beard! And so I did and obtained her permission to sport this". Hoping I don't sound like a giddy-headed fan (we're also recording this for a TV telecast on NDTV-Hindu), I compliment him as un-gushily as is possible. While he's basking in the adulation, I make a song request knowing he can't refuse. I needn't have worried. Even without setting his 'shruthi', Krishna breaks into Jayathi Jayathi Bharathamatha and it is wonderful to hear him at such close quarters and without a microphone.

Margazhi Ragam is now on dvd so I ask him to share his views on the importance and inevitability of technology in the sphere of art.

" Jayshree, Jayendra and I were thrilled at the overwhelming response we got for Margazhi Ragam. What was inspiring was the response from people who had no idea of Carnatic music. Let me tell you this story. I was in Tiruchi and I had gone to a local theatre to see Naan kadavul and when the theatre owner learnt that I was there, he invited me to his office and told me that he had never heard Carnatic music in his life before Margazhi Ragam was screened in his theatre. And now, he said, he buys cds of Carnatic music regularly. That's the true victory of this project..that it has touched and moved so many people", he says settling back in satisfaction.

He then sings a snatch in raga Kamas (Sitapathi naamanasuna) and then tells me why he chose that bit. Apparently the editor of Margazhi Ragam knew every swara (having sat with it at the editing table for days) and would even correct Krishna when he sang the piece.

We then talk about his constant collaborator-Bombay Jayshree. "We've known each other for a really long time", he says. "But we realized we had common goals and a common vision post-2000. We wanted to contribute to classical music in more areas than just performing. We started by bringing out our book Voices Within, we've performed extensively together. She's the exact anti-thesis of what I am and that works well", he breaks into a good-natured laugh.

Krishna is not only an interviewer's delight but a song-requester's too. He breaks into the lilting Vande Mataram which is both his and Jayshree's favourite.

When he finishes, he finally reaches for a dynabite prompting me to ask him what kind of diet do musicians follow-a sattvic one? "Wrong person to ask", he says biting into the by now gone-cold but still delicious snack. We order Thai curry and rice which Krishna eats a very sensible portion of. He is the right person to ask considering how mindful he is of what he tucks in. And he's also going trekking in Bhutan!!

It is a treat of an afternoon. Krishna illustrating a Ragam-Thanam-Pallavi ("it's 99% about improvisation and you must have in-depth insight into the raga"); him telling me about his project of archiving Muthuswami Dikshitar's compositions; explaining the contradiction that while he believes in adhering to classicism and purity, he also

thinks a traditional mindset is the biggest impediment to creative progress ("tradition is a jelly-like substance and imagine you are in it. As you push and swim in it, it extends and moves with you"); and finally the lessons he learnt from his Gurus ("discipline and letting oneself go in a concert")

And Krishna lets himself go with Chinanjiru Kizhiye by Bharatiyar.....

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## Xylitol, the natural alternative to white sugar

Chamiers now stocks Xylitol, the natural alternative to white sugar, a powerful all-natural tool to improve your family's oral health. Xylitol is a Natural, Healthy, Safe and Sweet, Diabetic Friendly Alternative. Xylitol sweetener is a fabulous alternative to cooking and baking with sugar. Xylitol helps fight cavity-causing bacteria, helps reduce ear infections and is proven safe for most diabetics. With a glycemic index of 7, Xylitol has 40% fewer calories and 75 per cent fewer carbohydrates than sugar and is slowly absorbed and metabolized, resulting in very negligible changes in insulin. Not a chemical or a drug, 15 grams of xylitol is produced by the human body during normal metabolism every day.

- Xylitol Prevents Cavities
- Xylitol Soothes & Quenches Dry Mouth
- Xylitol Can Help Prevent Kids' Ear Infections

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# Shopper profile



## Sunitha Choudhry

Sunitha was born, brought up and married in Chennai, describing it as "No Tea for me please, Chennai is my only cup of Filter coffee!"

An artist and interior designer, she started out with painting watercolors and then moved into the bigger dimension of 3 -D. For her, doing up an interior is like an extension of her Art, except on a bigger canvas. "I love doing up homes. When I can infuse the personality of the client with my vision, to transform their home ambience, there is no feeling which is more satisfying!"

With family consisting of her husband and two young sons, Sunitha's life is full of animated conversation, long drives together, sharing her husband's passion for retro bikes, or for all four independent people being under the same roof, doing their own thing, yet together in spirit.

An ardent enthusiast of 'Anokhi' from the time it appeared in Chennai, Sunitha finds the clothes "... fresh for this weather, extremely wearable and trendy - very much like the attire I am most comfortable in!" As for the gift shop, she says about herself and friends, "When in doubt, [as to what gift to buy], shop at Chamiers, is our collective Mantra! You are bound to find something there!"

The Cafe for her, has been home to many a riotous 'girlie' session with friends. "I have found many a 'lost' friend, after many years in this very place and this makes it a very special place for me." Sunitha signs off with some advice, "The food at the café could do with some improvement. Both the economics and quality somehow don't add up to the ambience, which more than makes up for it!" Thanks for your suggestions, Sunitha! We will keep them in mind for timely inspiration.

## Presenting...



## Shivani Bail

I first began hanging out at Chamiers... in my first year of college with my friends. The food at the Eco Cafe was a novelty then and I used to really look forward to treating myself to citrus cake under the almond tree...

As a journalist, I look forward to... discovering new things every day

My wish list for this summer... discover a brilliant book, learn how to paint, learn how to make music, and get fit.

My unforgettable Chamiers moment... was when I met the tamest squirrel in the whole world at the Eco Cafe. She was actually willing to eat crumbs from my mother's hand and stood up on two paws to reach her hand!

...Stay just the way you are

## Presenting...

## Vishwajit Tirumurti



I first began hanging out at Chamiers ...with my family and my cousins and used to while away a lot of time at the cafe. Especially during December and January when the weather was pleasant and enjoyable.

As a Student I look forward to... wasting my summer holidays doing something exciting/relaxing and having a lot of free time to do absolutely nothing! Also watching the IPL finals where Chennai will hopefully be playing!

My wish list for this summer...

GETTING MY LICENSE! , Taking salsa classes, Learning how to play the keyboard, Doing hookah! =), Spending a lot more time 'chilling' at the beach, Watching a ton of movies!

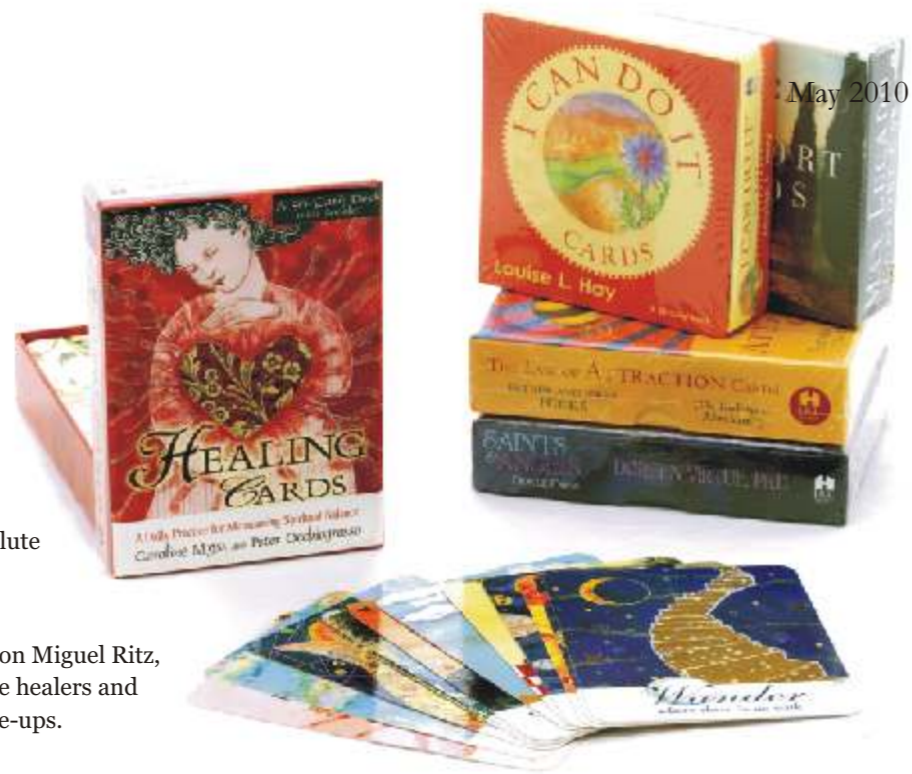
My unforgettable Chamiers moments...

I celebrated my birthday at Chamiers with a lunch for my friends! It was fun and kind of embarrassing at the same time to see some of the cafe staff sing 'Happy Birthday' for me!

# Healing Cards

Inspiration and wisdom that speaks directly to your situation is hard to come by, but with these sets of cards featuring beautiful thoughts, suggestions and ideas for your personal empowerment, you have absolute winners. Use them for daily dilemmas, or for more insightful, deeper reflection.

Iyanla Vanzant, Cheryl Richardson, Doreen Virtue, Don Miguel Ritz, Caroline Myss and Peter Occhiogrosso are some of the healers and writers who have created these contemporary pick-me-ups.



May 2010

# Quietly, through the Senses



Vanilla and Ylang Ylang, Cinammon and Wild Rose are only some of the natural incense, essential oils, spa products, natural anti-mosquito repellents, and personal care products from Naturveda and Aroma Valley at Chamiers. Designed to soothe away urban stress, these softly natural products are the result of intensive research.

Whether you want the natural redolence of herbs to assist your meditation, or just let a healing scent surround you as you work, these products will lend their subtle strength to anything you do.

# Tibetan Tranquility

Take home your own Thangka painting, the uniquely Tibetan tradition that evolved between the 7th and 12th centuries. Painted on canvas and mounted in silk brocade, a thangka is more than just a work of art. It is an object of devotion, an aid to spiritual practice, and a bringer of blessings.

These paintings feature numerous deities sketched according to formal iconography rules laid down by generations of Tibetan masters; paints made from natural stone pigments; and details in pure gold. The creation of a thangka painting involves skill and care at each stage and displays meticulous detail and exquisite artisanship. You will develop a special relationship with the one you take home.



May 2010



# In the Charmed Circle Travel Plans with the Gantzers.

19 March 2010

Hugh and Colleen Gantzer engaged with Akhila Shrikant in a conversation which had plenty of tips and clues for an audience intent on going on their own journeys to exotic destinations. The hugely traveled couple who have written 17 books on travel to date, spoke about rafting in the Kalli River at Rishikesh, underwater walking in Mauritius, parasailing in the Salon Valley in Himachal, visiting the Red Flute Caves of China, Dune Dashing in Dubai, fishing and trekking in Beemashari, Cauvery, semi-submersible diving at the Great Barrier Reef and Seychelles, Cable Car trips in Switzerland and more.



# The Truth About Tigers: A film by Shekar Dattatri.

2 April, 2010

The tiger, India's National Animal, is disappearing at an alarming rate from our forests. Government estimates reveal that there may be fewer than 1500 left. Why have these charismatic predators declined so drastically? What exactly are the problems facing their conservation? And are there any solutions to the crisis? These and many other questions were answered in 'The Truth about Tigers' by award-winning wildlife filmmaker and conservationist, Shekar Dattatri. The film also provided useful pointers on how everyone can play a role in saving the iconic big cat.

Interacting with the audience after the screening, Shekar Dattatri brought out the nuances of conservation issues, in his typically direct and well-informed fashion.



# Stories in action!

27 March 2010

UK storyteller Craig Jenkins related stories from some of Tulika's most popular books to an appreciative group of children.

Part of the Live Book Tour – a multicultural collaboration between Tulika and Vayu Naidu Company that has had remarkable success in promoting Tulika's books in schools and libraries across UK, Craig, an enormously entertaining storyteller was at his charismatic best, assisted by the spontaneous responses of his young audience.

# Shopper profile



## Sabina Narayan

**Sabina** has enjoyed a diverse professional background ranging from design and community development at Tamil Nadu Road Development Company, to her current role as Training Consultant with Principal Cues. She and her husband Vijay are blessed with three wonderful children, and their home has always been alight with conversation, activity, music and laughter. Their favourite part of the day is the mornings spent reading the papers in the garden with their two Rajapalayams for company.

Her deep and abiding interest in people and environment and the role of a responsive and proactive citizenry led her to initiate a neighbourhood group whose fundamental aim was to appreciate the interconnectedness between people and the environment and foster civic consciousness and harmony between them. She applauds the spirit of the Hutton Free Night School for underprivileged children in her neighbourhood and supports them in different ways.

About Chamiers, she says, "With the gigantic malls that increasingly dominate the shopping experience everywhere, Chamiers stands out because of its unique character and flavour. I enjoy design in all aspects and I especially love the charming ambience of Chamiers. From the moment I step into their neatly appointed store, I relax and savour the visual treat of the select array of merchandise, particularly the Anokhi designs and the attentive but not over zealous staff. In fact I don't mind the commute from Chetpet because I know I will always find tasteful choices at value-for-money prices, be it something for myself or a gift for a friend. The newly opened book store and their events just add more delight to the experience."

The only bugbear comes at the end, "I dont know what you could do to increase parking!" Point taken, Sabina!



# TAROT tips

for May-June 2010

## Love

The King of Wands gives love a fair, generous, disciplined and yet passionate feel this summer! Being more open, honest and giving in your relationships will help you overcome any hurdles you may be facing. As far as discontent with your present partner is concerned, guard against the tendency to compare him/her with some paragon!

## Money

The Ten of Wands shows this is a time of great burdens and responsibilities. You may feel mildly stressed out because claims on your wallet are appearing faster than you can handle them! Learn to delegate and prioritize at this time, putting off non-essential expenditure for another season. Take a deep breath, and just say 'No'.

## Family

The wonderfully stable and benevolent Four of Wands makes this a happy and productive time for the family with shared vacations, lots of quality time together, and the blossoming of individual personalities under the family umbrella. Don't forget to show your loved ones you care, in the smallest and most significant ways!

## Travel

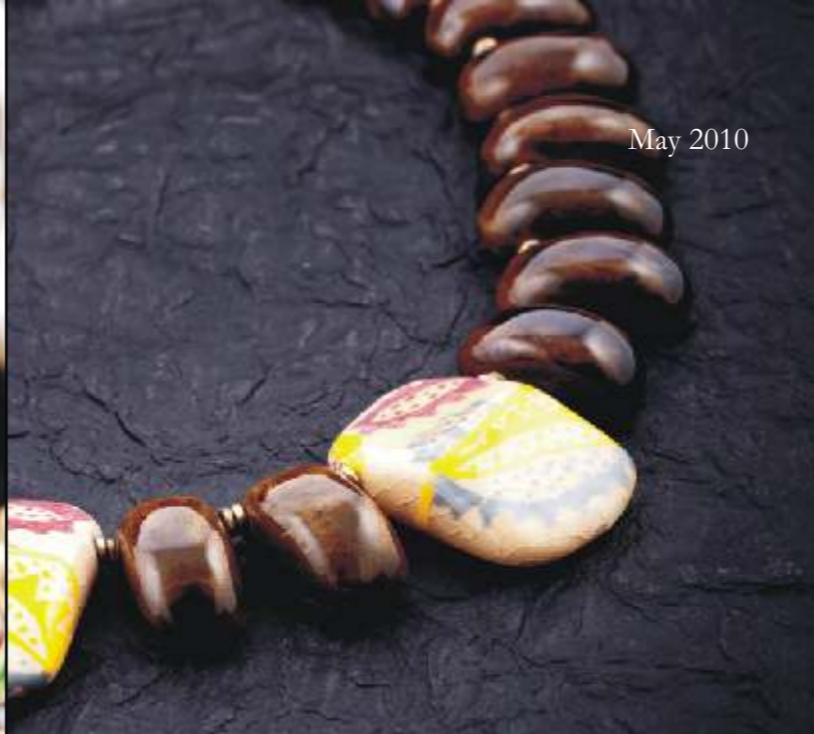
The Page of Pentacles shows that a fair bit of planning, research and care will probably go into your vacations. Finding the best destination, hotel or flight is not just going to be a matter of the best websites, but also the subject of many animated conversations with the friends and family you will have as your travel companions. Enjoy!



# From the Treasure Trove

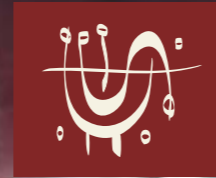
Kundan and polished wood, semi-precious stones and rudraksh, ceramic beads with uniquely African designs and colours, distinctive black and silver Bidriware jewellery and the Anokhi craftsmanship expressed in silver and gold hues – there is a wealth of offerings this summer of many different items for daily, and more dramatic evening wear. Take your pick of these wonders, as richly individual as you.





# Indigo Indulgence

Cool blues in the best Anokhi tradition, evoking the romance of indigo, enliven these summer months. These soft prints: 'Indigo' and their latest collection 'Provencal Sage', don not lose their true colours even with repeated washing in the hot weather.



[www.anokhi.com](http://www.anokhi.com)

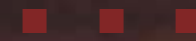


# Provencal Sage

Simple silhouettes that look great at work and double up for more formal wear make this a rich palette to dip into. For quick weekend getaways, or longer summer retreats, don't miss the matching bags, toilet kits and stationery.



[www.anokhi.com](http://www.anokhi.com)

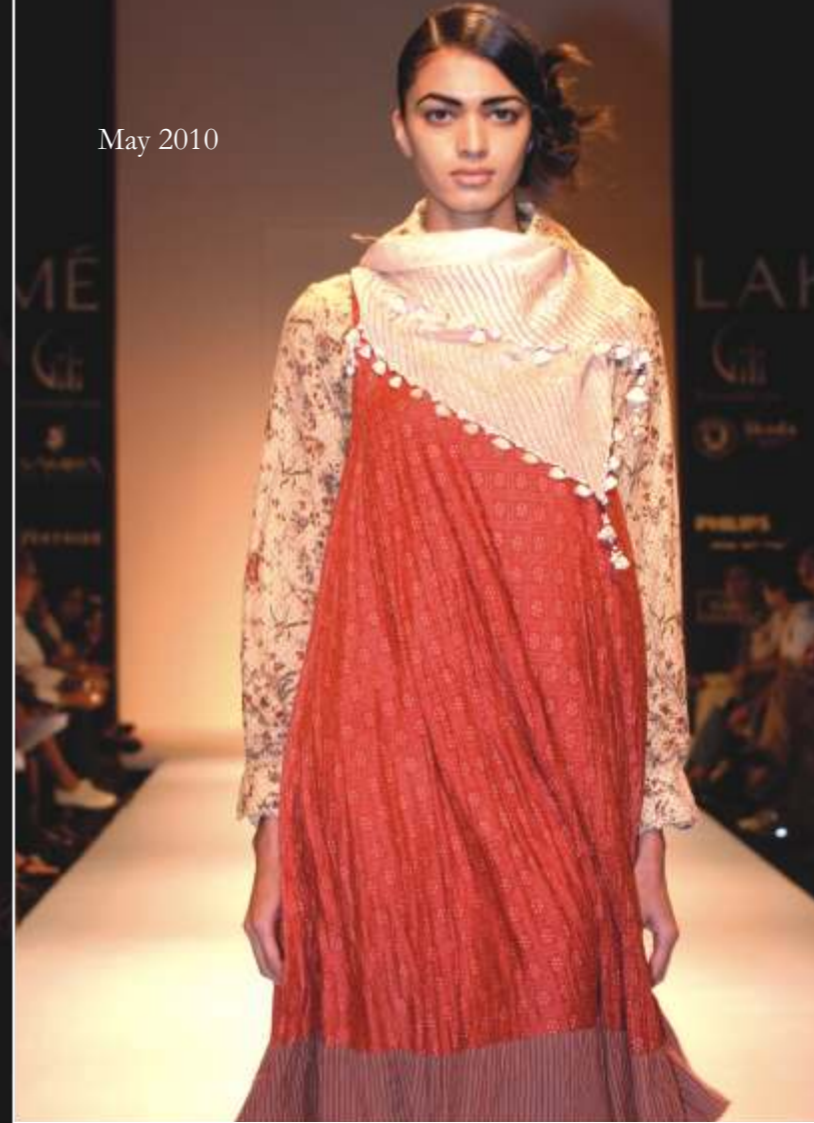


# péro

'péro' creates simple clothing, using indigenous skills and knowledge of ancient textiles and clothing traditions from India and across the world. 'péro' means 'to wear' in Marwari, and garments are inspired by clothing and local dressing styles from the remotest of areas. 'péro' recreates these for the modern consumer seeking a similar aesthetic, wanting ease, comfort and pleasure in their clothes.

Predominantly red and white, the current line incorporates various traditional skills like ikat and natural dyed khadi from Andhra Pradesh, bandhani from Kutch, Gujarat, woven checks and stripes from Chanderi and Maheshwar, Madhya Pradesh. The highlights of this season's line are 'gamocha' from Assam and 'telia rumals' or 'asia rumals' from Andhra Pradesh. The history of these textiles is as enchanting as the fabric itself.

The 'péro' and Kishmish collection will be available at Amethyst: Sundar Mahal, 14, Padmavathi Road, Gopalapuram, Chennai 600 086. Phone: 044 28351627/28351917

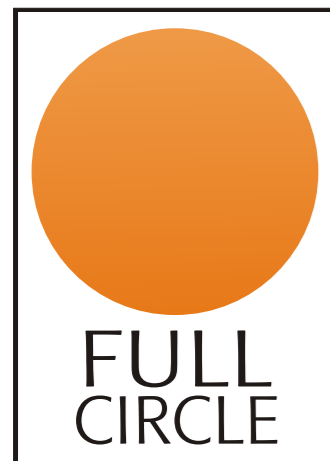


# Kishmish

Nikki Kalia and Rekha Bhatia's label **Kishmish** was created with the intent to design easy, comfort-oriented clothing with a simple, stylish aesthetic. Each piece is exquisitely crafted with attention to cut and detail.



The clothes use made from natural, hand woven, and hand block printed fabric. Pre - washed cotton, silk and linen ensures softness to each garment. In a world over whelmed by technology **Kishmish** aims to preserve the tradition of hand made textiles and finely tailored clothing. These products support the livelihood of rural Indian craftsmen.

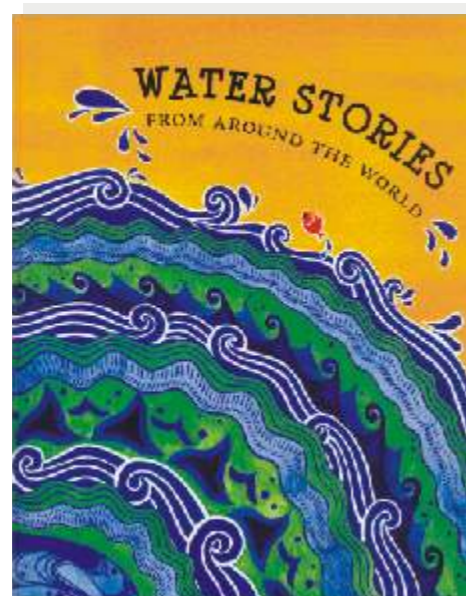


Presenting the bookstore at Chamiers

# Biblio phile

## Water Stories from around the World

Tulika Books  
Rs.385/-



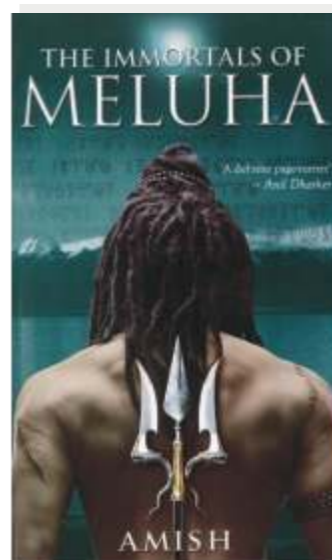
Water Stories from around the World is a collection of stories from mythology and folklore all over the world, reinforcing the value of water and the need to conserve it. Colorfully presented with lively pictures, the book is devoted to signify our dependence on water and is an ideal gift to the current generation.

## The Knight of Swords and Spooks

by Terry Deary  
A & C Black London  
USD 2.99



The Knight of Swords and Spooks is one of Terry Deary's Knight's Tales written for children and teenagers. Though the story is based on an historical event, the book resounds with humor and wit, making it appealing, particularly to children and encouraging them to read. The large font text is interspersed with pictures to make it even more interesting.



## The Immortals of Meluha

by Amish Tripathi

Tara Press Rs.295/-

The Immortals of Meluha is the first book in a trilogy on Shiva, who is portrayed as a simple man whose karma incarnated him as Lord Shiva, God of Gods. Written by 35yr old IIT graduate Amish Tripathi, this book is set for a fast-paced read covering the entire range of emotions. And this title is set to be followed by "The Secret of the Nagas" and "The Oath of the Vayuputras". It is an unusual and creative combination of a realistic portrait of Shiva with a general treatment of other Hindu Gods. Skillfully written this book is very captivating with simple, lucid used to express a deep understanding of Indian mythology.

## Songs of Blood and Sword

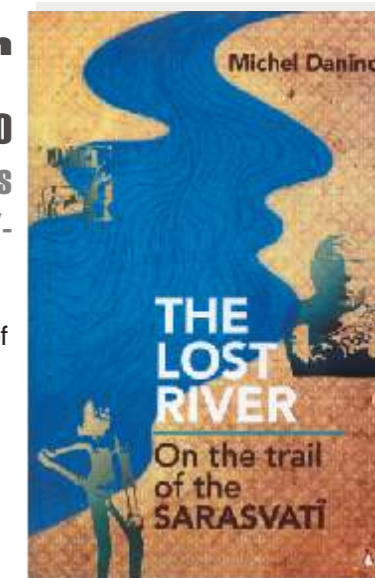
by Fatima Bhutto  
Penguin Viking Rs.699/-



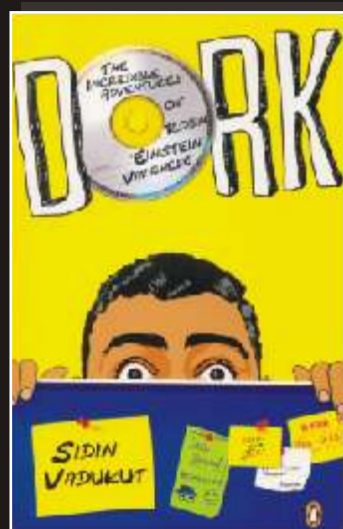
Songs of Blood and Sword is an epic tale full of the romance and legend in the life of the Bhuttos, a family of rich feudal landlords, through four generations. It's a gripping recount of their life defined by a political idealism that would ultimately destroy them. It is also a book about a daughter's love for her father and her search to understand, the truth of his life and death. Driven by murder, corruption, conspiracy and division, written by one who has lived it, in the heart of the storm it is a satisfying read.

## The Lost River

by Michel Danino  
Penguin Books  
Rs.399/-



The Lost River by Michel Danino provides glimpses of one of the earliest civilizations on the Indian subcontinent. The story starts with the 'mythical river', Sarasvati which has disappeared. This ancient river was rediscovered and satellite imagery has traced its buried course. It is also interesting to find that this river had hundreds of sites that were found to belong to the Indus civilization. According to the author, till a few years ago, the Harappan world which was mostly presented as anonymous may now justifiably be regarded as a central and inspiring part of our heritage.

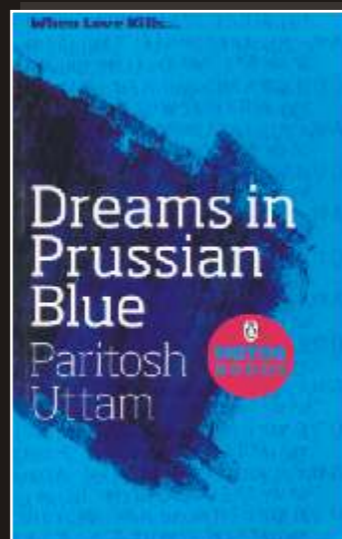


## Dork

by Sidin Vadukut  
Penguin Books  
Rs.199/-

Dork is a hilarious narration of the experiences of a naïve but academically gifted Robin "Einstein" Verghese when he was hired by a mediocre mid-management consultation firm. Written by Sidin Vadukut, a journalist and blogger, the book is replete

with office humor and cubicle jokes.

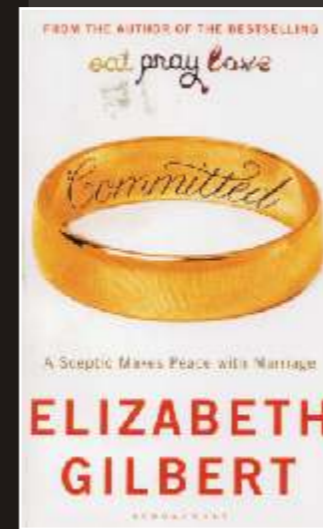


## Dreams in Prussian Blue

by Paritosh Uttam  
Penguin Books Rs.150/-

Dreams in Prussian Blue is an example of what a good, solid "metro read" can be. It is character-driven, written in sober, non-frills prose and the story—about the personal tragedy of two young people in a live-in relationship -keeps

you turning the pages at a quick rate

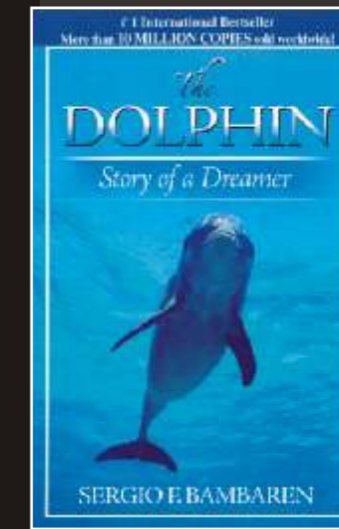


## Committed

by Elizabeth Gilbert  
Bloomsbury  
Rs.499/-

Gilbert's second memoir is more about marriage in general than about her personal story. It is a sequel to her popular book Eat, Pray, Love and covers vast ground, questioning her own heart, excavating family history, and studying attitudes towards marriage. The book is her

testament to a deeper understanding of marriage.



## The Dolphin

by Sergio S. Bambaren  
Hay House  
Rs.99/-

The Dolphin is a story written by Sergio S. Bambaren, where Daniel the Dolphin takes the reader on a magical journey that inspires us to dream. Belief in dreams will help us to unveil the magic in real life. This life-changing book instills deep faith in our instincts and

our inner voice and is highly recommended for all age group.