

Garlic Italian Seasoning

A delicious new garlic Italian seasoning is available in Chamiers for Rs.100/- (40 gms).

It can be used to add flavour to soups, main courses or starters.

Try the new flavouring with this pasta recipe

- 300 gms pasta
- 1tbsp chopped garlic
- 11/2 tsp garlic Italian seasoning
- 1 tsp chopped fresh red chillies
- Chopped fresh parsley
- Few olives and salt to taste



In a large pan of water add some salt and one tbsp of oil. When it starts boiling add the pasta and cook until tender. In a pan put the olive oil to heat. Add garlic and saute for 2-3 mins. Add the red chillies and cook for another 2-3 mins. Add the pasta, garlic Italian seasoning, mix olives and salt to taste. Garnish with parsley and serve.

Don't forget to ask for a sample satchet.



Healthy Pumpkin Soup

Here's a weight loss recipe from Gita Rajagopal that is sure to send a few of you to your soup cauldrons!

Weight loss doesn't necessarily mean dull and dreary salads along with bland food. The Indian palate needs a little something extra in the food no matter what the occasion. Be it Diwali, Holi or simply going on a diet, pumpkin soup is an excellent meal in itself to lose weight. It is delicious and healthy with almost no 'fat' calories.

In order to make pumpkin soup, you will need:

Pumpkin, Onions, Carrots, Zucchini, Potatoes.

You simply boil all these vegetables with one cube of bouillon or vegetable stalk and puree it in a blender. Add a dash of margarine or olive oil. Serve with élan and eat to your fill!



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The BUZZ at Chamiers

A Bi-monthly newsletter of 'Chamiers'

Change & Choices

CLOTHES



A look at the forthcoming events in Amethyst.

GIFTING



Choices in cushions, classy bowls, ladles and spoons for your homes.

PROFILES



Faces that we love to see in Chamiers.

Very few among us would like life to go on just as it does every single day. However comfortable we have become with all the small ingredients that make up life for us, there comes a time when we yearn for a different place or situation, person or experience. The inner desire for change is only a reflection of what happens outside. Nothing remains as it once was, which is why it is so comforting to see and touch those things that change very slowly – the trunks of big, old trees, the texture of rocks and the smell and feel of old shops and homes.

How we can guide the inevitable force of change to achieve great things in our lives

is the subject of choice. It's the choices we make that determine whether days will be lived, enjoyed, or merely endured. And yet, how difficult it is to remember this simple fact when we feel like complaining about anything that happens. 'Why me?' is the cry that invariably presents itself when we are presented with the unpalatable aspects of change. The choices that have driven us to this point are conveniently forgotten.

This summer is has brought choice close once again, with its prospects of change for all of us Indians. Lets hope we usher in an era of welcome change and necessary continuity.

Guest Column



Ms. Gita Rajagopal is a multi-faceted personality. Apart from being a Fenshui and Vaastu expert, she is also an artist and consults on interior design. She is a person with culinary skills as well and has contributed to the 'Buzz' with a recipe of her own.

Feng Shui at Work...

Wealth, fame, relationships, ancestors' blessings, children's prosperity, knowledge, friends, career and health form the intricate mosaic of human life. Each aspiration touches upon a facet of our life that we consider important and where we would want to see improvements. How can we achieve this using Feng Shui? There are eight cures that are generally employed to enhance or lessen the effects of an area.

The "house doctor" needs to be called in to diagnose the affected areas and prescribe a cure. Cures range from the tangible to the intangible, from the use of mirrors, crystals, colours, sounds and, lights to the use of living creatures and revolving objects. Each of these cures comes with a set of rules that need to be followed in order to maximize their effectiveness. All of them have a wide range of application and are at the discretion of the "house doctor", similar to the discretion we accord a medical doctor when he or she prescribes medicines. Let us consider mirrors and their "healing" properties and the set of rules that go with it.

Mirrors are powerful cures in Feng Shui. They have the capacity to double up an area or expand the energy surface area of a space. While choosing mirrors, care should be taken that they are clear, of good quality, not chipped or cracked or tarnished. They should be either framed or bevelled. They should be hung in places reflecting happy pictures or scenes like flowers and trees from the garden, or pictures of animals or good landscapes. These bring home happiness and prosperity. They should not reflect beams, or busy roads or beds as all these create a lot of disharmony and chaos in households.

Mirrors should be hung flat against the wall. They should not be hung at an angle or positioned at an angle to the wall or the nook behind them since that would give a distorted perspective of the picture or scenery they reflect. They should not reflect the main door or a staircase or a toilet as mirrors reflecting the main door would cause good fortune to be reflected outwards, a mirror reflecting a staircase can bring in malevolent energy, and one that reflects a toilet door causes inauspicious incidents to occur unexpectedly. Concave and convex mirrors are also used in places to decrease or increase an area depending on the cure needed. Special care is needed when using the Bagua or the eight sided wooden framed mirrors sold all around and used randomly outside homes, as this does more harm than good.

Mirrors as a cure might seem a little confusing at the beginning. However, as one deepens the study of Feng Shui and its cures and goes through corresponding case studies, the use of mirrors and their particular effects will become clearer.



Shopper profile



Sushila Ravindranath

Senior journalist and editorial consultant Sushila Ravindranath self-confessedly believes in retail therapy. "I like handlooms, Indian designs and Indian prints. When Chamiers opened with the Anokhi range, I was delighted. The clothes suit me, are comfortable and stylish", she says. She also likes Chamiers' gift items and their range of jewellery. About her shopping style, she is no artful browser. "Much as I like shopping, I like to get in and out fast. I don't linger. So invariably, I find what I want quickly at the shop and I am very rarely Disappointed."

Describing the Eco Cafe as 'a little oasis of peace', Sushila says, "Except on very hot days, it's a great place to meet friends, do informal interviews and just relax. Friends from out of town visiting Chennai after a gap, invariably declare that Chamiers represents all the nice changes in the city."

If there's any one area of improvement she would like to see, it is better service at the Café. Thanks, Sushila! We will rise to meet your wishes.



Sophia & Ildiko Walther

Ildiko is familiar to many in Chennai as a fitness and physical education expert. Her aerobics classes at Madras Club and elsewhere have been popular for many of the fifteen years she has spent in this city. For Ildiko, Chamiers, Anokhi and the Eco-Café, represent many happy moments of life in Chennai. She often meets her husband Dirk Walther for lunch at the café, and their daughter Sophia is a two year old who has charmed her way into the heart of every member of the staff. "My fitness classes are not far from Chamiers, and what makes me happy is the comfortable way I can drop in at any time just to have a drink, or a bite to eat. The garden is so nicely maintained – it is one of the few places one can sit in the open. My daughter wanders all over the place with complete freedom. Everybody here is so friendly. They have been seeing her since she was a five day old baby, and she has visiting rights even in the kitchen! Ice cream and citrus cake is her particular favourite."

Ildiko and her husband are looking forward to the birth of another baby very soon and we wish them all the very best! They will continue to be a part of the Chamiers family whether they stay on in Chennai or move to any other part of India or the world.



www.anokhi.com



the TAROT column



THE EMPEROR
Mar 22 - Apr 20
Decisions with long-term implications make this a lively period. Make sure you are not weighed down by negative thinking that magnifies past failures or let downs. Look to the future afresh.



THE HIEROPHANT
Apr 21 - May 21
Give and take is the theme, even if you seem to be doing a bit more of the giving! Acknowledge those who have helped you reach where you are, and your success is bound to taste even sweeter.



THE LOVERS
May 22 - Jun 21
Convinced about the need to achieve a perfect result, you are all concentration and focus. If this means saying goodbye to a host of parties and social gatherings, the fact doesn't bother you unduly.



THE CHARIOT
Jun 22 - Jul 23
Plenty of money coming your way, or going out towards building something substantial. This is a happy period, when, even if you are not actually choosing a new house or car, you're on the way!



STRENGTH
Jul 24 - Aug 23
Celebrations are likely, as are reunions and social get-togethers. All you have to be careful about is that your energy is not frittered away in too many directions. Watch out for the excess calories or cocktails.



THE HERMIT
Aug 24 - Sep 23
Finding reasons to make yourself sad is a real danger, so do give a thought to all the people and conditions that are still there to support you. You may be in for some pleasant surprises as a result.



JUSTICE
Sep 24 - Oct 23
Moving towards a real commitment after due consideration, you find a direction to express your ideas, talent and energy. The arrival of a letter or communication with positive tidings lifts your spirits.



DEATH
Oct 24 - Nov 23
Outdoor activities and sports, travel and physical activity are attracting you more than ever. Your enthusiasm for a new job or assignment may be infectious – just take more care with preparation.



TEMPERANCE
Nov 23 - Dec 22
Family time takes top priority as you receive abundant affection and also have to stay prepared to address increased family demands. There's a happy air of companionship to these summer days.



THE DEVIL
Dec 23 - Jan 20
Do more to put your ideas and plans into action, or you could find that circumstances move faster than you can, and just blow these plans away with the wind. Take a practical rain check.



THE STAR
Jan 21 - Feb 19
More effort in the face of increased competition will likely help you preserve your turf even as you claim new ground. A sense of exhaustion may be inevitable, but the possibility of victory make this bearable.



THE HIGH PRIESTESS
Feb 20 - Mar 21
Having many pots boiling and simmering does not dismay you as you find ways to handle just about everything with ease. This could be a time when you make decisions about what to keep, and throw away.

Guest Column

Santosh & Nita, are certified by STOTT PILATES (internationally renowned for their quality of its training) and have a background in Sivananda & Iyengar Yoga. **Leap Wellness Studio** is Chennai's first and only Pilates Studio offering Pilates training, both on the mat & equipment, and Functional Yoga and is located at #31, 4th Main Road, the very first left cutting off Greenways Road - very close to Chamiers. Contact: Nita: 9840072626, Santosh: 9840083340.



Achieving the Dynamic Balance of Mind & Body

Have't you (like I often do), marvelled at the powerful grace & muscular control of skilled practitioners of ballet, Yoga & gymnastics - their apparently easy and effortless movements? How they maintain a calm and centred stillness, even in the most difficult positions that seem to defy the laws of gravity – almost as if grounded by some mysterious force within.

This mysterious force is, in our fitness terminology called, Core Strength or Core Stability - a deep, internal strength that's there in every one of us, but that we need to physically exercise & maintain - as it stabilises the body and mind – this can make life a lot easier to bear, and most importantly, can sometimes save one from a fatal fall or injury. There has been a lot of awareness of Core Training in the fitness field today & you may have witnessed or experienced various methods of developing it – with exercises using tools such as the stability ball, Bosu, Core-board etc. Though, if we really go back to our roots, Core Stability is a very big part of the Asanas practised in Yoga. Power Yoga is the buzz-word now, thanks to Kareena Kapoor's miraculous transformation to a "size-zero"! It is a form, popularised in the USA by Beryl Bender Birch and Baron Baptiste, that treats Yoga as a work-out and a sure-fire way to get a "Yoga Butt." It came originally from Dynamic or Ashtanga Yoga, that's taught at the school of Pattabhi Jois in Mysore.

Dynamic Yoga challenges Core Strength as well the cardiovascular fitness, very intensely with its high impact movements involving strenuous jumps. We would though, as fitness trainers, recommend that you venture into it cautiously – especially if you do not have not exercised much before, are not really athletic enough to handle jumps, have a history of injuries or muscle & joint problems. If you do, and even if you don't, we recommend that you begin or continue your affair with fitness by getting aware of your Core and working on alignment, through Pilates & Functional Yoga.

Let's begin with Pilates. It is a very popular form of exercise in the West, now catching on in a big way in India. As a discipline that integrates mind & body, it has its roots in Yoga, and was originally taught as "Contrology" by Joseph Hubert Pilates, its creator.

J H Pilates used this form of exercise initially during the First World War, where he interned to help soldiers of War, recover from their injuries. He used the springs from their hospital beds to provide the necessary resistance to strengthen & rehabilitate their muscles. Today's Pilates equipment – The Reformer, Cadillac & Stability Chair, among the popularly known ones - work on the same principle of using spring tension & straps that attach through pulleys. His form of exercise later became popular in the USA, for toning & strength-training and rehabilitation.

Today Pilates is benefits a wide range of people:

- ◆ Regular fitness enthusiasts looking for strengthening & toning problem spots – abs, hips, legs & arms
- ◆ Elite athletes and dancers looking for Core Support to gear them for gruelling challenges
- ◆ People with injuries due to muscle imbalances that need correction, with special attention to posture & alignment
- ◆ Women in need of Pre- & Post-natal fitness
- ◆ Geriatric population looking for preserving their strength, flexibility & balance
- ◆ People looking for a therapeutic work-out for Alzheimers, Parkinsons, Multiple Sclerosis and similar neuro-muscular issues - Mind- Body exercises like Pilates and Yoga are best for this.

By now, you must have guessed – Pilates can be the answer, if you are looking to have a sculpted body and flat abs, but more importantly, fitness training through Pilates does all this:

- ◆ Strengthens the lower back which improves sciatica and lower back pain
- ◆ Builds a stronger body with better balance and flexibility
- ◆ Improves posture
- ◆ Relieves many types of back, shoulder and joint pain
- ◆ Strengthens deep abdominal and pelvic floor muscles, decreasing and even eliminating incontinence
- ◆ Increases energy by focusing on breathing
- ◆ Develops a longer, leaner appearance. You may even grow taller!
- ◆ Increases bone mass guarding against Osteoporosis or Osteopenia
- ◆ Develops the long, strong and firm muscles of youth
- ◆ Creates core stability

Pilates can be done in Privates (one-on-one sessions), Semi-privates (2 to 3 people in one session), SEMB (small equipment mat based classes with 6 to 8 people). We recommend doing 2 to 3 session per week to see results (ideally, followed up with a dose of the delicious, healthy juices, that you will find on the Eco-Café Menu, in the meditative outdoor setting of Chamiers – I personally recommend Garden Trio with a dash of ginger and mint!!).

Warp & Weft

Weavers Studio of Kolkata brings the richness of traditional textiles and weaves showcasing vivid Indian designs to contemporary silhouettes and handcrafted wearable garments. With a market presence in India for more than a decade, as well as an international presence in the last five years, Weavers Studio specializes in application of natural dyes, mud resist, block printing, wax batik, shibori and various resist techniques of India, Japan, Africa and Indonesia. Surface decorations and embellishments, from kantha, tribal embroidery to kalamkari, metal thread zardozi, chikanwork, applique work, pintucks and pleats lend further interest to these distinctive clothes.



Mansi is 8 years old and studying in Lady Andal school. She is in grade four. Mansi plays competitive chess and has won some tournaments. She loves animals particularly dogs. Mansi swims, reads and spends time on the Net. Her favourite colour is purple.

Guest Column

Why I like Chamiers

Chamiers is one of my favourite places to shop and spend time in. It has so many big plants and the shop surrounded by a garden makes me feel happy. Its like Kiran aunty's mini Amethyst and we don't have to drive that long from my home!!

I celebrated my 7th Birthday in Chamiers. Mathangi aunty helped mom choose the menu. The food was yum, the cake most delicious and the strawberry soda was a big hit. All the uncles served us so lovingly and helped in decorating the place. My friends still remember the great time we had. It was one of my best Birthday parties.

For the 5th Anniversary of Chamiers I was selected to take part in the Fashion Show. I wore an Anokhi layered dress. Had a fun time with the other children and was happy when everyone clapped for us as we walked on the ramp!!

I think the best reason I like Chamiers is whatever mom buys I keep thinking of me wearing the same clothes and jewelry when I grow up. When mom tries the stuff I imagine myself in front of the mirror doing the same when I become older!! Now with the new kids range, there is one more reason I will be in Chamiers!



Honed from Horn

The natural grain and texture of wood and horn shaped and polished into classy bowls, ladles and spoons brings many pleasant possibilities to simple servings of nuts and snacks. Eat out of these delightful containers, or just seek the pleasure of having and keeping them!



Wickedly Wicker

The classic braid of wicker makes these bags collectors' delights, even as they lend a touch of interest to shopping expeditions, trips to the gym, or just plain outings with friends. Succumb to the irresistible lure of these stylishly designed receptacles, the best accessories you could ask for this summer.



Guest Column



Rangashree Srinivas, is someone in love with Chennai and the Tamil language! Likes to work creatively with children and young people. Taps at a PC, editing and designing for a living.

Lingo-stics

AFAIK ppl feel F2T in dis way cos dey tik only thro sms.*

If you cannot decipher this you are a lost case. Yes it is a fast world, the internet and mobile phones are all for rapid fire communication. Who has time for complete sentences even words? Sms lingo is finding its way into dictionaries; it is becoming an accepted norm. If the universally used written language is sms lingo and spoken language pinglish (Pidgin English), tinglish, telglish, hinglish, then a full proper language can only be an art form. Fair enough isn't it?

A friend, who was recruiting for a top IT firm (before the recession Tsunami hit the market), reported that he was getting scores of engineering graduates who were absolutely unemployable because they could not communicate even a single thought without stuttering, stammering or groping for words.

While I worry over broken language and whole language, I weep over the lost language.

Interacting with a group of children from up-market Chennai, I asked them what their mother tongue was. They blinked. So I asked them what language they spoke at home. Without batting an eyelid, they all said 'English'. Of course they meant a little bit of 'glish' and a little bit of whatever language they have heard their pattis and thathas speak. Pattis and thathas who can also speak the Queen's English. As a friend pointed out, have we allowed our souls to be colonized; we have let Macaulay succeed way beyond his time and intentions.

Agreed, English is the globally empowering language. Schools discourage children from speaking anything but English in their campus; non English speaking families are berated for talking to their kids in the vernacular. The urban and rural poor who want their children to be upwardly mobile crave English education at great costs. English learning gets you jobs. All that is fine. But does that mean that children should forget their state language?

I deliberately chose Hindi over Tamil as the 2nd language for my daughter because I did not want her to hate Tamil which is our mother tongue! I am full of guilt that I was being unfair to Hindi, because she certainly hates that language now after 5 years of incomprehension. Teaching of language in schools is uninspiring even hateful. Children really end up hating the language.



Forget about the 'now' generation. Even my peers and I, at best speak Tamil and think in English. Most of us can't read or write Tamil. We may have the right sensibility and cultural context but cannot contribute to vernacular literature because we never learnt our own language! Talented film makers and theatre artistes cannot contribute to Tamil filmdom because they cannot write their script in the language. So we have to compromise by rating mediocre productions 'good' and bad ones 'mediocre.' We do not have the language skills to qualify as a discerning audience. We have to lower our standards as we do not have access to a rich culture because we are limited beings.

So why did we miss out by not learning our language. And our children? They do not have a command over any language, English or the vernacular. Then how will they express, communicate?

You can see I am building a case for inspiring a love for learning languages - as many as possible! Learn English. Learn your mother tongue. Learn Hindi. Sanskrit. Other Indian languages. Foreign languages. In that order.

Learning need not be a chore. It can be great fun! Kids love speaking in 'P' language. Wh-Pat aP-are you-Pu do-Pu-iPing? Can we make language learning fun? It can be a two way exercise - Tamil to English; English to Tamil. It can be done through theatre, songs, stories and puzzles. It may not get you the first rank in class or a Padmashree or even a Kalaimamani :) But it will certainly be fun and expand your horizon - open your mind to great literature and varied culture. It will help integrate the society in meaningful ways and promote inclusiveness. It can help my poo kaari's kid and my daughter to be not just playmates but friends who can share books, films and languages!

**As far as I know people feel free to talk in this way because they talk only through sms.*

Kundan Kaleidoscope



Turquoise and onyx, garnet and pearl, and the time-tested traditions of kundan and stone setting from Rajasthan, the land of the royals find beautiful expression in our fresh arrivals of jewellery. Earrings and finger rings and necklaces that combine the best colours and textures give you a wealth of choice and plenty of scope for sheer indulgence.





The Comfort of Cushions

Cushions accentuate the pleasing potential of all manner of seating, giving a lift to the spirits of your oldest sofa, chair or rocker! They have the power to improve the looks of nearly every space with their colours and carefully crafted designs. Choose from traditional hand embroidered squares, or silk, suede, and the best of contemporary design.



Happenings at Sundar Mahal



A M E T H Y S T SALE

20TH - 30TH JUNE 2009

Renu Bothra's collection which is showcased as 'You' is a return to a straightened look and dark sensuality with mysterious night-time shadows and hints of blacks that glints. The trend is both slim fitted, controlled and elegant.

Sunita Shankar established her label "Sunita Shanker" in 1996. She has shown her collections in various parts of the world – Japan, Hong Kong, Bangkok, Singapore, London, etc and has also been retailing from premier stores in the country. Her design philosophy is strongly influenced by traditional crafts. Her forte is a simple, clean, uncluttered look, layered yet linear, exploring the various aspects of diaphanous and opaqueness of the fabrics.

Sonam Dubal launched Sanskar in 1999. His mixed cultural background may be considered instrumental in creating his signature style, which sensitively fuses Eastern traditions with western aesthetics. 'Sanskar' has over time found home with eminent stores both nationally and internationally, in London, Geneva, Spain, Melbourne and Sydney.

Tarun Tahiliani founded his design studio in 1990. His distinctive signature has evolved as a fusion of textile detail, refined luxury, and meticulous tailoring. He creates couture, diffusion, pret-a-porter and accessory lines, which are Indian in sensibility, yet international in their appeal.

Amethyst

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