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# THE JOSEPHITE



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## From then to now

By Valentine Paulraj

Winter is finally over and spring has sprung. The grass has become green and the flowers are blossoming. There is pollen everywhere, but soon it would be gone and we will be walking in another spring amidst sweet smelling flowers. Many who saw the last spring are not blessed to see this one, and it is the grace of GOD that keeps sustains us from spring to spring. It is once again a great moment for me to share with you in the volume along with the others. Hope you are all having a good time in your own ways.

The pope visited the American capital and that was the highlight of the last month. It was indeed a grand and historic event. I had the privilege to see him in close. There was something special about him. I guess it is once in a life time opportunity and many who desired and longed have not got the opportunity, so I cherished the moment as something special.

As I had stated in my previous newsletter, summer is round the corner which means we need to start working out plans for our one day get together with our families. So please give us your place of preference and let us deliberate on it and identify a place and start working on it. Many of you will be visiting India and other places, so bear this in mind and write to us now it.

With the rise in cost of gas and other basic commodities, friends of mine have asked me to encourage others with the idea of raising kitchen gardens. So from our next

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issue we are planning to add a page towards gardening and going green, so if you have articles and tips for gardening and going green please do not hesitate to send it our way including travel tips and summer tips. We are also going to add a page on simple medical home remedies and a page for our friends who are in the medical field. So the news letter is going to become more interesting.

We encourage you to write to the news letter sharing your experience during and after SJC. Once again we thank contributors of articles for this news letter, wish you all the very best and remember to stay connected until we meet again. "United we stand, divided we fall".

Remember that we all have been blessed and that is why we are what we are today. Let the blessings not just stop with us but let us reach out and be a blessing to others in the days and years to come.

Wish you all a wonderful, prosperous and blessed May.

With warm wishes

Valentine Paulraj

## Here are some quotable quotes

Compiled by Pichaimuthu. T B. Sc Chemistry 1999

If you worry about the future, and dwell on the past, you can't enjoy the present. --- *Emily Gibbons*

It's not good enough that we do our best; sometimes we have to do what's required. --- *Sir Winston Churchill*

To live is the rarest thing in the world. Most people exist, that is all. --- *Oscar Wilde*

Show me a man who resorts to violence and I'll show you a man who has run out of ideas. --- *Nicholas Spilger*

Courage is resistance to fear, mastery of fear not absence of fear. --- *Mark Twain*

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will. --- *Vince Lombardi*

I have not failed. I've just found 10,000 ways that won't work. --- *Thomas Edison*

If you judge people, you have no time to love them --- *Mother Teresa*

Circumstances do not make the man, they reveal him. --- *James Allen*

If you shut up truth, and bury it underground, it will but grow. --- *Emile Zola*

Love is when you can spend an eternity with the one you love, and never tire of their companionship. --- *Ed Hades*

A lie gets halfway around the world before the truth has a chance to get its pants on. --- *Sir Winston Churchill*

If you live to be 100, I want to live to be 100 minus one day, so I never have to live without you. --- *Winnie the Pooh*

## Recipe for your taste

By Eppen Thomas B. Sc Physics 1978

### Mackerel in Coconut Gravy

#### Ingredients

- 1/2 kg Mackerel
- 1 cup coconut grated
- small piece of ginger sliced thinly
- 4 flakes of garlic sliced thinly
- 2 green chillies
- Curry leaves
- 1 tbls red chillie powder
- 1/2 tbl turmeric
- 1/2 tbl cummin powder
- Juice of tamarind -lemon sized

#### Method

- Grind 1 cup of coconut grated with 1/2 tbls of turmeric nicely and fine. Keep aside.

- Clean the fish and cut each fish to two pieces.
- Now add 3 cups of water to the coconut ground and add the ginger, garlic, green chillies, red chillie pd, cummin pd and tamarind juice to it and finally the curry leaves. Let this mixture boil nicely. Once boiled add the fish pieces and cover till the fish is done.
- Heat oil and add mustard seeds, when it splutters add onions and brown it and add this mixture over the fish.
- Serve with hot basmati rice.

## Something to laugh

By Mukundan R B. A Tamil 1972

### \*\*\*\*\*WHAT IT MEANS TO HAVE A North Indian GIRL as WIFE\*\*\*\*\*

1. At the time of marriage, a north Indian girl has more boyfriends than her age.
2. Before marriage, she looks almost like a bollywood heroine and after marriage you have to go around her twice to completely hug her.
3. By the time she professes her undevoted love to you, you are bankrupt because of the number of times you had to take her out to movie theatres and restaurants. And you wait longingly for her dowry.
4. The only dishes she can think of to cook is paneer butter masala, aloo sabji, aloo gobi sabji, aloo matar, aloo paneer, that after eating all those paneer and alooos you are either in the bed with chronic cholesterol or chronic gas disorder.
5. The only growth that you see later in your career is the rise in your monthly phone bill.
6. You are blinded by her love that you think that she is a blonde. Only later do you come to know that it is because of the mehandhi that she applies to cover her gray hair.
7. When you come home from office she is very busy watching "Kyonki saas bhi kabi bahu thi" that you either end up eating outside or cooking yourself.
8. You are a very "ESpecial" person to her.
9. She always thought that Madras is a state and covers the whole of south India until she met you.
10. When she says she is going to "work out" she means she is going to "!" walk out"
11. She has greater number of relatives than the number of people you have in your home town.
12. The only two sentences in English that she knows are "Thank you" and "How are you"
13. She thinks Govinda can dance better than Michael Jackson.

### \*\*\*\*\*WHAT IT MEANS TO HAVE A South Indian GIRL as WIFE\*\*\*\*\*

1. Her mother looks down at you because you didn't study in IIT or Madras / Anna University.
2. Her father starts or ends every conversation with " ... I say..."
3. She shudders if you use four letter words.

4. She has long hair, neatly oiled and braided (The Dubai based Oil Well Company will negotiate with her on a 25 year contract to extract coconut oil from her hair.)
5. She uses the word 'Super' as her only superlative.
6. Her name is another name for a Goddess or a flower.
7. Her first name is longer than your first name, middle name and surname combined (unless you are from Andhra)
8. When she mixes milk/curd and rice you are never sure whether it is for the Dog or for herself.
9. For weddings, she sports a mini jasmine garden on her head and wears silk saris in the Madras heat without looking too uncomfortable while you are melting in your singlet.
10. She thinks Mohan Lal is the sexiest man alive.
11. Her favourite cricketer is Krishnamachari Srikkanth.
12. Her favourite food is dosa though she has tried North Indian snacks like Chats (pronounced like the slang for 'conversation')
13. She bursts into songs with her cousins in every movie.
14. She bores you by telling you which raaga each song you hear is based on.
15. You have to give her jewellery, though she has already got plenty of it
16. Her thali (Mangal Sutra) weighs more than the championship belts worn by WWF wrestlers.
17. She is more educated than you.
18. Her father thinks she is much smarter than you..



## மிஸ் யுனிவர்ஸ்



சிரித்த முகம் இவளுக்கு  
சிவந்த நிறம் இதழுக்கு  
மதம் இல்லை அவளுக்கு  
மணம் உண்டு கூந்தலுக்கு

சிரித்திடும் ஒலியினில்  
சில்லறைகள் சிதறியோடும்  
சிலிர்த்திடும் பேச்சினில்  
செவிட்டுக் காதிலும் தேன்பாயும்

அண்டம் முழுதும் ரசிகர்களை  
ஆட்டிப் படைக்கும்  
அளப்பரிய ஆற்றலை  
அக்குகளுக்குள் மறைத்தவள்

ஆசியாவில் பிறந்தவளுக்கு  
ஆப்பிரிக்காவிலும் ரசிகர் மன்றம்  
ஆஸ்திரேலியா முதல் அமெரிக்கா வரை  
அவள் பெயரில் இணையதளம்

அவள் பெயரில் விழா எடுத்தால்  
ஆட்கள் பல்லாயிரத்தை  
அரங்கத்தில் குவிக்கும்  
அத்த சக்தி பெற்றவள்

நான் நீ என்று  
நங்கையர்கள் போட்டி போட்டு  
நடனமாடத் தூண்டும்  
நற்பெயரைப் பெற்றவள்

அரைப் பாவாடை கட்டினாலும்  
அரைச் சீலை உடுத்தினாலும்  
திரைச் சீலை விலகும்போது  
திசைகள் எட்டும் எதிரொலிக்கும்

அவள் பிறந்த நாளன்று  
ஆலயங்களில் கூட்டம் அலைமோதும்  
அர்ச்சனைத் தட்டு வாங்கி வாங்கி  
அசந்து போவாரு கோயில் பூசாரி

வயசுல இவள் கிழவி  
வசீகரத் துலஇளங் குமரி  
உலகத் தமிழர் செய்தியிலே  
உய்யாரமாய் இடம் பிடிப்பாள்

மிஸ் யுனிவர்ஸ் பட்டம்  
மிடுக்கான பொருத்த மிவளுக்கு  
செம்மொழிப் பட்டம் வென்ற  
சீர் மிகுசெந் தமிழுக்கு

சித்திரையில் முத்திரைகள் பதித்து  
தை முதலுக்குக் கை நழுவும் கன்னியே  
இறுதியாய் உனக்கு ஏப்ரலில்  
இனிய பிறந்தநாள் வாழ்த்துக்கள் அன்னையே!

நன்றி: **தமிழ் சி:பி**



John Peter Benedict

From the desk of Jacob Chelladurai (B.A (Eng) 1984)

## A GLASS OF MILK

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said..... "Then I thank you from my heart." As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Year's later that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes.

Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to the case. After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval.

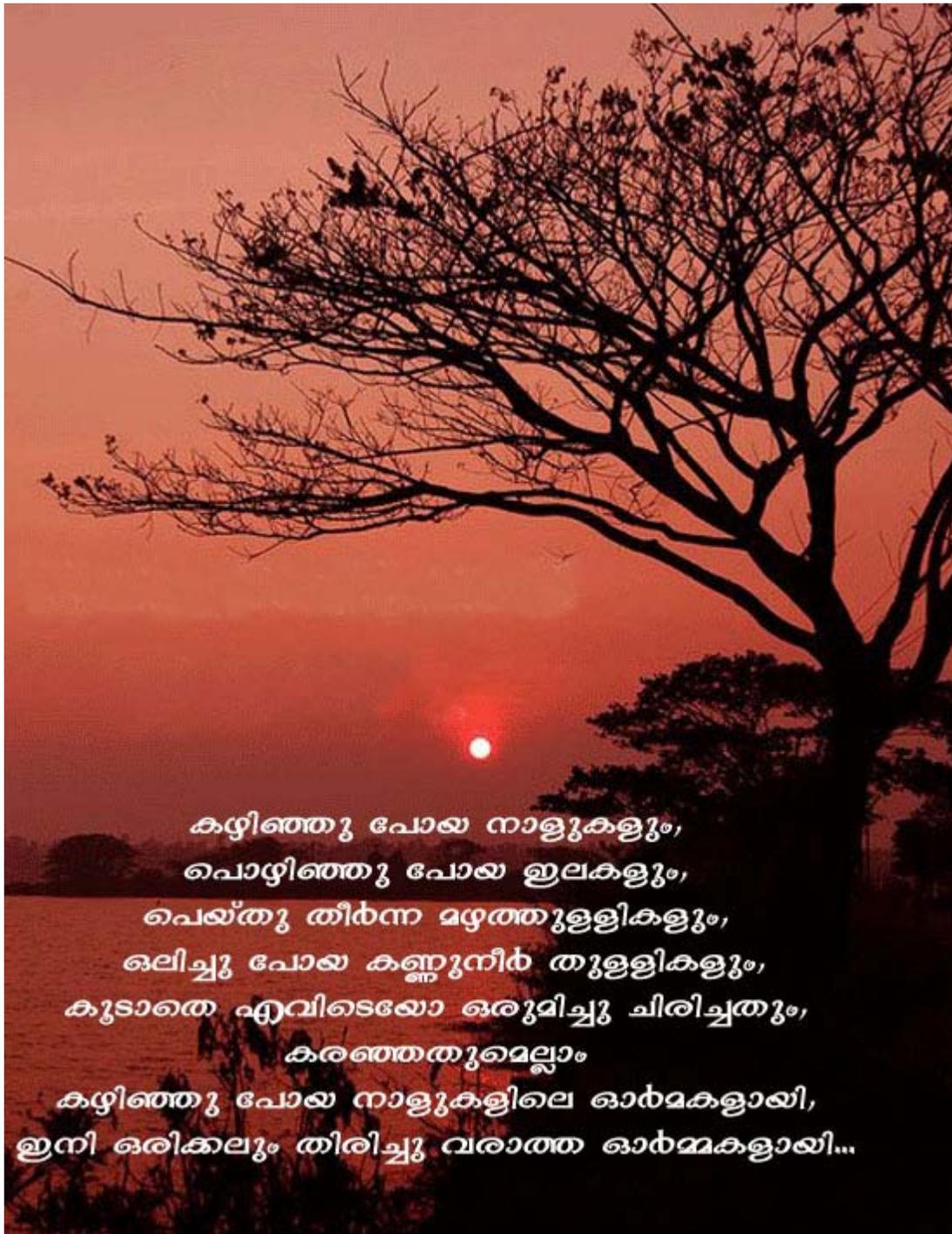
He looked at it, then wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill.

She read these words..... "Paid in full with one glass of milk"

(Signed)  
Dr. Howard Kelly.

Tears of joy flooded her eyes as her happy heart prayed: "Thank You, God, that Your love has spread abroad through human hearts and hands."

A poem provided by PK Menon



## Common Cold Home Remedies

Compiled by Malarvizhi Ramanathan CPA

### **Common Cold treatment using Lemon**

Lemon is the most important among the many home remedies for common cold. It is beneficial in all types of cold with fever. Vitamin C-rich lemon juice increases body resistance, decreases toxicity and reduces the duration of the illness. One lemon should be diluted in a glass of warm water, and a teaspoon of honey should be added to it. This should be taken once or twice daily.

### **Common Cold treatment using Garlic**

Garlic soup is an old remedy to reduce the severity of a cold, and should be taken once daily. The soup can be prepared by boiling three or four cloves of chopped garlic in a cup of water. Garlic contains antiseptic and antispasmodic properties, besides several other medicinal virtues. The oil contained in this vegetable helps to open up the respiratory passages. In soup form, it flushes out all toxins from the system and thus helps bring down fever. Five drops of garlic oil combined with a teaspoon of onion juice, and diluted in a cup of water, should be drunk two to three times a day. This has also been found to be very effective in the treatment of common cold.

### **Common Cold treatment using Ginger**

Ginger is another excellent remedy for colds and coughs. About ten grams of ginger should be cut into small pieces and boiled in a cup of water. It should then be strained and half a teaspoon of sugar added to it. This decoction should be drunk when hot. Ginger tea, prepared by adding a few pieces of ginger into boiled water before adding the tea leaves, is also an effective remedy for colds and for fevers resulting from cold. It may be taken twice daily.

### **Common Cold treatment using Bitter Gourd Roots**

The roots of the bitter gourd plant are used in folk medicine to cure a cold. A teaspoon of the root paste, mixed with an equal quantity of honey or tulsī leaf juice, given once every night for a month, acts as an excellent medicine for colds.

### **Common Cold treatment using Turmeric**

Turmeric is an effective remedy for colds and throat irritations. Half a teaspoon of fresh turmeric powder mixed in 30 ml of warm milk, and taken once or twice daily, is a useful prescription for these conditions. Turmeric powder should be put into a hot ladle. Milk should then be poured in it and boiled over slow heat. This mixture should then be drunk by the patient. In case of a running cold, smoke from the burning turmeric should be inhaled. It will increase the discharge from the nose and provide quick relief.

### **Common Cold treatment using Tamarind and Pepper**

Tamarind-pepper rasam is also considered an effective home remedy for a cold in South India. Dilute 50 mg tamarind in 250 ml of water. Boil the diluted tamarind water for a few minutes with a teaspoon of hot ghee and half a teaspoon of black pepper powder. This steaming hot rasam has a flushing effect, and should be taken three times a day. As one takes it, the nose and eyes water and the nasal blockage is cleared.

## The world from different views

### **Australia** (<http://www.news.com.au/>)

THE CDMA mobile phone network will shut down on Monday night, marking the end of an era for rural Australia. For more than nine years, Telstra's CDMA network has formed the backbone of mobile phone services to rural and regional Australians. The service was launched in September 1999, and at its peak had more than one million customers - most based in rural and regional Australia. The reliability of the network, and its widespread coverage of approximately 98 per cent of the population saw CDMA gain parochial support throughout the "bush". In 2005, Telstra announced it would be replacing the CDMA network with a new 3G network, later named Next G. Telstra has advised CDMA customers that their phones will not work after 11.59pm local time on Monday April 28, 2008

### **New Zealand** ([http://www.nzherald.co.nz/section/index.cfm?c\\_id=5](http://www.nzherald.co.nz/section/index.cfm?c_id=5))

#### Virtual overload disrupts sleep

5:00AM Sunday April 27, 2008

By Cliff Taylor

More Kiwi children are being treated for sleep disorders after overloading on technology before bedtime. Specialists say computers, gaming consoles and texting disturb sleep patterns and cause learning, concentration and growth problems. Dr Alex Bartle, director of the Sleep Well Clinic, which has branches in Auckland, Wellington and Christchurch, said there was no question technology kept children awake.

### **China** (<http://www.china.org.cn/>)

China launched the country's first data relay satellite "Tianlian I" Friday night. The satellite was launched on a Long March-3C carrier rocket from the Xichang Satellite Launch Center in southwest China's Sichuan Province at 11:35 PM. (Beijing Time). The satellite will not go into function though until the Shenzhou VII mission scheduled for the second half of 2008. Developed by China Aerospace Science and Technology Corporation, the satellite is the country's first ever data relay satellite. It will increase the time Shenzhou VII spaceship in communication with the ground, and improve the amount of data that can be transferred, according to Zhang Jianqi, top official with China's space programs. "The Yuanwang space tracking ships along with China's over ten ground observation stations can only cover 12 percent of Shenzhou VII spaceship's orbit in the space," Zhang said. The "Tianlian I" satellite alone, according to Zhang, can cover 50 percent of the orbit of Shenzhou VII, or any other China's spacecrafts. With the help of the satellite, scientists can get more scientific data collected by our satellites without delay, and can know earlier when a malfunction is taking place in China's spacecrafts, said Zhang.

## Russia (<http://english.pravda.ru/>)

### Putin officially agrees to remain biggest boss in Russia

The session of the 9th Congress of Russia's ruling party United Russia lasted for only 45 minutes. Outgoing President Vladimir Putin and President Elect Dmitry Medvedev took part in the meeting. The meeting ended with a long-expected statement from Vladimir Putin. Putin officially acknowledged that he would chair the Russian government after presidency. In addition, Putin agreed to become the leader of United Russia. "I am ready to undertake additional responsibility and become the head of United Russia," Putin said at the party congress held across Red Square from the Kremlin.

## Pakistan (<http://www.dawn.com>)

ISLAMABAD, April 25: Ambassador to China Salman Bashir has been appointed foreign secretary. He will assume the new charge in June.

Mr Bashir will succeed Riaz Mohammad Khan who has requested the government to be relieved for personal and health reasons. Mr Khan's term is to expire in October.

Mr Bashir joined the Foreign Service in 1976. Before his posting in Beijing in 2005, he was additional secretary, Asia Pacific Division, at the Foreign Office.

He has also served as Pakistan's ambassador to Denmark and at Pakistani missions in Geneva and the OIC Secretariat in Jeddah.

—Staff Reporter

## Middle East (<http://www.arabnews.com/>)

### 'Kingdom Needs to Implement Value Engineering'

Galal Fakkar, Arab News

JEDDAH, 26 April 2008 — Prince Khaled ibn Sultan, assistant minister of defense and aviation for military affairs, underscored the significance of the speedy implementation of value engineering in the Kingdom as a sure method to improve performance, reduce cost and maintain quality.

Value engineering is a systematic method to improve the 'value' of goods and services by using an examination of function. Prince Khaled made the observation while opening the fourth Value Engineering Conference for the Gulf region in Jeddah. The prince pointed out that introducing value engineering in the Kingdom and other Gulf countries in the recent years has saved more than SR5 billion.

## Africa (<http://allafrica.com/>)

### Africa: On World Day, Unicef Issues Call to Curb Malaria

The United Nations Children's Fund (UNICEF) is marking World Malaria Day today by calling for accelerated efforts to tackle the disease, which kills more than one million people – mostly children – every year. “Malaria is a curable and preventable disease that can be controlled by increasing the use of mosquito nets and other proven interventions, as part of integrated, community-based programmes,” said the agency's Executive Director Ann M. Veneman.

## South America (<http://www.southamericadaily.com/>)

### Brazil wants approval for all foreigners heading to Amazon

By MARCO SIBAJA

Associated Press Writer

Sixty percent of Brazil could soon be off-limits to foreigners who don't get special permission to visit the world's largest tropical wilderness. Those caught in the Amazon without a permit granted by military and justice authorities could face a fine of US\$60,000.

The government plans to send Congress a bill to require the permits within months, National Justice Secretary Romeu Tuma Jr. told The Associated Press on Friday. The bill is designed to prevent foreign meddling and illegal activity. It would cover all activity in the area Brazil considers the "legal Amazon" - including nature tours, business trips or visits to any cities across 2 million square miles (5.2 million sq. kilometers). "We want to establish the Amazon as ours," Tuma said. "We want the world to visit the region. But we want them to tell us when they're coming and what they're going to do."

## Europe (<http://www.neurope.eu/>)

### Blair might not get to be “Mister Europe” after all

Former British prime minister Tony Blair's presumed interest in being appointed “Mister Europe” have suffered a setback after a leading European lawmaker revealed that his bid would be blocked by France. Martin Schulz, who is the chairman of the Party of European Socialists group in the European Parliament, said French President Nicolas Sarkozy wants the newly-created post to go to someone from “a country that takes part in all European Union policies.” This would exclude any candidate from Britain, which has opted out of both the EU's free-movement Schengen Agreement and its economic and monetary union policy.

For more news, click the links

Compiled by Raveendran KP (B.Sc Botany 1988)

# The Flat and Transparent World

By Johnson Sab

## ABCD's FAT

Some might ask, Why be compassionate at all? Why keep any fat, friction or barriers? Let me put it as bluntly as I can: If you are not a compassionate flatist – if you are just a let'er rip free-market flatist – you are not only cruel, you are a fool. You are courting a political backlash by those who can and will get churned up by this flattening process, and that backlash could become ferocious if we hit any kind of prolonged recession. The transition to a flat world is going to stress many people.

If socialites are unable to manage the strains that are produced by the flattening, there will be a backlash, and political forces will attempt to reinsert some of the frictions and protectionist barriers that the flattening world have eliminated, but they will do it in a crude way that will, in the name of protecting weak, end up lowering everyone's standard of living. Just think about the "Free Trade" that was the initiative brought by America. Due to that there are products, jobs and services exchanged between countries and the third world countries prayed to get all the wealth that the super-power were enjoying.

The technology advancement brought the third world countries like India and China to be very competitive with the Super powers. Based on that idea, there is a trade agreement between the countries United States, Canada and Mexico. Very recently the name was highlighted by the major news papers due to the Democratic Primaries. North American Free Trade Agreement (NAFTA) is the free trade agreement which reduce the majority of the trade tax on products with some restrictions. The politicians made the legislation with the aim of increasing the economy which benefits each other. But what happened? The agreement was just in paper and never benefitted the countries. Instead all the jobs and services were outsourced to China and India. This is mainly because of the technology advancement and the competencies among the growing countries.

Just recently, news at NPR released documentation about Foreign Born South Asians. There are people who born in America, Canada, Australia and UK were taken jobs at New Delhi, India at the top most Blue and Green color jobs. The co-workers used to call them as "ABCD"s. That means **American Born Confused Desi's**. Isn't that insulting? No. It was due to the jealous on the western born Desi's capability. Most international companies attracted to these western style, English speaking youngsters. There are many benefits from them in terms of inter-operation between the east and the western countries. These people know how to get the productive work done from the eastern world in comply with western standard. Their standard of living was improved because of the advantage of having two cultures. I think this kind of 'Good Fat'. A well known Tamil poet Subrahmanya Bharathi wrote "Go all eight directions of the world and bring back the wealth of arts to the place you belong". It is very true on these ABCD's. There are disadvantages of being active in social life for these ABCD's. How Come Social activism is very essential for the Flat World?

.... Continue on next