



# THE JOSEPHITE



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## From then to now

By Valentine Paulraj

Time flies and we are already at the end of the fourth month of a new year. But over the past few months the one burning subject all around the world has been "Economic Crisis". The stresses in U.S. financial markets that first emerged in the summer of 2007 transformed themselves into a full-blown global financial crisis in the fall of 2008. As the crisis intensified, the effects of financial turmoil on developing countries increased in step, as risk aversion sent spreads soaring, equity markets tumbling, exchange rates falling and capital flows into decline. In this climate, growth prospects for both high-income and developing countries have deteriorated substantially, and a movement of global growth from 2.5 percent in 2008 to 0.9 percent in 2009 appears to be in the cards.

The International Monetary Fund warned that the global economy was in "a severe recession" and the world output is projected to decline 1.3 percent this year, the deepest global recession since the Great Depression in 1930s. "The global economy is in a severe recession inflicted by a massive financial crisis and acute loss of confidence," said the IMF in its latest World Economic Outlook report. "All corners of the globe are being affected." Although the U.S. economy may have suffered most from intensified financial strains and the continued fall in the housing sector, western Europe and advanced Asia have been hit hard by the collapse in global trade, as well as by rising financial problems of their own and housing

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corrections in some national markets.

The worst is yet to come. The only way to survive this global financial crisis is to be prepared. Preparedness is the key to winning any battle. We must plan in order to survive or to at least lessen the casualties. The extent of this crisis is still unknown and its boundaries are endless. Before you design an action plan, try to assess your current situation. The rule is, do not spend beyond your means. With or without crisis, every dollar must be spent wisely. Stop buying products that will end up in your trash bin or stored in your closet. Buy items that you need and avoid buying things that you want but you don't actually need.

And, 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.

With warm wishes

Valentine Paulraj

## Here are some quotable quotes

Compiled by Rajendran. – 1982

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." -- Ralph Waldo Emerson

"You must have long term goals to keep you from being frustrated by short term failures." -- Charles C. Noble

"I have often wondered how it is everyone loves himself more than the rest of men, but yet sets less value on his own opinions of himself than the opinions of others." -- Marcus Aurelius, Roman Emperor

"Always do right. This will gratify some people and astonish the rest." -- Mark Twain

"Control your own destiny or someone else will." -- Jack Welch

"Opportunity... often it comes disguised in the form of misfortune or temporary defeat." -- Napoleon Hill

"Remember always that you not only have the right to be an individual, you also have an obligation to be one." -- Eleanor Roosevelt

"What lies behind us and what lies before us are tiny matters compared to what lies within us." -- Ralph Waldo Emerson

"I find that the harder I work the more luck I seem to have." -- Thomas Jefferson

"Judge a man by his questions rather than by his answers." -- Voltaire, French Philosopher and Writer

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty." -- Mohandas Gandhi

## Recipe for your taste

By Jayanthi Rajan 1994

### CAULIFLOWER & MINT PILAF

#### Ingredients: -

1. Rice 1 Cup
2. Water 1 Cup
3. Cauliflower florets 1/2 Cup.
4. Mint chopped 1/4 Cup.
5. Cilantro Chopped 1 Tbsp.
6. Onion minced 1/4 Cup.
7. Tomato diced 1 No.
8. Ginger-Garlic Paste 1 Tsp.
9. Salt & chilli Powder To Taste.
10. Coriander Powder 1 Tsp
11. Oil 1 Tbsp.
12. Bay leaf 1 No.
13. Cumin seeds 1 Tsp

#### How to prepare: -

1. Wash, drain rice & set aside.
2. Heat a pan with oil,
3. Fry bay leaf & Cumin seeds briefly.
4. Add Onions & fry.
5. Stir ginger-garlic paste, mint & cilantro.
6. Mix in tomatoes & cook till juice wilts from tomato.
7. Add florets, salt, chilli, coriander powder & mix well.
8. Mix rice, vegetables & a cup of water & cook till rice is done.
9. Adjust the seasoning &
10. Serve warm with chips or yogurt salad of your choice.

## Something to laugh

By Illavarasan 1972

A story from the Japanese Embassy in US:

Prime Minister Mori was given some basic English conversation training before he visits Washington and meets with President Bill Clinton. The adviser told Mori "Prime Minister, when you shake hand with President Clinton, please say 2 sentences in English. First, 'how are you'. Then Mr Clinton should say "I am fine, and you ?" Now you should say 'me too'.

Afterwards we, translators, will do all the work for you. It looks quite simple, but the truth is ....

When Mori met Clinton, he mistakenly said "Who Are You?". Mr Clinton was a bit shocked but still managed to react with humor:

"Well, I am Hilary's husband, ha ha..."

Then Mori replied confidently "Me too, ha ha ha.."

Then there was a long silent moment in the meeting room.

\*\*\*\*\*

There was this guy at a bar, just looking at his drink. He stays like that for half of an hour. Then, this big trouble-making guy steps next to him, takes the drink from the guy, and just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry."

"Today is the worst of my life. First, I fall asleep, and I go late to my office. My boss, outrageous, fires me. When I leave the building, to my car, I found out it was stolen. I get a cab to return home, and when I get out of the cab, I forgot my wallet, cash and credit cards in the there. The cab driver just drives away." "When I get home, I find my wife in bed with the gardener. I leave home, and come to this bar. And just when I was thinking about putting an end to my life, you show up and drink my poison."

A husband and wife are eating soup. the wife spills soup all over her and says:

"Oh no, I look like a pig"

"yes and you also have soup all over you!"

A little boy asked his father, "Daddy, how much does it cost to get married?" And the father replied, "I don't know, son, I'm still paying for it."

Son: Dad, what is an idiot?

Dad: An idiot is a person who tries to explain his ideas in such a strange and long way that another person who is listening to him can't understand him. Do you understand me?

Son: No.

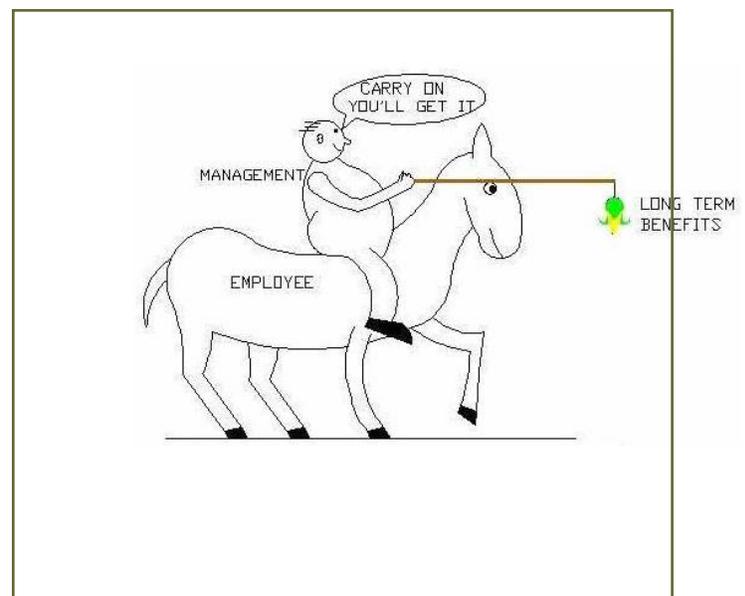
X: Hey, man! Please call me a taxi.

Y: Yes, sir. You are a taxi

A nursery school teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to little Sarah who was working diligently, she asked what the drawing was. Sarah replied, 'I'm drawing God.' The teacher paused and said, 'But no one knows what God looks like.'

Sarah replied, 'They will in a minute'



## சிரித்துப் பார்...!



அடிமனதின் அழுத்தத்தை  
அறவே அகற்றிடும்  
அமிர்தம்!

நெஞ்சு பாரத்தைக்  
கொஞ்சம் குறைத்திடும்  
வலி நிவாரணி!

பதற்றத்தையும்  
படபடப்பையும் போக்கிடும்  
புகை போக்கி!

சிந்தனைக் குதிரைகளை  
சீர்ப் பாயச் செய்திடும்  
சிறப்பு மருந்து!

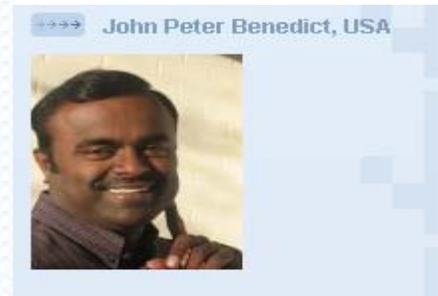
அக்னி வெயிலின்  
உக்கிரத்தைக் குறைத்திடும்  
தர்ப்பூசணி!

சூறாவளிக் காற்றில்  
சுழன்றிடும் வாழையைத் தாங்கும்  
சவுக்கு மரம்!

அழுபவனையும்  
ஆனந்தத்தில் மூழ்கடிக்கும்  
அன்னை மடி!

அதுதான் சிரிப்பு!  
நீயும் சிரித்துப்பார்!!  
சிறகடித்துப் பறந்து பார்!!

-ஜான் பீ. பெனடிக்ட், வாசிங்டன் DC



A poem forwarded by Thomas Eppen:

കവിത » സമകാലീനം

# എന്തോ ഏതോ

സുരഭി എം എസ്

എന്തോ  
 ഏതോ  
 എടുക്കാൻ മറന്നോ  
 ഓർത്തോ  
 ഏതാണ്ടെന്നോ  
 അകത്തുകേറി  
 കട്ടിളപ്പുറകിലും  
 കട്ടിലിനടിയിലും  
 കള്ളിപ്പെട്ടിക്കുള്ളിലും  
 വീതനപ്പുറത്ത്  
 ഉറിയിലും  
 അടുപ്പിലും  
 അളവുനാഴിയിലും  
 അയക്കോലിലും  
 മോന്തായത്തും  
 എല്ലാം  
 തപ്പി, നിരാശയായി  
 തടുക്കുവലിച്ചിട്ട്  
 ചാണകത്തറയിൽ  
 മൊളിമാന്തി കുത്തിയിരിപ്പായി  
 ഇരിപ്പുറയ്ക്കാതെ  
 കാറ്റിനൊപ്പം  
 മഴയുടെ നൂലയഞ്ഞ  
 കരിമ്പടക്കീഴിൽ  
 നടന്നുപോയി  
 എന്തോ  
 ഏതോ.

## Medical Page

Janakiraman 1972

### HOME REMEDY FOR STRESS

Yogurt is the best **home remedy for stress**. It is rich in vitamin A, B complex and vitamin D. It provides relief from insomnia, migraine and cramps associated with menstruation. It is a best **diet for stress**. Make a tea by pouring a cup of boiling water over one teaspoon of dried sage leaves. Strain and sweetened, with honey, if required. This is also good **natural remedy for stress**.

Blackstrap molasses are another effective food remedy. It is a by-product of the sugar refining process and is rich in iron and B vitamins. Alfalfa and sunflower seeds are also effective in the **stress treatment**.

Sprouts are also effective **diet for stress** as they are rich in calcium. The leaves of holy basil known as tulsi are highly beneficial in the **stress treatment**. Chew 12 leaves of basil twice a day morning and evening for preventing stress. Tulsi is known as adaptogen or antistress agents.

Using various ayurvedic herbs like brahmi, ashwagandha and St. John Wort are also highly beneficial in the treatment of stress. These herbs can be taken as capsules or can be infused in boiling water to make tea. (*Available at [www.AyurvedicCure.com](http://www.AyurvedicCure.com)*) **Good home remedy for stress**. Hot water bath is one of the beneficial water treatments in providing relief from anxiety and stress as it relaxes the whole body. **Good home remedy for stress**.

**Stress cure** - Brisk walk for at least 45 minutes daily is also effective in dealing with stress.

Yogasanas like pavanmuktasana; sarvangasana, halasana, ardhmatasyendrasana, bhujangasana, dhanurasana, yogamudra, padmasana and trikonasana are also beneficial in the treatment. Various yogic kriyas like jalaneti, kunjai, pranayamas such as kapalbhati, anuloma-viloma, shitali, shikari and bhramari are also **effective for stress**. Meditation is also effective **stress remedy** to provide relief from stress as it diverts the mind to some good thoughts.

Chew twelve leaves of basil two times in a day for preventing stress. This is one of the simple and effective **home remedies for stress**.

Coffee, soft drinks, salt, smoking and alcohol should be avoided as they all deplete B vitamins that are considered necessary for **reducing stress**.

Add some fresh Rose petals to a cup of boiling water and add sugar and drink as and when there is a feeling of depression. This is one of the good and effective **home remedies for stress**.

Regular physical exercise also plays an important role against stress as exercise provides relaxation and recreation. This is one of the simplest and effective **stress remedy**. Drink a hot cup of milk mixed with honey and cinnamon. It will help calm you down and is good **natural remedy for stress**.



## Crossword puzzles to test your brain

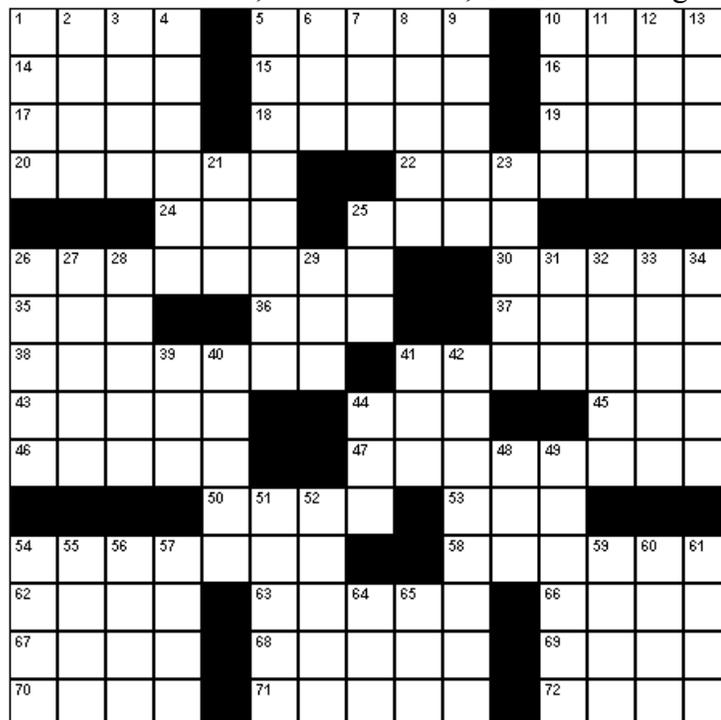
Sugumaran MA

### Across

1- "Darn!"; 5- Use a divining rod; 10- Cave dwellers; 14- Indian prince; 15- Staggering; 16- Winglike parts; 17- Four Corners state; 18- \_\_\_ lift?; 19- Mother of Castor and Pollux; 20- Wise sayings; 22- In the right; 24- Not for a Scot; 25- Nabisco cookie; 26- East Indian swine; 30- Nouveau \_\_\_; 35- Suffix with Capri; 36- Make a lap; 37- Dish of raw vegetables; 38- Ten plus five; 41- Having a notched edge; 43- Aviator; 44- You \_\_\_ here; 45- Stimpy's pal; 46- Aquatic mammal; 47- Cosmetic for the lips; 50- Airline to Tel Aviv; 53- Regret; 54- Widen; 58- Intrude upon; 62- Broadcasts; 63- World book; 66- Borodin's prince; 67- Cloak; 68- Stage play; 69- Very, in Versailles; 70- \_\_\_ boy!; 71- Flower-part; 72- Easy to steer;

### Down

1- Percussive instrument; 2- Pro follower; 3- Trojan War hero; 4- Falafel sauce; 5- Female ballet member; 6- Mined mineral; 7- Minuscule; 8- Passover feast; 9- Overjoy; 10- Indonesian holiday resort; 11- Novelist Waugh; 12- I did it!; 13- Circus barker; 21- Scratch; 23- Stallion, e.g.; 25- Feedbag morsel; 26- Highly successful; 27- Inclined; 28- Suit; 29- Transgression; 31- Author Fleming; 32- Mild cigar; 33- Can't stand; 34- Utopias; 39- Driving peg; 40- Made a mistake; 41- Dernier \_\_\_; 42- Retaliation; 44- The whole shebang; 48- Firearm; 49- Fickleness; 51- Guides; 52- Cave; 54- Adriatic port; 55- Civil disturbance; 56- Globes; 57- On the main; 59- Taj Mahal site; 60- Active one; 61- Gaelic language of Ireland or Scotland; 64- One circuit; 65- Doctors' org.



We will wait to find the winners of this month's crossword puzzle winners. Please reply with your answers and a photo of yours if possible. Answers in next issue of the newsletter.

# The Flat and Transparent World

Johnson S 1993 MCA

## Trade War Impact

The Columbus messenger continues reading the latest trade war and its impact between countries. Organizations like the World Trade Organization (WTO) sought to ensure that Trade War never happened again. Nations agreed to put on economic straitjackets permitting them to raise tariffs within hard-fought limits. That is likely to help prevent a repeat of the devastating and overt trade wars seen during the Great Depression, since it is now far harder for nations to increase tariffs on a wide array of imports at once. But there remains a surprising amount of wiggle room in international trade and commerce treaties, and that, analysts say, is where the battle is now being fought as leaders worldwide face intense pressure at home to protect domestic jobs in the deepening financial crisis. They are engaging in a more subtle form of protectionism that often skirts those rules. Yet even as leaders call for nations to do the right thing on the international stage, actually doing it at home is proving far tougher.

In Britain, the government is directing British banks with global operations now being rescued with taxpayers' dollars to boost lending to British businesses and citizens first. Although that may violate the spirit of globalization, current laws regulating financial commerce remain far behind those regulating manufactured goods. It is leaving countries where British banks did big business in the past -- particularly in Eastern Europe -- facing fewer and fewer options to cope with the global credit crunch.

Additionally, the European Commission is reinstating subsidies on some dairy products to protect its farmers, targeting an area of trade law that remains highly contentious, open to interpretation and potentially damaging to developing countries. Analysts are also bracing for nations to make excessive use of the legal tools now available to them to fight unfair trade, such as filing anti-dumping cases before the WTO. Current trade law is stricter on rich countries, granting more flexibility to developing nations to raise tariffs. Many are exercising those rights with gusto now.

For example, Indonesia raised new trade barriers on electronics, garments, toys, footwear and other imports. That is happening at a time when the IMF and World Bank say that global trade is set to shrink for the first time since 1982. In the United States, a move to greatly expand Buy American provisions as part of the \$819 billion fiscal stimulus package has generated shock waves in other countries, with Canadian and European officials in particular rising up in protest. Yet depending on how the language on a Buy American provision may ultimately read, experts on trade law say it remains unclear whether it would categorically violate a WTO agreement on government procurement the United States signed in 1996.

## Power Down and Power Up

Wow... The messenger gathered all these facts and puzzled to envision "What would happen in the next 10 to 15 years?" If the rich countries do not come up with strict bank regulations and reduce all foreign debts, it would bring disastrous results and bring most of the western countries down. As a result China and India grow faster. As you know, China loaned United States huge amount of money and it now says "Little bit Worried". That's not for China. It's all about U.S and warned as "honor your word", "ensure the safety of Chinese assets". A lot has changed in recent years and recent days which made Asian powers going up and the western super powers are going down. What's in there to justify the Power down and Power up?

... Continue on next