



# THE JOSEPHITE



[josephites\\_trichy@googlegroups.com](mailto:josephites_trichy@googlegroups.com)

## From then to now

By Valentine Paulraj

Glad to be back with you through this issue. Personally I had been through some ups and downs but by the grace of GOD, I survived the storms and I guess I am now on fair weather and level grounds. Sunshine has not returned yet, but I can see the thin lines of the dawn and hope to see daylight soon. Please continue to pray for me.

Eventhough I was not able to be part of the e-mail chain exchanged to assist Edison Paul, I would fail in my duty if I do not commend every one of you who participated in the network and offered your suggestions, cautions, concerns and support to Edison Paul and his family. Thanks to Johnson for coordinating and spearheading the efforts and staying on top of this request by his timely e-mails and guidance. In spite of his busy schedule he had never slacked from his desire to shoulder this responsibility as he took the request from a fellow Joesphite and worked on it. We have not heard the latest from Edison Paul and we hope he is doing better now. This is what we really wanted to achieve through this network of Alumnus of Saint Joseph's, we wanted to stay connected and reach out and offer assistance as much as we can within our scope of daily routine.

By now all of you would have received the invitation from Father Mariadoss S.J the director of Saint Joseph's Alumni Association informing of the general body meeting in September 2008 at Trichy. We encourage as many of you can, to participate in it and

### INSIDE THIS ISSUE

From then to now	1
Some quotable quotes & Recipe for your taste	2
Something to laugh	3
Tamil Poem	4
A Unique cup of Coffee	5
Malayalam Poem	6
Home Remedies for diabetes	7
Alumni Association – General Body Meeting Invitation	8
Letters to the Editor	9
The Flat and Transparent World	10

voice your support. I would personally request the director to look into the possibility of virtual participation or even pod cast the event for those of us who are far and away.

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 September.

With warm wishes

Valentine Paulraj

## Here are some quotable quotes

Compiled by Karunakaran B. – BA Hist 1984

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. --- *Albert Einstein*

An avalanche begins with a snowflake. --- *Joseph D. Compton*

I always turn to the sports page first. The sports page records people's accomplishments; the front-page nothing but man's failures. --- *Supreme Court Justice Earl Warren*

Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved. --- *William Jennings Bryan*

Remember, today is the tomorrow you worried about yesterday. --- *Dale Carnegie*

I never looked at the consequences of missing a big shot . . . when you think about the consequences you always think of a negative result. --- *Michael Jordan*

A man loves his sweetheart the most; his wife the best, but his mother the longest. --- *Irish Proverb*

An adventure is only an inconvenience rightly considered. An inconvenience is only an adventure wrongly considered. --- *G.K. Chesterton*

Vision is the art of seeing things invisible --- *Robert Cushing*

It is better to deserve honors and not have them than to have them and not deserve them. --- *Mark Twain*

It is your attitude more than your aptitude that will determine your altitude! --- *Dr. Gary V. Carter*

Life is a journey, not a guided tour. --- *Bryan Rehard*

Don't worry about avoiding temptation... as you grow older, it will avoid you. - *Winston Churchill*

## Recipe for your taste

By Daniel Reberrio BA Engl Lit – 1976

### PRAWN BALCHAO

Prawn Balchao is a traditional spicy dish of Goa. Learn how to make/prepare Prawn Balchao by following this easy recipe

#### Ingredients:

- 1/2 kg Headless prawns, deveined, shelled and cleaned
- 4 Tomatoes, finely chopped
- 2 Green chillies, chopped
- 1 Sprig curry leaves
- 4 Onions, finely chopped
- Sugar, salt and vinegar to taste
- 4 tbsp Oil
- Make fine paste of:
  - 1 tbsp Ginger-garlic paste
  - 2 Dry red chillies
  - 1 tbsp Vinegar
  - 1/2 tsp Turmeric powder
  - 2 tsp Cumin seeds
  - 1 tbsp Mustard seeds
  - 1 tsp Black peppercorns

#### How to make Prawn Balchao:

- Mix a pinch of turmeric powder and some salt
- Rub the cleaned prawns with this mixture. Leave aside for five minutes
- Wash the prawns well and drain. Apply the above prepared fine paste into the prawns and leave aside.
- Heat oil in a large frying pan and add in the curry leaves.
- Add finely chopped onions and fry on medium flame till the onions turn light brown.
- Add chopped tomatoes and saute till the oil starts leaving the sides of pan.
- Now add the prawns and marinade and fry briefly. Stir occasionally.
- Add green chillies, sugar, salt and vinegar to taste. Mix well.
- Put a lid and simmer on low flame for about ten minutes.
- Remove from the heat when prawns are well cooked. Serve with bread slices or chilled Kokum in Yoghurt.

## Something to laugh

By Raghupathy Bsc Botany 1977

### Santa Singh

After making a trip of South India, Santa Singh, his wife and his son were returning to Punjab in Tamilnadu Express. Santa Singh was occupying the lower berth, his wife the middle berth and his son the top most berth in the train. When the train stopped at one of the stations on the way back the son requested Santa Singh to bring him a cup of Ice cream to which Santa readily agreed. When Santa and his son returned they found that a South Indian who couldn't understand Hindi had occupied his son's berth. Outraged, Santa Singh called the TT and asked him to help. TT requested that he could not understand Hindi/Punjabi so it would be better if Santa Singh explained the whole situation to him in English. Santa Singh explained, "That man sleeping on top of my wife is not giving birth to my child."

### Engineers

Some engineers are trying to measure the height of a flag pole. They only have a measuring tape and are quite frustrated trying to keep the tape along the pole: It falls down all the time.

A mathematician comes along and asks what they are doing. They explain it to him.

"Well, that's easy..."

He pulls the pole out of the ground, lays it down, and measures it easily.

After he has left, one of the engineers says: "That's so typical of these mathematicians! What we need is the height - and he gives us the length!"

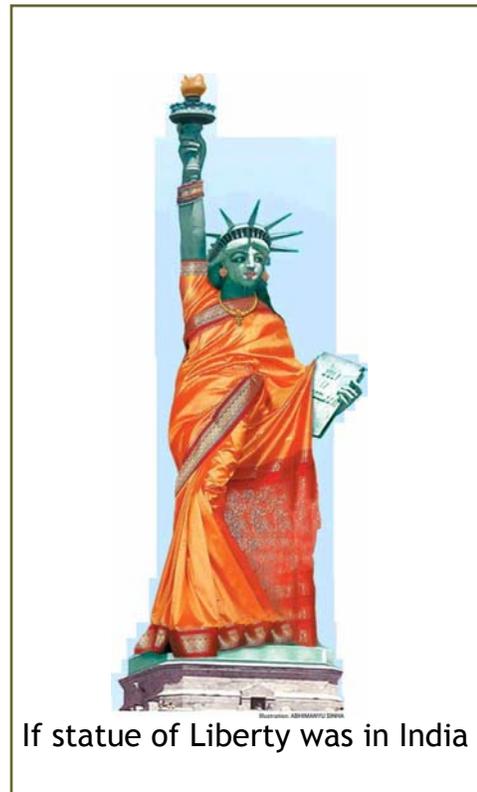
### Erotic Number

Q: What is the most erotic number?

A: 2110593!

Q: Why?

A: When 2 are 1 and don't pay at 10tion, they'll know within 5 weeks whether or not, after 9 months, they'll be 3...



If statue of Liberty was in India



## நெருப்பாய் எரிகிறதே நெஞ்சு!

காசி ஆனந்தன்  
(11 Aug 2007)

செந்தமிழர் மாவீரர் வன்னியசிங் கத்தை நாம்  
வெந்தழலில் வைத்தோம்... விடுதலையே  
சிந்தனையாய்

நின்றார் அறவீரர்! அன்னார் உயிர் நீஏன்  
கொன்றாய்? கொடுஞ்சாவே கூறு!

அஞ்சிப் பகைவர் அதிர்ந்து நிலைகுலைய  
நெஞ்சில் கனல்தாங்கி நின்றானை  
வெஞ்சிறையில்

பொன்னாய்ப் பழுத்த புகழுக்குரியானை  
எந்நாள்யாம் காண்போம் இனி?

பாரில் தமிழர் படைவெல்லப் போராடி  
போரில் கொடுமை பொழுதெல்லாம்  
நேரில்

விருப்பாய் மகிழ்ந்தேற்ற வீரர் மறைந்தார்!  
நெருப்பாய் எரிகிறதே நெஞ்சு!

ஆற்றல் மிகுபேச்சால் ஈழத்திலே சூறைக்  
காற்றை எழுப்பியவன் கண்துயின்றான்!  
நாற்றிசையும்

பொங்கு தமிழ்முழக்கம் செய்த களத்தின்போர்ச்  
சங்கை நொறுக்கியதோ சாவு?

கண்ணின் மணித்தலைவர் செல்வா வழிகாட்ட  
மண்ணில் அவர் கொள்கை மணிவிழியாய்  
எண்ணி

இனம்வாழ வாழ்ந்தார் இலையே எவ்வண்ணம்  
மனம்தோறும் எங்கள்தாய் மண்?

**From the desk of Chandra B.A (Eng) 1981**

## **A UNIQUE CUP OF COFFEE**

You will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first, she placed carrots, in the second she placed eggs and the last she placed ground coffee beans. She let them sit and boil, without saying a word. In about twenty minutes she turned off the burners.

She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs, and coffee," she replied. She brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma.

The daughter then asked, "What does it mean, mother?" Her mother explained that each of these objects had faced the same adversity--BOILING WATER--but each reacted differently.

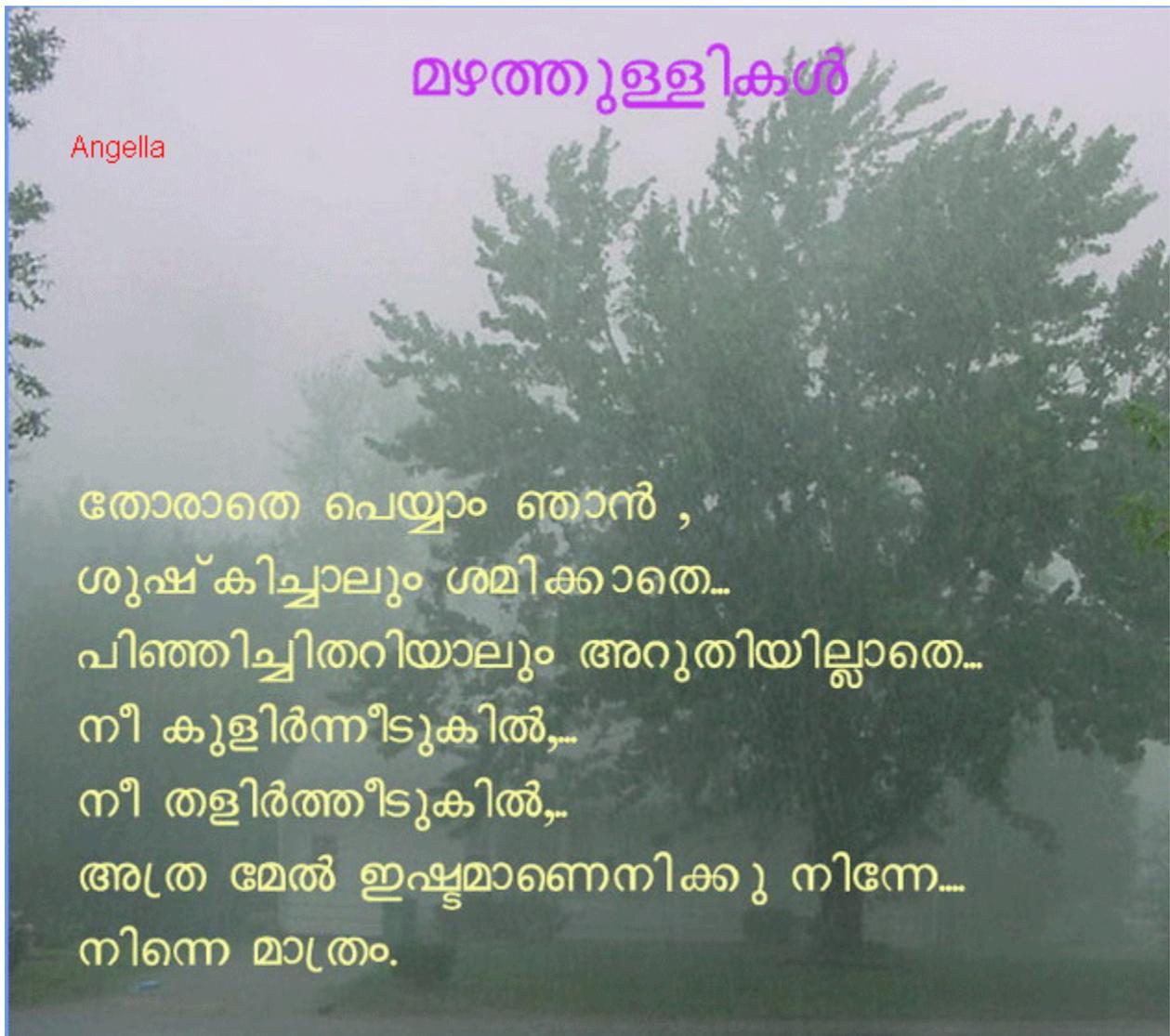
The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

A poem provided by Angella



## Home Remedies for Diabetes

### **DIABETES TREATMENT USING BITTER GOURD**

Among the several home remedies that have proved beneficial in controlling diabetes, perhaps the most important is the use of bitter gourd. It has lately been established that bitter gourd contains a hypoglycaemic or insulin-like principle, designated as 'plantinsulin', which has been found valuable in lowering the blood and urine sugar levels. It should, therefore, be included liberally in the diet of the diabetic. For better results, the diabetic should take the juice of about four or five bitter gourd every morning on an empty stomach. The seeds can be added to food in a powdered form. Diabetics can also use bitter gourd in the form of a decoction by boiling the pieces in water or in the form of dry powder.

### **DIABETES TREATMENT USING INDIAN GOOSEBERRY**

Indian gooseberry, with its high vitamin C content, is considered valuable in diabetes. A tablespoon of its juice, mixed with a cup of bitter gourd juice, taken daily for two months, will stimulate the islets of Langerhans, that is, the isolated group of cells that secrete the hormone insulin in the pancreas. This mixture reduces the blood sugar in diabetes.

### **DIABETES TREATMENT USING JAMBUL FRUIT**

Black berry fruit is another effective home remedy. It is regarded in traditional medicine as a specific against diabetes because of its effect on the pancreas. The fruit as such, the seeds, and fruit juice are all useful in the treatment of this disease. The seeds contain a glycoside 'jamboline' which is believed to have the power to check the pathological conversion of starch into sugar in cases of increased production of glucose. The seeds should be dried and powdered. One teaspoon of this powder should be mixed in one cup of milk or water or half a cup of curd, and taken twice daily. The inner bark of the black berry tree is also used in the treatment of diabetes. The bark is dried and burnt. It will produce an ash of white colour. This ash should be pestled in mortar, strained and bottled. The diabetic patient should be given ten grams of this ash on an empty stomach with water in the morning, and twenty grams in the afternoon, and in the evening an hour after taking meals. An equal quantity of Indian gooseberry powder, jamun powder, and bitter gourd powder also makes a very useful remedy for diabetes. A teaspoon of this mixture once or twice a day would be effective in checking the progress of the disease.

### **DIABETES TREATMENT USING GRAPEFRUIT**

Grapefruit is a splendid food in the diet of a diabetic patient. If grapefruits were eaten more liberally, there would be much less diabetes. If you have sugar, use three grapefruits three times a day. If you do not have sugar, but a tendency towards it and want to prevent it, use three a day.

More to follow.....



**ALUMNI ASSOCIATION**  
**St. JOSEPH'S COLLEGE (AUTONOMOUS)**  
**TIRUCHIRAPPALLI – 620 002, INDIA**

Tel : 0431-4226404 (off) / 4226313(Dir) / 4226436(Col) Fax: 0431-2701501

Rev.Fr.S.Mariadoss,S.J.,  
Director

**19 August 2008**

*Dear Alumnus,*

Greetings from Fr. Mariadoss, S.J.,

Hope these few lines find you in the best of your health. I am very happy to welcome you for the **General Body Meeting of the Alumni Association of St. Joseph's College, your Alma Mater on 14 September 2008 (Sunday).**

An illustrious Alumnus **Dr.C.Palanivelu**, Director, GEM Hospital, Coimbatore, a world renowned Surgical Gastroenterologist & Laparoscopic surgeon has kindly accepted to be the Chief Guest of the day.

I request you to mark the date in your programme diary and attend the meeting without fail. Your valuable presence is important for all of us.

**Date** : **September 14, 2008 (Sunday)**  
**Time** : **09.30 – 01.00 Pm.**  
**Venue** : **Community Centre, St. Joseph's College,Trichy**

An acknowledgement and **confirmation of your participation** through email ([alumnisjc@gmail.com](mailto:alumnisjc@gmail.com) or [mdoss87@gmail.com](mailto:mdoss87@gmail.com)) or mobile: **94433-43324** on or **before 28 August 2008** will be much appreciated and helpful towards better arrangement and organization of the event.

Looking forward to your valuable presence on 14 September 2008.

With kind regards,

Fraternally yours,

**S. Mariadoss, S.J.**

# Your Letters to the editor

## Letter from Fr. Selva:

I trust this letter finds you all in good and relaxed mood after a day's hang out. Picnicking really brings people together, closer and thicker. It blows out all the airs of masks and faces. Cudos to the guys who organized it. I thoroughly enjoyed the fun, the swim and the table fellowship. I want to thank each and every one of you who made it and wish many more such occasions with all those who very much wanted to but couldn't for many reasons. I also wish and pray that you have many more people around the program. It is always better for us to come as a praying community more than a fund group. I really missed and regretted that I couldn't make it.

Praying together gives us the feeling that we are the children of One God, our Father and Mother, without barriers, boundaries and differences. I wish all of you to enjoy this kind of moments many more times in a year and experience for yourself how it is to feel a community, a cultural whole, and people with certain values and virtues.

I am also very happy and proud that I met some of the Alumni of St Joseph's. It is said, "Once a student, forever an alumnus". This is the way most of the people feel and get connected with their alma mater. I wish you all the Josephites have this feeling very strongly and make all those people who are still not part of the group feel and share the same sentiments with you. It is only coming together as alumni that you will be able to strengthen this feeling.

I am also heartened to know that something which took a very humble beginning like Josephites website with a handful of people has today grown leaps and boundaries within two years is a great thing. Today this is the best way to get connected with people around the globe. I wish that you get many more membership in the "grand band" of Josephites and make the treat grow bigger, taller and stronger.

Just a note of suggestion: St Joseph's and the Madurai Jesuit province need your service, your encouragement, and your intervention in the dream realization of many more thousands of young people, your younger brothers and sisters of the great Jesuit family in many ways. More than me, you would know better. In whatever way you can reach out to St Joseph's and the Jesuit ministries, presence in TamilNadu and the future dreams, your presence, your programs, and your contributions will be greatly honored and encourage. We want your support, your prayers and your continued presence with Jesuit mission and ministry in TamilNadu, India and the world. This is the best and more concrete way of saying that you are an alumnus of Jesuit school, college and other institutions.

I invoke God's blessings, Mother Mary's guidance and our Holy Father St. Ignatius' intercession for your success, growth and generosity in this world.

May God bless you all.

With warm wishes and fervent prayers,  
Selvaraj Arulnathan SJ.

# The Flat and Transparent World

By Johnson Sab

## SOCIAL ACTIVISM AND PARENTING

We are in a huge transition as companies are coming to understand not only their power in a flat world but also their responsibilities. Compassionate flatists believe that this is no time to be sitting on one's hands, thinking exclusively in traditional left-right, consumer versus company terms. Instead we should be thinking about how collaboration between consumers and companies can provide an enormous amount of protection against the worst features of flattening of the world, without opting for classic protectionism. Advocates of compassionate flatism need to educate consumers to the fact that their buying decisions and buying power are political. Every time you as a consumer make a decision, you are supporting a whole set of values. You are voting about the barriers and friction you want to preserve or eliminate. Progressives need to make this information more easily available to consumers, so more of them can vote the right way and support the right kind of global corporate behavior.

No discussion of compassionate flatism would be complete without also discussing the need of improved parenting. Helping individuals adapt to a flat and transparent world is not only the job of Governments and companies. It is also the job of parents. They too need to know what world their kids growing up and what it will take for them to thrive. Put simply, we need a generation of parents ready to administer tough love: There comes a time when you have got to put away the Game Boys, turn off the television set, put away the iPod, too much access of Computer/Internet and get your kids down to work or study.

The sense of entitlement, delayed gratification is a punishment worse than a spanking, the sense that our kids have to be swaddled in cotton wool so that nothing bad or disappointing or stressful ever happens to them at school is, quite simply, a growing cancer on all society. And if we don't start to reverse it, our kids are going to be in for a huge and socially disruptive shock from the flat world. While a different approach by politicians is necessary, it is not sufficient.

Education, whether it comes from parents or schools, has to be about more than just cognitive skills. It also has to include character building. The fact is, parents and schools and cultures can and do shape people. American children were advised to increase competing head to head with Chinese, Indian and Asian Kids whose parents have lot more of character building approach than their own American parents. It does not matter whether you send your kids to the Private school or Public school. One of the best scientific universities in the world, come from public schools not from private schools that sometimes nurture a sense that just because you are there, you are special and entitled.

But the question is whether these kids are aware of the flat and transparent world. Most of the kids are caught up with the evil nature of the flat and transparent world. That's why there is a crisis in America to train the younger generation to cope up with the character building and the explore more on Math and science. As we know we got our education from a prestigious St. Joseph's college which brought you more on the character building that you should get proud of. We can write thousands of pages about our Alma mater. Let's look in to the future now. India got 3 medals from the Olympics this year and we did some improvement but not enough for the 2<sup>nd</sup> largest populated country in the world. What should we do to improve the younger generations and the kids to face the challenges against the new emerging super powers such as China and Japan? How can we teach the flat and transparent nature of the world to the kids to take only the positive things?

.... Continue on next