



THE JOSEPHITE



josephites_trichy@googlegroups.com

From then to now

By Valentine Paulraj and Johnson

We are glad to reach you again on this last issue for 2007. It has been a great year. Every day is a gift from GOD. Many who started the year did not make it to see its twilight. Yet we are grateful we have reached the end of another year. It would be most appropriate for us to set aside some time to look back at the year we just complete and review it. Our past should be our experience that will help us to discern the good from bad and walk into the daylight of the New Year. Let us thank GOD for all his grace and mercy that has seen us through. Many of us would have seen GOD's special guidance in some form or the other. Let us not be insensitive to the many blessings and be worthy of it.

Our alumini association was formed, what started as a tea table chat grew over the past seven months and now we are over hundred in strength. We have used the group to interact and have been able to bridge the friendship among collegemates, classmates and hostel mates. We look to the New Year with new challenges, we should grow to cross the double century mark and this can be done only if everyone of you reach out and bring in new friends. We need to use our forum to address the needs of our institution and also reach out to our other friends who may be in need. Many of you have contributed greatly over the past months and have been such rich source of encouragement. I personally have met and

INSIDE THIS ISSUE

From then to now	1
Some quotable quotes & Recipe for your taste	2
Something to laugh	3
Poem on Friendship....	4
Poem on Women	5
Something that touched me	6
The Flat and Transparent World	8

made friends with students who have been many years' juniour and senior. It has been a great experience and I am glad we thought of this group.

Fr.Singarayar,SJ will be visiting our fellow Josephites on 13th of January 2008 close to Washington DC. He will conduct Pongal Mass at the National Shrine church and then plan to meet us. So please mark your calendar to meet him. He can be reached at 510 809 5871 or 510 225 6175. Later, we will send you a separate e-mail about the schedule.

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

Wish you all a wonderful, peaceful, prosperous and blessed New Year 2008.

With warm wishes

Valentine Paulraj & Johnson

Here are some quotable quotes

Compiled by John Britto B.Com 1978

Treat people as if they were what they ought to be and you help them to become what they are capable of being. - Johann von Goethe

The best leader is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it. - Theodore Roosevelt

Wonder is the feeling of a philosopher, and philosophy begins in wonder. - Socrates (470-399 B.C.)

The biggest problem in the world could have been solved when it was small. - Witter Bynner

You can stand tall without standing on someone. You can be a victor without having victims. - Harriet Woods

Whatever is begun in anger ends in shame. - Benjamin Franklin (1706-1790)

Make sure the thing you're living for is worth dying for. - Charles Mayes

Humility is like underwear; essential, but indecent if it shows. - Helen Nielsen

He who angers you conquers you. - Elizabeth Kenny

Our greatest glory is not in never falling, but in rising every time we fall. - Confucius

You don't get to choose how you're going to die. Or when. You can only decide how you're going to live. Now. - Joan Baez

The heart is the only broken instrument that works. - T.E. Kalem

A cynic is a man who knows the price of everything and the value of nothing. - Oscar Wilde

The price of greatness is responsibility. - Sir Winston Spencer Churchill

Recipe for your taste

By Sumalatha Raghupathy

Bisibela Bath

Ingredients

- Rice 1 cup
- Thuvar dhall 1 cup
- Turmeric powder 1/4 t.spoon
- Tamarind paste/extract 1.5 t.spoons
- Red chilli 5
- Peppercons 1 t.spoon
- Corriander seeds 3 t.spoons
- Cloves 2-3
- Cinnamon stick a small piece
- Cardamom 1
- Ghee 1/2 cup
- Oil 1/2 cup
- Salt
- Curry leave a few
- Vegetables: Onions, carrots, peas, potatoes, green beans, white pumpkin, etc washed and diced

Method:

- Cook rice and thuvar dhall with turmeric with extra water and mash it well, and keep it aside.
- Fry red chillies, peppercons, corriander seeds, cloves, cinnamon stick, and cardamom in ghee and wet grind this mixture.
- Chop onions and fry this in 2 t.spoons of oil. When the onions turn light brown, add the other chopped vegetables, and let it cook for sometime, till vegetables become tender. Now add salt, turmeric, and the ground masala, and let it cook for 10-15 minutes.
- Add tamarind paste, 2 cups of water, to the above, and mix everything well, and let it cook for 10-15 minutes.
- Now add the mashed rice/thuvar dhall mixture, and keep stirring till everything mixes well.
- Add 4 t.spoons of ghee, and 4 t.spoons of oil and serve it hot.

Something to laugh

By Sadagopan R. M. Sc Chemistry 1990

Sardarjis again

Two sardars are walking down the street. One notices a vanity box on the sidewalk and leans down to pick it up. He opens it, looks in the mirror and says, "Hmm, this person looks familiar." The second sardar says, "Here, let me see!" So the first sardar hands him the compact. The second one looks in the mirror and says, "You dummy, it's me!"

A sardar suspects his girlfriend of cheating on him, so he goes out and buys a gun. He goes to her apartment unexpectedly and when he opens the door he finds her in the arms of a man. Well, the sardar is really angry. He pulls his gun out, and as he does so he is overcome with grief. He takes the gun and puts it to his head. The girlfriend yells, "No, honey, don't do it." The sardar replies, "Shut up, you're next."

A sardar was bragging about his knowledge of state capitals. He proudly says, "Go ahead, ask me, I know all of them." A friend says, "O.K., what's the capital of Wisconsin?" The sardar replies, "Oh, that's easy, W."

A sardar had just totaled his car in a horrific accident. Miraculously, he managed to pry himself from the wreckage without a scratch and was adjusting his turban when the state trooper arrived. "My God!" the trooper gasped. "Your car looks like an accordion that was stomped on by an elephant. Are you OK sir?" "Yes, officer, I'm just fine!" the sardar said. "Well, how in the world did this happen?" the officer asked as he surveyed the wrecked car. "Officer, it was the strangest thing!" the sardar began. "I was driving along this road when from out of nowhere this TREE pops up in front of me. So I swerved

to the right, and there was another tree! I swerved to the left and there was ANOTHER tree! I swerved to the right and there was another tree! I swerved to the left and there was..." "Uh, sir", the officer said, cutting him off. "There isn't a tree on this road for 30 miles. That was your air freshener swinging back and forth".

When he heard that 90% of all crimes were committed around the home, he moved.

It took him months to figure out he could use his AM radio at night.

He thinks Taco Bell is a Mexican Phone Company.

He couldn't be a pharmacist because he can't fit the bottle in the typewriter.



Friendship Poem

By Meenakshi Srikanth

எனக்குக் கொஞ்சம்
 கற்றுக் கொடுங்கள்
 வாழ்க்கைச் சதுரங்கத்தின்
 காய்களை நகர்த்துவதற்கு
 எதிரிக்கு எதிரி
 எனக்கு நண்பனென்று
 விதியாகிப் போனதன்
 விஞ்ஞான விளக்கத்தை

முரண்பாடுகள் தோன்றின்
 முறிந்துபோகும் நட்பின்
 சமன்பாடுகள் பற்றி
 சரியான விளக்கத்தை

நேத்திரங்களின் வீச்சில்
 நெகிழ்ந்துபோகும் அன்பின்
 சூத்திரத்தை உணர்ந்துகொண்டு
 சகவயத்தில் திளைக்கின்ற
 மாத்திரத்தில் எல்லாமே
 மாறிப்போய் வெறுப்பாகி
 ஆத்திரத்தைப் பிரசவிக்கும்
 அகிசயத்தின் அர்த்தத்தை

teach me
 please!!
 to move the pieces
 in life's game of chess
 how scientific elucidation
 explains the rule
 that my foe's foe
 is my friend

how to explain correctly
 the laws of friendship
 which fragments
 if differences occur

when enjoying pleasure got by
 realising the mystery
 of love which blossoms
 at the swiftness of sight
 how all of a sudden it
 changes to hatred in a moment
 to explain this surprise
 born of impatience

பெண்



உயிர்கள் தோன்றுவது பெண்ணாலே
உறவுகள் மலர்வது பெண்ணாலே
உள்ளம் மகிழ்வது பெண்ணாலே
உரிமைக்குரல் ஒலிப்பதும் பெண்ணாலே

பண்புகள் வளர்வது பெண்ணாலே
பாசம் பொங்குவது பெண்ணாலே
பசி மறைவது பெண்ணாலே
பாரினில் இனபம் பெண்ணாலே

இல்லறம் அமைவது பெண்ணாலே
ஈருயிர் இணைவது பெண்ணாலே
இன்னல் மறைவது பெண்ணாலே
இலக்குகள் அடைவதும் பெண்ணாலே

குத்துவிளக்கு எரிவது பெண்ணாலே
குலமகள் சிரிப்பது பெண்ணாலே
குற்றங்கள் குறைவது பெண்ணாலே
சுற்றம் நிலைப்பதும் பெண்ணாலே

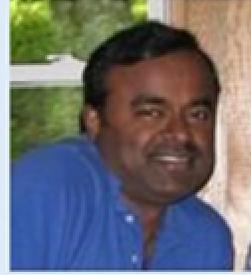
விருந்தோம்பல் நடப்பது பெண்ணாலே
வீரம் விளங்குவது பெண்ணாலே
வில்லங்கம் ஒழிவது பெண்ணாலே
வில்லன்கள் அழிவதும் பெண்ணாலே

அழகுக்கு அழகு பெண்ணாலே
அம்மாவுக்கு அர்த்தம் பெண்ணாலே
அன்பு ஊற்றெடுப்பது பெண்ணாலே
அண்டம் சுழல்வதும் பெண்ணாலே

ஐம்புலன் இயங்குவது பெண்ணாலே
ஆண்கள் வாழ்வது பெண்ணாலே
ஆற்றல் பெருகுவது பெண்ணாலே
வெற்றிகள் குவிவதும் பெண்ணாலே

எத்தனை எத்தனை
பெருமைகள் நல்ல பெண்ணாலே
எனக்கொரு பிறவி இனியிருந்தால்
பிறப்பேன் நானும் அவள் போலே!

John P. Benedict, USA



John Peter Benedict
M.Sc. (Comp. Science), 1993-95
Annandale, VA
703-942-8232

Something that touched me: Francis Xavier B.Sc 1981

90/10 Principle By: Steven Covey

What is this principle?

10% of life is made up of what happens to you.

90% of life is decided by how you react.

What does this mean? We really have no control over 10% of what happens to us. We cannot stop the car from breaking down. The plane will be late arriving, which throws our whole schedule off. A driver may cut us off in traffic. We have no control over this 10%. The other 90% is different. You determine the other 90%. How? By your reaction. You cannot control a red light. However, you can control your reaction. Do not let people fool you; YOU can control how you react.

Let us use an example: You are eating breakfast with your family. Your daughter knocks over a cup of coffee onto your business shirt. You have no control over what just what happened. What happens when the next will be determined by how you react? You curse. You harshly scold your daughter for knocking the cup over. She breaks down in tears. After scolding her, you turn to your spouse and criticize her for placing the cup too close to the edge of the table. A short verbal battle follows.

You storm upstairs and change your shirt. Back downstairs, you find your daughter has been too busy crying to finish breakfast and get ready for school. She misses the bus. Your spouse must leave immediately for work.

You rush to the car and drive your daughter to school. Because you are late, you drive 40 miles an hour in a 30 mph speed limit. After a 15-minute delay and throwing \$60 traffic fine away, you arrive at school. Your daughter runs into the building without saying goodbye.

After arriving at the office 20 minutes late, you find you forgot your briefcase. Your day has started terrible. As it continues, it seems to get worse and worse. You look forward to coming home, When you arrive home, you find small wedge in your relationship with your spouse and daughter.

Why? Because of how you reacted in the morning. Why did you have a bad day?

A) Did the coffee cause it? B) Did your daughter cause it? C) Did the policeman cause it? D) Did you cause it?

The answer is? D

You had no control over what happened with the coffee. How you reacted in those 5 seconds is what caused your bad day. Here is what could have and should have happened. Coffee splashes over you. Your daughter is about to cry. You gently say, "Its ok honey, you just need, to be more careful next time". Grabbing a towel, you rush upstairs. After grabbing a new shirt and your briefcase, you come back down in time to look through the window and see your child getting on the bus. She turns and waves. You arrive 5 minutes early and cheerfully greet the staff. Your boss comments on how good the day you are having. Notice the difference?

Two different scenarios. Both started the same. Both ended different.

Why? Because of how you REACTED.

You really do not have any control over 10% of what happens. The other 90% was determined by your reaction. Here are some ways to apply the 90/10 principle. If someone says something negative about you, do not be a sponge. Let the attack roll off like water on glass. You do not have to let the negative comment affect you! React properly and it will not ruin your day. A wrong reaction could result in losing a friend, being fired, getting stressed out etc. How do you react if someone cuts you off in traffic? Do you lose your temper? Pound on the steering wheel? A friend of mine had the steering wheel fall off.

Do you curse? Does your blood pressure skyrocket? Do you try to bump them? WHO CARES if you arrive ten seconds later at work? Why let the cars ruin your drive. Remember the 90/10 principle, and do not worry about it. You are told you lost your job. Why lose sleep and get irritated? It will work out. Use your worrying energy and time into finding another job. The plane is late; it is going to mangle your schedule for the day. Why take out your frustration on the flight attendant? She has no control over what is going on. Use your time to study or get to know the other passenger. Why are you stressed out? It will just make things worse.

Now you know the 90-10 principle. Apply it and you will be amazed at the results. You will lose nothing if you try it. The 90-10 principle is incredible. Very few know and apply this principle. The result? Millions of people are suffering from undeserved stress, trials, problems and heartache.

We all must understand and apply the 90/10 principle. It CAN change your life!

The Flat and Transparent World

By Johnson Sab

Hotspot? You may wonder how this term came into picture when you talk about wireless Internet. In today's world most of the people are either busy or engaged in business traveling. How does the business world handle the day-to-day activities to compensate the fast moving operations? The answer is **hotspot**, which enables the Laptop/PDA connected to the Internet while on road. A hotspot is a venue that offers Wi-Fi access. Hotspots are often found at restaurants, train stations, airports, libraries, coffee shops, bookstores, fuel stations, department stores, supermarkets and other public places. Many universities and schools have wireless networks in their campus.

Wi-Fi (pronounced wye-fye) is a wireless technology brand owned by the Wi-Fi Alliance intended to improve the interoperability of wireless local area network products based on the IEEE 802.11 standards. Common applications for Wi-Fi include Internet and VoIP phone access, gaming, and network connectivity for consumer electronics such as televisions, DVD players, and digital cameras. **The messenger** was wondering to see the several method of this type of wireless communications. He found out there were 10 ways to connect to the Internet while on road.

#1 Wi-Fi enabled laptops

With 802.11 wireless hotspots becoming widespread and most new laptop and notebook computers coming with built in Wi-Fi network adapters, you can connect to the Internet in many places for a fee or, in some cases, at no charge. Wi-Fi networks are available at airports, coffee shops, restaurants, and hotels. Many municipalities are also getting into the act, setting up taxpayer-funded or for-fee hot spots in city parks and libraries and even covering the entire city. This makes it easy to get your e-mail, browse the Web, and connect back to your company or home network when you're on the road.

#2 Pocket PC and smart phones with high speed Internet connectivity

Although they're becoming available in more and more places, sometimes a Wi-Fi network is nowhere to be found. If you want to be able to check your e-mail or browse the Web in locations where there are no 802.11 hotspots, you can buy a Pocket PC/Windows Mobile phone or a smart phone running another operating system, such as Symbian, and contract with your cell phone provider to use its high-speed data network. For example, Verizon offers Internet connectivity on your phone via their EV-DO network at 400 to 700 Kbps in most major cities, and you can access a lower speed data network (144 Kbps) in other locations. Cingular, Sprint and T-mobile offer similar services, some using different technologies. Unlimited data plans run about \$30/month and up, in addition to your cell phone voice package.

#3 Cellular WAN service for your laptop

If you don't like working with the small screen and keyboard of a phone, most cellular providers also offer high-speed WAN service for your laptop. You'll need to get the provider's PCMCIA card. Some laptops even come with the cards built in; for example, Sony's VAIO TX computers come with the Singular chip already installed so you can connect to its EDGE network (70 to 135 Kbps) or, in major metropolitan areas, its higher speed 3G WAN (400-700 Kbps) without installing additional hardware.

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