



THE JOSEPHITE



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From then to now

By Valentine Paulraj

This is the last month of the year. I look back at the year that we came through and all I can do is just thank GOD for his abundant grace and guidance that has brought all of us to today. I sat down and wrote all the good things that had happened from my perspective and all the good that have happened from any perspective and I was amazed that the list was long yet I had not realized it. I would recommend each one of you to attempt to do the same to realize how close we were to forget all the good that had happened in our lives. Christmas has lost its true meaning and it has now become more a commercial landmark. I hope all those of you who had celebrated Christmas will know its real meaning and be blessed and be a blessing to others.

We had sent a mail asking each one of you to provide me with some information to validate your affiliation to SJC, the one mistake we had made was we did not provide you with a personal e-mail id for reply. Many of you wrote back to us informing us that our request contained information that you were not comfortable sending to all. We understand and appreciate your concern. It is this concern that we were trying to address, we want to be assured that everyone on this group is an alumni and will not misuse the media and opportunity to share. After we replied to each of these mails expressing concern, we got back the validating information. Some of you shared the information directly to me,

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and still some of you sent it to the group. Thank you all for all the information, we are glad to have it all secured now. Starting 2009, a few of you who have not got the information across, may not get further communication. I apologize, but we have no other option, so please send your information to avoid interruption of services. You can send it directly to me at vpaulraj@hotmail.com.

We encourage you to write to the news letter sharing your experience during and after SJC and also news from your part of the world. 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.

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

With warm wishes

Valentine Paulraj

Here are some quotable quotes

Compiled by Rajendran. – B.Com 1982

Never explain yourself. Your friends don't need it and your enemies won't believe it. *-Belgicia Howell*

Forgive your enemies, but never, never forget their names. *-John F.Kennedy*

You must experience and accept the extremes. Because if the contrast is lost, you lose appreciation; and when you lose appreciation, you lose the value of everything. *-Philippos*

The true measure of a man is how he treats someone who can do him absolutely no good. *-Ann Landers*

Being sad with the right people is better than being happy with the wrong ones. *-Philippos*

Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, cause hate in your heart will consume you too. *-Will Smith*

If your problem has a solution then...why worry about it? If your problem doesn't have solution then...why worry about it? *-Indian Proverb*

The ultimate measure of man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. *-Dr. Martin Luther King Jr.*

Pain never really goes away; you just elevate and get used to it by growing stronger. *-Philippos*

Sometimes the people who hurt us the most are people who were hurt more than us. *-Philippos*

Recipe for your taste

By Sumathi Bala, M.Sc Maths 1989

Mutton Chops

Ingredients:

1. Fish pieces - 6,
2. Grated coconut - 1/4 cup,
3. Fennel seeds - 1 tsp,
4. Pearl onions - 2,
5. Turmeric powder - 1 tsp,
6. Red chilly powder - 3 tsp,
7. Salt - as per taste,
8. Curry leaves - 1 string,
9. Oil - for frying.

Procedure:

1. Clean the fish pieces well and keep aside.
2. Crush the 1 tsp fennel seeds and keep aside.
3. Grind the coconut, pearl onions in to a fine paste and keep aside.
4. Put the fish pieces in a bowl, add the coconut paste, crushed fennel seeds, turmeric powder, red chilly powder, salt, curry leaves and mix well.
5. Marinate this for 1/2 an hour in refrigerator.
6. Heat 2 tsp oil in a kadai, put the fish pieces 2 at a time and keep in medium flame. Add oil on sides and Cover cook for 3-5mins.
7. Uncover and turn the fish to the other side, add oil on the sides and cover cook for 3mins.
8. Remove the lid and roast till golden brown and garnish with cilantro.

Tastes excellent when served hot curd rice.

Enjoy!!

Something to laugh

By Ragunath B.A 2002

10 Rules Of Indian Film Making

1. Two brothers separated in childhood will always grow up on different sides of the law. The law-breaker, however, will suddenly turn over a new leaf before the end, bash up the villain (who is the *real* bad guy), and be pardoned for all his sins before the last-scene family reunion. (This is possible only if he has a heroine - see rule 2 below).
2. If the number of heroes is not equal to the number of heroines, the excess heroes/heroines will a) die b) join the Red Cross and take off to Switzerland before the end of the movie.
3. If there are 2 heroes in a movie, they will fight each other savagely for at least 5 minutes (10 if they are brothers).
4. Any court scene will have the dialogue "Objection milord". If it is said by the hero, or his lawyer, it will be overruled. Else, it will be sustained.
5. The hero's sister will usually marry the hero's best friend (i.e. the second hero). Else, she will be raped by the villain within the 1st 30 minutes, and commit suicide.
6. In a chase, the hero will always overtake the villain, even on a bullock-cart, or on foot.
7. When the hero fires at the villain(s), he will never
 - a) miss
 - b) run out of bullets. When the villain fires at the hero, he will always miss (unless the hero is required to die, as in rule 2).
8. Any fight sequence shall take place in the vicinity of a stack of a) pots b) barrels c) glass bottles, which will be smashed to pieces.
9. Any movie involving lost and found brothers will have a song sung by
 - a) the brothers
 - b) their blind mother (but of course, she has to be blind in order to regain her sight in the climax)
 - c) the family dog/cat.
10. Police inspectors (when not played by the hero)

come in two categories:

- a) Scrupulously honest, probably the hero's father - killed by the villain before the titles.
- b) Honest, but always chasing the anti-hero (as in Rule 1), saying "Tum kanoon se bach nahin sakte", only to pat him in the back in reel 23. Usually, this inspector's daughter is in love with the anti-hero.
- c) The corrupt inspector, (usually the real villain's sidekick) unceremoniously knocked about by the hero(s) in the climax.

Short Jokes

What is the difference between Kunikudi Vaidyanathan and Gandhiji ?

One is a violanist, the other is a non-violanist!

A gangster held a pistol to Banta's forehead and asked, 'Will you give me Rs one lakh or would you prefer to die?'

Banta answered calmly, 'I'd prefer to die as I want to keep one lakh rupees for my old age.'





ஒற்றை இறகு - பாதங்கள்-பாதைகள்

பார்த்த நாளாய்
இருந்த பாதை

பலநாள் நானும்
நடந்த பாதை.

நேற்றுப் பெய்த
இடிமழையில்
குண்டும் குழியுமாய்
ஆயாச்சு.

பாதை இருக்கும்
நினைப்போடு
கால்கள் நடந்த பழக்கத்தில்
கவனம் சிதறிச்
சிலநேரம்
குழியில் விழுந்திடப் பார்த்தாச்சு.

சிரமப்பட்டுக் கால்களைத்
திருப்பிப்
பாதை இல்லாப் பக்கத்தில்
பயணம் மீண்டும் தொடர்ந்தாச்சு.
நடக்க நடக்க
எனக்குமங்கே
நல்லதோர் பாதை கிடைச்சாச்சு.
பாதை கிடைத்த

சில நாள் கழித்து
பளிச்சென்று ஒன்று புரியலாச்சு.

A poem forwarded by Thomas Eppen:

നാണം പൂവിടും മിഴിയഴകും മൊഴിയഴകുമായ്-
 നാരിതൻ ചേഷ്ടകളിലാവസിക്കുമൊരു-
 നാടൻ നരജന്മമായിരുന്നവനെങ്കിലും-
 നാരദമുനിതൻ കുനിഷ്ടുകളുവനിൽ കൂടീകൊണ്ടിരുന്നു

നാരീരമണികൾതന്നിഷ്ട തോഴനായി മാറി-
 നാരീവിനോട വിലാസനായ് തീർന്നവനെ-
 നാരീമണിയെന്ന ചെല്ലപ്പേരിലല്ലൊ-
 നാടിൻ വിക്രൂതികുട്ടന്മാർ വിളിച്ചിരുന്നത്.
 നാലുകെട്ടിനകത്തളങ്ങൾക്കുള്ളിൽ-
 നാരിയും തോൽക്കും തറവട്ടമ്മയായിരുന്നവൻ,
 നൂത്ത്യ നൂത്തയാലസങ്ങളിൽ മിഴിവോടെ തിളങ്ങി-
 നാടിനോമനക്കുട്ടനായ് തെളിഞ്ഞുനിന്നു.
 നെഞ്ചു വിരിഞ്ഞ പൂവാലന്മാർക്കു മുമ്പിൽ-
 നമ്രമുഖിയാമൊരു നവവധുവായവൻ-
 നെയ്യ് മിനുങ്ങുമവരുടെ ആകാരഭംഗിയിൽമയങ്ങി-
 നെടുവീർപ്പോടെ നാവാൽ ചുണ്ഡുകൾ നനച്ചിരുന്നു.
 നീലാകാശപായ്കയിൽ മിഴികളെറിഞ്ഞ്-
 നീലക്കടൽക്കര മണ്ണിലാലസ്യമോടെ-
 നനുത്ത വിരൽത്തുമ്പാലേതോ നാമമെഴുതി-
 നൊമ്പരമോടെയിടയ്ക്കു തേങ്ങിയിരുന്നു.
 നോവുന്ന മുഖങ്ങളെവിടെ കണ്ട്യാലും-
 നനഞ്ഞിരുന്നു വ്യുതയാലവൻടെ നയനങ്ങളെങ്കിലും-
 നിറമുള്ള സ്വപ്നങ്ങൾ കണ്ട്യാ കണ്ട്യാ-
 നിദ്രയിലൊരു പ്രണയിനിയായ് പരിണമിച്ചിരുന്നു
 നാട്ടിലെ യുവകോമളൻമാരെ കോരിത്തരിപ്പിച്ചു-
 നിശയിലുണർന്നിരിക്കാൻ കൊതിച്ചിരുന്നൊരീ രമണൻ-
 നാരിയല്ല സത്യം നരജന്മം തന്നെയല്ലേ
 നരസ്രുഷ്ടിയിലുഴിയിൽ പണ്ട്യാ തന്നെ
 നമ്മുടെ സ്രുഷ്ടികർത്താവിനറീയാതെ-
 ഓക വന്നു പോയാരു ഓകപ്പിഴയാണെ.

Home Remedies

Janakiraman PUC 1972

HOW TO CURE DIABETES WITH NATURAL TREATMENTS

- Diabetes natural treatment: Eat 1 teaspoon of cinnamon daily.
- Yemeni med: Soak 1 teaspoon of fenugreek seeds (Hilba) in 1 cup of water at night. Drink the water in the morning on an empty stomach and eat the seeds. Very good for diabetes because it works like [insulin](#).
- Take 1 small bitter melon, remove the seeds and saturate in a cup of water. Drain and drink every morning.
- Wash and peel a green plantain, put the peel in a jar, cover with water and drink this water three times a day.
- Boil 13-16 mango leaves in one cup of water, saturate over night and filter in the morning. Drink every morning on an empty stomach.
- Home remedy for diabetes: eat garlic or take garlic capsules.
- Take 2 tablespoons of apple cider vinegar 3 times a day.
- Add turmeric and cinnamon to your cooking, it is very good for diabetes.

HOW TO CURE HICCUPS WITH NATURAL TREATMENTS

- Smell Black pepper.
- Stop the hiccups: Blanch persimmon flowers and drink.
- Home remedy for hiccups: drink one cup of water in small sips.
- Drink (in small sips) a cup of water with a sprinkle of baking soda.
- Take a deep breath and try to hold your breath as long as you can so the hiccups will stop.
- Eat half teaspoon of sugar, if it doesn't work eat some more.
- Eat a popsicle or ice cream.
- Drink Squeezed lemon juice.
- Put your fingers in your ears while someone helps you drink a full glass of water slowly

Winter Home Care Tips

Provided by Sundar M.Sc Physics 1978

1. Seal the deal

The easiest way to keep the heat inside your home is to seal air leaks. If you're in an older home, hire a professional to test your home for leaks. To do it yourself, ensure the caulk around windows and weatherstripping around doors are in good condition and replace where necessary. For unused or older windows, seal them using a plastic window-sealer kit, available from most hardware stores. If you live in an older home, installing storm windows will also give you another layer of protection from the elements.

2. Get ready to heat

Furnaces should be checked every year. "You should have your furnace serviced yearly to change the filter and nozzle in the burner to make sure it's working as efficiently as possible." For those using oil, the annual checks may be tied into your contract with your oil provider. Fill up fuel early in the season to keep her warm all winter. "Make sure our oil furnace tank and the propane tanks for our propane fireplace are topped up early, before the snow and ice come. When the guys come with the propane tanks, have them check and turn on the fireplace."

3. Don't forget about your cooling systems

On the cooler side of things, air conditioners need attention, too. Partially cover freestanding units, ensuring they can still breathe. For window units, cover them tightly with a cover, and caulk the gaps between the unit and the frame to prevent leaks. Depending on how big your unit is, and how big the gaps are, you may be better off removing it from the window all together until the nicer weather arrives. If you have an air exchanger -- a system that filters and cleans the air inside your home, exchanging the old, inside air with outside air -- it also needs some winter care. "Normally in the summer, a lot of people don't run those systems, so the fall is the best time to change filters and clean it to run properly for the winter." most filter changes require a service technician.

4. Look up at your roof

It's also important to inspect your roof. If you don't have a ladder, use binoculars to visually inspect the roof, making sure there are no sagging or missing shingles. Alongside the house, ensure gutters and eaves troughs are clean. You can have your leaves troughs cleaned professionally.

5. Look at pipes and holes

If you have pipes, drainage or otherwise, that run outside, keep them warm to prevent freezing. Some people put heat cable around drainage pipes, but you can also buy heat tape, foam rubber sleeves or fiberglass insulation. Inside, make sure you plug every hole you can find. So, for every electrical outlet in the house, buy a liner that acts as extra insulation and fits between the wall and the cover. And even if you don't have kids, plug the outlets with plastic socket inserts.

6. Check your insulation

The largest amount of heat that escapes your house leaves through the attic -- almost 45 percent in fact. So, to prevent your warm air from taking off, ensure your house has adequate insulation. Experts agree that an R-30 rated insulation is the minimum requirement. Newer homes usually have this standard, but older homes may need some new insulation.

7. Pack an emergency kit

Don't be caught without supplies for you and your family -- pack an emergency kit before the bad weather arrives. According to the Canadian Red Cross, every kit should include: four litres of water per person per day, enough canned food to last for a few days, a first aid kit, blankets, sleeping bags and a crank-operated radio.

Homeowners are notorious for leaving this little detail to the last minute, which means everyone scrambles to the hardware store at the same time if there's a rough winter storm that knocks out the power.



The Flat and Transparent World

By Johnson Sab 1993 MCA

KNOWLEDGE and MANUAL BASED LABOR

There are two different types of labor which are knowledge based and manual. When globalization improves trade at one side of flat and transparent world, it brought many worries at the other side. The knowledge based workers brought the globe to closer at hand. The messenger tried to dig more on to these two types of labor.

There is a difference between idea-based goods and physical goods. If you are a knowledge worker making and selling some kind of idea based product such as consulting, or financial services or music or software or marketing or design or new drugs or new video games - the bigger the market is, the more people that are out there to buy your product. When the market became bigger, the more new specialties and niches it will create. The idea-based workers able to produce outputs from anywhere in the world at any time as compared to the manual labor workers. So the idea-based workers do well in globalization. Fortunately America has more idea-based workers than any other country in the world.

As a whole America get benefitted by using the knowledge based workers and produced idea-based products. The knowledge based jobs not only expand the global economy but connect all the knowledge pools in the world. There may be limit to the number of good factory jobs in the world, but there is no limit to the number idea-based jobs in the world. People initially thought, "Everything that is going to be invented must have been invented already". But, in reality it was not. One example is the invention of search engine. Late 1996, Yahoo published its share to the public for 1 cents per share. When it grew as a giant search engine, their stock has gone up and the people thought there were no other inventions needed in the internet search engine arena. All other competitors of yahoo were not even gone little far to invent any new stuff. When Google came with new search algorithms, people admired their search capabilities and chosen that as their prime search engine. So the point is, invention never ends and keep explore new things which is possible only by producing the knowledge based thinking.

As you know, Human needs are infinite. There are infinite industries to be created, infinite businesses to be started, and infinite jobs to be done, and the only limiting factor is human imagination. The world is flattening, rising and getting transparent at the same time. If you look over the sweep of history, every time we had more trade, more communications, we had a big upswing in economic activity and standard living. America integrated broken Europe and Japan into the global economy after World War II, with both Europe and Japan every year upgrading their manufacturing, knowledge and service skills, often importing and sometimes stealing ideas and equipment from the United States, just as America did from Britain in late 1770's. Sixty years since World War II, The standard of living in United States increased every decade and the unemployment rate was little above 5 percent, roughly half that of the most developed countries in Europe. With all these good things happened, why the economy is in great depression for the past couple of months? Why the un-employment is higher in 26 years of history? Is it because of the Word Free Trade? Is the World Free Trade is Worry Free Trade?

... Continue on next