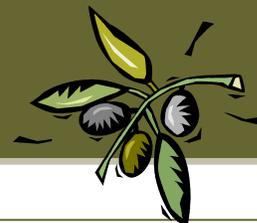




THE JOSEPHITE



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From then to now

By Valentine Paulraj

At the outset we want to apologize for the delay in this month's newsletter. Thanks to the many friends who had written asking us for the status on the news letter. We are glad to know that our news letter is being missed by you, but we are sad we had disappointed you. We will ensure that it does not happen again.

We are planning to add more pages to our news letter and bring in articles written by our alumni in various forums and journals, this would give everyone an insight into many things that we would love to know and have not known till now. Please provide us with your valuable feedback, so we can improve.

February was a short month, short by three days. But the end of the month saw music maestro AR Rehman win two Oscars. It was indeed a proud moment for every Indian to be recognized in the top platform in the world of arts. India under Dhoni's leadership is also almost on top of the world in cricket, we hope and pray that India tops in many more areas in the years to come and wish everyone well.

On a seasonally adjusted basis, the CPI-U increased 0.3 percent in January after declining 0.8 percent in December. The index for all items less food and energy increased 0.2 percent in January after being virtually unchanged (0.0 percent) in December. The U.S. Import Price Index declined 1.1 percent in January, following decreases in each of the previous five months. In contrast, export prices rose for the first time in six months, advancing 0.5

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percent in January. Indications from around the world show that the global depression is deepening. India's inflation rate fell for the fifth consecutive week, the lowest since 2002, to 3.03% for the week ended February 21, compared to 3.6% in the preceding week. The rate was 5.69% for the corresponding week of the preceding year, according to the data released by the Ministry of Commerce and Industry. While everything does not look rosy, it is not dark either yet.

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.

With warm wishes
Valentine Paulraj

Here are some quotable quotes

Compiled by Rajendran. – B.Com 1982

The only place where success comes before work is in the dictionary. --- *Vidal Sassoon*

Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it. --- *Ralph Waldo Emerson*

When love and skill work together, expect a masterpiece. --- *John Ruskin*

Work your way up or rust your way out. --- *H Holton*

We make a living by what we get; we make a life by what we give. -- *Winston Churchill*

The tragedy of life is what dies inside a man while he lives. -- *Albert Einstein*

"Your talent is God's gift to you. What you do with it is your gift back to God." -- *Leo Buscaglia*

Always be a first-rate version of yourself, instead of a second-rate version of somebody else. -- *Judy Garland*

"If we are ever to enjoy life, now is the time, not tomorrow or next year . . . Today should always be our most wonderful day." -- *Thomas Dreier*

You have not lived a perfect day, unless you've done something for someone who will never be able to repay you. -- *Ruth Smeltzer*

No one can make you feel inferior without your consent. -- *Eleanor Roosevelt*

Experience is a hard teacher, because she gives the test first, the lesson afterwards. -- *Vernon Saunders' Law*

"The great thing in this world is not so much where we are, but in what direction we are moving." -- *Oliver Wendell Holmes*

"I honestly think it is better to be a failure at something you love than to be a success at something you hate." -- *George Burns*

"Being considerate of others will take you further in life than a college degree." -- *Marian Wright Edelman*

Recipe for your taste

By Sanjay K, B.Sc Stats 1992

Prawn Til Tikka

Ingredients: -

Prawns(big sized) - 250 gm
Chilly powder - 1/2 tsp
Coriander leaves - 1 small bunch
Garlic - 20 gm
Lemon juice - 2 tsp
Sesame seeds(Ellu) - 2 tbsp
Salt - As reqd
Oil for frying

Preparation time : - 25 minutes **Serves** : - 2

How to prepare: -

1)Clean the prawns.(Do not remove the tail portion)

2)In the middle, make a spot horizontally with a knife.

3)Mix salt, lemon juice, garlic paste and stuff it in the middle of the prawns.

4)Mix 1 tbsp of sesame seeds, 1 tbsp of oil, chilly powder, coriander leaves and salt and blend to make a paste.

5)Pat the prawns dry with a paper tissue and apply the above mix on the pieces.

6)Roll the pieces in remaining sesame seeds and fry the pieces in the oil until they get crispy.

: - Serve hot with any sauce.

Here is a link to cook Goan King Prawn Curry:
<http://www.youtube.com/watch?v=8zSfhM68vfc>

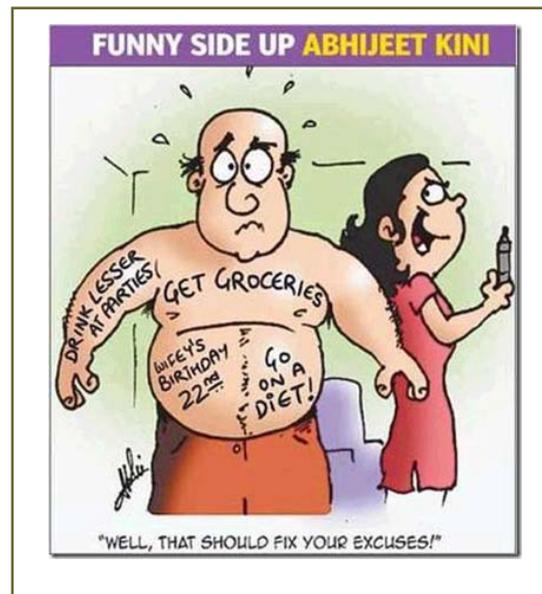
Enjoy!!

Something to laugh

By SN Ramesh 1972

Rajnikanth Ashtotram

- Rajanikanth makes onions cry
- Rajanikanth can delete the Recycle Bin.
- Ghosts are actually caused by Rajanikanth killing people faster than Death can process them.
- Rajanikanth can build a snowman..... out of rain.
- Rajanikanth can strangle you with a cordless phone.
- Rajanikanth can drown a fish.
- When Rajanikanth enters a room, he doesn't turn the lights on, he turns the dark off.
- When Rajanikanth looks in a mirror the mirror shatters, because not even glass is stupid enough to get in between Rajanikanth and Rajanikanth.
- Brett Favre can throw a football over 50 yards. Rajanikanth can throw Brett Favre even further.
- Rajanikanth does not know where you live, but he knows where you will die.
- Bullets dodge Rajanikanth.
- A Handicap parking sign does not signify that this spot is for handicapped people. It is actually in fact a warning, that the spot belongs to Rajanikanth and that you will be handicapped if you park there.
- Rajanikanth' calendar goes straight from March 31st to April 2nd, no one fools Rajanikanth.
- Rajanikanth can do a wheelie on a unicycle.
- Once a cobra bit Rajanikanth' leg. After five days of excruciating pain, the cobra died.
- Rajanikanth can kill two stones with one bird.
- Rajanikanth was once on Celebrity Wheel of Fortune and was the first to spin. The next 29 minutes of the show consisted of everyone standing around awkwardly, waiting for the wheel to stop.
- Leading hand sanitizers claim they can kill 99.9 percent of germs. Rajanikanth can kill 100 percent of whatever he wants.
- There is no such thing as global warming. Rajanikanth was cold, so he turned the sun up.
- Rajanikanth has a deep and abiding respect for human life... unless it gets in his way.
- It takes Rajanikanth 20 minutes to watch 60 Minutes.
- Rajanikanth once shot down a German fighter plane with his finger, by yelling, "Bang!"
- In an average living room there are 1,242 objects Rajanikanth could use to kill you, including the room itself.
- Behind every successful man, there is a woman. Behind every dead man, there is Rajanikanth.
- Rajanikanth got his drivers license at the age of 16 Seconds.
- The square root of Rajanikanth is pain. Do not try to square Rajanikanth, the result is death.
- When you say "no one's perfect", Rajanikanth takes this as a personal insult.
- Outer space exists because its afraid to be on the same planet with Rajnikanth.
- Rajnikanth has counted infinity--twice.
- Rajnikanth doesn't wear a watch, HE decides what time it is.
- The Bermuda Triangle used to be the Bermuda Square, until Rajnikanth kicked one of the corners off.
- Rajnikanth once are an entire bottle of sleeping pills. They made him blink.
- Where there is a will, there is a way. Where there is Rajnikanth, there is no other way!
- Rajnikanth can eat just one Lay's potato chip.
- Rajnikanth can slam a revolving door.
- When Rajnikanth falls in water, Rajnikanth doesn't get wet. Water gets blessed by Rajnikanth.
- Rajnikanth can divide by zero.
- The grass is always greener on the other side, unless Rajnikanth has been there. In that case the grass is most likely soaked in blood and tears.
- Rajnikanth is the only man to ever defeat a brick wall in a game of tennis.
- Rajnikanth ordered a Big Mac at Burger King, and got one.
- Rajnikanth frequently donates blood to the Red Cross. Just never his own.
- Rajnikanth's tears cure cancer. Too bad he has never cried.
- If you want a list of Rajnikanth's enemies, just check the extinct species list.
- Most people put their pants on one leg at a time, Rajnikanth does both legs at once.
- Rajnikanth does not use spell check. If he happens to misspell a word, Oxford will simply change the actual spelling of it.



Thamizh Poem - By Thilagabama



வாசம் வீசம் நிழல்

திலகபாமா

விழித்துக்கொண்டிருந்தது மனம்
 மூடி வைத்துவிட முடியாத
 புத்தகத்துள்ளிருந்த பேனாவாய்
 உன் நினைவுத் துரத்தல்கள்
 காலைப் பனிக் காற்றில்
 வியர்க்க ஓடிய சுகம்
 உள்ளுக்குள் உணர்வுக்குள்
 வேகமெடுத்து ஓட
 அனிச்சைச் செயலாய்
 எழுந்து வரும் கேள்வி
 விடையாய்
 நீயும் இதே துரத்தல்களோடு
 எனைப்பின் தொடருவதாய்
 உன்நிழல்
 வேக மூச்சுக் காற்றோடு வந்துரைக்க
 வேரூன்றும் என் மனம்
 என்னோடு
 நிழல் நின்று போனாலும்
 தாண்டிப் போனாலும்
 இனி என்னில் மலரும் பூக்கள்
 தன் நிழலுக்கும் வாசம் தந்து போகும்

Way of Life - A poem forwarded by Anasmonp:



ഇന്ന് ഈ കൂരിരുട്ടിൽ ഞാൻ തനിച്ചിരിക്കുന്നു.....
 പക്ഷെ ഒരിക്കലും തനിച്ചാകാത്ത എന്റെ ഓർമ്മകളും
 സ്വപ്നങ്ങളും ഇന്നനിക്ക് കൂട്ടിനുണ്ട്...
 അവളെ കുറിച്ച് ഓർക്കുമ്പോൾ ഒരുപാടുണ്ട്
 അത് കഥയായും കവിതയായും എന്റെ മനസിൽ
 നിറയുന്നു.....
 എന്റെ ജീവിതത്തിന്റെ എല്ലാ കോണിലും അവളുണ്ടായിരുന്നു
 ഉറണിലും ഉറക്കത്തിലും എന്നപോലെ ഞാൻ
 സഞ്ചരിച്ചിരുന്ന
 ജീവിതവീഥികളിൽ എനോടൊപ്പം എന്റെ തൊട്ടടുത്തായി
 അവളും ഉണ്ടായിരുന്നു
 എന്നാണ് അവളുടെ ജീവിതത്തിലേക്ക് കടന്നുവന്നത്!
 അവളുടെ ജീവിതത്തെ ഇത്രയേറെ സ്വാധീനിച്ചത്
 എങ്ങനെയാണ്!
 ഒരുപക്ഷെ അത്പോലും പറയാൻ എനിക്കറിയില്ല
 പക്ഷെ അവളായിരുന്നു എനിക്കെല്ലാം
 കാലം ഞങ്ങൾക്ക് എന്ത് കാണിച്ചിട്ടുതന്നും എന്തായില്ല
 അത് ചിലപ്പോൾ അവൾ പറഞ്ഞപ്പോൾ
 ഒരു ദുരന്തമായിരിക്കാം...
 അതല്ലെങ്കിൽ.....
 പക്ഷെ ഒന്നുമാത്രമറിയാം അവളില്ലാതെ അവളുടെ
 ഗന്ധമില്ലാതെ
 അവളുടെ സ്പർശന സുഗന്ധമില്ലാതെ ഞാനില്ല
 എന്റെസ്വപ്നങ്ങളില്ല.....

Home Remedies

Janakiraman PUC 1972

Causes of Toothache

TOOTH DECAY, CONSUMPTION OF SOFT DRINKS, REFINED CARBOHYDRATES AND SUGAR

The main cause of toothache is tooth decay, which results from a faulty diet. Perhaps the greatest curse and cause of tooth decay is the consumption of candy, soft drinks, pastries, refined carbohydrates and sugar in all forms. Bacteria in the mouth breaks sugar down into acids, which combine with the calcium in the enamel to cause decay or erosion.

Home Remedies for Toothache

REMEDIES FOR TOOTH ACHE USING GARLIC

Among the most effective home remedies for toothache is garlic. A clove of garlic with a little rock salt should be placed on the affected tooth. It will relieve the pain and, sometimes, may even cure it. A clove should also be chewed daily in the morning. It will make the cure teeth making it strong and healthy.

TOOTHACHE RELIEF USING ONION

Latest research has confirmed the bactericidal properties of onion. If a person consumes one raw onion every day by thorough mastication, he will be protected from host of tooth disorders. Chewing raw onion for three minutes is sufficient to kill all the germs in the mouth. Toothache is often allayed by placing a small piece of onion on the bad tooth or gum.

REMEDIES FOR TOOTH ACHE USING LIME

Lime, as a rich source of vitamin C, is useful in maintaining the health of the teeth and other bones of the body. It prevents decay and loosening of the teeth, dental caries, toothache, and bleeding of the gums

TOOTHACHE CURE USING ASAFOETIDA

The use of asafoetida has been found useful in curing toothache. It should be pestled in lemon Juice and slightly heated. A cotton swab should be soaked in this lotion and placed in the cavity of the tooth. It will relieve pain quickly.

TOOTHACHE HOME REMEDY USING CLOVE

Another home remedy for toothache is in the use of clove, which reduces pain. It also helps decrease infection due to its antiseptic properties. Clove oil, applied to a cavity in a decayed tooth, also relieves toothache.

REMEDIES FOR TOOTHACHE USING PEPPER

A mixture of a pinch of pepper powder and a quarter teaspoon of common salt is an excellent dentrifice. Its daily use prevents dental cavities, foul breath, bleeding from the gums, painful gums, and toothaches. It cures the increased sensitiveness of the teeth. A pinch of pepper powder mixed with clove oil can be put on the cavities to alleviate the toothache.

Preparing Your Home for Spring? 10 Tips to Help You Clean Up

Srinivasaraghavan M.Com 1977

Now that the weather is getting warmer it's time to do some spring cleaning. Whether preparing your home for sale or just dusting off the winter clutter, follow these 6 simple tips to clean up:

1. Start with one room. Do not proceed to the next room until you have determined what you don't need. Decide what you REALLY use and what is just taking up space.
2. Open up your windows and doors and let the fresh, spring air and sunshine inside. This will eliminate much of the stale, stuffy air and give your home new life.
3. Clean window screens and windows to allow more light to shine into your home. This will give your home a more open, airy feel to it.
4. Vacuum your upholstery and draperies to remove any dust, pollen, or dander that may have accumulated over the long winter. This can exacerbate spring time allergies.
5. Thoroughly clean your ceiling fans to remove any accumulated dust and debris that can circulate around the room when you turn it on.
6. Clean carpeting with an organic rug cleaner to remove any residual pet odors and dust mites that can cause allergic reactions and make your home smell less fresh.
7. Dust thoroughly to further reduce airborne allergens that may have accumulated over the winter.
8. Clean floors, walls, windows, curtains, blinds and baseboards—now that you can get to them!
9. Clean up and organize your personal and work files. Now that your home is clean, start cleaning up your personal and work paperwork. Remember to organize and clean out your electronic files too — including email.
10. Once you've organized everything and gotten rid of the clutter and winter dust, you can go outside and enjoy the nice weather—and when colder weather returns, you'll be happy the clutter is gone!

The Flat and Transparent World

By Johnson S 1993 MCA

World Economy Crisis and Reform

The problem was so large, banks even with large capital reserves ran out, so they had to turn to governments for bail out. New capital was injected into banks to, in effect; allow them to lose more money without going bust. That still wasn't enough and confidence was not restored. The stock market crisis proves that the investors lost confidence in the public share market system and moved funds to persevere whatever that left in their account. As a result it damaged the financial wealth of the entire world.

Shrinking banks suck money out of the economy as they try to build their capital and are nervous about loaning. Meanwhile businesses and individuals that rely on credit find it harder to get. A spiral of problems resulted. The moral of these crises to remember our ancestor's words. You should save as much you can for a rainy fund. Remember the phrase in Tamil Varavuketha Selavu ("வரவுக்கேத்த செலவு") , Varavu Ettana Selavu Pathana ("வரவு எட்டணா செலவு பத்தணா"). These phrases tell us the truth on controlling the expenses versus income. Americans never save anything for the future generations and spend all they can and enjoy their life. Some observers argue that it was really a good way of living our life in the world. Now this is not true for those who didn't care about controlling the budget. That's the reason the new president Obama asked Americans to start saving their hard earned money. It's too late.

Buy American and Economic Protectionism

The United States is about to take another step in that direction as it will subject its fiscal stimulus package to Buy American provisions. As with other protectionist measures, the costs of such economic nationalism exceed the benefits by far.

We have yet not seen the sort of spiraling protectionism the US Congress triggered in the 1930s with its tariff bonanza, but we have seen a return of the creeping protectionism of the 1970s. Few countries have raised tariffs, and most economies of significance understand that the globalised nature of firms today makes their own jobs are sensitive to tariffs hikes. But now, as in the 1970s, creeping protectionism is triggered by increased government interventionism, especially in subsidies to ailing companies.

Such protectionism is unlikely to go away soon. In the best of worlds, other countries would quickly take the United States to the World Trade Organization for violation of its WTO commitments (the US has actually been a leading voice for the Government Procurement Agreement, which explicitly prohibits Buy National policies). At the current time, other countries are likely to retaliate.

One lesson policymakers have learned from the past is that protectionism is dangerous. But the big question is whether their good intentions will be enough to prevent a pulling up of national drawbridges. The Smoot-Hawley Tariff Act has been hovering like specters over the meeting of the world's economic elite at Davos; in the 1930s, the US raised tariffs on thousands of goods, which exacerbated the Great Depression and arguably paved the way to the Second World War.

It's an accepted truth that protectionism, with countries implementing measures to safeguard their own domestic businesses and workers, can turn a recession into a depression. The problem is that, political leaders are confronting a global crisis, but have only national tools at their disposal to fight it. And however much they believe in free trade, they are accountable to voters at a national level, who want to see their leaders putting domestic interests first. The risk is that politicians, however well intentioned, will find it impossible not to succumb to nationalist and protectionist rhetoric.

What else there on the Protectionism and how will it affect the Flat and Transparent World?

... Continue on next