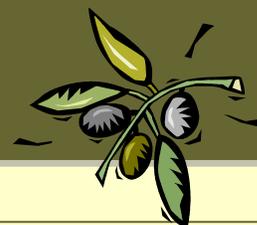




# THE JOSEPHITE



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## From then to now

By Valentine Paulraj

Glad to be with you for another edition of our newsletter. Over the last month many events would/could have happened in/to (y)our daily life, (y)our social life, (y)our spiritual life and (y)our worldly life. Many of these events would/could have affected and left indelible marks in (y)our lives. But still, I am here today to write and you are there to read and that is a great blessing and I thank GOD for that.

The month of June was not all that impressive for many, we saw significant unrest to innocent civilians in Sri Lanka, Iran, Iraq, Afghanistan and even Pakistan. We heard the crash of Air France and a few more heart breaking accidents and we lost an icon in the entertainment industry besides a few known artists. All this reminds us or atleast should remind us the fragility of life and that we should not take life for granted but use it as best as we can appreciate its value and importance.

We thank many of you who had visited SJC during your vacations and we are very grateful to you and your talents to capture precious pictures which have given folks like me an up to date view of our wonderful campus. I am sure you will agree with me that college life defined our life and the campus, the hostel and the faculty shaped our character and career. I thank GOD for the opportunity he gave me to be blessed with sound education and values that was inculcated in me at SJC by the selfless service provided by some rare, great and noteworthy teachers.

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We thank the principal, rector and faculty leaders at SJC for their support to our newsletter and group, we look forward to their continued support in the days to come as we plan to begin the SJC chapter in the USA. In the days to come please provide us with your suggestions, recommendations and criticism for this idea which would help us in the effort.

Well, spring is officially over and summer has begun, it is the time for travel to visit friends and family, near and far, I wish you all a wonderful time with your loved ones and remember to reach out and extend a helping hand to someone in need. Charity begins at home.

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

"The difference between an obstacle and an opportunity is our attitude towards it. Every opportunity has a difficulty, and every difficulty has an opportunity."  
-- J. Sidlo Baxter

"I would rather be able to appreciate things I cannot have than to have things I am not able to appreciate." -- Elbert Hubbard

"If you have grown, if you have contributed, if you have loved, if you have been loved -- then you have lived." -- M. Burkill

"Try not to become a person of success, but rather to become a person of value." -- Albert Einstein

"If you want to get somewhere you have to know where you want to go and how to get there. Then never, never, never give up." -- Norman Vincent Peale, Author and Speaker

"Life is like painting; we dye it with our actions." -- Stefen Ng

"The best way to predict the future is to create it!" -- Alan Kay

"To acquire knowledge, one must study but to acquire wisdom one must observe." -- Marilyn Vos Savant

"When I hear somebody say, Life is hard, I am always tempted to ask, Compared to what?" -- Sydney J. Harris  
"Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world." -- Helen Keller

"Improvement begins with I." -- Arnold H. Glasgow

"I'd rather be a failure at something I enjoy than be a success at something I hate." -- George Burns

"Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory." -- Betty Smith

"Life is not a matter of milestones, but of moments." -- Rose Fitzgerald Kennedy

"A real friend is one who walks in when the rest of the world walks out." -- Walter Winchell

"Part of the secret of success in life is to eat what you like and let the food fight it out inside."-- Mark Twain

## Recipe for your taste

By Renuka Kamaraj – 1987

### Butter Chicken

#### Ingredients

- Chicken - 300 grams, cleaned and cut into small pieces
- Cinnamon- 2" pcs
- Salt - to taste
- Cashew & almond paste - a handful ground smoothly
- Ginger & garlic paste - 2 tspns
- Onion - one chopped
- Turmeric powder- 1/4 tsp
- Chilly powder - 2 tsp
- Coriander powder- 1 tspn
- Orange colour - 1 1/2 tsp
- Butter - 3 tspn
- Oil - 2 tspn
- Tomato puree - 2 tomatoes blended smoothly

#### Method

- Fry onions in oil till transparent.
- Add cinnamon and let it fry.
- Then add ginger & garlic paste along with a little water.
- Stir continuously.
- Add turmeric, chilly, coriander powder with salt and mix well.
- Pour in tomato puree, cashew & almond paste - mix well with water.
- When it starts to boil add the chicken which should be mixed with a little colour.
- Then add sufficient water for the chicken to boil.
- The gravy should get thick or according to your requirement. Before switching off add butter.

Serve hot with parathas

## Something to laugh

By Illavarasan 1972

### Power of Bargain

A man realized he needed to purchase a hearing aid, but he felt unwilling to spend much money.

"How much do they run?" he asked the clerk.

"That depends," said the salesman. "They run from \$2.00 to \$2,000."

"Let's see the \$2.00 model," he said.

The clerk put the device around the man's neck.

"You just stick this button in your ear and run this little string down to your pocket," he instructed.

"How does it work?" the customer asked.

"For \$2.00 it doesn't work," the salesman replied.

"But when people see it on you, they'll talk louder!"

### The Lie Detector

John was a salesman's delight when it came to any kind of unusual gimmick. His wife Marsha had long ago given up trying to get him to change.

One day John came home with another one of his unusual purchases. It was a robot that John claimed was actually a lie detector.

It was about 5:30 that afternoon when Tommy, their 11 year old son, returned home from school. Tommy was over two hours late.

"Where have you been? Why are you over two hours late getting home?" asked John.

"Several of us went to the library to work on an extra credit project," said Tommy.

The robot then walked around the table and slapped Tommy, knocking him completely out of his chair.

"Son," said John, "this robot is a lie detector; now tell us where you really were after school."

"We went to Bobby's house and watched a movie."

said Tommy.

"What did you watch?" asked Marsha.

"The Ten Commandments." answered Tommy.

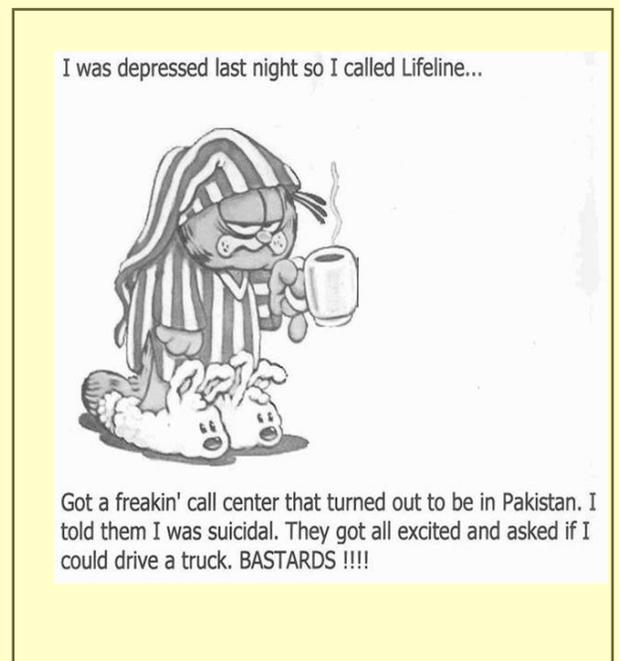
The robot went around to Tommy and once again slapped him, knocking him off his chair once more. With his lip quivering, Tommy got up, sat down and said, "I'm sorry I lied. We really watched a tape called Sex Queen."

"I'm ashamed of you son," said John. "When I was your age, I never lied to my parents."

The robot then walked around to John and delivered a whack that nearly knocked him out of his chair.

Marsha doubled over in laughter, almost in tears and said, "Boy, did you ever ask for that one! You can't be too mad with Tommy. After all, he's your son!"

With that the robot immediately walked around to Marsha and knocked her out of chair



## Tamil poem written in English

By Vijayan

Nilave nee illathu ponathanal  
 Vinnil Ulavum andha tharagaiyum oli izhandu ponathadi  
 Kannil Urakkam illai kanavugal kalaiyavillai  
 Ennil nee pugunthai ezhuthavo varthaiyilai

Muthal parvai muthal kadhal  
 Endurm marapathillai  
 Serndhu vazhndhirundal magzhindruppen  
 Odi olinda kadhai enakku mattum theriyum

Poovai irunda nee sarugai anayo  
 Nan sooda ninaitha malai yar soodip ponaro  
 Engo tholai thooram Merkkukaraiyoram  
 Nee tholainda nal mudhalai chorvutren  
 Manach chorvutren

Vazhkai pathaiyil than ethanai matrangal  
 Villum abum than vevveru idamathile  
 Eidhaval nee azhutahbothu sogam paaramal  
 Ambai unnai anuppi vaithare..

Ippothellam kanavuther Eri Urvalam  
 Varum bothu Arabik kadaloram  
 Unnai adikadi parkiren..  
 Un vizhigalin orathil sollavonna sogamudan..

A poem forwarded by Thomas Eppen:

# എന്തോ ഏതോ

സുരഭി എം എസ്

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

## From the World of Medicine

Chitra Dewaker 1973

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY AND ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.

Cancer Update from Johns Hopkins:

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumours.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. ... These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size.... However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to

other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

#### WHAT CANCER CELLS FEED ON:

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk, cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C)....

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrified and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Florescence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to

destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

## Interesting read about sending chain mails !!

By Vishaka Sajan

**Subject:** Email Tracking

Here is something everyone should read and take the advice.. If you don't, you're hurting yourself and your email buddies.

By now, I suspect everyone is familiar with <http://snopes.com/> and/or [www.truthorfiction.com](http://www.truthorfiction.com) for determining whether information received via email is just that: true/false or fact/fiction. Both are excellent sites.

Advice from Snopes.com Very important!

1) Any time you see an E-Mail that says forward this on to '10' (or however many) of your friends, sign this petition, or you'll get bad luck, good luck, you'll see something funny on your screen after you send it, or whatever, it almost always has an E-Mail tracker program attached that tracks the cookies and E-Mails of those folks you forward to.

The host sender is getting a copy each time it gets forwarded and then is able to get lists of 'active' E-Mail addresses to use in SPAM E-Mails, or sell to other spammers. Even when you get emails that demand you send the email on if you're not ashamed of God/Jesus .....that's E-mail tracking and they're playing on our conscience. These people don't care how they get your email addresses - just as long as they get them. Also, emails that talk about a missing child or a child with an incurable disease - "how would you feel if that was your child"....E-mail Tracking!!!

Ignore them and don't participate!

2) Almost all E-Mails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked people to send business cards to the little kid in Florida who wanted to break the Guinness Book of Records for the most cards. All it was, and all any of this type of E-Mail is, is a way to get names and 'cookie' tracking information for telemarketers and spammers - - to validate active E-Mail accounts for their own profitable purposes.

You can do your friends and family members a GREAT favor by sending this information to them; you will be providing a service to your friends, and will be rewarded by not getting thousands of spam E-Mails in the future!

If you have been sending out (FORWARDING) the above kinds of E-Mail, now you know why you get so much SPAM!

Do yourself a favor and STOP adding your name(s) to those types of listings regardless how inviting they might sound!...or make you feel guilty if you don't!...it's all about getting email addresses - nothing more!

You may think you are supporting a GREAT cause, but you are NOT! Instead, you will be getting tons of junk mail later and very possibly a virus attached! Plus, you are helping the spammers get rich! Let's not make it easy for them!

Also: E-Mail petitions are NOT acceptable to White House, Congress or any other organization - i.e. social security, etc. To be acceptable, petitions must have a signed signature and full address of the person signing the petition, so this is a waste of time and you're just helping the Email trackers.

## The Power of Non Violence

By P Venkatakrisnan

Dr. Arun Gandhi, grandson of Mahatma Gandhi and founder of the M.K. Gandhi Institute for Non-violence, in his June 9 (2000) lecture at the University of Puerto Rico, shared the following story as an example of "non-violence in parenting":

"I was 16 years old and living with my parents at the institute my grandfather had founded 18 miles outside of Durban, South Africa, in the middle of the sugar plantations. We were deep in the country and had no neighbours, so my two sisters and I would always look forward to going to town to visit friends or go to the movies.

One day, my father asked me to drive him to town for an all-day conference, and I jumped at the chance. Since I was going to town, my mother gave me a list of groceries she needed and, since I had all day in town, my father ask me to take care of several pending chores, such as getting the car serviced. When I dropped my father off that morning, he said, 'I will meet you here at 5:00 p.m., and we will go home together.'

After hurriedly completing my chores, I went straight to the nearest movie theatre. I got so engrossed in a John Wayne double-feature that I forgot the time. It was 5:30 before I remembered. By the time I ran to the garage and got the car and hurried to where my father was waiting for me, it was almost 6:00.

He anxiously asked me, 'Why were you late?' I was so ashamed of telling him I was watching a John Wayne western movie that I said, 'The car wasn't ready, so I had to wait,' not realizing that he had already called the garage. When he caught me in the lie, he said: 'There's something wrong in the way I brought you up that didn't give you the confidence to tell me the truth. In order to figure out where I went wrong with you, I'm going to walk home 18 miles and think about it.'

So, dressed in his suit and dress shoes, he began to walk home in the dark on mostly unpaved, unlit roads. I couldn't leave him, so for five-and-a-half hours I drove behind him, watching my father go through this agony for a stupid lie that I uttered.

I decided then and there that I was never going to lie again. I often think about that episode and wonder, if he had punished me the way we punish our children, whether I would have learned a lesson at all. I don't think so. I would have suffered the punishment and gone on doing the same thing. But this single non-violent action was so powerful that it is still as if it happened yesterday. That is the power of non-violence."

## Riddles to tease your brain

Gunasekaran M.Sc

1. What is represented by this Wacky Word? horobod
2. An Arab sheik tells his two sons to race their camels to a distant city to see who will inherit his fortune. The one whose camel is slower will win. The brothers, can't figure out how they can have a fair race under that condition. After wandering aimlessly for days, they ask a wise man for advice. After hearing his advice they jump onto the camels and race as fast as they can to the distant city. What did the wise man say to them?
3. What is the number that is 2 more than one-tenth of one-fifth of one-tenth of 1,000?
4. You can buy 3 bags of jellybeans and 2 bags of chocolate chips for 24¢, which was under their limit of a quarter. You can also get 4 bags of chocolates and 2 bags of jellybeans for the same 24¢. How much did each bag of chocolates cost?
5. Fill in the blanks below with a word that has the same meanings as the words on either side.

(plunder) \_\_\_\_\_ (bag)  
 (shoreline) \_\_\_\_\_ (slide)

6. If 4 oranges and 6 apples cost \$1.30, and 6 oranges and 4 apples cost \$1.20, how many oranges can you buy for \$1.00?
7. Stopping along the trail to rest, Judy saw that one-third of the rest of the group from the Girl Scouts was behind her and three-fourths were ahead. Not counting Judy, what was the total number in her group?
8. Eliminate 1 of the 14 letters listed below and make one 13 letter word. ( the 14th letter is only there to make the puzzle harder ).

A D D E E I I I L M R T W Z

9. Fill in the blanks below to complete three words that contain the letters OCT.

O C \_ \_ \_ T ( supernatural )  
 O \_ \_ \_ \_ C T ( hinder )  
 O \_ \_ \_ \_ C \_ T \_ ( confuse )

10. Sue is now four-fifths of her sister Kate's age. Three years ago, she was one-half her sister's age. Five years from now, Sue will be nine-tenths of Kate's age. If they are both under age 10, how old are they now?

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

## Crossword puzzles to test your brain

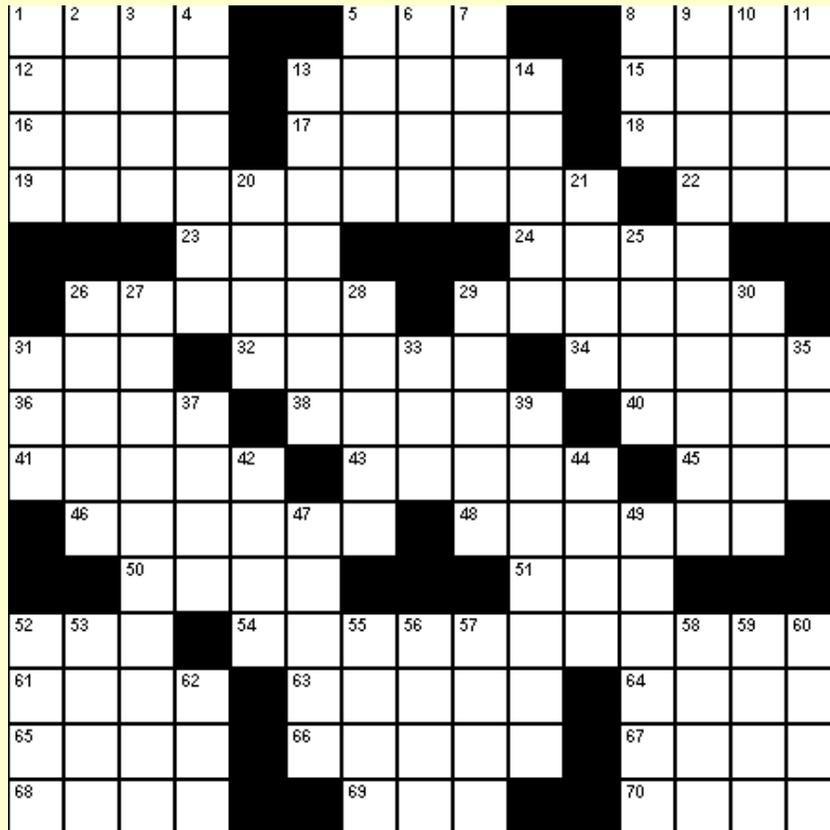
**Sugumaran MA**

**Across**

1- Actor Ian; 5- Male swan; 8- Assist, often in a criminal act; 12- Horne solo; 13- Merchandise; 15- Acting part; 16- Escaping fluid; 17- Cornered; 18- Quarter, e.g.; 19- The act of foreclosing; 22- Crazy \_\_\_; 23- Annoy; 24- Employs; 26- Achieve; 29- Was merciful to; 31- Calendar abbr.; 32- Knot; 34- Dark; 36- Writer Sarah \_\_\_ Jewett; 38- Scoffs; 40- Bread spread; 41- Tenuous substances; 43- Home movie medium; 45- DDE's command; 46- Shawl worn in Mexico; 48- Flight of steps; 50- Actress Petty; 51- Disapproving sound; 52- Baseball club; 54- Occupancy; 61- Bunches; 63- Claw; 64- Dominion; 65- Stretch wide; 66- Toss; 67- A party to; 68- Dispatched; 69- Convert into leather; 70- Cairo cobras;

**Down**

1- One of two equal parts; 2- Hydrox rival; 3- One telling tales; 4- Succeed; 5- Roman censor; 6- Globes; 7- Boyfriend; 8- Circle segment; 9- Proprietor of a bookstore; 10- "East of Eden" director Kazan; 11- Canvas shelter used on camping trips; 13- Ambulatory; 14- Thick sweet liquid; 20- Jutting rock; 21- Biblical birthright seller; 25- Cube creator Rubik; 26- Hand woven wall hanging; 27- Hollywood; 28- Green; 29- Snow conveyances; 30- Eats to a plan; 31- Cloudlike mass; 33- Diamond stat; 35- Also; 37- Architect Saarinen; 39- Solidifying; 42- Delhi wrap; 44- Kiln for drying hops; 47- Pub orders; 49- Greek island in the Aegean Sea; 52- Inlets; 53- Winglike parts; 55- Cease moving; 56- Inter \_\_\_; 57- Beethoven's birthplace; 58- Sisters; 59- Hoof sound; 60- Cravings; 62- Big bang cause;



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.



## SJC Visit – My Impressions

Johnson S 1993 MCA

### Why Josephite?

When I planned to visit India this time, I decided not to miss visiting SJC at any cost. By God's grace, I had a good companion and support from our Alumni Director Fr. Mariadoss SJ. First up all I would like to thank FR. MD, Fr. Rector and all other people who I met at the campus. It's been 15 years since I visited the campus (visited the campus for my convocation in 1994). So it was a thrilling, memorable and exciting moment of visiting the campus. Before I write about the impressions during my recent SJC campus visit, let me brief about the past experience with our Josephites. Most of you might have similar experience than I do. The SJC friend's network continued still after my post-graduation at SJC. I started my career at Hosur and Bangalore. During my stay at Bangalore we used to have a Josephite hub who helps each other irrespective of juniors or seniors. I am really grateful to some of our seniors Michael, Amuthan, Niranjana, Kadhivelu, J. Johnson, etc. Those times, we used to work together in IT companies and stayed together. Each and every one had lots of fun in going out for parties, movies, churches and picnics etc. 1990's are the golden time for all IT people in Bangalore. Every month we used to have a send off party since someone leave to UK or USA or Singapore or Australia on work visa. We helped our juniors to get accommodation and jobs. Every time I visit India I used to go Bangalore and visit the old places and meet people. This time also I visited and met with our House owner who was the only one I could find. They still gave lots of respect to me and offered breakfast. This is because they liked the discipline and the character of Josephite's whoever stayed there. The following picture depicts few of my past experience with Josephite's.



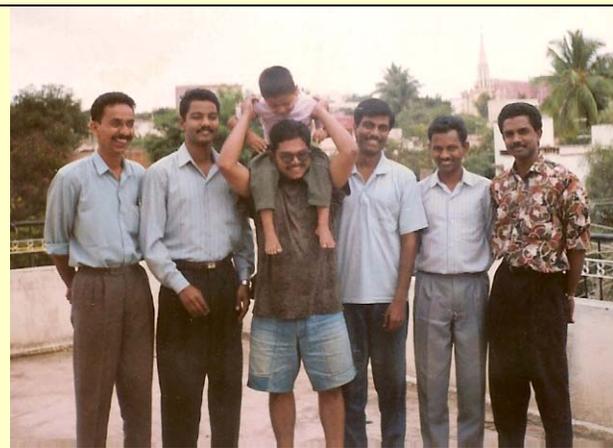
Classmates Alex, VR, Robert, Paul, Ignatius



1994 MCA Convocation



Josephite's Hogenakkal Falls Picnic (1995)



With my seniors at Bangalore (1994)



Celebrating classmate Paul's Birthday with my juniors (1996)



IT professionals - The fun part was the photographer took the pictures with bare foot.

As you know Josephites keep good characters, intelligence and education in general. We kept the tradition of giving opportunities to our juniors in terms of finance, accommodation or jobs. It was a wonderful time that we shared and enjoyed our bachelor's life by sharing and helping other Josephites. I used to do lots of cycling around the garden city. Cycling is one of my hobbies that I inherited right from my young age. I lived in Hosur/Bangalore for 3 years before come to US (just before the 1996 Olympic Games). I wondered to think about the teachings that I got from SJC during studies and the character that I built. Really the ethics of SJC gave me a spirit in helping others in need and enjoy the process. The Josephite google group that we started was a continuation of our old network with new ideas. This group brought many Josephites even too closer globally to realize their old memories, continue their network stronger and reach out every Josephite all over the world electronically.

### What I seen in SJC and my impressions

I had a very tight schedule to visit several places due to time constraints. I reached Trichy in the early morning of Thursday June 4<sup>th</sup>. I made an appointment with Fr. Mariadoss SJ at 7 AM and met him at the lobby of Fathers residence. After meeting him and Fr. Rector, he invited me for the breakfast. The Dosa and the Chutney/Sambar reminded me the taste that I enjoyed at the New Hostel. Really SJC cook are doing a wonderful job in making an authentic Indian food (If anybody starts a restaurant in USA, I would recommend hiring St. Joseph's cook). There are stories that the cook in St. Joseph's inherited with generations. Next time I will plan to take my whole family to visit the campus if time permits. It was a very thrilling experience which reminds old memories in autograph movie style. I felt very cool inside the campus midst of hottest weather. This is due to lots of trees (especially neem trees) and plants. Maintaining the garden in this busiest city is not a fun. I have seen the new library and the Institute of Management buildings surrounded by flower garden and green grasses. Really I appreciate the hard work and dedication of those people who maintains the campus beautifully. The main entrance was looking great with beautiful Road, curbs and street level garden and trees. The direction boards are very new and noticed several public notice boards. The best thing that I liked most was the picture posted with the phrase "**Alone we can do so little. Together we can do so much**". This phrase is suitable for our Josephite group. However some of the buildings with old architecture are still the same and it was looking great and strong. Each building has its own history. We discussed several things during the visit. The following are the main highlights:

- 1) Start a Josephite US chapter and create a web link with the Josephite Alumni site
- 2) Make all the Alumni quarterly newsletter in a electronic format and send it over the group
- 3) Become an Alumni Life member (fee Rs. 500) or Patron (fee Rs. 2000).
- 4) Proposed idea to have a guest house for Alumni's who visit SJC
- 5) Invite more Josephite to get into the network and assured more help to and from the Alma mater

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