



May, 2008
Issue 12

THE JOSEPHITE



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From then to now

By Valentine Paulraj

Glad to be back with you through this issue. This issue of our newsletter is a special one as it marks the completion of our first year in existence. Looking back over the year we are now more than two hundred active members. It all started as a small group and has multiplied well over the first year. The newsletter has been quite an impact and readers have started providing feedback and articles. We received great encouragement from the faculty of Saint Joseph's College and many of the ordained faculty visited the US and shared their thoughts and words, either in person or via phone calls or e-mails. We were able to meet great people like the former president of India Dr. Abdul Kalam ji and the Holy Father "The Pope". Our group had helped us bridge lost friends not only in the US but even overseas. We had a great one day get together last summer and are eagerly waiting for something similar this year. We have been able to secure jobs for members of our group through our network of professionals. Overall it has been a very fruitful and successful year.

We have been informed of similar groups in existence in the west coast of the US and also a group functioning to cater to the needs of our alumni in and around the Boston area. If any of you are acquainted, please provide them our contact information that we may bridge with them and expand our area of coverage.

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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 June.

With warm wishes

Valentine Paulraj

Here are some quotable quotes

Compiled by Rajasekar B. Com 1979

I would rather fail in a cause that will ultimately triumph than to triumph in a cause that will ultimately fail. --- *Woodrow Wilson*

Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold. --- *Helen Keller*

There is no present because by the time we acknowledge that a moment has happened, it is the past. --- *Michelle Koger*

We are what we repeatedly do. Excellence, therefore, is not an act but a habit. --- *Aristotle*

If you knew how much work went into it, you wouldn't call it genius. --- *Michelangelo*

I don't know the key to success, but the key to failure is trying to please everybody. --- *Bill Cosby*

Like a tree blowing in the wind, friendships can bend and waver, yet they will both remain standing if they have strong roots. --- *Suzanne Long*

Alcohol is the anesthesia by which we endure the operation of life. --- *George Bernard Shaw*

The best things in life are free; and, they are also priceless.--- *Jean Williams Brown, Associate Justice, Alabama Supreme Court*

Obstacles are those frightful things you see when you take your eyes off your goal. --- *Henry Ford*

Children are innocent and love justice, while most adults are wicked and prefer mercy. --- *G.K.Chesterton*

Coming together is a beginning, staying together is progress, and working together is success. --- *Henry Ford*

The older we get the younger old is. --- *Meg Ivan*

Recipe for your taste

By Nagarjuna B.Sc Chem 1969

MUTTON PALAK CURRY

Ingredients

- 1 kg Mutton
- 4 Onions
- 10 tsp Spinach
- 2 tsp Green chillies
- 6 tsp Red chillies
- Coriander leaves
- Ginger
- Garlic
- 2-3 tbsp Oil
- Salt to taste

Method

- Fry the onions and green chillies in oil till the former become brown in color.
- Now add mutton.
- Mix ginger, garlic, red chillies and salt.
- Put the lid over the pan and allow it to cook.
- Add spinach and again cook for 2 minutes.
- Mutton Paalak Curry is ready.
- Garnish the curry with coriander leaves.

Something to laugh

By Pasupathy Bsc Botany 1972

Work vs. Prison

IN PRISON you spend the majority of your time in an 8x10 cell.

AT WORK you spend most of your time in a 6x8 cubicle.

IN PRISON you get three meals a day.

AT WORK you only get a break for 1 meal and you have to pay for it.

IN PRISON you get time off for good behavior.

AT WORK you get rewarded for good behavior with more work.

IN PRISON a guard locks and unlocks all the doors for you.

AT WORK you must carry around a security card and unlock and open all the doors yourself.

IN PRISON you can watch TV and play games.

AT WORK you get fired for watching TV and playing games.

IN PRISON you get your own toilet.

AT WORK you have to share.

IN PRISON they allow your family and friends to visit.

AT WORK you cannot even speak to your family and friends.

IN PRISON all expenses are paid by taxpayers with no work required.

AT WORK you get to pay all the expenses to go to

work and then they deduct taxes from your salary to pay for prisoners.

IN PRISON you spend most of your life looking through bars from the inside wanting to get out.

AT WORK you spend most of your time wanting to get out and inside bars.

IN PRISON there are wardens who are often sadistic.

AT WORK they are called managers



Women Protestor being removed in Hyderabad



பொங்குக...

பழ. புகழேந்தி
(06 May 2008)

வினைந்த வயல் குறித்த
வேதனையைச் சுமந்தபடி
உலையில் கொதிக்கிறது
அரிசி.
விட்டுக்கொடுத்து
பறிக்கப்பட்டது போக
மிச்சமிருக்கும் நிலத்திலும்
முளைத்து வரமுடியவில்லை
முன்புபோல்
நிலதைப் பாதுகாக்கும் பொறுப்பு
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ஒப்படைக்கப்பட்டது எப்போதும்
வரப்புகளும் வாய்க்கால்களும் கிணறுகளும்
பறிக்கப்படும்போது
வேடிகை பார்த்தபடி
வெறுமனே நிற்பதைத்தவிர
வேறென்ன செய்யும் பொம்மைகள்?
பக்கத்து வயல்களுக்குப்
பாயும் வேளையில்
கரை மீறிக் கசியும் நீரில்
முளைவிட முடிந்தது
கொஞ்சமாவது....
எவரும் அறியாமல் துளையிட்டு
நிலத்திற்குள் ஊடுருவிய
பெருச்சாளிகளின் நாசங்கள்...
பாதுகாவலர்கள் பொம்மைகளே
என்பதறிந்த
அயலூர்க் குருவிகளின்
அச்சமற்ற அபகரித்தல்கள்...
எதிலும் அகப்படாம...
பானை வந்து சேர்வதற்குள்
பட்டபாடுகளை நினைத்தபடி
உலையில் கொதிக்கிறது
அரிசி.
பானையிலும்
பத்திரமாய் இருக்க முடியவில்லை
தீய்த்துவிடும் தீவிரத்தில்
தணல்கள்
கொதித்தால் போதாது
பொங்க வேண்டும்
பொங்கி வழியாமல்
அணையாது
அடுகடும் நெருப்பு.

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

"Your life is reflection of your thoughts"

There were once 2 brothers who lived on the 80th floor of a tall building.

On coming home one day, they realized to their dismay that the lifts were not working and that they have to climb the stairs home. After struggling to the 20th level, panting and tired, they decided to abandon their bags and come back for them the next day. They left their bags then and climbed on.....

When they have struggled to the 40th level by this time they had gone sufficiently mad and irritated. The younger brother started to grumble and both of them began to quarrel. They continued to climb the flights of steps, quarrelling all the way to the 60th floor.

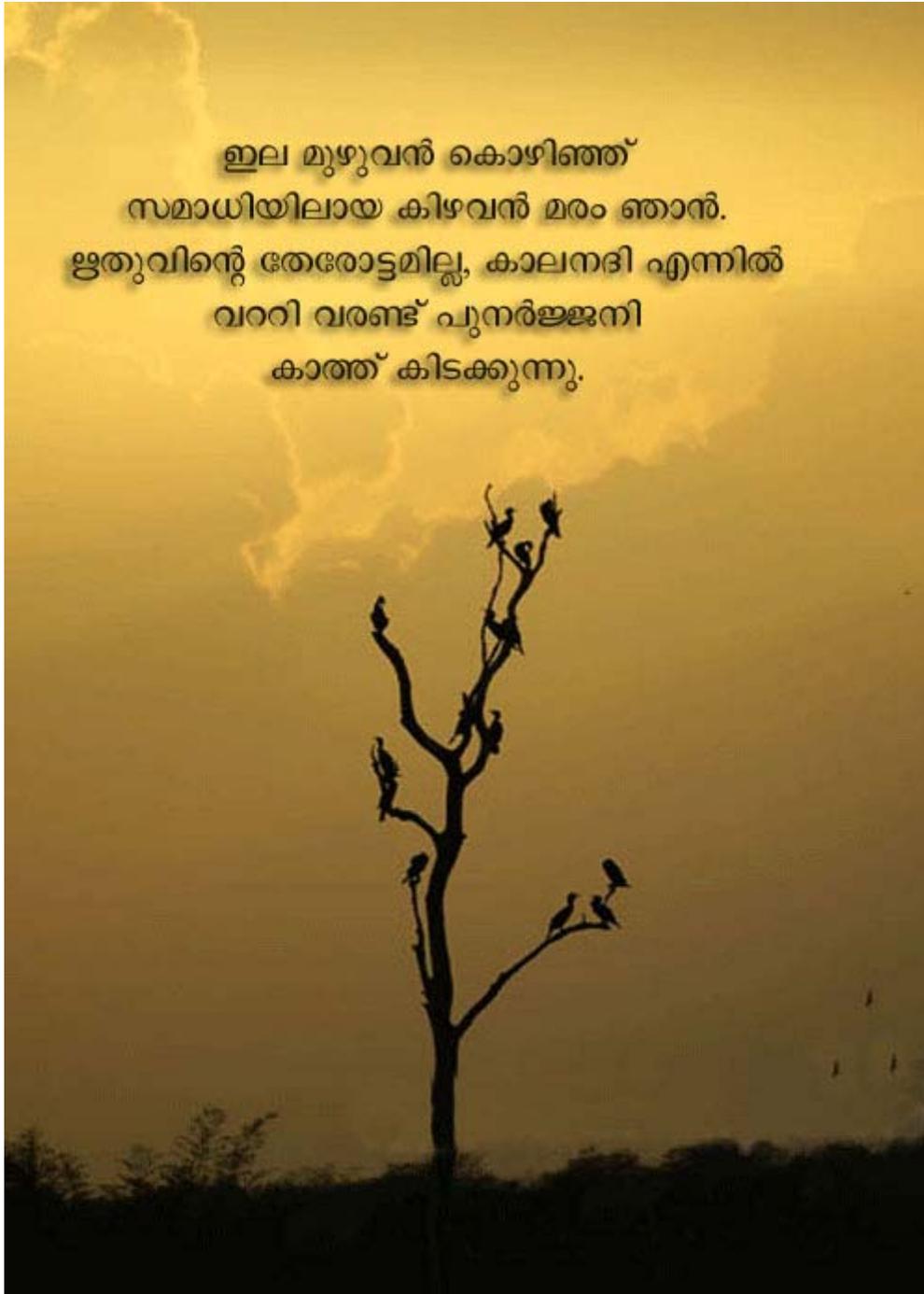
They then realized that they have only 20 levels more to climb and decided to stop quarrelling and continue climbing in peace. They silently climbed on and reached their home at long last! . Each stood calmly before the door and waited for the other to open the door. And they realized that the key was in their bags which were left on the 20th floor.....

This story is a reflection on our life and times. All of us climb the tall building called careersome till all the 80 floors and some less. But do we know that the key to happiness is in the bag which has been left back on the 20th floor?

Inside each of us are powers so strong, treasures so rich, possibilities so endless, that to command them all to action would change the history of the world.

Celebrate Life....."Your life is reflection of your thoughts"

A poem provided by Suresh Gopi



Natural Home Remedies for Back Pain

Compiled by Malarvizhi Ramanathan CPA

Back-pain home remedies rely primarily on rest and modification of daily routine. The kitchen shelves, however, do hold a few ingredients that can help get you "back" into shape.

[Home Remedies From the Cupboard](#)

Chamomile tea. Daily stress can make back muscles feel knotted. Chamomile tea offers calming relief to soothe tense muscle tissue. During a break or after work, treat yourself to a steaming mug. Steep 1 tablespoon chamomile flowers in 1 cup boiling water for 15 minutes. Or, you can use a prepackaged chamomile tea. Drink 1 to 3 cups a day. (Warning! Chamomile contains allergy-inducing proteins related to ragweed pollen. Ask your doctor about drinking chamomile if you are allergic to ragweed.) Packaged tea may be safer to drink than tea made from the flowers. Your doctor can advise you.

Epsom salts. Epsom salts ease back pain by reducing swelling. Fill your bathtub as usual and add 2 cups salts. Soak for 30 minutes.

Rice. Fill a clean, thick sock with 1 cup uncooked rice and place in the microwave for 30 to 60 seconds on medium-low. Check the temperature and apply to the back.

[Home Remedies From the Freezer](#)

Cold compresses. Cold compresses or ice packs should be applied immediately after back strain or injury. When the back suffers injury, blood rushes to the damaged area. Even though the resulting swelling is normal, too much inflammation can increase pain and lengthen your recovery period. An icy application reduces inflammation and helps numb pain. To make a cold compress, pack a few crushed cubes of ice into a plastic reclosable bag, cover with a washcloth or towel, and apply to the back for 15 minutes. Take it off for 30 minutes and then replace it for 15 more minutes. (A bag of frozen vegetables also works well. Wrap in a towel, too.)

[Home Remedies From the Refrigerator](#)

Ginger root. Fragrant ginger root has long been known to cure nausea, but back pain? Yes, ginger contains anti-inflammatory compounds, including some with mild aspirin-like effects. When your back aches, cut a 1- to 2-inch fresh ginger root into slices and place in 1 quart boiling water. Simmer, covered, for 30 minutes on low heat. Cool for 30 minutes. Strain, sweeten with honey (to taste), and drink.

Milk. Bone up on milk. Women, especially, should take care to include plenty of calcium in their diets. Older women are at greater risk for developing osteoporosis, the disease of eroding bones. Calcium helps build strong bones and protects the spine from osteoporosis.

[Home Remedies From the Stove](#)

Hot compresses. You can begin to apply heat to your back 48 hours after an injury. Warmth relaxes tight muscles, increases blood flow, and is extremely soothing. Soak a washcloth in water that you've heated on the stove, use a heating pad, or take a hot shower or bath. Nothing can put you out of commission faster than back pain. Now that you've read this article, you can make these home remedies part of your back-saving strategy

The world from different views

Australia (<http://www.news.com.au/business/money/story/0,25479,23791677-14327,00.html>)

Food prices are set to double
June 01, 2008 01:00am

AUSTRALIAN food prices could double within a few years on the back of global shortages and soaring fuel prices.

The drought, a shortage of water and agricultural land, insatiable demand from China and India and a lack of investment in research have combined with high oil prices to create a grim future for Australian families.

Australia has had its worst rice crop in more than 80 years and rice, wheat and corn prices have more than doubled in the past two years as a result of the drought.

New Zealand (http://www.nzherald.co.nz/section/1/story.cfm?c_id=1&objectid=10513717)

Filling up will get even dearer
5:00AM Sunday June 01, 2008
By [Alice Hudson](#)

The annual bill for filling up an average family car will have risen by 50 per cent in 18 months by Christmas.

With the price of crude oil continuing to increase, experts say the cost of a litre of 91 octane unleaded fuel could hit \$2.50 by the end of the year.

The AA said that would see the cost of running a 1.6 to 2-litre, 4-cylinder car for 14,000km a year reach \$3095, up more than \$1000 since last May

China (<http://english.people.com.cn/90001/90776/90882/6422198.html>)

Soldiers evacuated as plans to drain quake-formed lake are completed
09:08, June 01, 2008

The diversion project to drain a dangerous lake in China's quake-hit Sichuan was completed at 10 p.m. on Saturday, a water resources official said.

By 10 p.m. Saturday, about 135,500 cubic meters of mud and rocks have been removed from the Tangjiashan quake-formed lake, leaving a 475-meter-long channel up to 10 meters wide on the giant blockage, said Liu Ning, chief engineer of the Ministry of Water Resources and deputy director of the diversion project.

The quake lake was formed when the May 12 earthquake triggered landslides and blocked a river. The lake, which holds nearly 200 million cubic meters of water, threatened to burst through the loose blockage and flood millions of people downstream. The water level of the lake, which had been rising about 1.6 meters daily, was seven meters from the lowest point of the blockage, Liu said.

He added that the plan to blow off the blockage with explosives has been abandoned, as the diversion channel has been completed on time.

Russia (http://english.pravda.ru/russia/economics/10-01-2007/86286-putin_oil-0)

Putin tries to calm EU oil jitters to restore confidence in Russia as oil supplier

An unyielding President Vladimir V. Putin on Tuesday raised the possibility of diverting [oil](#) transit routes away from Belarus, a day after Moscow cut off pipeline deliveries of crude oil headed to customers in Eastern and Central Europe through the country.

Such a change, which would be years in the making, would cut [Belarus](#) out of any role in the transshipment of oil to Europe without offering the customers any immediate assurance that their supplies were reliable.

The two-day cutoff has affected supplies to Ukraine, Germany, [Poland](#), Hungary, the Czech Republic and Slovakia. It is the second stoppage of Russian energy supplies to European countries since last winter, when [natural gas](#) shipments were shut down briefly during a gas pricing dispute between [Russia](#) and Ukraine

Pakistan (<http://www.dawn.com/2008/06/01/top1.htm>)

June 01, 2008, Sunday, Jamadi-ul-Awwal 26, 1429

More cuts proposed in president's powers; LGs may go

By Nasir Iqbal

ISLAMABAD, May 31: People's Party co-chairman Asif Ali Zardari on Saturday approved a draft of the 18th Constitution Amendment Bill and, according to the law ministry, the modified document will now be sent to other coalition partners in order to arrive at a consensus before its presentation in parliament.

The law ministry's announcement that the constitutional package had been approved by the party chief came as a surprise because Mr Zardari is not a part of the government.

A source said that changes included a new clause in Article 243 of the Constitution which proposes to authorise the prime minister to declare war in case of an external aggression.

"Only the prime minister will have the final authority to grant permission to resort to such an extreme step," sources said.

Middle East

(<http://www.arabnews.com/?page=7§ion=0&article=110475&d=1&m=6&y=2008>)

6 Caught Selling Eavesdropping Devices: Police

Wael Abdullah, Arab News

Sunday 1 June 2008 (26 Jumada al-Ula 1429)

JEDDAH, 1 June 2008 — Police in Jeddah arrested six men selling listening devices that could pick messages sent by security officials.

Most of their customers were drivers of tow-trucks. With the help of the device, they could listen to wireless messages passed by traffic police about motor accidents and their locations.

Col. Misfar Al-Joaed, spokesman for the Jeddah police, told Arab News that detectives discovered that some people were misusing the frequencies used by the Police Department.

Through a sting operation, police discovered the shop where the devices were sold and arrested people who sold the devices, said the police spokesman.

Police are also investigating people responsible for importing the devices into the country.

Africa (http://www.africanews.com/site/list_messages/18617)

Ethiopia lauds activities Sullivan Foundation

Posted on **Saturday 31 May 2008 - 15:38**

Ethiopian News Agency

President Girma Woldegiorgis hailed the Leon H. Sullivan Foundation and its delegates for their unreserved commitment to work as a bridge between America and Africa and the world serving as a forum for economic and cultural cooperation. The President gave a state banquet to the delegation later on Friday. Earlier on the day the president held talks with senior leaders of the foundation on activities of the foundation and on ways of bringing its summit to Addis Ababa City in the near future.

Speaking at the occasion, Girma said Africa needs special friends who are committed to walk long journey to overcome the many challenges the continent faces.

"What a partner does Africa have if it is not dedicated African Americans such as yourselves who have taken proactive steps to learn more about this continent of many contrasts", the president said.

South America (<http://news.bbc.co.uk/1/hi/world/americas/7429351.stm>)

Honduras crash forces diversions

Page last updated at 15:30 GMT, Saturday, 31 May 2008 16:30 UK



BRASILIA, Brazil --

The international airport in the Honduran capital, Tegucigalpa, is to be closed to larger aircraft, following a fatal crash which killed five people.

Large passenger jets are being transferred to a military airfield outside the city, the authorities said. Dozens were hurt in Friday's accident, when an Airbus A320 overshot the wet runway and crashed onto a city road

Tegucigalpa's airport - a short runway surrounded by hills - is considered one of the most dangerous in the region. The Miami-bound Taca airline Flight 390 was arriving from El Salvador, carrying 135 passengers and crew, when it crashed.

Officials say the plane was trying to land in heavy rain and fog. The aircraft's Salvadoran captain, two passengers and two motorists were killed. The dead passengers were Jeanne Chantal Neele, the wife of the Brazilian ambassador in Honduras, and Harry Brautigam, director of a regional development bank.

Europe (<http://www.neurope.eu/articles/86861.php>)

New era for EU-Russia

EU takes big step on the long road to Moscow

Author: Kostis Geropoulos 26 May 2008 - Issue : 783

After 18 months of objections by former Soviet satellites, European Union Member States on May 21 finally achieved a breakthrough on starting talks on a strategic deal with Russia after Lithuania withdrew its veto. The deal raised hopes that an era of tension and confrontation with Moscow could give way to an improved relationship.

The presidency of the EU's council of member states, currently held by Slovenia, has "secured agreement" between the EU's member states "on a negotiating mandate for a new comprehensive agreement between the EU and Russia," a statement read.

Afghanistan (<http://www.afghannews.net/index.php?action=show&type=news&id=2839>)

Afghanistan seeks to revive farming sector addicted to opium

30. May 2008, 00:16

By FISNIK ABRASHI, Associated Press Writer

Afghanistan will ask international donors next month for \$4 billion to revive its agricultural sector, but it could be a hard sell with another massive crop of opium expected this year.

Despite the sharply rising price of grain, foreign-funded efforts to promote legal alternatives to the narcotic have largely failed.

Farmers still make much more from growing poppy, the raw material for heroin, which flourishes amid Afghanistan's Taliban insurgency and rampant lawlessness. Half of the country's production comes from Helmand province, a stronghold of insurgents.

Roughly one out of every seven farmers in this predominantly rural nation of 32 million people grow opium. Giving them alternatives is part of Afghanistan's plan to invest \$4 billion over the next five years in its outdated agricultural sector.

It will present the plan at a conference of international donors in Paris on June 12 — a key plank of its \$50 billion appeal to fund development in the war-ravaged country.

For more news, click the links

Compiled by Raveendran KP (B.Sc Botany 1988)

Gardening Tips

Tomato Plant Care

By Michael Russell

The tomato is one of the most popular plants kept in home gardens. They are easy to grow and provide food for your family. Tomatoes do need to be cared for to grow though.

The tomato is actually a fruit even though most people think of it as a vegetable. At one time, people thought it was poisonous to eat and they were only grown for decoration. They were referred to as "love apples" then. There are literally hundreds of varieties to choose from for your home garden and all of them have different size, color, shape, season of maturity, disease resistance and taste. Choose a variety that you will enjoy having!

Tomatoes can be either determinate or indeterminate. Determinate means that they develop a flower cluster at the terminal growing point. The plant will stop growing at this height. Indeterminate plants do not form this flower cluster and will continue to grow taller indefinitely. Indeterminate tomatoes also produce very flavorful fruit, but are usually late to mature. Most of the older varieties of tomatoes are indeterminate. Determinate vines are easier to control but they also have ripe fruit for a shorter time period than indeterminate plants.

Tomatoes do not tolerate freezing temperatures, so it is best to plant them once the weather is warm. For adequate harvest room, you will need to space your plants apart. The spacing for each variety is different, however. For dwarf plants, they will need to be twelve inches apart in the row. Staked plants will need to be 15 to 24 inches apart. Some indeterminate varieties even need four feet of space between them in the rows and five to six feet in between rows.

When you plant your tomato plants, you should fertilize them right away. You can also cultivate shallowly or hoe to keep the weeds down without doing damage to the roots. Mulching is highly recommended, especially if you want to have your plant for the full season harvest. Organic materials or black plastic is okay to use for mulching. However, don't put down organic materials until the soil has warmed up all the way. If you put it down too early, the plant will not grow very well.

You will need to water your tomato plants regularly and thoroughly. If you are keeping your plants in containers they may need to be watered every day or even more. You will also need to feed your plants with a liquid tomato fertilizer once every two to three weeks until the end of August. The fertilizer should be high in potash. Once September arrives, just feed it with a regular fertilizer that is high in nitrogen. Weed around the plants as much as you can to prevent bugs and diseases from getting to your tomatoes. As the plant grows, you will also need to use stakes to support it. Tie the main stem to the stakes.

If you give this plant the care it needs, you will be rewarded with delicious tomatoes. Tomatoes are the best after they have just ripened so for the best taste eat them as soon as they are ripe.

This is a great plant to keep at your home!

The Flat and Transparent World

By Johnson Sab

GLOBAL ACTIVISM

When you talk about the global activism, the companies combine the value of collaborating environmental practices (**Go Green**) and human rights. The outsourcing companies tried to achieve these in common to support the multi-cultural environment. For example Google made several facilities for their employees to enjoy their human life as well as provided environment free atmosphere. What about the companies who teach, **“Thirty little turtles in a bottle of bottled water. A bottle of bottled water held thirty little turtles. It didn’t matter that each turtle had to rattle a metal ladle in order to get a little bit of noodles.”**? Yes. They do too.

One global area that is going to need sorting out is the relationship between the global corporations and their own moral consciences. Some may laugh at the notion that a global corporation even has a moral conscience or should ever be expected to develop one. But some do and others are going to develop one, for one simple reason: In the flat world, with lengthy global supply chains, the balance of power between the global companies and the individual communities in which they operate is tilting more and more in favor of the companies, many of them American based. As such, these companies are going to command more power, not only to create value but also to transmit values, than any transnational institutions on the planet. Social and environmental activists and progressive companies can now collaborate in ways that can make both the companies more profitable and the flat earth more livable. Compassionate flatism very much seeks to promote this type of collaboration.

Let me illustrate this notion with couple of examples. If you think about the forces that are gobbling up biodiversity around the planet, none are more powerful than farmers. It is not that they are intending to be harmful; it is just in the nature of what they do. So how and where people farm and fish really matter to whether we preserve natural habitats and species. Conservation International, one of the biggest environmental NGO’s in the world, has its main mission preserving biodiversity. It is also a big believer in trying, when possible, to collaborate with big business, because when you bring a major global player around, it can have a huge impact on the environment. In 2002, McDonald’s and Conservation International forged a partnership to use the McDonald’s global supply chain – a behemoth that sucks beef, fish, chicken, port, bread, lettuce, pickles, tomatoes, and potatoes from all four corners of the flat world – to produce not just value but also different values about the environment. “We and McDonalds looked at a set of environmental issues and said, ‘here are things the food suppliers could do to reduce the environmental impact at little or no cost’, explained Glenn Prickett, senior vice president of Conservation International.

What these collaborations do is start to “break down the walls between different interest groups”, said Prickett. Normally you would have the environmentalists on one side and the farmers on the other and each side trying to get the government to write the regulations in the way that would serve it. Government would end up writing the rules largely to benefit business. “Now, instead, we have a private entity saying, ‘We want to use our global supply chain to do some good’, but we understand that to be effective it has to be a collaboration with the farmers and the environmentalists if it is going to have any impact”, Pickett said.

In people’s normal life they encountered with several of the impacts without being a social activist. That’s why the kind of individual social activism will provide the human race to enjoy as a group and March forward to help others. After learning about these facts the Columbus messenger heard news that the Josephite’s were formed a group which achieved 12 months of it social activism. He praised of being these type of activism and given blessings to go forward. Hey “One year Anniversary of Josephite’s group celebration will be held at an environment free place. For all Josephites, let us Cheers....” What else do you want to know about the Social activism?

.... Continue on next