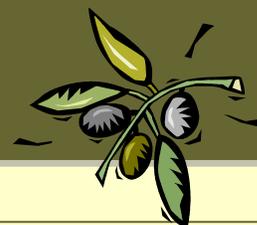




May, 2009  
Issue 23

# THE JOSEPHITE



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## From then to now

By Valentine Paulraj

Am glad and grateful to GOD for the gift of life he had bestowed on me that am able to reach out to you yet another time. I hope and wish that since the last time I wrote you must have all been well. Many events have taken place that has shaped and reshaped the world and many countries.

We congratulate the newly elected UDP front led by the Congress in India and wish Prime Minister Manmohan Singh and his team of ministers GOD's blessings, wisdom and prudence to govern the world's largest democracy. India is the world's best example of democracy and unity in diversity.

We share the pains of our friends in Sri Lanka. I still remember some of my friends who were badly hurt in the 1980s violence and the mental scar the violence left in their minds. We hope and pray that peace returns to the innocent civilians who are badly displaced.

We hope and pray that the nations of the world will be wise enough to refrain from testing nuclear energy for wrongful purpose and remember that no matter who uses it, a wrongful use of these dangerous energies can make mankind extinct.

Many of you have written to me thanking me for the short insight into the global economic crisis. Am glad it was beneficial and hope it will all be over soon. Remember, the only way to survive this global financial crisis is to be prepared. Preparedness is the key to winning any battle. The rule is, do not spend beyond your means. With or without crisis, every dollar must be

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spent wisely. Stop buying products that will end up in your trash bin or stored in your closet. Buy items that you need and avoid buying things that you want but you don't actually need.

Summer is around and many of you will be travelling 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 hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else." -- E. E. Cummings

"Forget about all the reasons why something may not work. You only need to find one good reason why it will." -- Dr. Robert Anthony

"The great question is not whether you have failed, but whether you are content with failure." -- William Shakespeare

"Ability is what you're capable of, motivation determines what you do, and attitude determines how well you do it." -- Lou Holtz

"It is never too late to be what you might have been." -- George Eliot

"Problems are to the mind what exercise is to

the muscles; they toughen and make strong." -- Norman Vincent Peale

"I've learned that making a 'living' is not the same thing as making a 'life'." -- Maya Angelou

"Once you replace negative thoughts with positive ones, you'll start having positive results." -- Willie Nelson

"It is not because things are difficult that we do not dare; it is because we do not dare that things are difficult." -- Seneca

"It is only with the heart that one can see clearly, for the most essential things are invisible to the eye." -- Antonie de Sainte Exupery

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

## Recipe for your taste

By Renuka Kamaraj – 1987

### Chicken Tikka Masala

#### Ingredients

- Chicken - 500 gms boneless pieces

#### For Marinating

- Ginger and garlic paste - 2 tsp
- Turmeric powder - 1/4 tsp
- Chilly powder - 1/2 tspn
- Coriander powder - 1 tspn
- Garam masala - 1 tspn
- Cumin powder - 1/2 tspn
- Salt
- Curd - 1/2 cup beaten well

#### For the gravy

- One onion chopped
- Tomato puree 2 tspns
- Turmeric powder- 1/4 tspn

- Coriander powder 2 tspn
- Chilly powder -1 1/2 tspn
- Ginger and garlic paste - 1 tspn
- Salt to taste
- Oil 3 thsp
- Garam masala powder - 1/2 tspn
- Coriander leaves finely chopped for garnish
- Cream 1 tspn optional for garnish

#### Method

- Marinade for one hour. Then put this on skewers and grill till cooked. Or you can put it on a pan and let the flame be low or even bake it till done.
- Heat oil in a vessel, fry onions and add ginger and garlic paste.
- Let it fry well till the oil separates.
- Then add all the powdered masala, and the tomato puree, salt to taste add a little water and let the gravy thicken.
- Then add the chicken pieces and cook for a while, finally when the gravy is thick, remove from fire.
- Garnish with coriander leaves and cream.

## Something to laugh

By Illavarasan 1972

**Doctor to patient:** You will die within 2 hours. Do you want to see any one before you die?

**Patient:** Yes. A good doctor..

**Sardar:** My mobile bill how much?

**Call centre girl:** sir, just dial 123to know current bill status

**Sardar:** Stupid, not CURRENT BILL my MOBILE BILL.

**Q:** How do you make a sardarji laugh on Saturday?

**A:** Tell him a joke on Wednesday.

**Sardar:** I think that girl is deaf..

**Friend:** How do u know?

**Sardar:** I told I Love her, but she said her chappals are new

**Friend:** I got a brand new Ford IKON for my wife!

**Sardar:** Wow!!! That's an unbelievable exchange offer!!!

**Teacher:** Which is the oldest animal in world?

**Sardar:** ZEBRA

**Teacher:** How?

**Sardar:** Bcoz it is Black & White

**Judge:** Don't U have shame? It is d 3rd time U R coming to court..

**Sardar to judge:** U R coming daily, don't U have shame?

**Question:** "Should Women have Children after 35?"

**Smart Sardar Replied:** "No!

35 Children R More than Enough!!"

Sardar attending an interview in Software Company.

**Manager:** Do U know MS Office?

**Sardar:** If U give me the address I will go there sir.

Sardar got a sms from his girl friend:  
"I MISS YOU"

**Sardarji replied:**

"I Mr YOU" !!.

After finishing MBBS Sardar started his practice. He Checked 1st Patient's Eyes, Tongue & Ears By Torch & Finally Said: "Torch is okay"

**Sardar1:** Oye, what will happen if electricity is not discovered?

**Sardar2:** Nothing, we must watch TV in candle light.

**Teacher:** "What is common between JESUS, KRISHNA, RAM, GANDHI and BUDHA?"

**Sardar:** "All are born on government holidays...!!!

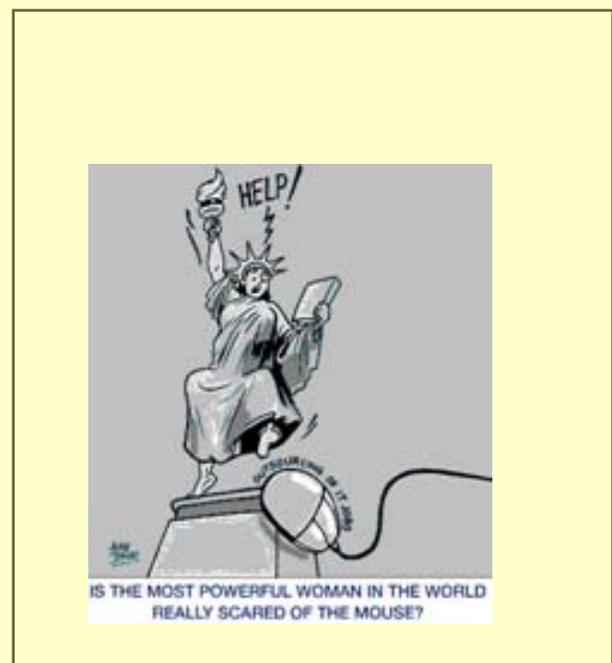
**Sardar:** Miss, Do u called 2 my mobile?

**Teacher:** Me? No, why?

**Sardar:** Yesterday I saw in my mobile- 1 Miss Call".

**Sir:** What is difference between Orange and Apple?

**Sardar:** Color of Orange is orange, but color of Apple is not APPLE



## கல்விமான்கள்

குறிப்பு: இந்தக் கவிதை **வார்ப்பு** பத்திரிக்கையில் பிரசுரமாகியது.



என் தாயின் மடிதனிலே  
ஏழாவது மகவு நான்  
என் முன்னே ஆறு பேர்  
என்னோடு ஏழு பேர்

பெற்றோர் எடுத்தனர் முடிவு  
அன்று  
பெத்ததெல்லாம் போதும் என்று

எட்டாவதாய் இனியொன்று  
எக்காலமும் வேண்டாம் என்று

ஏழு பேர் இருந்தபோதும்  
என்னைப் போல் எவருமில்லை  
ஏழும் ஏழு விதம்  
எனக்கென தனி விதம்

கடைக்குட்டி ஆயினேன்  
கடை கடையாய் ஒடினேன்  
கடனாய்க் காபி வாங்கினேன்  
தாயின் தலைவலி தீர உதவினேன்

செருப்பில்லா பாதங்கள்  
தெருவெல்லாம் என் போன்ற சிறுவர்கள்  
நாலு கிலோ மீட்டர் நடைபைக் கட்டி  
நாங்கள் கற்றோம் நாலெழுத்து

காலை சென்றேன் பள்ளிக்கு  
கிழிஞ்ச ட்ரவுசரோடும்  
கிள்கிளக்கும் அட்டை போட்ட  
கிழிஞ்சு போன நோட்டோடும்

பள்ளிக் கூடம் முடிந்து வந்து  
பம்பரங்கள் சுற்றினேன்  
பால்கரக்கும் பசு மாட்டினை  
பக்குவமாய்க் குளிப்பாட்டினேன்

காலம் கடந்திட்டாலும்  
கடந்த காலம் மறக்கவில்லை  
கற்றறிந்த கல்வி அன்று  
கஞ்சி ஊத்துது எனக்கு இன்று

கல்வி கற்றுத் தந்திட்டக்  
கல்விமான்களை நினைக்கிறேன்  
காலமெல்லாம் நன்றி சொல்லி  
களிப்புடனே வாழ்கிறேன்

John Peter Benedict, USA



A poem forwarded by Thomas Eppen:

കവിത » സമകാലീനം



## മൂൻറു മണി മുപ്പതു നിമിഡം

അജീത്

"ഇലകൈ ഒലിപരപ്പുക്കൂട്ടുത്താവന  
ആസിയ സേവൈ..നേരം.."

പാമ്പൻപാലം നൂഴഞ്ഞ്  
ധനുഷ്കോടിയിൽ മുങ്ങി  
കാറ്റ്നിനിലേ വന്ന് കാതിൽ വീണ  
ഗരില്ലാ പാടൽകളേ..  
കാണുന്നുണ്ടോ നിങ്ങൾ?

റബ്ബർ മരങ്ങളുടെ സാലഭഞ്ജികകൾ  
ഉണവും ഉണ്ടയും തീർന്ന പീരങ്കികൾ  
കാൽ വിരൽതുമ്പു തൊട്ടാൽ  
പൊട്ടിത്തെറിക്കുന്ന അഹല്യകൾ  
പെട്ടിയും കുട്ടിയും പ്രമാണങ്ങളും  
നിഴലിക്കുന്ന ചതുപ്പിൽ  
അഹിംസ  
കണ്ണുച്ചു് ധ്യാനത്തിനിരിക്കുന്ന താമരകളേ

പുൽമേട്ടിൽ  
പുലി കിടന്നതിന്റെ അടയാളങ്ങൾ

ഒരുക്കുകല്ലുകൾ കയറി നിഴൽ വരുമ്പോൾ  
പൊഴിഞ്ഞു വീഴുന്ന നാലു മണിപ്പൂക്കളേ..  
മലയാള പാടൽകളേ..

വണക്കം ചൊല്ലി വിട വാങ്ങാൻ  
അരമണിനേരം മാത്രം.

# Medical Page

Janakiraman 1972

## Remedies for Cracked Heels

### NATURAL CURES TO CARE FOR YOUR FEET AND HEELS

-Apply any shortening or hydrogenated vegetable oil after washing the feet clean on dry and cracked areas of the feet. After applying a thick coat of shortening on the feet, wear a pair of thick socks. Leaving this application overnight can surely provide positive results in few days.

-Apply the pulp of a ripe banana on the dry or cracked area of the heel. Leave it on for 10 minutes and rinse it clean.

-Soak the feet in lemon juice for about 10minutes. Follow this therapy on a weekly basis until one finds a change.

-A regular application of a mixture of glycerin and rosewater is known to soothe and cure cracked heels.

-Another result oriented solution is to melt paraffin wax and mix it well with little mustard oil. Apply on the dry or cracked area of the heels. Rinse it off in the morning. A continuous application for 10 to15 days can achieve desirable results.

## Diet for Cracked Heels

### CONSUME A DIET RICH IN CALCIUM, IRON, ZINC AND OMEGA-3 FATS

Here is list of essential foods that one can include in a regular meal and help curb deficiencies that may cause cracked heels:

-Vitamins (Vitamin E) rich foods include: vegetable oils, green vegetables, cereals, wheat germ, whole-grain products and nuts.

-Minerals (Calcium and Iron) rich foods include :

1) Calcium: milk, cheese, yogurt, goat's milk, fortified soya milk, mineral water, ice cream, tinned fish, juices, cereals and broccoli are excellent sources of calcium. Dairy products such as milk and yogurt are also considered as one of the best sources of calcium.

2) Iron: Meat, chicken and fish are good sources of iron. Iron is also available in cereals, eggs, vegetables and beans; however it is not as easily absorbed into the body as the iron from meat, chicken and fish.

3) Zinc rich foods include: Oysters, chicken, crab, kidney beans, yogurt, brown rice, spaghetti.

4) Omega-3 fatty acids are largely found in: Purslane herb, cold water fish, and flaxseed oil or flax seeds.

## Riddles to tease your brain

Gunasekaran M.Sc

1. A certain month will begin on a Friday and will end on a Friday also. What month is it?
2. The local grocer is a would-be mathematician. He likes to arrange his apples in nice rows. However, when he lays his apples in rows of 3 he has one left over. When he lays them in rows of 5 he also has one left over. Remarkably he also has one left over when he arranges them in rows of 7 and 9. 11 seems to be the magic number, for, in rows of 11 there are no apples left over. How many apples does the grocer have?
3. John is such a great painter, that he was asked to paint the room numbers on all of the doors of the fourth floor of the local hotel. He painted all of the numbers from 400 to 499. How many times did he paint the number 4?
4. My first is in bridge but not in ridge.  
My second is in awake and in mistake.  
My third is in danger but not in ranger.  
My fourth is in flange and in orange.  
My fifth is in spline and in wine.  
My last is in river and in diver.  
My whole likes the darkness.  
What am I?
5. Forward I am heavy, but backward I am not. What am I?
6. What word is represented by the letters below?  
  
M.D.                      M.D.
7. That attorney is my brother, testified the accountant. But the attorney testified he didn't have a brother. Who is lying?
8. If you reverse the digits of my age, you have the age of my daughter. A year ago, I was twice her age. How old are we both now?
9. Kev, Berni and James like coffee, but John, Mathew and Prichard don't. Does Simon like coffee?
10. Traffic was really bad going to work this morning. I only managed to average 30 mph. At what speed must I travel home tonight to average 60 mph for the entire round trip?

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

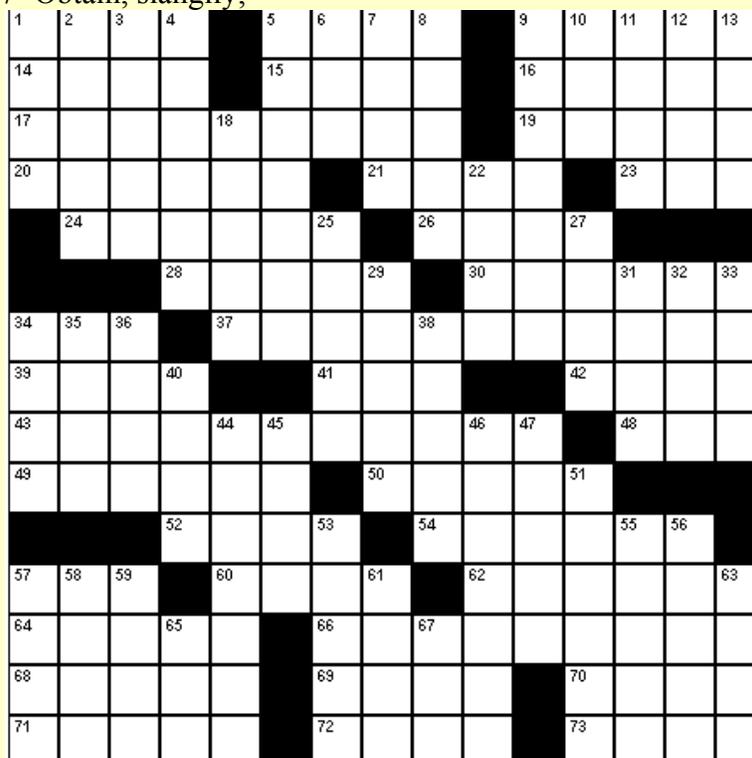
Sugumaran MA

### Across

1- Young salmon; 5- Neophyte; 9- Brief brawl; 14- Horne solo; 15- Agitate; 16- Staggering; 17- Ignorance; 19- Animal trap; 20- Metamorphic rock; 21- "From \_\_\_ according to his abilities..."; 23- \_\_\_ Grande; 24- Having a handle; 26- Film \_\_\_; 28- Stories; 30- Likenesses; 34- Botanist Gray; 37- Qualification document; 39- Drum sound; 41- Electrically charged atom; 42- Green land; 43- Presides over a meeting; 48- Actor Beatty; 49- Large stinging wasp; 50- Skewered edible; 52- Latin I word; 54- Import or export duty; 57- Anger; 60- Cries of discovery; 62- Crave; 64- Philosopher Kierkegaard; 66- Official recorder; 68- Relaxed; 69- Inter \_\_\_; 70- Do followers; 71- Perfect places; 72- Biblical verb; 73- Keats creations;

### Down

1- Sharp pain; 2- Concert venue; 3- Ascended; 4- Bigot; 5- Table support; 6- Hither's partner; 7- Receiver Jerry; 8- New York city; 9- Japanese dish of raw fish; 10- Directional ending; 11- Drop of water expelled by the eye; 12- Actress Hatcher; 13- Bread spread; 18- Sir \_\_\_ Newton was an English mathematician; 22- Haircut; 25- Causing goose bumps; 27- Contest, ethnicity; 29- Baby bird?; 31- Profit; 32- French 101 verb; 33- Bird feed; 34- Flatfoot's lack; 35- London district; 36- Banned apple spray; 38- Atlas feature; 40- Director Wertmuller; 44- Sends back into custody; 45- Egyptian deity; 46- Minor Prophet; 47- Nostrils; 51- European-style restaurant; 53- Mother of Isaac; 55- Discharged; 56- Picture border; 57- Aha!; 58- Highway; 59- Gaelic language of Ireland or Scotland; 61- Actress Ward; 63- Goddess and sister of Ares in Greek mythology; 65- Dusk, to Donne; 67- Obtain, slangily;



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.

## Riddle Answers April 2009

1. \$90. ( \$45. + \$5 = \$50, \$40 left; \$20 + \$4 = \$24, \$16 left; \$8 + \$3 = \$11, \$5 left ).
2. Early to bed and early to rise makes a man healthy, wealthy and wise.
3. listening, enlisting.
4. Charles, Joe, Lee, Janet, Sue.
5. Leicester, Plymouth, Cambridge.
6. 40. ( $900 \div 10 = 90 \div 5 = 18 \times 2 = 36 + 4 = 40$ ).
7. Just between Friends
8. DRAWER - REWARD.
9. Put up or shut up.
10. 4559. ( $1492 + 1066 + 2001$ --the new millennium does not start with the year 2000.

## Puzzle Answers April 2009

1	D	2	R	3	A	4	T		5	D	6	O	7	W	8	S	9	E		10	B	11	A	12	T	13	S
14	R	A	J	A					15	A	R	E	E	L					16	A	L	A	E				
17	U	T	A	H					18	N	E	E	D	A					19	L	E	D	A				
20	M	A	X	I	M	S								22	E	T	H	I	C	A	L						
					24	N	A	E				25	O	R	E	O											
26	B	A	B	I	R	U	S	A									30	R	I	C	H	E					
35	O	T	E						36	S	I	T					37	S	A	L	A	D					
38	F	I	F	T	E	E	N							41	C	R	E	N	A	T	E						
43	F	L	I	E	R								44	A	R	E					45	R	E	N			
46	O	T	T	E	R								47	L	I	P		48	G	L	O	S	S				
						50	E	L	A	L							53	R	U	E							
54	B	R	O	A	D	E	N									58	I	N	V	A	D	E					
62	A	I	R	S					63	A	T	L	A	S						66	I	G	O	R			
67	R	O	B	E					68	D	R	A	M	A						69	T	R	E	S			
70	I	T	S	A					71	S	E	P	A	L						72	Y	A	R	E			

## The Flat and Transparent World

Johnson S 1993 MCA

### Power Down and Power Up

The warning message "honor your word" from China to U.S is a stunning turnabout. Such warnings were almost always issued by rich nations, like U.S., to poorer countries. But lot has changed and china emerging as a stronger, more economically competent and vastly richer. Their confidence has only increased amid a calamity that is widely described as the worst "global" recession in 70 years, but is in fact not truly global. Generally speaking the richest countries are suffering the worst. This year GDP is expected to contract by 3 percent in U.S and Europe and by close to 6 percent in Japan, while continuing to expand in China and India by 7 and 5 percent respectively. That growth gap is detained to reshape the economic features of the world.

### Will BRIC save the World?

The chief economist predict that the major emerging markets Brazil, Russia, India and China, a.k.a the BRIC's could overtake the combined GDP of the G7 nations by 2027, nearly a decade sooner than the forecast in a landmark study a few years back. While not all of these economies are thriving during tough times, the long-term outlook of these formerly poor giants is accelerating relative to mature economies, and their confidence is evident not only in the utterances of Wen Jiabao. Indian PM blamed "massive failure" on authorities in "developed societies". Russia PM scorns "the irresponsibility of the system that claims leadership" and the President of Brazil says "U.S. Bears the responsibility for the crisis".

POWER is shifting not only toward the BRIC's but among them as well. Brazil and Russia have been hit much harder by the crisis than India and China. With the grim consumer outlook, unemployment paranoia and general siege mentality that have taken hold in the west are also largely absent in Asia. The banks and real-estate are not affected in Asia as like it did in U.S. In China and India sales of cars, major appliances and many other types of consumer products are still rising, in large part because of the swift stimulus measures taken by these nations, which have clearly learned a lot about macroeconomic policy making since 1990's. Capital goods and machinery are showing double digit growth in India and cement sales in China have suddenly risen now that is getting warm enough to build.

Americans are ceding the role of world's resilient shoppers to the Chinese and Indians. Chinese Bank lending this past year was up 1000 percent over the same period in the previous year, as the government lowered interest rates, reigniting the real-estate market. That opens up a new broader base of local people in China to afford real-estate and housing. The big question for china has been whether it can forge an economy that depends not on export to the west but on consumption. Actually the consumption is happening because of the strongest real-estate growth. Likewise Brazil and India follow the trend. Consumer spending is 60 percent of GDP in India. That's the reason the economy hasn't hit harder in this downturn.

None of this means that BRIC consumers will save a world in financial crisis. The purchasing power is still far too weak compared with those in rich nations like U.S. and Japan. Yet as their economies grow so will the power of the wallets. Sooner rather than later, consumers in the BRIC nations will dictate the R&D investments of major corporations, the travel routes of airlines and the marketing campaigns of multinationals. This reminds the Columbus messenger about a Credit card company commercial as "What's in your Wallet?" Now most of the Westerners say "nothing" as supposed to say "Credit Card". That's true of those who are in the side of Power Down. What else there on the BRIC's?

... Continue on next