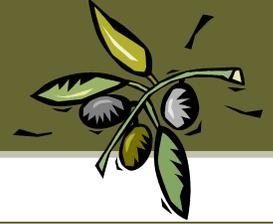




THE JOSEPHITE



josephites_trichy@googlegroups.com

From then to now

By Valentine Paulraj

Hope this finds you all doing well. I hope some of you would have attended the Saint Joseph's Alumni Association general body meeting at Trichy. We wait to hear from you about the events and activities. We are hopeful that Father Mariadoss SJ would be providing us with his observation of events. It has been a fairly quite month for most of us. And for those of you it may not have been a quite month and if it happened to be a rough month, feel free to reach out and ask for assistance and we will do our best with our network to provide with whatever assistance possible.

Daily we hear negative news in the papers. When we open the papers, periodicals and magazines and when we tune the radio or television most of the time we hear, read and see negative things happening around us. When positive things are written the circulation and viewership is much less, but when negative things are written the circulation and viewership is phenomenal. But inspite of this our goal is to only share the positive things that are happening and our news letter has been only sharing positive things. We continue to pray for those who are hurt and for those who are suffering and at times we reach out and support as and when we are approached. I request you all today to take a minute away from your busy life and schedule and look back at the countless blessings you have been blessed with. And if you agree with what I am saying then reach out and be a

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blessing to someone. Take the time to enjoy your life and take the time to make an impact in someone's life because that is the only legacy that will stand forever.

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 October.

With warm wishes

Valentine Paulraj

Here are some quotable quotes

Compiled by SR Kumarimuthu. - BA Ecomics 1972

By the time a man is wise enough to watch his step, he's too old to go anywhere. - *Billy Crystal*

The will to succeed is important, but what's even more important is the will to prepare. --- *Bobby Knight*

Show me a person who has never made a mistake and I'll show you somebody who has never achieved much. --- *Joan Collins*

Never let a day pass that you will have cause to say, 'I will do better tomorrow.' --- *Brigham Young*

The road to success is always under construction. --- *Arnold Palmer*

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great ones make you feel that you too, can become great. --- *Mark Twain*

Success is never a destination - it is a journey. --- *Satenig St. Marie*

If you're going to worry, there's no need to pray and if you're going to pray, there's no need to worry. --- *Tiffany Berry*

When the leader falls, a follower must take the lead. --- *Tony Talecki*

Never frown, even when you are sad, because you never know who could be falling in love with your smile. - -- *Erin Majors*

For the Christian, worship is co-extensive with life. Life is already an expression of worship. --- *Ravi Zacharias*

Perceptions are important, but they make a poor substitute for insight. --- *Phil Knight*

Only a blind man walks where he cannot see. --- *Joshua Boydston*

There is no security in life, only opportunity --- *Mark Twain (1835)*

We can't spell success without U.

Recipe for your taste

By Mythili Ezekiel BCA 1984

PRAWN BALCHAO

Ingredients:

Basmati rice - 2 cups ,
Carrots - 2, sliced in an angle ,
potatoes - 2, peeled and cut into 1" cubes,
green beans - 10-15 diagonally cut into 2" pieces ,
green peas - 1/2 cup ,
cauliflower florets,
broccoli florets - 1 cup ,
Red + green + yellow peppers - 3/4 cup, cut into small diamonds ,
onion - 1 chopped ,
garam masala - 1 tsp ,
salt - to taste ,
cashews - as needed, optional ,
ghee - 1 1/2 TBSP ,
oil - 1 tbsp ,
coriander leaves (cilantro) - for garnish

Grind together:

Onions - 2 ,
green chillies - 5 ,

coconut - 1/2 cup (coconut powder works) ,
poppy seeds - 1 tsp ,
ginger - 1" piece ,
whole jeera - 1 tsp

Method:

- ✚ In a small sauce pan, boil 2 cups of water with salt.
- ✚ When boiling, cook the vegetables separately one by one and set aside.
- ✚ Beans takes 1 1/2 mins, Potatoes more, peppers 30 secs, all the others about a min.
- ✚ Save the vegetable cooked broth. Cook the rice, using 2 times water + vegetable cooked liquid.
- ✚ On a nonstick sauce pan, fry the cashews in 1 tbsp of ghee. When red, add the onions and then add 1 tbsp of oil. When translucent, add the peas.
- ✚ After 1 min, add the ground paste, 1/2 tsp garam masala and fry until it turns color.
- ✚ Add cooked rice, vegetables, rest of the ghee, garam masala and salt (could add red chilli powder, if you like it hot) and mix well.
- ✚ Cook just for 1 min on low fire.
- ✚ Garnish with chopped coriander leaves.

Something to laugh

By RS Mani B.Com 1988

- ❖ Whats the opposite of Gopalakrishnan?
Comepalakrishnan.
- ❖ How do they start a road race in Tamil Nadu?
Ready....Steady.....PO
- ❖ What do you call a really colourful Tamilian?
Rangamannar Rangarajan.
- ❖ How does a Tamilian introduce the tennis superstar Lendl?
Ivan Lendl (Ivan = 'he' in Tamil).
- ❖ What did the Tamilian call the tall building a Japanese built?
Nikumo Nikado (Will it or wont it stand?)
- ❖ What are the degrees of egoism in Tamil Nadu?
I, Iyer, Iyengar.
- ❖ What is the opposite of Subramnium Swamy?
Subramaniam Didn't See Me.

James Bond

James Bond comes out of British Airways at Chennai, goes to his waiting driver and says

"I'm Bond, James Bond. James to you".

For which the driver replies "I'm Subramaniam, Bala Subramaniam. Balls to you..."

Customs Officer

A lady arrived at the Madras airport after spending 36 hours in transit.

She was fully exhausted after such a long trip with her 6 young kids.

Collecting many suitcases, the family entered the cramped customs area.

A young customs official watched our entourage in disbelief, "Ma'am," he said, "do all these children and this luggage belong to you?"

"Yes, sir," the lady said with a sigh. "They're all mine."

The customs agent began his interrogation "Ma'am, do you have any weapons, contraband or illegal drugs in your possession?"

"Sir," she calmly answered, "if I'd had any of those items, I would have used them by now."

Jurassic Park

This sardarji goes to the see Jurassic Park and when the Dinosaurs start approaching he is covering in his seat.

His friend asks him "kyon sardarji, kya baat hai? Dar kyon lag raha hai cinema hi to hai" (What Sardarji? Are you afraid of the cinema?).

Sardarji replies "Aadmi hoon aur akkal hai, pata hai ki cinema hai lekin voh to janwar hai, usko kya pata "(I am an intelligent man, I know it is a movie, but does that animal know?)

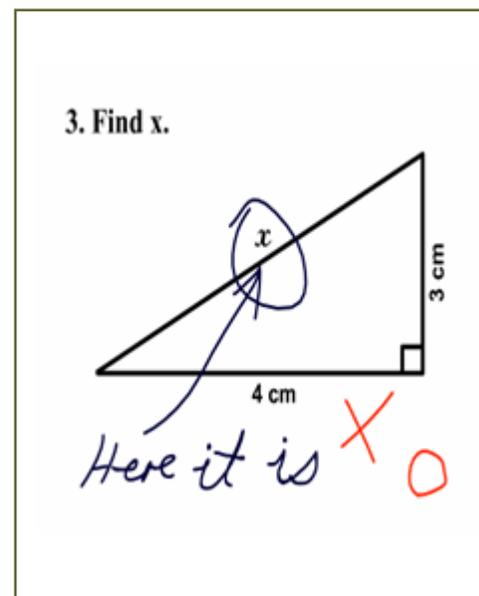
Complicated Name

An Indian guy named "Anantharaman Subbaraman" arrived at the New York airport and ended up waiting for his visa for about 2 hours for the authorities to call his name.

He got fed up and went to them and asked why they haven't called his name yet.

They said that they have been calling him for the last 2 hours as

Anotherman Superman"





அர்த்தமற்ற வார்த்தை

இ. இசாக்
(26 Mar 2008)

அப்பாவும் அம்மாவும்
கவனிப்பாரற்று காலத்தைக்கடத்துகிறார்கள்
அடிப்படை வசதியுமற்ற
என்
கிராமத்தில்!
எனக்கிணையானவளும்
வெளியிலும் சொல்லமுடியாமல்
வெட்கி
வெட்கி
சோகத்தில் கழிக்கிறாள்
தன்
விடியாத இரவுகளை!
வாரிகளும்
நாலு இடம் அழைத்துச்செல்ல
நல்லது கெட்டதுகளைச் சொல்லித்தர
ஆனின்றி
புழுங்கி
புழுங்கி
நகர்த்துகிறார்கள் நாட்களை!
எனக்கும் எவருமில்லை
இந்த
அந்நிய மண்ணில்
இருந்தும்
வெட்கமற்று சொல்லிக்கொள்கிறேன்
நான்
குடும்பக்காரன்!

தோல்வி

- ஜான் பீ. பெனடிக்ட்

மறையாத சூரியன்
மறுநாள் உதிக்காது
இருட்டாமல் மலராது
இனிய காலைப் பொழுது
உடையாத பனிக்குடத்தில்
உருவாகாது சின்னஞ்சிறு உயிரு
புடம்போடா தங்கத்தால்
பொன் நகை விளையாது
குழையாத களிமண்
குயவனுக்கு ஆகாது
தோல்வியை முத்தமிடில்
வெற்றி கிட்ட நெருங்காது

“ புடம்போடா தங்கத்தால்
பொன் நகை விளையாது
குழையாத களிமண்
குயவனுக்கு ஆகாது ”

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

Are you a Reason a Season or a Lifetime?

Pay attention to what you read. After you read this, you will know the reason it was sent to you! People come into your life for a reason, a season, or a lifetime. When you figure out which one it is, you will know what to do for each person.

When someone is in your life for a REASON. . . It is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally, or spiritually. They may seem like a godsend, and they are! They are there for the reason you need them to be. Then, without any wrong doing on your part, or at an inconvenient time, this person will say or do something to bring the relationship to an end.

Sometimes they walk away.
Sometimes they act up and force you to take a stand.
Sometimes they die.

What we must realize is that our need has been met, our desire fulfilled, their work is done. Your need has been answered. And now it is time to move on. When people come into your life for a SEASON it is because your turn has come to share, grow, or learn. They bring you an experience of peace, or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy.

Believe it! It is real!
But, only for a season.

LIFETIME relationships teach you lifetime lessons; things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person, and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant.

Thank you for being a part of my life.

A poem provided by Judson Po

അമ്മ കരയുവതെന്നിന്നെന്നും രത്രിയിൽ-
 നെങ്ങോട് ചേർത്തെന്നെയിരുളിൽ കണ്ണിരൊഴുകുവതെന്നിന്?
 ഉറക്കംപൂണ്ട് ഞാനെന്നുനിനച്ചു കവിളിൽ-
 മൃഗുവായി ചുംബിച്ചാരും ക്ഷ്ണിടാതെ മൗനമായ്-
 വീണ്ടും മിഴിനീർവാർത്തതെന്നിനമ്മ?
 നക്ഷത്രകന്യകൾതൻകഥ പറഞ്ഞീടാമെന്ന-
 ഇന്ന് പകലത്തെ സത്യവും വിസ്മരിച്ചു-
 താളം മറന്ന താരട്ടിലെന്ന അക്ഷമയോടെ-
 ഉറക്കാൻ തുനിഞ്ഞീടുന്നതെന്നിന്?
 പതുക്കെയാരോ തട്ടുന്ന കതകിൻകൊളുത്തു-
 ഉച്ചയുണ്ട്യാക്കതെ മെല്ലെ തുറക്കവെ-
 കയറിയ രൂപങ്ങളുവ്യക്തമായെന്നോ-
 പറഞ്ഞതിലമ്മകുണ്ടുണ്ടിച്ചിരിച്ചതെന്നിനമ്മ?
 മുല്ലപൂക്കളിൽ വാസന പൊടുന്നനെ-
 മുഷിഞ്ഞ ഗന്ധത്തെ നീക്കി മുറിയിൽനിറയവെ-
 നിഴലുകളിഴുകി ചെറുനരക്കങ്ങളോടെ-
 കെട്ടുപിണഞ്ഞതിൻ പൊരുളറിയാതെ-
 അമ്മയെന്നലറി നിലവളിച്ചതെന്നിന്?
 ഞൊടിയിടയ്ക്കുളളിലപ്രക്ഷ്യാക്ഷമയിടും=
 രൂപങ്ങൾക്കു പിന്നിലടച്ച വാതിൽചാരിത്തറയിൽ-
 കൊളുത്തിവെച്ച വിളക്കിൻനളത്തിലർദ്ധനശയായ്-
 തളർന്നിരുന്നു തേങ്ങിയതെന്നിനമ്മ?
 സ്നാനം കഴിഞ്ഞെത്തി തഴപ്പായയിൽ-
 മാറോട് ചേർത്തെന്ന വീണ്ടും കിടത്തി-
 തേങ്ങിത്തളർന്നുറങ്ങിയ അമ്മതൻ മുഖംകണ്ട്ടെൻ-
 കുഞ്ഞുകണ്ണുകൾ നിറഞ്ഞൊഴുകിയതെന്നിന്?
 പിഞ്ച് പ്രാദയത്തിലന്നേരമുദിച്ചൊരു ചോദ്യമാരായാൻ-
 ഉണരാനായ് കാത്ത് നിന്നെന്നമ്മതൻ കണ്ണുകൾ-
 പിന്നീടൊരിക്കലും തുറഞ്ഞീടാത്തതെന്നേ?

Judson Po

Home Remedies for Heartburns

Janakiraman PUC 1972

Heartburn is a common condition causing pain and discomfort in the chest or abdomen after eating. It is also known as indigestion, bloating, and dyspepsia.

Heartburn can be caused by eating too much, swallowing air while eating, and excessive smoking. Emotional upsets can also be a factor.

Heartburn may be caused by specific food. Keep a food diary to see if your heartburn is affected by certain types of food. Food that cause gas like beans, cabbage or cucumbers, may be the culprit.

Try adjusting your eating habits. Eat slowly, chew your food well, and sit upright while eating. All these will aid your digestive system.

Don't smoke or drink alcohol while eating. Smoking will encourage air swallowing, and alcohol may irritate the stomach.

Try going for a short walk after dinner. This can help you digest your food. No hard exercise though! Just a gentle stroll up and down the street will be enough.

While eating, avoid tight and restrictive clothing that press on the stomach.

Increasing the amount of fiber in your diet can help prevent future attacks of heartburn. Fibrous food can absorb excess acid. Drinking lots of water will also help in eliminating surplus acid from the body. Try to drink at least 8 glasses a day.

Treatments for Heartburn

All right. You've done all that and still have heartburn after a meal. What can you take to ease the discomfort? The doctor may prescribe an antacid, but here are some home remedies you can try.

Digestive enzymes can be taken after the meal. They are derived from papaya, so you can try either a commercial product, or have some papaya for dessert.

Herbal teas are good for soothing the stomach after a big meal. Peppermint, chamomile, and catnip teas are all good for settling the stomach and aiding in digestion. Green tea has wonderful comforting properties and will help against heartburn.

Suck slowly on a piece of clove or ginger. They both have anti-acid properties that will help with after-dinner discomfort.

Try out some of these suggestions and heartburn will be a thing of the past.

The Flat and Transparent World

By Johnson Sab

PARENTING AND POSITIVE THINKING

In olden days, people were struggled to become an Engineer or Doctor. As a result, most of the younger professionals are enjoying high wages and white color jobs. This is because those professionals and their parents had high ambition in their life. Every parent had the ambition to bring their kids to come up in life since they faced all sort of economic and education problems with their own life. But in today's flat world, when a Kid say "I am 11 years old", their expectation on becoming an engineer was not sounding good. That means they turned down their ambition level. The elders can't predict how the new generation is going to face all the challenges in the new flattened world. The only hope is to teach the kids to think positively.

During their growth and development, children go through many stages of self-doubt. They are always comparing themselves to others, and they often see themselves as coming up short. Parents can offset this natural tendency in their children by giving them the skills to think more positively. It is important that you really listen to your children, and help them overcome their negative thoughts and beliefs. This is, of course, easier to do if you practice positive thinking yourself.

Positive Thinking is an evolving idea with an undefined goal. Generally speaking, the goal is to offer ideas and information about teaching children about the Power of their Minds and the benefits of Positive Thinking. We are all capable of controlling our belief systems and thoughts. We don't have to be victims of the mass consciousness. By focusing on Positive Thinking, we co-create and control our destinies by tapping into God, Infinite Intelligence, the Universe, or whatever one may call the origin. There will also be discussion about tying in this whole concept of Positive Thinking with one's religious beliefs. This is not a new concept, despite what some self-help gurus may lead you to believe. And, it certainly isn't a secret. No one has been intentionally withholding this information.

Millions of adults are buying CD's and books and attending seminars in a quest for SELF-improvement, and, of course, by improving our own lives we will be improving our children's lives. Why isn't there much "power of the mind" material out there directed specifically to younger children and teens? It is a beginning or the planting of a seed which Positive Thinking will grow into something glorious with time. Together every parent can prevent their kids from making as many mistakes as they have made with their self-doubt, self-defeat, and negative thinking. By practicing optimism and Positive Thinking, kids will lead happier, more productive lives NOW instead of later. Think Positive! We are what we think about! Our world is so full of negative feedback. We need to arm our children with a positive attitude, so that they can stay focused in the right direction.

Using positive statements such as affirmations is one of the simplest and easiest ways to help your child make these changes and there are lots of ways of making this fun for all the family to do. Yet research has shown that just repeating an affirmation again and again will only be about 10% effective overall, better than nothing but not really good enough. The trick to making affirmations really effective is to add very vivid and colorful imagery to your affirmation whilst holding an image of success in your mind. Then with repetition, over time, it is known to become at least 70% effective. This is because the right side of our brain tends to process information in the form of pictures rather than in a linear way and of course we need to use both side of our brain equally to be really effective.

There are so many quotes made by our ancestors to help out the Positive thinking. What are those?

.... Continue on next