



Y'S MEN INTERNATIONAL

Y's Men's Club of Annanagar

Y's Crack

January 2012

Issue: 06

*There is no garment more becoming than love,
No cosmetic more glamorizing.
Some say that when beauty fades, love goes.
Isn't it the other way round?
Beauty fades only when love is gone.*

Marjorie Holmes - 'A Time to Love'

Healthy relationships are a vital component of health. There is strong evidence that healthy relationships relate strongly to people's health and wellbeing. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

Research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

Clearly one important way to take care of ourselves is to take care of our relationships.

Anitha George

Club Activities



Romance is in the air, and on the table, with this easy but elegant setting, planned by Preetha and Deepa. Don't get the wrong idea!

This table was set up for the Table Setting Competition for the District Menettes Night held on 2nd February 2013. Our team won the second prize.



Celebrating Pongal and Republic Day at The Monthly Club Meeting held on January 25th at 7.30 pm in the UCA Auditorium. It was a relaxed evening - chit-chat, good food and of course, a few drinks!!

Lings Corner



*Live to ride, ride to live...
Freedom, Spirit, Courage, Strength.*

Issack (Arun and Preetha's son) won 2 golds and 1 bronze in the Junior National Equestrian Championship held in Bangalore in Dec 2012.

Best Wishes

Good luck and all the very best to all the Lings appearing for their Board Exams this year.

Mennettes Get Together

Kumari and Miriam were the hostesses for the Menettes get-together in January. The Kolam Drawing Competition had us all fired up for the first ten minutes. Sushila Tharakan won the competition hands down. This was followed by Housie, good fun and wonderful food for the rest of us, the not-so-artistically inclined.



February Lures



The February-born shall find
Sincerity and peace of mind,
Freedom from passion and from
care,
If they an amethyst will wear.

The February birth stone signifies stability, courage, and inner strength.

Birthdays

Deepa Satish	2nd
Mohan Poonen	8th
Preetha Koshy	17th
K.G. Paul	18th
Sangeetha	24th
K. Jacob (Roy)	28th
Thomas George (Baiju)	28th

Wedding Anniversary

Mr. & Mrs. Thomas George 7th
(Baiju & Liza)

Fun Corner

One bright, beautiful Sunday morning, everyone got up early and went to the local church and sat around idly chatting about their lives, their families, etc. Suddenly, Satan appeared at the front of the church. Everyone started screaming and running for the front entrance, trampling each other in a frantic effort to get away from the evil incarnate. Except for one elderly gentleman who sat calmly in his pew, not moving seemingly oblivious to the fact that God's ultimate enemy was in his presence.

This confused Satan a bit, so he walked up to the man and said, "Do you not know who I am?"

The man replied, "Yes, sure do."

Satan asked, "Aren't you afraid of me?"

"No, surely not," said the man.

Satan was a little perturbed at this and asked, "Why aren't you afraid of me?"

The man calmly replied, "Been married to your sister for over 31 years."