



# Y's Crack

The newsletter of Y's Mens Club of Anna Nagar

July 2013

## *And the gavel changes hands...*



Our new team took over on the 20<sup>th</sup> of July at a well attended function at Hotel Ambassador Pallava. The team was installed by DG Ysm George Abraham. In his key note address Ysm George Abraham spoke about the project “Meals on Wheels” which he has initiated at the District level. Under this project, fifty to sixty poor people are fed everyday at a cost of about Rs. 3000/day.

He also handed over the awards that our Club won at the Regional Convention in June 2013 to IPP Ysm Pothan Philip - “Outstanding President” and “Outstanding Contribution to Roll Back Malaria” (more than 100 nets).

Outgoing President Ysm Pothan Philip spoke of the contribution made by our Club to “Roll Back Malaria” and various other projects undertaken across the year. He also thanked his team and the club members for their whole-hearted support during his tenure.

Ysm Koshi Philip, Secretary spoke of the projects, the picnics and other activities of our club and shared the club’s accounts with the members.

Ysm Koshy Thomas (Arun) formally took charge as the President and promised all of us an exciting, fun filled year ahead. This is Arun’s second stint as President and all members fondly remember the great times they had the first time round. Arun, you have created such high expectations - and we are sure you will not only live up to, but surpass all of them this year!!!

All the very best for a wonderful year ahead.



# Our team this year



## **President Ysm Koshy Thomas (Arun)**

Arun did his schooling and college in Mumbai where he specialised in IT. He has been in Chennai for the last 20 years. He is a sportsman and was a cricket player in the Mumbai league. He now plays tennis at the Presidency Club.



## **Secretary Ysm Philip Tharakan**

Retired from active business, tennis is now his passion. Tharakan has won several tournaments including the All India Tournament in the Veterans category recently. He is also actively involved in community service.



## **Treasurer Ysm Babu John**

Babu John is a post-graduate engineer and has held senior positions in organizations like Tata Motors and HCL before venturing in to entrepreneurship in 1995. He has been a member of Ys Men Club of Anna Nagar for the past 23 years.



## **President Ysmt Preetha Koshy Thomas**

Preetha has been teaching at the Union Christian School for the last six years. She efficiently manages her home and Arun. She will surely be an asset as the Menettes President.



## **Secretary Ysmt Sushila Tharakan**

Married

to Ysm Philip Tharakan, she teaches Dress Designing at Kothari Academy for Women. At present, her main hobby is stitching dresses for her granddaughter.



## **Treasurer Ysmt Elizabeth John (Kinny)**

Kinny holds an M.Tech in Electronics and worked as Scientific Officer at the Defence R&D lab in Kochi and then at Tata Motors. Now she helps her husband Babu John run his business.



## **Yslg President Joshua Dannie Mathew**

Joshua is the son of Dannie and Mariam. He studies at Bhavan's School. He enjoys listening to music and is a very good dancer.



## **Yslg Secretary Yohan Alexander John**

Yohan is the son of Johny and Sangeetha and studies at SBOA School. He loves working on gadgets and is passionate about cars.



## **Bulletin Editor Ysmt Deepa Philip**

Deepa is a Corporate Trainer focusing on senior and middle management development. She was earlier with Citibank. She is married to Ysm Pothan Philip (Raghu).

# *Some food for thought*

Once upon a time a tortoise and a hare had an argument about who was faster. They decided to settle the argument with a race. They agreed on a route and started off. The hare shot ahead and ran briskly for some time. Then seeing that he was far ahead of the tortoise, he thought he'd relax for a while before continuing. He sat under a tree and soon fell asleep. The tortoise plodding on overtook him and soon finished the race, emerging as the undisputed champ.

The moral of the story? ***Slow and steady wins the race.***

This is the story that we've all grown up with. But then recently, someone told me a more interesting version.

The hare was disappointed at losing the race and he did some Defect Prevention (Root Cause) Analysis. He realized that he'd lost the race only because he had been overconfident, careless and lax. If he had not taken things for granted, there was no way the tortoise could have beaten him. So he challenged the tortoise to another race. The tortoise agreed.

This time, the hare went all out and ran without stopping from start to finish. He won by several miles.

The moral of the story? ***Fast and consistent will always beat the slow and steady. It's good to be slow and steady; but it's better to be fast and reliable.***

But the story doesn't end here. The tortoise did some thinking this time, and challenged the hare to another race, but on a slightly different route. The hare agreed.

They started off. In keeping with his commitment to be consistently fast, the hare took off and ran at top speed until he came to a broad river. The finishing line was a couple of kilometres on the other side. The hare sat there wondering what to do. In the meantime the tortoise trundled along, got into the river, swam to the opposite bank, continued walking and finished the race.

The moral of the story? ***First identify your core competency and then change the playing field to suit your core competency.***

The story still hasn't ended.

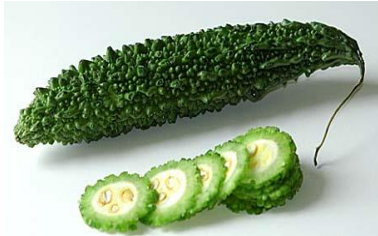
The hare and the tortoise, by this time, had become good friends and they did some thinking together. Both realised that the last race could have been run much better. So they decided to do the last race again, but to run as a team this time. They started off, and this time the hare carried the tortoise till the riverbank. There, the tortoise took over and swam across with the hare on his back. On the opposite bank, the hare again carried the tortoise and they reached the finishing line together in half the time. They both felt a greater sense of satisfaction than they'd felt earlier.

The moral of the story? ***It's good to be individually brilliant and to have strong core competencies; but if you're able to work in a team and harness each other's strengths, you'll consistently raise the bar of performance. When we stop competing against each other and instead start competing against the situation, we can perform far better.***

# Health Matters

## Simple remedies for common health problems

### Diabetes



Remove skin and seeds of 4 to 5 bitter gourds. Grind in a mixer and strain to get the juice. Drink the juice on an empty stomach every morning.

Or

Boil 1 ltr of water. Let it simmer for 20 minutes. Add 3 table spoons of cinnamon powder. Strain the mixture and drink it across the day.

Or

Soak 4 table spoons of fenugreek seeds overnight in 250 ml of water. Crush the seeds in the morning with a spoon and strain the mixture. Drink it across the day for 2 months.

### High blood pressure

Crush gooseberries to get 2 table spoons of pulp. Pass it through a sieve and extract the juice. Add 1 tsp of honey and mix well. Drink every morning.



Or

Chew 2 or 3 cloves of garlic every day.

### Weight loss



Add 1 tsp of black pepper powder to a glass of lukewarm water. Add 4 tbsp of lemon juice and 1 tsp honey. Mix well and drink daily for 3 to 4 months.

Or

Add 4 tbsp lemon juice to a glass of hot water. Add 1 tbsp of honey and mix well. Drink every morning on an empty stomach.

Substitute one meal for a bowl of chopped cabbage twice a week.

# *A gluten-free diet*

Molly and Anitha Easow hosted the July Menettes meeting at Molly's house. Her daughter-in-law Anjali spoke to us about the benefits of a gluten-free diet. Gluten is the protein found in wheat, barley & rye and is difficult to digest. It can cause joint pain and lead to gout. The wheat we get today contains a lot more gluten because it is genetically modified. She suggested using millets like ragi, jowar and bajra instead. Terra is a company that makes gluten-free bread.

She also spoke about nutritious alternatives to lose weight - brown rice instead of polished rice, samay rice for curd rice, thennai rice for upma and buckwheat noodles. If the curd rice she gave us is anything to go by, following this diet is no sacrifice at all!! Oolong tea, dried mushrooms and smoothie made of a mixture of fruits & vegetables are great for losing weight. These and other organic products are available at Nilgiris stores, Restore at Adyar & Farm Store on Harrington Road.

Thanks Anjali and I hope you won't mind if we keep calling you for more information!!

## *Our permanent project*

President Ysm Koshy Thomas (Arun) handed over a cheque of Rs. 28,000 to Ysm Mohan Punnen as our contribution to Jeevodaya, a hospice for advanced cancer patients located at Manali, Chennai.



### *August*

Renu – 10<sup>th</sup>  
Diya (Aju-Priya) – 14<sup>th</sup>  
Priya – 22<sup>nd</sup>

### *Birthdays & Anniversaries*

George Mathew & Anitha – 24th  
Aju & Priya – 26th  
Pramod & Neetha – 28th