



Y'S MEN INTERNATIONAL

Y's Men's Club of Annanagar

Y's Crack

October 2012

Issue: 03

*Relationship is not finding **Gold** and **Silver** among the Rocks of Life;
It is accepting each other as **Coals** till **Diamonds** are formed with Time.*

- *Anonymous*

Conflict is an inevitable part of life, but we all have within us the ability to sustain relationships even when we deeply disagree. The secret of happiness lies in the ability to walk away or resolve an issue before we reach breaking point; but in ways that make it more likely that we will come back together.

As human beings, we long for connection with other people and become upset when relationships sour. In spite of this, most people never get a formal education about how to maintain and improve the important relationships in their lives. It is the need of the day to pick up some skills and teach our children these skills.

I read in an article recently that most of us have two major fears that become activated in relationships - the fear of abandonment – and the fear of engulfment - of losing oneself. When these fears get activated, we protect ourselves with our controlling behavior. Understanding that these fears exist, help us in understanding ourselves and this in turn help us to improve our relationships.

Anitha George

Club Activities – Picnic Time

Yercaud, here we come - October 12th – 14th



After an un-eventful journey by train and bus, we reached Yercaud. We were welcomed by warm freshen-up towels, hot ginger tea, coffee and smiling Presidents, Raghu & Deepa. The rooms were elegant and the food tasty.

We had a couple of games, enjoyed by one and all. Dressing up the Y's men as Mennettes was a treat to watch. The cat walk was sexy, with the sarees surprisingly staying in place.



Behind every successful "woman" there is a woman!



The trek through the coffee estate was refreshing and worth the walk.

"D" Y's magician, "D" Mathew could predict the selected card from a pack of cards in a lady's hand by simply feeling her pulse! Imagine if he was a doctor, he would make many a diagnosis just by feeling the lady's pulse!!! Sorry gents please excuse.



"D" Man, "D" Magician, D Mathew Sorcar

Card playing found a lot of takers and so did the spiritual uplift with Rum & Rummy, Soda & Vodka with lime and chilli. We had a lovely time, literally on cloud 9, but were jolted back to reality on our return to the Egmore Station.

- Anita & Mohan Easow

Mennettes' Monthly Get-together



Mid month and its time for the Menettes get-together – the venue, Preetha's. Games, yoga and really terrific food. Preetha's kaukswe was a big hit and Beena got us competing transferring Polos from one dish to another.

Thanks Molly for capturing our "Kodak" moments! We all had a lot of fun and are looking forward to the next session at Vini's.

November Charms

Who first comes to this world below,
In dreary November's fog and snow,
Should prize the Topaz amber hue,
Emblem of friends and lovers true.

Birthstone –Topaz



The November birth stone signifies constancy, loyalty, faithfulness and friendship.

Birthdays

Joseph Abraham (Pramod)	6 th
Dannie Mathew (Deepu)	13 th
Thomas Abraham	16 th
Koshi Philip	21 st
Thomas Abraham	29 th

Wedding Anniversary

George C. George & Anita	9th
--------------------------	-----