

Tamil Catholic Association USA

Issue #17, October 11, 2009

Youth Club

“Call to me and I will answer you and tell you great and unsearchable things you do not know”
(Jeremiah 33:3)

Dear Youth Club members and Parents of TCA,

We would like to propose the following youth activities in our next meeting on Oct 11th, 2009 from 3:00 to 3:30 PM. Dates and schedules for these activities will be discussed in detail during our next meeting. We are coordinating these activities with other voluntary organizations. Please note voluntary hours spent by the members will be helpful for them in their higher education. Certificates will be provided for the hours spent on these activities. Parents are welcomed to sit with the kids during the meeting and share their views.

Activities planned
- Soup Kitchen Participation
- Food Pantry Participation
- Blood Drive
- Clothes Drive
- Toy Drive during the Christmas season for kids

Regards,
Gerald Sebastian

Can You Teach Yourself to be Happy?

(As understood by Francis Dhanaraj)

Philosophers have long said it. Scientists have proven it. ‘Yes’ you can teach yourself to be happy. Like so many other things you can learn, a new language, climbing mountains, treat being happy as challenge. It calls for single-mindedness and requires effort.

Start the day right: For happiness you need 7-8 hours of sleep every day. If possible lay in bed a while contemplating the day ahead, smile and keep smiling. By smiling you can hijack your body’s chemistry and make yourself happy.

Be positive/No negatives: Train your brain. Consider this – your boss tells you that you are getting a good raise and a bonus. You are thrilled. Later you find that your colleague got a bigger bonus than you. Now how do you feel? Your circumstances did not change. What changed is your mental attitude. The principle of happiness has a lot to do with your way of looking at things. Get rid of harmful emotions. Being happy means changing your personality.

Improve your relationships: Spend time with your family and friends. Be interested in other

people and accept others for they are and do not be harsh on people different to you. Always give support and accept other people’s growth.

Look after the physical: Eat lots of ‘happy’ foods. Eat plenty of foods that contain vitamins, minerals, amino acids that produce hormones including ‘happiness’. Avoid foods with empty calories.

Look after the spiritual: Religion, Nature, inner self all helps. Humans need spirituality. We define spirituality here in terms of connections we have, connections with God, with people around you (known/unknown), animals, plants, solar system, and the universe. We know the saying “the more the merrier”... we mean the more connections we have the happier we will be.

Everyone is a house with four rooms - a physical, a mental, an emotional and a spiritual. Most of us tend to live in one room most of the time, but unless we go into every room, every day even if only to keep it aired, we are not a complete and happy person.

*~Francis Dhanaraj
Vice President*



Check out page 4
for other signs of peace!

TCA Picnic

The picnic had started with member registration at 11am and approximately 35 families participated in the event with high spirit and enthusiasm. Some members brought food items including delicious bar-b-que chicken, vegetables, lemon rice, curd rice and tamarind rice and others paid nominal registration for the cause of charity. After the lunch, picnic participants, especially kids, enjoyed few games conducted by Lawrence and Ilango Raja. It was really a fun event to watch and enjoy. Besides the picnic expenses, the remainder of registration fee collection (\$250) has been donated to Smile Train Organization, New York, NY as a charity contribution. The entire event was very well organized and executed by members of TCA Executive Committee and Youth Club.

The following Youth Club Members will be felicitated with Certificate for their valuable contribution towards making the event a memorable one:

Esther Jayakumar
Cynthia Clement
Jennifer Francis
Sibyl Medabalimi
Alin Clement
Joephil
Rakesh Francis
Cyril Medabalimi

Best Regards,
Clement Antonysamy

Election News

As per the bylaws, the TCA of USA conducts election of Executive Officers and Board of Trustees every year. This helps members to participate in the administration/governing aspects of the association and promotes leadership qualities in individuals. In addition, planned rotation of Executive officers and Trustees by eligible General Body members allows the diversity and growth of our Association.

We have a seven member Board of Trustees and every year, one third of the Board of Trustees retire and new members will be elected to fill their positions, for the smooth functioning of our association.

The President, Vice President, Secretary, Joint Secretary, Treasurer, Financial Secretary

and Counselor are the Executive officers and their term is 2 years.

As of end of this year three vacancies are arising among the trustees and officers due to term expiration and retirement. The Election Committee duly appointed by the officers and trustees seeks nomination for these vacant positions.

Any Member in good standing of the Association for at least one year can submit in writing a nomination for these posts. We encourage active participation from the General Body to fill up the above positions so that our Association can see positive changes and growth in leadership in the years to come.

Regards,
Doss Britto
Robert Ligo
Florence George
Election Committee

TCA Student Sponsorship- Long Term Project Update

We are happy to announce that we have successfully distributed tuition and other fees for the current year to two candidates selected, namely Ms. Shalini for her 2nd yr B.E and Ms. Preethi for her 1st yr B.Com. For a 3rd candidate named Ms. Narayana Vadivu, an individual TCA member kindly volunteered to provide funds for her fees for 1st yr B.Com.

This was accomplished with the hard work of the volunteers namely Francis Dhanaraj, John Lawrence Jesurajan, Anita Amutharasu, Anthony Rajan, Terryne Edwardraj and Francis Xavier. Various efforts include conf. calls, application and selection process, coordination and partnership 'We reach out' (a non-profit based in CA/India) to disburse funds etc. We could not have achieved this without all the support from the members especially those who donated towards this cause and those who sponsored the candidates and coordinated with us.

Heartfelt thanks to all.
Executive Committee/Long Term Sub-Committee

Kids Page



Maze

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 8 | | 3 | | 5 | 4 | |
| 3 | | | 4 | | 7 | 9 | | |
| 4 | 1 | | | | 8 | | | 2 |
| | 4 | 3 | 5 | | 2 | | 6 | |
| 5 | | | | | | | | 8 |
| | 6 | | 3 | | 9 | 4 | 1 | |
| 1 | | | 8 | | | | 2 | 7 |
| | | 5 | 6 | | 3 | | | 4 |
| | 2 | 9 | | 7 | | 8 | | |

10 Words To Find:

- BATS
- BOO
- CANDY
- COSTUME
- GHOST
- HALLOWEEN
- HAUNTED
- MONSTER
- PUMPKIN
- SPOOKY

E Z
 T S
 M R
 H H C N E U I J
 R N H A U N T E D P W T
 S A U E N L F S Y O Y N Z P
 A C D R D G L N I K P M U P
 W O M X Y Z S O G H O S T X
 H M O E G O N M W S N O R O
 S Z O O O B P B M E G P P U
 N R P F B R A H M K E S W S
 B L L Y Y A G U X T I N J Z
 H R J K L T N Y K X N B
 D Z F V S R S K W D U E
 K Z O A A K O W B Q
 W C V M T D A O Y O
 D M L Z G L Z K
 U D Q X K O G Z
 Z B F F



Brain Teaser

Using all of the letters A to Z, each once only, complete these words:

- ban*
- *a*i*et
- *aiz*
- s**th
- na*e*
- *eco*
- *ocu*
- *la*e
- **nk
- f*x
- be**re
- e*ui*
- ot*er
- wis*
- *oast

International Peace Symbols

Sibyl Medabalimi

Peace Sign  - originally designed for the British nuclear disarmament movement

V Sign  - used as a sign for victory in WW2

Peace Flag  - PACE- Italian for peace

Dove and olive branch  - Christianity sign of peace, Greek and Roman tradition

Shalom Salaam Peace  - peace in the Middle East

White Poppy  - remembering victims of war

Paper Crane  - Traditional Japanese Symbol

Japanese Peace Bell  - Struck yearly in remembrance of peace

Pax Cultura  - well-known peace symbol

*"For everything there is a season,
And a time for every matter under heaven:
A time to be born, and a time to die;
A time to plant, and a time to pluck up what is planted;
A time to kill, and a time to heal;
A time to break down, and a time to build up;
A time to weep, and a time to laugh;
A time to mourn, and a time to dance;
A time to throw away stones, and a time to gather stones together;
A time to embrace, And a time to refrain from embracing;
A time to seek, and a time to lose;
A time to keep, and a time to throw away;
A time to tear, and a time to sew;
A time to keep silence, and a time to speak;
A time to love, and a time to hate,
A time for war, and a time for peace."*

Ecclesiastes 3:1-8

For any questions or comments, please email me at tcanewseditor@yahoo.com.

Thanks! Sibyl Medabalimi