



"I truly believe that our organization can grow only with active members and every member of MANOFA has a greater role in the growth of MANOFA"



Suresh Madathil
President

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Bi-monthly newsletter from MANOFA

Message from the President

Dear MANOFA Members,

It is my pleasure to serve you as MANOFA president and I would like to use this opportunity to thank you all for entrusting the job on me. I truly believe that our organization can grow only with active members and every member of MANOFA has a greater role in the growth of MANOFA. I promise you that I will do justice to the position and we will take our organization to greater heights with the help of you.

If you go through MANOFA's history, you are sure to notice the quality and improvement on our activities year over year. Last year under the leadership of Philip Mathew, you have seen so many new MANOFA activities. We would be following their footstep and exploring new opportunities that we can bring to our community. I am really lucky to have an extremely talented team to serve functions in 2013. As you may already know, we have started Malayalam classes for MANOFA kids and 40+ kids are already attending Malayalam Classes weekly. On behalf of my entire 2013 team, I would

extend sincere thanks to all teachers who have made up the commitment for Malayalam classes. Another initiative that we are bringing this year is sports tournaments. This will make sure, we are not limiting sports activities just on a sports day, instead year along. Our sports directors already started Badminton tournament with 30+ players participating.

Our Newsletter- "DHWANI", since it started last year, has been widely accepted among our members. This has been a social media to reveal your talents to our community. So, I encourage you all to make use of this opportunity and send your creative ideas to Newsletter group for publishing. It can be a story, poem, drawings, cooking tips or even a birthday/anniversary announcement.

It is just starting of 2013 and we have a long way to go. Entire MANOFA 2013 Team requests your support on all of our future activities. TOGETHER WE CAN DO IT!!!



Message from the Secretary

It is my great pleasure to greet you as the Secretary of MANOFA community. I would like to express my gratitude to the leadership of the Newsletter directors, the hard work of all the members of the Executive Committee and directors of Individual committees. We always think MANOFA as a family and want to grow bigger and stronger every year. In this year MANOFA executive teams will continue to open arms to welcome new & existing members and encourage them to actively participate in all association activities

including the Newsletter.

The end of one year and beginning of the next has always been a time for reflection and we do this individually and also collectively as organizations. The MANOFA Newsletter in 2013 is a big forward movement to build and publish the happenings in our community and maintain the services and programs that contribute so much to our lives.

Our members receive Newsletter links through

emails. It does not matter where you live, as long as you have an active email address, we will deliver it to your office or home. We are extremely proud of our members' outstanding achievements and looking forward to sharing all the information thru our Newsletter. We are so much excited about the opportunity to serve the community in this capacity and eager to receive your feedback to make the Newsletter and website (www.manofa.org) an even better resource for our members.



Madhu Thomas
Secretary

"We always think MANOFA as a family and want to grow bigger and stronger every year."

Team MANOFA 2013

President	: Suresh Madathil
Vice-President	: Johny Johns
Secretary	: Madhu Thomas
Joint Secretary	: Binu Narayan
Treasurer	: Sunil Nair
Joint Treasurer	: Bindu Ravi

Directors, Cultural Events	: Celin Sunny Bishak Menon Yusuff Kulapurakkal
Directors, Membership	: Sebastian Joseph Romy Paul Jesin Panjikaran
Directors, Public Relations	: Suchetha Ravishankar Jeena Mathai
Directors, Sponsorship	: Sujith Gangadharan Philip Mathew (Wilson)
Directors, Sports	: Joseph Francis Jithesh Pallikkara
Directors, Food & Beverages	: Lucy Cherian Sheila Konnullu Mini Puthusseril
Directors, Facilities	: Regin Ravindran Balakumar
Directors, Events	: Boban Abraham
Directors, Technical	: Binu Narayan Tony Abraham



Pictures taken at MANOFA Executive Committee family meet held on Jan 27, 2013

MANOFA 2013 Initiatives

Learn our mother tongue – Malayalam



Binu Narayan
Co-ordinator

We started our first Malayalam class on Feb 16th, there was an overwhelming response from parents for malayalam classes. More than 45 kids enrolled for the classes and 35 kids attended the first session. The classes were held at public library. Currently we have 14 volunteers for teaching the students. Class started with 10 minutes orientation session for parents. There were two separate sessions for small kids and elder kids. Three teachers handled each sessions. The class syllabus covers malayalam letters and words. Students were asked to do homework after each sessions. We also have a MANOFA rupee rewarding system to motivate students.

This was a proud moment for all us. Language is the window to the culture, We hope that this humble step will bring our kids closer to our Roots. We would like to sincerely thank all the volunteers, parents and kids who donated their weekend time for this cause.

Volunteers: Reshma Puthan, Anju Jesin, Merin Madhu, Febin Yusuff, Lincy Alangadan, Jeane Anne, Suchetha Ravishankar, Geetha Balagopal, Anitha Manoj, Smitha Leuders, Monisha George, Bindu Ravi, Yusuff Kulapurakal

Indoor winter fun @ Jax YMCA – the Badminton tournament

With the overwhelming response we got for this year's first sports tournament for MANOFA members have made us to put out a great tournament and had great indoor fun in downtown Jax. Badminton tournament had busted the doors for this year's sports activities for MANOFA with unprecedented support from the members and the committee. The 2 week games are extended for 3 weeks due to more than expected number of entries from players and the ongoing event was well coordinated and organized by the Sports committee. Players were exceptionally prepared and energetic to win this year's title and we are sure that the best team will win. This downtown arena is well known in north Florida for its badminton culture and we are highly blessed to get this venue for hosting our event. Unlike last year we have arranged separate doubles and singles tournament in both men's and ladies section and stream lined the way of registering for this event which led the same to be well organized. We hope to receive the same kind of response for the upcoming events like the throw ball and volleyball this spring.



Jithesh Pallikkara & Joseph Francis
Sports Directors



Pictures from Malayalam classes & badminton tournament



Major Events of the year

Easter/Vishu Celebration	April 6, 2013
Picnic	May 4, 2013
Onam Celebration	September 14, 2013
Christmas/New Year Celebration	January 4, 2014

Festivals of the year– Next two months

Watch out this space for the listing & information of the festivals celebrated in Kerala.

March 10 – Shivarathri

Hindus celebrate Mahasivarathri, all over the world in the month of Kumbham (Feb-March). It commemorates the day on which Lord Shiva consumed the deadly poison (Kalakuda visham) to save the world from destruction. It's celebrated by offering special pooja and abhishekams, and the presentation of cultural programs in all Shiva temples. The annual Sivarathri festival held on the banks of river Periyar at Aluva, is one of the most spectacular local festivals of Kerala, which attracts thousands of pilgrims from all over the state. It has been compared to the Kumbamela at Prayag.



March 24 – Palm Sunday

Palm Sunday falls on the Sunday before Easter and commemorates “Jesus Triumphant Entry into Jerusalem”. In many Christian Churches, Palm Sunday is marked by the distribution of palm leaves to the assembled worshippers.

March 28 – Maundy Thursday

Maundy Thursday is observed during Holy Week on the Thursday before Easter. Maundy Thursday commemorates the Last Supper when Jesus shared the Passover meal with his disciples on the night before he was crucified. *Maundy* refers to the commands Jesus gave his disciples at the Last Supper: to love with humility by serving one another and to remember his sacrifice.



March 29 –Good Friday

Good Friday is the day on which we commemorate the death of Jesus Christ on the Cross, the act that brought salvation to all who believe. Many Christians spend this day in fasting, prayer, repentance, and meditation on the agony and suffering of Christ on the cross.

March 31 - Easter

On Easter Sunday, Christians celebrate the resurrection of the Lord, Jesus Christ. Christians believe, according to Scripture, that Jesus came back to life, or was raised from the dead, three days after his death on the cross.

April 15 – Vishu

In Kerala, the start of the Zodiac New Year—when the sun enters into Sidereal Aries, Ashwini nakshatra—is celebrated as Vishu. It is celebrated on the first day of the month Medam (April- May). It is said that what one sees on Vishu morning is an indication of what one can expect in the year to come. Thus on Vishu, effort is made to assure one opens one's eyes before an auspicious image—the ‘Vishukkani’. Another interesting feature of this day is ‘Kaineetam’ where elder members in the family gift money to the younger ones.



Glimpses from last year – Christmas/New Year Gala 2012

MANOFA Christmas/New Year Gala 2012 held on Jan 5, 2012 at Bolles High School auditorium was truly an amazing evening with 3 hours of entertainment followed by a sumptuous meal. Highlight of the event was a number of high class cultural programs choreographed and performed by members of the Malayalee community of Jacksonville. It's worth mentioning that 46 kids participated in various programs for the first time in the history of MANOFA

Here's a collage from the show for your viewing pleasure! (Photo courtesy: George Cherian (Saji))



Developing Self Respect

To develop self respect means to cultivate self confidence to deal with whatever life throws at us. Self Respect comes from inner belief. Here are some ways to how you can build your confidence and self respect:

Be True to Yourself:

Real self-respect comes only from being true to our inner calling. It is important to have faith in your own values and remember what is important to you. Even if others don't respect your decision it is important that you do. Just ask yourself whether you came into the world to please Tom, Dick and Harry or to live your own life.

Learn to Handle Criticism

Never take criticism personally. Look at it from a detached perspective. Either ignore it, if it is false and if there is some truth, use it to develop your character.

Avoid Jealousy

Jealousy of other people's success is a common way of losing our happiness and self respect. Jealousy is simple envy of other people's success. The trick to lasting self respect is to be happy through others success. Never compare ourselves with others.

Respect Others

If we look for good qualities in others, it is easier to remember the good qualities in ourselves.

Never Hate yourself

We make mistakes, we may do the wrong thing, but we should never put ourselves down unnecessarily. If we do so, we are destroying ourselves. Listen to your conscience, but don't be too hard on yourself and feel burdened with guilt.

Forgive

Forgive others and forgive yourself. Don't live in the past, but move on from past mistakes and difficult situations. If your mind is occupied with the problems of the past, you will feel guilty and unworthy. Don't allow yourself worth to be determined by past mistakes.

Be Selfless

Self Respect should not be dependent on praise of others, it should be independent of others' praises.



Contributed by:
Jeena Mathai

"Jealousy of other people's success is a common way of losing our happiness and self respect."



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കസബ്



Eldhose PG

" ഇന്ന് നിലാവ് കണ്ട രാത്രി : ആ മല മുകളിൽ മല്ലുകൾക്ക് പരന്നിറങ്ങും. ഏഴ് ആട്ടിൻ കുട്ടികളുടെ ചോരയുമായി നീ ആ മലമുകളിൽ ചെല്ലുക. മല്ലുകൾ നിന്നെ സുവർക്കത്തിലേക്ക് കൊണ്ട് പോകും. അവിടെ നക്ഷത്രങ്ങൾക്കിടയിൽ നിന്ന് നിനക്ക് നിന്റെ ഉമ്മയെ നോക്കാം . "



കറ പിടിച്ച പല്ലുകള് കാട്ടി ആ ബാലൻ ചിരിച്ചു. ! അവന്റെ കണ്ണുകളിൽ ഒരു പ്രകാശമുണ്ടായിരുന്നു ..നിഷ്കളങ്കതയുടെ പ്രകാശം ! നെറ്റിയിലും കവിളിലും തെറിച്ച ചോരത്തുള്ളികൾ അവന്റെ മുഖത്തുകൂടി ഒലിച്ചിറങ്ങി . ഇത് കണ്ട മുകി സന്തോഷത്തോടെ ഉമ്മയോട് പറഞ്ഞു : "കണ്ടില്ലേ അവനെ കൊണ്ട് ഒരു ആട്ടിൻകുട്ടിയെ അറുക്കാന് സാധിക്കും ..അതും വെറും നിഷ്പ്രയാസം ! അവനെ അതിനനുവദിക്കാത്തതാണു നിങ്ങൾ ചെയ്ത തെറ്റ് ! "

മുകിക്കു ആഹാരം പാകം ചെയ്യാൻ, കൂട്ടത്തിൽ മുന്തിയ ആട്ടിൻകുട്ടിയെ നോക്കി തിരഞ്ഞെടുത്തതാണ് ഉമ്മ . ആരു അതിനെ അറുക്കും എന്ന് സംശയമായി ! മുകിയാണ് നിർബന്ധിച്ചത് ബാലനെ കൊണ്ട് അതിനെ കൊല്ലാൻ . " അവന്റെ വീര മാനുഷ ; അവനു ധൈര്യം വരട്ടെ " . മുകി നിർബന്ധിച്ചു .

സൂര്യന് മലമടക്കുകളിൽ മറഞ്ഞപ്പോൾ താഴ്വര ഇറക്കി വരുന്ന വൃദ്ധനെ ഉമ്മ ശ്രദ്ധിച്ചു . തലയിലെ തൊപ്പി; വീടർന തഴംബുള്ള നെറ്റിത്തടം ; നീളൻ താടി വിരിഞ്ഞ മാറിടം വരെ പഞ്ഞിക്കെട്ടു പോലെ നിണ്ടു കിടക്കുന്നു; തിളക്കമുള്ള കണ്ണുകൾ ; ഇദ്ദേഹം ഒരു ദൈവ ദൂതൻ തന്നെ !! ഉമ്മ മനസ്സിൽ ഉറപ്പിച്ചു . " എന്റെ പൊരയിൽ ഈ രാത്രി തങ്ങിയ പോകാം " തന്റെ ആതിഥേയത്വം സ്വീകരിച്ച മുകിയെ നോക്കി ആ വൃദ്ധ സന്തോഷിച്ചു . മുറ്റത്ത് ഓടി കളിക്കുന്ന ബാലനെ നോക്കിവൃദ്ധ പറഞ്ഞു .. " ഉമ്മയും ബാപ്പയും ഇല്ലാത്ത പയ്യനാ..ഞാൻ എടുത്തു വളർത്തി..ഇവൻ ഇപ്പോ എന്റൊ..എന്റെ മാത്രം ! " ജരം പിടിച്ചു അവശയാല വൃദ്ധക്ക് ഏക ആശ്രയം ആ ബാലൻ മാത്രം !

മുറ്റത്തെ വള്ളി കട്ടിലിൽ മുകിയെ ആനയിച്ചിരുത്തി കൈകാലുകൾ കഴുകി, മധുരം വിളമ്പി. ആ വൃദ്ധ മുകിക്കു വിഭവ സമൃദ്ധമായ ആഹാരം പാകം ചെയ്യാൻ പൊരയിലെക്കു കയറിപ്പോയി.

ബാലന് പമ്മി പമ്മി വൃദ്ധന്റെ അടുക്കലേത്തി . അവർ കുമ്പളം പറഞ്ഞ് കൂട്ടുകാരായി. മുകിക്കു ഭക്ഷണം പാകം ചെയ്യാനായി ആട്ടിൻകുട്ടിയെ കെട്ടി വലിച്ചു കൊണ്ട് വന്നപ്പോൾ ഉമ്മയോട് മുകി പറഞ്ഞു " ഓൻ അറുക്കട്ടെ അതിനെ..ഓന്റെ ചോരയോടുള്ള അറപ്പ് മാറട്ടെ ! "

അതൊരു അമാവാസി രാത്രി ആയിരുന്നു. ഭക്ഷണം കഴിച്ചു മാത്രം നോക്കി കിടന്ന മുകിയുടെ അടുത്ത് ബാലനും കൂടി. മുറ്റത്തെ വള്ളി കട്ടിലിൽ നക്ഷത്രങ്ങളെ നോക്കി അവർ ഇരുവരും കിടന്നു. " മുകിപ്പൂപ്പാ ഈ നക്ഷത്രങ്ങളൊക്കെ സുവർക്കത്തിലാണോ(സ്വർഗം)?? നമുക്കും സുവർക്കത്തിൽ പോകാന് പറ്റുമോ ? " എല്ലാ നക്ഷത്രങ്ങളും സുവർക്കത്തിലാണ് ഉള്ളത്. നമുക്കും സുവർക്കത്തിലെത്താം . മല്ലുകൾ നമ്മെ സുവർക്കത്തിലേക്ക് കൂട്ടിക്കൊണ്ടു പോകും " . അങ്ങ് ദൂരെ പുകയുന്ന പർവ്വതം ചൂണ്ടി കാട്ടി മുകി പറഞ്ഞു

- " അവിടെ മല്ലുകൾ ഉണ്ട് . ഏഴ് ആട്ടിൻകുട്ടികളുടെ രക്തവുമായി ആ മലയിൽ ചെല്ലുന്നവരെ മല്ലുകൾക്ക് സുവർക്കത്തിലേക്ക് കൂട്ടി കൊണ്ട് പോകും " ! . മുകിയുടെ ഉത്തരം കേട്ട് ബാലൻ മയങ്ങി. മനസ് മുഴുവൻ സ്വർഗ്ഗവും , മാലാഖ മാറും , കണ് ചിമ്മുന്ന നക്ഷത്രങ്ങളും മാത്രം . ദൂരെ താഴ്വരയിൽ ആട്ടിടയാരുടെ അടക്കം പറച്ചിൽ കേൾക്കാം..ആട്ടിൻ കുറ്റന്മാർ കൊമ്പ് കോർക്കുന്ന ഒരു അമാവാസി രാത്രി ആയിരുന്നു അത് ! മല മടക്കുകൾക്കപ്പുറം കുതിര കുളമ്പിക്ക് കേൾക്കാം . " ഏഴു കടലുകൾക്കപ്പുറത്തു നിന്നും സുൽത്താന് കുർമുകളുടെ രാജ്ഞിയെ കാണാൻ പോകുന്നതാണ് എന്ന് ഉമ്മ പറഞ്ഞിട്ടുണ്ട് " . പാതി മയക്കത്തിൽ ആ ബാലൻ പറഞ്ഞു.

"ബാലനെ സുവർക്കത്തിന്റെ വഴി ഞാൻ കാണിച്ചു കൊടുത്തു . അവനെ ഞാൻ സുവർക്കത്തിലെത്തിക്കാം " . പ്രഭാതത്തിൽ ഓട്ടു കരണ്ടിയിൽ വെള്ളവുമായി വന്ന ഉമ്മയോട് മുകി പറഞ്ഞു. " ഇങ്ങു ദൈവ ദൂതൻ പോലെ പരിശുദ്ധൻ . ഓനെ സുവർക്കത്തിലെത്തിച്ചാല് എനിക്ക് വലിയ സന്തോഷം തന്നെ " ഉമ്മ പറഞ്ഞു. തിളക്കമുള്ള കണ്ണുകൾ പൂട്ടി അപ്പോഴും ബാലൻ ഇറങ്ങുകയായിരുന്നു അന്നത്തെ ദിവസം ബാലന്

മുകിയെ കൈ പിടിച്ചു മല മടക്കുകളിലൂടെ നടത്തിച്ചു. താഴ്വരയില് മേയുന്ന കൊലാടുകളുടെ കൂടെ അവർ നടന്നു..ദൂരെ താഴ്വാരം ചൂണ്ടി കാണിച്ചു ബാലന് പറഞ്ഞു.. "അതാണ് സുൽത്താന്റേ രാജ്യം " . ചൂഴ്ന്നിറങ്ങുന്ന സൂര്യന്റെ ചൂടില് അവർ നടന്നു. സൈത്താന്റേ ഗൃഹയിൽ പോയി. സൈത്താനെ കല്ലെറിഞ്ഞു . കളിച്ചു ചിരിച്ചു..അവർ നല്ല കൂട്ടുകാരായി. തിരിച്ചു പൊരയിൽ

എത്തിയപ്പോഴേക്കും സന്ധ്യയായി . മുട്ട് കുത്തി അവർ പ്രാർഥിച്ചു. തല നിവർത്തി നോക്കിയപ്പോള് മുന്നില് തോൽ കുപ്പിയില് വെള്ളവും തോള് സഞ്ചിയുമായി ഉമ്മയെ കണ്ടു..ഒരു ഒഴിഞ്ഞ തോൽ കുപ്പിയും ഉണ്ടായിരുന്നു കയ്യിൽ .

സുവർക്കത്തിലേക്ക് പോകുവാന് മകനെ യാത്രയാക്കാൻ ഉമ്മ തയ്യാറായി.

ഇന്ന് നിലാവ് കാണുന്ന രാത്രി. മേഘങ്ങൾക്കിടയില് നിലാവ് കണ്ടപ്പോള് മുകി ബാലനെ വിളിച്ചു പുകയുന്ന മലയെ നോക്കി പറഞ്ഞു - " ഇന്ന് നിലാവ് കണ്ട രാത്രി ; ആ മല മുകളിൽ മല്ലുകൾക്ക് പരന്നിറങ്ങും. ഏഴ് ആട്ടിൻ കുട്ടികളുടെ ചോരയുമായി നീ ആ മലമുകളിൽ ചെല്ലുക. മല്ലുകൾ നിന്നെ സുവർക്കത്തിലേക്ക് കൊണ്ട് പോകും. അവിടെ നക്ഷത്രങ്ങൾക്കിടയില് നിന്ന് നിനക്ക് നിന്റെ ഉമ്മയെ നോക്കാം . "

ഉമ്മയും മുകിയും ചേർന്ന് ബാലനെ ഒരുക്കി. മേഘങ്ങൾക്കിടയില് നിലാവ് കണ്ടപ്പോൾ അവന് യാത്രയായി. മല മടക്കുകൾ കടന്നു ആട്ടിടയാരുടെ താവളത്തിലെത്തി . മുകിക്കു ആഹാരം ഒരുക്കിയ രാത്രിയിൽ വെട്ടിയ ആട്ടിൻകുട്ടിയെ പോലെയുള്ള ഏഴ് ആടുകളെ അവൻ വെട്ടി കൊന്നു. അവറുകളുടെ ചോര ഒഴിഞ്ഞ തോൽ കുപ്പിയിൽ നിറച്ചു യാത്രയായി.. ദൂരെ പുകയുന്ന മലയിലേക്കു. അതൊരു അഗ്നി പർവ്വതമായിരുന്നു .

രാത്രി ഏറെയായി . വെളുക്കും മുമ്പേ മലയിൽ എത്തണം . പകൽ മല്ലുകൾക്ക് അപ്രത്യക്ഷമാകും. ബാലൻ ആയത്തിൽ നടന്നു.

പുകയുന്ന മലയിലേക്കുവന്ന് അടി വച്ച് നടന്നു. വല്ലാത്ത ക്ഷീണം . ചവിട്ടുന്നിടം ചൂടു പൊള്ളി .അതവൻ ഗവനിച്ചില്ല. വീണ്ടും ഉയരത്തിലേക്കുവന്ന് അടി വച്ച് നീങ്ങി.

വല്ലാത്ത ക്ഷീണം. അൽപ നേരം ഒന്ന് വിശ്രമിക്കട്ടെ. ആ പാറ കല്ലുകൾക്കിടയില് അവന് അൽപ നേരം വിശ്രമിച്ചു. അറിയായതെ മയങ്ങിപ്പോയി . തിളയ്ക്കുന്ന അഗ്നി പർവ്വതമായിരുന്നു അത്. ഒഴുകി വന്ന തീ പുഴയിൽ അവന് അലിഞ്ഞു പോയത് ആരുമറിഞ്ഞില്ല. ഒരു ഞെരുക്കം പോലുമില്ലാതെ അവൻ അതില് അലിഞ്ഞു പോയി. ഒരു പുകയായി അന്റേ മാംസവും മജ്ജയും അസ്ഥികളും അലിഞ്ഞു പോയി..അവൻ ഒരു പിടി ചാരമായി മാറി...

ദൂരെ ആ മലമടക്കുകളില് സൂര്യനുദിച്ചപ്പോൾ ആട്ടിടയാരുടെ കരച്ചിൽ കേട്ടാണ് ഉമ്മ ഉണർന്നത്. ജരം കലശലായിട്ടുണ്ട്. ദേഹം അനക്കാൻ വയ്യ. ഒരു വിധം തപ്പി തടഞ്ഞു മരുന്ന് കുപ്പി തേടിയപ്പോൾ അത് വീണു പൊട്ടി ! ഒരു കൈ സഹായത്തിനു ആരെങ്കിലും ഉണ്ടെങ്കിൽ എന്നാശിച്ചു. ആരുമില്ല ! ബാലൻ സുവർക്കം തേടി തന്നെ വിട്ടു പോയി. തപ്പി തടഞ്ഞു ഉമ്മറത്തെത്തിയപ്പോൾ വെളുത്ത താടിയുള്ള തിളങ്ങുന്ന കണ്ണുകൾ ഉള്ള മുകിയെയും കാണാനില്ല ! ബാലന് സ്വർഗം നൽകി രാത്രിയുടെ മറയിൽ ആ വൃദ്ധനും മറഞ്ഞു. നിസ്സഹായയായ വൃദ്ധ ഉമ്മറത്ത് തനിയെ ഇരുന്നു സ്വർഗം തേടി പോയ മകനെ ഓർത്തു നെടുവീർപ്പിട്ടു. കഴുത്തറക്കപ്പെട്ട ആടുകളെ നോക്കി അലറിക്കരയുന്ന ആട്ടിടയാരുടെ ശബ്ദം മല മടക്കുകളിൽ തട്ടി പ്രദിഗ്ബനിച്ചു .

ആരാണിവിടെ തെറ്റുകാർ? സ്വർഗം തേടി പോയ ബാലനോ? തന്റെ മകനെ സ്വർഗത്തിലേക്ക് യാത്രയാക്കിയ വൃദ്ധയോ ? തന്റെ ആടുകൾ സുരക്ഷിതരെന്നുവിശ്വസിച്ചു രാവുറങ്ങിയ ആട്ടിടയാരോ ?

നക്ഷത്രങ്ങളെ സ്വപ്നം കാണുന്ന തിളക്കമുള്ള കണ്ണുകളുള്ള ബാലന്മാരെ തേടി മുകി യാത്രയായി. ആർക്കും പിടി കൊടുക്കാതെ.

ചോര കുറയുള്ള തീവ്രവാദത്തിന്റെ കഥകളിൽ എല്ലാം സ്വർഗം തേടി പോയ ഈ ബാലനെ കാണാം.. മല്ലുകൾക്കു കാണിച്ചു കൊടുത്ത മുകിയെ കാണാം ..നിസ്സഹായരായ ഉമ്മമാരെ കാണാം.. എല്ലാത്തിനുമപ്പുറം ആടുകളെ നഷ്ടപ്പെട്ട ഇടയാരുടെ കരച്ചിൽ മുഴങ്ങി കേൾക്കാം !!

അന്ന് രാത്രിയും മലമടക്കുകളിൽ ഏഴു കടൽ കടന്നു വന്ന സുൽത്താന്റേ കുതിര കുളമ്പി കേൾക്കാമായിരുന്നു. നിലാവുള്ള രാത്രികളിൽ തീ കായുന്ന ഇടയാരുടെ അടക്കം പറച്ചിൽ മാത്രം ഒരു വിലാപത്തിന് വഴി മാറി.. !!

The Alien

As I gazed up at the old Victorian house, I knew I was going to hate it here. We just started moving our furniture into the house, and I already missed my friends. "Why do we have to move here?" I asked Dad. I had asked him the same question many times. Every time it was the same answer. *We're moving because I got a new job.* I hoped the answer would be different this time. I hoped he would say, *You know what? I don't know why we're moving. Let's move back!* But he didn't. He said, "Griffin, I already told you the answer. We're moving because I got a new job." When he said that, my shoulders slumped. I lost all hope to ever seeing my friends again. We used to live in Florida, but we moved to California. Dad told me I'd make new friends. But no one could replace Alex, my best friend. I felt as if I were in jail in my own home! I leaned against the mailbox as I watched the movers help my parents move the couch into the house. As I leaned against it, the lid of the mailbox popped open and a piece of paper came out. I picked it up off the sandy road and examined it. The piece of paper was folded in half and the front said, *Top Secret.*

I opened the piece of paper and squinted my eyes. The message was blurry and faded, and the only word I could make out was *UFO*. Now I was really excited! I stuffed and ran into the house. I made my way upstairs to my room. I shut the door and locked it. I

flopped onto my bed (My room is the only room that has furniture in it yet) and started to examine it more closely with a magnifying glass. I guess I'm rambling. I haven't even introduced myself! My name is Griffin Theodore. I go to Woodland elementary school, or, at least, used to. I have blond hair, sparkling blue eyes, and milk-white skin. Anyway, back to the story. As I was saying before I was rudely interrupted by myself, I was examining the paper with a magnifying glass. Still, the only word I could make out was *UFO*. I put the piece of paper inside my dresser drawer. I noticed that there were bars on the windows. I really was in jail in my own home. I raced downstairs to ask my parents about the bars on the window. "Why are there bars on the window?" I asked Mom. "This whole place used to be a UFO testing facility," she answered. "Oh," I replied. That's when I noticed strange green lights coming from the curtains of my room. Again, I raced upstairs to my room. When I opened the door, the strange lights were gone. I cautiously closed the door. "Ah-ha!" I shouted as I flung open the door to my room. I hoped I would see the green lights again, but I didn't. I walked into the room and flopped onto my bed. I felt as though I would never solve this mystery. As I lay on my bed, I noticed the same green lights I saw earlier coming from inside my closet. I opened the closet and was surprised to

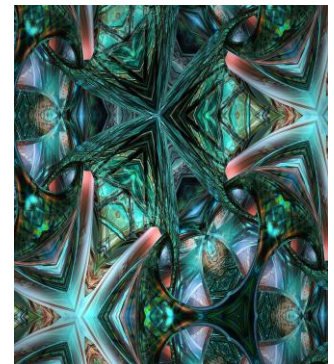
see a strange orange creature lying in the middle of the floor. It had three eyes on stalks sprouting from the top of its head. It had five arms, four legs, and fifteen eyes. I suspected it was a boy because it was bald. He got up and rasped, "Greetings, hoo-man." "Greetings to you too,--," I said. "Humboldt. My name is Humboldt, hoo-man," Humboldt rasped. "O--okay. My name is Griffin," I squeaked. "Griffin," Humboldt acknowledged with a nod of his head. "I from Joo-peeter," Humboldt said. "Wait. If you're an alien, how can you speak English?" I asked. Humboldt held up a device. "Translator," he growled. "Oh," I said. A tear rolled down Humboldt's cheek. "Me go home," he bawled. I didn't know what to do. I had never encountered a bawling alien before, much less an alien! "O--okay. Calm down," I told Humboldt. "He pointed to a hole in the wall where there was a disc-shaped object. I guessed that the disc was his space-ship. "Ran out of fuel," Humboldt bawled. "Hang on," I told him. "What do you use for fuel?" "Pancakes," Humboldt answered. I ran downstairs and grabbed a packet of frozen pancakes. I inserted them into a hole in the space-ship. The space-ship's green lights grew brighter. Humboldt hopped in. "Bye-bye," Humboldt shouted as the space-ship lifted off.

I knew Mom and Dad would kill me for the hole in the wall and the hole in the ceiling.



Abel Thomas

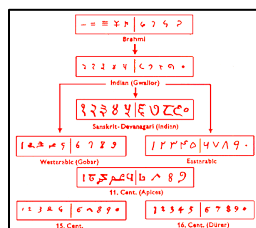
"Wait. If you're an alien, how can you speak English?"





Kavya Menon

"Algebra, Calculus, and trigonometry came from India. India invented the number system and also the number zero was invented by India's great mathematician Aryabhata."



India's Contribution To The World

India is the seventh largest country by area and is home to over 2.1 billion people. The amazing land of India has the world's largest democracy and is one of the few countries that gained its independence without violence. India has made a big contribution to the world. India has contributed many things dealing with math, science, religion and much more.

India was the birth place of not only Hinduism but Buddhism and Sikhism as well, which are practiced worldwide. Math is a subject everyone is familiar with and India is to thank for a big part of math. Algebra, Calculus, and trigonometry came from India. India invented the number system and also the number zero was invented by India's great mathematician

Aryabhata. Also the decimal system was developed in India. To add to that the value of PI was first calculated by Bhudayana and then he explained the concept of what is known as the Pythagorean Theorem. He discovered this in the 6th century before the European mathematicians. Speaking of math a related subject is education. The world's first University was established in Takshila in 700 B.C where more than 10,500 students from all over the world studied more than 60 subjects. Chess is a game many people enjoy worldwide and whoever likes chess can thank India because chess was invented in India. The World has also received much knowledge on surgery that came from the writings of Susrutha,

known as the father of surgery. 2600 years ago he and health scientists of his time conducted many complicated surgeries such as artificial limbs, cataract and even brain surgery. Also in science contributions the earliest record of the Atomic Theory can be found in Vedic texts found in India, that are many thousands of years old. The art of Navigation was also born in India 6000 years ago in the river Sindhi.

So as you can see we owe a big thanks to India! Who not only gave us important information in science and math but also in many other things. As Albert Einstein once said: "We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made."

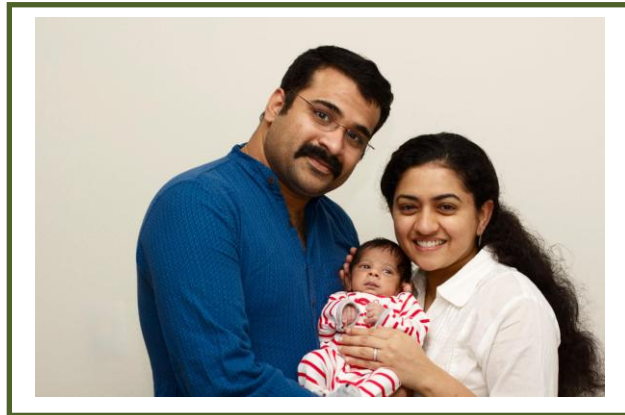
HAPPINESS

*Contributed by:
Kurian Varghese*



Everybody, everywhere seeks happiness, it's true, but finding it and keeping it seems difficult to do. Difficult because we think that happiness is found only in the place where wealth and fame abound..... And so, we go on searching in places of pleasure, seeking recognition and monetary treasure, unaware that happiness is just a state of mind within the reach of everyone who takes time to be kind. For in making others happy we will be happy too. For the happiness you give away returns to shine on you.

Cheers!!

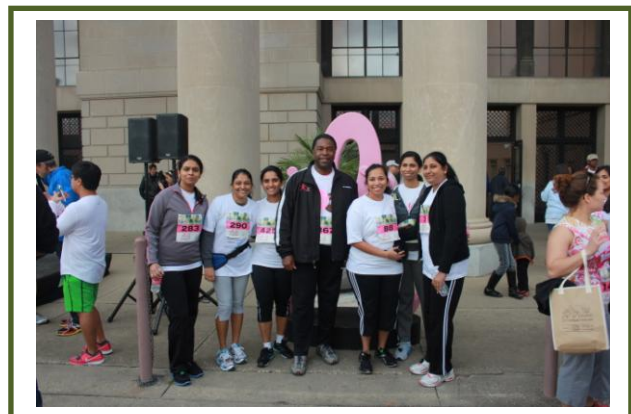


Congratulations to Deepak and Dhanu for their new bundle of joy, Aaryan Deepak Nenmini. May your new little one grow strong, wealthy and wise and let the joy of parenting bring you a lifetime of laughter and happiness!

With Love and Prayers
Sathish & Bincy
Prince & Jeena



Congratulations to Nikitha Raju, 9, for winning the runner up title in 2013 St. Johns County Spelling Bee held on Wednesday, Jan 16, 2013!! Jax malayalee community is proud of you Nikitha!!



Congratulations to MANOFA members who participated in 5K Run with Donna on Feb16, 2013!! In their own words, "Running for one of a charitable cause(BREAST CANCER) that was dear to us all..participants were Sindhu Raju, Lincy Thomas, Sandhya Sujit, Simmy Regin, Celin Sunny and Minu Madhu.This was our first time experience which was soulfully invigorating and a most fabulous eyeopener to see survivors of breast cancer and people from all walks of life participating and accomplishing the task successfully..."



Brain Teasers

1. If you throw me from the window, I will leave a grieving wife. Bring me back, but in the door, you'll see someone giving life. What am I?
2. $3+3*3-3+3= ?$
3. When asked how old he was, Manav replied "In 2 years, I will be twice as old as I was five years ago. How old is he?"
4. What famous proverb does the rebus tells us NEFRIENDED DEFRIENDED
5. There is something which comes once in a minute, twice in a moment but strangely never in a thousand years. What am I?

"Hurry!!!

*Send in your answers to
newsletter@manofa.org*

*by March 15 to win an
exciting prize!!."*

Beauty Tips

✚ REMOVE NAIL POLISH WITHOUT NAIL POLISH REMOVER

If you have run out of nail polish remover, you can remove cracked and chipped nail polish by applying a clear top coat to nail and removing it promptly with a cotton ball.

✚ HOW TO APPLY LIQUID EYE LINER

Keep your eyes open when applying liquid eyeliner- otherwise your line will look uneven. Apply by drawing 3 dashes, one on the corner, one in the middle, and one on the inside corner of your eye. Then go back and connect dashes for a smooth line.

✚ AVOID EYESHADOW FROM CREASING

To keep eyeshadow from creasing, eliminate as much oil as possible from your lids. To do it, use an eye shadow base or a pressed powder before applying color.



Kitchen Tips

✚ Stop searching high and low for hair clips and elastics: Store them tidily on an empty Toilet Paper tube.

✚ Use a clean toothbrush to remove stray threads of silk from freshly shucked ears of corn. The bristles will lift them away quickly and efficiently.

✚ Boost a meager bouquet to new heights by inserting short flower stems into plastic straws to give them greater stature.



Recipe

PRAWNS THEEYAL

The perfect combination of prawns in a gravy of spicy and tangy coconut.

Ingredients:

- Prawns- 1 lb, cleaned and washed (fresh or frozen)
- Big Onion- 1, sliced
- Shallots or Small Onions- 2 (sliced)
- Coconut- 1 cup (Fresh or Frozen)
- Kudam Pulli/Kokum- 3 or 4 pcs, soaked in warm water
- Green chilly-2 sliced
- Chilly powder- 1/2 tsp
- Coriander powder- 1 tsp
- Turmeric powder-1/2 tsp
- Fenugreek powder- a pinch
- Curry leaves- 2 sprig
- Mustard seeds-1/4 tsp
- Coconut Oil- 3 tbsps
- Salt to taste

Preparation

In a fry pan, roast the coconut and sliced small onions until brown. Keep aside to cool.

In another fry pan, heat 3 spoons of oil. Add mustard seeds and allow it to splutter. Now add the sliced big onions and curry leaves. Stir occasionally till the onion becomes light brown. Add chilly, coriander, fenugreek and turmeric powder. Stir. Add prawns and green chilies and stir fry till prawn changes colour. Then add kokum/ kudum pulli and enough salt. Add a cup of water. Cover and cook for 10-15 minutes.

In the meantime, grind the brown coconut with little water into a nice paste. Add the coconut paste into the prepared curry. Stir and combine well. Keep in simmer for 5 mins and then remove from fire. Drizzle a few drops of coconut oil for an authentic taste and smell. Serve hot. Enjoy with chapathi or rice.

Note: You can also use tamarind paste instead of kokum or kudum pulli. It gives a different taste.



Jeena Mathai



PACHA MANGA CHAMMANTHI (RAW MANGO CHUTNEY)

This has always been my favorite chammanthi (chutney)...the perfect combination of coconut and raw mangoes..

Ingredients:

- Coconut- 1cup scraped (fresh or frozen)
- Raw Mango- 1/2 cup chopped
- Dry Red Chilies- 2 (or as per your spice level)
- Small Onion- 3 or 4 sliced
- Ginger- 1/2 tsp minced
- Curry Leaves- 1 sprig
- Turmeric Powder- 1/8 tsp
- Oil- 2 tbsps
- Salt to taste

Preparation:

Heat oil in a pan and add dry red chilies, small onion, ginger and curry leaves. Fry for 4-5 mins till you get roasted smell. Add turmeric powder and combine well. Fry for few seconds. Add coconut and mix well. Just fry for 3-4 mins. (Keep stirring to make sure the coconut does not get burnt). Remove from fire and let it cool. Add Mango and salt to this mix. Grind this mixture in the smallest jar of the mixie, preferably without water. Once you grind it, try shaping it into a ball..or use a bowl to give it a mountain shape. Enjoy the pacha manga chammanthi with kanji payar or rice.





Suchetha Ravishankar & Jeena Mathai
Editors

Contact us:

PHONE:
(904) 335-8680

E-Mail:
communications@manofa.org

We're on the Web!

See us at:
www.manofa.org

From the editors' desk

Dear Readers,

It's with great enthusiasm that we are taking over the editorial responsibilities of MANOFA newsletter -Dhwani. As usual, the newsletter will be delivered to you bi-monthly covering information on the organization events, initiatives along with the regular features. Beginning in the next issue, we would like to introduce more articles featuring Malayalam as a language and our culture. The success of this initiative depends on your response; we would like to encourage the members of our community to send in more articles that will help our younger generation to understand our language & culture. Future scope of the newsletter is open to your suggestions – please feel free to reach out to us at newsletter@manofa.org.

Thank you!!

About Our Organization...

Malayalee Association of North Florida, Inc. (MANOFA) is a non-profit organization incorporated under the (jurisdiction) laws of the State of Florida for Social, Cultural, Educational and Charitable purpose/activities. It is a non-political, voluntary community organization of the (Malayalee) people of Kerala/Keralites who reside in North Florida.

The organization's primary focus is to preserve and promote the moral, social, cultural, educational, literary and artistic heritage of the Malayalee community in North Florida.

Renew your membership at <http://www.manofa.org/online-membership-form.html>

