

2006							MAY							2006								
S	S	F	T	W	T	W	W	M	T	W	T	F	S	S	W	M	T	W	T	F	S	S
1	2						18	1	2	3	4	5	6	7	18	1	2	3	4	5	6	7
3	4	5	6	7	8	9	19	8	9	10	11	12	13	14	19	8	9	10	11	12	13	14
10	11	12	13	14	15	16	20	15	16	17	18	19	20	21	20	15	16	17	18	19	20	21
17	18	19	20	21	22	23	21	22	23	24	25	26	27	28	21	22	23	24	25	26	27	28
24	25	26	27	28	29	30	22	29	30	31	-	-	-	-	22	29	30	31	-	-	-	-

2 Thursday
 MARCH HOBBY NO: 1
 Avoid Gym

What is the Secret to weight loss without gym
 It is not logging into long gym hours
 A 5 factor fitness plan to celebrate weight loss:
 Do the following routine 5 days a week

Step 1 Take your pick - Jog; climb stairs;
 Step rope or do jumping jacks for 5 mins
 to get your heart pumping

Step 2 Stand with feet - shoulder width
 apart & place your hands on your hips

Strength Circuit Lunge forward with right leg, bending
 right knee - aligned with right ankle
 Step back to starting position and
 repeat with left leg to complete one Rep.

Shoulder Press Stand with feet (hip width apart)
 holding a dumb bell in each hand
 elbows bent to 90° at shoulder height -
 Press dumb bells up until arms are straight
 then return to starting position. Do 20 reps

Double Crunch Lie on your back with your hands behind your
 elbows out, & bring your knees in towards
 your chest - as U simultaneously crunch
 your torso up until your shoulder blades
 clear the floor -

Pause slowly lower & repeat
 Do 20 reps a day - five days a week

12

13

14

15

16

17

18

10

Smartest Executives

VP, #1 Personal Systems

TOM BRADLEY

(49, Yrs)

2006

MAY

2006

W	M	T	W	T	F	S	S
18	1	2	3	4	5	6	7
19	8	9	10	11	12	13	14
20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	28
22	29	30	31	-	-	-	-

4 Saturday
MARCH

Strength Circuit

Step 3] Do 5 minutes of ^{063-302 Week 9} CARDIO; Then Repeat the series of 8x three times

Side Bend Stand with feet - shoulder width apart - knees slightly bent - holding a dumb bell in right hand, palm facing in - rest left hand on top of head - keep hips still - bend to right as far as you can

DUM B BELL ROW Stand with feet - shoulder width apart - holding a dumb bell in each hand Bend forward until the torso is // to ground - let the arms hang down - with palms facing in - bend elbows & pull dumb bells up toward the waist

4) **CARDIO** Finish SET

2006

MAY

2006

W	M	T	W	T	F	S	S
18	1	2	3	4	5	6	7
19	8	9	10	11	12	13	14
20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	28
22	29	30	31	-	-	-	-

1 Saturday
APRIL

Hobby No. 2: WRITING

My FIRST LOVE

Though Writing has been my main hobby, I picked up writing as a daily activity, ever since my retirement. I have been writing for over 20 to 25 years and picked up speed during the last ten years.

In the beginning, I started collecting the noble prize winners & slowly extended to Gold Medalists in Olympics, National flags, then extended to "Guinness Book of Records" Daily Discourses from "Maha Marathe" & "Ramajanes" and "NOBEL Prize Winners" Cricket Records & All state records.

2 Sunday

092-273 Week 13

2006

JUNE

2006

W M T W T F S S

22 1 2 3 4

23 5 6 7 8 9 10 11

24 12 13 14 15 16 17 18

25 19 20 21 22 23 24 25

26 27 28 29 30

4 Tuesday
APRIL

094-171 Week 14

I collected the names of one hundred sportsmen
then starting one hundred short stories
extracted from Ramayana & Mahabharata
then extended to .. AESOP'S FABLES &

Most of you must have some free time
or other & in my case, I used to be a voracious
reader in my teens & later became a
amateur writer after my retirement.
As you know writing & reading are twin brothers
& so writing followed as a natural extension
slowly I have learnt that writing is
no big deal. You just string together
words & you get a sentence, & the
sentences go into paragraphs, while
paragraphs fill up pages in no time.
Study pages after pages contain volumes
from A to Z without your knowledge.

2006	JUNE							2006												
S	F	S	S				W	M	T	W	T	F	S	S						
4	5	6	7				22				1	2	3	4						
12	13	14					23	5	6	7	8	9	10	11						
18	19	20	21				24	12	13	14	15	16	17	18						
25	26	27	28				25	19	20	21	22	23	24	25						
-	-	-	-				26	26	27	28	29	30	-	-						

6 Thursday
APRIL

However there is one topic about which

I don't indulge in writing: That is POLITICS. That is there to write about politics, where every TOM, DICK & HARRY think of contesting for elections & invariably in the use & abuse of money power.

As the late Tamil leader KAMRAJ was fond of saying: "YELLORAM OREY

KUTTAYILE

ORUYA MATTAIRAL"

which means to say

That "All of them are born in the same cess pool trying to summarize & politicizing a few malpractices from A to Z.

Already there are so many hypocrites &

I don't want to join their gang of bandicoots and try to complete

wasting my time & money which I can use for something better.

	F	S	S	W	M	T	W	F	S	S
22				1	2	3	4			
23	5	6	7	8	9	10	11			
24	12	13	14	15	16	17	18			
25	19	20	21	22	23	24	25			
26	26	27	28	29	30					

Secondly Writing is a cheap hobby
involving some ink, pen & paper
I started making use of one side paper.
Further Writing has its own rewards.

Total strangers to writing congratulate
you for some nonsense you write
because he was a stranger to that subject.

A gentleman from Coimbatore who
happened to read my letter to Editor in Hindi
tried to congratulate me for my bravery
I invited me for his daughter's wedding.

Similarly a gentleman from Canada & USA
appreciated by ⁹ ~~Canada~~ compilation of BUI
Bala Vardhini Journal (Monthly) which I
started as a hobby and completed its
Silver jubilee in September this year.

Who is a leader?
Monday 24
JULY

JUNE							JULY						
W	M	T	W	T	F	S	W	M	T	W	T	F	S
22				1	2	3	4	26	31				
23	5	6	7	8	9	10	11	27	3	4	5	6	7
24	12	13	14	15	16	17	18	28	10	11	12	13	14
25	19	20	21	22	23	24	25	29	17	18	19	20	21
26	26	27	28	29	30	-	-	30	24	25	26	27	28

08 Bill Clinton was the most formidable politician
I had ever encountered yet his expertise
of extraordinary capacity at the business of politics
Obscured the fact that he was also a
09 brilliant thinker with a clear & thought-
provoking political philosophy & programme
10 Bill had inimitable resilience & patience
11 when he went through the impeachment saga
12

13 George Bush was straight-forward
& direct & very smart in his dealing in politics
One of the most ludicrous caricatures of
14 George Bush was that he was a dumb idiot
15 who stumbled into the Presidency
No one stumbles into that job & the history of
16 American Presidential campaigns is always
littered with political corpses of those
17 who were supposed to be brilliant but who
nonetheless failed because their brilliance was
18 not enough. To succeed in US politics,
one should be clever, & more over be extroverted,
but he has to be more than clever. With all
his plus he has a sense of CALM & he
dealt with terrorists in peace with hisses
Bush had a great intuition, but intuition was
less about politics & more about what he thought
At a time of world changing events he dealt
with the situation more admirably & calmly

2006							SEPTEMBER							2006								
S	T	W	T	F	S	S	W	M	T	W	T	F	S	S	S	T	W	T	F	S	S	
1	2	3	4	5	6		35						1	2	3	35						
7	8	9	10	11	12	13	36	4	5	6	7	8	9	10	36	4	5	6	7	8	9	10
14	15	16	17	18	19	20	37	11	12	13	14	15	16	17	37	11	12	13	14	15	16	17
21	22	23	24	25	26	27	38	18	19	20	21	22	23	24	38	18	19	20	21	22	23	24
28	29	30	31	-	-	-	39	25	26	27	28	29	30	-	39	25	26	27	28	29	30	-

25 Tuesday

JULY

Then here's Barack Obama

Who stepped into the aftermath of ^{206-159 Week 30} the financial crisis & wars in IRAQ & Afghanistan, he had to deal with challenges of

avoiding a double-dip recession and preventing IRAQ from acquiring nuclear weapons capability. As it always happens with a new leader, the political character cannot be fully formed or comprehended immediately, but happens over a period of time, but his personal character is very clear & this is a man with steel in every part of his body.

The expectation of his presidency was beyond exaggeration & not the criticisms exaggerated.

He continues to remain the same throughout but he's under no illusion about the present stage of American economy, but is trying to shape a different philosophy to meet his aims avoiding market excesses & alienation of America from its allies in meeting the security challenge.

Leaders come in all shapes & sizes but all of them face a great similarity in building up the shape of America.

Wednesday 26
JULY

JUNE							JULY							
W	M	T	W	T	F	S	W	M	T	W	T	F	S	S
22				1	2	3	26	31						
23	5	6	7	8	9	10	27	3	4	5	6	7	8	9
24	12	13	14	15	16	17	28	10	11	12	13	14	15	16
25	19	20	21	22	23	24	29	17	18	19	20	21	22	23
26	26	27	28	29	30	-	30	24	25	26	27	28	29	30

08 But the real test of a leader is
09 among all the tests of policy, judgment
10 policies & absolutes
11 is better in the final analysis,
12 you put the team first & that
13 illustrated you are prepared to put first
14 what you perceive to be the common good of
15 the people & the nation, before your own
16 political future or political self.
17 This is the supreme test of a leader
18 very few leaders pass the test of
19 all the above them too.

20 Americans can be all over the rest of the world
21 sometimes accused of lawlessness & lawless
22 But America is great for a reason
23 There is nobility in American character
24 that has been developed over the centuries
25 derived, in part, from the father spirit
26 from the waves of immigration, from civil war
27 for the customs of independence & other
28 concordance

2006					SEPTEMBER					2006													
W	T	F	S	S	W	M	T	W	T	F	S	S	W	M	T	W	T	F	S	S			
1	2	3	4	5	6	35					1	2	3	36	4	5	6	7	8	9	10		
8	9	10	11	12	13	37	11	12	13	14	15	16	17	15	16	17	18	19	20	21	22	23	24
22	23	24	25	26	27	38	18	19	20	21	22	23	24	22	23	24	25	26	27	28	29	30	31
29	30	31	-	-	-	39	25	26	27	28	29	30	-	29	30	31	-	-	-	-	-	-	-

27 Thursday
JULY

208-157 Week 3

The nobility is not about being rich
Better or more successful than anyone
It is a feeling about that country
It is a devotion to the American ideal
that at a certain point transcend
class, race, religion or upbringing
The ideal is about values;
freedom

the rule of law &
fully democracy

It is also about the way U achieve
on merit, by your own effort and
hard work.

At the top of all, it is in striving for
protection but also by

You, as an individual to the best place
to the interests of nation as a whole

It is not the soldier give for the
land to highest, to new feet when
"The star spangled banner" is flown