

Sample Issue

FOLKITUDE

Monthly Story Book

Being Human



Regina Pacis
zone of confidence

www.reginapaciszcz.com

Editorial

One day, an old lady woke up and noticed that she had only three hairs on her head. Was she shocked? No! "I think I'll braid my hair today and have a wonderful time with my friends," she said excitedly. She did braid her hair and she had a wonderful day with her friends.

After two days, she noticed that she had only one hair on her head. Was she shocked? No! She said gaily, "Today I'm going to wear a pony tail and go to the bank and open my account." So she did wear a pony tail and she had a fun, fun day at the bank.

The next day she noticed that there wasn't a single hair on her head. Was she shocked? No! "YAY!" she exclaimed. "I don't have to fix my hair today!" She had a jolly, jolly day at the super market.

This is one of the many classical folktales that has travelled from generation to generation and tells us that life is too precious to be wasted in worrying. This power of folktales—to deliver such intense and deep ideas in a simple and elegant form—is not being tapped as extensively as it should be.

Thus, to help people of all ages access the ancient wisdom that these traditional stories are packed with, Regina Pacis has launched Folkitude—a monthly story book. Folkitude is a play of two words—Folktales and Attitude. The very goal of Folkitude is to bring back the stories of old to encourage readers to make positive and value-driven changes in their lives.

Folkitude is published on a monthly basis with each issue carrying four stories. Along with the stories, Folkitude also carries interactive content that enables readers to engage more deeply with the folktales.

My deepest thanks to my editor, Chitralekha, and to the designing team at Crazy Pencilz for making Folkitude a reality. Special thanks all the authors who have generously left behind these stories for us to cherish.

So, why wait, enjoy Folkitude and live life positively.

Cheers,

Alvin

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How Did the Sea Become Salty?

A long time ago, in a land far away, there was a huge sea that stretched from one end of the earth to the other. Though it was very big, the sea did not have even a pinch of salt in it, and the water was very sweet.

At the shore of this big salt-less sea, there was a thick green forest and a small village next to it. It was called Paradiso. The people of Paradiso had never tasted salt in their lives! All their cooking was done without salt. Can you imagine what food tasted like without salt? I am glad I wasn't born at that time and didn't have to eat such bland food.

The people of Paradiso worked very hard. Every morning at dawn, all the men of Paradiso would form teams. They would row their shoe-shaped boats into the sea crying, "Heave ho! Heave ho!" They would adjust their sails and cast their nets. By mid-day, each fisherman had enough fish to feed his family. They would then guide their boats to the middle of the sea where there was the Insula. This was a narrow stretch of land in the middle of the sea where nothing grew, and there was only sand. Here, the fishermen would rest for a while.

When the sun started its **descent** in the west, the fishermen rowed back to Paradiso. Their wives would then take the fish, clean it, and roast it over a wood fire. They would quickly gulp down their food and go to sleep.

One day, the fishermen rowed their boats towards the Insula after a long day of fishing, as usual. When they go there, they were shocked.

A very big **conical** tent, taller than the Eiffel Tower, stood in the middle of the Insula. As they watched, the tent door opened, and out stepped a giant who was as tall and strong as a coconut tree. The men of Paradiso took one look at the giant and started praying to their gods. They thought this was the end. They sadly said goodbye to oneanother.

But the giant came out, opened his big mouth, and said only one word: "Friends!" All the fishermen started smiling when they heard the giant's gentle voice.

"You look very tired!" the giant said, peering down at them, "Come in and have something to eat!"

The fishermen entered the giant's house and sat on rocky seats. The giant placed big leaves in front of them, on which he served the fishermen's favourite dish—roasted fish! The men picked out the bones and each ate a small piece. And when the fish met the tongue, every man of Paradiso began to cry. Seeing this, the giant asked, "Is there anything wrong? You don't like it!"

Tailo, a dark and tall man replied, "No, these are tears of joy! We have never tasted such food! Did you add a magic ingredient?" he asked.

The giant calmly replied, "No, I prepared it the usual way. I cleaned the fish, added some garlic, mustard, and turmeric..."

Tailo was disappointed.

"And then I added a pinch of salt," said the giant.

"Salt? What is that?" asked Tailo. All the fishermen surrounded the giant and **badgered** him with many questions about salt and what it tastes like.

"Wait!" said the giant. He brought out a big sack, put his hand into it, and showed them the white powder inside. "This is salt!" he said.

"Could you please give each of us a small bag?" Tailo asked respectfully.

The giant smiled and gave each man a small bag filled with the white powder.

Back in the village, the men gathered all the people and told them the whole story about the giant and the salt. When the wives heard about salt and how amazing it tastes, they immediately prepared a great feast. When the people of the village tasted the food, tears started rolling from everyone's eyes. They could not believe that food could taste so yummy!

The whole of Paradiso loved the taste of salt so much that they added it to their every meal. Every morning, after the men finished their fishing, they rowed straight to the giant's house. He happily gave each of the men a small bag of salt every day, and the men rowed back, dreaming of the tasty meal they would soon have.

Everyone at Paradiso was very happy. They loved eating delicious food!

But one day, a huge storm arose. The wind screamed and the waves roared. No one could go out fishing that day. The men thought that the storm would quieten in a day, but it did not. The winds screamed and the waves roared, day after day, and Paradiso's stock of salt slowly began to run out.

Since the men could not go out to sea visit the giant, they had to use up all the bags of salt they have saved. And finally, when not a pinch of salt was left in Paradiso, the women decided to cook without salt. The food tasted so horrible most of them could not even eat it.

The men decided to hold a meeting. No one could decide on how to bring back salt. Finally, Tailo said, "Friends, the storm may be strong, but my heart is stronger! With God on my side I shall cut through the waves and bring salt back to Paradiso!"

Tailo took his shoe-shaped boat and rowed into the sea. The storm screamed and waves roared, but Tailo never stopped—he rowed and rowed. There were waves as big as waterfalls and mountains which crashed only to rear up their **monstrous** heads again, but Tailo's little boat bravely held its course.

Finally, tired but determined, Tailo reached the Insula. The big door was locked. He stood in front of the tent and called at the top of his voice, "Giant! Giant! Giant!"

The giant ran out of his tent and hugged him. "Tailo! My friend! I was so worried about you!"

"Giant!" Tailo said, "We need more salt! Can you help us?"

"Friend! From this day, you'll get salt every day!" said the giant. He lay on the floor and lifted his leg like a staircase. His legs grew over the waves and arched like a rainbow. Tailo's eyes grew wide, seeing this magical bridge.

"Ouch! Ouch!" cried the giant suddenly. His legs had landed on an ant hill—the house of **ferocious** red ants. Finding their house so **abruptly** disturbed, the ants had started biting the giant.

Tailo quickly ran over his legs as the giant kept yelling, "Ouch! Ouch! Quickly Tailo!" The giant did not want to move his leg though he was in a lot of pain. He had made a promise to Tailo and he did not want to disappoint him. Instead, he tried to ignore the ant bites and best as still as he could.

Tailo called all the men. They quickly climbed over the giant and took their bags of salt.

"Ouch! Ouch! Quickly! Hurry!" cried the giant.

The men did not believe him. "How can tiny ants bite such a mighty giant! He is trying to cheat us," they said to one another. They walked back slowly, carrying as much salt as they could.

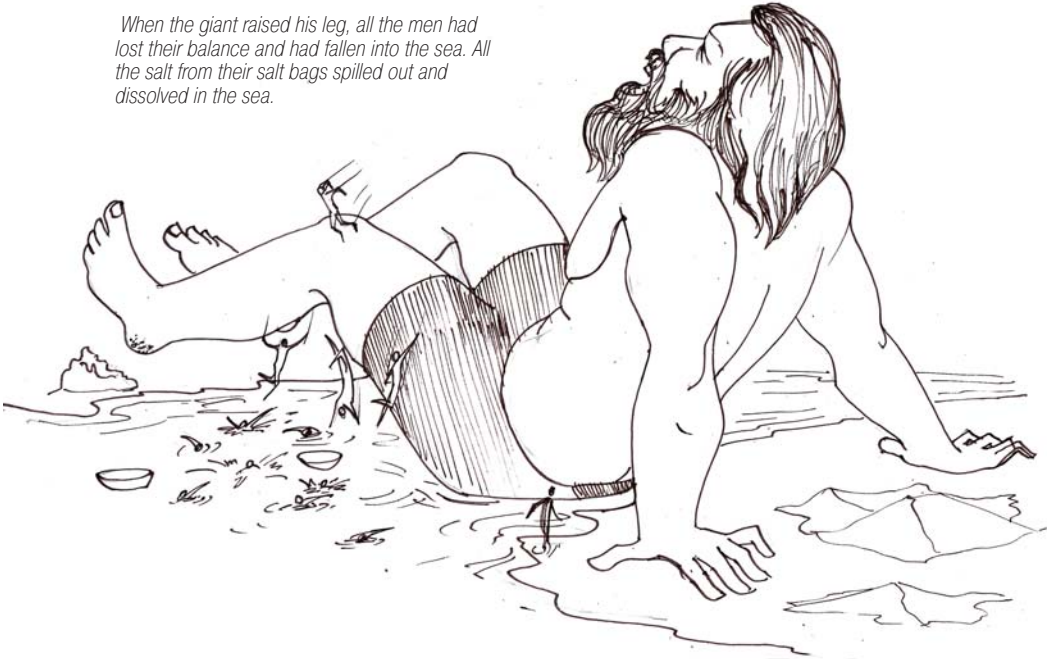
"Hurry! Ouch! Hurry! Ouch!" yelled the giant, but no one listened to him.

When the men had come up to the giant's knees, the ants bit the giant so ferociously that he could no longer bear the pain. He raised his legs for an instant—Thadak!—and crushed the ant hill completely. The ants ran away and started building another ant hill.

What happened to the men?

When the giant raised his leg, all the men had lost their balance and had fallen into the sea. All the salt from their salt bags spilled out and **dissolved** in the sea. The giant quickly arose and pulled out all the men. But the salt that was spilled couldn't be taken back. And from that day onwards, the sea has always been salty.

When the giant raised his leg, all the men had lost their balance and had fallen into the sea. All the salt from their salt bags spilled out and dissolved in the sea.



Monstrous: Big and scary ; Ferocious: Powerful and wild ; Abruptly: Suddenly ;
Dissolve: When a solid mixes with a liquid to make a solution

Fill in the Blanks:

- 1) Without salt, the fishermen's food was very _____.
- 2) The giant gave the each of the fishermen a little bag of _____.
- 3) The giant's legs grew and arched like a _____.
- 4) The _____ bit the giant's leg.
- 5) The fishermen walked very _____ across the giant's legs.

Questions to Think About:

- 1) Did the giant keep his promise?
- 2) Why did the giant agree to help Tailo?
- 3) Do you know how salt is made nowadays? Find out the two main ways by which the salt we eat every day is manufactured.
- 4) What is the one key learning from the story which you wish to implement in your life?

Time for Some Fun!

Salt, turmeric, and mustard are just some of the different spices that we use in our food. Find out what are the other spices that we use in the kitchen. Do you think you can find their names in these jumbled words?

ELOVC, NIANCNMO, LCIHI, AADRCMMO

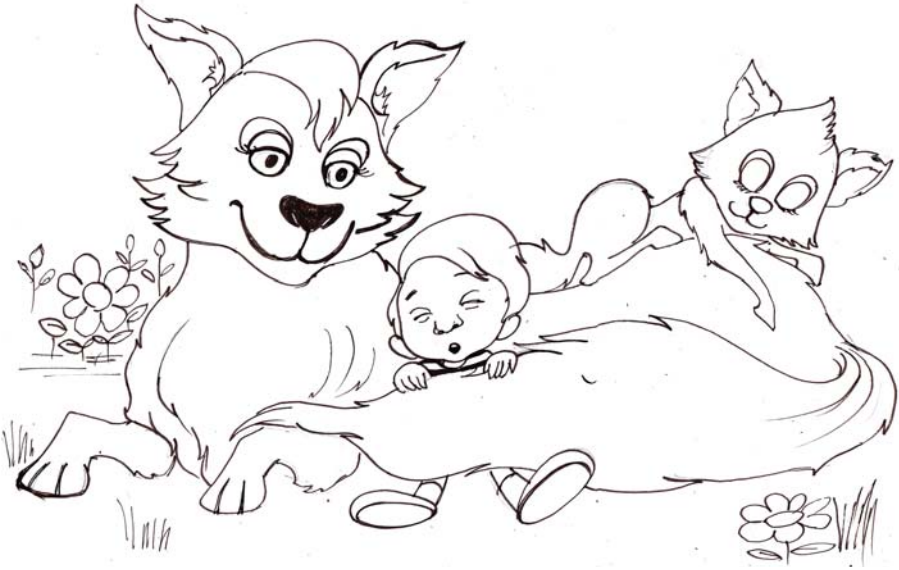
EPRPEP, NUIMC

ROIDRAENC, ERNGIG

Sharing Space:

Do you have a similar experience like the story? Send your personal experiences to **blog@reginapaciszc.com** and your story will be published in our blog.

Answers: Clove, Cinnamon, Chili, Cardamom, Pepper, Cumin, Coriander, Ginger



Ailbe and the Wolf

In a faraway land called Ireland, there was a young boy called Ailbe. He was just two and a half years old. He loved butterflies very much. One day, a pretty yellow butterfly came to his garden. Ailbe began to run behind it. The butterfly flew and flew and Ailbe chased behind it. He ran through fields and past little ponds until the butterfly disappeared into a thick forest.

Ailbe too followed the butterfly into the forest. He found himself **surrounded** by tall trees whose branches were so close together that he could not see the sky. There were so many pretty flowers around him that Ailbe soon lost the butterfly. He wandered through the forest looking at all the bright and colourful things there—flowers, mushrooms, bugs...

Slowly, the day became darker. A cold evening **mist** gathered. Ailbe became hungry. He tried to find his way back home, but he was lost. All the little forest paths looked the same to him. The forest became even colder and darker and Ailbe started to cry. “Mama... mama...” he called, but his mama was far away at home and couldn’t hear him.

Surround: To be on all sides of something ; Mist: A cloud of tiny water droplets near the Earth’s surface

Suddenly, Ailbe saw a pair of golden eyes looking at him. The animal was huge and had grey and brown fur. It had a bushy tail and sharp teeth. It was a wolf. The wolf sniffed Ailbe. Ailbe was so hungry he kept on crying “Mama... Mama...”

The wolf saw Ailbe cry and came closer. She looked at his soft brown hair and his chubby arms. She opened her mouth and showed him her large sharp teeth. Ailbe cried even more loudly. The wolf circled around Ailbe. She realised that he was a baby. He didn't look like any of the hunters she had seen before.

The wolf's tail brushed Ailbe's face and he giggled. When she sniffed his face, he touched her wet nose and laughed. The wolf rubbed her soft face on Ailbe's and the baby boy threw his arms around her neck.

The wolf picked up Ailbe carefully and took him to her den. She put him down among her five baby wolves. The baby wolves saw Ailbe and began to jump and play. Ailbe clapped his hands and joined them. The wolf mother then gave Ailbe food. Ailbe ate it and then cuddled with the other wolf pups and fell asleep.

From that day onward, Ailbe lived with the wolves. He would run through the forest with them and hunt small animals. He would bask in the sunshine with them when it was warm and hide in the den when it snowed. They sometimes splashed together in the forest streams, and they shared all their food. Like brothers, they often playfully **wrestled** with each other.

One day, Ailbe was playing with his wolf brothers near a stream. A hunter had stopped at the same stream to collect some water. As soon as he saw the little boy **tumble** and wrestle with the wolves, he immediately ran to them and chased away the wolves with his gun. He picked up the little boy. Ailbe immediately began to cry. He looked at the spot where the wolves had disappeared into the forest and cried even more loudly.

The hunter took the boy and returned him to his parents. For a few days Albie missed his wolf family. Slowly, he learned how to become a little boy again. He had to be taught how to eat from a plate and how to play with other human children.

Over time, Ailbe forgot all about his wolf past and grew up to be a fine young man. Like many of the young men in the village, he too became a hunter. He would hunt animals like rabbit and deer and sell them in the market. All the men in the village marvelled at Ailbe's hunting skills. It was said that Ailbe could spot deer in the undergrowth that no one else could see.

Twenty-five years later, on one cold night, there was a sudden **hullabaloo** in the village. “Wolf! Wolf!” someone cried.

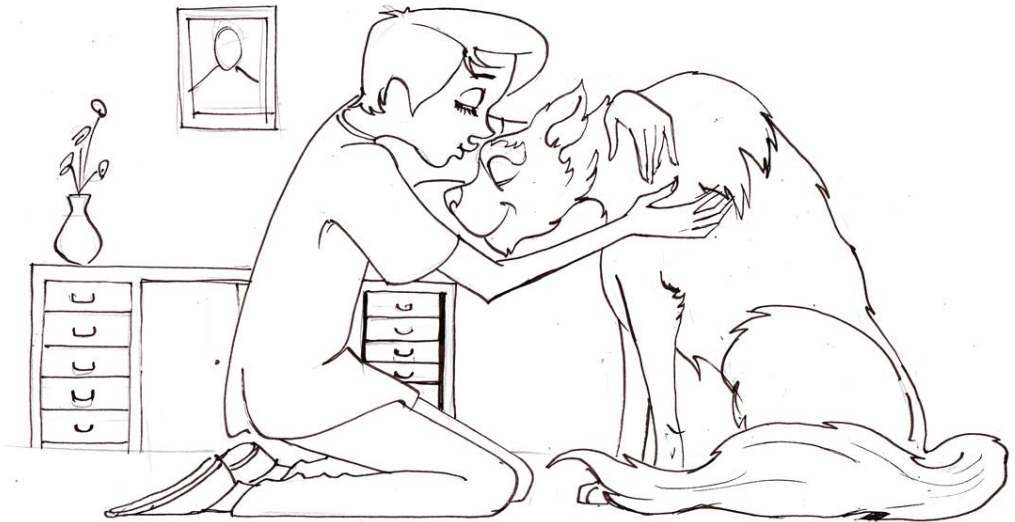
Ailbe had been just about to sit down for dinner. He could hear the people screaming outside as everyone ran into their houses and shut all their doors and windows. Ailbe stepped outside to see what the **commotion** was about.

A lone grey wolf was walking down the road. She looked old and worn—her fur had turned fully grey and she limped as she walked through the snow. A tide of memories came back to Ailbe. “Mama!” he called. A familiar pair of yellow eyes looked at him.

Ailbe hugged the old wolf and took her inside. He gave her the chicken that was on his dining table and some of the meat from his **pantry**. The old wolf gratefully ate the food and licked Ailbe’s hands. Ailbe knelt down and she pressed her face against him, just like they had when they first met all those years ago.

From that day on, Ailbe made sure his kitchen was stocked with meat. It is said that Ailbe’s wolf family visited him all through his life and no one in the village was ever afraid of wolves again.

*A tide of memories
came back to Ailbe. “Mama!” he called.
He hugged the old wolf and took her inside.*



Wrestle: To fight with someone, especially by gripping them with one’s hands ; **Tumble:** Fall ;
Commotion: A lot of noise and activity ; **Hullabaloo:** A fuss ; **Pantry:** A place where food is stored

Put These Sentences in the Correct Order

(The first and the last statement have been done for you)

- 1 Ailbe chased a butterfly into the forest
- _____ Ailbe was returned to his parents by a hunter
- _____ A she-wolf found Ailbe in the forest
- _____ One night, a lone grey wolf came to the village
- _____ Ailbe liked playing with his wolf brothers and sisters
- _____ Ailbe became lost
- _____ Ailbe grew up to be an excellent hunter
- _____ The she-wolf took Ailbe to her den
- _____ A hunter found the little boy playing with wolves
- 10 Ailbe hugged the old wolf and gave her food

Questions to Think About:

- 1) Describe how Ailbe spent his time with the wolf puppies.
- 2) Do you know wolves are part of the dog family? Find out what family other wild animals like tigers and lions belong to.
- 3) Do you know wolves live in groups called packs? Find out more about the behaviour of wolves and share it with your friends.
- 4) What is the one key learning from the story which you wish to implement in your life?

Time for Some Fun!

Wolf babies are called pups. Can you find any more baby animal names in the puzzle below?

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


Sharing Space:

Do you have a similar experience like the story? Send your personal experiences to blog@reginapaciszc.com and your story will be published in our blog.

Answers: Kitten, calf, fawn, foal, duckling, puppy, lamb, cub, kid, tadpole, piglet

Hope you enjoyed the folktales.
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Cordially invite you to

The Launch of FOLKITUDE

Our monthly story book designed to inspire and educate.

Chief Guest: Fr. Harris – Principal, Don Bosco College of Art & Design

Date: November 28, 2015

Time: 5pm to 7pm

Venue: DBICA Hall, Citadel, 45, Landons Road,
Kilpauk, Chennai – 600 010.

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