



NEWSLETTER

ASSOCIATION OF PAST EMPLOYEES' OF SINGER

320, Dr. Colvin R. De Silva Mawatha, Colombo 2

From the Editor's Desk

Dear Members,

The year 2004 ended on a dismal note bringing death to almost 40,000 Sri Lankans in the North, South, East and West. Amongst them was one of our active members Mr. Jaliya Jayasuriya, 'Jaliya' to most of us, and his two sons. Jaliya and his family were spending the Christmas vacation in Yala when this tragedy occurred. The demise of Jaliya is a big loss to us, and his absence will be greatly felt by each and every one of us. As a fitting tribute to a fine gentleman and a true friend, we reproduce elsewhere in this Newsletter an Appreciation written and published in the Daily Mirror of 7th January 2005 by Mr. Nelson Mendis.

This Association extends its sincere condolences to Mrs. Jayasuriya and pray to God to give her the strength to withstand the agony and sorrow experienced by the loss of her husband and two children.

"Death may take away a life from his friend and relations but the good name will always remain engraved in the minds of the living to bring back memories of the past. May Jaliya and his two sons REST IN PEACE.

*The New Year has just arrived
and once again time has tied
All of us together*

*Friends, sing their melodious tunes
And light a thousand lamps
deeds that act as seeds
educate generations in Nations
At this juncture we renew our ties*

Issue No. 9 – April 2005

*For once & all & all for once
For our work touches all lives
And help us reach dizzy heights
With lamps filled enough to light
A Thousand sights*

*Well let's again take this pledge
To wish you a
HAPPY NEW YEAR
And take this as a winning edge*

The Executive Committee takes this opportunity to wish our members "A Happy New Year"

OFFICE BEARERS FOR THE YEAR 2005

Patron:	
Mr. Hemaka Amarasuriya, (Chairman, Singer Group)	
President:	Tel. Nos.
Mr. Bertie Fernando	2715733
Vice Presidents:	
Mr. Gamini Wasalathanthri Mr. Nelson Mendis	2829567 2716209/ 0777-271375
Secretary:	
Mr. Ananda Epa	2875351
Asst. Secretary:	
Ms. Vijitha Jayawardena	2931407/
<i>0723209275</i>	

Treasurer:	
Mr. A.M.M. Nissar	2372750/1 2530680(Res)
Asst. Treasurer:	
Mr.Kalyana Dhirasekera	0712-771793
Committee Members:	
Mr. Thurstan Balasuriya	2502706
Mr. John Emmanuel	0777-330577/ 2820306
Mr. W.G.E. Dabara	22233957/ 2943966
Mr. Lashantha Perera	0773-080266
Mr. Neville Daniel	0776-650560/ 5338773
Ms.Kaushalya Murugadasan	2363205/ 2360697
Ms.Chandrani Gunawardana	071-4817785
Ms. Judith Vannitamby	4407033/ 2580691- Ext.320
Auditor:	
Mr. Priyath Salgado, Deputy, Director, Finance & Credit, Singer (Sri Lanka) Ltd.	

SUB-COMMITTEES

At the second Executive Committee Meeting held for the year on 17 February, the following Sub-Committees were appointed to plan and implement the activities of the Association for the current year:

Social & Entertainment Committee

Mr. Nelson Mendis
Mr. Thurstan Balasuriya
Mr. John Emmanuel
Ms. Kaushaliya Murugadasan
Mr. Neville Daniel

Newsletter & Publicity Committee

Mr. Gamini Wasalathanthri
Ms. Judith Vannitamby

Fund Raising Committee

Mr. Kalyana Dhirasekera
Mr. Lashantha Perera
Mr. Vincent Dabara
Ms. Chandrani Gunawardana

Membership Drive Committee

Mr. Ananda Epa
Mr. A.M.M. Nissar
Ms. Vijitha Jayawardana

BENEVOLENT FUND

The Benevolent Fund launched to raise funds to help needy members stand now at Rs.418,368.45 due to the generous contribution of Rs.75,000/- made once again this year by Singer. The members of the Association take this opportunity to thank the Chairman Mr. Hemaka Amarasuriya for his kind gesture.

MEMBERSHIP

As at end January 2005, the membership has risen by one to bring the total up to 136 with Mr. M.M.M. Yusuf joining the Association. We welcome Mr. Yusuf and look forward to his support and co-operation.

Calendar of Events - 2005

One Day Outing for ^{29.}~~20.~~5.2005
Members and families
(Tentative Date)

Cricket Match/
Get Together - August
(Date not fixed)

Fund Raising Event - September
(Date not fixed)

Dinner/Get Together - October
(Date not fixed)

Annual General Meeting - December 18
(Please keep the date free)

APPRECIATION

Jaliya Jayasuriya

December 26, 2004 will go down in the annals of Sri Lanka history as one of the gloomiest days ever, confronted by its people.

The destruction and the devastation caused by the death dealing tsunami triggered off by the submarine earthquake in the Indian Ocean off Indonesia, brought about misery to thousands of innocent Sri Lankans and many more people of six other Asian Nations including India, Indonesia, Thailand and Malaysia.

In this unannounced death trap were caught three beautiful persons – my good friend, Jaliya Jayasuriya and his two loving sons Sanka (19) and Hashan (16) my students at CCC School of Cricket. When disaster struck, the Jayasuriya family, including Mrs. Henrietta Jayasuriya, the beloved wife of Jaliya were inside the Yala National Park having arrived there from Tissamaharama in the morning of the day of destruction.

The cruel fate took the lives of Jaliya and their two sons, but left Mrs. Jayasuriya injured and unconscious to recover in hospital shocked and devastated to learn the loss of her husband and two loving sons.

Jaliya, the magnificent personality who stood over six feet five, was really a gentle giant. His two boys were also six footers though they were in their teens. An outstanding product of St. Anthony's College, Katugastota, Jaliya, an all round athlete played almost all games at school, but excelled in basketball, rugby and athletics to represent the college and was awarded colours in rugby. He also played cricket for his House, and was a storehouse of knowledge of the game, which he liked most.

Similarly, his two sons, followed the footsteps of their father and represented St. Joseph's College, Colombo in basketball and cricket. Sanka represented the senior team at Basketball and the 2nd XI at cricket, while Hashan represented the Junior team at Basketball. Sanka also represented CCC School of Cricket at U – 15, U – 11 & U – 19 levels and also toured India with the school team in April 2000. Hashan, too represented CCC school of Cricket at U – 13 and U – 15 levels and toured India. Both were very loyal and disciplined students.

Leaving College, Jaliya joined Lever Brothers as a Sales Representative, where he worked for a couple of years and joined Singer (Sri Lanka) Ltd. as Merchandising Manager in 1985. It was at Singer, that I had the good fortune to meet and come to know this wonderful man – a very loyal and sincere friend and above all a thorough gentleman.

In 1994, when Singer (Sri Lanka) Ltd. sponsored and organized the first ever International World Cricket Series in Sri Lanka, the "Singer World Series", Jaliya was the live wire of the organization which successfully conducted the tournament. Australia, India, Pakistan and Sri Lanka participated in this inaugural tournament, which brought Sri Lanka fans in thousands to the venues and the cricket fever in the Island, reached a new peak.

But, the unassuming but adorable gentleman that he was Jaliya, inspite of his towering personality, always kept a low profile, was never found in the forefront basking in the glory of fan fare of trumpets of the Television, Radio or the Newspapers. Media personnel liked him very much. He was very popular among all but shunned publicity. That was Jaliya Jayasuriya, the simple, gentle giant.

In the following year, when Singer Sri Lanka sponsored "The Singer

Champions Trophy 1995" in aid of Cricketers Benefit Fund in Sharjah for CBFS, it was once again Jaliya from Singer, who helped to make the series a success. His experience, coupled with his pleasing personality helped him to win the confidence of all people from Abdulrahman Bukhatir, Chairman, Cricketers Bendfit Fund Series to Jagmohan Dalmiya the then ICC president. This tournament was followed by AKAI – SINGER Champions Trophy in 1997, also staged in Sharjah. His successful, organizational ability earned him the respect and admiration among cricket administrators in UAE, Asia and Singapore.

He was very strongly backed by Mr. Hemaka Amarasuriya, Chairman of Singer and Mr. Gamani Abeysuriya the then Director of Marketing of Singer, who encouraged and guided Jaliya in all his endeavours.

At Singer, Jaliya, as Merchandising and Promotions Manager pioneered the 'Singer Mega Stores' concept and was instrumental in starting several "Mega Shops" in Kandy, Rajagiriya and Mount Lavinia. Thanks to his enthusiastic and energetic drive and passion which he possessed in abundance. Jaliya was also successful in promoting and organizing several International and Local Rugby Tournaments for schools and clubs in Sri Lanka.

Jaliya Jayasuriya, the hardworking Manager, rose to the Senior Management position of Business Development Manager at Singer in 1996, and served the Company till 2001, when he joined Nutrina (CIC) as Marketing Manager. Even after leaving Singer, Jaliya did not lose touch with his old colleagues and promptly joined the Association of Past Employees of Singer and until his demise, was an active Member attending all functions organized by the Association, inspite of

his very busy business and work schedules at CIC.

Jaliya was loved by all his subordinates, colleagues, friends, neighbours and anyone who came into contact with him. He was a loveable, simple person, above all a true gentleman. He was also a very loving and dutiful father to his sons, and a loving and caring husband to his beloved wife.

Thank you Jaliya for having been a friend.

May the souls of Jaliya, Sanka and Hashan rest in peace!

Nelson Mendis

WIT & HUMOUR!

A humorous Joke.....

In a train compartment, there were a few Americans and an Indian. At the next station there entered a grumpy old lady with a female dog. She was nagging the bitch and it was howling all the time. The bloke next to her could not bear it any longer. He suddenly caught the bitch and threw it out of the window. The Indian who was watching the incident had this to say. "You Americans always do the wrong thing, while on the highway you drive on the wrong side of the road and in this very compartment you have thrown the wrong bitch out of the window.

T.H. Lantra

Tung Twister

How much wood would a wood chuck chuck if a wood chuck could chuck wood?

Peter Piper picked a pipe of pickled peppers. How many peppers did Peter Piper pick?

She sells sea shells by the sea shore

Black bugs bleed black blood

I slit a sheet, a sheet I slit. Upon
A slitted sheet I sit

Life is like that.....

Looking at an elderly man wandering aimlessly, a concerned young person asked him if he was looking for something.

"Yes", he said, "have you seen my wife?"

"Well, I don't know her" said the young man.

"Have you seen a beautiful, tall, girl with a wonderful smile, long legs and a miniskirt? Asked the elderly person. Looking at him in disbelief, he said "No".

"It's just that I was distracted by her and now I've lost my wife"!!!!

*"Wise men talk
because they have
something
to say,
Fools talk because
they have
to say something."
-- Plato*

Contributed by: G.C. Wasalathanthri

Coping with Stress – some guidelines

Learn to relax:

Practice deep breathing exercises, focus on a calm vista by shutting out your mind completely or do 10 minutes of meditation each day.

Talk: Discuss stressful situations with your spouse, parents or a good friend. Talking things over helps rather than feeling trapped or helpless.

Change habits: Some habits may be stressful. If you keep feeling anxious about

the same thing repetitively, try and switch the habit to one which is less stress building.

Exercise: Not everyone can spend hours doing a workout. Be practical in choosing your exercise regime but follow it regularly.

Organise yourself: Prepare for the day without rushing. Plan out realistic time frames and stick to them. Getting up even 10 minutes earlier than usual helps.

Avoid stressful situations.

Avoid habits or activities that cause negative thoughts.

Anxiety pangs are dispelled by indulging in activities that give pleasure ...eating what you like, interacting with people you love, going out on a date as a couple or simply reading a favourite book or enjoying nature. Breaking routine or setting time aside for oneself is a must, for it gives reprieve from work and family.

Healthwatch.....

The Six Rules of Health

Those things that are necessary in caring for the body and keeping it in health are summarized in the following six general rules:

1. The body must have proper food and drink
2. The body must have an abundance of sunlight and fresh air
3. The body must constantly get rid of its waste matter.
4. The body must be protected so that it will not be injured by cold or heat.
5. The body must have proper exercise and proper rest daily.
6. The body must be constantly protected against the entrance of poisons and disease-producing germs.

By observing these six rules, disease can be avoided and long life ensured; but failure to observe any of them will sooner or later bring illness.

The Ten Rules of Longevity

1. Be sure to have the rooms you occupy well ventilated.

2. Seek out-of-doors occupation and recreation
3. Breathe deeply.
4. Avoid overeating.
5. Avoid eating meats and highly spiced foods,
6. Eat slowly and chew thoroughly
7. The bowels should be evacuated daily
8. Stand, sit and walk erect.
9. Keep the teeth, gums and tongue clean by brushing the teeth twice daily.

10. Do not overwork. Rest when you are fatigued. Sleep from seven to nine hours daily, according to your needs.

(The above rules were given by a group of scientists and health professionals for those who desire to keep in good health and to live long.)

Courtesy: Apollo Hospital Guide.

Please send in your contributions by 20May, 2005 for the next Newsletter to be published in June 2005, to The Newsletter, Calendar & Publicity Committee, C/o. Mr. G.C. Wasalathanthri, 6A, 6th Lane, Pagoda Road, Nugegoda