



### FROM THE EDITOR'S DESK

The Newsletter was scheduled to be published in July but due to lack of articles, we were compelled to postpone the publication once again. This 'late edition' comes out with only articles from three members. Disappointing indeed. Clearly shows the lack of interest of members in the Newsletter and the news generated through it.

In fact, at the last Executive Committee Meeting, after a lengthy discussion, it was decided to continue with the publication purely as a respect to the 3 members who had sent the articles. Members will no doubt appreciate that it is not possible to publish a Newsletter with an article or two. The cost is too high and it is a waste of Association funds. Let us decide once and for all, whether we need a Newsletter or not. Please write to us and let us know.

**G. C. Wasalathanthri**

### A STORY ABOUT THE BIBLE Ha Ha !

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly something fell out of the Bible. He picked up the object and looked at it closely. What he saw was an old leaf that had been pressed in between pages.

"Momma, look what I found", the boy called out.

"What have you got there dear ?" his mother asked.

With astonishment in the young boy's voice, he answered "It's Adam's underwear !"

**Sent by Rohan Goonetilleke**

### HEALTHY LIFESTYLE TIPS

**"Mastering others is strength. Mastering yourself is true power". – Lao-Tzu**

- You have more bacteria, most of them good, in your gut than you have cells in your body.
- One additional serving of fruit or vegetable daily lowers your risk of heart disease by four per cent.
- Cashews are a good source of Magnesium, Potassium, Iron and Zinc.
- B Vitamins provide energy by converting carbohydrates to glucose.
- Taking less than 5000 steps daily is a 'sedentary' lifestyle.
- People who walk regularly have better memory and cognitive function.
- Starting an exercise program in your 50s can take decades off your biological age in six months.

**Sent by Antoinette Fernando**

### FORTHCOMING EVENTS

- |                               |                                     |
|-------------------------------|-------------------------------------|
| Medical Presentation          | - Sunday 14th September (Tentative) |
| 'Sing-A-Long' Musical Evening | - Saturday 8th November (Tentative) |
| Annual General Meeting        | - Sunday 14th December (FIXED)      |

A Professor at CCNY for a psychological psych class told his class about BANANAS. He said the expression 'GOING BANANAS' is from the effects of bananas on the brain. Read on . . .

- "Never put your banana in the refrigerator" !!! This is interesting. After reading this, you'll never look at a banana in the same way Again.
- Bananas contain three natural sugars – Sucrose, Fructose and Glucose combined with fibre. A banana gives an instant, sustained and substantial boost of energy.
- Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.
- But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a MUST to add to our daily diet.
- DEPRESSION : According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.
- PMS : Forget the pills – EAT A BANANA. The Vitamin B6 it contains regulates blood glucose levels which can affect your mood.
- ANEMIA : High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in case of anaemia.
- BLOOD PRESSURE : This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.
- BRAIN POWER : 200 students at a Twickenham (Middlesex) school(England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.
- CONSTIPATION : High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.
- HANGOVERS : One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.
- HEARTBURN : Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.
- MORNING SICKNESS : Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.
- MOSQUITO BITES : Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.
- NERVES : Bananas are high in B vitamins that help calm the nervous system.
- SEASONAL AFFECTIVE DISORDER (SAD) : Bananas can help SAD sufferers because they contain the natural mood Enhances Tryptophan
- SMOKING & TOBACCO USE : Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them help the body recover from effects of nicotine withdrawal.
- STRESS : Potassium is a vital mineral which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.
- STROKES : According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%.
- WARTS : Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape !

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron. So maybe it's time to change that well-known phrase so that we say, 'A BANANA A DAY KEEPS THE DOCTOR AWAY' !

P.S.: Bananas must be the reason monkeys are so happy all the time ! I will add one here; want a quick shine on our shoes ?? Take the INSIDE of the banana skin, and rub directly on the shoe.....polish with dry cloth. Amazing Fruit !!!

# 'MANKADING'

Most of you, if not all, may now be aware of what 'Mankading' is, after the recent incident when the English batsman Joe Butler was ruled out when he tried to steal an extra run by backing out too soon in the 5th ODI played at Edgbaston on 3rd June 2014.

The Sri Lankan bowler Sachitra Senanayake in his delivery stride, noticing Butler was well out of his crease before he had delivered the ball, removed the bails and appealed for run out. The umpire, then declared Butler 'Out' after enquiring from the Sri Lanka skipper Angelo Mathews whether he wanted the decision reversed. Angelo stood firm and said "No". Thereafter, the umpire confirmed his decision.

Some of the fielders, including the England skipper Alastair Cook, felt that it was unethical for Senanayake to have got Butler out in this manner. If such a run out is considered 'unfair', it is equally unfair for the batsman to take advantage by backing up too soon. The law is straight forward.

## HOW DID THE PHRASE 'MANKADING' ORIGINATE ?

Way back in 1947, Lala Amaranath led India on a tour to Australia and in the second test played at Sydney, the Australian opening batsman Brown who was on 18 runs, backed up too soon and Mankad in his delivery stride, removed the bails at the non-striker's end. The umpire had no hesitation in declaring Brown 'Out'. While Australian skipper Don Bradman supported Mankad's action, Brown was decent enough to admit that it was his fault.

Bill Frindall, in his book 'The Wisden Book of Test Cricket' observed that Mankad had created history.

Sent by G.C. Wasalathanthri

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### NEW MEMBERS

We warmly welcome three New Members who have joined the Association lately. They are:

- |             |                                      |
|-------------|--------------------------------------|
| Mem.No. 208 | Mr. Nihal Goonetilleke - Life Member |
| No. 209     | Mr. Mangala Welaratne- Life Member   |
| No. 210     | Mr. Priyath Salgado - Life Member    |

## SINGER FAMILY GET-TOGETHER

Much awaited "Singer Family Get-together" specially arranged after the cancellation of the Annual Cricket Match & Sports Luncheon Get-together which unfortunately could not see the light of day due to unforeseen circumstances, was held on Sunday 29th June 2014 at the 'Shalika' Hall, Narahenpita.

This get-together of our members, their spouses and children, where a total of nearly sixty participants inclusive of special invitees from Singer Directorate, met under pleasant surroundings, was a very happy one for all present.

Though most members in the traditional Sri Lankan practice made their presence somewhat late, the early birds appeared to be enjoying each others' company and had enough and more 'chats' to keep them going munching the spicy manioc & 'del', with 'lunumiris' and 'sambar sambol' provided by courtesy Nissar and Janaka respectively.

With the arrival of Mr. Hemaka Amarasuriya the formal proceedings began with a couple of rounds of 'Tombola' conducted by Lashantha and Bertie. With most members present showing their hidden anxiety to be involved in a bit of social gambling, everyone present enjoyed the thrill of 'cutting' the numbers called, expecting to win. After several rounds, it was a joy for everyone when Mr. Amarasuriya who hit the jackpot of 'FULL HOUSE' collected the prize from President Mr. Bertie Fernando.

Apt music for the occasion provided by DJ thro' courtesy Janaka Kaluhendiwela and throats quenched and tongues loosened by sips of "Bearoginsky", set the tempo for singing and dancing, and also did induce jovial Maithripala to 'baptize' the newest member of A.P.E.S. – Nihal Gunatilleke, and get him on stage for a non-stop dance session enjoyed by all.

Next the drawing of the General Raffle followed by the Entrance Ticket Raffle gave away many valuable prizes and Cash Vouchers to the lucky winners. Nilanthi Palihawadana and group which marked their presence conspicuous by arriving late to join in the fun were lucky enough to carry away more than four prizes – proving the point "It's better to be late than never".

The grand Buffet Lunch enjoyed by all present and their satisfaction was expressed by many. The heavy but sumptuous lunch appeared to have made most participants sleepy, and after hand shakes, kisses and hugs of good bye everyone dispersed happily promising to meet again.

### Nelson Mendis

#### **BIRTHDAYS – AUGUST & SEPTEMBER**

We wish 'HAPPY BIRTHDAY' to the following members who Are celebrating their Birthdays in August and September. Trust we have not missed any one. Those of you who have not given us your birthdays, please let us have same ASAP.

<b>AUGUST</b>			
Khalid M. Farouk	1st	Vimercia Fernando	13th
D.J. Nandasiri	1st	Gwendalin David	13th
K.L. Peiris	2nd	Murali Prakash	17th
Upul Rajapakse	4th	Suren de S. Wijeratne	21st
P.A. Dissanayake	9th	George Hettiarachchi	24th
Varuni Sagarika	11th	G.C. Wasalathanthri	25th
P. Manawadu	12th	Sarath Bandara	28th
		Chandrani Gunawardena	28th



<b>SEPTEMBER</b>			
T. Vanniasinkam	6th	K.L.D.N. Nishantha	19th
S.C. Rajapakse	7th	N.H.A.D. Wijesena	19th
Neville Daniel	7th	John Emmanuel	22nd
Chrishan M. Fernando	13th	Dehan Seneviratne	22nd
Ranjith Fernando	17th	G.P. Katugampala	23rd
J. A. Lionel Perera	17th	Lilian Silva	28th
Viraj Mapatuna	17th		

#### **NEXT NEWSLETTER**

We propose to publish the next Newsletter in November 2014, subject to availability of sufficient articles to fill 4 x A4 pages. Please note articles for publication should reach the Editor on or before 20th October 2014. Your experiences at Singer, Jokes, Suggestions & Criticisms are also welcome.

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**VISITING SICK MEMBERS BY EXECUTIVE COMMITTEE**



**Mrs. Marie Martyn**



**Mrs. Antoinette Fernando**



**Mr. Lawrence Peiris**



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