



NEWSLETTER

ASSOCIATION OF PAST EMPLOYEES OF SINGER

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

From the Editor's Desk

Issue No. 10 – July 2005

Dear Members,

First and foremost, I wish to say 'sorry' to our members for the delay in circulating the April issue of this Newsletter. Secondly, I feel sorry that our continuous appeal to members for contributions to be published in the Newsletter has fallen on deaf ears. This Newsletter is now virtually the concern of a handful of members who sacrifice a lot of their free time to write something of interest, particularly relating to their lives at Singer. We reiterate, the Newsletter is your publication and to keep it going, we need the co-operation of every single member.

One Day Outing – 29th May 2005

The One-day Outing to Hotel Aqua Peal in Gorakana, Panadura had to be cancelled at the last moment as there was 'No Quorum'. Even though adequate notice was given to members informing details of the proposed outing, only 8 members had responded by returning the tear-off portion of the letter. Subsequently, out of the eight who replied positively, four changed their minds leaving the balance four to go on the trip. To say the least, this is most disappointing as the Entertainment Committee had spared no pains in making all arrangements for this get-together which would have given our members an ideal opportunity to meet and renew their pleasant memories of the past.

Scholarship Fund

We are pleased to announce that on a proposal made by the President, the

Executive Committee unanimously agreed to launch a Scholarship Fund to provide financial assistance to a needy student in the South affected by the Tsunami disaster. Mr. Berty Fernando himself has visited Rahula College, Matara and after discussing the proposal with the Principal and teachers of the College had identified a deserving student who is studying for his O/Level Examination. He had performed very well in the All Island fifth Standard Scholarship Examination by obtaining a total of 175 marks. Presently, he is a Prefect of the School and takes part in Athletics. His father is a fisherman and the mother is unemployed. He has two sisters and a brother, all younger to him and the family was living in a house near the Polhena beach before it was completely damaged. They are now living with one of their relatives. The father has no job now and the family is going through a very hard time with no regular income even to meet the basic day to day needs.

The Committee, having discussed the proposal at length decided as responsible citizens of the country to contribute even in a small way to bring some relief to at least one members of this Tsunami affected family.

The Scholarship Fund was officially launched on 20th April 2005 with 11 Committee Members present at the meeting agreeing to contribute Rs.1,000/- each. We now solicit the co-operation of each and every member and appeal to them to

contribute towards this fund to enable us to help this student to continue his studies and participate in Sports and other extra curricular activities uninterrupted. We will keep all members informed of this boy's progress in his studies and other relevant details of the family through future issues of this Newsletter. In the meantime, please send in your contributions to Mr. A.M.M. Nissar, Hony. Treasurer at 164, Kolonnawa Road, Kilonnawa. His Telephone Numbers are 2372750/51.

One Moment in Time (Whitney Houston)

Each day I live, I want to be
A day to give, the best of me
I'm only one, but not alone
My finest day is yet unknown
I broke my heart, for every gain
To taste the sweet, I face the pain
I rise and fall, yet through it all
This much remains

I want one moment in time
When I'm more than I thought, I could be
When all of my dreams are a heartbeat away
And the answers are all up to me
Give me one moment in time
When I'm racing with destiny
Then in that one moment of time
I will feel, I will feel, eternity

Mmmm, I've lived to be the very best
I want it all, no time for less
I've laid the plans, now lay the chance
Here in my hands
Give me one moment in time
When I'm more than I thought I could be
When all of my dreams are a heartbeat away
And the answers are all up to me

Give me one moment in time
When I'm racing with destiny
Then in that one moment of time
I will feel, I will feel, eternity

Oh, you're a winner, for a life time
If you seize that one moment in time
Make it shine.

Give me one moment in time
When I'm more than I thought, I could be
When all of my dreams are a heartbeat away

And the answers are all up to me.

Give me one moment in time
When I'm racing with destiny
Then, in that one moment of time
I will be, I will be, I will be Free
Oh, I will be, I will be FREE

(This is a theme song sung by all the delegates to the International Group Marketing Conference held in Athens, Greece from 24-29th July 1983.

G.C. Wasalathanthri

Healthwatch.....

Diet and Water

Defntion

Water is a combination of hydrogen and oxygen. It is the basis for the fluids of the body.

Food Sources: Water is obtained from some of the foods we eat. These are foods that are 85 to 95% water. Some water is obtained from the by-products of metabolism. But our main source of water is our drinking water, which is the best source.

Water is also obtained from soup, milk, juices. Alcoholic beverages and beverages with caffeine (such as coffee, tea and colas) are not the best choices because they have a diuretic (water-excreting) effect.

Functions: Water makes up more than half the weight of the human body. Without water, humans would die in a few days. All the cell and organ functions depend on water for functioning. It serves as a lubricant and forms the base for saliva and the fluids that surround the joints. Water regulates the body temperature, as the cooling and heating is distributed through

perspiration. Water helps to alleviate constipation by moving food through the intestinal tract and thereby eliminating waste.

Recommendations: Six to eight 8-ounce glasses of water are recommended on a daily basis. Milk, juice and soup can be substituted for water, but the best choice is water. Caffeinated and alcoholic beverages (due to their diurectic effect) would not be appropriate substitutes.

Side Effects: If adequate water is not consumed on a daily basis the body fluids will be out of balance, causing life-threatening dehydration.

Brain Transplant.....

In the hospital, a patient's relatives gathered in the waiting room, where their family member lay gravely ill. Finally, the doctor came in looking tired and somber. "I'm afraid I am the bearer of bad news" he said as he surveyed the worried faces. "The only hope left for your loved one at this time is a brain transplant. It's an experimental procedure, semi-risky, and you will have to pay for the brain yourselves."

The family members sat silently as they absorbed the news. At last, someone asked, "Well, how much does a brain cost?"

The doctor quickly responded, "2 lakhs for a female brain and 5 lakhs for a male brain."

The moment turned awkward. Men in the room tried not to smile, avoiding eye contact with the women, but some actually smirked. A girl, unable to control her curiosity, blurted out the question everyone wanted to ask, "why is the male brain so much more?"

The doctor smiled at her childish innocence and then to the entire group

said, "it's a standard pricing procedure. We have to mark the female brains down, because they're used!!!"

.....Courtesy: ARMA

Fastest-Selling Non-Fiction Book

Living History, the memoir of former first lady Hillary Clinton's life with US President Bill Clinton and his relationship with the intern Monica Lewinsky, is the fastest selling non-fiction book in history, shifting 200,000 copies on its first day of sales in the US in June 2003.

.....Source: Guinness World Records

The Memory Test!!!

Three elderly men are at the doctor's office for a memory test.

The doctor asks the first man "What is three times three?" "274," is his reply.

The doctor rolls his eyes and looks up at the ceiling and asks the second man. "It's your turn, What is three times three?" "Tuesday," replies the second man.

The doctor shakes his head sadly, then asks the third man, "Okay, your turn, What's three times three?" "Nine," says the third man.

"That's great!" says the doctor. "How did you get that?" "Simple," he says "Just subtract 274 from Tuesday."!!!

.....Courtesy: ARMA

Mathematics, its greatness.....

“One reason why mathematics enjoys special esteem, above all other sciences, is that its laws are absolutely certain and indisputable, while those of all other sciences are to some extent debatable and in constant danger of being overthrown by newly discovered facts”.

.....Albert Einstein

There is no more rush
But peace of kind
With a smile I watch
The next generation
Running the rat race now.

Good luck dear folk,
And good health too,
To go on till you can

By: Pushpa Fonseka

Grin & Bear it!!!.....

The aggressive but unprepared salesman opened his sales presentation to the production manager saying: “I’d like to take the opportunity to talk to your employees and prove to them how my motivation course will put fire and spark into their work.” The startled manager shouted: “Get out of here, right now. This is a gunpowder factory!”

Reflection

When the youthful vim and vigour
Prompted me to run,
I ran about with all my might;
Down the lane, across the streets
and onto buses and trains.
There was no panting,
There was no stress
So I could very well beat the time.

But, as I went grey,
Things changed
Trouble started with aches and pains,
‘You are getting old,
The doctor said.
So the vitamins joined my life
The earlier run became a trek
With dragging feet and mind.

But, when I bade good bye to work
A different strength returned to me.
To realize the cycle of life,
and to grow old with grace.

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