



# NEWS LETTER

**JULY 2023**

*Issue No.51*

**ASSOCIATION OF PAST EMPLOYEES OF SINGER**  
112, Havelock Road, Colombo 5.

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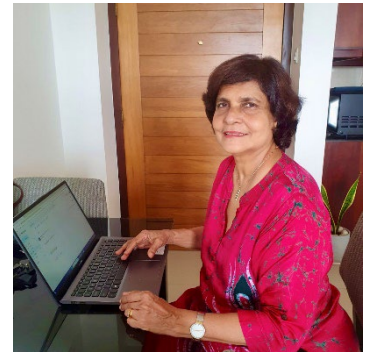
## FROM THE EDITOR'S DESK

### LET'S EMBRACE CHANGE

I am deeply honored and thankful to the president Mr. Lashantha Perera for giving me the task of being the Newsletter Editor of the APES. A bow to my predecessor Mr. Gamini Wasalathanthri for his devotion towards this journal for two decades.

It is the year 2023 and we are in the third lap of the 21st. century. Generation Alpha is changing the world. Technology is advancing in leaps and bounds. iPhone 14 Pro New is on the shelves. Change is seen in all spheres of life. We in the APES consist mainly of the Silent Generation, Baby Boomers, Generation Jones and Gen X. We have seen change at the turn of each decade. Retirement has changed the lifestyles of many of our members. Some are still actively working in organizations, and some prefer to spend their time in a leisurely manner indulging in pleasurable past times. Whatever we are engaged in we have to embrace change. Let's enjoy what the new decades bring whilst at the same time, devoting our time to catching up with old friends and acquaintances bringing a smile to our colleagues of yesteryear. New thinking has tiptoed to the APES committee as well. Plans are afoot to give the membership "Quality" welfare in terms of assistance to the needy and social interaction.

We welcome interesting anecdotes and photographs depicting the golden memories at SINGER for future publications.



Cheers!

Keerthi Wijekulasuriya

## PRESIDENT'S MESSAGE

It gives me great pleasure to pen a few words after a lack luster period due to the Covid pandemic. On 19th February we started off with a bang, with our 21st AGM which so far has been the most successful meeting, with over 150 members gracing the event. In a nutshell, I would like to thank all those who participated at that meeting. I would really appreciate if more of our members keep joining us at our events. The highlight of the event, as mentioned before was the launch of the past employees' website, [www.apesinger.com](http://www.apesinger.com) I sincerely trust that our members are enjoying the benefits of the website. The new committee has lined up several other events for the rest of the year such as a family get together in September followed up with the most popular Sing a Long in November. Before I wrap up I would like to remind you that our main objective is to foster the cordial and mutual relationship enjoyed by our members during their stay at Singer and also help our members who require medical help in times of need. To do all of the above we need your support by joining us at our future events.



In conclusion I quote, "It isn't what we say or think that defines us, but what we do".

Lashantha Perera

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## GRATITUDE AND BENEVOLENCE

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Felicitating a genial personality



Godfrey Chandrawansa Wasalathanthri, affectionately known as Gamini to all of us is a genial and down to earth personality. He was fondly renamed as Gamini by the Late Mr. M.L. Mohamed Rasheed, Area Manager. Hailing from an illustrious family in Ampitiya, he is a product of Dharmaraja College, Kandy. My first encounter with him was as my Area Manager when I was serving as District Manager for Matara. Memories of the first District meeting at Browns Hill, Matara still linger on. He instilled hard work and honesty in all of us. I can still remember how he got me to refund the cost for an extra kilometer which I had claimed from Matara to Ambalantota. The knowledge he imparted to us

helped us immensely to climb the ladder in our respective careers. He was later appointed as the Marketing Services Manager and assumed office in Chatham Street.

Our next encounter was in Thailand for the Singer Marketing Conference held in Pattaya. Our knowledge on product portfolios was well enhanced with a visit to the Sansui factory in Bangkok.

Memories of him and myself umpiring at the Singer vs APES cricket matches where both of us were umpires are etched in my mind. He loved sports and donned the president's hat of the Sports Club for some time.

Mr. Wasalathanthri left Singer for a short time in 1984 and joined the organization again as Sales Manager in 1985. Later he served as Inventory Control Manager also overseeing the Service Center. He retired from service in 1995. His love for Singer continued when he joined APES as a pioneer member in 2000 along with me. He was the Newsletter Editor from its inception and carried the mantle for 22 long years.

Mr. Wasalathanthri and his wife Malini are proud parents of three children, two daughters one of whom is a professor of medicine and a son. They are also blessed with six grandchildren.

I am sure the six letters SINGER, runs in his blood. Now a nonagenarian, he is still fit as a fiddle and sports his mischievous characteristic smile wherever he goes.

We salute this GRAND OLD GENTLEMAN OF SINGER.

We love you Sir!

Ajith Aponso

## VISITING OUR COLLEAGUES

Reminiscing old memories with our SINGER colleagues is immense happiness.

Damith Jayasena, J. Sadique and Sujith Ariyapala visited Winston Dabare and David Gamage recently.



## HELPING THE UNDERPRIVILEGED

APES member, Mr. Rohana Jayathilaka who resides in Canada sent a generous contribution to the Benevolent Fund. He requested the committee to use a part of the funds to help a worthy cause. The Lawris Childrens' Home was the beneficiary of his generosity. They were very happy to receive school exercise books. President Mr. Lashantha Perera and Vice President Mr. Kumar Samarasingha presented the books on behalf of the committee.



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## EVENTS

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### APES vs SINGER Sports Encounter

The Sports Encounter between the Past and Present employees of SINGER was held at the MCA grounds on 25th June 2023. It was a memorable day with many Tall Tales, good food, music and prizes.



**APES Dashing Divas**



**SINGER Swinging Angels**



**APES Super Kings and SINGER Terrific Titans**



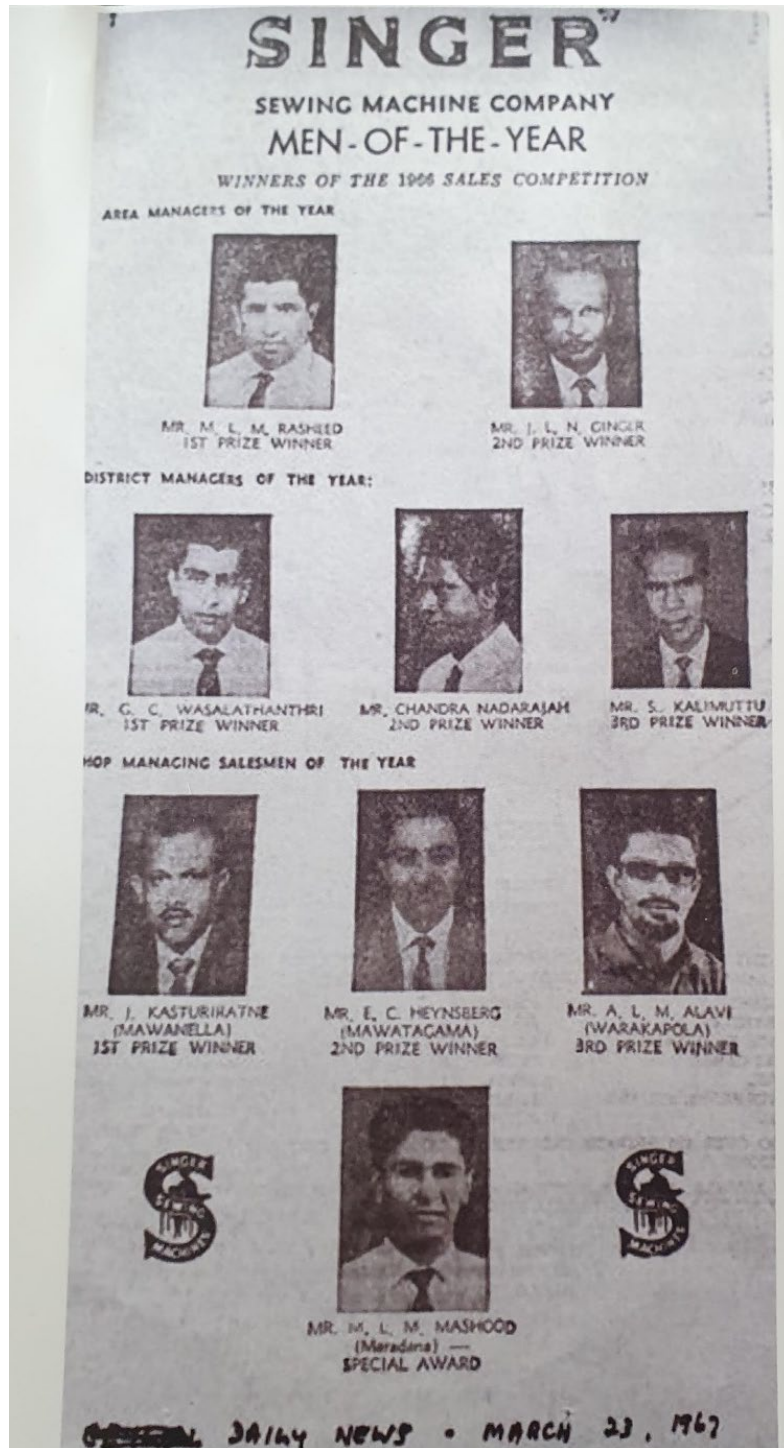


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## MEMBERS' FORUM

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### MEMORIES FROM 1966 BY GAMINI WASALATHANTHRI





# Retirement!

## A new Phase in Life

Retirement provides us with the freedom to relax and enjoy life without the daily chores and pressures of a profession which revolves with stress and activity in achieving goals and targets. Phew!!!! Retirement can be a fulfilling time in our country which is rich in Culture, History and Natural Beauty. Use your new found freedom to pursue activities which will bring you happiness.

Our country is blessed with beautiful nature. There are mountains, lakes, waterfalls and so many places with scenic beauty. Visit those places and enjoy with family and friends.



**Give Back. Teach or mentor others:** Consider mentoring people in the field you were once a part of or teach a skill that you have expertise to those who are in need.

Retirement is the best time to engage in social and community work and give back to society our time, knowledge and resources. We can mentor others in the field we were once engaged in.

**Pursue spiritual well-being:** Our country is home for diverse religions with so many spiritual practices such as meditation, prayers, yoga, etc. You can do this in groups or even alone.





Read books, watch shows or documentaries, and explore your favorite past times. Learning doesn't STOP with retirement. Retirement is the perfect time to learn new skills or hobbies that you have always been interested in.

Write a memoir: Many retirees choose to write their life story or memoirs, which can be a meaningful way to reflect on and share their experiences.

Pursue a passion: Think about any activities or hobbies that you have always wanted to pursue but never had the time. It can be anything from cooking to gardening.

Do some light workouts and follow a healthy eating habit. By Engaging in regular exercises such as walking, yoga or swimming can help to maintain good health in retirement. It's important to stay physically and mentally active after retirement, whether by exercising, doing puzzles, or engaging in other activities.

A diet rich in fruits and veggies and fish will help to overcome cognitive decline later in life.

Lastly help others whenever possible. Pursue philanthropic activities.

Retirement is an excellent time to pursue philanthropy by donating money and/or time to causes that you support. There are countless other possibilities for retirees, depending on their interests and abilities. The key is to stay engaged and find meaningful activities that bring you fulfillment and happiness.



**HAPPY RETIREMENT TO ALL SINGER EMPLOYEES**

~ J. Sadiq

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~ Shriyani Weerasinghe



## NEWS FROM DOWN UNDER

### The Great Barrier Reef is the largest eco-system in the world

The Great Barrier Reef is the pride and joy of Australia, made up of nearly 2,500 individual reefs and visible from space. It stretches halfway down the eastern coast of the country, meaning there are plenty of places to use as jumping-off points to explore the kaleidoscopic coral.

Cairns is the most famous city to begin a trip out to the reef, but Townsville, Port Douglas and Airlie Beach all have great beaches and various tours that can take you out to enjoy the reef. Snorkeling

and diving amongst the colourful fish and turtles that make the Great Barrier Reef their home is sure to be a highlight of any trip to Australia



~ Nushanthi Rahulan



## NUTRITIOUS SALADS

### **Mango and Cucumber salad**

- Ingredients - Mango, Cucumber, Sesame seeds (Thala)
- Dressing - Olive oil, Vinegar, Sugar



### **Chickpea salad**

- Ingredients – Chickpeas (Kadala), Avocado, Tomatoes, Lettuce, Onion, Celery
- Dressing - Olive oil, Salt, Pepper, Honey, Vinegar



~ Sujiva Vithana



## **BALANCE by Dr. Clive James**

During my practice at the accident service, I have encountered many patients over the age of 55 with fall. The surprising fact while a smaller portion of them were due to stroke, cardiac arrhythmia, blackouts etc. the major portion was due to the loss of balance.

While in most of the cases they just turn out be minor bruises but at times they also cause fractures and severe head injuries.

This is why doing balancing exercises is important as the cardio exercises we do.

You can do these exercises while wearing shoes or barefoot. Shoes may give you more grip and stability, while being barefoot can help strengthen the muscles that stabilize your feet.

Modify the poses as much as you need. Over time, you'll increase your balance and be able to move onto more difficult variations and exercises.

Some of the commonly used balancing exercises are as below.

- Rock the boat
- Tightrope walk
- Flamingo stand
- Back leg raises
- Tree pose
- Heel-to-toe walk
- Forward and backward tilt
- Single foot balance
- Heel-toe raises

Most of these exercises can be found on you tube by the name indicated above with step-by-step instructions.

Long life



# LAUGHTER THE BEST MEDICINE

## MARRIED LIFE AFTER 50

During check-in at airport for a non-stop long-haul flight, the airline staff was very apologetic to the husband and said :  
"I am sorry sir, the flight is really full today. We couldn't allot you and your wife adjacent seats. Your seat number is 14A and madam's is 42H."

Husband :  
"Oh, thanks!  
Do I have to pay anything extra to you for this favour ?"

Staff: "No sir, madam has already paid!"



**Wife: Look at that drunk guy. Husband; who is he?**  
**Wife: 10 yrs back he proposed to me & I rejected him.**  
**Husband: Oh My God He's still celebrating...**

**How do celebrities keep cool?**

*They have many fans.*



Do you know why I want to reshuffle the alphabet?



It's all for the sake of putting U and I together...forever.

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What do you call a sleeping bull?  
A bulldozer.

A married man took his side chic on a date and said to her, "babe tell me words that will increase my heartbeat", She said, "your wife is sitting behind us"



"What do librarians take with them when they go fishing?  
A bookworm"



Dogs can't operate MRI machines.  
But catscan.

Southern Living



Give a funny caption for this picture, The most humorous entry will be awarded a prize!



### What is Hardik Pandya telling MS Dhoni at the IPL 2023 Finals?

Send your entries through whatsapp to **0774368889** or email to [wijekkeerthi@gmail.com](mailto:wijekkeerthi@gmail.com)

Closing Date – 31<sup>st</sup> July 2023



A warm welcome to the following members who joined the APES family recently. We look forward to meeting you and enjoying with us at our future events.

Membership #	Name
380	M L T Mendis
381	K M Thilakasiri
382	N Kumara Wickremasinghe
383	Sugath Fonseka
384	Ranjan Kariyawasam
385	Shyama Herath
386	A W Sirisoma
387	S D Liyanage
388	W A G Perera
389	Iroshana Cooray

Membership #	Name
390	W K Praneeth Ishara
391	S A L Samarasekara
392	W G G Prabath
393	Suramya L Dassanayake
394	P A Sarath Kumara Pathirage
395	Nalaka Hettiarachchi
396	Pathmanathan Jayanthran
397	Don Lasindu Perera Goonatileka
398	P A Pathma Nilanthi Palihawadana Perera
399	W G Upul Jayalath

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## FROM THE TEAM

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The APES family outing is scheduled for September 2023. Await the details.

We propose to publish the next Newsletter in December 2023. Please email your articles to [wijekkeerthi@gmail.com](mailto:wijekkeerthi@gmail.com) or mail to Keerthi Wijekulasuriya, 75B, Dhammadara Road, Ratmalana

We invite our readers to send in comments and suggestions to improve the newsletter and our website [apesinger.com](http://apesinger.com).

## THE NEWSLETTER



Keerthi



Manjula



Nilanthi



Sadique



Ranmalee

## UNDELIVERED NEWSLETTERS

Dear Members, if you have changed your residential address please inform the secretary.

Ms. Nilanthi Perera,  
Secretary – APES,  
112, Havelock Road, Colombo 5.  
Email – [nilperera@gmail.com](mailto:nilperera@gmail.com)