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2541 Pharmacy Avenue
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President's Message

My sincere thanks to the BOD and the SLPTOAC Members who cordially helped to conduct the past association events specially CE 2009 in a successful manner. Also wish to recognize the services of the participants, volunteers, advertisers & well wishers.

To maintain the current member's strength, association is considering bringing in constitutional changes to enroll family members of our current members to its membership. I have already mentioned the latter in my presidential address at the CE 2009 to consider the same in our forth coming AGM. Association needs to honour the past & present active members as an inspiration for their voluntary services. This will promote progress & bring in more members to voluntary services. It is important for the members to realize their collective responsibility to promote the aims of the association. Be kind to all, specially be kind to unkind, they probably need it the most. Do not let your days pass away like the shadow of a cloud which leaves behind it no trace of remembrance.

There is no lock made without a key and no problem without a solution. For any matters of concern, solution is a matter of time in three stages. Approach 1st -Time to fight, 2nd time to talk and 3rd time to settle. Here when faced with a challenge, look for a way in and not a way out. Much talking is a source of danger. Through silence misfortune is avoided. The talkative parrot in a cage is shut, while birds that cannot talk fly freely. Talk less and listen more, in discussions, this raises trust, generates meaning & amplifies hope, enhancing the capacity for constructive action leading to positive outcome, beneficial to all members.

Meditation is the main entrance to the place of peace, contentment, health and perfection. The cultivation of moral and mental aspects is a medicine that is more than a bracing tonic. Action has thought behind it. Now, thought makes what is called our character. If we think kindly, we become kind: if we think cruelly, we become cruel. Therefore mind training is the most essential thing to do, which guards a person from deviating from the path of righteousness and encourages doing that which is good. The practice of these thoughts one protects oneself and others.

Association is a place where we associate with many, finding opportunities to learn the secrets of success in life. That is:

Carry a heart that never hates
Carry a smile that never fades
Carry a touch that never hurts

Members are requested to patronize our souvenir advertisers in return for their support. Computek College has come forward with special discount, for their computer courses to our members, with the association reference. This NL is made available to all, on our web site slptoac.com. If god is for us, who can be against us?

P.Pathmanathan

January 2010

EDITORIAL

The Association wishes all members and their family and our well wishers a happy New Year and a fruitful Thai-Pongal.

We hope the message of the President on how to acquire peace of mind and bring about amicable peace and reconciliation to both side of the divide, would be well received. I hope and pray that the main theme of this year would be one of forgiveness and **reconciliation**. The annual Year end get together was well organized and was well appreciated according to the feed back received. Thanks to the organizers of the cultural events and also those involved in the organization of the buffet, who worked tirelessly, unobserved behind the scene, to keep the audience happy less the hunger and thirst mulls their mood. The whole operation was one of collective effort for the greater happiness of our members and their kith and kin and friends. Thanks to all of you. Together we stand alone we fail and fall.

Members are requested to subscribe articles to our NL which would be highly appreciated.

A LIGHT HUMOUR, to make you smile.

The alternative

At a local coffee bar, a young woman was expounding on her idea of a perfect mate to some of her friends. "The man I marry must be a shining light amongst company. He must be musical. Tell jokes. Sing. Entertain. And stay home at night!"

An old granny overheard and spoke up, "Girl, if that's all you want, get a TV!"

STROKE:

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally.

He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify.

Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke -----

Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this:

Ask the person to 'stick' out his tongue..

If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

A cardiologist says, if you pass these on to 10 People, you can bet that at least one life will be saved.

SLPTOAC NEWS

The first committee meeting of the SLPTOAC association for the year 2010 was held on the 24th of January, with the President Mr.P.Pathmanathan in the chair. Important decisions regarding the long festering disputes were discussed and we hope that there would be very fruitful out-come soon.

The annual Family–Day event is fixed for the 12th of June 2010 at Neilson Park (Major Intersection, Finch & Neilson)

Please have this day free and make it a point to be present with your family and friends and have an enjoyable day in the open. We are sure the games and frolics would be great fun for the children, so don't miss it.

SARASWATHI POOJA

Saraswathi Pooja ceremony of year 2009 was conducted as usual, it was well attended by our members with their families. This annual event promotes the religious and cultural values in us. Hinduism and Tamil culture and traditions are intertwined and are inseparable and needs to be watered and nursed.

MEET AND GREET

We look forward to the Annual Meet and Greet, as the last meet was a great success, with many members and their families actively participating and contributing liberally to the fun and the association's coffers. To meet and greet so many of the members and their families gives great joy and zeal to the organizers to plan better events the next year. Thanks for the great attendance and please look forward to the date of this year's event.

SOCIAL NEWS

WEDDING BELLS

The Association wishes all the new couples to be married this year "God's blessings for a happy and prosperous wedded life."

DEATHS

Mrs. Gnanapoo Ramanathan, mother of Mr. R Seevaratnam retired Postmaster and of late Mr.R.Jayasingham retired,Postmaster and Lawyer, called to eternal rest on September 23rd 2009.

Mr. S.Sivananthan, retired Postmaster passed away in Canada on October 9th 2009..

Mr.Rajaratnam Vasanthakumar, Cousin of Mr.Kandiah Arumugam retired PM Vathiry Karaveddi, passed away recently in Denmark.

Mrs.Devika Jeyakumar, daughter of Mr.K.Mahalingam, passed away in Canada on November 12th 2009.

Mr.A.K.Sivapathasunderam, retired Postmaster passed away in Canada on November 13th 2009.

Mrs. Sinnammah Vallipurathan, mother of retired Postmaster Mr. L Selvadurai, passed away in Colombo on December 5th 2009.

Mr. K. Ganesharatnam, brother in law of Mr.S. Wijeyachandran (sister's husband) Committee member, passed away in Jaffna on January 1st 2010..

Mr. K.Sivapragasam, retired Postmaster passed away in Canada on January 6th 2010

Mr. K.Kanagaratnam, retired Investigating Inspector, BIL of Mr. K.Nagarajah , passed away on January 2010

Mr. S.Illaiyakuddy, uncle of Mr. K.Nagarajah, passed away on January 24th 2010

On behalf of the general membership of the SLPTOAC, we convey our heartfelt condolences to all members of these families.

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