

Admin Pro

Tri-annual newsletter

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September to December 2019

From your Editor:

Hello Members,

A very Happy New Year to you!

On the back page, there is a suggestion for the New Year's resolution, go for it if you like.

Coming to the newsletter itself, enjoy the articles: all have been contributed by our members and, a guest contributor Michele Thwaits, a trainer from South Africa. **We also salute the courage of Asma Butt and Marina Fernandez, in what they write on pages 11, & 12-13.**

In 2021, DSSP will be celebrating its Golden Jubilee. It will be wonderful if you would share with us past photos that you may have of our ASA congresses / celebrations / galas / other events either on email or, you can even send me printed copies which will be scanned and returned safely to you. These photos will be published in our 2020 issues, with credit to you, for all to enjoy as a run-up to the Jubilee. Also, feel free to write in your ideas on how you would like the 50th Anniversary to be celebrated.

Let's spice up the newsletter!



Sunnu Golwalla



Contents

FEATURE ARTICLES

Motivate yourself	2
Power of first impression	4
Imrooz	5
ICI Pakistan Ltd	6
ASA News	8
Delegation skill	10
An author amongst us	11

LIGHTER SIDE

Self-love	12
Kashmiri chai	14
My trip to Hunza	15
Brain teaser	17
Humour	18

Personal Development

Your Life, Your Job, Your Career: Simple Ways to Motivate Yourself and Others

(contributed by DSSP Member, Jacqueline D'Souza)



Life is not always rainbows and butterflies no matter how much you want it to be. There are days full of sunshine while there are the stormy days that will drain every ounce of energy in you. During these down times, doing anything may feel like a burden and overcoming stress feels like a hard-fought battle.

By definition, motivation is the general term for your drive to function. It can be in the form of a reward, a person, or sometimes it can be a mere thought of the after effects of your action.

Don't limit yourself to dreaming and hoping alone because you think you can't achieve it. Becoming a winner in any area of your life is actually doable. As the old saying goes, "Where there is a will, there is a way." The impossible is possible, especially with the tips below on how you can motivate yourself as well as other people.

- 1. SET AND SORT OUT YOUR GOALS:** The first thing you should do is to have a list of your life goals and aspirations. What are the things that you want to accomplish? Make a vision board, a bucket list, or a just a basic entry in your journal. **Self-awareness of your goals is the key to setting your priorities straight.** It will be easier for you to identify which actions are necessary and which ones are distractions once you have this in place

When you know what you want to achieve, the next step to take is to sort your list based on long term or short-term goals. How long will it take you to complete this dream? Say you want to learn a foreign language. Is this an immediate goal or can you push this back for something more important on your list? Focus on what needs to be done.

- 2. PLAN YOUR PATHWAY TO SUCCESS:** Not only do you have to list out your goals, but you should also know how to achieve them. The safest and best way to do so is to make a timeline of your plan. Take control of what you want to happen, how it happens and when it happens. Some may plot a specific milestone based on their age. For example, your goal could be that by the time you are thirty, you want to visit at least thirty different countries. How do you do that? Do you get a stable job after college? Do you save a certain amount of money every month? etc.

Remember that there are no shortcuts and you must go through every necessary step to get what you want. It is natural for you to feel like you want to get what you want sooner rather than later. Align your life decisions with the plan you have created to ensure that you are progressing towards your goals. It would be counterproductive to do something opposite with your target achievement. **But, you should also be ready to accept that things may not always go the way you want them to.**

3. **PREPARE FOR INTERRUPTIONS AND ADAPT TO CHANGES:** There may be hindrances when it comes to accomplishing something. The road to getting something you want does not always come with a rainbow path. While it is normal to feel a hint of discouragement, you must condition yourself to keep going. Keep in mind that you only fail at something when you stop trying.

Life itself is unpredictable. Before you start any of your plans, make sure that you are prepared for anything that could happen along the way. A little detour on your path can cause delay. At those times, you need to find a way to get around the problem. Adaptability to changes in what has been set will help you proceed to where you are need to be.

4. **FORGET THE PAST AND EYE YOUR GOALS:** Just like changes, mistakes can also happen; everyone makes mistakes. You are no exception to this and you have to stop beating yourself for doing something wrong. Do not dwell on your mistakes, after all, even the people you consider your inspiration and mentors, have made their own fair share of mistakes as well. Just because hit a potholes on the road, doesn't mean you stop your whole journey.

Use your mistakes as lessons that you've learned to help you move forward. The only way for you to not repeat them again is to acknowledge what went wrong. Take time to compose yourself and start looking for a way to bounce back on the right track. Make sure to bring your focus back to your initial goal, never lose sight of it.

5. **LISTEN, LEARN, AND LIVE YOUR LIFE:** Consult with other people, especially those equipped with knowledge and experience to ensure that you are taking the right path. You can never be too sure with the steps you take. Listen to feedback with an open mind. There is always room for improvements. What others know may be something new to learn for you and vice versa. Do not just listen for the sake of hearing but listen to criticisms and learn from it.

Remember to give yourself a break from time to time. Treat yourself with something for the things you do accomplish regardless of how small you think it are. In fact, no achievement is too big or too small. The only difference is the impact it plays in your life. Did you manage to finish the crossword puzzle you have been dying to solve? Why don't you treat yourself to your favourite ice cream for completing that? Reward system has been proven as one of the most effective forms of motivation. Therefore, reward yourself for trying as well. Doing something and failing is better than not trying at all. Live your life with your goals in mind without the pressure of getting it done in one quick go.

Motivation is the key to success and you have the perfect recipe above on how to inspire yourself. There is so much potential in you. You just have to have the confidence to bring it out. Remember these tips and believe in yourself. Success is already within your arm's reach.

Source: Internet

To Inspire is to Influence

By Michele Thwaites



I don't think we are aware of how we influence people or the impression we create at first glance. There are so many people out there who have been influenced by you and you are not even aware of it. And you don't even know whether it was a good impression or not.

Are you creating the right impression?

In order for you to have a positive influence on others, you need to see yourself in that light. Unfortunately, there is a tendency for us to believe we are better than we actually are. When something goes right, we credit ourselves. However, when something goes wrong, we blame it on everything and everyone but ourselves.

"Life is a mirror and will reflect back to the thinker what he thinks into it" Ernest Holmes

You know why people take multiple selfies and choose the best one? It is what they see yet others see us differently.

That is why I choose to accept the person in the mirror. Features may be a little off, I may be less talented, less attractive, less invincible than my brain and mirror leads me to believe. I might have a slightly skewed view of myself compared to what others see. And you know what, I am ok with that.

There is something inside of us that makes us believe that we are great. I want to encourage you to embrace that something. And no, I am not saying ignore the bad. It means we look for the good in ourselves and keep working on those positive qualities.

You are a unique human being – as everyone else around you – embrace it.

Make sure that what people are seeing is the real you - believe in the real you – I do.

Let's Get to Know Our Corporate Sector

Imrooz

DSSP's Member of the Executive Committee, Conchita Pinto is Manager / Executive Assistant to the Group CEO, Imrooz since May 2013.

Her company may not be known to you readers and therefore, following details have been picked up from their website imrooz.com and reproduced with their permission, for your reading pleasure.



Founded in 1949, Imrooz is one of Pakistan's oldest business houses, with a diverse portfolio of businesses, ranging from trading of Industrial Raw Materials, Representation of Overseas Companies, Consumer Product Distribution to Music and Broadcast Monitoring and Media Intelligence.

Imrooz started as a small family owned business in 1949 from the Eastern part of the newly created Pakistan. More than six decades later, Imrooz is still a family owned business and has grown to encompass many diverse business areas.

The owning family has its own business constitution that states its beliefs and ethics and governs the way all its businesses are conducted. **The Imrooz constitution has been reviewed as a case study and used in various institutions as an example of an efficient family owned operations governing document.**

Imrooz's success is due to a deep belief in the welfare of its people, work ethics and business commitment. These beliefs form the basis of everything it does.

Imrooz milestones that may interest to you:

1949: Imrooz starts as a small company shipping goods from West Pakistan to East Pakistan (now Bangladesh).

1967: A joint venture with **Horlicks, UK**, sees establishment of a factory to manufacture milk foods for the first time in Pakistan.

1994: Imrooz acquire over 90% shareholding of **EMI (Pakistan) Limited**, the country's oldest and largest music company and a member of the EMI Music worldwide conglomerate.

1995: The Directors of Imrooz become one of the founding directors of **The Citizens Foundation (TCF)**, a not-for-profit civil society organization that wants to construct and manage purpose-built schools in less privileged areas all across Pakistan.

2011: Imrooz is the main driving force behind the formation of **COMP** (Collective Organization for Music Rights in Pakistan) under the guidance of **WIPO** (World Intellectual Property Organization) and **CISAC** (International Confederation of Societies of Authors and Composers).

ICI Pakistan Limited:

an icon of Pakistan's industrial landscape



DSSP's Secretary Naureen Rodrigues is an Executive Secretary at ICI Pakistan in the last 20 years. She is proud to tell us about her company who is also celebrating it 75 Years of Growth.

The roots of ICI Pakistan Limited stretch back to 1944, when it started local manufacturing of soda ash as the Khewra Soda Ash Company. Over the next few decades, the Company continued to significantly diversify and expand into a portfolio of businesses including

- Soda Ash
- Polyester Staple Fibre (PSF)
- Pharmaceuticals
- Animal Health and
- Chemicals & Agri Sciences

as part of its parent company ICI Plc.

In 2008, ICI Plc was acquired by the Dutch paints and chemicals giant AkzoNobel, which sold off the chemicals business globally. Subsequently, in December 2012, Lucky Holdings Limited acquired a 75.8% stake in ICI Pakistan Limited and the Company became part of the Yunus Brothers Group (YBG).

Employing over 1,600 people, ICI Pakistan Limited continues to rise as an employer of choice. The Company has been honoured with certain global awards in recognition of its overall approach to conducting business and brand influence in the marketplace, culture of employee engagement and adherence to corporate sustainability principles.

As a responsible corporate citizen, the Company has always remained at the forefront of creating a future that is more sustainable and equitable for the coming generations. ICI Pakistan Limited also has a long history of supporting and partnering with communities to improve lives across the country. Over 250,000 community members benefit directly from the Company's CSR programmes every year which focus in the areas of health, education, women empowerment and environment.

Over the last seven and a half decades, ICI Pakistan Limited has attained an iconic status – known and trusted by generations across Pakistan. With 75 years of successful operations, the Company looks forward to serving the country for many more years to come.



Picture on preceding page: Masterbatches Plant: A view of the recently commissioned Masterbatches facility at ICI Pakistan Limited, Karachi

Above: Flower Show: The Winnington Club at Khewra organises a Spring Festival every year to welcome the colours, joy and fun of the new season.

ASA News

AAP 15th residential seminar 'Ignited Ingenuity' in Bangkok and Singapore



The Academy for Administrative Professionals (AAP) recently returned to Sri Lanka with a high sense of pride in concluding its 15th residential seminar, exceeding expectations with an unprecedented number of local and overseas participants from Thailand, the Philippines, Australia and Sri Lanka.

This landmark celebration included five nights and six days in Thailand and Singapore. The Metro Resort Pratunam, Bangkok was the seminar and accommodation venue. Dinner cruise, Pattaya Beach, safari, temple tours, shopping spree, and city tours of Bangkok Old City and Singapore contented the participants.

Dr Sunethra Nugawela delivering the welcome speech said, "I am inspired of reminiscing accomplishments. A vision of possessing an educational institution for secretaries and admin professionals is now a reality. AAP is now a revolutionised and monopolising industry leader. This has transformed the lives of administrative professionals to be it their own. In its knowledge sharing path, core human values such as trust, integrity, and teamwork are mandatory.

"AAP's constructive business formulas, flexible work culture, perfect learning atmosphere, networking and special attention to senior citizens, regionally and globally are significant value additions. The classic example of fostering friendship is the participation of three Past Presidents of the Association of Secretaries and Administrative Professionals (ASA) namely Sukanya of Thailand, Lilian of the Philippines and Sunethra from Sri Lanka at this forum."

She also sadly missed and fondly remembered Prof Carlo Fonseka who served the institution as an Academic Advisor until his demise.

The workshop commenced with Buddhist religious blessings and pirith chanted by Ven. Phra Piyasobhon Rajnyaknakavi, followed by a speech on Essential Buddhism 'Paramis' and a practical session of breathing meditation, which was well-received by the audience.

Chief Guest Viva Voyage Managing Director Sukanya Nimmanheminda's keynote stole many hearts of the attendees. She cited personal experiences, execution in administration, management and finally being an entrepreneur. This process had never been questioned but she looked backed occasionally to review the conspiracies. "The importance of a consciously healthy sense of self-confidence, leading a meaningful and compelling personal philosophy of life were augmented with a positive mind; exploring opportunities in difficulty, and facing challenges are of need, for career aspirants," she said. 'In it to win it' panel discussion interacted all age groups. Kumari Wickramasinghe was the moderator and Puntip Suwannarojn (Thailand), Barbara Buranasil Pin (Thailand) and Chamalika Senaratne were the panellists.



Welcoming Chief Guest
Sukanaya Nimmanhamenda



Speaker: Panitta Srisa-ard



Our own Lilian Coloma

Panitta Srisa-ard (Thailand) – spoke on ‘Fusing Power’, the importance of continuous learning, dedication and professional interaction which cleared her path to be a General Manager. Lilian Coloma (Philippines) a CEO, who spoke on ‘Focus on the future’, stressed the need of looking at the future through the past but to forgo unhealthy and unhappy situations encountered. Dr Sunethra Nugawela’s capacity building workshop, was a fun-filled learning moment combined with music which ended the day’s workshop on a very successful note.

Felicitating Dr. Nugawela for guiding and sharing business insights attending 15 residential seminars was a memorable moment. Nirmala Wijesuriya grabbed the 10th attendance award whilst Priyanka Gunawadana and Rinzi Bangasajayah had also attended 13 and 12 residential seminars respectively.

‘Ignite Ingenuity’ is another innovation of AAP with a galore of prizes and surprises. The majority of resource persons comprised of starting career as a secretary or an administrative professional which was a unique concept. This methodology was adopted to ignite AAP members to in-genuine their own skills for sustainability, expansion and exploration. ‘Ignite Ingenuity’, was powered by People’s Bank, SDB Bank, Western Infirmary, Mediquiptment Ltd., Commercial Bank and People’s Leasing. The next event of AAP ‘Christmas Splendour’ will be held in early December and information will follow in due course.

ASA Honorary President, China Lucy Shih Dunn invited to speak at a secretarial submit



The 1st Asian Secretarial Forum and 2nd China Secretarial Science Summit was held in Jinan University, Guangdong Province, China between November 22nd to 24th, 2019. Lucy Shih Dunn, ASA Honorary President was invited to present a speech which received active attention by all participants.

The speech “Change and Contribution: from China to the World” took ASA history as an example to explain how difficult to run and operate secretarial associations in Asia-Pacific countries and encourage Chinese secretaries to take part in ASA activities in future.

This is the first time in China such Forum was organized and there were around 80 participants in the meeting mostly from college or government -- officers, teachers and students. Jinan University is a famous school in Guangdong, southern China with over 100 years in history. Right now, they have Master degree and Doctor degree of Secretaries Study in the school.

Three other speakers were Angela Law E’ton from Malaysia, Shim Jaekwon from Korea and Tomabeche Masato from Japan. They are officers working as a secretary in the government. The meeting closed with good response and it is a hope that Korean Secretaries Study will be the next host two years later.

Read Lucy’s impressive profile on LinkedIn: <https://cn.linkedin.com/in/lucy-shih-dunn-61bba740>

Job Skill:

Delegation: If you get it right two people will benefit



The pictures above clearly state the two different approaches/attitudes of delegating: The one on the left is delegating to build, and the one on the right is delegating what he does not want to do himself. Beware of the latter approach.

Another important point is the **selection you make**. Choose a junior who is willing AND capable of doing what you intend to delegate.

Next, ensure that you know the task well yourself so that you can explain it properly to your junior colleague. Expecting her to fathom things out by herself is asking for a disappointing result for both of you.

Once you have explained the task properly, ask your colleague to recap what you have explained, and then set a tentative 'finish' date.

Be approachable, if the person needs to clarify / check back with you before the set date, s/he should be able to do so without any hesitation.

On the agreed date review the work with **patience**, like you would with a child learning to walk.

Praise what is right, and show her how to correct any shortcomings.

Reset another date for a final submission in a cheerful, positive and encouraging manner.

At the final submission, you feel confident that the task can be done in the future by your junior colleague with little supervision, you can pat yourself on the back for successfully delegating the task.

Delegation can help you make time to learn a new skill / job yourself: **Two people can benefit when delegation is done properly.**

Fear to delegate

Sometimes, when your own position at work is not very strong you may fear to delegate. In that case, you should focus on improving your own performance first.

An opportunity to delegate may not always arise in a PA/EA position. However, if the opportunity does come up, make sure you are a master at that job so as to ensure it is delegated and completed successfully. In this way you will not only build your own skill but also that of a junior.

An Author Amongst Us:

Asma Butt, SSGC deputy chief manager and MD secretariat in-charge



Asma's book 'I Can-cer-vive' (survive) will be launched next year, meanwhile The Express Tribune has interviewed her, tracking her early childhood, youth, career and the wining battle against twice occurring Big C!

The book is written with the intent to help others overcome cancer, for which she believes a positive attitude and firm faith in the Almighty is most important. "This, more than anything else, helps patients stay strong and unwavering in their battle", she says. She is also a member of a cancer support group at AKUH, inspiring others to brave cancer.

Her personal mantra is, "Once you choose HOPE, anything is POSSIBLE". This has been amply seen in her life from young age "losing her father and surviving a long period of struggle to fend for her family, coping with the grief of her husband's death just after three and a half years of marriage and having undergone the treatment for cancer twice, Butt may not be in the best of health but she has not lost her resolve in the face of unending challenges life threw at her," informs the Tribune.

Her complete interview can be read at:

<https://tribune.com.pk/story/2123112/1-quintessential-karachiite-braving-cancer-now-rolling-back-years-unmitigated-optimism/>

life Skill

Significant Self-love Ideas from a Young Widow: Marina Fernandez



Most people would agree that self-love is essential for happiness. But what does that really mean?

Self-love is the starting point for being able to truly and selflessly love and show love to others. Without loving yourself, it is hard to be completely selfless in a relationship with anyone. This is important because it is the foundation for all good relationships with others.

How do you love yourself? I have pondered this question my entire life; for myself and for my loved ones and I realized that it is more beneficial to examine the ways we unknowingly, aren't loving ourselves, than "trying hard" to find love for our self. We may do this by overeating, emotional eating or consuming the wrong foods. It can also be through alcohol, drugs or spending too much money.

There was a time when I thought that if I bought myself clothes or jewellery, I was giving myself love. Or, if I had that extra piece of cake, it was a gift to myself—an act of kindness.

In reality, these activities were not a form of self-love. They certainly never led to a sense of long-term fulfilment or happiness. They always left me feeling empty and wanting more. Of course, consciously, you just want to feel healthy, happy and whole. So why is the result so often the opposite of that?

The reality is that most often these feeble attempts to make yourself happy are at best a form of temporary distraction. It's likely that "loving yourself" in this way will ultimately lead to you feeling worse than you did before. Over indulging yourself in a weak effort to feel loved is like giving too much candy or toys to a child. It backfires.

So, what's the solution? The key to truly loving yourself is to give yourself that which uplifts you, not just for the moment, but long term. What is it that you really want? The answer to that question is to go past the clamouring desires of your ego and personality, which are never going to be satisfied, instead, **the secret to your ultimate happiness is to through your soul.** Your ego is always going to want more. As soon as you give it a donut, it will want a chocolate. If you buy it those shoes, it will beg you for that bag. Sadly, the ego always just wants the next thing. It is never satisfied.

You soul however can be satisfied, **loving your soul and honouring your spirit is ultimately the only way to truly love yourself.** How do you honour your spirit? By listening to it. What is your heart's desire? It's amazing how the simplest things can bring you the greatest and deepest happiness. Spending time with a child or a friend you truly love can make your heart swell with delight. Snuggling with a dog, cat or a pet that's dear to you can fill your essence with a sense of deep peace and calm. Holding a new-born baby, or feeling the gentle breeze against your skin as you stroll along the oceanside, can uplift you like nothing else.

Music is truly the language of the soul and a way to connect with your deeper self and others. Closing your eyes and listening to music can elevate your being to new heights.

Ultimately, what your heart desires more than anything is to feel your connection with all of life. To give and receive love, to share your passion with others, to inspire and share your gifts, this is what it means to love yourself.

Loving yourself isn't as simple as stuffing something into your mouth or pulling out your credit card. It's holding your own heart as you challenge yourself to step into your dream. **Loving yourself is going beyond all the fears that have held you back up until this point.** Self-love means say, **"Why not?"** when it comes to going for your dream and encouraging yourself every step of the way instead of **"I can't"**.

That dream may be having children, being open to a relationship or repairing an existing friendship or marriage. It might be taking the first step towards creating your own business.

Loving yourself is having the courage to feel your feelings—even the ones that aren't so pretty—without judging them. It's holding your head high even when you are feeling sad, angry or lonely with the utmost love and respect.

Loving yourself takes practice and a strong resolution. It's the willingness to pick yourself up when life throws you a curveball. Even when you're hurting—lifting yourself up as if you truly were your own best friend. It's reminding yourself how strong you are. It's looking up to the heavens for support and knowing that you are never alone. It's breathing and sitting patiently instead of raiding the refrigerator. To love yourself is to whisper into your heart, "I love you always," as you gently coax yourself to take the next right action in the mystery of your precious life.

It's time to start taking care of yourself.

It's important, necessary and completely doable to fill your self-care tank and make sure you are operating at maximum capacity. We spend lots of time taking care of others and so little time taking care of ourselves. That has to stop.... NOW!

These self-care ideas aren't hard, don't cost lots of money and aren't too time-consuming.... But they work!! Please take some time out to take care of you.

Promise?



Last year our Marina lost her husband leaving her with their three sons: 10, 8 and 5 years old. A soft-spoken and gentle woman she has demonstrated great inner strength by continuing to live a normal life, giving full attention to her sons and their upbringing, and at the same time holding a responsible position at Hinopak Motors Limited. Her current role (since March 2019) is Senior Executive, supporting 3 Senior Marketing Directors as well as the Finance team.

Her thoughts are beautiful and merit contemplation.

Warm up in the winter with

'Kashmiri Chai' contributed by ASA Coordinator Cheryl Mathew



Noon chai Description

Noon chai, also called shir chai, gulabi chai, Kashmiri tea or pink tea, is a traditional tea beverage, originating from the Indian subcontinent, most probably from the Kashmir Valley, made with gunpowder tea, milk and baking soda. [Wikipedia](#)

The recipe is for two cups of Kashmiri Chai:

Take 3 cups of water in a *pateeli*, throw in some cloves, heaps of *elaichi*, nutmeg and cinnamon powder and loose green tea or two green tea bags. Let it cook till the water is dark golden green.

Add a pinch of baking soda at this point (everything will come up fizzing out of the *pateeli*, so be wary) and immediately add a glass of ice-cold water. You will notice this *kahwa* is now a deep red colour.

Let it cook for a bit. Remove from the stove, strain and add 1 ½ cups of milk. Return this brew to the stove and simmer on a low flame till you have 2 cups of tea left. It will take about 15 minutes.

Add sugar, salt, honey, condensed milk, ground nuts and enjoy!

INGREDIENTS

2 Green tea bags

Cloves / Elaichi / Nutmeg /
Cinnamon (per taste)

A pinch of baking soda

A glass of ice water

1 ½ half cups milk

Sugar/salt/honey/condensed
milk/ ground nuts (per taste)

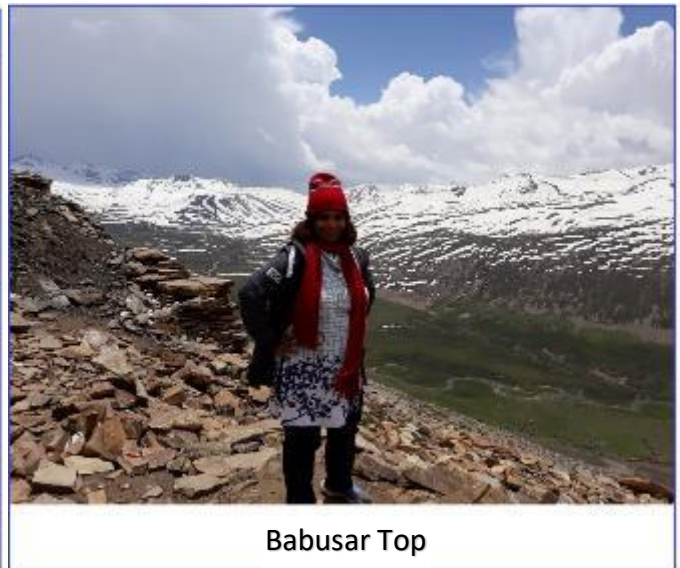
Holiday Memories

My trip to HUNZA! By ASA Coordinator, Cheryl Mathew

Almost everyone likes to take time out from a work to relax once in a while. A vacation can mean several different things to several different people; to some a vacation might be a chance to travel outside the city, while to others, a vacation might mean to leave their professional work for a while, only to do something different other than work. For me a vacation is a trip, a chance to get away from everything and see new sights, the main purpose is to relax and chill!

With the inflated foreign currency exchange rates these days, it was time to explore domestic tours, so I planned a trip to Hunza; my first to that region. A trip around the mountains involves a lot of travelling and Hunza was no different. In fact, it involved about 48 hours of travelling before we got there.

Our journey from Karachi began by train and we arrived in Rawalpindi late at night where we spent a few hours before we began our road trip. We travelled through the Kaghan valley on to Naran and Battakundi where we spent our second night. Early the next morning we started our journey towards Hunza and stopped at Attabad Lake. The scene was astounding, just imagine standing on a high mountain overseeing the striking blue lake with the sunlight glistening off the river through soft cottony clouds and a beautiful cool breeze blowing! A perfect surrounding for a cup of coffee and a book. An interesting fact is that this lake did not exist before 2010, when a devastating landslide led to its formation.



After a scrumptious breakfast we stopped for a boat ride on the lake and then started the next leg of our journey through the Babusar top. The Babusar top is covered in thick ice with huge glaciers all over, this is an absolutely beautiful and fresh sight for us Karachites. We then started our descent towards Chilas. The small town of Chilas was hot and dry, a stark contrast to the place we just came from a few hours ago. We passed by the Passu Cones and finally a little after dusk we reached Hunza.



Hunza is surrounded by the grand Himalayas and the Karakoram mountain ranges. Apricot, apple, cherry and peach trees lined the single road in Hunza, we also spotted a few walnut trees. We visited the Altit Fort, a 700-year old fort influenced by the Tibetan architecture. Getting to the fort is roughly a 20- minute steep climb along a cobblestone path. The glorious view once you reach the top is well worth the labor. One cannot leave the place without tasting the local cuisine, we had the chap shoro, a meat stuffed bread, the local barbeque made with minimal spices and oh the Walnut cake from Café Hunza is a must try! We didn't get a chance to visit the Eagle's nest, from where I believe one can experience a bird's eye view of the valley. The next day we travelled through Sost to reach our destination, the Khunjerab Pass (Pak-China border).

The Khunjerab Pass is the only modern day border crossing between China and Pakistan, accessed via the Karakorum Highway. At an elevation of 15,528 ft above the sea level, the Khunjerab Pass is the highest border-crossing in the world and the highest point on the Karakoram Highway. Understandably at those heights, there was a



Pak-China Border

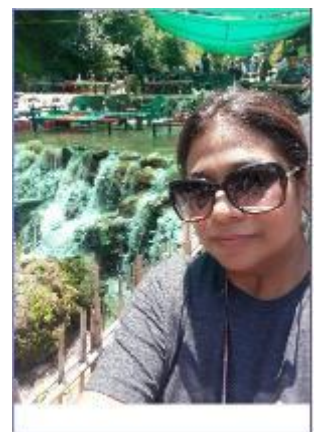


lack of oxygen which resulted in many people being affected with altitude sickness. The locals suggested

we munch on dried apricots for altitude sickness, which actually helped keep us going despite the lack of oxygen. The distance from the parking area to the actual border is quite long. On the other side of the border crossing we could see Chinese tourist. The National Bank of Pakistan, (NBP) set a new world record by installing the world's highest ATM at the Pak-China border.

On our way back to Rawalpindi we stopped at the Kunhar river for river rafting, a thrilling experience and also went up to the Saif-ul-Mulk lake. It was sad to see that pollution has pervaded this beautiful place as well! We stopped at Kiwai waterfalls for tea before continuing our journey back.

All in all, we had a splendid trip, in the future I might perhaps plan another trip to Hunza with a stop at Gilgit. I would definitely encourage everyone to plan tours within Pakistan, you will be stunned by our country's beauty!



Kiwai Waterfall

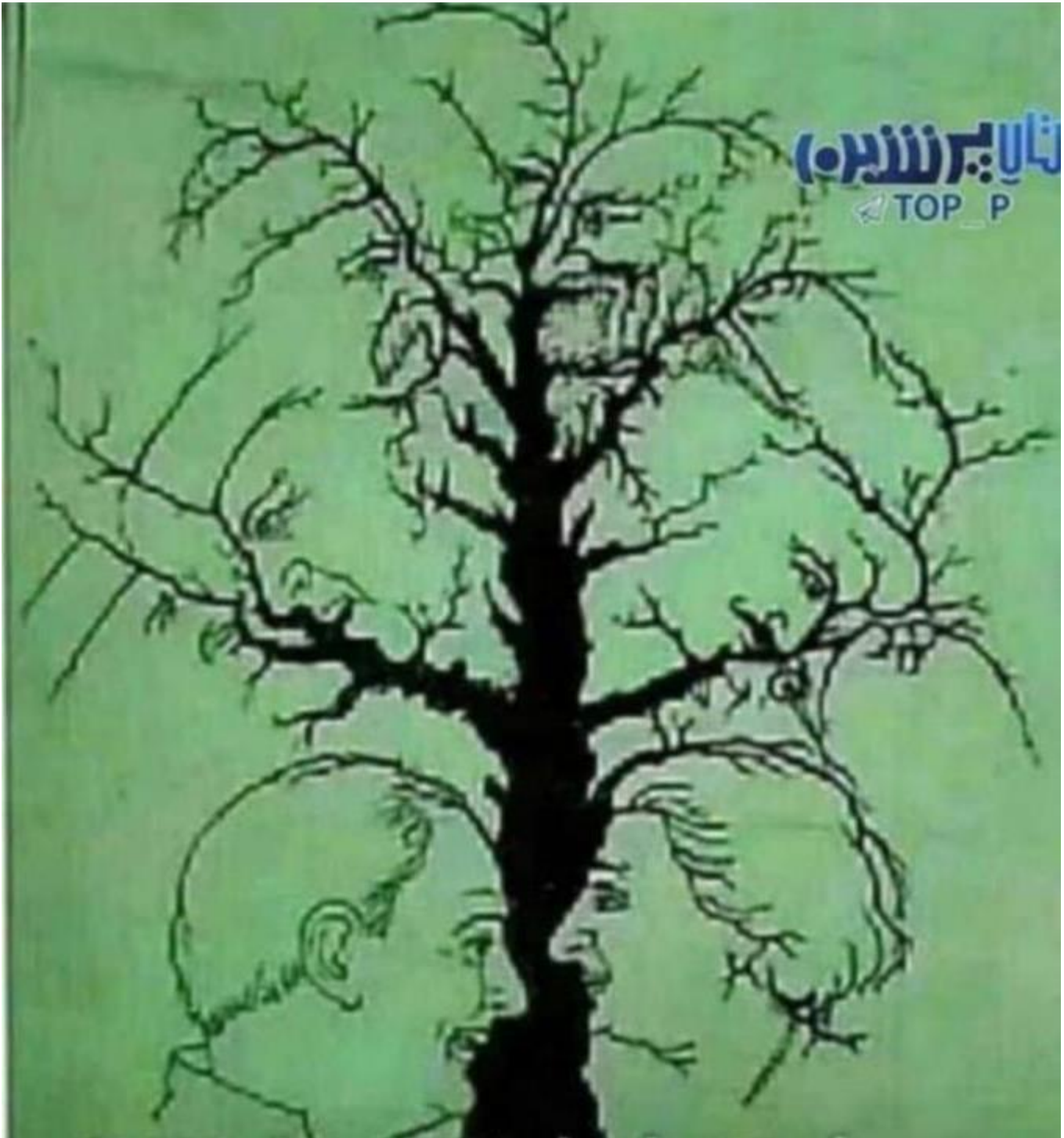
Brain Teaser

How many faces can you see?

If you can see 10, your brain is active like a clock.

If you can see 8, you are normal.

If you can see less, then look hard or ask a friend to point out more.



In Lighter Vein



Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives."

Al said, "I'd like them to say, 'Look, he's moving!'"

Innkeeper: "The room is \$15. a night. It's \$5, if you make your own bed."

Guest: "I'll make my own bed."

Innkeeper: "Great. I'll get you some nails and wood."

A reporter was interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?"

She replied, "No peer pressure."



If you don't raise the bar
How will you ever know your potential?