



Admin Pro

Golden Jubilee Issues

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Hello ladies,

Hearty congratulations to all on DSSP's Golden Jubilee!

While Covid commands, we can only plan around it but God willing hope to have some festivities in the year and will look forward to you joining in.

On turning 50, we look to the young members to take up the torch. I have seen energy, ability and ideas among our young. It will be wonderful to harness it: so, do volunteer to assist, and join the executive committee when the new term of office is opened. Do step-up!

Enjoy the issue everyone: it has been created just for you!

Best wishes

Sunnu Golwalla

Editor

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Our Member Arnawaz Kersi Billia Greets us all

Arnawaz is one of our senior members, having joined the DSSP in 1973. In 1975 she went abroad for four years and returned to Karachi in 1979, and re-joined the DSSP in 1980.

She was a Member of the Executive Committee in 1990-91 and also in 2015-16. She was the Editor of our Newsletter in 1991-1994 and, on the Sub Committees of the ASA Congresses held in Karachi in 1990 and in 2014.

Arnawaz has been a very supportive and appreciative member of our Association. She has sent us the following greeting:

Dear DSSP friends,

Heartiest felicitations to each and every one of you for being part of the DSSP family. From 1971 to 2021 we have seen DSSP grow and flourish. We crossed our Silver Anniversary in 1996 and this year, 2021 we shall cross our Golden Anniversary.

We need to commend our stalwart members for volunteering to work on the Managing Committees from time to time. Churning out monthly programs and bringing each one to fruition.

For our Silver Anniversary, each member received a Silver Ball Point Pen with the inscription in red. For our Golden Anniversary, we received a Pashmina Shawl.

Let us continue to climb the ladder and let DSSP celebrate our Diamond Jubilee and our Centennial too. God bless you all. May the current medical scenario be a thing of the past.



DSSP's Jubilarians

“Since it is our Golden Jubilee year, could we also celebrate 50th Birthdays and/or Golden Work or Wedding Anniversaries of our members”, this was suggested by our EC Member Barbara D’Cruz so here we are!

Since our newsletter has three issues: Jan-Apr, May-Aug and Sep-Dec, the celebrations will be tied with the period of the issue. **Interestingly we have a Work Anniversary to make a start with.**

OUR MEMBER THERESA DIAS started working in January 1971 at a tender age, due to her father’s passing her family needed her support. We are proud of her abilities and sense of responsibility.

IGI Insurance was her first job and followed by Colony (Thal) Textile. Gaining work experience and confidence she was able to land a good job in 1975 as a Personal Assistant to the Founder of Atlas Group, Mr Yusuf Shirazi, an icon of the business community and a well-known philanthropist. With her gentle disposition and commitment to work, she gained respect from her boss and colleagues.

She recalls her first experience with Mr Shirazi when he asked if she could take shorthand and she replied that she was not very good, but he dictated anyway. He spoke with a Punjabi accent. When he said **‘Joint Venture’** she wrote **Giant venture**, when he said **‘bulk of’** she wrote **Al kaaf** (as he was habitual of inserting Urdu words in his conversations), **‘National Oils’** she wrote **National Isles**. However, within a short time she started laughing at her confusion and the silly mistakes it led to.

Gradually both of them were comfortable - in fact Mr Shirazi was not comfortable working with anyone else, and she has continued to work with him even after her retirement age.

Regrettably Mr Shirazi passed away on October 20, 2019 at the age of 90. His sons (4 of them) are now



running the business and have continued to retain Theresa’s services and she is glad for it: It does validate her importance at the Atlas Group.

Here she is sitting at her desk and saying hello to all DSSP Members. We heartily congratulate Theresa for her 50 years of professionalism!

DSSP's Executive Committee Members

Meet three fresh faces with fresh ideas and contributions

CHRISTINE D'LIMA



I am working for a reputed law firm Fazleghani Advocates for 9 years; however, I have been working as a secretary for around 25 years.

Being creative and hardworking, I enjoy taking up challenges and make sure to execute them within the deadline. My perfectionist attitude can get in the way if left unchecked.

As a member of DSSP for 24 long years, I have made new acquaintances and have had the opportunity to meet with many talented and experienced professionals. Sharing our work experiences enhanced my way of approaching a task and accomplishing it to perfection. I have also learnt how to view ideas and situations from various perspectives.

Last but not least I would like to thank the Executive Committee for welcoming me on board and, I look forward to acquiring wisdom and knowledge from this experience.

BARBARA D'CRUZ



I am working at the Aga Khan University Hospital as a Senior Secretary. Just like other secretaries I am the admin support to my boss who is a consultant Cardiologist and the best part is that she is a female too.

It's a heavy-duty job with plus, plus, plus responsibilities, but all in all I am enjoying it to bits. There's a vast learning scope with all the top medical professionals around. What I love the most being here is that I am on top of first-hand knowledge that pertains to medical science progress and development.

I was very reluctant at first to join the Executive Committee (EC), even though earlier I had volunteered for a number of tasks at various DSSP events, yet deep down I was hesitant to join the EC. Then a fairy godmother appeared and encouraged me to join and here I am. Since the time I have joined, it has been an amazing learning adventure unfolding new surprises. I have started by assisting with our newsletter which is very close to my heart, and hope to serve the EC in other ways too, wholeheartedly and passionately!

ELENA HAYAT



Greetings
Everyone!!

First of all, thank you very much for giving me an opportunity to share my experience with you all, and share with you my work life journey.

I did my Bachelors in Science in 2000 with majors in Chemistry and Microbiology from St. Joseph's College. Since childhood my

aim was to become a doctor, but luck pushed me [in teaching](#) and the track line changed 180 degrees.

I started my work life as a teacher and continued teaching science subjects to convent schools until 2006.

Then came a big change: an office-going friend needed a substitute and I wanted a change. This led me to the office line and that journey was exciting and challenging. I started with Dubai World Project (here in Karachi), then moved to Karachi Electric Supply, and later to Standard Chartered Bank and now I am at HBL. The journey has been very exciting.

I have challenged myself at HBL and learned a lot. There have been many ups and downs too which have helped me become more assertive, bolder and rooted.

God has graciously given me two cute sons and a very supportive husband who accepted each assignment of mine and agreed to help me with household chores and with our children's commitments.

As an EC Member I enjoy working closely with seasoned members and feel great to be useful. It has given me an opportunity to walk an extra mile and gain new experience, which in turn is making me more confident at work too.

Administrative Professionals Day Celebration

What goes into the making of it?

If there were no attending members there would be no programme, but if the event is not planned and worked hard at, it is not enjoyed. So, let's go behind the scene to know what it takes from the Executive Committee to give you the programmes they do.

It is our Jubilee Year, so **Past President Cheryl Mathew** suggested having an emblem and a memento to mark the occasion.



EMBLEM: Several suggestions were made, discussed and patiently worked at by our **EC Member Christine D'Lima**, and the emblem across was agreed to. With the help of her IT-savvy daughter, Christine presented the final design. You must have seen it on the memento that you received and, will be used in all our correspondence this year.

MEMENTO: Being the Golden Jubilee something 'golden' would be befitting. Again, different suggestions were made and one by Cheryl about a golden stole appealed to all. Cheryl scouted the market for a nice design and availability of identical ones in our required quantity. **President Natasha Mavalvala** also went looking and was able to get the required quantity, so purchased it. A box to pack this was once again discussed and deliberated upon and arranged by Cheryl and, our hands-on President quietly packed all and brought two large cartons to the event, with members also taking mementos for friends who did not attend. Effort will be made to reach the undelivered ones too, in due course.

ELIZABETH PEREIRA: EC Members also suggested that past president/s ought to be invited to say a few words. **Elizabeth graciously agreed although she is a stage-shy person.** Her narrative about DSSP; the hard-work that the executive committee put in for all events and in turn enjoy the comradery it builds; her surprise win at President's election and her tenure marked with humorous anecdotes, was enlightening and interesting.



BACKDROP SLIDE-SHOW: Another **EC Member Barbara D'Cruz** took it on herself to get as many pictures as members obliged her with, and quietly set out to make a PowerPoint presentation honouring as many past executive members, ASA congresses and DSSP's gala events. Many attendees were sadly oblivious of the importance of the pictures or took time to identify members. It's nice to know and acknowledge your past, ladies.

MOK'S BOX: In 2018 Cheryl created this activity to honour late President Emeritus Maharukh Bhiladwala (MOK). **Once again Barbara offered to create and conduct it** at the 25th April 2021 event. To her full credit, despite full day work every day and preparing for her Master's final exam, she conceived interesting activities: musical arms, brain teaser, scavenger hunt and, public speaking as the qualifying round, and on the day conducted the activities speaking to an audience perhaps for the first time. Debbie Moscrop was the winner of MOK's Box, with Samantha Rodrigues and Marilyn Lobo as Runners-up.



AN OPPORTUNITY FOR SENIOR MEMBERS TO SHARE THEIR EXPERIENCES AND VIEWS: Christine also suggested we make a video with interviews of senior members around questions she had framed, and thus have them too actively participate in the event. Regrettably all invited senior members of DSSP either declined or were not available for the video. With volunteer senior members and less-senior members, she put the show on the road. Being a Pro, she even sent a USB with the video to Clara prior to the event, despite her grieving personal loss occurring a few days earlier.

ARRANGING THE PROGRAMME: Social Secretary Naureen Rodriques obtained quotations and menus from all leading hotels and the most favourable venue was selected by the executive committee. Due to unavoidable circumstances, she was unable to be at the event, but remained in touch with the hotel ensuring arrangements as well as she could. Treasurer Marina Fernandez handled payments and also selected music played at the event, lending a happy ambience. Then, our Secretary Clara D'Souza communicated details of the event to the membership, gathered their acceptances - receiving the most herself with her highly approachable and gentle nature – and had sheets ready for registration. She also happily assisted with the MOK's box activities. EC Member Elena Hayat happily filled in with all back-up and support jobs pulling-in the entire EC's contribution.

ASSOCIATE MEMBERS OF DSSP: Janice Samson, Sylvia Conception and Celine Vaz along with member Monica Francis very pleasantly and competently manned the registration desk and handed over mementos, enabling the EC to concentrate on myriad arrangements.

BEING ON TOP OF IT ALL: Uncertainties and anxieties around the event abounded, but President Natasha held her ground and saw it through. She arrived at the venue at 2:45 pm - well before anyone else - armed with her laptop, liaised with the IT person at the hotel and had it up and running for the slide show and the video. Having done it all, she graciously hosted the event with a thank you and appreciation after each segment - not a mean feat.

GUEST SPEAKER: The high-energy and greatly sought-after speaker, trainer and consultant Umair Jaliawala accepted our invitation and conducted a short but very lively and much enjoyed session to conclude the programme of the evening. Trainers pick-up a six-digit fee from corporate clients and have a team of back-up staff researching the topic and adding in jokes, videos and exercises. For pro-bono talk which he gave us, such contribution could not be expected and Umair used his natural flair. Being Ramzan he chose to speak on a 'Spiritual Journey' instead of a corporate topic. Between energizers and humour he gave his subtle message of how different and important it is to be on spiritual journey amidst the rough-tumble of life. His presentation was largely amusing but sometimes confusing, yet one could extract a congruent message: have your feet firmly on the ground, but retain your child-like playfulness and put aside the bind of your corporate status.

Prioritizing Jobs and Getting Things Done

By our President, Natasha Mavalvala

	URGENT	NOT URGENT
IMPORTANT	<p><u>Quadrant I</u> <i>urgent and important</i> DO</p>	<p><u>Quadrant II</u> <i>not urgent but important</i> PLAN</p>
NOT IMPORTANT	<p><u>Quadrant III</u> <i>urgent but not important</i> DELEGATE</p>	<p><u>Quadrant IV</u> <i>not urgent and not important</i> ELIMINATE</p>

Knowing how to prioritize work affects the success of your project, the engagement of your team, and your role as a leader. All projects—especially large, complex projects—need clear priorities. Easier said than done. You can count on technical projects, no matter how well-planned, to involve change orders, re-prioritization and the regular appearance of surprises. It's just the natural order of things.

One of the biggest challenges for project managers and leaders is accurately prioritizing the work that matters on a daily basis. Even if you have the best project management software on the planet, you're the one who enters information into the tool. And, you don't want to fall into the role of crying "top priority" for every other project that comes down the drain.

You have to be diligent and have the right kind of project insight to ensure that nobody's working on yesterday's priorities. It takes a lot of practice to get this right.

1. Collect a list of all your tasks.

Pull together everything you could possibly consider getting done in a day. Don't worry about the order or the number of items upfront.

2. Identify urgent vs. important.

The next step is to see if you have any tasks that need immediate attention. We're talking about work that, if not completed by the end of the day or in the next several hours, will have serious negative consequences. Check to see if there are any high-priority dependencies that rely on you finishing up a piece of work now.

What the employer is looking for with the question "How do you prioritize work?" is to see if you know the difference between the urgent and the important.

Everyone has a different method of managing their workload, so it doesn't matter if yours is boring, or even a little quirky. The key is to be as detailed and thorough as possible. **Employers want to know you're organised and put real thought into your daily routine.**

It's common at work to start one project, only to find out halfway through that you need to shift gears and focus elsewhere. Sometimes it's an emergency or something truly urgent that you have to drop everything for; other times it's just a task your boss hands to you at the last minute. Yes, it's annoying, but it comes with the territory at most jobs.

3. Assess value.

Next, look at your important work and identify what carries the highest value to your business and organization. As a general practice, you want to recognize exactly which types of tasks have top priority over the others.

For example, focus on client projects before internal work; setting up the new CEO's computer before re-configuring the database etc. **Another way to assess value is to look at how many people are impacted by your work. In general, the more people involved or impacted, the higher the stakes.**

4. Be flexible and adaptable.

Uncertainty and change are a given. Know that your priorities will change, and often when you least expect them to. **But—and here's the trick—you also want to stay focused on the tasks you're committed to completing.**

5. Know when to cut.

Time management is crucial to perform well at any job, so it shouldn't come as a surprise if an interviewer asks, "How do you prioritize your work?"

The idea in answering how you prioritize work is to set realistic expectations for yourself and your potential employer.

Rather than trying to give the impression you can do it all, say something like:

"I make it a point to keep lines of communication open with my manager and co-workers. If I'm working on a task that will take a while to complete, I try to give a heads-up to my team as soon as possible. If my workload gets unmanageable, I check in with my boss about which items can be dropped to the bottom of the priority list, and then I try to reset expectations for different deadlines"

You might think it's impressive to brag about your multitasking skills or ability to knock out 20 items on your to-do list. However, there are only so many hours in a day and you probably won't complete every single thing you set out to do.

You probably can't get to everything on your list. **After you prioritize your tasks and look at your estimates, cut the remaining tasks from your list, and focus on the priorities that you know you must and can complete for the day. Then take a deep breath, dive in, and be ready for anything.**

Mother Gin leaves for her Heavenly Abode 13 July 1931 to 11 April 2021



Lilian Coloma, Secretary of ASA held a Memorial Meeting for beloved ASA Founder Virginia P Elbinias on Zoom on 14 April 2021. It was an honour that she invited our Permanent ASA Coordinator Cheryl Mathew to commence the meeting with a prayer, and here it is:

*God our Father
Your power brings us to birth
Your providence guides our lives
And by Your command we return to dust.*

*Lord those who die still live in your presence
Their lives change but do not end.*

God of love and mercy, grant our dear Gin, pardon and give her light, joy and peace in heaven.

*Embrace all whose hearts today overflow with grief and a sense of loss.
Grant us the comfort to be at peace knowing this is not the end but the beginning of eternal life in the Lord.*

We thank you Lord for Gin's, who throughout her life guided and touched many hearts. She was brave and stood fast through all obstacles. We will remember her fondly.

*Eternal rest grant unto her O Lord
And may Perpetual light shine upon her
May her soul rest in peace, Amen.*

All attending ASA country heads were also invited to pay a tribute to Mother Gin, as she was known to all who knew her. Here is our President Natasha Mavalvala's tribute:

It was indeed a sad day hearing about the demise of the great Virginia Elbinias Founding President of the Asian Secretaries Association, having it's base in Manila. A great propagator of the profession and a born leader. Formidable to many but the most loving to all. Her hugs were genuine and passed around randomly to one and all.

I first met Mother Gin (as she was known) when I took over the post of ASA Coordinator in 2014 for our second Congress. Of course, when MOK mentioned that Virginia Elbinias was coming it did freak me out a bit. Well, the first evening as she came into the Indus Room for the first day's drinks/dinner she made a beeline for me and without much ado asked if I was the ASA Coordinator and then very promptly went on to say how pretty I was, linked her arm through mine and asked me to lead her to dinner. I was totally aghast. Lost for words. All she said to me was I know you will do well. You look so efficient. That was the only motivating thing which took me through the Congress.

Our next meeting was in Manila. The elegant Gin had nothing but kind words to say which set the pace for the Congress. She would call me over and give sound advice as I was totally new to the game in my first stint as President. She was very happy with us and always mentioned our hard work and also remembered everyone that had met her and made an impression on her.

Then came Papua New Guinea. The regal lady made the long trip and we were so very honoured with her presence. Her words of advice did not fall on deaf ears and we could see everyone would be taking their troubles to her to sort out. She would sit there and patiently listen.

May she find peace with her Maker and may she live on in all the lives that she has touched. We shall miss her presence but know that she will always be looking down on us.



Clockwise from top left: Virginia's right-hand lady Lilian organized and hosted the Memorial; Virginia's two daughters Dr Shirley Tan and Attorney Sheilah Uyboco thanked everyone for their presence; DSSP President Natasha eulogized Virginia; and DSSP's Permanent ASA Coordinator Cheryl opened the Memorial with a prayer.

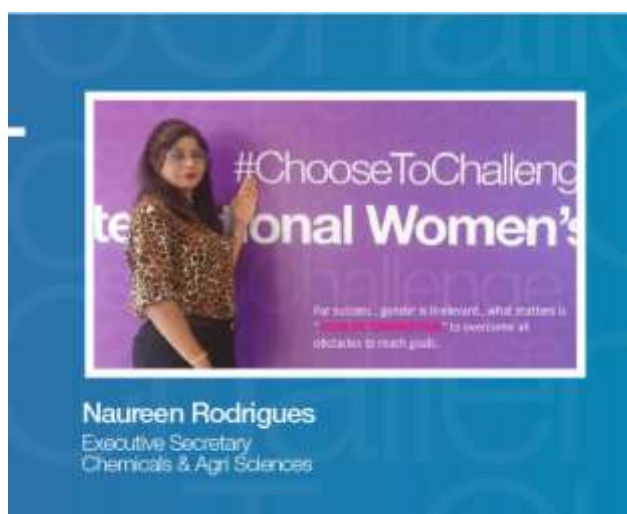
Virginia's daughter Dr Shirley Tan was invited to open the memorial and she warmly thanked everyone for attending. A video with select pictures of ASA congresses with Gin's presence was played followed by attending heads and senior members from ASA countries expressing their thoughts and feelings.

It was remarkable to note that everyone lovingly remembered Virginia's gentle and caring disposition that put them at ease even on their first meeting with her, how warmly she enquired about them and their families whenever she met them again and how she obliged everyone who requested a photo with her even when she was quite tired.

Virginia's daughter Atty. Sheilah Uyboco said that she was amazed by the wide connections her mother had and what a force ASA was to reckon with! She thanked everyone for supporting their mother's vision in creating a haven for aspiring professionals, and prayed that their mother's legacy continues into the next generation.

ICI Pakistan celebrates International Women's Day 2021

By our Social Secretary, Naureen Rodrigues



*Monica Francis, Secretary,
Chemicals and Agri Sciences Business*

On International Women's Day, March 8, 2021, ICI Pakistan Limited planned several exciting activities to celebrate the women working at ICI Pakistan as well as the billions of women around the world.

On that day, everyone was greeted with a gift hamper of goodies especially selected for women. All employees were encouraged to take part in a **competition** encouraging employees to challenge gender bias and inequality and they were encouraged to send in pictures with their hands raised high in solidarity. Employees from all over Pakistan participated and the winners were rewarded with Daraz vouchers.

A webinar was organised to pay homage to one of Pakistan's most renowned female poets, 'Parveen Shakir'. An icon, that brought a distinctive feminine voice to Urdu literature. She carried an exceptional presence that could not be dismissed through her timeless writing which helped highlight women's issues, concerning their standing in society.

Our guest speakers at this webinar were:

Mr. Ghazi Salahuddin, Journalist, Writer and Literary Figure

Prof. Hamida Shahin, Poet, Writer and Public Speaker

Prof. Inaam Nadeem, Poet, Writer, Critic and Artist

Mr. Talib Faruq, Commercial Excellence Training Officer, ICI

They articulately interpreted her poetry and the positive impact her writing continues to have on many.

An exhibition to recognise and support the women at the 'Ladies Welfare Center' in Khewra was also organised, displaying specialized hand-crafted cushions, apparels and home accessories. The proceeds from the event were donated to support the women of the Ladies Welfare Centre.

The 10 Steps to Self-Improvement by our Treasurer, Marina Fernandez

Self-improvement is the practice of improving any aspect of one's life, including one's health, education, relationships, career, goals, and well-being



How can I be happier? How can I be healthier? How can I improve my relationships? How can I make better choices in life?

Self-improvement has never been more popular or alive than it is today – and there's no better time than right now to start learning about it.

Here's a list of my "10 Steps to Self-Improvement"

You may not agree with all of these right away. For now, just read them and reflect on them.

1. You have a choice: No matter how trapped you feel right now, recognize that you have a choice in how you move forward. When it comes to simple things like what to eat or what music to listen to, we stick with what is familiar – and that stops growth and exploration of all the other possibilities that life has to offer us.

2. Define what you want: Many people go through life aimlessly without a clear destination in mind; as a result, they often feel a lack of purpose and direction. It's important to be able to identify your core [values](#),

goals, and priorities in life if you want to achieve them. We shouldn't just work hard, but work hard on the things that matter most to us.

3. You are dynamic and changing: You are always changing day-by-day, month-by-month, and year-by-year. Embracing this dynamic self is essential to self-growth. The mantra "[this too shall pass](#)" is a fundamental law of reality, but it can work in our favor.

4. Your words matter: The words we choose to use can often paint our reality in very different ways. One of the first big lessons I learned in self-improvement was to pay more attention to my words and the verbal communication I use on a daily basis. This included the words I use when talking with others, but also the words I used when engaging in self-talk.

5. Your habits matter: Changing your mindset is important, but you have to change your habits and behaviors as well if you want to see real change in life. As the popular saying goes, "If you do what you've always done, you'll get what you've always gotten." Self-improvement means building new and better habits that better serve you and your goals, as well as getting rid of old and unhealthy habits. You can start by creating an outline of your [daily routine](#) and reflecting on it. What's your best habit? What's your worst habit?

6. Your relationships matter: Self-improvement shouldn't be confused with being self-centered or doing everything completely on your own. You can be the most motivated person in the world, but if you're surrounded by negative people it's going to have a negative effect on you. [Emotions are contagious](#), so we need the right people in our lives who bring out the best in us. This includes people you interact with online in your "digital world" too. Similarly, self-improvement means knowing when to ask for help and support from others. Knowing when to [ask for help](#) is a strength, not a weakness. A supportive and helpful friend can make you a better person at the end of the day – and that's something to embrace, not something to be ashamed about.

7. The present is your place of power: Every conscious decision we make and every action we do unfolds in the present moment. The more attuned you are to the present and the choices you have in any given situation, the greater control you have over your day-to-day actions. Your daily awareness can be improved through simple [breathing meditation](#), or [grounding exercises](#), or reminding yourself to take a step back and be more mindful of your daily actions and choices. Yesterday is over. Tomorrow is yet to come. But today is where you have the power to act and decide.

8. You must endure temporary pain and discomfort: Self-improvement is not easy. It often requires effort, time, pain, and discomfort. When you try something new and challenging, you have to be willing to fail and

suck at it for a little while before you become good at it. This never feels good, but it's a part of growth. All self-improvement comes with "growing pains" and [awkward phases](#) – you're not going to magically find comfort and success over-night. Not everyone enjoys changing themselves, but the smart ones endure it because they know they will come out better at the end of the day. Put in the hard work now to make life easier in the future.

9. Learn from the past: While we can't change our past, it's one of the most valuable resources we have to look back on and learn from. By reflecting on past mistakes and past failures, we can try to see the errors in our ways and adjust our course for the future. "Maybe I could've been a littler nicer," or "Maybe I could've done this differently" are important stepping stones toward becoming a better person. If you're 100% [honest with yourself](#), you can always find things you could've done a little better. Don't beat yourself up over it, just learn from it and move forward. Of course, the past isn't all bad either. It can also be a great source of motivation and inspiration. There's a huge power in re-visiting [positive memories](#) to boost your mood and energy levels, especially reflecting on past accomplishments or success stories. We tend to reflect more on negative memories than positive memories, so it's important to take a step back and remind yourself you can be pretty awesome sometimes.

10. Be optimistic about the future: No matter what we must have some sense of optimism and hope for the future. At first it may seem tough to believe in, but being open to the idea of a better and happier future will make it more likely to become a reality. We don't always know what the future may bring, but we can remain optimistic that things will work out in one way or another, even if we don't know exactly how. In many ways, optimism is a prerequisite to taking action and risks in life. If you don't believe in a better future, you will only be left thinking, "There's no point. I'm not even going to try!" You have to believe in the future before you can start building it.

These are essential values behind all self-improvement:

I call them "steps" because that makes them sound more influential to me (your words matter), but you could just as easily call them "principles", "guidelines" or "commandments" if that sounds better to you.

If you're completely new to self-improvement, keep these ideas in mind for now – soon they will become more ingrained into your natural way of thinking.

Self-improvement is not something that can be learned and absorbed overnight. It's a never-ending process.

Our lives are always changing and we must continue to adapt if we want to be our best self. There is always progress to be made if we are open to it.

Anyone can be interested in self-improvement - but not everyone is. For some people, it's easier to blame the world for their problems than to take responsibility of their action/inaction themselves and their future.

As always, the choice is yours to make.

Power of Inspiration

“We are delighted to introduce a new section “Power of Inspiration” as part of our newsletter. This section will be based on true inspirational short stories of any individual around the world. It will be shared to motivate and learn from. You may share any relevant inspiring story with us.” - EC Member Barbara D’Cruz

Please find below a true tale contributed by President Natasha Mavalvala:

“When I meet you in heaven.....”

When billionaire Femi Otedola, was asked in a telephone interview by the radio presenter, "Sir what can you remember made you the happiest man in life?"

Femi said: "I have gone through four stages of happiness in life and finally I understood the meaning of true happiness."

The first stage was to accumulate wealth and means. But at this stage I did not get the happiness I wanted. Then came the second stage of collecting valuables and items. But I realized that the effect of this thing is also temporary and the lustre of valuable things do not last long.

Then came the third stage of getting big projects. That was when I was holding 95% of diesel supply in Nigeria and Africa. I was also the largest vessel owner in Africa and Asia. But even here I did not get the happiness I had imagined.

The fourth stage was the time a friend of mine asked me to buy wheelchairs for about 200 disabled children. At the friend's request, I immediately bought the wheelchairs, but the friend insisted that I go with him and hand over the wheelchairs to the children. I got ready and went with him.

There I gave these wheel chairs to those children with my own hands. I saw a strange glow of happiness on the faces of those children. I saw them all sitting on the wheelchairs, moving around and having fun. It was as if they had arrived at a picnic spot where they are sharing a jackpot wining.

That's when I felt REAL joy inside me. When I was getting ready to leave one of the kids grabbed my legs. I tried to free my legs gently but the child stared at my face and held my legs tightly. I bent down and asked the child: Do you need something else? The answer this child gave me not only made me happy but also changed my attitude to life completely. The child said: "I want to remember your face so that when I meet you in heaven, I will be able to recognize you and thank you once again".

What would you be remembered for after you leave ? Will anyone desire to see your face again? That is what matters the most.

“This is a must-read piece. It got me thinking. I pray it does the same to everyone. Thanks!” – Barbara

Breakfast the most important meal:
Start the day with physical and mental energy



Breakfast breaks the overnight fasting period. It replenishes our supply of glucose to boost energy levels and alertness, while also providing essential nutrients required for good health.

Skipping the morning meal can throw off your body's rhythm of fasting and eating. When you wake up, the blood sugar your body needs to make your muscles and brain work their best is usually low. Breakfast helps replenish it. **For weight loss it might be better to skip dinner than breakfast.**

The best food for breakfast can be: plain yogurt, fruit and nuts, whole wheat oatmeal with nut butter.

And, the worst foods for breakfast are: surprisingly breakfast cereals because these are from 'processed' food with sugar, fruit juice (again acidic and high in sugar), toast with margarine.

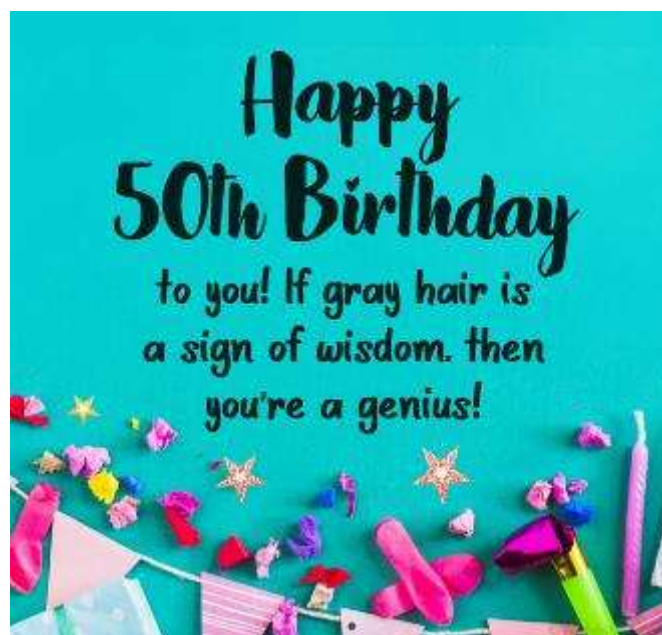
DID YOU KNOW?

Eggs are a perfect little package for breakfast because they are protein-rich, and the yolks contain inflammation-fighting omega-3s.

Bananas at breakfast gives a quick sugar boost, resulting in a crash around mid-morning, making you tired and hungry. It is also not recommended after dinner as it causes mucous. The best time for a banana is around mid-day.

Fruit juice This was very surprising to learn, but it is now a researched fact that orange juice is largely fructose, a simple sugar, as well as being acidic it is not a good inclusion at breakfast.

Time to chuckle:



Celebrating

