



Admin Pro

Tri-annual newsletter

Volume 2 : Issue 2
May to August 2020

From your Editor:

Hello Members,

Next year the DSSP will have its golden jubilee. Let us look forward to celebrate it 'in person' in a befitting manner.

Meanwhile, the newsletter is here with worthy write ups by our members: Our member **Vanessa Pereira** proudly writes about English Biscuit, her employers; our Permanent ASA Coordinator **Cheryl Mathew** has broken the ice on webinars; while our member **Barbara D'Cruz** has shared an insightful article on the importance of 'adapting' and, our friendly professional trainer **Umair Jaliawala** talks about 'resourcefulness' - adding in chats with doyenne Shirin Naqvi on the subject. Do browse: there is a lot of learning in the write ups, ladies

SLAAPS President **Ruveena Cader** reminisces on the 9th ASA Congress held in Karachi in 1990.

On the personal side, our members have inspiring messages as well: Our President **Natasha Mavalvala** tells us that "Good Morning is an action and not a word and, a belief to live the entire day well." Our Immediate Past Editor **Marina Fernandez** has written about "knowing our purpose in life" and, our Secretary **Naureen Rodriques** has surprised herself - and us - by finding her cooking prowess!

There is some humour at the end and a stimulating message as you flip to the back page!

Ciao for now.

Sunnu Golwalla

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PERSONAL

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Run-up to our Golden Jubilee Celebration!!



DSSP hosted ASA Congress in Karachi May 18 to 25 1990
(shared by our member Arnawaz Billia)
Come on ladies, spot yourself!!



(Shared by our member Clara Lidwina D'Souza)

EBM – The Biscuit Story

Vanessa Pereira is an Executive Assistant to the Managing Director & CEO at English Biscuit Manufacturers (PVT) LTD since 2018 and is proud to tell us about her company.

Today, with a legacy that spans over 50 years of quality baking, EBM has cemented its position as Pakistan's largest food company. The makers of Peek Freans have delighted and enchanted customers while simultaneously providing quality taste with nutritional value.

Having the largest production capacity in Pakistan, as well as one of the largest in Asia, Africa and the Middle East, EBM has always produced products in accordance with international standards of quality and hygiene. In every bite lies the rich history of perseverance and hard work, which has been essential to its journey towards baking excellence.

It all started in 1966 when EBM found its roots in Peek Freans Pakistan Limited, established in Karachi. Peek Freans Pakistan Limited rebranded itself as English Biscuit Manufacturers (Private) Limited. Peek Freans, and the iconic Pied Piper became a household name with the "Listen to the Sound of the Day" TV commercial.

EBM's Brands

The company was just not a production of packaged biscuits, but began a revolution of quality, nutrition and flavor. They have been innovators of flavor when they introduced the first instantly popular cracker – **Saltish** in 1968. The **queen of biscuits Marie** is one of EBM's first plain sweet brand and is consumed as a favorite teatime snack ever since it was introduced in 1971. **Butter Puff** is also another brand loved by millions for its crispy, buttery goodness. A popular brand is also its nuts category which has **Peanut Pik and Peanut Pista**. Packed with taste and nutritional value is **Gluko** which is a hit with mothers and children across the country. EBM was also the first to introduce chocolate chip cookies to the country's biscuit market. Brimming with the taste of **Zeera**, **Click** clicks well with Pakistani consumers. Among other varieties we have the smooth, sweet, and creamy **Rio**. Bringing double the taste and delight, Rio is also the first brand to introduce double cream to cream sandwich biscuits in the local market. Scrumptious egg-and-milk cookie, **Sooper** which is one of the bestsellers and the no. 1 selling biscuit across Pakistan. The delectable Farm House Cookies, Peek Freans' range of premium cookies, were another first for EBM – and Pakistan's biscuit market. There is also the cake range under the brand name **Cake Up**.

The steps in manufacturing of a biscuit

Mixing is a process of blending together different ingredients to form a uniform mass and achieve desired consistency in dough. Mixing is a crucial step in baking and adds to the texture and other quality parameters of the biscuit. It also helps develop gluten which is a protein present in flour and helps in develop the structure of the biscuits. Aeration also takes place due to high speed mixing action which also increases dough temperature due friction between the dough and the help in the dough development. Each product has specific mixing cycle depending on the formulation of recipe and characteristics of the product to be baked.

- The Biscuits are baked in closed long tunnel ovens in a continuous process. Ovens are made up of a number of independently heated and controlled zones.
- Each zone has different temperatures, heat applications and extraction conditions in the ovens, as per requirement for baking of biscuits.

- The production rate of the oven is defined by its length and the baking time needed bake a product to the desired colour, moisture content and structure.

Biscuits might undergo further processing post oven to add value to the final product. This depends on the product to be made and is done as per requirement.

This includes:

1. Cream application through sandwiching machine
2. Sugar/salt application through sprinkler
3. Oil application through oil spraying machine
4. Chocolate coating/enrobing through enrober
5. Depositing fillings and icing into biscuit cavity such as jams



A picture containing sitting
Description automatically

Some interesting facts about EBM Manufacturing

- EBM currently produces daily **700 tons** per day of delicious biscuits for our valuable customers.
- **140 Million** biscuits are produced daily in EBM.
- **Sooper** is Pakistan largest selling brand and is termed as Nation's biscuit .
- EBM manufacturing leads in the country in producing biscuits with **maximum efficiency** in its operations.
- Line # 07 is first sandwiching line in Pakistan to be operating with less than **1 % rework generation**.
- More than **3000 workers** in manufacturing facility daily put in to produce these delicious treats.
- EBM has **15 biscuit production lines**, highest capacity installed in Pakistan by any company in biscuit segment.

After more than five decades, several bestselling products, and millions of satisfied cravings later, EBM is ready to discover and deliver fresh flavors, and satisfy millions more!

Mental Health and COVID-19 Webinar

On 31 May 2020 attended and reported by

Cheryl Mathew, DSSP's Permanent ASA Coordinator



I got an opportunity to attend an online mental health seminar. Although most of the participants were from the health industry e.g. doctors, nurses, pharmacist etc., I did get some good tips/ideas from the discussion mostly from the questions that were answered.

Worry time: One of the panellists said that he has set an hour in the evening for worry time. That meant that whenever he starts worrying about something, he puts it off until the worry time. He has found that many of the items are off his 'worry list' by the time the designated worry time comes around.

Mindfulness: Urged grownups to be mindful of needs around them, e.g., helping an elderly couple with groceries, leaving water and bread for the birds etc, everyone was urged to teach their children the same so that they have less opportunity to worry about what is happening around them.

Wobble room: A pharmacist working in the US shared that they have a wobble room, a place where one can break down or let loose, in the facility where staff can go when they are extremely overwhelmed by what is happening around them.

Communication: Stressed upon the need to communicate positives instead of negatives, talk about the people who have recovered, how the medical staff are serving the patients rather than only watch the news and concentrate on how COVID19 can affect one's health.

Build Immunity: Eat right, get enough sleep and do some moderate exercise to keep fit.

Build/Rebuild relationships: Take this opportunity to rebuild relationships with your long-lost friends and/or family members living abroad. Work on your relationship with your spouse or children which in the previous normal you may not have been able to do.

Support network: Build a support network, do not be afraid to say that you need help or shy away from helping someone.

Schedule: For those who are working from home set a schedule, start on time, plan your breaks and try not to let yourself be distracted by anything around you.

Teach life skills: This I personally thought was very sound advice, parents could use this time to teach children life skills; being mindful of other's needs, looking after themselves, believing there's a better

future, thinking positively, learning how to make the beds, learning how to wash dishes, learning how to look after themselves etc.

These are the key learnings I took away from the session. I will admit I spaced out in the beginning when the conversation was very technical, but the QA session was the most interesting part of the session for me.

There are lots of virtual sessions being offered at no cost; UN, Franklin Covey, Coursera have many, do take this opportunity to attend few.



BW LEADERSHIP

Prakash Iyer

PITALKIES

THE BRIDGE ON THE RIVER CHOLUTECA

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AVE YOU HEARD of the Choluteca Bridge? I hadn't either, until not so long ago. It's a 484-metre-long bridge over the river Choluteca in Honduras, in Central America. A region notorious for storms and hurricanes.

So when they decided to build a new bridge over river Choluteca in 1996, they wanted to ensure it would withstand the extreme weather conditions. A Japanese firm was contracted and they built a solid bridge, designed to withstand the powerful forces of nature. The new Choluteca bridge – a modern-day marvel of design and engineering was thrown open to the public in 1998. And as people drove from one side of the Choluteca river to the other, they couldn't help but admire the new bridge. It was Choluteca's pride and joy.

And in October that year, Hurricane Mitch hit Honduras. There was 75 inches of rain in four days – the equivalent of what they receive in six months. There was devastation all around. The river Choluteca swelled and flooded the entire region. 7000 people lost their lives. All the bridges in Honduras were destroyed. All, except one. The new Choluteca bridge remained unaffected.

But there was a problem. While the bridge was intact, the road leading to it and the road leaving it were both swept away. Leaving no sign that there was once a road there. And that's not all. The flooding forced the river Choluteca to change course. It created a new channel, and the river now flowed beside the bridge. Not under, but beside the bridge. So while the bridge was strong enough to survive the hurricane, it became a bridge over nothing. A bridge to nowhere.

It happened 22 years ago. But the lesson from the Choluteca bridge is more



Choluteca Bridge is a terrific metaphor for what can happen to us – our careers, our businesses, our lives – as the world gets transformed

relevant to us today than ever before. The world is changing in ways we may have never imagined. And the Choluteca Bridge is a terrific metaphor for what can happen to us – our careers, our businesses, our lives – as the world around us gets transformed. Adapt to change. Or else.

As you look at your career, think again before you take one more course that makes you even more of an expert in your area of specialisation. That role, that expertise might soon become redundant. Before spending money on refurbishing your old office, pause. Thinking of opening more branches in every nook and corner of the country? Think again. Physical office spaces could soon be a thing of the past.

The challenge for us is that we get focused on creating the best solution to a given problem. We forget that the problem itself might change. We are all focusing on building the strongest, most sophisticated product or service. Without thinking of the possibility that the need could vanish. The market could change. We focus on the bridge. And ignore the possibility that the river underneath could change course. Think about that too. 'Built to Last' might have been a popular mantra. But 'Build to Adapt' could be the way to go.

You might want to add a picture of the Choluteca Bridge to the paintings that adorn the walls of your office. To remind you to build a business and a career that can adapt to change.

Else, you could be left with a Choluteca bridge. A superb bridge. Over nothing. To nowhere. **BW**

Iyer is an author, speaker and leadership coach and former MD of Kimberly Clark Lever

Resourcefulness Over Resources

Umair Jaliawala



There is so much to write, read and talk about when it comes to why resourcefulness, and not resources, is the defining factor for success. But before getting on to the simple ways that we may develop resourcefulness and the fact that we have to find it within ourselves instead of seeking it elsewhere, **my special shout-out for all the self-made individuals out there who made no excuses, took responsibility and ownership of their lives and the direction they wanted to take, and most importantly, did not settle for mediocrity.**

Not everybody starts life with riches, privileges or influential connections. Some people have dreams and a sheer passion to make those dreams happen.

I recently read an article in which Arnold Schwarzenegger was interviewed by Inc. He shares that the only 'mantra' he has used in his entire career when faced with difficulties is by visualizing the person, he wants to become i.e. imagining his future successful and healthy self. He went on to elaborate on the biggest obstacle he ever faced in his life when he almost died during a heart surgery two years ago and how he struggled to breathe and walk when he gained consciousness after the procedure.

Arnold says that he kept using his signature visualization strategy throughout the time that helped turn this setback into the image of himself he had created in his mind. We will further explore this in detail below.

This subject is also very close to my heart because I recently had a chance to ponder over it with one of the many amazing mentors, I have had in my career who helped me build on my idea of resourcefulness. Shireen Naqvi, whom we all love to call Sheepa out of respect, is a widely known name in the Learning and Development industry of Pakistan with expertise in personal development, visionary leadership and emotional intelligence.

In this post, I'd be sharing some excerpts from our discussion on all things resourcefulness, redefining the possible, keeping oneself positive and finding the passion within.

How to Develop Resourcefulness?

What is resourcefulness? Simply put, it is your imagination and the ability to visualize and devise ways to handle a situation or perform a task at hand. These are your inner, mental capabilities and can be understood using the DCC framework, which is 'Demands, Constraints and Choices'.

Immerse Yourself in What You Do

With resourcefulness, another important aspect that helps you effectively put resourcefulness to work is the '100-percent rule'. **This means that you invest all your efforts and give your undivided, focused attention to the work that you are doing at the moment.** Be in the moment and be completely immersed in your work. The work then turns into passion instead of a burden.

Redefining the Possible

They say that the world around us is a creation of our thoughts and that every phenomenon we experience is merely a mental event. This takes us back to Arnold's 'visualizing' strategy and reinforces that our subconscious mind feeds on our imaginations and the data that we give to it. It then passes it as experiences and events that later occur to us in future.

Let's dive deeper into this concept in the video.

How resourceful do you think you are?

If you found this article useful, hit the "clap" button below!

Follow this [link](#) for the complete video.

<https://medium.com/@umairjaliawala/resourcefulness-over-resources-b1c53ee5bc07>

CEO @Jaliawala Pvt Ltd, CEO @torque_corp, Former Director @School of Leadership! On a mission to turn individuals & organizations on! Tweets at @Jaliawala



Current ASA & SLAAPS President Ruveena Cader

Reminisces about DSSP's ASA Congress in 1990

I am humbled to share my experience at the 9th ASA Congress held in Karachi in 1990. That was also the year when the Sri Lanka Association of Personal Secretaries (SLAPS) (formerly known) gained affiliation to ASA and the year in which I was the 13th President of the Association.

The Late Ms. Maharukh Bhiladwala (Mok) did a splendid job in meticulously making arrangements for the Congress as well as taking care of the foreign delegates. It was her persistency that made me attend the Congress - she did not give up in her persuasion by the many faxes sent to me.

The opening ceremony was indeed "Grand" with the attendance of the Late Ms. Benazir Bhutto as the Chief Guest and many other dignitaries.

I had the privilege of networking with delegates of the host country and member counties. Nancy Yazdani & Arnawaz Billia from DSSP are two names that are etched in my heart forever. They took care of me as one of their own, more so being the only delegate from Sri Lanka. Being very young (in my early 20's), I was very appreciative of their love and affection towards me.

The most memorable part during the Congress was the meeting in which I had to present the credentials of SLAPS for its affiliation to ASA. After the formal interview with the Founding President Ms. Virginia Elbinias and all the ASA & Council of Presidents present, a joke was played which brought me to tears. I remember how Mok and the rest had to console me. I was so excited about the affiliation that I didn't realize it was a joke.

I recall the very extravagant dinner parties held in the "open air" and it was a pleasure to re-visit one of the venues in 2014, where DSSP's 40th Celebrations (Ruby) were held.

I will be failing in my duties if I do not mention three names who were instrumental in the affiliation and my journey.

Firstly, our beloved Founder, the Late Mr. Eric B M de Silva who gave me all the encouragement from the word 'go' to attend the congress.

Secondly, Past President SLAPS (1988) Renuka Corea Lloyd, who now resides in New York. It was she who had communicated initially with ASA about getting SLAPS affiliated.

Thirdly, Secretary SLAPS (1990) Mr Bryan Nicholas who worked tirelessly in making all arrangements and getting a prorated airfare to see it through.

Thank you Virginia, DSSP & all ASA Sister Countries for making this a memorable and an "out of the world" experience. Long live ASA... May it grow from strength to strength!

Ruveena (Uvais) Cader

President 1990 and 2019-2020

Sri Lanka Association of Personal Secretaries (SLAPS) (in 1990)

Changed later to Sri Lanka Association of Administrative & Professional Secretaries (SLAAPS)

Ruveena has shared some pictures of the 9th ASA Congress in 1990 in Karachi





Good Morning Wishes

Natasha Mavalvala, President, DSSP

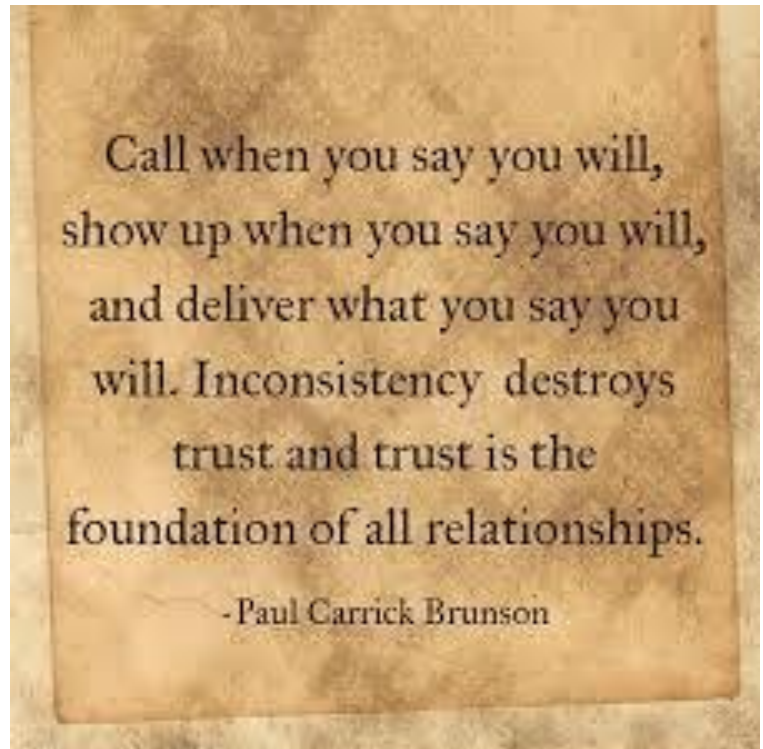
Yes, yes, I know! For many of us getting a morning message may not be the best beginning and then there are those that can't wait to read what the morning post is about.

I often used to think of these messages as just clutter in my chats but then some mind-boggling posts from friends and family made me rethink. For me these messages are now a reflection of what I feel every day. I pick up on emotions (be they positive or negative), mindsets, words that reflect the feelings of others and then try and find a post relevant to the feeling.

Starting a day with a positive mindset is very important. It is during the morning, when after waking up, we realize how beautiful the world is. Just imagine how good the day will be, if your loved ones get a sweet good morning message from you. It will not only boost their energy but also make them realize that you think of them every day in the morning, you get reminded of them right before starting your day.

Good Morning is an action and not a word and, a belief to live the entire day well. Morning is the time when you set the tone for the rest of the day.

Set it right!!



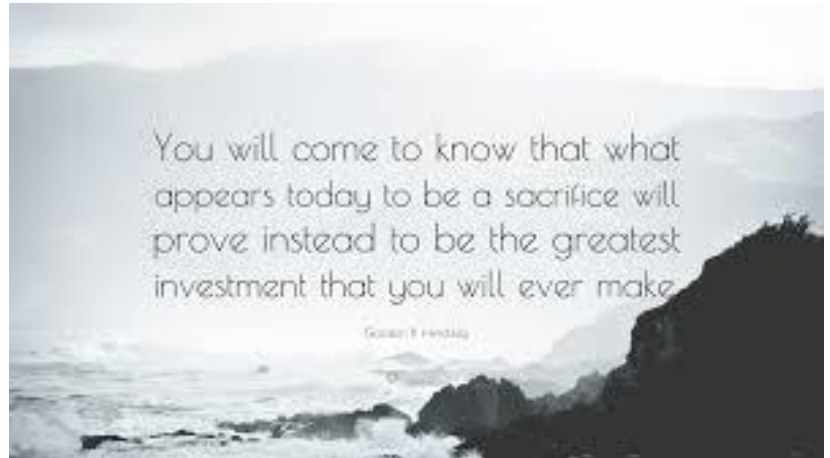
No one is born hating another person because of the colour of his skin, or his background or his religion. People learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

Nelson Mandela



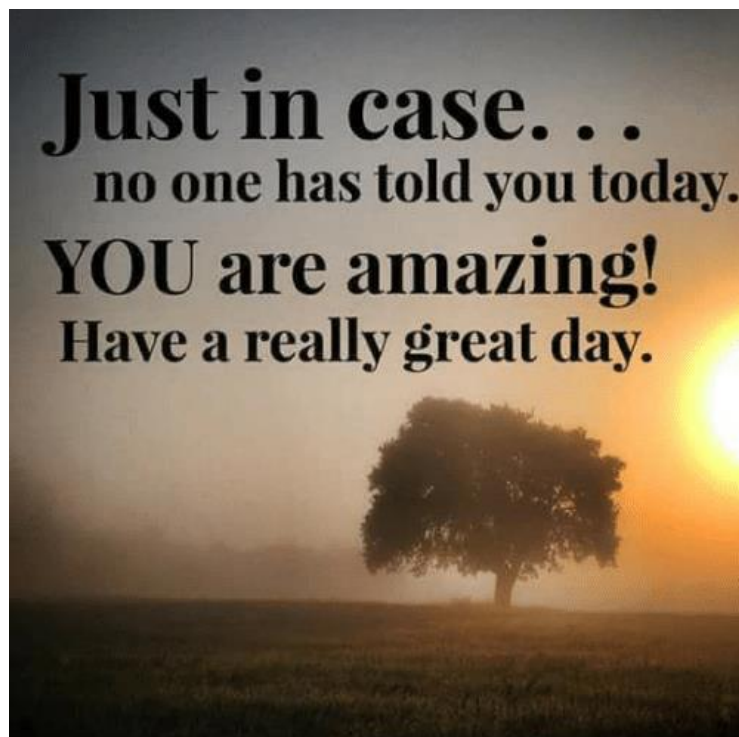
You will come to know that what appears today to be a sacrifice will prove instead to be the greatest investment that you will ever make.

GEORGE B. HENDRIX



**GOOD
MORNING!**

Just in case...
no one has told you today.
YOU are amazing!
Have a really great day.



How Knowing Your Purpose Simplifies Your Life

Marina Fernandez, immediate past Editor, DSSP Newsletter



Amidst the clutter and the crazy schedule in your life, have you ever felt that there is more to life than just going through the day-to-day motions of life?

Despite everything you do to simplify your life – decluttering and organizing your home, prioritizing your tasks, planning your meals, do you feel this little tug in your heart that says you’re still missing something? You try to shrug it off and silence it, but it keeps on coming back. If you have felt it, you are not alone. I’ve felt that too – many, many times. Like you I tried to ignore it too, yet it kept on coming back. And **then one day I stopped ignoring that little tug and acknowledged it instead.**

That’s when I remembered that

the reason, I’ve been simplifying my life is to have some peace of mind and feel happier and fulfilled at the end of the day. I was so eager to organize our home and focus on my schedule that I had forgotten to pause and ask, “What really is my life’s purpose?”, “How can I fulfill it every single day?”, “Are my day-to-day tasks in line with that purpose?” Amidst everything I was doing to simplify my life, I was really not fulfilling my life’s true purpose. While I thought I was simplifying my life, I wasn’t really. **It is only when you have known your life’s purpose that you can truly begin to simplify your life. And here’s how it does the job.**

Knowing your purpose gives your life meaning

We can find meaning in the simplest of things when we know the purpose of our lives. Take laundry for example. It becomes not just about washing the dirt off our clothing, but a service to our family, an opportunity to express our love and care for them. Even when life’s difficulties hit us, the burden becomes more bearable when we try to see it in light of its purpose in our lives. Like when a friend betrayed us. We feel hurt, angry and disappointed, even frustrated. But it is also a time to learn to be forgiving.

Knowing your purpose gives you a sense of direction

Where will you be and how will life look like for you, ten years from now? Whatever picture you have in your mind, that’s what purpose looks like for you. For example, what matters most to you is your family and you want to be a great Mom. Now what does being a great Mom mean to you? Perhaps it’s taking care of your kids, being able to be there for them. That’s your direction; that’s where you need to go. Without a purpose in life, you won’t know where you should go. It’s like you hit the road with no clear destination in mind. You can take as many turns as you want, but you end up nowhere.

Knowing your purpose shows you what to focus on

Your purpose becomes your standard in determining whether your activities are important or not. When deciding whether you should commit to an activity or not, you simply ask, will this help me in fulfilling my purpose? Take your schedule for example. How does your schedule for the week look like? Do you have too many appointments and tasks on your to-do list that you barely have time to breathe? Look at each of them. Does everything help you fulfill your purpose? Without knowing your purpose, you will not see clearly which is important and which is not. And you know where this leads to— a busy day that leaves you feeling drained, stressed out and unfulfilled. **On the other hand, knowing your purpose helps you prioritize.** It helps you decide on the most important task for the day and cannot be left undone, and the least important one that can be done later, or can just be crossed off from your task list without you feeling guilty about it.

Knowing your purpose shows you the clutter in your life.

Have you done some decluttering lately? If you have ever decluttered your stuff, you can say from experience that among the basic questions we ask ourselves to decide whether a thing should be thrown or not are – Do I need this? or Do I use it on a regular basis? When a thing is not fulfilling its purpose anymore – like an old toothbrush – we get rid of it. Now dig deeper and you'll see that clutter is really not only about things. Things are obvious because you can see and touch them, **but clutter comes from deep down – into our thoughts, values, and choices** – whether that is about your career or lifestyle.

Without knowing your purpose, you really won't know.

But once your purpose is clear with you, you can easily spot the wrong thoughts, values and choices in your life. How can we determine our Purpose in Life? Once you know how important it is to know your purpose, how then do you determine it? These days, information is very easy to get. If you need to know how to do something, all you have to do is search for it in Google. So, I typed the words how to know your life's purpose in Google and these are some of the things I found. **You can learn about your life's purpose by identifying your passions. Like what do you love to do or what comes easily for you. By doing what is most natural for you, you will find your life's purpose.**

Another method is by asking yourself some strange questions. One of which is If you knew you were going to die one year from today, what would you do and how do you want to be remembered when you die? If those don't work, try connecting with others. Listen to what others appreciate about you. You can also find and build a community.

Those are just three of ideas that I found on Google Search. If I continue exploring, I know I will find more ways on how to find my purpose.

Who can really define your life's purpose?

Can you really tell why you are here, yourself? If you believe that God designed us and put us here, can He also have the answer on why we are here? More specifically... on why we are here... as women.

Think about it.

Life tastes better with home food

Naureen Rodriques, Secretary, DSSP's Executive Committee



As you are aware, we are locked-down in our houses due to the pandemic caused by the COVID-19 outbreak.

The good thing is that now we have some quality time to spend with our families, we also have time to complete some pending housework which we were unable to do due to our busy schedules.

The lockdown made me venture into a new avenue, one that I never attempted before in my life. I was in the USA when this lock-down was enforced. Back home we have maids for our housework and cooking and we all are very dependent on them. Not having a cook in the lock-down presented mealtime challenges for me because all the restaurants were closed and only take-out options were available and this was obviously not feasible.

Most of my friends and all my family members, know that I'm always on wheels not in kitchen 😊. However, when my friend Marianna Croning sent me a request to join the Facebook page of "Foulds Kitchen Recipes". I joined it casually knowing that I was not very interested in cooking.

While scrolling through those wonderful recipes, prepared by members who were not professional chefs who were cooking fabulous meals due to the time they had because of quarantine I was amazed by their cooking skills.

I thought to myself...why can't I cook these yummy dishes for my family especially my son who was having his meals mostly from out and maybe even my daughter when she returns from her studies in Germany. Staying abroad for the time being and with fewer kitchen resources did not deter me and I have not looked back at my rocking chair where I used to sit browsing on my mobile, since I entered the kitchen.

Besides the usual breakfast, lunch and dinner, I have made doughnuts, bread, banana bread, beef biryani, halwa puri, fish on a crunchy bed of lettuce leaves, aloo ka paratha, loki ka Halwa, date ka halwa, sesame chicken, beef steaks, mango ki barfi, crispy orange chicken, baathe cake and it's still going on.....

A big thank you (shout out) to Cheryl, Clara and my lovely kids Rochelle and Reuben who have been supportive with their feedback which motivated me to carry on amazing my family by feeding them these meals prepared with love.

I started cooking after ages, and discovered my latent skills. Don't you agree that the chefs in us are dormant, waiting to be woken?

Humour

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. **She was stark naked!** As I was reeling from the shock, I heard my 5-year-old shout from the back seat, 'Mom, that lady isn't wearing a seat belt!'

A woman was trying hard to get the **ketchup** out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. 'Mommy can't come to the phone to talk to you right now. She's hitting the bottle.'

A little boy got lost at the YMCA and found himself in the **women's locker room**. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, 'What's the matter, haven't you ever seen a little boy before?'

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at **a pair of false teeth soaking in a glass**. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The tooth fairy will never believe this!'

A man's **girlfriend** bought two shirts for him. Pink and yellow. When they met next, he was wearing the pink shirt. She was very pleased and said, "Darling, you've made me so happy. You wore one of the shirts."

They got married in due course. Sometime later she bought him two shirts. Blue and green. Next day he came down for breakfast wearing the blue shirt. She looked at him and said, "Oh, you didn't like the green one?"

The three hardest things to say are:

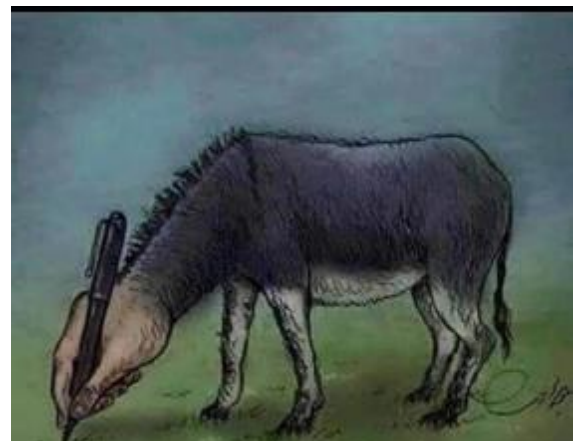
1. I was wrong
2. I need help
3. Worcestershire Sauce

This
'killing them with
kindness'
is taking way
longer than I
expected

Picked up a hitch-hiker. Seemed like a nice guy.

After a few miles, he asked me if I wasn't afraid that he might be a serial killer?

I told him that the odds of two serial killers being in the same car were extremely unlikely



A masterpiece painting by an egyptian painter,describing the "Media"





When two ears are put side by side
it forms the shape of a heart.



Interestingly, you can't spell the word
'heart' without the word ear (h-ear-t).
That's because the ear is the way to
the heart. So, if you want someone's
heart, learn to listen.