

PICTURE GALLERY



Highest Awards Winning Club



Breakfast at Maharagama Home



Induction of Club Officers



Fun at 30th Charter Anniversary Ball



30th Charter Anniversary Service



Dinner at the Kotte Home



Y's Men's Club of Dehiwala July/Sep 2011 issue



TRIBUTE TO THE LATE TED VISWASAM

The demise of our beloved friend, Charter Member and Patron of the Y's Men's Club of Dehiwala was a very sad event. To add to our great sorrow the death of his dearest and loving wife Esme, within two days of Ted's passing away, was certainly a big blow and shock. The twin

burial took place in Sydney, Australia.

In honour of the late Ted and his wife Esme, this issue of the Club Bulletin 'The Light' for the quarter July-Sept 2011 is dedicated to their treasured memory.

For many years Ted worked tirelessly and relentlessly to produce the Quarterly Bulletin 'The Light', appropriately titled. The Bulletin bagged the Annual Regional Award of the Best Bulletin for many years, principally due to the efforts and hard work of the late Ted.

The Bulletin was compiled and formatted by the late YM Ted Viswasam in Sydney Australia, coordinated by Malcolm Dias in Orlando Florida USA and Edited and distributed by YM Shirley Holsinger. Working along with the Late Ted, domiciled in far- away Australia, was indeed a rare privilege and great pleasure, of getting to know a very fine, generous and interesting person fully committed to the publication of the Club Bulletin.

Our deep sympathies and God's Blessings to their sons Shiran and Rukshan. Who could be well proud of their late Father and Mother.

Ted was a Gentleman amongst Gentlemen and a Man amongst Men with his gentle and endearing qualities.

May the souls of Ted and his precious wife Esme rest in peace. Shirley Holsinger

Editor: YM Shirley Holsinger

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Y's Man Ted Viswasam

It was shocking news to hear that Y's Man Ted, to me uncle Ted, had passed away, because it was only a week earlier that he spoke to my wife, Dayangani, to inquire about her health. If Y's Man Malcolm Dias is the icon of my being in the Y's Men's movement, Y's Man Ted Viswasam was my great inspiration for my being a Charter Member of the prestigious Y's Men's Club of Dehiwala since 1981. Y's Man Ted and Menette Esme and their two sons were my good friends before I was called upon to join them to Charter the 13th Y's Men's Club in Sri Lanka.

Going down memory lane, I recollect vividly the great enthusiasm uncle Ted had on almost all the activities in the movement, especially during the X'mas season, when he was very happy to organize the singing of X'mas carols. I always looked forward to this event to support him in his endeavours and was able to witness how he enjoyed it, as much as I did. His enthusiasm for the movement was such that he took upon himself the task of compiling the monthly bulletin of the Y's Men's Club of Dehiwala, while domiciled Down Under. I have no doubt that he derived great pleasure in doing so. In all the Regional Conventions that I had had the pleasure of participating in, I always looked forward to his participation in singing the song, 'Sambola tike tike Thosai Masala Wadai', in his own inimitable style of presentation during the time we all took part in a sing along.

I thank God for taking him and his beloved wife, aunty Esme within a short span of time without giving them much time to lament each others loss, although it has caused an unbearable loss to all those who were near and dear to them.

May God grant them eternal happiness in His kingdom.

Y's Man Asoka Peiris

2nd Vice President 2011/2012, Y's Men's Club of Dehiwala.

TRIBUTE TO YM TED BY RS WINSTON ADAMS AT THE MEETING HELD ON 24TH JULY 2011

"When he (Ted) was in Sri Lanka, he lived close to the Dehiwala YMCA and eventually joined it. From there he joined the Y's Men's Club of Dehiwala and worked tirelessly along with the other members. Thereafter he joined the Colombo YMCA as an ordinary member and rose up the ladder to be a Director and ended up as the Treasurer. The pioneers of the Colombo YMCA remember Ted as the best treasurer produced by it. His work was of a very high standard and meticulous, giving prominence to accountability. He belonged to a very rare breed of people and was a gentleman of the highest caliber. May his soul rest in peace".

Top 10 Fun Ways to Live Longer.

From Mark Stibich, Ph.D.

A healthy lifestyle does not have to mean treadmills and salads everyday. Many activities that are fun and pleasurable are also good for you. By understanding how these activities can help you live longer and what to do to get the most benefits, you'll be putting some fun into healthy living.

1) Drink Red Wine

Red wine is packed with resveratrol an antioxidant. These work to protect your body against the effects of aging. One or 2 glasses of red wine a day can help keep your body young.

2) Eat Dark Chocolate

Dark chocolate is a wonderful food that contains a large amount of antioxidants that protect your body from aging. Find good quality dark chocolate, learn to appreciate it, and have a bit of it each day. Eating chocolate may lower your blood pressure and cholesterol while providing an energy boost.

3) Smile

Smiling is a great way to change your attitude, connect with people and give benefit to your body. Like relaxation, smiling can work to counteract the effects of stress. By forcing ourselves to smile, we 'trick' our body into believing that everything is good, thereby reducing stress. Like a switch, smiling can actually change your mood. So put a smile on, even if you don't feel like it, and pretty soon you'll be smiling for real.

4) Have more sex

Sex and touching are thought to be essential parts of health. Sex releases an assortment of beneficial chemicals in the body. Sex and touching help us bond with others, strengthens relationships, and increases our own self-worth. Frequent sex may even extend your life by years.

5) Relax

Relaxation is the opposite of stress. While stress brings harmful health effects, relaxation helps our bodies to rest, heal and function better. By practicing daily relaxation techniques, you can train yourself to turn off your stress and replace it with calm energy. This will improve your blood pressure, heart rate and ability to cope with life's challenges.

6) Make Exercise Play

Physical games and sports are a great way to keep both your body and mind healthy. Simple exercise routines are great for maintaining balance, flexibility, endurance and strength. Group games and sports can give your mind a workout as well, as you anticipate other people's actions and how to work together. Find a game and activity that suits your level of physical ability and play often.

7) Sleep

Sleep is an essential body function. Most people do not get enough sleep. Medications, stress, illness and poor sleep habits all can prevent you from getting between 7 and 9 hours a night. The health benefits of sleep include more energy, better immune function, and more.

8) Spend Time With Loved Ones

Relationships are an important part of health. Not only do strong bonds with other people mean you will have help when you need it, being connected also means protection from loneliness, depression, and mental illness. Spend time cultivating your relationships with friends and family to improve your health and your life.

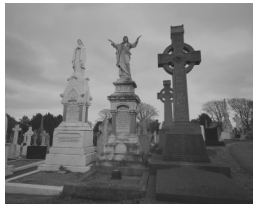
9) Solve Puzzles and Play Brain Games

Mind games are a great way to stay involved and engaged in the world. Games can exercise different parts of your mind and entice your curiosity. If possible, choose social games like chess or bridge that exercise your brain while keeping you connected with others.

10) Be Positive

Having a positive attitude about aging can add more than seven years to your life, according to researchers. Avoid the cultural push to glorify youth and regret each passing year. Find ways to add pleasure in your increasing age and enjoy greater learning, experience and control in your life.

(Contributed by YM Winston)



**WE PRAY FOR THE
SOULS OF THE
DEARLY
DEPARTED**



MANIK NAGAHAWATTE

Beloved father in law of PRD Anton Kandiah's son **Suresh**, who passed away on 5th August 2011

YM TED VISWASAM & HIS DEAR WIFE ESME

They passed away on 17th and 18th July respectively.

This edition of The Light is dedicated in their loving memory

CHATHURA MADURANGA

Beloved son of Mr. Susil Hettiarachchi, former Secretary of Dehiwala YMCA

He had died of Dengue, soon after returning from Kenya after attending a YMCA Youth Exchange program. The funeral took place on



At our July meeting, PRD Anton proposed that we incorporate Ted's name in the "Golden Book" at Y's Men International'.



GREETINGS



TO

MANOJ & SAJEEWANI MENDIS

On their **13th** Wedding Anniversary

5th September

TUTU & PREETHI

on Their **36th** Wedding Anniversary

14th July

On this special day, best wishes go to you,
that this wonderful love you share, lasts your lifetime through.

Happy anniversary

AUGUST

20th YL Sasheni Mendis

30th YM Rienzie Diaz

SEPTEMBER

3rd YM Shirley Holsinger

8th Mnt. Cossima Overlunde

17th YM Dan Diaz

30th Mnt. Preethi Abeyesekera

JULY

2nd YY Anushka Weerasooriya

7th YY Karen Diaz

You deserve all the success, happiness and love in the world. And loads of cash too! After all, you have a Club you can share it with, right?

Happy Birthday

Club news

The following were sought at the AGM on 21st May to lead the Club During the Y's year 2011/12

- President** : YM Rienzie Diaz
1st Vice President : PRD Anton Kandiah
2nd Vice President : YM Asoka Peiris
Secretary : YM Winston Adams
Treasurer : YM Tutu Abeysekera
Imm. Past President: PRD Norman De Zilwa
Chairman of Committees: LYM Liz Diaz

Note: YM Winston announced his resignation as Club Secretary at the August meeting due to his long hours of work and heavy workload at the YMCA. With the consensus of the membership, LYM Liz Diaz was duly appointed Club Secretary.



ON THE REGIONAL BOARD

Our Members who have been invited to serve on the Regional Board for 2011/12

Regional Secretary

YM Winston Adams

RDE & Regional Bulletin

Editor

Y's President Rienzie Diaz

RSD Supplies

PRD Anton Kandiah

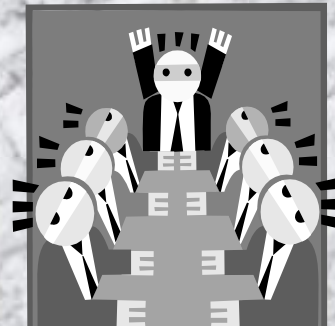
Club Service & Project Directors for the year 2011/12

- Christian Emphasis;** LYM Amy de Silva
YMCA Liaison; YM Winston Adams
Community Services; LYM Liz Diaz & Y's President Rienzie Diaz
Joint Clubs; - Do -
Time of Fast; YM/PRD Anton Kandiah
Bulletin Editor; YM Shirley Holsinger
Brother Clubs; YM Marcella Ranasinghe

SOUTH WESTERN DISTRICT

The following serve on the District Council

- LYM Audrey Daulagala— Council Member**
LYM Liz Diaz _ Secretary



DATE CAKE

Ingredients – 1 lb [500g] dates minced or cut in small pieces, 1 1/4 cups flour, 1 tsp baking powder, 1 tsp baking soda, 2/3 cup sugar, 8 oz [250g] butter/margarine, 3 eggs, 1 tsp each of vanilla, almond and rum essences
 Method – Soak dates for about 1 hour in 1 cup of hot water with the tsp of baking soda. Cream the butter and sugar. Beat in the eggs, then add the essences. Mix in the dates and fold in the flour. Pour batter into a greased 2lb container and bake at 350°F for 45 minutes.



Cooking tip -

To preserve the bright colours of vegetables, like beans, carrots, broccoli, - cut them up into the required size and drop them into boiling salted water for 2-3 mins; then immediately drain them and drop them into an ice bath [ice and water] to stop the cooking. Then use as required.

A Salad with a difference - Mix together the following :

1 cup tomato [cut in pieces] : 1 cup cucumber [cut in pieces] : 1/2 cup frozen corn
 1/2 cup onion [shredded] : 1 clove garlic [ground] ; 1/2 tsp pepper powder :
 1/2 tsp cumin [suduru] powder : 1 tsp hot chilli sauce : Salt to taste

Contributed by Mnt. Bemie Dias

Step up your intake of beta carotene (Vitamin A) by eating lots of fruits and vegetables that are orange, yellow and red.

Make salads with pumpkin, sweet potato, carrots, papaw, tomato, red peppers and water melon. Salads should always be topped with a sprinkling of oil for easier absorption of beta carotene.

Scatter powdered cinnamon when ants invade your kitchen or where silverfish tend to hide. Scatter near windows and inside drawers and cabinets.

The scent of cinnamon repels insects and keeps fungi from growing.

Contributed by Mnt. Gwen Adams

IF YOUR CHILD IS CHOKING

Use back blows or chest thrusts. Back blows involve using the heel of the hand to strike forcefully between the shoulder blades. You can put a child over your knees, head down or, if old enough, ask the child to lean forwards. If necessary, alternate five back blows with five tummy or chest thrusts. Be careful not to use too much force, get urgent help if the obstruction does not immediately dislodge.

By Jeyam Kandiah

ASTHMA TIPS

You can help reduce the risk of your baby getting asthma.

Don't smoke. Newborn babies of smoking parents are more likely to develop chest infections and have a higher risk of asthma. Do breastfeed. Breastfeeding your baby reduces the risk of lung infections and can delay the development of allergies and asthma.

By Jeyam Kandiah

COPY CAT

Two engineers applied for one job at a computer company. The pair had identical qualifications, so to determine which one to hire; the firm gave them a test. Each missed only one question.

A manager called the first candidate and said, "We're going with the other applicant".

"why? We both got nine questions right." Said the reject.

"Yes, but our choice isn't based on the correct answers, but on the question you both missed." Said the manager.

"How would one incorrect answer be better than the other?" The applicant inquired.

"Simple," said the manager. "For question number 5, the other guy put down, "I don't know". You wrote, "Neither do I".



By Jeyam Kandiah

MENETTES CORNER

HOW TO COMMUNICATE

LISTEN - The easiest way to learn to send effective messages is to start by receiving messages. Concentrate first on participatory or active listening. This is a skill that improves with practice but consists primarily of shifting our consciousness from ourselves to the other person – from what we plan to say next to what he or she is communicating **now**.

The principles are largely common sense although they are very rarely applied. Try these listening techniques when talking with one or two people.

- Concentrate on other people while they are speaking.
- Look them in the eye. Do not turn your body away from the other person or keep scanning the area behind him or her.
- Lean forward slightly.
- Note the other person's body language.
- Respond to what the other person says.
- Do not counter a question with another question or shift the topic suddenly, but do ask about what has been said to learn more about the other point of view.

Occasionally rephrase what the other person has said, and ask if your understanding is correct.

In situations where a formal presentation is being made, such as a class or workshop, observe the speaker. Listen to discern the organization of the presentation; watch the body language and gestures. Note mistakes, too, and determine how you would avoid them if you were giving the presentation.
From LYM Liz Diaz

Go not to the temple to put flowers upon the feet of God,

First fill your own house with the fragrance of love;

Go not to the temple to light candles before the altar of God

First remove the darkness of sin from your heart.

Go not to the church to bow down your head in prayer

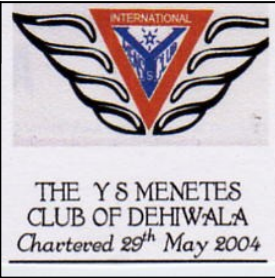
First learn to bow in humility before your fellow men.

Go not to the church to pray on bended knee

First bend down to lift someone who is down.

Go not to the church to ask for forgiveness of your sins

First forgive from your heart those who have sinned against you.



THE Y'S MENETTES
CLUB OF DEHIWALA
Chartered 29th May 2004



AWARDS

At the Regional Convention held in June 2011, the Regional Board honoured our Club with the following awards;

BEST BULLETIN

BEST MENETTES CLUB

INTER CLUB ACTIVITIES

TIME OF FAST

MEMBERSHIP CONSERVATION

30th

CHARTER ANNIVERSARY BALL

Yet another great fund raiser/dance organised by the Club on 4th June 2011 at the Women's International Hall added a princely sum of Rs.56,509.50 to our coffers. Congratulations to the organizers.



Please see picture on page 16

30th CHARTER ANNIVERSARY SERVICE

A solemn service was held on 13th June 2011 at the Methodist Church Nugegoda. It was well attended and we thank hosts Tutu and Preethie for the excellent arrangements and also opening their doors for the celebration that followed.

Please see picture on p16

Welcome

We warmly welcome **Y's Man Johann Anderson** and **Y's Man Shehan Daulagala**

who were inducted at the Club Meeting held on 24th July 2011 by

RD Sarojini Nagendran & PAP Rita Hettiarachchi.

Our Projects

COLOMBO HOME FOR CHILDREN NEEDING SPECIAL CARE MAHARAGAMA

YM Tutu & Mnt. Preethi who overlook this project provided breakfast on 16th July. YM Asoka & Mnt. Dayangani will provide a whole day's meals during September



ELDERS HOME KOTTE

This Project is overlooked by Mnt. Preethi

Dinner was given to the Home on 27th August and the inmates enjoyed a hearty sing-song with music provided by YY Lakmal on guitar.

Please see picture on page 16

ST. JOSEPH'S ELDERS HOME MADAPATHA

This Project is overlooked by Ys Pres. Rienzie & Mnt. Liz

Rs 4000/= worth of dry rations will be given to the Home in September. The following members agreed to contribute: YM Shirley, LYM Liz, Mnt. Jeyam, Mnt. Preethie, YM Winston and LYM Audrey.

The Light thanks all the generous donors

FREEDOM HOME

COLOMBO

This project is overlooked by

Y's Pres. Rienzie & Mnt. Liz

The Club contributes Rs.2,000/- a month to help the Home pay their electricity bill

CLARENDON HOME

MT. LAVANIA

This Project is overlooked by Mnt. Jeyam

Monthly donations of food by PRD Anton & Menette Jeyam continues. The July contribution was Rs.8,500/- and August was Rs.5,000/- Breakfast is also provided twice a month at Rs.2,800/- each.

BLIND SCHOOL

RATMALANA

This project is overlooked by

YM Chinka YM Winston & Mnt. Gwen

The Club is planning to arrange a Cricket match with the students to be played at the Dehiwala YMCA premises in October.



WASTE NOT WANT NOTContinued

NOTE: I believe that there are provisions in Singapore to stop people wasting food in restaurants, especially at buffets. If excessive amounts of food are left on their plates, guests can be fined for the unconsumed food.

Best Regards,

Contributed by: *Sathis Jayasinghe & Neomal Fernando*

This is an abridged version of a mail sent to one of our members by Bernie. The recipient thought it was nice enough to be shared

We have 2 grand sons now, one born on 26th May and the other last Friday 15th July. So now we have 2 grand daughters aged 11 and 2 and 2 grandsons. We are in Pittsburgh with the 2 new-borns helping the parents get used to their new routines.

I am happy that you are keeping in touch with all. That is what keeps the club together. People like to know that you are thinking of them and want to share their joys and sorrows.

When our club was chartered, we had 5 children, the youngest just 6 months. I used to call every member and remind them to attend. At first it was only the men who attended. Then I had to call the wives and persuade them to come. Gradually we became a real family club where we knew all the spouses and children too. Everyone then becomes happy to attend club functions. Asoka and Dayanganie's wedding also became a club function. We hired a bus to attend. Our older son was the page boy. Dayanganie sewed his outfit. I am glad you are keeping in touch with members. Please keep it up. Love, Bernie.



SPECIAL ANNOUNCEMENTS

New Club Sponsorship The Club is looking at the possibility of sponsoring a new Y's Men's Club in Galle with the help of NGS Lakshan Dias of the National YMCA.



Regional Fundraiser The regional fundraiser, Musical Memories' will be held on the 19th of November 2011 at Hotel Janaki.

Nomination of International President Elect (IPE) – 2012/2013

The members were informed at our August meeting that the Sri Lanka Region, as per Regional Board decision taken on 7th August, was nominating PAP Rita Hettiarachchi for IPE 2012/2013. We wish PAP Rita every success.

Nomination of ICM – 2012/2015 It was announced that the Regional Board had decided on 7th August to nominate PRD Anton for the post of International Committee Member (ICM). This is a 3 year appointment. We wish PRD Anton every success and a rewarding term of office as ICM.

Nomination - International Treasurer

It was also announced that the Regional Board had decided on 7th August to nominate RT Milroy Manuel for the post of International Treasurer"

WASTE NOT WANT NOT!!!

THE MONEY IS YOURS, BUT THE RESOURCES BELONG TO SOCIETY

A good lesson to remember.

Germany is a highly industrialized country. It produces top brands like Benz, BMW, Siemens, etc. The nuclear reactor pump is made in a small town in this country. In such a country, many will think its people lead a luxurious life. At least that was my impression before my study trip.

When I arrived at Hamburg, my colleagues who work in Hamburg arranged a welcome party for me in a restaurant. As we walked into the restaurant, we noticed that a lot of tables were empty. There was a table where a young couple was having their meal. There were only two dishes and two cans of beer on the table. I wondered if such a simple meal could be romantic and whether the girl will leave this stingy guy. There were a few old ladies at another table. When a dish is served, the waiter would distribute the food for them, and they would finish every bit of the food on their plates.

We did not pay much attention to them, as we were looking forward to the dishes we ordered. As we were hungry, our local colleague ordered more food for us. As the restaurant was quiet, the food came quite fast. Since there were other activities arranged for us, we did not spend much time dining. When we left, there was still about one third of unconsumed food on the table.

When we were leaving the restaurant, we heard someone calling us. We noticed the old ladies in the restaurant were talking about us to the restaurant owner. When they spoke to us in English, we understood that they were unhappy about us wasting so much food. We immediately felt that they were really being busybodies.

"We paid for our food, it is none of your business how much food we left behind," my colleague Gui told the old ladies. The old ladies were furious. One of them immediately took her hand phone out and made a call to someone. After a while, a man in uniform from the Social Security organization arrived. Upon knowing what the dispute was, he issued us a 50 Mark fine. We all kept quiet. The local colleague took out a 50 Mark note and repeatedly apologized to the officer. The officer told us in a stern voice,

"ORDER WHAT YOU CAN CONSUME. MONEY IS YOURS BUT RESOURCES BELONG TO SOCIETY. THERE ARE MANY OTHERS IN THE WORLD WHO ARE FACING SHORTAGE OF RESOURCES. YOU HAVE NO REASON TO WASTE RESOURCES."

Our faces turned red. We all agreed with him in our hearts. The mindset of people of this rich country put all of us to shame. WE REALLY NEED TO REFLECT ON THIS. We are from a country which is not very rich in resources. To save face, we order large quantities and also waste food when we give others a treat. THIS INCIDENT TAUGHT US A LESSON TO THINK SERIOUSLY ABOUT CHANGING OUR BAD HABITS.

My colleague photocopied the fine ticket and gave a copy to each of us as a souvenir. All of us kept it and pasted it on our wall to remind us that we shall never be wasteful. When will SRI LANKA make it a law to fine people who waste food?Continued



Y's President Rienzie Diaz receiving the Membership Booster Award from PAP Rita Hettiarachchi



New members Shehan Daulagala & Joham Adderson being inducted by RD Sarojini Nagendran & PAP Rita Hettiarachchi

PAP Rita Hettiarachchi addressing the July meeting

A TOAST to our GRACIOUS HOSTS

We propose this toast to our genial hosts at our Monthly Meetings

PRD Anton & Mnt. Jeyam — July meeting & Lunch

Y's Pres. Rienzie & LYM Liz — August meeting & Lunch

YM Tutu & Mnt. Preeethie — September meeting & Dinner



THE COLOMBO HOME FOR CHILDREN NEEDING SPECIAL CARE

This has been one of the projects of the Dehiwala Y's Men's Club for many years and has been administered under the care of YM Tutu Abeyesekera and Menette Preethie Abeyesekera.

The Colombo Home for Children Needing Special Care (Formerly the Colombo School for Handicapped Children) affiliated to the Ceylon Association for Mentally Retarded (C.A.M.R) was opened on 5th December 1970 at a house in Kotte rented out from the Salvation Army. In January 1993, when the Salvation Army required the house for their own purposes, the Norwegian Red Cross, who were funding and sponsoring the non sectarian Home under their Foster Parent Project purchased the present premises at 684, High Level Road, Wijerama Junction, Gangodawila, Nugegoda and gifted it to the Board of Management when the organization left Sri Lanka in 1995

The Home has facilities to provide full board and lodging, special education and special care for a maximum of 14 residential and 5 day care children within the ages of 7 years and 15 years, free of any charges. The Government Social Service Department provides an annual grant at the rate of Rs. 300.00 per child per month. The rest of the funds required for the running of the Home comes from donations received from Trusts, Organizations, individuals, parents and well wishers. Alms by way of dry rations, breakfasts, lunches and dinners are received from the public.

Staff attached to Home

Warden-Teacher in Charge: Miss Jane Rajapakse. Matron: Mrs. Suranga Jayaweera. Teacher: Mrs. Nirmala Ratnayake. Music Teacher: Mrs. Swarna Cooray. Security: Mr. Karunasinghe. The Home has not had a Cook for one year. The Home is in need of the services of a Dancing Teacher and Handicrafts Teacher. The young inmates have displayed a talent for dancing. Learning of Handicrafts and Handwork will be useful for the children. The Matron and the Security Officer who were present at the time of my visit to the Home seemed to be quite dedicated and happy with their jobs in spite of the fact that they receive a poor salary.

Accommodation

The building which accommodates the children and the staff seems to be quite adequate. Besides the bedrooms of the children and staff, there is a living and recreation room 30 feet by 12 feet with Television and DVD. There is also a separate School Hall for the children's studies and instruction. Toilet facilities are good and clean and is a donation arranged by the Dehiwala Club and funded & supervised by **Ribbs n & I Sri Lanka**.

Young Inmates of the Home

Presently there are 9 boys and one girl who is a day's scholar and does not live in the Home as it is a Home for Boys. The girl, Lakmalee, is 22 years. The boys ages range from 13 years to 15 years. They are quite well looked after and well trained, seemingly quite happy. These children, mainly from under-privileged families, are certified by the Government Psychiatrist that they are mentally handicapped and could be rehabilitated.

Holidays - April: 1 month - August: 10 days—December: 1 month. All children return to their homes to spend the holidays with their families.

.....continued

COLOMBO HOMEContinued

Recreational Activities

Sports meet; held during the Avurudhu Festival in April. Annual Party and Concert; in December. Handicrafts Sale; end of November. Some Organizations, Donors and well wishers provide much needed recreational activities.

Conclusion

A visit to this home on Friday 26th August was interesting and enlightening. The sponsorship of this project by the Dehiwala Club indeed is a very noble cause and every effort should be made to contribute more generously for the welfare of these less fortunate children who need much compassion and care.

YM Shirley Holsinger

TED

Ted, as he was affectionately known by all his friends, was a member of the Board of Management of the Dehiwala YMCA at the time the Y's Men's Club was chartered on 13th June 1981. In fact, he was very supportive of the Club during those formative days and was a Charter Member of the Club. He subsequently served two 2-year terms as President from 1983 to 1985 and 1989 to 1991. He also served as Treasurer and was one of the most successful Regional Treasurers.

His wife, Esme, was a staunch supporter of all the activities of the Y's Men's Club and YMCA of Dehiwala. His late sister, Dorothy, was also the Charter Treasurer of the Y's Men's Club and was the gracious host to many of our Club, Area and Regional luncheon and dinner meetings. Ted's two sons, Shiran and Rukshan were active Youth Members of the Dehiwala YMCA and the younger of the two, Rukshan, was an active member of the Y's Youth Club. He subsequently was a member of the Y's Men's Club before migrating to Australia.

Ted has been the live wire in the publication of the Club Bulletin titled "The Light" all these years, even though he lived in far away Sydney, Australia. The Light has received the Best Bulletin award in the Region for many years including the most recent year just concluded last June. Therefore, it is not difficult to gauge the love and commitment Ted had for his former club – The Y's Men's Club of Dehiwala.

Ted was also a great entertainer and loved to sing in his smooth baritone voice. His forte was 'Golden Oldies' and loved singing, which became the high point of all our meetings. He will be long remembered for his rendition of the nursery rhymes Baa Baa black sheep and Twinkle Twinkle little star in Karnatic music style, while drumming on the Tabla.



Malcolm Dias
Charter President
Y's Men's Club of Dehiwala