

Time can be a very complicated subject matter, which is beyond our understanding and comprehension. We look towards heaven and pray that the good Lord will make all our time memorable, happy and trouble-free. We waited anxiously to witness the 21st century, a new millennium and it came without much ado, only man made a big commotion and excitement over the event. To the physical world it made no difference or does it matters at all, but to man who matures as the years pass, it affects him as time creeps into his soul, deteriorating and withering away his body, little does he notice nor realise it. The only way we can make time stand still is to take the batteries out of our clock. Impossible! In short what it means is that our time here is limited; therefore, make good use of it while it lasts. It is normal for one to ask what the solution is then. However, I am neither a sage nor a guru but look at the picture below for the answer.....




Below was written by a 90 years old Regina Brett of The Plain Dealer, Cleveland , Ohio.

"To celebrate growing older, I once wrote the **45 lessons life taught me**. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. So stay in touch..
5. Pay off your credit cards every month whenever possible.
6. You don't have to win every argument. Agree to disagree.

7. Cry with someone. It's more healing than crying alone
8. It's OK to get angry with God. (He can take it.) Just don't stay that way.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present or future.
12. It's OK to let your children or grandchildren see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets and wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, and then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple or RED.
24. No one is in charge of your happiness but you.
25. Frame every so-called disaster with these words "In five years, will this matter?"
26. Always choose life.
27. Forgive everyone everything.
28. What other people think of you is none of your business.
29. Time heals almost everything. Give time, time.
30. However good or bad a situation is, it will change.
31. Don't take yourself so seriously. No one else does.
32. Believe in miracles. And Be One!
33. God loves you because of whom God is, not because of anything you did.
34. Don't audit life. Show up and make the most of it now.
35. Growing old beats the alternative -- dying young.

36. Your children get only one childhood.
37. All that truly matters in the end is that you have truly loved.
38. Get outside every day. Miracles are waiting everywhere.
39. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
40. Envy is a waste of time. You already have all you need.
41. The best is yet to come.
42. No matter how you feel, get up, dress up and show up.
43. Yield.
44. Life isn't tied with a bow, but it's still a gift.
45. God Is Good All the Time!! 

Friends are the family that we choose for ourselves.. ”

Once again I wish you a Merry Christmas, a Happy New Year 2010 and a Happy Chinese New Year for all of us.

2. THIS SOCIAL MEETING ON SUNDAY 7th FEBRUARY 2010

Our club has never failed the members in its obligations in social activities and fellowship. It is a number of members who will always have some excuses of not participating in its activities. My dog gave birth, my grandfather had to meet his aunty or I have an appointment with the prime minister and so on. Notwithstanding all these excuses the faithful few will carry on with the task of keeping this organization alive.

This social meeting will be a wonderful 8 course Chinese cuisine followed by Malaysian champagne which some may find the fragrance repulsive but is sweet and gives a good kick in the

Please come and enjoy the fellowship of Apexians and you are welcomed to invite your friends. It will be a fun outing.

Remember we always make it a family outing so bring your wives along; they too need the break from the monotony of work and you. Ha ! Ha!

We also extend our warm invitation to the members of Apex Club of Kuala Lumpur and their families to join us in this social outing. Hopefully

in future they will always join us and make it a lively and exciting affair. You are always welcomed.
Remember meet at PJ Club on Sunday, the 7th of February 2010 at 10 am.

3. 28th ANNUAL GENERAL MEETING on Thursday 25th February 2010 at 7.30 pm at the Petaling Jaya Club.

President Chelvanathan , Suresh, Arulananthan and all the other board members have done a fantastic job and on behalf of all members I congratulate them for their dedication and competence.

This meeting is our 28th AGM and the Club Apex 40 of Kuala Lumpur managed to keep going despite so many pitfalls and discouragements. It is the few dedicated members that must be congratulated. We have always emphasized that this club is about social and for continuing friendship, so I believe members who value their long forgotten, “long standing” friends (I hope you understand) will definitely attend the AGM. Apex 40 gave us the opportunity for this continuing friendship.

This AGM will be held at Petaling Jaya Club. Any changes you will be informed later. Your esteemed presence will be very much appreciated and we all look forward to seeing some of our long lost members who diligently pay their dues but never appeared at any of our functions. Please do be present we miss your valued company.

At this AGM we will need to elect the new office bearers and I hope that it will not be like last year where we had to wait for 2 hours to get member to take up the posts.

The following posts need to be filled :-

1. President,
2. Secretary,
3. Treasurer,
4. Dinner Notice Director,
5. Social Director,
6. Membership Director and
7. Immediate Past President (automatic)

4. LAST SOCIAL MEETING:

At the last social gathering which was an end of the year gathering, we had 2 tables and 22

members and guests attended. This was at a Chinese restaurant near Suresh's home in Cheras. I was not present because of medical reason. The food, I was told was par excellent and Suresh made a good choice in recommending the restaurant near his home. Reason being if there was any complain he could easily walk home! Members paid for their food while their wives were on the house, that is the way we treat our members and yet we find some do not attend these functions.

5. COMING ACTIVITIES

- a) **25th February 2010 - our AGM.**
- c) **March** - Installation Dinner will be held. More details on the date, venue, cost etc. will be discussed and members will be notified later.

6. NEWS FROM APEX CLUBS

- a) **Apex National Midterm meeting on Friday 26th, Saturday 27th and Sunday 28th of February.**

The Apex Club of Klang will host the National Mid Term Meeting in 2010 at the Royal Klang Club. It will be held from Friday 25th to Sunday 27th February 2010. The full registration fee cost RM 100/= . Some of our members will be attending the social on Friday 25th February. Those interested in registering for the full package or in attending only the pre-Midterm social may contact Klang Club directly or if you need any assistance please revert to Suresh.

7. NEWS FROM APEX 40 AUSTRALIA RORT Apex 40 of Australia

Website: www.apexnationalconvention.org.au
Apex40Australia: <http://www.apex40.org/>

Bendigo Gold 'n Old Rort 40 – 2010
Friday 30th April to Monday 3rd May 2010

The 2010 Rort will be hosted by Bendigo Apex 40 commencing on Friday 30th April, with the farewell breakfast on Monday 3rd May, 2010.

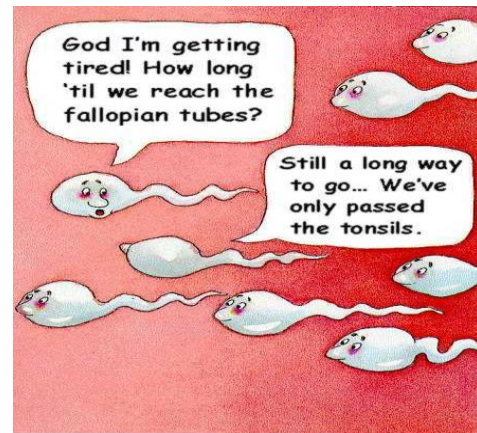
The Post Rort Tour will be based in Bendigo with five 1 day tours including Bendigo and surrounds, Echuca, and Ballarat from Monday 3rd May to Friday 7th May, 2010.

If you wish to undertake the Post Rort Tour then you can book the same accommodation for the whole week from Friday 30th April to Friday 7th May, 2010.

- [Rort and Post Rort Tour Program](#)
- [Rort Registration Form](#)
- [Accommodation options at the Ascot Park Caravan Park](#)

To find out more contact: Bob 03 5441 1085; Kevin 03 5447 7140 or Ron 03 5443 8290

10. In Lighter Mood



That is all for the moment. Bye

S.Vengadesan Naiker

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