



Burgher Association Australia

Winter Edition
June 2022
Community Newsletter



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Web Site: <http://www.burgherassocn.org.au>

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2021/2022

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The 2020/21 Burgher Association Australia Donations Pledge

The Burgher Association Australia Incorporated (BAA) is passionate about supporting the community and is proud to be helping make a difference in the area of health and wellbeing. It is our goal to empower wellbeing and healthy lifestyles across Australia and Sri Lanka. The BAA is pleased to have considered charitable contributions, donations and sponsorships to children's education in Sri Lanka and other charitable donations/sponsorship based in Australia

However taking that fund raising events were almost non existence in the past year due to the corona virus pandemic, the BAA has taken the view that all sponsorships/donations excluding the sponsorships of children in their education via the DBU in Sri Lanka will not take place until we get back to normal as before the corona virus pandemic and we can have and raise funds via the fund raising events. As such the BAA has just announced following the January 2021 Annual General Meeting (AGM) that for the current year donations and sponsorships will be granted only to the following.

Sponsorship of education to children via the Dutch Burgher Union of Sri Lanka for up to 25 Children doing year 11 and 12

We will review again annually the position to set up a budget for new/continued sponsorship to be adopted in the following year.



**THE BAA PRESENTS
WINTER WARMERS**

At

THE PALMYRA HALL

44 Lonsdale St Dandenong
(CNR: of Lonsdale St service Rd & Quinn St)

\$45 pp

With a Scrumptious lunch by JOLLY J'S

BYO Drinks

SUNDAY, 21ST AUGUST 2022 = 12.00PM TO 5.00PM

For Bookings contact:

Terry Backhouse 0429 987 300
Breeda Foenander 0402 297 394
Elaine Jansz 0417570405
Deris Lobo 0433 915 802
Carol Loos 9827 4455
Melanie Farrell 0400 880 336
Fallon DeZilwa 0414 096 774
Rita Van Geyzel 9503 4841



Desmond White

Music by:

THE BURGHER ASSOCIATION AUSTRALIA PRESENTS

SINATRA AFTER DARK

WITH HANS DE ZILWA AND THE SUPER 8

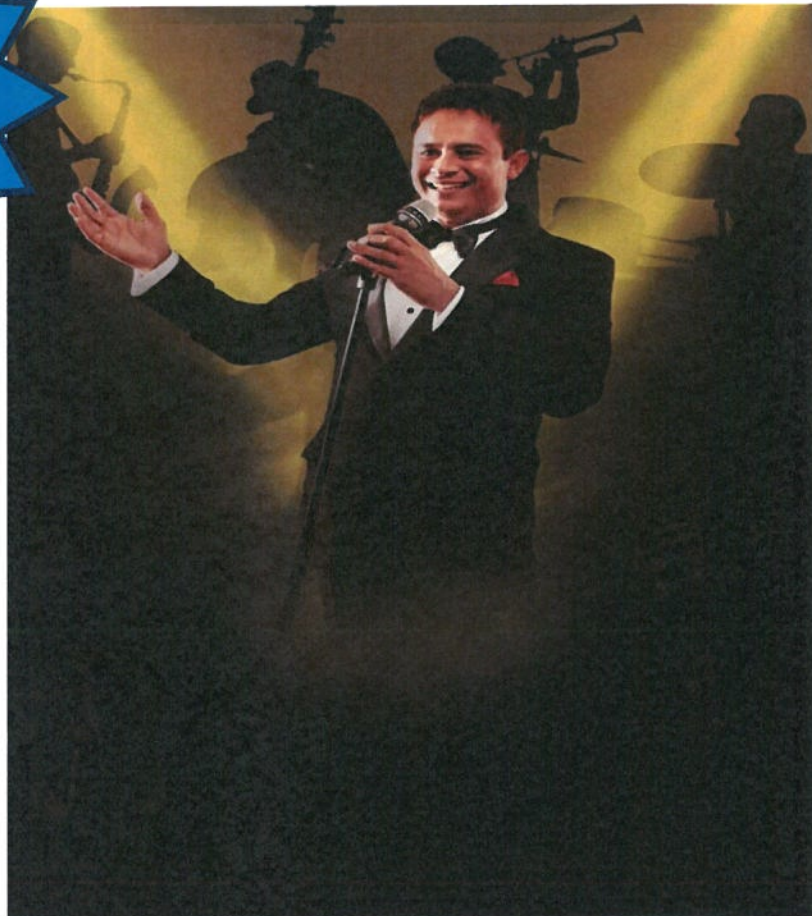
9 OCTOBER 2022

2.00PM TO 7.00PM

358 Haughton Road, Clayton

\$40 pp

BYO



Sumptuous Finger food will be served so come & enjoy an evening of Musical pleasure

Tickets available from

Breeda Foenander 0402 297 394

Elaine Jansz 9798 6315

Carol Loos 98274455

Hans De Zilwa 0419 292 939 / Fallon De Zilwa 0414 096 774

Rita Van Geyzel 9503 4841

Denis Lobo 0433 915 802 / Terry Backhouse 0429 987 300

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Website: www.vmsl-library.com

Those wishing to donate books and other publications to the library, may contact Victor Melder at any of the addresses provided

TWO GREAT SPORTSMEN OF A BYGONE ERA

By Quintus de Zylva

Shane Warne met Eddie Gray and I at the Tullamarine airport many years ago. Shane was on his way to Sri Lanka to play cricket and we travelled on the same plane that day.

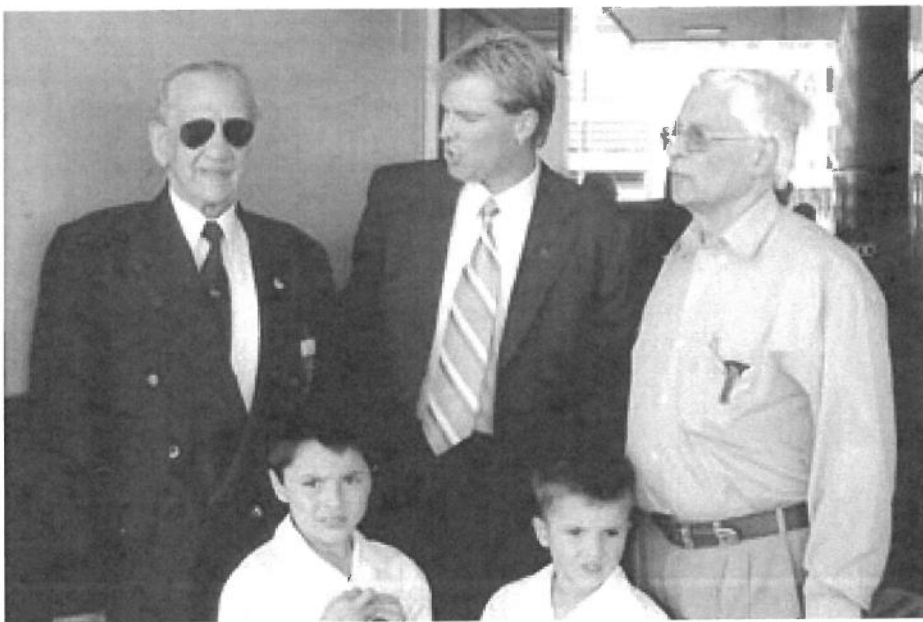
Shane was amazed at Eddie's sporting achievements and he was fascinated with Eddie's blazer. He was also interested in the fact that Aidan and Ryan (my grandsons) attended Mentone Grammar – a school that Shane attended in his formative years.

EDWARD IAN GRAY (21 December 1918 - 21 September 2004) was educated at Royal College Colombo where he was a Senior Prefect and Captain of the Athletics Team, Boxing Team, and Rugby Team. He joined the Ceylon Police Force and his first duty station was in Kandy. When World War 11 broke out Eddie was the OIC at the Koggala Police Station where the RAF was situated and served as a critical base for Allied operations in the Indian Ocean.

Eddie went on to become the first Ceylonese to head the Police Stables as its OIC. On the morning of 22 March 1952, Eddie was riding at Galle Face Green with Prime Minister D.S. Senanayake when the Prime Minister suffered a stroke and then fell off the police mare "Chitra". Eddie took the Prime Minister to a nursing home where he subsequently died some hours later. Eddie's defence of "Chitra" was a great moment in history when the press suggested that the horse was to

blame for the Prime Minister's fall much to the hurt that Eddie felt – he insisted that there was nothing wrong with the horse. Eddie went on to receive the Ceylon Police Medal for Meritorious Service, Defence Medal (1939-45), Ceylon Police Independence Medal, and the Service Medal of the Order of St. John. Eddie represented Ceylon in the lightweight boxing competition at the 1950 British Empire Games in Auckland.

“The important thing in life is not the victory but the contest, the essential thing is not to have won but to have fought well” Baron Pierre de Coubertin 1863-1937



JOKE OF THE DAY

Most people have a one-stop shop supermarket... This one is great, but unfortunately shopping for some things is a little difficult... Here's why!

A new supermarket opened near my house. It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain. When you pass the milk cases, you hear cows mooing and you experience the scent of freshly mown hay. In the meat department, there is the aroma of charcoal grilled steaks with onions. When you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying. The bread department features the tantalising smell of fresh-baked bread & cookies.

I don't buy toilet paper there anymore.

There is one thing worse than fires, floods and COVID....

THE TRAGEDIES THAT HURT US MOST written by Dianne Motton

We have been bombarded with unprecedented events during these past few years. The bushfires in NSW and Victoria were the prologue to the opening act of COVID.

Two years later, we thought we were safe to come out of our houses and tentatively go back to some sense of normality. But no, mother nature and floods have quashed that idea, leaving so many households reeling with the tragedy of losing everything they own. These three disasters have been largely out of our control, caused by either pathogens or the direct impact of global warming on a planet that has built houses in the wrong places and burnt fossil fuels as if there is no tomorrow. Granted, our hubris may have been a little at fault.

But images this week make us despair about humanity. People start wars, nature doesn't and neither do viruses. Every day, civilians in the Ukraine are murdered. Innocent people trying to flee for their lives amid missile strikes, are slaughtered as if they are merely part of a computer game, an inanimate image on a screen to be flashed out of existence with a flick of the wrist or a computer mouse. But they are all too real, people like you and me who just want a peaceful existence and a chance to raise their families. Now they are reduced to a single name – a refugee – and forced to wait on the rest of the world's pity and compassion.

We see this now in real time on our televisions and on the 24-hour news cycle, in what seems like a never-ending story of destruction and madness. Countries rail against the atrocities, diplomats hurry to talk, politicians' posture and promise action. Yet, as usual, it is the little people, the powerless and the poor who suffer. I fear that even the 24-hour news cycle will tire of this scenario and the tragedy of these people will be forgotten or pushed to the back of our conscience.

Another death of a sporting hero or a royal will take its place to avert our eyes from brutality and allow us to sleep peacefully in our beds.

This is how despots continue to rule and spread their misery among the helpless. What will the epilogue be?

If humanity was a Shakespearian play, then the ending is looking a bit dodgy. Shakespeare knew nothing of nuclear weapons, thermobaric bombs or chemical warfare, but he knew enough about human nature – **greed, struggles for power, prejudices and even love** – to make the epilogue look rather grim. Few of his plays had a happy ending.

Perhaps a better playwright can come along and change the script.

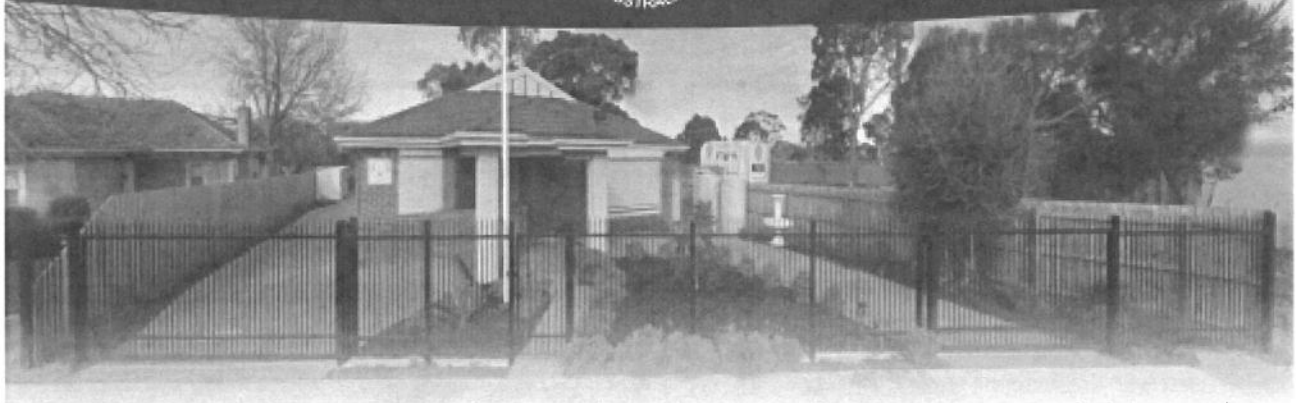
Burgher Association (Australia)

358 Houghton Road, Clayton VIC 3168

HALL



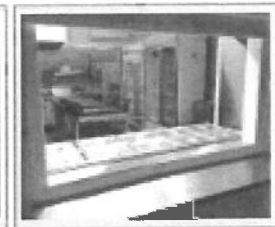
HIRE



The Burgher Association of Australia Centre is available for private hire (Dances, Birthday parties, Anniversaries etc). The BAA Centre is located within a short walk from Clayton railway station. The hall is licensed to hold 150 people. Tables and chairs for this number of attendees are provided. There is usually plenty of parking across the road and a few spaces on the property. Disabled access via ramps is available to both the front and rear doors and a disabled parking space is available. There is also a 'horseshoe' driveway permitting the dropping off of attendees under cover.

Commercial kitchen facilities are available including stainless steel splash walls, a commercial glass washer, dishwasher, stove, oven, hot water boiler, large freezer, refrigerator and a bain-marie. There also is an alfresco area at the back that can be used for making the famous Sri Lankan Hoppers, BBQs or other activity that requires a shielded outdoor space. There are multiple reverse-cycle heating and cooling units servicing the main hall and kitchen. There are separate male, female and disabled toilets. More pictures are available on our website <http://burgherassocn.org.au/baa-centre/>

How to make a booking: Call Breeda Foenander on 0423 844 101 to enquire whether the date, you wish to hire the hall for is available. If you are a member of the BAA, the price of hiring the Centre costs \$350 per day; Non-members \$400 per day. Minimum booking is 5 hours \$300. Hours of operation Friday/Saturday 11AM to 12 Midnight, other days 10AM to 10PM. All bookings require a bond of \$250 that is refunded if the centre is handed back to management clean and undamaged. (\$1000 for age 21+ and under). A payment of \$100.00 will be deducted from the Security Fee deposit for cleaning of the premises, for the next day's Events. Hiring Agreement. *NB: To book the hall, payment has to be made via the BAA Bank Account – details available on request. Depending on whether you are a member or non-member the full fee plus the deposit of \$250 must be paid to secure the date booked.*



LIFE IN SRI LANKA Author unknown

These days in Sri Lanka, is very hard to stay.
Cost of living very high and rising everyday
Children crying, hungry telling, don't know what to do,
Haven't rice, so husband gone to standing in the queue.

Thousand rupees rent is paying, house is very old
When rain is coming, roof is leaking, very, very cold.
When complaint making, landlord tellin' he not caring less,
He coming home and hartal putting, Hena blood mess.

Daughter asking money want to buy the mini skirt,
Husband tellin 'Go to Hell' – she only want to flirt,
Asking her to go for job, she never want to go,
She only domakin' up and going for the show

Husband coming after drinking – Katchal in the house,
When haven't money, he is sober – quiet like a mouse,
Not only that, he quietly pulling from the purse,
Twenty rupees slowly taking, and betting on the horse.

ThambiBoutique Mudalali, he is a brick to cheat,
Putting Gadol in the chilli powder, very hard to eat.
Sometimes we are thosai bringing, but is not so good,
That also scared to eat – for having poonac in the food.

Vegetables very dear, even in the Keera cart,
When I am going to buy beef, butcher putting heart.
Aney what to do child, standing and bargaining,
In queue in blazing sun.... leg is also paining.

Haven't milk, haven't rice, haven't even any bread,
So, drinking plain tea without sugar and going to the bed.
When telling husband 'Go Down Under' he is telling what you know
Leavin' country where you were born, why you want to go?

So that is what I am telling Aney, life is very sad,
Everything is hard to get, and coming colour bad,
If husband drink and come today, I'm going to give him bombing,
But what for even talking aney ...laughing also coming.
Yours for the asking.... what for the telling.

(NB:This came into my hands in the late 90's so is now quite old but I wonder if it is even more relevant now in the current climate in Sri Lanka)

DID YOU KNOW?

A group of owls is called a parliament, though such a grouping is certainly rarer than, say, a chattering of starlings or a gaggle of geese (when on land).

Beer and wine bottles are often brown or green to reduce spoilage caused by exposure to light, especially ultraviolet light.

In the 1960s, LEGO released a line of bricks specifically targeted at architects and designers called "Modulex". The sets are now, as you would imagine, quite rare and highly collectible.

The word "giraffe" took a long time to work its way from Arabic to Italian to French before eventually making its way to English. Prior to that, the term for giraffe in English was "camel leopard" because of their camel-like shape and leopard-like coloration. The name of a lesser-known giraffe-shaped constellation in the northern sky, Camelopardalis (Latin for "camel leopard"), reflects this archaic term.

To get the iconic scene in *The Shining* where Jack Nicholson smashes through the door with an ax picture perfect, Kubrick devoted three days to filming it and Nicholson ultimately destroyed sixty doors.

DEPRESSION

Gay MacDonald ” Depression didn't exist in the 'good old days'”

Moving back in time, and not a to a good time, women's troubles were all lumped together. What we know now as postpartum depression was referred to as “poor Doris, not doing well after the new baby,” with whispered words, “women's troubles you know.” No, they didn't know. I'm quite sure nothing was ever done to help poor Doris and women like her. Those women just had to deal with it.

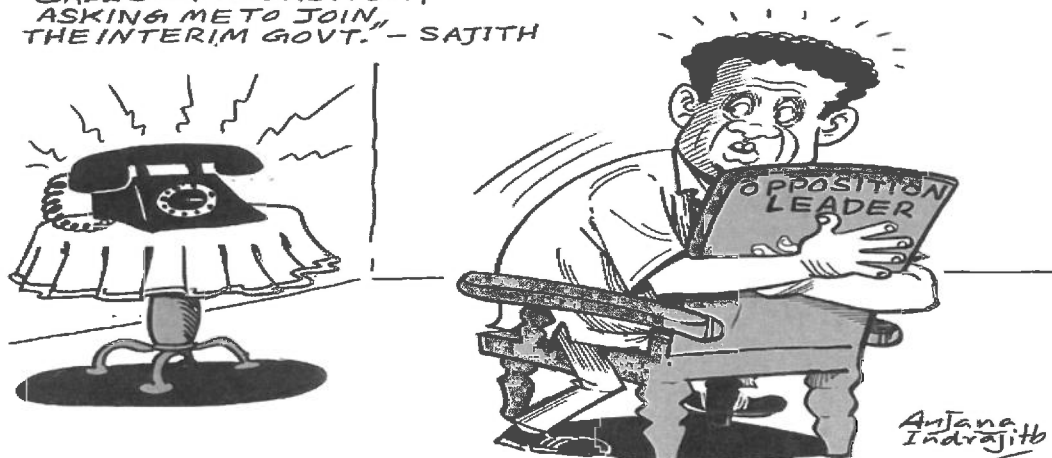
However, this was not just a woman's prerogative. My Dad was such a sad man. Outside of the house, he could charm the birds out of the trees. At home, he was a taciturn man reading the paper and drinking cup after cup of tea. As an only child, I learned to get up, look at dad, then say a careful hello. His answer, or more likely not an answer, told me to either sit down or go away. Dad was an ex-soldier. Mum said his silence was just bad memories from the war. His sister, my aunt, was identical in manner, with I think a touch of something resembling OCD. I loved her sparkling house but I couldn't live in it. Finally, the younger brother, dad and aunt had no idea that he was suffering from schizophrenia. I never knew why he disappeared, at just 14 you're not told that your uncle took his own life.

This curse I passed to my only son. From a happy boy, he became quiet and unresponsive, we couldn't understand it. Today I would know the symptoms, all he wanted to do was sleep. Eventually, he was diagnosed with schizophrenia and passed away three days later. If only we had known. Many years earlier I remember getting the children off to school sitting and crying and feeling so guilty at the depth of sadness I felt, in a life that was so good. My refuge was my bed. My family saw the happy me, the grumpy me – but rarely the person existing in a grey world.

A friend has bipolar. I asked quietly, “do you want to talk?” “No,” was the firm reply. Just five minutes later the flood gates opened. A great result came from this. They are now living a life that is much happier, under care. So many people now understand disorders of the brain; depression, bipolar, schizophrenia. I can only ask people to please speak up if you can help, don't be like me saying:

“I didn't know.”

“I AM GETTING TELEPHONE
CALLS 24 HOURS A DAY
ASKING ME TO JOIN
THE INTERIM GOVT.” – SAJITH



Barbara, way ahead of her time

Legendary designer and artist Barbara Sansoni passed away on April 23, 2022

Barbara Sansoni, the well-known Sri Lankan artist and designer, passed away on April 23rd at around 1.10 a.m., just one hour after her 94th birthday. Dominic, her devoted son and Kavi, her faithful right hand, were by her side – Simon, her eldest, could not make it as he was in London.

On the 22nd, a few of her family and friends had gathered to celebrate B (as she was fondly known). Although she was barely conscious, we cut a cake and sang Happy Birthday! Whilst we all knew that the end was forthcoming, it was a happy affair.



Barbara: A pioneer of her generation. Pic by Dominic Sansoni

Barbara, who was way ahead of her time, started Barefoot in 1961 at the family home where she passed away. Her life and passion for her work filled the house with spirit, colour, warmth, beauty and sharp intelligence that fascinated all who passed through it. Barefoot, the store on Galle Road, now displays her work and that of her designers. Her products have given joy to many. Colour is a powerful tool for wellness.

But this is not so much about her legacy in art design, cloth and colour. It is about B. B was fearless; she had high principles and was ethical in what was truly important: Racism, classism, and an individual's right to voice. B spoke her mind, and if you were at the receiving end, it would drive you to tears. She was a pioneer of her generation, indeed commanded a lot of

respect from women and men. She was one of our first genuine businesswomen (she would despise me for writing that), but it's true.

Even though her aim was never to make a profit, she just wanted to help single women who needed to learn a skill – not just for employment but to develop as human beings.

She was an excellent friend. B knew how to keep a secret, and her guidance was so sound that the advice she gave was the best for the situation. She had a gift for understanding people and analysing their character.

B was a happy optimist but would succumb to deep depression (as great artists do); the love of her life, Ron Lewcock, was a master at keeping her happy. Theirs was a unique relationship in that it lasted over 50 years, more vital than ever.

A few weeks ago, whilst being recorded by a filmmaker, Barbara said, "I am not afraid to die, but when I do, I will miss drawing very, very much."

– Nazreen Sansoni

Only Joking.....

Did you hear about the mathematician who's afraid of negative numbers?
He will stop at nothing to avoid them.

Helvetica and Times New Roman walk into a bar.

"Get out of here!" shouts the bartender. "We don't serve your type."

Yesterday I saw a guy spill all his Scrabble letters on the road. I asked him, "What's the word on the street?"

Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house.

Hear about the new restaurant called Karma?

There's no menu: You get what you deserve.

A woman in labour suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"

"Don't worry," said the doc. "Those are just contractions"

OBITUARIES – APRIL 2022

DE SILVA, Patricia Esther, mother, grandmother and great grandmother, in Perth on March 27, 2022. (West Australian, 29.3.2022)

PEREIRA, Norman, in Perth, WA (West Australian, 30.3.2022)

FERDINANDS, Cynthia Monica, (05.12.1938 - 24.03.2022), wife of Leo (dec), mother of Mark and Christopher, mother-in-law of Tracey and Dianne, grandmother of Cynthia, Jesse, Mercedes, Scarlett, Sarah, Dean, Danny and Alby, in Adelaide. (Advertiser, 1.4./2022)

MARCUS, Margaret Florence (11.12.1929 - 29.03.2022), wife of John (dec), mother of Daryl and Sandra (dec), mother-in-law of Diana, grandmother of Brett and Lee, in Adelaide. (Advertiser, 1.4.2022)

TRANCHELL, Letitia Carmen (nee FERNANDO) - 23 July, 1941 - 01 April, 2022. wife of Richard (Dicky), mother of Cliff, mother-in-law of Andreen, grandmother of Cameron and Aiden. Sister of late Malcolm, Olive (late Kingsley), Marlene (Michael), Antoinette (Romauld), late Roy, Faith (late Auxi) and Anthony, in Canada. (Daily News, 7.4.2022)

POTGER, VERN, Brother-in-law, Uncle and Great Uncle. Graham, Heather, Jenny, Julia, Gregg, Teresa and Megan. in Perth (West Australian, 8.4.2022)

MISSO, Noel St Elmo, (24.12.1933 - 03.04.2022), husband of Mary, father of Shane and Genaya, grandfather of Alice, Grace, Eliza, India, Max, Archie, Corey-Jay and Abbee, in Adelaide. (Adelaide Advertiser, 9.4.2022)

GHOUSE - SHEVON DYLAN, son of Keeth Linden Ghouse & Ann Olivia De Kretser, brother of Nathan, grandson of late Abdul Azeez Mohammed Ghouse and late Maria Barbera Schubert (Jenny) and of Desmond and Dalrene De Kretser.- No. 711/22, Sapugaskanda Road, Gonawala, Kelaniya, Sri Lanka. (Daily News, 8.4.2022)

EDMONDS, Suzanne Carol, wife, mother, grandmother and sister, in Perth on April 14, 2022, aged 75 years. (West Australian, 16.4.2022)

MANT, Shirley, wife of Keith (dec), mother of Bradley, mother-in-law of Lindy, grandmother of Hayley and Alyssa, in Perth. (West Australian, 16.4.2022)

NAGEL, John, (22.10.1954 - 10.04.2022), husband of Monica, father of Joanne, Stephanie & Chris, Quenten & Hannah, Joel & Shannon, Kenny & Jessica, grandfather of 9, in Adelaide. (Advertiser, 16.4.2022)

EDMONDS, Cynthia Norma, wife of Carl (dec), mother of Scott, Briony, Kirtsen and Mark, mother-in-law of Sheila, Mark and Elise, grandmother of Laura, Katie, Emma, Natalie and Claire. Sister of Margie (dec), in Sydney on 10 April 2022, aged 86 years. (Sydney Morning Herald, 16.4./2022)

VASUDEVA, 'Vas' Nick, husband of Dawn, father of Isabella, Harry and Oliver. Son of Raj dec) and Jacqui, brother of Mark and Tim, tragically in Melbourne on March 31, 2022, aged 53 years. (Sydney Morning herald, 16.4.2022)

WARKUSS, Susan (nee VANHOFF), wife of Norman, mother of Tamara, Jason and Diana, mother-in-law of TrevineHenderlin. Daughter of Monica and late Bertram Vanhoff, daughter-in-law of Anto and Phyllis Warkuss, sister of Maryann, late Jerome, Fabian and Neil, sister-in-law of Stanley George, Shamala, Sunali, Michelle and Jude Warkuiss (Aust), in Sri Lanka. (Daily Mirror, 18.4.2022)

SAMARASINGHE, Dr Hayman Thirswin (H.T), husband of Shani and father of Wimal,Iromi& Devika, in Sydney, Australia on 1 April 2022, aged 92. (Daily News, 19.4.2022)

GOMEZ - G.E.M. (Maxy), beloved husband of late Helen, father of Sr. Antoinette (F.M.M.) and Felicia (Australia), father-in-law of Ranjan Perera, grandfather of Dushani& Melissa. Son of the late Mr & Mrs Cruz Gomez, son-in-law of the late Mr & Mrs Xavier Corera, brother of late Dr Joe, late Cletus, Bonnie, Ramona, late Rathie and Cossie (Australia), in Sri Lanka -, 22.4.2022

FERDINANDS, Lorna Theresa, (18.08.1938 - 18.04.2022), wife of Mervyn John Ferdinands, mother of Nigel & Libby, Stephen &Anneli, Richard & Sharon, Alison & Harry and Noreen & Raymond. Grandmother of Ben & Cameron, Christopher, Michael & Joshua, Rebekah, Jessica, Caitlin & Shalika, Rennae& Daniel, Carmel-Lee and Roxanne & David and 14 great grandchildren. Sister of Michael, Pat and Stacia, in Adelaide. (Advertiser, 23.4.2022)

SANSONI - LEWCOCK, Barbara, wife of late HildonSansoni and Dr Ronald Lewcock, mother of Simon and Dominic, mother-in-law of Nazreen Sansoni, grandmother of Ashira, Natasha, Isabella, Sebastian and Sophia. Sister of late Patrick Daniels and Jeanne Mansoor, Mary Ridgeon and Sally Hullugalle, sister-in-law of Feizel Mansoor, Arjuna Hullugalle and late Martin Ridgeon, in Sri Lanka, on April 23, 2022. - 14, Anderson Road, Colombo 5, Sri Lanka. (Sunday Times, 24.4.2022)

EKANAYAKE, Brian Leonard, husband of late Glenda nee Jayasinghe, brother of late Miles Ekanayake & Chitra, late Cynthia Anthonisz& Rex and Sheila de Soysa& late Victor. Father of Roshan, Shamali, Mahes&Ruwani, father-in-law of Chandani, Namal Fernando, Niroshani& Conrad Janssen, grandfather of Sashan, Avin&Thavisha, Shehan&Dharshi and Dilan, Hashan&Marvan, great-grandfather of Liam & Talia, in Melbourne Australia. (Daily News, 25.4.2022)

RAJAPAKSE - Mr. C.V. (Attorney-at-Law, formerly District Judge & Diplomat). Dearly beloved husband of KaushaPremathiratne Rajapakse, father of Sahan,Purindu&Dewruk

GALLAGE - Mrs. NANDA. Beloved wife of late Mr. Edmund Gallage, loving mother of Kumari and Ruwan, mother-in-law of late Sri Rajakulendran and Pushpa

COREA - ZERAH EILEEN CRISTOBEL nee de ALWIS, sister of Shanthi Perera, wife of late A.W. Corea, mother of Chiara Reeves nee Corea and Ariane Corea

SAMARASINGHE - DR HAYMAN THIRSWIN (H.T.) passed away peacefully in Sydney, Australia on 1 April 2022, aged 92. Beloved husband of Shani and father of Wimal, Iromi & Devika. 026186

RANAWEERA - HEMALATHA (retired Teacher, Ananda Balika). Beloved wife of late Mahinda Ranaweera, mother of Senaka and Amali, mother-in-law of Jeewika and Aruna.

BHARETI - KEERTHISIRI CHANDRA - Retired Senior Engineering Manager of RC. DC, beloved husband of Dilangani, precious father of Dilky and Gamunu, Kumar and Nilendrini,...

Joke **Medical Outlook on Covid** – A Joke by Jean Moore

"Medical experts were asked today if it was time to ease COVID restrictions.

Allergists were in favour of scratching it.

Dermatologists advised against any rash moves.

Gastroenterologists had a strong gut feeling about it.

Neurologists thought the government had a lot of nerve.

Obstetricians felt everyone was labouring under a misconception.

Ophthalmologists considered the idea short-sighted.

Pathologists yelled, "Over my dead body!"

Paediatricians said, "Don't be a baby, grow up!"

Psychiatrists thought the whole idea was madness.

Radiologists saw right through it.

Most Surgeons opened up, but then washed their hands of the whole thing.

Pharmacists claimed it would be a bitter pill to swallow.

Plastic Surgeons opined that this proposal would "put a whole new face on the matter."

Podiatrists thought it was a step forward,

Urologists were peeved off by the idea.

Anaesthetists thought the whole concept was a knock-out.

Cardiologists didn't have the heart to say anything and

Dentists, of course, thought we'd bitten off more than we could chew..."

People fed up as essential food items soar in price by 200-500 percent

Essential goods have shot up in prices by 200-500 percent compared to the period when the present government took over in 2019, statistics reveal.

Rice, dhal and sprats are no longer affordable essential items. Dhal, which was sold at a price of around Rs. 145 a kilo in 2019 is now sold for about Rs. 515 in the retail market, a 353 percent increase. As for the staple food of rice, almost all varieties have shot up to more than Rs. 200 a kilo. Red raw rice is now sold for about Rs. 210 a kilo, while it was only Rs. 98 about three years ago. Red and white raw rice prices have increased by 215 and 213 percent. Samba prices have gone up from Rs. 106 in 2019 to between Rs. 220 and Rs. 260. Healthy grains now lack a healthy price tag. A kilo of green gram sold for Rs. 287 at the time the government took over is now sold for Rs. 1007, a 350 percent increase. Chickpeas are now Rs. 591 a kilo, an increase from Rs. 227 three years ago. Cowpea too saw an increase from Rs. 270 to Rs. 700, a kilo.

Eggs, the most commonly used protein, have seen an increase from Rs. 17 an egg in 2019 to about Rs. 30 at present. Chicken, which was priced at about Rs. 450 is now nearing Rs. 1000. All types of meat and fish have seen 150-170 percent increase. Sprats were sold for about Rs. 750 a kilo in 2019 and are now sold for Rs. 1394.74, a 184 percent increase. The average price of bread now varies between Rs. 130 and Rs. 160, while it was Rs. 60 in 2019.

“Going to the market is something I now dread. The prices are so unpredictable. Two years ago, we had to spend about Rs. 5000 a week for essential items and vegetables. Now even Rs. 10,000 is not enough,” said Rani Subasinghe, from Nugegoda.

Wheat flour that was below Rs. 100 a kilo three years ago, is now nearing Rs. 250. Milk powder which was readily available on shelves three years ago at Rs. 370 for a 400g pack, is now both in short supply and what is available is sold for about Rs. 790. A litre of fresh milk is Rs. 360, now.

All spices, condiments and coconut oil have soared in price, with a kilo of dried chillies going up from about Rs. 335 three years ago to about Rs. 1590. The people, are fed up of the recent increases in prices of essential items and fuel, and the recent cooking gas price hike. In 2019, a 12.5kg domestic gas cylinder that was sold for Rs. 1490, is now priced at Rs. 4,860, following the recent price increase of Rs. 2,675.

“This situation will worsen if the government fails to immediately step in. Importers and traders cannot continuously increase prices. There should be a price control,” said Prof. W. M. Semasinghe, Professor in Economics at the University of Kelaniya’s Department of Economics. He said the price increases were severely affecting daily wage earners and those depending on a monthly salary. “The sky rocketing cost of living is believed to be the main factor for the massive middle-class *aragalaya* or revolt at Galle Face and all over the country. Their income remains the same while the prices are going up at a rapid pace. People are fed up as they see that the government is failing to bring down the cost of living,” the economics professor said. Prof. Semasinghe warned that the coming months will see both shortages and price increases in rice and vegetables. “Farmers had stocks of fertiliser saved and stored during the previous paddy season. It was the same with vegetable farmers. However, they have no fertiliser now and the limited stocks are highly priced and most of them cannot afford it. The government should immediately find a solution to the fertiliser crisis,” he said.

On Friday, the Central Bank said headline inflation, as measured by the year-on-year change in the Colombo Consumer Price Index (CCPI) increased to 29.8 percent in April from 18.7 percent in March this year. Food inflation increased to 46.6 percent, while non-food inflation increased to 22 percent.

“Prices of items in the non-food category recorded increases mainly due to price increases in the transport (petrol and diesel), education (tuition fees), housing, water, electricity, gas and other fuel. Further, within the food category, increases were observed in prices of milk powder, rice, bread, dhal, sugar and dried fish during the month,” the Central Bank said in a statement.

Prices of 60 essential drugs increased again; this time by 40 percent

Prices of 60 drugs and medicines have been raised, for the second time in two months with effect from April 28 (Thursday), according to a gazette notification issued by the Health Ministry.

The 60 items in the gazetted category come under a 'Maximum Retail Price' (MRP) and their prices have been increased as both the state and private sector hospitals braced for a shortage of essential medicines.

These wide-ranging medicines include antibiotics (crucial in the treatment of infections) ranging from routine to high-end varieties; an anti-viral, anti-fungal and worm treatment drug in each category; drugs given for high blood pressure, heart failure, to control diabetes (blood sugar), to reduce cholesterol, to thin the blood (blood-thinning drugs); steroids (also known as wonder drugs); non-steroidal anti-inflammatory drugs (NSAIDs); pain-killers; anti-seizure drugs; psychiatric and also neurological drugs (including a drug given for migraine); gastritis drugs; anti-asthmatic drugs; hormonal drugs (including thyroxine); and even the simple fever-reducing paracetamol.

These medicines are in the form of tablets, capsules, oral suspensions, inhalers and injections.

The initial price-hike of 29% of these 60 gazetted drugs came in mid-March and the second 40% increase on Thursday.

"The reason for the two price hikes were dollar-rate fluctuations. In March, we allowed the increase because the US\$ was at Rs. 255 and once again we allowed an increase because now the dollar is Rs. 350," a National Medicines Regulatory Authority (NMRA) source said.

The Sunday Times understands that there have been intense discussions over a suggestion by the Health Minister that the MRP should be removed on a request by drug-importers who have said that there would be a drug shortage. The NMRA's Pricing Committee had voiced strong objections to such scrapping of the MRP at a hurriedly-summoned meeting on Monday (April 25), on the grounds that drug-importers would allow prices to skyrocket to make unreasonably huge profit margins.

The Minister had also indicated that if the MRP is not scrapped the drug-importers were demanding a 90% mark-up on these essential medicines to

which the Pricing Committee had pointed out that no essential commodity was ever given a 90% mark-up.

When the Minister raised issue over medicinal shortages, the Sunday Times understands that the Pricing Committee had informed him that the shortages were due to the lack of dollars for importers to open Letters of Credit and not due to the price control. It had also stated that the NMRA had recommended price hikes on several occasions considering the devaluation of the rupee.

The Pricing Committee had also pointed out other measures that could be taken to ensure the availability of medicines. These measures included the importation of essentials and stoppage of imports of unnecessary medicinal products. Agreeing with the Pricing Committee, the Minister had requested it to submit what was discussed in writing. This had been done the same day, it is learnt.

Meanwhile, with regard to non-gazetted drugs, there has been a 20% increase in prices on April 8 and an earlier price-hike on March 11.

According to the gazette issued on Friday, every trader, distributor, pharmacist, medical practitioner, dentist, veterinary surgeon and medical institution, including a private medical institution or pharmacy shall maintain the price of the medicines given in a scheduled list at the MRP or revised retail price whichever is less.

Down Memory Lane.... Toys of the 60's

Barbie - Who could forget Barbie? The doll has been around since 1959 and still to this day is a popular toy among children with a flurry of different versions on the market. Back in the 1960s the doll had only just shot to fame and was a big hit with young girls. Everyone wanted to have a Barbie and her boyfriend Ken, who was introduced in 1961.

While Barbie has taken on many forms over the years, the very first one wore a black and white zebra striped swimsuit and ponytail. She was also available with either blonde or brunette hair.

It's hard to believe the first ever version of Barbie only cost around \$3 with some versions of the doll now going for up to \$50. Over a billion have been sold since it first hit the shelves with further items including Barbie cars and houses popping up in the market throughout the last 50 years.

Hot Wheels - These miniature cars were certainly a favourite throughout the late 1960s after being introduced in 1968. While there are many different versions now, back then it all began with 16 types of the small toy vehicles which are known as The Original Sweet 16. The very first was a dark blue Custom Camaro. Over the years car manufacturers even license Hot Wheels to make scale models of their cars, using the original design blueprints and detailing. While they were meant as a children's toy, adults soon became interested in the products with many ending up with a massive collection.

G.I. Joe toys - While girls were playing with Barbie dolls and kitchen sets, boys were obsessed with the G.I. Joe action figures. Created by toy company Hasbro, the figures were initially modelled on the four branches of the U.S. armed forces with the action soldier (army), action sailor (navy), action pilot (air force), action marine (marine corps) and later on, the action nurse. The toys were aptly named G.I. Joe after the acronym G.I. which stands for galvanised iron. This term was first used throughout World War I by American soldiers to describe incoming German artillery shells.

Etch-A-Sketch - For the more creative kids, the Etch-a-Sketch was created in the mid-1950s by French electrician André Cassagnes. Instead of drawing on paper, children were able to use its twin dials and erasable screen to sketch for hours on end. And when they were finished or simply wanted to start again, they could just shake the plastic console and the picture would be erased. It was a much cleaner and tidier option for parents with no piles of pencils and paper in sight.

2022/23 Subscription Reminder

Dear Member

If you have not paid your subscriptions for the previous or current year Financial Year, we will not worry you with further reminders except to say that you are a valued member of the Burgher cultural identity and we, through this Association, endeavor to maintain a focal point for the continuity of our cultural community traditions and unique identity. Please consider renewing your Membership.

Please refer to the address label and if the "Paid to Date "is a prior financial year we would appreciate your continued support of the Burgher Association. The Annual Subscription is \$20 and is payable on 1st July of each year. If you prefer you may make payments in advance for a future year's subscription. Please send your remittance to:

The President

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No1 St Georges Court, Toorak VIC 3142

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COMMENTS:.....

MEMBER HOPPER LUNCHEES 24TH APRIL & 15TH MAY





Expert highlights the potentially serious complications of influenza

Influenza is nothing to sneeze about, with the virus already circulating in our communities as borders reopen and social distancing measures are relaxed.

With so much focus on COVID-19, it's important that we don't lose sight of influenza – another serious respiratory disease which can cause a range of short-and long-term complications.

While most people will recover relatively quickly from a bout of influenza, others will develop serious complications that can have long-term implications.

We often associate influenza with pneumonia and while this is a well-known complication of the flu, research has shown that the body's inflammatory response to influenza infection can cause other problems. Studies show that heart attack and stroke can be complications of influenza. This is particularly important for older people and those with underlying health issues, as both groups are more susceptible to influenza complications.

Brisbane-based GP, Dr Sarah Chu says, "there is an undeniable connection between influenza and the heart and brain".

"If you are living with a heart condition or have survived a stroke, you definitely don't want to get influenza. These are the patients I prioritise for a flu shot every year."

Dr Chu explains the link between the flu and cardiovascular disease, and how you can protect yourself this winter.

Unlike the common cold, the flu is a serious respiratory disease which causes an inflammatory response as your body fights the infection. An increase in inflammatory activity can lead to blood clots and a rise in blood pressure which can increase the risk of a heart attack or stroke. While anyone can experience complications from the flu, people with existing cardiovascular problems are at higher risk of developing them. The flu can also worsen pre-existing conditions including diabetes, lung disease and asthma.

"Older people are 10 times more likely to have a heart attack in the days following a flu infection than at any other time," explains Dr Chu.

“And if you already have coronary heart disease before catching the flu, your risk of dying from flu complications increases 10-fold compared to someone who doesn’t have this form of heart disease,” she said.

“Researchers found that having a flu-like illness increased the odds of having a stroke by nearly 40 percent over the next 15 days. This increased risk remained up to one year.”

Dr Chu says that by taking precautions and preventive steps, you may be able to avoid the flu and associated complications.

Because the influenza virus is constantly mutating, an annual flu shot is the most simple and effective defence against infection. This is recommended for all Aussies over the age of 6 months and is particularly important if you are older or living with a health issue.

It’s important to know that there are several different influenza vaccines available this flu season, with some tailored to a person’s age and their risk of severe influenza.

Dr Chu says that since the rollout of COVID-19 vaccines, many of her patients have wanted to discuss which vaccine is best suited to their circumstances. “It’s the same with influenza. Your doctor or pharmacist can explain more about influenza prevention and the vaccine options that may suit you. It’s a conversation well worth having,” she said.

The Federal Government offers free flu vaccines for all Australians aged from 65 years, as well as those with risk factors such as cardiovascular disease. Dr Chu advises that, “If you aren’t eligible for a government funded vaccine check your private health insurance policy for coverage of costs.”

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