



Burgher Association Australia

Autum Edition

March 2023

Community Newsletter



Postal Address : PO Box 75 Clarinda VIC 3169

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

ABN- 28 890 322 651 ~ INC. REG. NO A 0007821F



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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

Considering the high cost of living expenses, the BAA General Committee has decided that until such time we are able to bring back the large audiences at our functions, the ticket price will be based on the cost of the function so as not to make a profit.

As such 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 further notice. Accordingly the BAA has just announced following the October 2022 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.

WELCOME

NEW MEMBERS

Richard and Heather Roberts – Glen Waverley, Vic

Norman and Jeanne Herat- Springvale, Vic

Michael and Anusha Marianayagam - Pakenham, Vic

David and Zahara Solomons – Wantirna South, Vic

Anita Uduman- Keysborough, Vic

Nilufer Uduman - Rowville, Vic

Aubrey and Patricia Dirckze - Springvale, Vic

Millon and Sandra De Kauwe - Cranbourne, Vic

Vaseeharen Nesiah – Croydon, Vic

Desmond and June Stewart - Carrum Downs - Vic





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 The BAA Centre 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. (\$2000 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.

Curry Lunch



23 April 2023

Come and join us

At

THE BAA

358 Haughton Road, Clayton

Catch up with friends for fellowship music/dancing

12.00 noon to 5.00 pm

Curries By "Cha's Cabin"

Savoury Rice, Chicken Curry, Pork Curry, Devilled Beef
Cashew & Pea Vege, Tempered Potato & Beans
Tossed Salad, Brinjal Pahi, Malay Pickle, Hot Chili Paste
Desert: WattaBappan, Jaggery Ice Cream

\$30 pp – BYO

Contact

Hermann & Carol Loos – 0417391120

Haas De Zilwa – 0419 292 939

Elaine Jansz – 0417 570 405

Terry & Helen Backhouse – 0429 987 300 or 0438 373 007

Rita VanGeyzel – 0419 887 982

Rev. John Blaze – 0400 401 804

Annesley Caspersz – 0450 803 153

Adrian Harris – 0407 838 189

Sharnee Backhouse – 0434105221



What's Happening

At the BAA



23 April 2023

Curry Lunch

BAA Community Hall - 358 Haughton Road, Clayton 3169
12.00 noon - 5.00pm

16 July 2023

Winter Warmers Lunch

Details to be advised in next Newsletter.

17 September 2023

High Tea

BAA Community Hall - 358 Haughton Road, Clayton 3169
12.00 noon - 5.00pm

15 October 2023

Hopper Lunch

BAA Community Hall - 358 Haughton Road, Clayton 3169
12.00 noon - 5.00pm

26 November 2023

Members & Friends Christmas Party

Details to be advised in next Newsletter.

Please note this Newsletter is also available on the Burgher Association Australia website <http://www.burgherassocn.org.au> and may be downloaded in PDF Format

Rats that save HUMAN lives -

Throughout the world, places that have been involved in war and/or civil strife often have large minefields that still need clearing. In 2013, it was estimated that there was a global average of around nine mine-related deaths every day. The situation is especially dire in Africa.



Typically, clearing a minefield involves men in body armor walking in very precise lines with metal detectors. Anything (from a rusty nail to an old ammo cartridge) that sets the detectors off must be investigated before moving on. A new method of bomb detection using rats, however, is flipping this process on its head. A Belgian NGO called APOPO has developed a way to train African pouched rats (named for the storage pouch in their cheeks) to sniff out bombs quickly and safely.

They used this rat because it has an incredibly fine-tuned sense of smell and a long lifespan (8-9 years) to yield returns on the nine months of training they undergo.

They're called Hero Rats, and NOT ONE has died in the line of duty since the program started in 1997.



The average mine requires 5 kg (roughly 11 pounds) of weight to trigger an explosion, but even the biggest of these rats are only around 1.5 kg (3.3 pounds).

Since they're trained to sniff out explosives exclusively, they aren't distracted by other metal objects the way human minesweepers are.

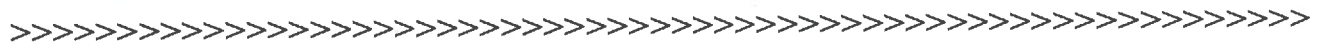
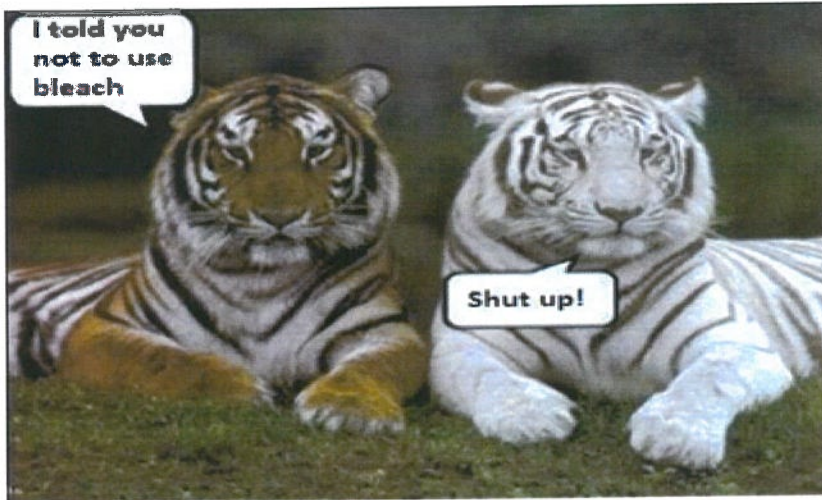
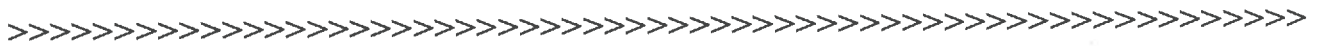
They can effectively search 200 square meters in less than 20 minutes.

A team of humans would need around 25 hours to do the same job. Since they're in the African sun a lot, the Hero Rats get sunscreen to keep them cancer free.

If a rat does get cancer, it receives full medical treatment.

The rats are "paid" in avocados, peanuts, bananas, and other healthy treats. After about 4-5 years on the job (or whenever they lose interest in working), they're allowed to retire.

Retirement consists of eating all the tasty fruit their little hero's heart desires



This is a 392-year-old Greenland shark that was recently discovered in the arctic ocean. He's been wandering the ocean since the early 1600s!

Courtesy Internet

Coffee & Health – Dr Harold Gunatillake

Coffee is one of the most consumed beverages in the world. Global coffee consumption for the coffee year 2020/21 is estimated at 167.26 million bags, an increase of 1.9% over 164.13 million bags recorded in 2019/20.

The United States and Germany lead the pack in coffee consumption, averaging more than two cups per day.

Is coffee good for you or not?

This would be a question you think of when you enjoy your cup of Joe in the morning.

Why is coffee nicknamed a cup of Joe in the US?

A “cup of joe” is one of coffee’s most common nicknames — and one of its most puzzling. Unlike “java,” which refers to a specific coffee-growing region, the origins of “cup of joe” are unknown. The term first started appearing in print in the 1930s, with the first occurrence of it in a book coming in 1936.

In New York in 1898 by Joe Martinson, who reportedly had a “bigger-than-life personality,” coffee may have locally been called “Joe’s coffee” or a “cup of joe.” As the company grew, “cup of joe” could have expanded from a local nickname to a more widely used term by the 1930s. Is coffee good for your health? If it is good, how much should you drink per day? To be not harmful, how is it dangerous. Does it damage your heart, blood vessels, brain cells, kidneys, or other tissues in your body? Does it affect your well-being? These are questions we are going to discuss today.

Just a couple of calories a cup, good old black coffee packs quite a punch. It wakes you up, **boosts your metabolic rate** and decreases the risk of some diseases.

It gives you energy and may help you lose weight and sharpen your mental focus, thanks to the magic of caffeine. Studies have shown that caffeine may improve mood, help your brain work, and improve exercise performance.

A regular java habit is associated with a lower risk of Type 2 diabetes and Parkinson’s disease. In one study, caffeine was linked to a lower risk of Alzheimer’s disease.

There you are coffee seems to be good for you. Then why do some doctors say it is terrible for your health?

Okay, let's go into the nitty-gritty of it. According to some studies, high coffee consumption was correlated with lower acute kidney injury AKI risk compared with no consumption. So, that should answer your doubts that it is suitable for your kidneys. Coffee is an excellent source of antioxidants, which may help protect cells from damage. Higher consumption of coffee – caffeinated and decaf alike – was associated with a lower risk of total mortality, including deaths attributed to heart disease, nervous system diseases and suicide. More specifically, habitual coffee drinking has been linked to a lower risk of coronary heart disease in women. According to the American Heart Foundation news, coffee may help reduce the risk of heart failure. According to new research, drinking one or more cups of coffee daily may reduce the risk of heart failure. But only if it's caffeinated.

The data analysis from three large, well-known heart disease trials was published recently in the American Heart Association Journal *Circulation: Heart Failure*. It found the more coffee people drank, the lower their risk for heart failure. But that benefit didn't extend to people who drank decaf." The general population often considers coffee and caffeine to be 'bad' for the heart because people associate them with palpitations, high blood pressure, etc.," Coffee improves heart failure risk but is associated with an increased risk of arrhythmias. Arrhythmias refers to an irregular heartbeat. Check your pulse after drinking coffee. Does drinking coffee raise your blood pressure? This is important because most of us take medication for high blood pressure. So, how does it affect your blood pressure?

Caffeine may cause a temporary but dramatic increase in your blood pressure, even if you don't have high blood pressure. It's unclear what causes this spike in blood pressure. The blood pressure response to caffeine differs from person to person. Some researchers believe that caffeine could block a hormone that helps keep your arteries widened. Others think that caffeine causes your adrenal glands to release more adrenaline, which causes your blood pressure to increase. Some people who regularly drink caffeinated beverages have a higher average blood pressure than those who drink none. Others who regularly drink caffeinated beverages develop a tolerance to caffeine. As a result, caffeine doesn't have a long-term effect on their blood pressure.

If you have high blood pressure, ask your doctor whether you should limit or stop drinking caffeinated beverages. The U.S. Food and Drug Administration says 400 milligrams a day of caffeine is generally safe for most people. However, if you're concerned about caffeine's effect on your

blood pressure, try limiting the amount of caffeine you drink to 200 milligrams a day — about the same amount as is generally in two 8-ounce (237-millilitre) cups of brewed coffee. Remember that the amount of caffeine in coffee, energy drinks and other beverages varies by brand and method of preparation.

Also, if you have high blood pressure, avoid caffeine before activities that naturally increase your blood pressure, such as exercise, weightlifting or hard physical labour. For health-conscious coffee lovers, the most critical question isn't, "Is it good for you?" but rather, "How do you take it?" If you dress your coffee up too much with cream and sugar, you risk negating the health benefits.

"We know that sugar has adverse effects," said Penny Kris-Etherton, a nutrition professor at Penn State University. "Even if you add sugar and don't exceed your calorie needs, you're still negating some of the benefits because sugar is a negative food ingredient."

That warning goes double for even fancier coffee drinks. The federal dietary guidelines say three to five cups of coffee per day can be part of a healthy diet, but that only refers to plain black coffee.

This information I gathered from the American heart association news. Does coffee drinking affect your cholesterol levels? Though brewed coffee does not contain actual cholesterol, it does have two natural oils that contain chemical compounds — cafestol and kahweol — which can raise cholesterol levels. And studies have shown that older coffee drinkers have higher levels of cholesterol.

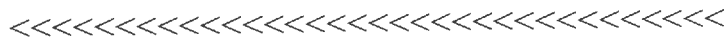
A **recent study** found that drinking three to five cups of espresso daily affected total cholesterol (TC)?

In the amount that we typically consume, there's very little — if any — effect of coffee on cholesterol, as long as the intake is in moderation.

A recent study examined how various coffee brewing methods, including espresso, are associated with TC. Researchers found that drinking three to five cups of espresso daily was significantly linked with higher TC levels in both men and women compared with those who did not drink espresso daily. Impact on CVD

Hew, does coffee affect your liver? A large new study has found that coffee

of all kinds lowers the risk of chronic liver disease, fatty liver disease, liver cancer, and death from chronic liver disease. The most significant benefit is drinking 3–4 cups of coffee, even decaffeinated, daily.



Two old guys, Fred and Sam went to the movies. A few minutes after it started, Fred heard Sam rustling around and he seemed to be searching on the floor under his seat. "What are you doing?" asked Fred. Sam, a little grumpy by this time, replied "I had a caramel in my mouth, and it dropped out. I can't find it." Fred told him to forget it because it would be too dirty by now. "But I've got to", said Sam, "my teeth are in it!"



This farmers wife prayed to the Lord and asked him, "How old will I be when I die?" His reply was 96 years old.

She said, "Hot diggity dog, I will have myself fixed up." She had everything lifted and tucked and was in the doctor's office, making the last payment on her reconstruction.

She then walked out of the doctor's office, started across the street, and was hit and killed. She gets to heaven and asks the Lord, "What

happened? You told me that I would live to be 96." His reply: "I just didn't recognize you!"

There are modern fancy names around ... but this ????

I was buying groceries at the local supermarket, and after waiting for change I hurried out.

I saw an older woman leave at the same time weighted down with groceries.

She was calling out to a child who was running ahead. "Wait for me Degree" she yelled,



but the child would not stop.

I was so amazed hearing that name, so to satisfy my curiosity, I walked closer to the woman and asked.

Hello ... Did I hear right ... you called out to that pretty little girl "Degree" ???

The woman laughed and said "Yes, that's what I decided to call her.

I sent her mother to the University, and this is what she brought home to me!!!

Did you know?

Senior Citizens are the nation's leading carriers of Aids!!

Hearing Aids

Band Aids

Walking Aids

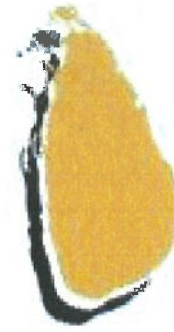
Medical Aids

Government Aids

And MOST OF ALL - Monetary Aids to their Kids!

Not forgetting HIV (Hair is Vanishing)

For those who are planning a trip to Sri Lanka



Belumgala – defense fortress of Kandyan hills – By Arundathie Abeysinghe



Located in *Kadugannawa Gap approximately 10 kilometers from *Pilimathalawa, Belungala Rock offers spectacular vistas of the environs as far as the eye can see including surreal vistas of Kadugannawa valley. Many visitors hike the adjacent small rock, believing it to be Belungala, mistakenly. Belungala is visible from *Pahala Kadugannawa viewpoint too. Also spelt as “Balumgala”, the mountain was thus named due to its strategic location as a place of defence. Considered as a silent defender of Kandyan hills, Colombo-Kandy Road can be seen clearly for many kilometers from the summit of Belungala. As the location was a great boon for Sinhalese soldiers tracking enemy invasions, the mountain was known as “Belumgala” (meaning viewing mountain in Sinhala) for centuries.

During the *Kandyan Kingdom, Sinhalese soldiers had been dispatched to this location and it had served as a major checkpoint when invading armies were approaching the Kandyan Kingdom to observe the invaders and ambush them. Therefore, this mountain had been a great obstacle to capture the Kandyan Kingdom. Hence, this mountain is considered as a location with great historic value, etched in the history of Sri Lanka.

Located approximately two kilometers along Belungala Temple Road when traveling from Kadugannawa to Gampola and situated amidst tea estates, Belungala is located approximately four kilometers from the road.

There is a private road at the location of the rock. To reach Belungala, it is necessary to travel approximately 100 meters along this road and towards the end of road, there is a tea estate and the footpath through this estate must be taken to reach Belungala.

There is also a road towards right which ends at Telcom Towers. Although, the rock can be accessed from this location also, it is strictly prohibited due to security reasons. Hence, it is necessary to travel along the footpath in the tea estate before the Telecom Tower.

The mountain is also visible for passengers traveling by train on Colombo-Kandy railway line between *Balana and Kadugannawa railway stations.

Dekinda falls, a scenic waterfall is also located in close proximity to Belungala Mountain. There is a forest path to reach the waterfall.

Leopard falls into house, rescued after 16 hrs



Source : newswire.lk

A leopard has accidentally fallen into a house breaking through the roof in the Logi Estate Division in Lindula.

According to the owner of the house, the incident had occurred at around 10.30 last night. The man said he had heard a loud noise in the kitchen area and had immediately taken his sleeping wife and children out of the house.

He further said while inspecting the cause of the noise, the leopard had attempted to attack him, but he had escaped unhurt.

The family had then closed all the windows and doors trapping the animal inside the house. He had thereafter informed officials from the Wildlife Department who had safely captured the animal and taken it into their custody.

It is assumed the animal may have accidentally fallen into the house while hunting for dogs.

Clean Dishes with Coldwater: A MUST READ!

Can Cold Water Clean Dishes? This is for all the germ conscious folks that worry about using cold water to clean.

John went to visit his 90-year-old grandfather in a very secluded, rural area of Saskatchewan.

After spending a great evening chatting the night away, the next morning John's grandfather prepared breakfast of bacon, eggs, and toast. However, John noticed a film like substance on his plate, and questioned his grandfather asking,

'Are these plates clean?'

His grandfather replied, 'They're as clean as cold water can get them. Just you go ahead and finish your meal, Sonny!'

For lunch the old man made hamburgers. Again, John was concerned about the plates, as they appeared to have tiny specks around the edge that looked like dried egg and asked,

'Are you sure these plates are clean?' Without looking up the old man said, 'I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!'

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass. John yelled and said, 'Grandfather, your dog won't let me get to my car'. Without diverting his attention from the football game, he was watching on TV, the old man shouted!

'Coldwater, go lay down now, yah hear me!'



Meet Coldwater!!!

OBITUARIES

(E & O.E.)

(FEBRUARY 2023)

PALEWANDREM, Miriam Lucille, wife of Noel (dec), mother and mother-in-law of Heather & Roger (dec), Freeborn & Jeremy and Belinda. Grandmother of Fiona Henderling, Nicholas, Karen and Shivaun, in Brisbane, on December 17, 2022. ('SilverScene', Jan/Feb 2023)

BEVEN, George Victor Lorensz (08.06.1929 – 29.01.2023), partner of Wolfgang Stange. Son of the late Lorenz Beven and the late Kathleen Beven (nee Wright), brother of April, in London on January 29, 2023. (Contributed)

CHRISTENSEN, Ann Pamela Joseph (nee FERDINANDS), wife of Ken, mother of Jeremy, Tyrone, Russel and the late Deanne Joseph, grandmother of Steff, Hazel, Bradley, Esherli, Mitch and Nikolai. Sister of Jim, Willie, Bertie, Maurice, Dorothy (all dec) and George (SL), in Denmark on January 16, 2023. (Contributed).

MARTYN, George Michael, (15.07.1954 – 21.01.2023, in Melbourne.

MACK, Rodney Thomas, Perth, WA. (Contributed)

RANASINGHE, Jude husband of Prilani, loved father of Sashin, Deelia, and Shaili, grandfather of Rachelle. Son of Olive & Genita Ranasinghe, brother of Hyacinth, Felicita, Roche, Augusta, and Anton; brother-in-law of Jayanie, Sumith, Senaka, and Pradeep, in Sydney on 24, January 2023. liver and Genita Ranasinghe. (Elanka)

LA FABER, Sydney Anthony (Syd), (24.09.1946 – 29.01.2023), partner of Judy Lawson, stepfather of Derek, Tash, Simone and Tommy (Tracey), father-in-law of Janelle, John and Mark. Grandfather of Caitlin, Victoria, James, John (BJ), Bethany and Georgia. Brother-in-law of John, Kathy, Rex, Dave, Jen and Terry. (Adelaide Advertiser, 3.2.2023)

KOCH, Shara Louise, (25.03.1980 – 04.02.2023), daughter of Rex & Pam Koch, partner of Fred Cavanagh. Sister of Romina and Brendan, in Melbourne. (Contributed)

CHRISTOFFELSZ, Edward Royston Anthony 'Tony' (03.07.1943 – 02.02.2023), husband of Diana (nee Floor), father of Wesley (dec), Carolyn Paulas, Roy and Lawrence, father-in-law of Mark Paulas and Steve Caithness, grandfather of Cellina, Hugh, Talin, Jamie, Remy, Joseph, India, Vasu, Nikita and Murphy. Son of the late Eddie & Doreen Christoffelsz, son-in-law of the late Aubrey & Eileen Floor. Brother of Molly De Silva, brother-in-law of Clement De Silva, Laurence Floor (dec), Tony Floor, Louise Mallard, Brian Floor, Veronica Ranasinghe, Andrew Floor and Jacqueline Jansson, in Melbourne. (Contributed)

FURLONG, Michael. (West Australian, 4.2.2023)

MARKUS, John (28./11.1948 – 17.01.2023). (Adelaide Advertiser, 4.2.2023)

ALVIS, Shirane(nee PATHIRANA). wife of Claude Alvis (Joe), mother of Minoli and Jagath, sister of late Linus, Rita, Concy (USA), Annette and late Patrick,. mother-in-law of Srimila, grandmother of Andrew and Jason.- **164/5, Kirimatiyagara, Kadawatha.,** Sri Lanka. (Daily News, 6.2.2023)

SAMUEL, Dr V.K., husband of Lojini, father of Vasi (Melb), Jeba (Melb), Sarah (Melb) and Kavi (Syd) , father-in-law of Thyalini (Melb) Sumathy (Melb) Dr Thurairajan (Melb) and Lesly (Syd). Grandfather of Dr Surekha/Jaesshanth (Mel), Dr Sanjeev/Dr Piumi (Melb), Pratheep (Melb), Dr Samuel (Perth), Navina (Melb), Andrew (Syd), Dinesh (Melb), Anjali(Syd), Beulah Melb) and Preethika (Melb). Son of late Velupillai and late Florence Annama, brother of late Thavamany, late Parimalam, late Ranji, late Malar and Ian Karan (Germany), brother-in-law of late Arumugam, late Santhirasekaram late Rasiah, late Kumar, Barbara (Germany), Pooranampillai (Bris) and late Manohari, Loganathan and Nithi (Can, in Melbourne on February 3, 2023. (Contributed).

GOMIS, Rt. Rev Dr Oswald Thomas Colman, Archbishop Emeritus of Colombo. Son of late Mr. Vincent Gomis and late Mrs Mary Florida, in Sri Lanka on February 3, 2023. (Daily News 4.2.2023)

PERERA, Vyville Sinclair Aubrey (14.12.1936 – 07.02.2023), husband of Blossom, father of Suresh, Eroma (Aust), Patricia, Suraj (Aust) and Melanie, father-in-law of Lathika, Phillip (Aust), Angelo, Naomi (Aust) and Nirujan. Son of late Victor & late Millicent Perera, in Sri Lanka. (Contributed)

JANSEN, Natalie Joy, (29.08.1978 – 03.0-3.2023), (Adelaide Advertiser, 8.2.2023)

BUTTERY, Jean Margaret, (31.03.1932 – 05.02.2023) (Adelaide Advertiser, 10.2.2023)

SCHUBERT, Margaret Elaine (01.08.1934 – 07.02.2023), mother and mother-in-law of Genevieve & Nicholas, Mark & Neryl and Barry (dec), grandmother of 6, great grandmother of 7. (Adelaide Advertiser, 10.2.2023)

HESSE, Gareth Ross Watford (08.02.1938 – 06.02.2023), brother of Craig and Ouida, brother-in-law of Elizabeth. (Sydney Morning Herald, 11.2.2023)

MANGAN, Alastair McKenzie, son of Archie & Jean Mangan (dec), on August 5, 2022. (Sydney Morning Herald, 11.2.2023)

KLEIN, Francis Joseph, on January 27, 2023. Brisbane Courier Mail, 11.2.2023)

RODRIGUEZ, Raj (F.E.R), husband of Juanita, father of Shiara and Delano (UK), father-in-law of Janaka Kumarajeewa and Vinodini (UK), grandfather of Anisha (UK). Brother of Jeyer (Canada), Dhanam, Sunda (Canada), Vijay (Canada), Rajkumar, Lekha (Canada) and Shanthi, brother-in-law of Miriam (Canada), Yasmin, Mirani (Canada), Shanthi (Canada), Roshini, late Mahen, Tania, Rita (Canada), late Marcellus

and Tony and of Joy and Marina (UK), in Sri Lanka on 9th February 2023. (Daily News, 11.2.2023)

GINGER, Warren (West Australian, 10.2.2023)

GEDDES, Josephine (07.09.1939 – 10.02.2023) (The West Australian, 16.2.2023)

JERONIMUS, Mahinda, in Melbourne. (Contributed)

ISAACS, Peter ‘Zac’ (28.04.1951 – 13.02.2023), husband of Kaye, father of Kim and Donna, father-in-law of Clayton and Josh. Grandfather of Isaella, Henry & Harrison. (Adelaide Advertiser, 17.2.2023)

BALASUBRAMANIAM, Rajanathan Sri, husband of Gnaneswary (nee Selliah), son of the late Hallock Rajanathan & the late Sivakolundu Ramanathan, brother of the late Rani Jegapathy Naidu, the late Devi Pathmanathan, late Captain Rajanathan Saravanamuttu, late Rajanathan Devasenapathy, late Major Kirupa Rajanathan, late Rajanathan Parameshwaran and late Karuna Rajendra, in Melbourne on 13th February. (Daily News, 18.2.2023)

KOCH, Rev. Neville, husband of Lorraine, father of Nicola Rector and Graeme, father-in-law of Kevin Rector, grandfather of Carter Jane. Son of the late Lawson Koch & Margie Koch (nee Walker), brother of Joan, Romaine (SL) and Cherine (Cana), in Sacramento, California, USA, on February 15, 2023 (Legacy Funeral & Cremation Care, USA)

DE VISSER, Jerome Norman - JEROME NORMAN (30.09.1940 – 16.02.2023), husband of Mary De Visser, father of Angelo De Visser and Ronald De Visser, grandfather of Ethan and Aiden De Visser. Brother of Sheila De Alwis, Malcom De Visser, Rene Mutthumani, Yvonne Fernando and Adrian De Visser, brother-in-law of Lalitha De Visser, late George Mutthumani, Ophelia De Visser and of Nives Fernando. (Daily News, 18.2.2023)

FERNANDO, C.S.T. Mark, husband of Sandra Vanlangenberg, father of Aavon and Farrah Fernando. father-in-law of Zaneth Farr and Shenal Daniel, grandfather of Michael Fernando. Son of Melany Atkins Fernando and late Thilak Fernando, brother of Jackie Garcia and late Marlon Fernando, brother-in-law of Treherne Amarasinghe Fernando and Tony Garcia, Rozanne Jansz, Charmaine Vanderhoeven and late Sonia Thomas, on 14, February 2023. (Daily News, 18.2.2023)

ARNOLD, Sugirtham, wife of late Joel. D. Arnold, mother of Rohan, Jayantha, Chrishantha and Anandan, mother-in-law of Sujatha, Abhiramy, Vinodhini and Meera, grandmother of Rochini, Sujani, Ahran, Ramya, late Dharshan, Vikesh, Suganya, Santhana and Dharman, great grandmother of Thisuli and Senod. Daughter of late Robert Selvadurai and late Lily Selvadurai, sister of Godwin Selvadurai, late Parimalam Bartlett, late Chitran Selvadurai and late Indran Selvadurai, in Sri Lanka, on February 12, 2023, aged 94 years. (Contributed)

MUDALIAR, Stephen Shanmugam, husband of Margaret, father of Ronald and Reginald, grandfather of Brandon, Blake, Nathan and Alyssa, on February 6, 2023. (Sydney Morning Herald, 18.2.2023)

GARDINER, Mavis Rita (nee Henry), wife of late Cyril Gardiner, mother of Sanjeev, mother-in-law of Surekha, grandmother of Sheanna and Seshaan. Daughter of late Alexander & Mary Henry, sister of Earle, Helen and of late Anton, in Sri Lanka, on February 20, 2023 (Contributed)

VAN RANZOW, Juanita Irene, wife of Tony (dec), mother of Robin, Fred, Derek and Judy, mother-in-law of Ann, Allan and Christine, grandmother of Julia, Amanda, Matthew, Lauren, Damien, Sarah and Malia, great grandmother of Ava, Lakey, Duke, Kiala, Parker, Zeke, Leyna, Sonny and Alister. (West Australian, 21.2.2023).

RABOT, Elizabeth 'Betty', (29.01.1932 – 15.02.2023), wife of Emeile (Ray), mother and mother-in-law of Emeile & Christine and Carol & Don, grandmother of Geoffrey, Rebecca and Felicity. (Adelaide Advertiser, 21.2.2023)

MELVANI, Vashdev Suresh Mathuradas Motoomul, husband of Poonam, father of Janak, Heshma and Krishen, in Sri Lanka on February 22, 2023. (Contributed)

BUTTERY, Ralph William, husband of Helen, Father of Julie and Dianne, father-in-law of Jeffrey. Brother-in-law of Brian (dec) and Raymond, on February 19, 2023, aged 89 years. (Adelaide Advertiser, 24.2.2023)

INMAN, Joan Angela Katherine, (04.07.1928 – 20.2.2023). Melbourne Age, 25.2.2023)

ROOSMALE COCQ, Alistair, (15.11.1933 – 20.02.2023), son of late Jamie & Marguerite Roosmale Cocq, friend and colleague of Nicholas, in Ballarat, Victoria. (Contributed & Age, 25.2.2023))

ABRAHAMS, John Kenneth (17.09.1939 – 22.02.2023), husband of Jenny, father of John, Paul, Scott, Belinda and caroline, father-in-law of Elizabeth, Gabrielle and Andrew, grandfather of Laura, Heather, Luke, Sean Patrick, Ashlee, Isabelle, Marlow, Rafferty and Vivienne. Brother of Joy and David. (Melbourne Age, 25.2.2023)

DE ZYLVA, Herman, husband of Eleanor Peitersz, father of Michelle, Melanie, Darrel, Dilanie & Dilan, father-in-law of Suminda, Anuradha, Malintha, Adrian & Anoja, grandfather of Kenneth, Anselem, Oshala, Melinda, Joshua, Matthew, Riley, Rosette, Gisele, Anechka, Mark, Diven, Dave and Jacob. Son of the late Leonard De Zylva and late Neeta Amarasekera, brother of late Surangani, late Palika, Ravindra, Channa, Niranjali, late Eroja and Ajith, in Sri Lanka, aged 81 years. (Daily News, 25.2.2023)

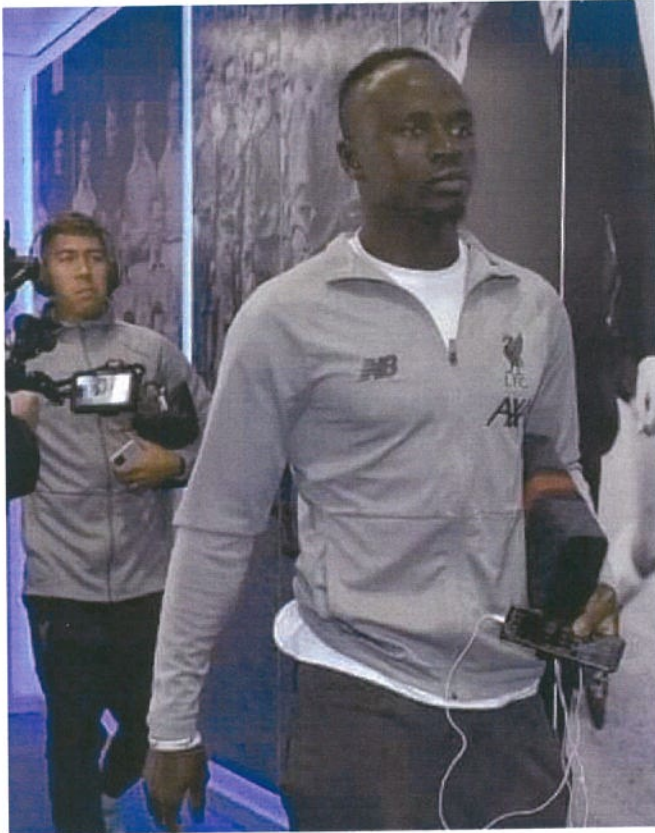
ATPUTHARAJAH, Rajan, husband of Renuka, father of Sanjay and Doris, grandfather of Priscilla Rose. Son of late Paramanathan and Arulsothy ATPutharajah, brother of late Chandran, son-in-law of late William and Rosamalar Mather, on 29 January 2023 in Sydney,

Australia. (Daily News, 27.2.2023)

Note: Spelling of most names as taken from newspapers

GENEROSITY AT ITS BEST.

Soccer star Sadio Mané beautifully explains his approach to sharing his exceptional wealth.



Sadio Mane, a Senegalese soccer star, earns approximately \$10.2 million annually. He gave the world a rude awakening after some fans were flabbergasted when they saw him carrying a cracked iPhone 11. His response was awesome:

"Why would I want ten Ferraris, 20 diamond watches, and two jet planes? I started, I worked in the fields, played barefoot, and I didn't go to school. Now I can help people. I prefer to build schools and give poor people food or clothing. I have built schools and a stadium,

provide clothes, shoes, and food for people in extreme poverty. In addition, I give 70 euros per month to all people from a very poor Senegalese region in order to contribute to their family economy. I do not need to display luxury cars, luxury homes, trips, and even planes. I prefer that my people receive some of what life has given me."

He's sincere about that. Mané has paid for a hospital to be built as well—a project he funded because his father had died when Mané was a child because there was no hospital in their village. Last summer, he also returned to Senegal on vacation to check up on a school he is building in his home village of Bambali.

Sadio Mane could be anywhere in the world on holiday after a long season... He's currently in his village in Senegal to check on a €270k school he's financing. He's already paid for a hospital, and he regularly gives out money to families.

Mané's attitude toward his wealth and his choice to spend his money to help others are so refreshing. People are free to do what they want with their money, of course, and it's not like Mané never splurges. But he tries to stay humble. In a world with such extremes of poverty and wealth, seeing someone attempt to balance the scales voluntarily does a heart good. Imagine a society where every millionaire or billionaire were as detached from material things and as generous with what they have as Sadio Mané. While individuals aren't responsible for public welfare, imagine the wide range of good they could do nonetheless.



Thank you, Sadio Mané, for being such an excellent role model.



SL twins become Melbourne Uni's first twin PhD graduates.

20 Dec 22 - Source: University of Melbourne 9News

Both received their doctorates on Saturday 17 December in Melbourne, one day before International Twins Day

For the first time in its 168-year history, the University of Melbourne has awarded simultaneous PhDs to identical twins, the University said in a statement. Nadeesha and Thejani Gunaratne commenced PhDs with the University in 2016 following studies in Food Science and Technology at the University of Sri Jayewardenepura in their home country of Sri Lanka.



Both received their doctorates on Saturday 17 December in Melbourne, one day before International Twins Day.

During their PhD, both twins researched new ways to measure and analyse consumers' emotional and sensory responses to chocolate in complementary research, with Thejani focusing on the impact of chocolate flavour and Nadeesha on the impact of packaging.

Their graduation ceremony was originally planned for March 2020 but delayed due to the pandemic. Thejani is now a Senior Experimental Scientist – Sensory and Consumer Science at CSIRO in Melbourne and Nadeesha is a Research Scientist – Sensory and Consumer Products at Amway in Los Angeles. “Being born twins, we have a unique bond that’s hard to explain to other people,” Thejani said.

“The fact that we have completed all important milestones together, primary school, high school and now university, has made our lives even more enjoyable. We were eagerly waiting to attend the PhD graduation together as it means a lot to us.”

Although the twins now live on opposite sides of the world, Nadeesha says they’re closer than ever. “We still talk multiple times a day whether it’s by text, over the phone or on Zoom,” she said. “The fact that we’re finally together and were able to graduate together in person is a dream come true for both of us and our family.” They achieved seven academic journal publications in their PhDs, all with both twins as co-authors.

Thejani is now a Senior Experimental Scientist – Sensory and Consumer Science at CSIRO in Melbourne and Nadeesha is a Research Scientist – Sensory and Consumer Products at Amway in Los Angeles

ARE WE LUCKY TO HAVE LIVED THE LIFE WE HAVE LIVED SO FAR ? PERHAPS IN YEARS TO COME, SOMEONE WILL BE VIEWING PHOTOS FROM OUR PRESENT ERA AND TRYING TO IMAGINE WHAT IT WAS LIKE???

50 years ago, they tried to stop Katherine Switzer from running the Boston Marathon because she was a woman. Last month, at 70, she ran it again wearing the same number.



Hymn #365

This is a hoot, but I suspect the minister didn't appreciate it.

A minister was completing a temperance sermon. With great emphasis he said, 'If I had all the beer in the world, I'd take it and pour it into the river.'

With even greater emphasis he said, 'And if I had all the wine in the world, I'd take it and pour it into the river.'

And then finally, shaking his fist in the air, he said, 'And if I had all the whiskey in the world, I'd take it and pour it in to the river.'

Sermon complete, he sat down.

The song leader stood up very cautiously and announced with a smile, nearly laughing, 'For our closing song, let us sing Hymn #365, 'Shall We Gather at the River.'

UNSUITABLE FOR REQUIREMENTS



When Grandpa died my mother and aunts decided he deserved a new suit for his burial.

Off they went to a men's clothing store, where a salesman helped them pick out the perfect outfit.

Smiling broadly, the salesman told them –

“Today is your lucky day. This suit comes with two pairs of pants.!”

(Source: Reader's Digest)

PSYCHOLOGICAL TRICK



I put my old fridge outside my house and hung a sign on it that read ...

FREE – YOU WANT IT – YOU TAKE IT!!

After three days however, it still sat there, so I changed the sign

FRIDGE FOR SALE: \$50.00

The next day, someone stole it!!!

We may be Burgher by heritage, but first and foremost, we are 110% Sri Lankan



David Colin-Thomé,
President of DBU

“Most of us do not dwell on the past as what’s happened, has happened”, said Mr. David Colin-Thomé, President of The Dutch Burgher Union (DBU), speaking on the Burgher community’s identity in an island nation with a troubled history. “We’re 110 per cent Sri Lankan,” he added.

We spoke to David about the Burgher community’s perspectives leading up to Sri Lanka’s 75th Independence Day, at the iconic DBU premises, where the organisation’s Treasurer, Mr. Malory David was also present.

The pair explained how, after independence, in particular after the Sinhala Only Act of 1956, the Burgher community in Sri Lanka progressively decreased in numbers as they migrated (primarily) to Australia through the 1950s, 60s and 70s. “From being one of the four prominent ethnic groups along with the Sinhalese, Tamils and Muslims, the Burgher community shrunk to a shadow of its former glory days during which time, leading positions in both the public and private sectors were held by illustrious Burghers,” David recounted.

Throughout all this, the headquarters of the Burgher community was the iconic colonial building of The Dutch Burgher Union at Thunmulla junction, Bambalapitiya. Constructed in 1912, the building reflected the prominence and contribution of the Burgher community during its heyday.

The three decades from the 1980s onwards saw the Burgher stocks reduced to almost a footnote, and even the Burghers themselves started to shy away from identifying themselves as such. The magnificent building at Thunmulla also reflected this slide with both memberships and structural preservation shrinking to a bare minimum.

However, since the mid-2000s, the DBU has enjoyed a renaissance paving the way for the community to regain its lustre. The building has

been progressively restored as well as value added by way of an extension incorporating hotel guest rooms, and the creation of a viable commercial café and restaurant. Consequently, the DBU is now a hive of activity that is attracting all Sri Lankans and not just the Burgher community, David explained, stating that the presence of a historic and iconic building therefore plays a significant role in preserving one’s heritage and identity. David said that the recent restorations and enhancements have also been fully funded by donations not only from within the Burgher community, but from well-wishers as well, which was particularly heart-warming.

“One of the original objectives of the DBU was to support underprivileged sectors of the community which has been a key activity of the Union throughout its existence. Until recently, the funds for these have been generated almost entirely by the expat Burgher community in Australia who have never forgotten their roots,” David said. Their magnanimous support has been forthcoming for the past seventy years, but they are now an ageing population and most of them are in their retirement years, he added.

Although the Burghers have a reputation for being fun-loving, party goers, David believes that the tag is a miscarriage of justice to the many serious Burghers who have made telling and everlasting contributions to this country in every single profession and field, pre and post-Independence. “The Burgher contribution to Ceylon and Sri Lanka belies the fact that even during their peak, when most of the government services were run by Burghers, they never ever exceeded even one percent of the population.”

BEST OF BOTH WORLDS

David personally recalls how he feels extremely fortunate being brought up in a Western culture in an Eastern cultural

background. “I do not profess to speak for all Burghers, but one thing, which I will boldly claim speaks for every single Burgher, is that we rejoice in having the best of both, the Eastern and Western worlds. We are not just steak and eggs people. We are equally in paradise, if not more so with a good rice and curry, or string hopper ‘feed’!”

Malory noted that food is a large part of the Burgher culture and that they were also known for their unique and distinctive words and phrases in their usage of the English language. He said that one of the reasons that the Burghers tend to be popular is because of their largely uncomplicated and friendly disposition, as interaction and socializing is second nature to most Burghers.

The importance of preserving one’s heritage and the importance of embracing diversity as a country is something that should be fostered and celebrated, the pair agreed. “This should not be confused with national identity. We may be Burgher by heritage, but first and foremost, we are always Sri Lankan. And it is as Sri Lankans that we ourselves celebrate Independence Day,” Malory said.

“While the country has regressed in some areas, it still does not take away from the fact that independence is one of the most significant historical events of the country, and one which of course was necessary,” he added.

As Sri Lanka moves to the next twenty-five years of independence, the country could do well to follow the motto of the DBU, David pointed. “It was originally written in Dutch, and it translates to ‘Unity Makes Strength’.”

Ratanji Tata was born in Bombay in British India as the son of the noted Parsi merchant Jamsetti Tata. Ratanji Tata was educated at St. Xavier's College, Bombay and afterwards entered his father's firm. On the death of the elder Tata in 1904, Ratanji Tata and his brother Dorabi Tata inherited a very large fortune, much of which they devoted to philanthropic works of a practical nature and to the establishment of various industrial enterprises for developing the resources of India. (Wikipedia).

When Indian billionaire Ratanji Tata was asked by a radio presenter in a telephone interview:

"Sir, what do you remember when you found happiness in life"?

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

The first stage was to accumulate wealth and resources. But at this stage I didn't get the happiness I wanted.

Then came the second stage of collecting valuables and items. But I realized that the effect of this thing is also temporary, and the lustre of precious things does not last long.

Then came the third phase of getting a big project. That was when I had 95% of the diesel supply in India and Africa. I was also the owner of the largest steel factory in India and Asia. But even here I did not get the happiness that I had imagined.

The fourth stage was when a friend of mine asked me to buy a wheelchair for some disabled children. There were about 200 children. At the behest of a friend, I immediately bought a wheelchair.

But the friend insisted that I go with him and present a wheelchair to the children. I got ready and went with them. There I gave wheelchairs with my own hands to all the eligible children. I saw a strange glow of happiness on the faces of these children. I saw them all sitting on a wheelchair, roaming around, and having fun.

It was as if they had reached a picnic spot, where they were sharing a winning gift. I felt real happiness inside me that day. When I was about to go back from there, one of those kids grabbed my leg. I tried to gently release my leg, but the child did not let go and he looked at my face and held my legs tighter. I leaned over and asked the child: "Do you need anything else?" Then the answer that the child gave me, not only shocked me but also completely changed my outlook towards life.

The child said: "I want to remember your face so that when I meet you in heaven, I can recognize you and thank you once again."

The heart of the above wonderful story is that we all should look into our inner self and think that, after leaving this life and world and all worldly activities, why will you be remembered?

Would someone want to see your face again, it matters a lot?



Ratanji Tata

As a young man

Would someone want to see your face again, it matters a lot?

"I want to remember your face so that when I meet you in heaven, I can recognize you and thank you once again."

"SIX LITTLE STORIES"

One day all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella.

That's FAITH.

When you throw babies in the air, they laugh because they know you will catch them.

That's TRUST.

Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up.

That's HOPE.

We plan big things for tomorrow in spite of zero knowledge of the future.

That's CONFIDENCE

We see the world suffering, but still we get married and have children.

That's LOVE.

On an old man's shirt was written a sentence

'I am not 80 years old; I am sweet 16 with 64 years of experience.'

That's ATTITUDE.

Some people disrespect others around them, and this happens quite often on trains, busses, aeroplanes, etc.

If only there were more brave people who take the initiative to amend a situation, life would be less stressful!!



She started talking in a loud voice: "Hi sweetheart. It's Sue. I'm on the train." "Yes, I know it's six thirty and not four thirty, but I had a long meeting. No, honey, not with that Kevin from the accounting office. It was with the boss. No sweetheart, you're the only one in my life. Yes, I'm sure, cross my heart!"

Fifteen minutes later, she was still talking loudly. When the man sitting next to her had enough, he leaned over and said into the phone, "Sue, hang up the phone and come back to bed."

Sue doesn't use her mobile phone in public any longer.

LOVE IT!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

2023/24 Subscription Reminder

Dear Member

If you have not paid your subscriptions for the previous or current 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, endeavour 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

Burgher Association (Australia) Inc
No 1 St Georges Court, Toorak Vic 3142

OR, pay by Direct Deposit at the nearest National Australia Bank quoting your Membership Number & Surname

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